



CONCENTRIC



3RD ANNUAL SCI
EDUCATION
DAY 2024



PROGRAM
BOOK

Welcome Message

Dear friends,

We are glad to have you join us once again for this Education Day. This marks our third consecutive year of gathering together to enrich our understanding and validate our knowledge regarding SCI care and management.

Our aim for this event remains steadfast: to create a space where knowledge is exchanged, experiences are shared, and opportunity to collaborate is fostered. In addition to this, we continue to seek ways to improve participants experience, including incorporating suggestions provided by participants who filled the evaluation survey for the previous Education days.

We are deeply grateful to our esteemed speakers for graciously sharing their expertise, experience and insights. Additionally, we express gratitude to our sponsors, partners and dedicated organizing committee whose unwavering support and contributions have been instrumental in making this Education day possible.

As we embark on this day of learning and sharing, we encourage each of you to take advantage of all the opportunity that the day presents to gain new perspectives, network and become an ambassador for positive change in SCI care and management both in Alberta and beyond.

Thanks for taking the time to join us today. We wish you all a positive and enlightening experience.

Education Committee

Education Committee

Rebecca Charbonneau

*University of Calgary;
Foothills Medical Center, Calgary*

Brandice Lorch

Spinal Cord Injury Alberta (SCI-AB), Calgary

Dawn Miller

Foothills Medical Center, Calgary

Hardeep Kainth

*University of Alberta, Edmonton;
Glenrose Rehabilitation Hospital, Edmonton*

Julie Reader

Foothills Medical Center, Calgary

Kasey Aiello

Foothills Medical Center, Calgary

Kendra Baker

Foothills Medical Center, Calgary

Olaleye Olayinka

University of Alberta, Edmonton

Raj Parmar

Foothills Medical Center, Calgary

Taryn Buck

Glenrose Rehabilitation Hospital, Edmonton

Christine LaRose

Glenrose Rehabilitation Hospital, Edmonton

Jacqueline Rowley

Glenrose Rehabilitation Hospital, Edmonton

House Keeping

Before




- 1 Please, remember to MUTE your microphone when not speaking. In the event you forget to do so and sound from your end interferes with the session, the event organizers, with host access, would mute your microphone from their end.
- 2 The Education Day sessions will be recorded and the recordings made available via the [project's website](#) or [YouTube Channel](#). Please turn off your camera if you do not want to be recorded.
- 3 Any resource (e.g. presentation slides) shared during the event would be made accessible via the project's website [[click here to access shared documents](#)].

During

Use the chat box to post questions during each session. The Master of Ceremony would organize the questions based on similarity before putting them forward to the speakers.

After

- 1 Please complete the Evaluation Survey for the event using the link provided in the chat box or by [clicking here](#)
- 2 A Certificate of Attendance will be sent out by default after filling the Evaluation Survey for the event. Your feedback on the event is much appreciated.
- 3 Please register for the Annual SCI Education Day 2025 once registration opens next year.

Resource	Access link (click to access)
 Recordings	Project's YouTube Channel
 Shared materials [slides, etc]	Project's Website (concentricproject.com)
 Evaluation survey	Survey link (tinyurl.com/scisurvey2024)

Event Schedule

13:00 — 13:10	Welcome	Introductions, house-keeping and poll <i>Kasey Aiello & Dawn Miller</i>
13:10 — 13:50	Topic 1	Bladder Health & SCI <i>Steve Crochetiere, Julie Reader & Dr Rebecca Charbonneau</i>
13:50 — 14:30	Topic 2	Sexual Function after SCI <i>Margeret Conquest, Raj Parmar & Dr. Jen Litzenberger</i>
14:30 — 14:35	Break	Reminders <i>Kasey Aiello & Dawn Miller</i>
14:35 — 15:15	Topic 3	Respiratory Management <i>Eric Dyke & Dr. Janice Richmond-Eisenstat</i>
15:15 — 15:55	Topic 4	New Developments in SCI Research <i>Dr. Kelly Larkin-Kaiser & Dr. Aaron Phillips</i>
15:55 — 16:00	Closing Remarks	Appreciation & Reminders <i>Kasey Aiello & Dawn Miller</i>

Speakers

Steve Crochetiere

In 2010, Steve became a paraplegic following a motorcycle accident. Like so many people living with SCI, Steve struggled with UTIs which caused social isolation, lack of confidence and depression. After being introduced to hydrophilic catheters, Steve made it his goal to work for Coloplast, the company that changed his quality of life with their catheters.

