

Montana Stroke Rehabilitation and Post-Acute Care Conference

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May 19, 2022

Bozeman, MT

This is a blended in-person and virtual conference

Offered for .6 ASHA CEUs, intermediate level

Rehab has been the primary means by which stroke survivors have recovered maximal function. Established practice guidelines recommended that the stroke survivor receive rehabilitation at a tolerated intensity with anticipated benefit. However, access to rehabilitation services remains a major barrier, including access to specialized stroke rehabilitation therapists and education for specialists. Availability of the post-acute care setting, payment variability, regulatory practices, distance to care in rural settings, race, ethnicity, and sex all have influences on if and where services are available. This course has been designed to help increase knowledge of the needs of the stroke survivor in rehabilitation specific to our rural setting. Participants will learn about neuroplasticity and stroke rehabilitation guidelines and techniques. Participants will also discuss interprofessional teamwork, the implementation of standardized assessments and other tools and resources, barriers to services, and caregiver and patient support.

Learner Objectives:

Demonstrate practical strategies to implement select evidence-based standardized assessments into stroke rehabilitation.

Identify the mental and emotional needs following a stroke for the patient and caregiver.

Identify self-advocacy tools for the stroke survivor.

Time-ordered Agenda:

8:00-8:50 am sign-in & registration

8:50-9:00 am Welcome Joani/Janna Welcome, introduce keynote

9:00-10:00 am Keynote **Presentation 1/Keynote: Alex Terrill, Rehabbing the Couple**

10:00-11:00 am **Presentation 2: Dr. Zorowitz, American Heart Association Stroke Rehabilitation Guidelines**

11:00-11:15 Break

11:15 am-12:15 pm **Presentation 3: Panel (Amanda Balsler, OT; Cathy Off, SLP; Jaclyn Carson, PT)**

Teamwork Makes the Dreamwork: Interprofessional Post-Acute Stroke Rehabilitation Interventions

12:15-1:15 pm Lunch

1:15-2:15 pm **Presentation 4: Piper Kmetz /John Bigart, Stroke is a Brain Injury- Resources Available & Stroke: Beyond the Bedside**

2:15-3:15 pm **Presentation 5: Valerie Maeker, Stroke Rehab: Adaptive Techniques, transfer techniques, dealing with cognitive & emotional needs, assessment of the hemiplegic arm**

3:20-3:35 pm Break/snack

3:35-4:35 pm **Presentation 6: Thomas Bobroski, Driving Outcomes through Neuroplasticity in the Inpatient Rehabilitation Post-acute Setting**

4:35-4:45pm Closing Joani/Janna

Presentation 1 (Keynote):

Rehabbing the Couple: This presentation focuses on the effects of stroke on a couple's relationship and the potential benefits of using a dyadic (couples-based) approach to rehabilitation interventions in stroke survivors and their care partners. The target audience for this conference includes Physicians, Nurse Practitioners, Physician Assistants, Nurses, EMS, Pharmacists, Students, Therapists, Stroke Coordinators, and other Health Professionals.

Presenter: Alexandra L. Terrill, PhD; alex.terrill@hsc.utah.edu

Dr. Terrill is an Associate Professor at the University of Utah Department of Occupational and Recreational Therapies. She is a clinical psychologist, specializing in rehabilitation. Her research focuses on adjustment to chronic conditions such as stroke and associated disability, in particular as it relates to couples. In these areas, she has received NIH and foundation research funding,

published over 30 manuscripts in peer-reviewed journals, and presented/co-authored over 50 oral and poster presentations at national and international conferences. She has no financial or non-financial disclosures.

