



Salina Regional  
Health Center

**REHABILITATION SERVICES  
CONTINUING EDUCATION SEMINAR**

*In Memory of  
Brian Yockers*



Salina Regional  
Health Center

400 South Santa Fe Avenue  
Salina, Kansas 67401

# *Occupational and Physical Therapy Management of Spinal Cord Injury*

May 2-3, 2015  
Saturday and Sunday

Salina Regional Health Center  
Conference Rooms 6 & 7  
400 South Santa Fe Ave • Salina, Kansas

## *Featured Speakers*

Gabriella Stiefbold, OT, ATP  
Laura Wehrli, PT, DPT, ATP

## *Continuing Education Credit*

A Certificate of Attendance for 15.25 hours of continuing education will be awarded for completion of the 2 day program.

Salina Regional Health Center is approved as a provider of CNE by the Kansas State Board of Nursing. This nursing course offering approved for (18) contact hours for recertification applicable for APRN, RN, or LPN relicensure. Kansas State Board of Nursing Approved Provider No. LTO136-0727

## *Course Fee:*

Complimentary for SRHC and Sunflower Network employees.

## *Target Audience:*

Physical Therapists, Physical Therapy Assistants, Occupational Therapists, Occupational Therapy Assistants, Nurses

## *To Register*

Contact Tamra Hauserman 785.452.6787  
Deadline is April 17, 2015

# *Brian Yockers*



Brian Yockers graduated from Wichita State University in 1987 and spent his entire 27 year career as a physical therapist at Salina Regional Health Center. Brian was very dedicated to his patients and focused on alleviating their pain and regaining function. He was very meticulous in his care and left a lasting impression on his patients for his gentle and effective manner. Brian believed strongly in continuing education and the importance of learning new and improved skills.

Following his death in November 2014, a fund was established by his family and many friends through the Salina Regional Health Foundation to establish the biennial Salina Regional Health Center Rehabilitation Services Continuing Education Seminar, in memory of Brian Yockers. This seminar provides continuing education to hospital and area therapists to meet the needs of the patients we serve.

## *About the Speakers*

Gabriella Stiefbold OT, ATO is a graduate of Kean University with a BS in Occupational Therapy. She has been working in spinal cord injury rehabilitation since 1996 in both inpatient and outpatient settings and is the Clinical Manager for the Inpatient SCI Department at Kessler Institute of Rehabilitation in West Orange, NJ. She has given several lectures nationally and internationally on the topic of SCI, and presented at the Academy of SCI Professionals Conference (ASCIP) and the American Spinal Cord Injury Association (ASIA). Gabriella was an OT expert reviewer for the Pressure Ulcer Prevention & Treatment and Respiratory Management Clinical Practice Guidelines and authored the Assistive Technology Chapter in the textbook *Spinal Cord Injuries: Management and Rehabilitation*. She is a member of the Academy of SCI Professionals, the Rehabilitation Engineering and Assistive Technology Society of North America (RESNA) and the American Spinal Cord Injury Association where she currently serves on the Rehab Standards Committee.

Laura Wehrli, PT, DPT, ATP graduated from Temple University with a Masters Degree and later a Doctorate in Physical Therapy. She began her career in spinal cord injury rehabilitation at Mount Sinai Medical Center in New York, NY. She is currently the Physical Therapy Supervisor in SCI at Craig Hospital near Denver, Co. Laura has over 13 years of experience working with patients with spinal cord injuries in both inpatient and outpatient settings. Laura has given lectures at the APTA Combined Sections Meeting (CSM), International Seating Symposium (ISS), Academy of Spinal Cord Injury Professionals (ASCIP) Conference, and Canadian Seating Mobility Conference (CSMC). Laura has assisted in editing chapters in several textbooks and is currently an adjunct faculty member for the University of Colorado's DPT program. She is now serving as the President of the Therapy Leadership Council section of ASCIP. Laura is also a member of the APTA.

