

Handout Instructions

6th Annual Current Concepts in Spinal Cord Injury Rehabilitation

April 24, 2021

7:45am-4:45pm

Location: Live Virtual Conference

Program Overview

Nearly 18,000 individuals in the U.S. sustain a traumatic Spinal Cord Injury each year. Additionally, while non-traumatic SCI can be difficult to track, it is estimated to be roughly the same amount as traumatic injuries per year. The care of persons with spinal cord injury (SCI) requires an interdisciplinary approach across the continuum of care. Providers should be aware of current evidence and care techniques for both traumatic and non-traumatic spinal cord injury across the continuum from initial injury, medical complications, many phases of rehab, and community reintegration. The 6th annual Current Concepts in Spinal Cord Rehabilitation will introduce and review a variety of topics relevant to persons with SCI. Topics will focus on areas important to all team members, throughout the continuum of care. Current Concepts in Spinal Cord Injury Rehabilitation will address, through lectures and discussion, the treatments and strategies employed at the UPMC Rehabilitation Institute. Conference goals are in line with the missions of the Department of Physical Medicine and Rehabilitation and the UPMC Rehabilitation Institute to advance health, expand knowledge, and improve care through research, teaching rehabilitation services, and medical care.

Learning objectives

1. Attendees will describe current evidence-based practice trends related to specialty populations and specific comorbidities of SCI that are outside of the typical SCI rehabilitation
2. Attendees will identify resources for individuals with SCI to obtain and utilize assistive technology for everyday activities, community reintegration, and rehabilitation activities.
3. Participants will define the roll of various disciplines in care and rehabilitation of the individual with SCI who has acquired a pressure injury.
4. Participants will describe the roll of various team members in coping and mental health for the patient with SCI as well as the prevention of self and team burnout.

Target Audience

Nurses, physical therapists, occupational therapists, case managers, physiatrists/ physicians, fellows, and residents involved with the acute care and rehabilitation of persons with spinal cord injury are encouraged to attend.

Faculty listing:

Course Directors

Amanda Harrington, MD

Assistant Professor, UPMC Department of Physical Medicine and Rehabilitation, Program Director, SCIM Fellowship, Director of Spinal Cord Injury Services

Rachel Hibbs, DPT, ATP

Research Therapist, University of Pittsburgh Department of Physical Medicine and Rehabilitation, Physical Therapist UPMC Mercy Rehabilitation Institute

Lynn Worobey, PhD

Assistant Professor, UPMC Department of Physical Medicine and Rehabilitation

Elizabeth Stanley, DPT

Physical Therapist, CRS, UPMC Mercy Rehabilitation Institute

Lonna Perella, RN, BSN

Spinal Cord Injury Clinician, UPMC Rehabilitation Institute

Presenters

Jessica Berry, MD

Attending Physician, SCI Program, UPMC Department of Physical Medicine and Rehabilitation

John Coltellaro, MS

University of Pittsburgh Department of Rehabilitation Science and Technology, Center for Assistive Technology

Amy Duplessis, MOT, OTR/L	Occupational Therapist, CRS, UPMC Mercy Rehabilitation Institute
Joseph Everhart, DPT, NCS	Physical Therapist, CRS, UPMC Mercy Rehabilitation Institute
John Horton, MD	Assistant Professor, UPMC Department of Physical Medicine and Rehabilitation
Randall Huzinec, PT	Physical Therapist, CRS, UPMC Mercy Rehabilitation Institute
Danielle Karhut, MOT, OTR/L	Occupational Therapist, CRS, UPMC Mercy Rehabilitation Institute
Joseph Straatman, OTD, ATP	University of Pittsburgh Department of Rehabilitation Science and Technology, Center for Assistive Technology
Charlene Subrick, PT	Physical Therapist, CRS, UPMC Mercy Rehabilitation Institute
Matthew Taylor	Membership Director, Transitional Paths to Independent Living
Andrew Thurston, MD	Clinical Assistant Professor, Division of Internal Medicine, Medical Director of Palliative Care, UPMC Mercy
Denise Verosky, MSN, RN	Director of Supportive and Palliative Care, UPMC Mercy
Dawn Wang, MD, MS	Assistant Professor, Plastic Surgery, Chief of Plastic Surgery UPMC St. Margaret's Hospital, Co-Director, Center for Nerve Disorders at UPMC
Mallory Wolfendale, MOT, OTR/L	Occupational Therapist, CRS, UPMC Mercy Rehabilitation Institute
Barbara Zerbee, COTA	Occupational Therapy Assistant, CRS, UPMC Mercy Rehabilitation Institute
Amy Skukalek, MA	UPMC, Psychotherapist Program Manager
Brian Higdon, MD	UPMC SCI Fellow