Throughout his journey, Steve worked for SCI-AB as a peer coordinator, co-founded and directed the advocacy group Wheels of Change, started his own medical supplies company, was a key contact for residential FES cycling and was the appointed Northern Alberta peer lead for the Alberta SCILS webinars.

In 2021, the opportunity Steve had been striving for came along. After a vigorous interview process, Steve was the successful candidate for the position of Territory Manager for Continence Care in Alberta with Coloplast.

Today, Steve continues to impact the community with his passion for quality product use and equitable coverage for all. Steve has received accolades through his work for his unique perspective as a person with lived experience and through the community for his honest advocacy.

Steve loves experiencing new adventures with his family and cheering for his beloved Cincinnati Bengals and Montreal Canadiens.

Julie Reader

Julie Reader is a Registered Nurse, Clinical Nurse Educator and Canadian Nursing Association-certified Neurosciences Nurse. She has spent her career working with persons with neurological disorders, stroke, brain injury and spinal cord injury.

Over the last 13 years, Julie has practiced as the Clinical Nurse Educator of the Spine Unit at Foothills Medical Centre in Calgary, Alberta, specializing in spine

Speakers

surgery and spinal cord injury, and supporting nursing practice, education, change management and knowledge translation.

Julie has participated in creating and sharing many of the patient and health care provider resources available in AHS for management of neurogenic bladder, and continues to sit on the provincial working group to standardize Care for Patients with Spinal Cord Injury in Hospital.

Rebecca Charbonneau

Dr. Rebecca Charbonneau is a Clinical Associate Professor in the Division of Physical Medicine and Rehabilitation in the Department of Clinical Neurosciences at the University of Calgary. She is also the Medical Lead for Spinal Cord Injury Rehabilitation at the Foothills Medical Centre in Calgary.

Dr. Charbonneau graduated from McMaster University in Health Science before completing medical school at the University of Western Ontario. She moved to Nova Scotia to complete her residency in Physical Medicine and Rehabilitation at Dalhousie University.

She has a research and special clinical interest in the prevention and management of complications following spinal cord injury, as well as the delivery of healthcare services following spinal cord injury.

Speakers

Margaret Conquest

Margaret Conquest wears many hats, her favorite being one as a real time, vulnerable co-conspirator with women with disabilities trying to live their best lives. She has 33 years of lived experience as a quadriplegic, has a passion for pushing higher in life, and when it comes to perimenopause and menopause management, there isn't much she hasn't explored. She has a Masters of Science in Health Promotion Studies, has studied sexual health and has spent most of her career working in the nonprofit disability sector. Retired, she has returned to her enduring interest in sexual health, with a current focus on pleasure and sexual health education for women in mid life. When not connecting with other women, Margaret loves to spend time with her husband and extended family, and is an avid gardener, van lifer, baker and lifelong athlete.

Raj Parmar

Raj Parmar is Nurse Practitioner working with SCI for last 17 years. She began her nursing career in Vancouver and moved to Calgary in 1999. Once in Calgary she worked on the Trauma Intensive Care Unit at the Foothills Medical Centre until 2007. While working in ICU she finished her Master of Nursing through U of C. After completion of Masters she moved to the Department of Clinical Neurosciences, in the Division of Physical Medicine and Rehabilitation as a Clinical Nurse Specialist working mainly with SCI population. She went back to school in 2013 to finish her NP program. Since then, she is working with Spinal Cord Injury Rehab Program as NP on TNR and outpatient SCI clinic. Her main goal is to bridge any gaps in SCI care in the community. Focus of her practice is Bowel, bladder, wound care and sexual health after SCI.

In her free time Raj loves to spend time with her husband and her two young adult children. She also enjoys running, hot yoga, travelling to new places and relaxing with a glass of wine!