## *About the Program*

A comprehensive approach to the treatment of the spinal cord injured client from the onset of injury through acute inpatient and outpatient rehabilitation. Rehabilitation from the moment of injury to "highest potential" is a lengthy, complex and extraordinary process requiring support from all medical disciplines as well as family and friends. Presenters from nationally recognized facilities will share evidence-based and experience-based treatment techniques and considerations through lectures, discussion and lab activities. Participants with all levels of experience will learn to more effectively and efficiently progress their clients with spinal cord injury to reach their highest functional level.

## *Objectives*

1. All participants will determine neurological level and classification from provided international Standards of Neurological Classification of Spinal Cord Injury (ISNCSCI) exam data using ASIA Guidelines as well as be able to develop treatment strategies and project functional outcomes for all diagnoses.
2. All participants will be able to describe medical complications associated with spinal cord injury and how they affect patient care and treatments.
3. All participants will be able to analyze basic and advanced functional mobility progression with individuals with paraplegia and tetraplegia.
4. All participants will be able to compare adaptive equipment including DME, wheelchair seating systems, wheelchair cushions and to describe reimbursement information.
5. Physical Therapy participants will be able to evaluate orthoses and gait requirements for clients with incomplete SCI.
6. Physical and Occupational Therapy participants will be able to progress clients through beginning to advanced wheelchair skills.
7. Occupational Therapy participants will be able to identify and use appropriate splinting techniques.

## Course Schedule

### Saturday, May 2, 2015

8:00-8:15 a.m.	Introduction: goals and objectives
8:15-9:15	Treatment progression and functional outcomes by level of injury: Summary of Functional progression by level of injury, equipment suggestions, functional outcomes
9:15-10:30	ISNCSCI classification and definitions: Proper testing classification clarity, patient examples
10:30-10:45	Break
10:45-11:30	Medical complications: Pressure ulcers, orthostatic hypotension, autonomic dysreflexia, heterotrophic ossification, DVT's/PE's bariatric considerations
11:30-12:30 p.m.	Lunch
12:30-1:45	Mobility progression (video demonstration): Specific treatment progression for individuals with paraplegia, emphasis on key elements of mobility skill from balance skills to more advanced transfers skills
1:45-2:45	Lab Break-out session: OT-Advanced wheelchair skills PT- Mobility Progression
2:45-3:00	Break
3:00-4:00	Bowel and bladder management: Anatomy and physiology review, current bowel and bladder techniques, treatment and equipment suggestions
4:00-4:30	Management of shoulder dysfunction
4:30-5:00	Sexual function after SCI

## Course Schedule Continued

### Sunday, May 3, 2015 (Continental Breakfast opens at 7:30 a.m.)

8:00-9:00 a.m.	DME and home modification: Review of simple to complex medical equipment for clients with SCI, home assessment recommendation	
9:00-10:30	Treatment progression specifics for the C6 level of injury, treatment suggestions ( <i>video demonstration</i> )	
10:30-10:45	Break	
10:45-11:45	Wheelchair seating and positioning: Overview of seating and positioning equipment recommendations, tips on common positioning issues, case study	
11:45-12:45	Lunch	
12:45-1:15	Advanced transfers and wheelchair skills (video demonstration): High level transfer techniques to multiple surfaces	
1:15-2:30	<u>OT Sessions</u> OT intervention ADL's and assistive technology, mobility for LE dressing, bed mobility, UE progression	<u>PT Sessions</u> Gait Progression for incomplete injuries (lecture)
2:30-3:30	<u>OT Sessions</u> UE and Hand splinting for position and function (including functional application)	<u>PT Sessions</u> Mobility progression lab
3:30-4:30	<u>OT Sessions</u> Splinting lab session Hands on lab	<u>PT Session</u> Advanced wheelchair skills lab Advanced WC progression, basic to advanced skills
All disciplines 4:30-5:00	Psychosocial consideration and discussion Questions and wrap-up	