Program Schedule

7:45—8 am	Welcome Amanda Harrington	
8—9 am	Self-Care: The antidote to burnout and compassion to fatigue	Amy Skukalek
9:05—10:35 am	Pressure Injury Management: Surgery, Sitting Protocols, and So Much More	Dawn Wang Jessica Berry Rachel Hibbs
10:40—11:40 am	Patient Panel: Assistive Technology Use to Increase Independence in Everyday Life	Moderators: Randy Huzinec John Coltallero
11:45 am—12:30 pm	Break	
12:30—1:30pm	Roundtable Sessions 1. Pain—John Horton 2. Autonomic Dysreflexia and Hypotension: Finding the Delicate Balance—Brian Higdon 3. Community Resources for Individuals with SCI—Matthew Taylor 4. IADL Tips and Tricks with Upper Extremity Impairment: Make Up, Nail Polish, and More—Barbara Zerbee and Danielle Karhut 5. Wheelchair Cushions: What are the options and how to get them covered—Joe Straatman 6. Gone Fishing: An Adaptive Recreation Program—Charlene Subrick	
1:35—2:35 pm	Interdisciplinary Management of SCI Resulting from Metastatic Disease	Andrew Thurston Denise Verosky Amanda Harrington Joe Everhart

2:40—2:55 pm	Break
3—4:30 pm	Breakout Sessions <ol style="list-style-type: none"> 1. Wheelchair Skills Training: An introduction to clinical implementation—Rachel Hibbs and Lynn Worobey 2. Bowel and Bladder Management: Equipment, patient and caregiver education, and troubleshooting—Mallory Wolfendale, Amy Katz, and Lonna Perella Review of the ISNCSCI Exam (Formerly Known as ASIA) —Amanda Harrington
4:35—4:45pm	Adjourn

CME Accreditation and Designation Statement

In support of improving patient care, the University of Pittsburgh is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Physician (CME)

The University of Pittsburgh designates this live activity for a maximum of **7.25 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nursing (CNE)

The maximum number of hours awarded for this Continuing Nursing Education activity is **7.25** contact hours.

Other health care professionals will receive a certificate of attendance confirming the number of contact hours commensurate with the extent of participation in this activity.

The University of Pittsburgh Department of Occupational Therapy is a pre-approved provide of continuing education in Pennsylvania. This course is approved for **7.0 Contact Hours**.

The University of Pittsburgh Department of Physical Therapy is a pre-approve provider of Continuing Education in Pennsylvania. This course is approved for **XXX units of General Access CEUs**.

Disclaimer Statement

The information presented at this CME program represents the views and opinions of the individual presenters, and does not constitute the opinion or endorsement of, or promotion by, the UPMC Center for Continuing Education in the Health Sciences, UPMC / University of Pittsburgh Medical Center or Affiliates and University of Pittsburgh School of Medicine. Reasonable efforts have been taken intending for educational subject matter to be presented in a balanced, unbiased fashion and in compliance with regulatory requirements. However, each program attendee must always use his/her own personal and professional judgment when considering further application of this information, particularly as it may relate to patient diagnostic or treatment decisions including, without limitation, FDA-approved uses and any off-label uses.

Faculty Disclosure:

All individuals in a position to control the content of this educational activity including members of the planning committee, speakers, presenters, authors, and/or content reviewers have disclosed all relevant financial relationships with any entity producing, marketing, re-selling, or distributing health care goods or services used on, or consumed by, patients.

The following relevant financial relationships were disclosed:

Charlene Subrick, PT receives Grant/Research Support from Frontline Innovations Beckwith Grant.

No members of the planning committee, speakers, presenters, authors, content reviewers and/or anyone else in a position to control the content of this education activity have relevant financial relationships with any entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients to disclose.