Speakers

Jen Litzenberger

Dr. Litzenberger completed her medical school and residency training in Physical Medicine & Rehabilitation at the University of Calgary. She has special interest in spinal cord injury rehabilitation, neuromuscular medicine, and general musculoskeletal medicine.

Eric Dyke

Eric Dyke is a retired RCMP Officer since 2007 and was paralyzed with a SCI T2 level from a fall in 2017. After his SCI rehabilitation at the Glenrose hospital, he undertook further rehabilitation at the ReYu Paralysis Recovery Centre in Edmonton. He had implantation of 2 spinal stimulators and is currently enrolled in a Functional Electrical Stimulation study at the University of Alberta. Eric travels extensively throughout the year and is an avid swimmer. He lives independently with his partner on an acreage near St. Albert and drives to California every winter. Although he has required hospital admissions subsequent to his SCI for a heart complication and more recently for a fractured femur, he has not been admitted for any chest infections, thanks to adhering to his neuropulmonary rehabilitation management strategies.

Janice Richmond-Eisenstat

Dr. Janice Richman-Eisenstat is an Associate Clinical Professor in the Pulmonary Division, Department of Medicine at the University of Alberta. After completing her postgraduate medical training in Pulmonary Medicine, Critical Care Medicine and Clinical Pharmacology in Toronto, she undertook Postdoctoral Research Fellowships at the University of California, San Francisco. In 1999, she was recruited to the University of Manitoba as a Clinician Scientist at the

Speakers

Manitoba Institute of Cell Biology. She has been practicing Pulmonary Rehabilitation Medicine since 2007, focusing on complex respiratory disease. She moved to Edmonton in 2011 and now specializes in Neuropulmonary Rehabilitation Medicine, Chronic Ventilation and Palliative Respiratory Care. She works out of the Glenrose Rehabilitation Hospital in the SCI/General Neurology Rehabilitation Program, and provides complex respiratory consultative services to acute care, Critical Care, Home Care and Long Term Care.

Aaron Phillips

Dr. Aaron Phillips is an Associate Professor of Physiology and Pharmacology, Clinical Neurosciences, Cardiac Sciences, and Biomedical Engineering. He researches autonomic dysfunctions after spinal cord injury and works to develop new effective therapeutics for such conditions. His group is internationally recognized for developing spinal cord stimulation approaches for spinal cord injury.

He is the Director of RESTORE.net, which is a platform dedicated to developing translational technology for neurological injury. He has received a number of awards, including the Science and PINS from Science.org and the Watanabe Award for Overall Excellence from the Cumming School of Medicine.

His lab has received funding from several organizations, including CIHR, NSERC, PRAXIS, Wings for Life, and the US Military through DARPA. He also publishes in top journals, including Nature, Neurology, and Circulation Research.

Speakers

Kelly Larkin-Kaiser

Dr. Kelly Larkin-Kaiser is the Associate Director of the RESTORE Network and an Assistant Research Professor in the Department of Clinical Neurosciences at the University of Calgary. She holds a PhD from the University of Florida in Applied Physiology and Kinesiology and completed her Postdoctoral training at the University of Calgary in the Faculty of Kinesiology. Her training focused on investigating the functional and phenotypic neuromuscular adaptations that occur in response to injury, aging, and disease in both pre-clinical and clinical models. Through her work with the RESTORE Network, Dr. Larkin-Kaiser continues to focus her research endeavours on studying and implementing novel neurorehabilitation technology to ultimately improve the quality of life and patient care for people living with neurological conditions.

