



CONCENTRIC



*presents*

**Spinal Cord Injury**

**ANNUAL  
EDUCATION**

**DAY**

**2022**

**WELCOME**

**THURSDAY, MARCH 17 2022**

**1:00 PM – 4:00 PM**

### **DISCUSSION TOPICS**

**Prognosis after SCI**

**Mental health & SCI**

**Common Shoulder Injuries**

**Neuropathic pain following SCI**

**Neurorecovery/Neuromodulation**



[www.concentricproject.com](http://www.concentricproject.com)

# Welcome

Dear Friends,

It is our great pleasure to welcome you to the Spinal Cord Injury (SCI) Annual Education Day 2022 (Virtual). We are excited to host this after interruptions from the Covid-19 pandemic. We anticipate a worthwhile experience – new learning, new relationship, among others. We hope knowledge gained at the event would be translated into practice and the relationships would continue beyond the event space.

The SCI Annual Education Day was birthed and made possible by the support and commitment of colleagues from The Universities of Alberta and Calgary, Foothills Medical Centre, Glenrose Rehabilitation Hospital, as well as from AHS operational leaders. The goal was to have an event to build knowledge and a community of practice among persons with SCI, provincial SCI clinicians and community partners.

The SCI Annual Education Day forms part of a larger CIHR Transitions in Care project called CONnecting and Coordinating an Enhanced Network for TRansitions In Care (CONCENTRIC): A New Model for Spinal Cord Injury Care in Alberta. The project hopes to address the gaps in transitions in care (TiC) by engaging multiple SCI stakeholders across Alberta to study, develop, implement and evaluate a new TiC model for SCI. Further details about the Concentric project can be found on the project website at [concentricproject.com](http://concentricproject.com). Please visit the website regularly for updates on the project and details on oncoming events, particularly the next SCI Annual Education Day for 2023.

We would like to thank everyone who made this year's SCI Annual Education Day possible. Thanks to everyone who has taken the time to attend and a special thanks to our invited speakers for honouring our invitation. Thank you also to our supportive colleagues who have volunteered their time to plan and organize this event.

We wish everyone a great experience and a wonderful time. We hope the event is inspiring, promotes knowledge exchange, encourages long-lasting collaborations and leads to positive change in the understanding of SCI and care of persons with SCI.

*Organizing Committee*



## **SCI Education Day Planning Committee**

Rebecca Charbonneau

*University of Calgary; Foothills Medical Center, Calgary*

Andrew Kwok

*Glenrose Rehabilitation Hospital, Edmonton*

Brandice Lorch

*Spinal Cord Injury Alberta (SCI-AB), Calgary*

Dawn Miller

*Foothills Medical Center, Calgary*

Dean Tumibay

*Glenrose Rehabilitation Hospital, Edmonton*

Hardeep Kainth

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

Julie Reader

*Foothills Medical Center, Calgary*

Kasey Aiello

*Foothills Medical Center, Calgary*

Marcy Cwiklewich

*Glenrose Rehabilitation Hospital, Edmonton*

Mary McEwen

*Foothills Medical Center, Calgary*

Michelle Wallace

*Glenrose Rehabilitation Hospital, Edmonton*

Olaleye Olayinka

*University of Alberta, Edmonton*

Raj Parmar

*Foothills Medical Center, Calgary*

Tanya McFaul

*Foothills Medical Center, Calgary*



# Information

## General Information

### Joining the Session

1. Anyone can join the session, whether registered or not.
2. A google invite was sent out to registered participants with the Zoom details to join the event. The Zoom details has also been provided for unregistered participants as well. The details can be accessed via the event poster, agenda or project website [[concentricproject](#)].
3. 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.
4. 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.

### Accessing Session Recordings

1. Following popular demand, each session would be recorded and made available via the Concentric project's [YouTube Channel](#).
2. Any document shared during the event would be made accessible via the project's website [[click here to access shared documents](#)].

## For Invited Speakers

### Joining the Session

1. Similar details presented above on how to join the session applies.
2. Please, try and join the session at least 5 minutes before the time of your presentation.

