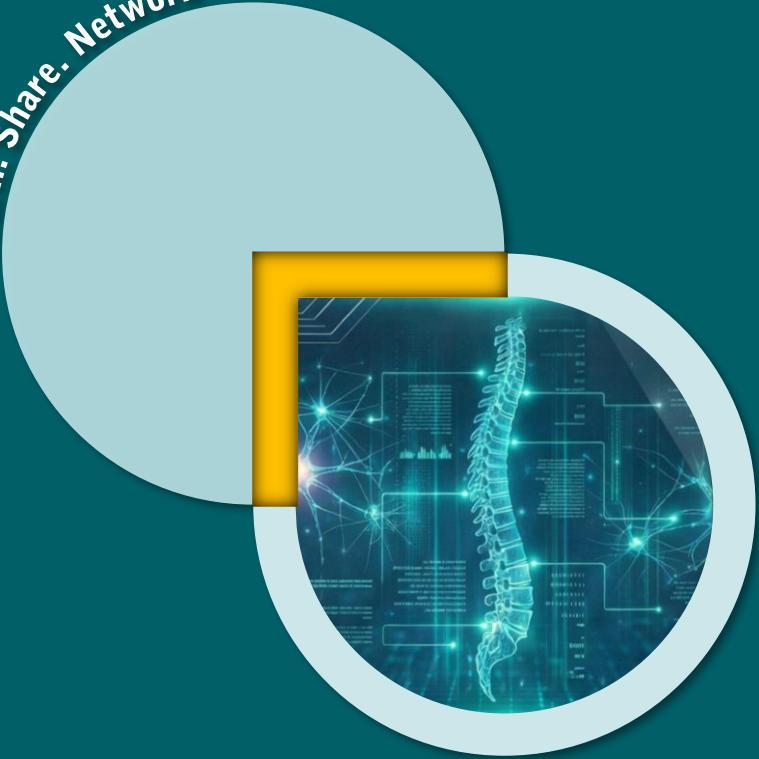




CONCENTRIC

PROGRAM BOOK

Learn. Share. Network



5<sup>TH</sup> ANNUAL SCI  
EDUCATION DAY

2026

# Welcome Message

**Dear Friends,**

Welcome to the 5<sup>th</sup> Annual Spinal Cord Injury Education Day.

It is with great joy that we welcome you to this year's education day. This marks the 5th year of us coming together to learn, reflect, and grow in our understanding of spinal cord injury (SCI) realities, care and management. The sustenance of the education day since the first one in 2022 is a testament to our shared commitment to improve the care of persons with spinal cord injury. We are so honoured to have you join us again and appreciate the time spared to be part of this journey.

As was the case with previous sessions, this year's program continues to bring together persons with SCI and healthcare providers to share their knowledge, perspectives and lived experiences on a range of important SCI topics. Through their presentations we hope to improve our understanding of SCI, inform practice and highlight the value of professional and lived experiences. We hope we can all leave today inspired and empowered.

We would like to thank our speakers for honouring our invitation and sharing their experience, expertise and insight. We also appreciate the support of our sponsors, partners, and the organizing committee whose dedication and hard work behind the scenes have made this day possible.

As you take part in today's sessions and conversations, we hope you will find moments that stay with you long after the day ends. May this Education Day strengthen our sense of community, renew our shared purpose, and inspire continued positive change in SCI care and management across Alberta and beyond.

Thank you for joining us and for being part of this important day.