Presentation 2:

American Heart Association Stroke Rehabilitation Guidelines: Dr. Zorowitz will present on stroke post-acute care guidelines. The target audience for this conference includes Physicians, Nurse Practitioners, Physician Assistants, Nurses, EMS, Pharmacists, Students, Therapists, Stroke Coordinators, and other Health Professional

Presenter: RICHARD D ZOROWITZ MD, FAAPMR, FAHA; Richard.Zorowitz@medstar.net

Richard D. Zorowitz, M.D. is a graduate of the Tulane University School of Medicine. He completed an internship in internal medicine at the Long Island Jewish Medical Center, New Hyde Park, NY, and a residency in physical medicine and rehabilitation at the Rehabilitation Institute of Chicago, Northwestern University, IL. He is board-certified in Physical Medicine and Rehabilitation, Spinal Cord Injury Medicine, and Brain Injury Medicine. For financial disclosures, Dr. Zorowitz receives royalties from Springer Publishing as a textbook co-editor, he is the principal investigator for research for Ipsen Pharmaceuticals, and he is a principal investigator for BrainQ. For non-financial disclosures, he conducts research for Ipsen Pharmaceuticals and he is a principal investigator for Brain Q.

Presentation 3:

Teamwork Makes the Dreamwork: Interprofessional Post-Acute Stroke Rehabilitation Interventions: High quality post-acute stroke rehabilitation, including transitions of care, requires teamwork across inter-professional rehabilitation providers. This inter-professional teamwork can support access to community resources and connections and support return to life participation and community engagement outcomes during the post-acute period following stroke. Strong teamwork includes knowledge of each other's specialty areas and skills as well as knowledge of other community and professional resources. Communication between all team members is essential to optimize client-centered goal planning to target holistic intervention across components of the World Health Organization International Classification of Functioning, Disability, & Health (WHO-ICF, 2001). This presentation will include a panel of three health care professionals: occupational therapy, speech therapy, and physical therapy who will highlight strategies for interprofessional practice. The target audience for this conference includes Physicians, Nurse Practitioners, Physician Assistants, Nurses, EMS, Pharmacists, Students, Therapists, Stroke Coordinators, and other Health Professionals.

Co-Presenter: CATHERINE OFF, PHD, CCC-SLP; Catherine.Off@mso.umt.edu

Co-Presenter: Amanda Balser, OT; Amanda.Balser@providence.org

Co-Presenter: Jaclyn Carsen, PT; jaclyn.carson@mso.umt.edu

Catherine Off, Ph.D., CCC-SLP, is a speech-language pathologist, associate professor, principal investigator of the Brain Research for Aphasia and Intensive Neurorehabilitation (BRAIN) Lab, and Founder and Co-director of the Big Sky Aphasia Program at the University of Montana. Her research focuses on patient, family care partner, and student clinician outcomes in the context of high intensity, holistic service delivery models for the rehabilitation of stroke-related aphasia.

She has no financial or non-financial disclosures.

Amanda Balser has been an occupational therapist for 22 years and specializes in adult neurorehabilitation and complex mobility. She holds Board Certification in Physical Rehabilitation (BCPR) from the American Occupational Therapy Association, and is an Assistive Technology Professional and Seating and Mobility Specialist (ATP/SMS) through RESNA: The Rehabilitation Engineering & Assistive Technology Society of North America. She has no financial or non-financial disclosures.

Jaclyn Carson is a Clinical Physical Therapy Instructor at the University of Montana in the School of Physical Therapy and Rehabilitation Science and Clinician at the University of Montana Physical Therapy Outpatient Clinic. Dr. Carson completed her undergraduate training at The University of Montana in Health and Human Performance – Health Promotion. She finished her DPT at the University of Montana School of Physical Therapy and Rehabilitation Science. Dr. Carson teaches several courses related to foundational knowledge/skills and neurologic rehabilitation, assists the clinical education department, and primarily treats patients with neurologic deficits and complex medical conditions at the on-site clinic independently in the mornings and in a 1:4 preceptor to physical therapy student ratio in the afternoons in the Integrated Clinical Education experience model. She is also serving a second two-year term as Clinical Director at Large for the National Consortium of Clinical Educators addressing the needs of the institutional pairings. For financial disclosures, she receives a salary from The University of Montana and she received travel reimbursement from the National Consortium of Clinical Educators. For non-financial disclosures, her poster was accepted by the Combined Sections Meeting of the APTA (American Physical Therapy Association).

