

**9th Annual Current Concepts in Spinal Cord Injury Rehabilitation**

May 18, 2024

UPMC Mercy Pavilion

1622 Locust St. Pittsburgh, PA 15219

*Sponsored by:*

*UPMC Rehabilitation Institute, Center for Spinal Cord Injury*

*UPMC Center for Continuing Education in the Health Sciences*

*University of Pittsburgh School of Medicine Department of Physical Medicine & Rehabilitation*

**Overview**

Nearly 18,000 individuals in the U.S. sustain a traumatic spinal cord injury (SCI) each year. Additionally, while non-traumatic SCI can be difficult to track, it is estimated to be roughly the same amount as traumatic injuries per year. The care of persons with SCI requires an interdisciplinary approach across the continuum of care. Providers should be aware of current evidence and care techniques for both traumatic and non-traumatic SCI across the continuum from initial injury, medical complications, many phases of rehab, and community reintegration. The 8th Annual Current Concepts in Spinal Cord Injury Rehabilitation will introduce and review a variety of topics relevant to persons with SCI. Topics will focus on areas important to all team members, throughout the continuum of care. Current Concepts in Spinal Cord Injury Rehabilitation will address, through lectures and discussion, the treatments and strategies employed at the UPMC Rehabilitation Institute. Conference goals are in line with the missions of the Department of Physical Medicine and Rehabilitation and the UPMC Rehabilitation Institute to advance health, expand knowledge, and improve care through research, teaching rehabilitation services, and medical care.

**Learning Objectives**

1. Be able to identify, assess and implement intervention for various causes and types of shoulder pain.
2. Utilize strategies to enhance mental health and coping/adjustment skills for patients and caregivers post SCI.
3. Recognize and employ updated technology to increase community discharge and independence at home.
4. Demonstrate accurate wheelchair assessment and fitting for all types of chairs.
5. Practice gait training techniques unique to SCI patients.
6. Experiment with setup and design strategies to maximize the ability to functionally use a wheelchair in the home.

**Target Audience**

Nurses, physical therapists, occupational therapists, case managers, physiatrists/physicians, fellows, and residents involved with the acute care and rehabilitation of persons with spinal cord injury are encouraged to attend.

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| **Program Schedule** | | |
| 7:30-7:45 am  7:45-8am | Sign-in  Introductions/Agenda | Dr. Elizabeth Stanley  Dr. Amanda Harrington |
| 8-9am | Interdisciplinary Evaluation and Management of Shoulder pain after spinal cord injury | Dr. Amanda Harrington, Dr. Rachel Hibbs, Dr. Elizabeth Stanley |
| 9-10am | The New Era of Technology | Mitch Bell, Randall Huzinec, Stephanie Vasquez-Gabela |
| 10-10:45am | Psychology Pointers for the Non-Psychologist | Dr. Melody Mickens, Dr. Monica Martinez |
| 10:45-11am | Break |  |
| 11-12pm | Enhancing the Rehabilitation Experience Through Art | Jeff Bisdee, Jared Quinteros |
| 12-1pm | Lunch |  |
| 1-1:45pm | Roundtables   1. Spinal Cord Stimulators 2. Adaptive Sports and Rec 3. Adaptive Clothing 4. Available Research Studies in Pittsburgh 5. Adolescents to Adults 6. Wound Care Products and Strategies | Moderator: Dr. Lynn Worobey |
| 1:45-2pm | Break |  |
| 2-4pm | Hands on Learning Rotating Stations   1. Wheelchair Selection and modification 2. ADL apartment – Kitchen accessibility 3. Gait Training Tips after SCI 4. Adaptive Fitness and Exercise Programming | Dr. Joe Everhart, Dr. Rebecca Russell  Julie Harrison, Lynne Huber, Lizz Dunn, Lee Tempest  Chris Venus  Dr. Rachel Hibbs, Dan McCoy |
| 4:10pm | Adjourn | |

**Faculty Listing**

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| ***Course Directors*** | |
| Amanda Harrington, MD | Assistant Professor, UPMC Department of Physical Medicine and Rehabilitation, Program Director, SCIM Fellowship, Director of Spinal Cord Injury Services |
| Rachel Hibbs, DPT, NCS, ATP | Assistant Professor, University of Pittsburgh Department of Rehabilitation Science and Technology, Physical Therapist UPMC Mercy RI and Center for Assistive Technology |
| Lynn Worobey, PhD | Assistant Professor, UPMC Department of Physical Medicine and Rehabilitation |
| Elizabeth Stanley, PT, DPT | Clinical Research Physical Therapist, UPMC Department of Physical Medicine and Rehabilitation, UPMC Mercy RI |
| Samantha Codispot, BSN, CRRN  Lonna Perella, BSN, RN | Clinical Education Specialist, UPMC Mercy Rehabilitation Institute  Spinal Cord Clinician, UPMC Mercy Rehabilitation Institute |
| ***Presenters*** | |