*Education Committee*

# Education Committee

**Rebecca Charbonneau**

*University of Calgary;  
Foothills Medical Center, Calgary*

**Brandice Lorch**

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

**Brittney Makhotkina**

*Foothills Medical Center, Calgary*

**Christine LaRose**

*Glenrose Rehabilitation Hospital, Edmonton*

**Hardeep Kainth**

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

**Jacqueline Rowley**

*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*

# House Keeping

## General

- 1 The Education Day sessions will be recorded and the recordings made available via the [project's website](#) or [YouTube Channel](#).
- 2 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 the presentations

Use the chat box feature 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 the event

- 1 Please complete the Evaluation Survey for the event using the link provided in the chat box or by [clicking here](#). Your feedback on the event is much appreciated.
- 2 As the event's survey is anonymous, please, complete the section in the survey requesting for your email if you would like a Certificate of Attendance sent out to you. One would be sent out by default after filling the Evaluation Survey for the event.

---

Resource	Access link (click to access)
 Recordings	<a href="#">Project's YouTube Channel</a>
 Shared materials [slides, etc.]	<a href="#">Project's Website (concentricproject.com)</a>
 Evaluation survey	<a href="#">Survey link (tinyurl.com/sci-ed-survey2026)</a>

APR  
09  
THUR  
SDAY

EVENT  
SCHEDULE

- **Welcome** (12:30 – 12:40)  
*Kasey Aiello & Julie Render*
- **Topic 1** (12:40 – 13:10)  
DVT/PE, Heterotopic Ossification,  
and Syringx - *Denise Hill*
- **Break** (13:20 – 13:25)
- **Topic 2** (13:25 – 13:55)  
Women's Health in SCI -  
*Stacy Elliot & Sarah Simms*
- **Break** (14:05 – 14:10)
- **Update** (14:10 – 14:15)
- **Topic 3** (14:15 – 14:45)  
Orthostatic Hypotension and SCI -  
*Willy Gateka & Hardeep Kainth*
- **Break** (14:55 – 15:00)
- **Topic 4** (15:00 – 15:40)  
Transitions in Care after SCI -  
*Chester Ho*
- **Closing Remarks** (15:50 – 16:00)  
*Kasey Aiello & Julie Render*

- **Note:** All topics will be followed by an additional 10 minutes for **Q&A**.



# Speakers

## DENSIE HILL

### Topic 1

Dr. Denise Hill is a Clinical Associate Professor in the Division of physical medicine and rehabilitation in the Department of clinical neurosciences at the University of Calgary.

Dr. Hill graduated from medical school at McMaster University and completed her residency in physical medicine and rehabilitation at Dalhousie University.

She has a clinical interest in the assessment and management of the medical aspects of acute spinal cord injury and over 20 years experience in addressing long-term complications after spinal cord injury. She also has a clinical practice in electromyography and has expertise in assessing the upper extremity after acute tetraplegia to assist the surgical team in identifying candidates appropriate for peripheral nerve transfer.

## STACY ELLIOT

### Topic 2

Dr. Stacy Elliott is a Sexual Medicine Physician for the past 35 years, whose interests lie in the sexual and reproductive consequences of medical or surgical problems. She is a Clinical Professor in the Departments of Psychiatry and Urologic Sciences and has taught medical and other health care professional undergraduates and residents as well as numerous practicing physicians. She continues to do research as a Principal Investigator at ICORD with over 110 publications and book chapters to her name. She was recognized for her clinical care and research in sexual and fertility in persons with disability by receiving the Queen Elizabeth II Jubilee Medal for her work in 2012, The Fellowship of American Spinal Cord Injury Association (FASIA) in October 2020, and King George III Coronation Medal in March of 2025.

# Speakers

## SARAH SIMMS

### Topic 2

Dr. Sarah Simms is a Physical Medicine and Rehabilitation specialist in Vancouver, BC. She is a Clinical Instructor with the University of British Columbia Faculty. Her current practice is in spinal cord injury, neuromuscular and electromyography. She has a background in physiotherapy with extra training in pelvic floor physiotherapy and is completing further education in Sexual Health Rehabilitation.

## WILLY GATEKA

### Topic 3

Person with lived experience of SCI

## HARDEEP KAINTH

### Topic 3

Dr. Hardeep Kainth is an Associate Clinical Professor in the Division of Physical Medicine and Rehabilitation in the Department of Medicine at the University of Alberta. He is the medical lead for Spinal Cord Injury Rehabilitation in Edmonton.