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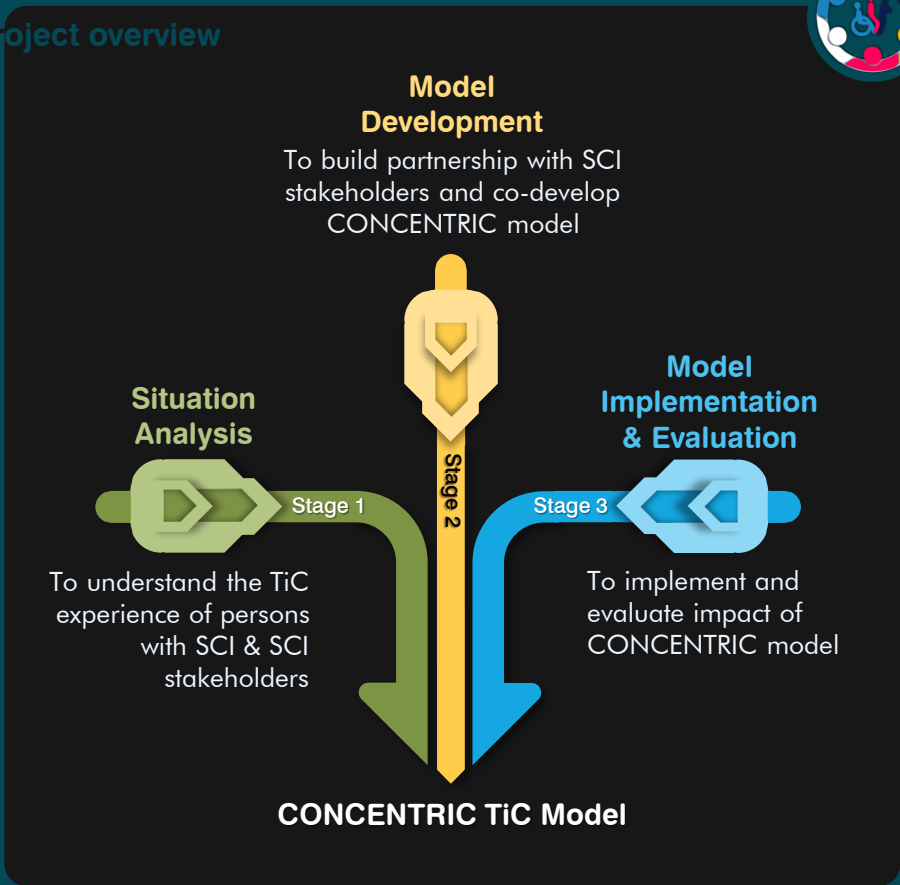
**Neurosciences, Rehabilitation & Vision
Strategic Clinical Network™**

CONCENTRIC

CONnecting and Coordinating an Enhanced Network for TRansitions In Care:
A New Model for Spinal Cord Injury in Alberta



Project overview



Current Year

Current Phase



Annual Report



For additional project information, click links below or visit;

www.concentricproject.com

CONCENTRIC's YouTube Channel [www.tinyurl.com/concentricvideos]

Education Day Topics

* - Indicates topics chosen for 2022 & 2023 Education Days

Topics included in Professional Needs Assessment Survey sent out in November 2021

<input checked="" type="checkbox"/>	Autonomic dysreflexia
<input type="checkbox"/>	Bladder management
<input type="checkbox"/>	Bowel management
<input checked="" type="checkbox"/>	Pressure injury prevention and management
<input type="checkbox"/>	Deep vein thromboembolism (DVT) and PE prevention/management
<input checked="" type="checkbox"/>	Mental health issues
<input checked="" type="checkbox"/>	Expected functional outcomes/prognostication/ISNCSCI
<input type="checkbox"/>	Spasticity
<input type="checkbox"/>	Wheelchair seating
<input type="checkbox"/>	Research update
<input type="checkbox"/>	Existing clinical practice guidelines
<input type="checkbox"/>	Respiratory management and Sleep apnea
<input checked="" type="checkbox"/>	Pain management
<input type="checkbox"/>	Sexual health
<input type="checkbox"/>	Bone health, osteoporosis
<input checked="" type="checkbox"/>	Physical fitness
<input checked="" type="checkbox"/>	Neuro-recovery therapies and research
<input checked="" type="checkbox"/>	Neuro-modulation, e.g. functional electrical stimulation (FES) cycling, diaphragm pacing, spinal cord stimulators
<input type="checkbox"/>	Robotics, gait training
<input checked="" type="checkbox"/>	Overuse injuries, e.g. shoulder pain/rotator cuff impingement, Limb preservation and posture
<input type="checkbox"/>	Preventive care after SCI including age-appropriate screening and barriers to screening
<input type="checkbox"/>	Aging after SCI
<input type="checkbox"/>	Vocational rehabilitation
<input type="checkbox"/>	Environmental control, Home modification
<input type="checkbox"/>	Heterotopic ossification
<input type="checkbox"/>	Nutrition, dietary and weight management
<input type="checkbox"/>	Transition in care from rehab to home
<input type="checkbox"/>	Overview of additional medical complications, e.g. syringomyelia, pneumonia, metabolic complications, thermoregulation, orthostatic hypotension