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| Randall Huzinec, PT | Physical Therapist, UPMC Department of Physical Medicine and Rehabilitation |
| Mitch Bell, MS, ATP  Stephanie Vasquez-Gabela, MS  Monica Martinez, Psy.D.  Melody Mickens, PhD, LCP  Jeffrey Bisdee,TRS  Jared Quinteros  Joseph Everhart, PT, DPT, NCS  Rebecca Russell, PT, DPT, ATP  Juli Harrison, OTD, OTR/L, ATP  Lynne Huber, MOT  Elizabeth Dunn, MS, RD, LDN  Marshall Tempest  Christopher Venus, DPT, NCS  Daniel McCoy, MS | Rehab Innovation Specialist, UPMC  Rehabilitation Engineer, Center for Assistive Technology  Postdoctoral Fellow, University of Pittsburgh  Clinical Psychologist, Assistant Clinical Professor, University of Pittsburgh  Recreational Therapist, UPMC Mercy Rehabilitation Institute  Creative Artist, Peer mentor, UPMC  Physical Therapist, UPMC Rehabilitation Institute  Physical Therapist, Center for Assistive Technology  Occupational Therapist, Research Therapist, University of Pittsburgh  Occupational Therapist, UPMC Rehabilitation Institute  Research Associate, Peer mentor, University of Pittsburgh  Research Coordinator, Peer Mentor, University of Pittsburgh  Physical Therapist, UPMC Rehabilitation Institute  ACE Certified, Personal Trainer, Peer Mentor, Director of Player Development, Mighty Penguins Sled Hockey |

**CME Accreditation and Designation Statement**

In support of improving patient care, the University of Pittsburgh is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

**Physician (CME)**  
The University of Pittsburgh designates this live activity for a maximum of **6.5 *AMA PRA Category 1 Credits™****.* Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Nursing (CNE)**  
The maximum number of hours awarded for this Continuing Nursing Education activity is **6.5 contact hours**.

**Other Healthcare Professionals**

Other health care professionals will receive a certificate of attendance confirming the number of contact hours commensurate with the extent of participation in this activity.

The University of Pittsburgh Department of Occupational Therapy is a pre-approved provider of continuing education in Pennsylvania. This course is approved for **6.5 *Contact Hours***.

The University of Pittsburgh Department of Physical Therapy is a pre-approve provider of Continuing Education in Pennsylvania. This course is approved for **6.5 units** of General Access CEUs.

**Instructions to Register**

Deadline to register is May 3, 2024.

Registering online is the quickest and easiest way to reserve your space at CCEHS conferences.

* Visit our online registration site at: [cce.upmc.com](https://cce.upmc.com/)
* Here is the direct link to register: <https://cce.upmc.com/8th-annual-current-concepts-sci-rehabilitation>
* Click the “Register/Take Course" Button and enter all the requested information. After registering, an electronic confirmation will be sent to you. Online registration is complete upon receipt of a confirmation email. If you do not receive the confirmation email immediately, please contact Amy Pietrolaj ([pietrolaja@upmc.edu](mailto:pietrolaja@upmc.edu)).

**Registration Fees**

All cancellations must be in writing and sent to Brianna Shields. Tuition for cancellations postmarked or date stamped on/before May 3, 2024 will be refunded in full. No refunds will be made after May 3, 2024.

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| Fee includes:  Course credits | $65 |
| Student Tuition: $25  Student ID must be presented at conference sign in. | |

**The Americans with Disabilities Act Information**

Participation by all individuals is encouraged. Advance notification of any special needs will help us provide better service. Please notify us of your needs at least two weeks in advance of the program by calling Amy Pietrolaj at 412-232-4072.

**Faculty Disclosure**

*All individuals in a position to control the content of this education activity are required to disclose all relevant financial relationships with any entity producing, marketing, re-selling, or distributing healthcare goods or services used on or consumed by patients.*

*The University of Pittsburgh is an affirmative action, equal opportunity institution.*