### Presentation

1. Please try and log on at least 5 minutes before your session.
2. The Zoom platform will be enabled to allow you to share your screen once you log-on.
3. Please, try and keep your presentation to the allotted time slot. A notification would be sent directly to you via the Zoom Chat Box to notify you at the 10 minutes, 5 minutes and 1 minute mark.
4. You are expected to control your presentation slides from your end. If unable to do so, please notify the Organizing Committee ([oolayink@ualberta.ca](mailto:oolayink@ualberta.ca)) ahead before your presentation.
5. Provide a copy of your presentation slides to the Organizing Committee ([oolayink@ualberta.ca](mailto:oolayink@ualberta.ca)) before the time of your presentation. The copy would be queued up and ready as backup in case of any unforeseen technical difficulty.



## 2022 March 17

**13.00 – 13.05**

**Welcome & Introductions** **5 mins**  
Kasey Aiello + Dawn Miller, OT

**13.05-13.30**

**Prognosis after SCI** **25 mins**  
Chester Ho, MD

**13.30-13.40** **Q & A** **10 mins**

**13.40-14.05**

**Mental Health & SCI** **25 mins**  
Marc Ross, PhD

**14.05-14.15** **Q & A** **10 mins**

**14.15-14.35**

**Common Shoulder Injuries** **20 mins**  
Mary McEwen, PT

**14.35-14.45** **Q & A** **10 mins**

**14.45-14.55** **Break**

**14.55-15.15**

**Neuropathic Pain following SCI** **20 mins**  
David J. Allison, Ph.D

**15.15-15.25** **Q & A** **10 mins**

**15.25-15.45**

**Neurorecovery/Neuromodulation** **20 mins**  
Richdeep Gill, MD PhD + Aaron Phillips, PhD

**15.45-15.55** **Q & A** **10 mins**

**15.55-16.00** **Closing Remarks**

Kasey Aiello + Dawn Miller, OT



01

## Chester Ho, MD



Dr. Chester Ho is a Professor and Endowed Chair of Spinal Cord Injury Research at the University of Alberta; Alberta Health Services (AHS) Edmonton Zone Interim Zone Clinical Department Head, Neurosciences; and AHS Senior Medical Director for the Neurosciences, Rehabilitation & Vision Strategic Clinical Network.

Dr. Ho graduated from the Clinical School at the University of Cambridge in UK, before moving to the United States where he completed his residency in Physical Medicine & Rehabilitation at the Harvard Medical School/Spaulding Rehabilitation Hospital, and fellowship in Spinal Cord Injury Medicine at the Kessler Institute for Rehabilitation/University of Medicine & Dentistry New Jersey.

Dr. Ho has a special clinical and research interest in the rehabilitation of persons with spinal cord injury, for which he is internationally known. In addition to his academic pursuit, Dr. Ho also holds a number of provincial and national leadership positions, including his recent provincial leadership in AHS post COVID rehabilitation and recovery planning, which included the creation of the AHS Post COVID Rehabilitation Framework which involved over 100 stakeholders from across the province. He believes that the combination of his clinical, research and administrative positions will have good alignment to create positive impact on patient care and experience.

02

## Marc Ross, PhD. Ed.



Dr. Marc Ross (PhD. Ed.) is a Registered Psychologist who, in addition to his work with Integral Therapy, is a mental health practitioner at WGM Psychological Services Ltd. and Amundson & Associates. Marc specializes in the areas of evolutionary psychology and integral studies, having worked extensively with biofeedback and hypnosis in his practice; he also has had valuable experience in research, teaching, and writing. He has worked with many adolescents, couples and families over the years, and is affectionately referred to as Dr. Wheelz by some teens. Given his personal experience with quadriplegia, he also helps people adapt to chronic pain, disability and physical injury.



03

## Mary McEwen, PT



Mary attended the University of Alberta for her Bachelors of Science degree in Kinesiology and Master's of Science in Physical Therapy.

While she worked in an out-patient orthopedic setting, she completed further post graduate courses in upper and lower quadrant manual therapy, movement impairment syndromes and functional dry needling. For the past 6 years has been working at Foothills Medical Center in acute neuro rehab.

Her specific interest is in combining biomechanical models of movement impairment to the neurologically injured patient. She is passionate about educating patients so that they are better able to manage their pain, avoid future injuries and attain maximal recovery and functional independence.