2024 Education Day

Scan/Click on QR code
or Click/Visit included
URL/links

Evaluation Survey



Click or visit tinyurl.com/scisurvey2024

*Certificate of attendance would be sent out following completion of survey

Session resources



Click or visit concentricproject.com

Session slides and recordings would be made available via CONCENTRIC project's website

2022/23 Education Day

See below for session slides, recordings and report

Education Day 2022



Click or visit tinyurl.com/sciday2022

Report

Education Day 2023



Click or visit tinyurl.com/sciday2023

Report

Education Day Poster Presentation at ASCIP conference in Sept 2023



Click or visit tinyurl.com/ASCIP2023

Additional Info.

1

My Experience Survey Tool

Are you someone with lived experience of SCI or know someone who is? Try or recommend the My Experience Survey Tool – a tool designed with and by persons with SCI to aid in identifying care gaps and guide conversation with their care providers

For a digital or paper copy, contact oolayink@ualberta.ca

Visit tinyurl.com/mysurvey for further details or scan QR code on right



2

Health Standards Organization's Integrated People-Centred Spinal Cord Injury Rehabilitation Program standard

Standard developed to guide stakeholders to work collaboratively to co-design holistic strategies and improve the care pathway and ultimately health outcomes throughout the SCI rehabilitation continuum of care for all populations.

For a digital copy, visit tinyurl.com/2024hso or scan QR code on right



3

Care for Patients with Spinal Cord Injury in Hospital









The Neurosciences, Rehabilitation & Vision Strategic Clinical Network (NRV SCN) is leading a provincial initiative to improve and standardize the nursing and allied health care for patients with spinal cord injury (SCI) in Alberta acute care and inpatient rehabilitation hospitals.

The goal of this initiative is to: decrease practice variation, improve patient and family experience, improve transitions in care, and to improve safety for patients.

For more information, contact neurorehabvision.scn@ahs.ca, visit tinyurl.com/scicare-nrvscn, or scan QR code on right



Links & URLs Summary

Resource	Visit or click link to access
 2024 Education Day Web Page	concentricproject.com/sci-education-day
 2024 Education Day Program Book	tinyurl.com/sciprogrambook
 2024 Education Day Evaluation Survey	tinyurl.com/scisurvey2024
 2023 Education Day Resources	tinyurl.com/sciday2023
 2023 Education Day Recordings	tinyurl.com/concentricvideos
 2023 Education Day Brief Report	tinyurl.com/sciday2023report
 2022 Education Day Resources	tinyurl.com/sciday2022
 2022 Education Day Recordings	tinyurl.com/concentricvideos
 2022 Education Day Brief Report	tinyurl.com/sciday2022report
 CONCENTRIC project website	concentricproject.com
 CONCENTRIC YouTube Channel	tinyurl.com/concentricvideos
 2023 Annual Project Report	tinyurl.com/concentric2023
 Education Day Conference Poster	tinyurl.com/ASCIP2023
 My Experience Survey Tool	tinyurl.com/mysurvey
 Health Standards Organization's Integrated People-Centred Spinal Cord Injury Rehabilitation Program standard	tinyurl.com/2024hso
 Standardization of Nursing and Allied Health Care for Patients with Spinal Cord Injury in Alberta Hospitals	tinyurl.com/scicare-nrvscn

**3rd Annual Education Day 2024
Evaluation Survey**

**Please remember to
fill the survey**



Visit tinyurl.com/scisurvey2024

*Certificate of attendance would be sent out following completion of survey