Presentation 4:

Stroke is a Brain Injury- Resources Available & Stroke: Beyond the Bedside:

The presentation will highlight the experience of working as an Emergency Department stroke nurse who attends her father's stroke alert and journeys through the transition from professional to personal as she and her family bring her father into the home post LVO stroke and failed thrombectomy. This talk will also discuss the reality of home life post stroke and the many elements a caregiver must adjust to from emotional to physical to functional. Strokes that result in brain injury are unfortunately all too common. This can create challenges that can be addressed through available resources. The target audience for this conference includes Physicians, Nurse Practitioners, Physician Assistants, Nurses, EMS, Pharmacists, Students, Therapists, Stroke Coordinators, and other Health Professionals.

Co-Presenter: Piper Kmetz, RN, BSN; PKmetz@bozemanhealth.org

Co-Presenter: John Bigart; john_b@biamt.org

Piper is a BSN, RN who has worked as an ICU RN at St. Vincent Healthcare in Billings as well as an ED RN, House Supervisor and stroke program nurse at Bozeman Health. Her father suffered a R MCA occlusion in June 2020 and she has been assisting her family in his care as both a nurse and daughter. She is presenting on her crash course learning of post-acute stroke care and the transition of professional to personal in the setting of stroke. Piper has no financial or non-financial disclosures.

John is a native Montanan and he has worked as the executive director of the Brain Injury Alliance of Montana. Having worked in the non-profit sector since 2010, John specializes in working with individuals, their family members and healthcare professionals in Montana to help create a better future for brain injury survivors. In his free time John spends time outdoors with his family and is the mayor of the town that he lives in. John has no financial or non-financial disclosures.

Presentation 5

Stroke Rehab: Adaptive Techniques, transfer techniques, dealing with cognitive & emotional needs, assessment of the hemiplegic arm:

As most health care professionals already know, the treatment of a client who has sustained a cerebral vascular accident is quite different from the treatment of a neurologically intact patient. There are many special considerations that need to be taken into account in order to effectively manage these clients. The purpose of this presentation is to highlight some, but not all, of these considerations AND to give a few suggestions to help effectively address each. Each consideration could be discussed in depth. Due to the limited time constraints of this presentation, the participant will be given the presenter's contact information to discuss any specific concerns in more detail.

Valerie D. Maeker, OTD, OTR/L, Neuro-IFRAH certified, C/NDT, LSVT-Blg Certified, has 27 years of occupational therapy (OT) experience, having graduated with her BS in Occupational Therapy from the University of Texas in Galveston in 1995. She has since added an MS in Gerontology from the University of Utah (2000) and a clinical doctorate in OT from Creighton University (2014). Valerie has extensive experience working in inpatient rehab (specializing in neuro rehab), as well as experience in acute care, skilled care, outpatients and home health. Currently she works at Stillwater Billings Clinic (SBC), which is a critical access hospital and for the University of Montana as the interim program coordination for the future OTD program. She also speaks Spanish (BS in Spanish, Texas Tech University, 1993). Valerie has three passions in her life—her family, OT, and education. Prior to joining the Stillwater Billings Clinic team, Valerie taught as an adjunct instructor for Creighton University and as associate professor for the University of Mary OT program. Valerie has no financial or non-financial disclosures

Presentation 6 Driving Outcomes through Neuroplasticity in the Inpatient Rehabilitation Post-Acute Setting: In this presentation participants will learn about therapy technology advancements in the inpatient rehabilitation setting that are used to drive neuroplasticity and to improve outcomes for stroke patients.

Thomas Bobroski, MPT: Thomas is a neuro-trained occupational therapist who has worked in the specialized field of stroke and brain injury for over twenty-five years, with his career experience entirely in the inpatient rehabilitation setting. His current role focuses on quality outcomes and how

the team can best impact patient improvement at the inpatient rehab level of care and get patients back to the community the fastest way possible. He has no financial or non-financial disclosures.

For course registration:

<https://www.heart.org/en/affiliates/montana/welcome-to-montana/montana-mission-lifeline-stroke>



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