Dr. Kainth completed Physical Medicine and Rehabilitation residency training in North Carolina and then completed a fellowship in Spinal Cord Injury Medicine in Seattle prior to moving to Edmonton.

He is passionate about improving SCI management throughout the continuum of care. His special interest include: SCI Best practice, acute SCI management, neurogenic bladder, spasticity, heterotopic ossification and pressure injuries.

# Speakers

## CHESTER HO

## Topic 4

Dr. Chester Ho is a Professor of Physical Medicine & Rehabilitation, and the inaugural Spinal Cord Injury Research Endowed Chair at the University of Alberta in Edmonton, Canada. He is also the Facility Medical Director for the Glenrose Rehabilitation Hospital in Edmonton, Canada. He was trained in Cambridge University and Harvard Medical School where he was Chief Resident.

Dr. Ho is a renowned clinician-researcher with an interest in the rehabilitation and healthcare delivery of persons with spinal cord injury. His special interest includes the management of pressure injuries, which are common issues after spinal cord injury, and how to facilitate its integration into clinical practice. He co-leads the provincial Pressure Injury Prevention Committee in Alberta and is a Board member of the Canadian Pressure Injury Advisory Panel. Dr. Ho has published over 150 peer-reviewed papers in top rehabilitation journals and has received research funding from agencies including the Canadian Institutes of Health Research, US Department of Veterans Affairs, Brain Canada and Craig H. Neilsen Foundation. He was awarded as the 2021 “Champion of Change” by the Canadian Spinal Cord Injury Rehabilitation Association. In 2023, he was one of six recipients of the Chinese Canadian Legends Award, celebrating his achievements and contributions in the medical field.

# Sponsors & Partners



Canadian Institutes  
of Health Research

Instituts de recherche  
en santé du Canada



**UNIVERSITY  
OF ALBERTA**

SCI Research Chair



**UNIVERSITY OF  
CALGARY**



**Alberta Health  
Services**



Spinal Cord Injury Alberta  
Lésions Médullaires Alberta



**THE ALBERTA  
PARAPLEGIC  
FOUNDATION**



**PRAXIS**

Spinal Cord Institute  
Institut de la moelle épinière

*Friends*  
OF GLENROSE

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

# CONCENTRIC



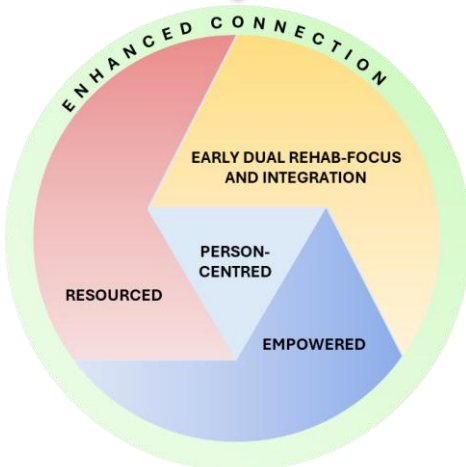
**CON**necting and **CO**ordinating an **EN**hanced **NE**twork for **TR**ansitions **IN** **CA**re:  
A New Model for Spinal Cord Injury in Alberta

## CONCENTRIC Model Conceptual Framework

Key Themes



Expected Outcome



For full list of recommendations under each theme, click link below or visit;

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

# Education Day Topics

\*  - Indicates topics chosen for 2022,2023, 2024 & 2025 Education Days

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

<input checked="" type="checkbox"/>	Autonomic dysreflexia
<input checked="" type="checkbox"/>	Bladder management
<input checked="" 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 checked="" type="checkbox"/>	Spasticity
<input checked="" type="checkbox"/>	Wheelchair seating
<input checked="" type="checkbox"/>	Research update
<input type="checkbox"/>	Existing clinical practice guidelines
<input checked="" type="checkbox"/>	Respiratory management and Sleep apnea
<input checked="" type="checkbox"/>	Pain management
<input checked="" 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

