



CONCENTRIC



2ND ANNUAL SCI
EDUCATION
DAY 2023

PROGRAM
BOOK

Welcome Message

Dear friends,

It is with great pleasure that we welcome you all to the 2nd Spinal Cord Injury Annual Education Day 2023. We hope the event achieves its purpose of providing a platform to learn, share knowledge and foster collaboration and relationship between SCI stakeholders.

This year's Education Day provides another opportunity to hear from individuals with lived experience of SCI and those with experience in SCI care and management. Based on feedback received on the 1st SCI Annual Education Day 2022, the number of topics for the event have been reduced to allow more time to discuss each included topic.

We would like to take this opportunity to appreciate our speakers for accepting our invitation to share their expertise and experience. We also thank our sponsors, partners and the organizing committee for their contributions that have made this event possible.

Finally, we extend a warm welcome to you all and hope this event will inspire new insights and connections strategic to improving the care of persons with SCI.

Thank you and do have a productive, engaging, enlightening and enjoyable day.

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

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 chatbox or by [clicking here](#)
- 2 A Certificate of Attendance will be sent out automatically after filling the Evaluation Survey for the event. Your feedback on the event is much appreciated.
- 3 Please register for the 2024 Annual SCI Education Day again once registration opens next year.

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



Event Schedule

13:00 – 13:10

Welcome and Introductions (*location poll*)
Kasey Aiello & Dawn Miller

13:10 – 13:50

Pressure Injury (30 mins)
Lorinda Bye + Julie Reader + Hardeep Kainth
Q & A (10 mins)

13:50 – 14:30

Autonomic Dysreflexia (30 mins)
Kasey Aiello + Kendra Baker + Rebecca Charbonneau
Q & A (10 mins)

14:30 – 14:35

5 minutes break

14:35 – 15:15

Physical Fitness after SCI (30 mins)
Alex Hepworth + Paul Croizet
Q & A (10 mins)

15:15 – 15:55

Patient Orientated Discharge Summaries (30 mins)
Sandra Mills
Q & A (10 mins)

15:55 – 16:00

Closing remarks



Speakers



Alex Hepworth, BKin, CSEP-CEP

Alex Hepworth received his Kinesiology degree from Acadia University in Nova Scotia, where he developed a passion working with individuals with neuromuscular conditions and disabilities. Upon graduating and receiving his Clinical Exercise Physiologist certification, he moved out to Calgary where he has spent nearly 7 years working at Spinal Cord Injury Alberta and the University of Calgary. In these roles he works with specialized equipment to help individuals rehabilitate, regain function and strengthen quality of life.

His specific interests include using innovated technology for rehabilitation, such as the Functional Electrical Stimulation bike and Xcite therapy to improve functional movements.



Hardeep Kainth, MD

Hardeep Kainth is an Assistant Clinical Professor at the University of Alberta and the Medical Lead of the Spinal Cord Injury program at the Glenrose Rehabilitation Hospital in Edmonton. He completed a Spinal Cord Injury Medicine fellowship at the University of Washington in Seattle.

Interests include clinical best practice for SCI throughout the continuum of care with special interest in acute care SCI management, pressure injuries and heterotopic ossification.



Julie Reader, RN, BN, CNN(C), IIWCC

Julie is a Registered Nurse specialized in acute Neurosciences Nursing, has spent her career working with persons with stroke, brain injury and spinal cord injury, and is a certified Neurosciences Nurse.

Julie developed a passion for pressure injury prevention as a bedside nurse and Clinical Nurse Educator at the Foothills Medical Centre in Calgary, Alberta in response to working with populations at high risk of pressure

injuries. She leads pressure injury prevention and acts as wound management care coordinator for four inpatient neuro units, is a well-known and respected champion for pressure injury prevention in Calgary.

Julie has worked with teams at her site to develop, implement and maintain a comprehensive pressure injury prevention program, and has completed her IIWCC with a focus on pressure injuries. In 2021, Julie concluded a temporary role as Clinical Practice Lead for an ongoing provincial initiative in Alberta to support implementation of pressure injury prevention for adults in hospital.



Kasey Aiello

Kasey Aiello has been working with AHS since 2018 as the Patient Liaison for Neurosciences at Foothills Medical Centre, and has twenty three years of experience living with an SCI as a quadriplegic. She currently supports four groups of Peer Support Volunteers who have lived experience with an SCI, BI, Stroke and seizures.

Kasey and her Peers play an incredibly important role sharing their stories and connecting with patients in weekly group education sessions during their rehab stay.

Outside of work, she is an active wheelchair rugby player for the Alberta Provincial Team and was recently a member of Canada's first female wheelchair rugby team that brought home bronze from the March 2023 Women's World Cup in Paris, France.

Wheelchair rugby has played a huge role in helping Kasey stay healthy both physically and mentally, she firmly believes it positively contributes to being a better mother and partner in life.

Adaptive mountain biking on her Bowhead Reach with family is her other love when she's not cooking and baking up a storm in the kitchen.

Speakers



Kendra Baker, BScN, RN

Kendra Baker attended the University of Victoria for her Bachelor of Science degree in Nursing. After graduating she moved to Calgary and started work in general surgery/oncology. Then moving to Australia to travel nurse for a year. After which Kendra Baker attended the University of Victoria for her Bachelor of Science degree in Nursing. After graduating she moved to Calgary and started work in general surgery/oncology. Then moving to Australia to travel nurse for a year. After which she came back to Calgary and started working in the multi systems ICU at Foothills Medical Centre. While working in ICU she also traveled and worked in Nunavut and Victoria BC.