04

## David J. Allison, PhD.



Dr. Allison is a clinical research associate at Lawson Health Research Institute, St Joseph's Healthcare London. His research explores the physiological mechanisms which contribute to mental health disorders and neuropathic pain in populations with chronic inflammation (SCI, MS, etc.).

Dr. Allison's research also investigates the use of diet, exercise, and cannabis as intervention strategies.

05

## Richdeep Gill, MD PhD.



Dr. Gill completed both his medical degree and General Surgery residency at the University of Alberta. During his residency Dr. Gill pursued his research interests in surgical frontiers and was awarded a PhD in Experimental Surgery. He went on to complete subspecialty training in Bariatric Surgery before joining the Calgary Adult Bariatric Surgery Clinic.

Dr. Gill holds an academic appointment at the University of Calgary. Dr. Gill's surgical career focuses on the improvement of obesity related co-morbidities and optimizing outcomes for bariatric patients



06

## Aaron Phillips, PhD.



Aaron Phillips was trained in Experimental Medicine, Biosciences and Mathematics. His appreciation of the interactions between the nervous and cardiovascular systems, and understanding how these systems are disrupted in the presence of clinical conditions, has driven his research into the development of novel therapies for people with neurological health issues. After obtaining the Banting, CIHR, NSERC, Heart & Stroke Foundation, and Craig Neilsen Fellowships as well as the Killam Research Award during his post-doc at the University of British Columbia (UBC), he established his laboratory at the University of Calgary in 2017. He is now a Professor of Physiology and Pharmacology, Clinical Neurosciences, and Cardiac Sciences. Within the Foothills Medical Centre, he is Director of RESTORE.net, which is a platform dedicated to developing translational technology for neurological injury. He has received the Brain Canada Future Leader Award, The Arthur Guyton Award in Excellence in Physiology from the American Physiological Society, and the Top 40 Under 40 from Avenue Magazine. He has 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 Nature Biotechnology.





## Acknowledgement


### Sponsors & Partners


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University of Calgary, Department of Clinical Neurosciences

  
University of Calgary, W21C





## Potential SCI Topics

### Identified topics covered in Professional Needs Assessment Survey sent out in 2021

	<b>Essential topics (the mandatory topics for Education Day)</b>
<input type="checkbox"/>	Autonomic dysreflexia
<input type="checkbox"/>	Bladder management
<input type="checkbox"/>	Bowel management
<input 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
	<b>Additional SCI topics</b>
<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 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

Topics chosen for 2022

# Concentric

## Concentric at a Glance

Stage  
**01**

Situation  
Analysis



### Situation Analysis:

- ➔ To understand the TiC experience of persons with SCI, &
- ➔ Identify stakeholders involved

Stage  
**02**

SCI  
Transitions  
Model  
Design



### Model Development:

- ➔ To build partnership with SCI stakeholders and co-develop CONCENTRIC model

Stage  
**03**

Implementation  
& Evaluation of  
SCI Transitions  
Model



### Model Implementation & Evaluation

- ➔ To implement and evaluate impact of CONCENTRIC model

For more, click links below;



[www.concentricproject.com](http://www.concentricproject.com)



[YouTube Channel](#)



## Additional Information

- ① Kindly spare few minutes to complete the evaluation survey for the session using the link below.  
[SCI Annual Education Day 2022 Evaluation Survey](#)
- ② Session slides and recordings will be made available to access via the appropriate channels  
Visit [CONCENTRIC project's website](#) or [YouTube channel](#)
- ③ Public review of Health Standards Organization's Integrated People-Centred Spinal Cord Injury Rehabilitation Program standard is now open.  
[Click here to review or participate.](#)
- ④ Watch out for work currently been completed on Standardization of Nursing and Allied Health Care for Patients with Spinal Cord Injury in Alberta Hospitals. For questions regarding the initiative or to get involved contact: [NeuroRehabVision.SCN@ahs.ca](mailto:NeuroRehabVision.SCN@ahs.ca)
- ⑤ See [The Spinal Cord Injury Strategy for Alberta](#)
- ⑥ NRV SCN Initiative: [Care for Patients with Spinal Cord Injury in Hospital](#)
- ⑦ [Download printable AD pocket card](#)
- ⑧ Watch out for invitation to join the organizing committee or to attend the next SCI Annual Education Day for 2023.



Thanks for Attending...

# SCI Annual Education Day 2022 [Virtual] Program



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