# 2026 Education Day

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

## Evaluation Survey



Click or visit [tinyurl.com/sci-ed-survey2026](https://tinyurl.com/sci-ed-survey2026)

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

## Session resources



Click or visit [concentricproject.com](https://concentricproject.com)

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

# 2022-'25 Education Day

See below for session slides, recordings and report

## Education Day 2022

Report



Click or visit [tinyurl.com/sciday2022](https://tinyurl.com/sciday2022)

## Education Day 2024

Report



Click or visit [tinyurl.com/sci-ed2024](https://tinyurl.com/sci-ed2024)

## Education Day 2023

Report



Click or visit [tinyurl.com/sciday2023](https://tinyurl.com/sciday2023)

## Education Day 2025

Report



Click or visit [tinyurl.com/sci-ed2025](https://tinyurl.com/sci-ed2025)

# Links & URLs

Resource	Visit or click link to access
 2026 Education Day Web Page	<a href="https://concentricproject.com/sci-education-day">concentricproject.com/sci-education-day</a>
 2026 Education Day Evaluation	<a href="https://tinyurl.com/sci-ed-survey2026">tinyurl.com/sci-ed-survey2026</a>
 2026 Education Day Recordings	<a href="https://tinyurl.com/sci-ed-videos">tinyurl.com/sci-ed-videos</a>
 2025 Education Day Web Page	<a href="https://tinyurl.com/sci-ed2025">tinyurl.com/sci-ed2025</a>
 2025 Education Day Recordings	<a href="https://tinyurl.com/sci-ed-videos">tinyurl.com/sci-ed-videos</a>
 2025 Education Day Brief Report	<a href="https://tinyurl.com/sciday2025report">tinyurl.com/sciday2025report</a>
 2024 Education Day Web Page	<a href="https://tinyurl.com/sci-ed2024">tinyurl.com/sci-ed2024</a>
 2024 Education Day Recordings	<a href="https://tinyurl.com/sci-ed-videos">tinyurl.com/sci-ed-videos</a>
 2024 Education Day Brief Report	<a href="https://tinyurl.com/sciday2024report">tinyurl.com/sciday2024report</a>
 2023 Education Day Web Page	<a href="https://tinyurl.com/sciday2023">tinyurl.com/sciday2023</a>
 2023 Education Day Recordings	<a href="https://tinyurl.com/sci-ed-videos">tinyurl.com/sci-ed-videos</a>
 2023 Education Day Brief Report	<a href="https://tinyurl.com/sciday2023report">tinyurl.com/sciday2023report</a>
 2022 Education Day Web Page	<a href="https://tinyurl.com/sciday2022">tinyurl.com/sciday2022</a>
 2022 Education Day Recordings	<a href="https://tinyurl.com/sci-ed-videos">tinyurl.com/sci-ed-videos</a>
 2022 Education Day Brief Report	<a href="https://tinyurl.com/sciday2022report">tinyurl.com/sciday2022report</a>
 CONCENTRIC project website	<a href="https://concentricproject.com">concentricproject.com</a>
 CONCENTRIC YouTube Channel	<a href="https://tinyurl.com/concentricvideos">tinyurl.com/concentricvideos</a>
 Standardization of Nursing and Allied Health Care for Patients with Spinal Cord Injury in Alberta Hospitals	<a href="https://tinyurl.com/scicare-nrvscn">tinyurl.com/scicare-nrvscn</a>

**5<sup>th</sup> Annual Education Day 2026  
Evaluation Survey**



**Visit [tinyurl.com/sci-ed-survey2026](https://tinyurl.com/sci-ed-survey2026)**

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

**Thanks for attending...**