Kendra has taught baccalaureate students at Mount Royal University as well as students in the Advanced Critical Care Nursing program. In the last year she has taken a position as the Clinical Nurse Educator for Tertiary Neuro Rehab at Foothills hospital.



Lorinda Bye, BCOMM

Person with lived experience



Paul Croizet

Person with lived experience



Rebecca Charbonneau, MD

Dr. Rebecca Charbonneau is a Clinical Assistant Professor in the Division of Physical Medicine and Rehabilitation in the Medical Centre in Calgary.

Dr. Rebecca Charbonneau is a Clinical Assistant 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.

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.



Sandra Mills, MEd

Sandra is the Patient Education and Engagement Lead at UHN Toronto Rehab Lyndhurst Spinal Cord Rehabilitation program.

Sandra develops and maintains the spinal cord specific patient education tools and resources, teaches health care providers how to teach and actively engages people with SCI in program initiatives to ensure their voice is represented.

Sandra co-leads the Teachback SCI: Patient Oriented Discharge Strategy – otherwise known as PODS – at Lyndhurst. In this role, she trains all new facilitators and coaches them in effective communication practices including teachback. She is also a PODS facilitator herself.

Sandra has a Master of Education in Adult Education and Community Development from University of Toronto and is part of the Program leadership team at Lyndhurst.

Sponsors & Partners



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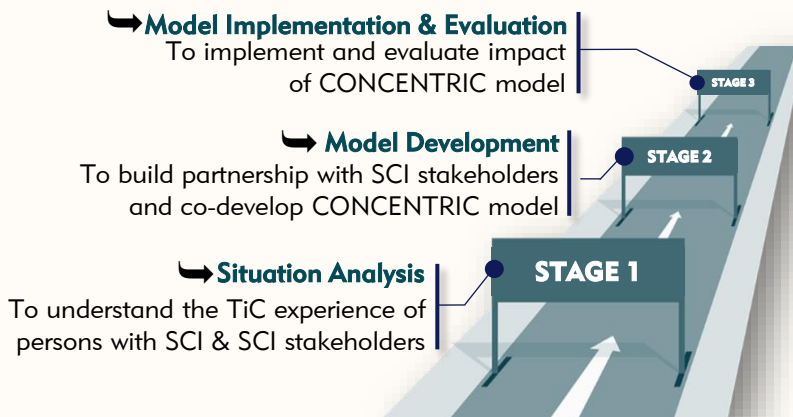
Friends

OF GLENROSE

*CONnecting and Coordinating an Enhanced Network for TRansitions In Care (CONCENTRIC):

A New Model for Spinal Cord Injury in Alberta

Project recap



Recently launched

My Experience Survey

– Regarding my Care and Changes in my Health, Function & Quality of Life


Designed to be self-administered by person with SCI or with the help of their family member, friend or care provider, this is an evaluation tool aimed at empowering persons with SCI to examine their care, identify areas of concern and guide discussions with their care providers

For more information, contact

✉ kathy.kovacsburns@ualberta.ca

For additional project information, click links below;

 www.concentricproject.com

 [YouTube Channel](#)

Additional Info.



SMART Network

Conducting research study on functional electrical stimulation training to restore arm and leg function after SCI or stroke

Currently looking for volunteers to participate in the study.

If interested or want to know more, please reach out to

 japorter@ualberta.ca.

more



RESTORE Network

Conducting patient-centred, multi-disciplinary research that improves and extends the lives of people with spinal cord injury at the University of Calgary.

Currently looking for research participants, collaborators, and community partners.

If interested, please reach out to

 restorenetwork@ucalgary.ca

more



Sequence to Discover Research Grant

A new grant program offer for Canadian researchers working in the genomics space

***Note:** Application deadline is June 15 2023

If interested or want to know more visit

norgenbiotek.com/SequenceToDiscover

more



1st Annual SCI Education Day 2022 Report



For more

 oolayinka@ualberta.ca

 [Recordings](#)

 [Session slides](#)

[more](#)



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CONCENTRIC Reports



[2022
Report](#)

[2021
Report](#)



For more, contact

 oolayinka@ualberta.ca

[more](#)

Potential SCI Topics

Identified 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

* Topics chosen for the Education Day [2022 & 2023]

1st Annual SCI Education Day 2022

From post-event evaluation survey sent out in March 2022

20

Total Number of Questions

40

Number of Respondents

→ What topic(s) would you like to see covered in the next SCI Annual Education Day?

- ▶ It would be cool to have a panel discussion with people to share their lived experiences: re: return to work, sex after injury, relationship changes, etc.
- ▶ Any updates in research from the year since the previous education day
- ▶ Using natural remedies for SCI complications instead of medications.
- ▶ ...more practical information to put into daily practice
- ▶ What do non-clinical social workers do that makes a difference beyond filling out forms?

2nd Annual SCI Education Day 2023

→ [2023 Evaluation Survey](#)



Note:

*Certificate of Attendance would be sent out automatically upon completion of survey



Thanks for attending...



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