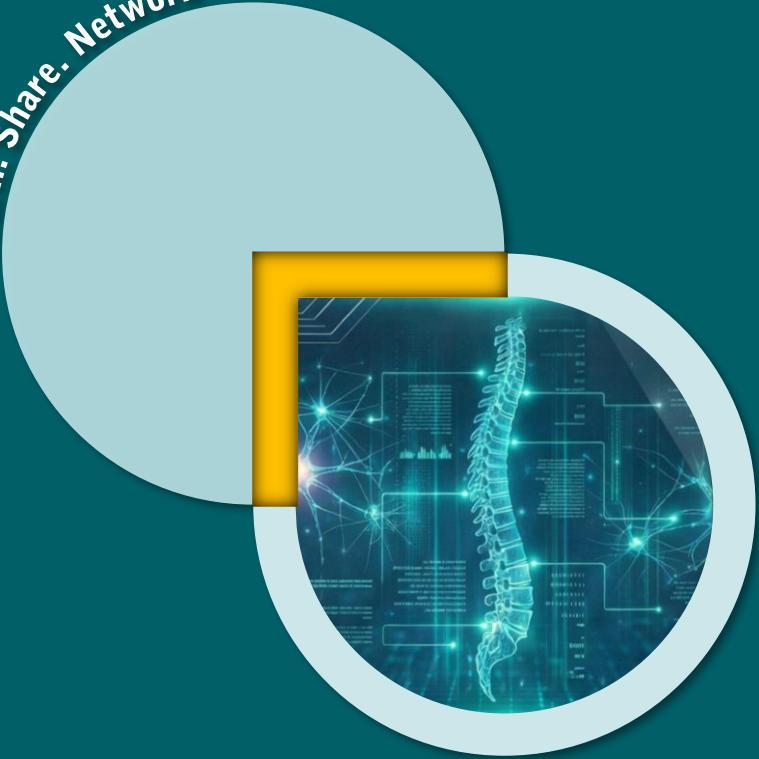




CONCENTRIC

PROGRAM BOOK

Learn. Share. Network



5TH ANNUAL SCI
EDUCATION DAY

2026

Welcome Message

Dear Friends,

Welcome to the 5th 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	Project's YouTube Channel
 Shared materials [slides, etc.]	Project's Website (concentricproject.com)
 Evaluation survey	Survey link (tinyurl.com/sci-ed-survey2026)

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

DENISE 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

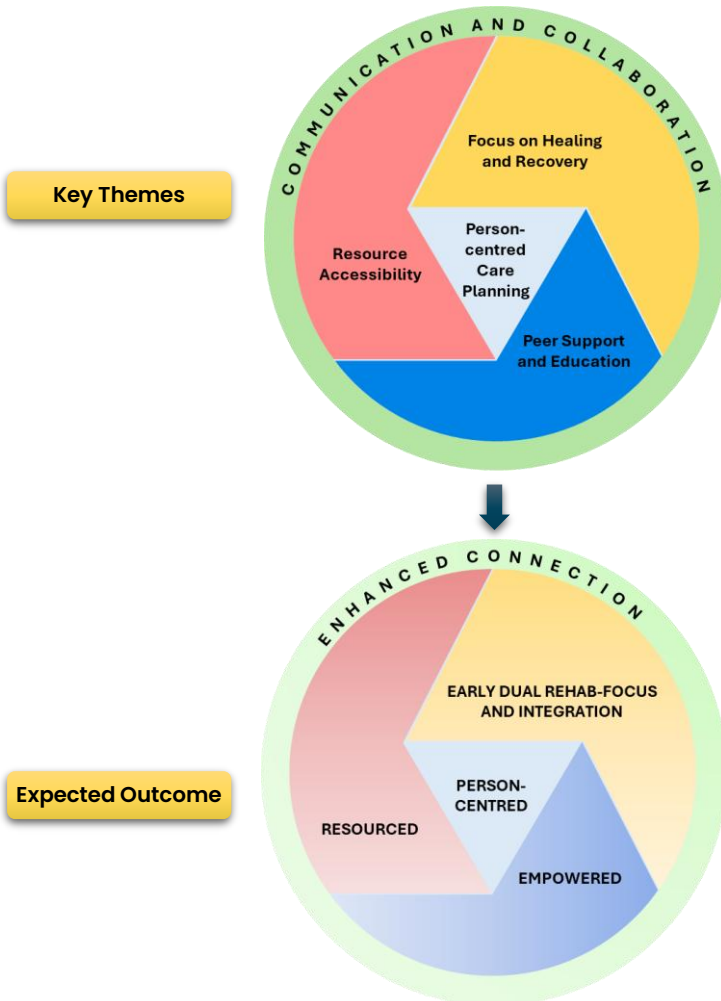
**Neurosciences, Rehabilitation & Vision
Strategic Clinical Network™**

CONCENTRIC



CONnecting and **CO**ordinating an **EN**hanced Network for **TR**ansitions **IN** **C**are:
A New Model for Spinal Cord Injury in Alberta

CONCENTRIC Model Conceptual Framework



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

 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

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

Session resources



Click or visit tinyurl.com/sci-ed2026

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

Education Day 2024

Report



Click or visit tinyurl.com/sci-ed2024

Education Day 2023

Report



Click or visit tinyurl.com/sciday2023

Education Day 2025

Report



Click or visit tinyurl.com/sci-ed2025

Links & URLs

Resource	Visit or click link to access
 2026 Education Day Web Page	tinyurl.com/sci-ed2026
 2026 Education Day Evaluation	tinyurl.com/sci-ed-survey2026
 2026 Education Day Recordings	tinyurl.com/sci-ed-videos
 2025 Education Day Web Page	tinyurl.com/sci-ed2025
 2025 Education Day Recordings	tinyurl.com/sci-ed-videos
 2025 Education Day Brief Report	tinyurl.com/sciday2025report
 2024 Education Day Web Page	tinyurl.com/sci-ed2024
 2024 Education Day Recordings	tinyurl.com/sci-ed-videos
 2024 Education Day Brief Report	tinyurl.com/sciday2024report
 2023 Education Day Web Page	tinyurl.com/sciday2023
 2023 Education Day Recordings	tinyurl.com/sci-ed-videos
 2023 Education Day Brief Report	tinyurl.com/sciday2023report
 2022 Education Day Web Page	tinyurl.com/sciday2022
 2022 Education Day Recordings	tinyurl.com/sci-ed-videos
 2022 Education Day Brief Report	tinyurl.com/sciday2022report
 CONCENTRIC project website	concentricproject.com
 CONCENTRIC YouTube Channel	tinyurl.com/concentricvideos
 Standardization of Nursing and Allied Health Care for Patients with Spinal Cord Injury in Alberta Hospitals	tinyurl.com/scicare-nrvscn

**5th Annual Education Day 2026
Evaluation Survey**



Visit tinyurl.com/sci-ed-survey2026

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

Thanks for attending...

