

November 4-5 2023

Live course presentation:
Mercy Therapy Service
Community Room
2135 S Freemont
Springfield, MO

Contact : Abbie.Pinnegar@mercy.net

Online Course Included with Registration:
Stroke - Understanding Etiology and Developing
Evidence-Based Pathways to Achieve Functional
Outcomes

For more information go to
[https://www.healthclick.com/courses/
stroke-etiology-and-pathways.php](https://www.healthclick.com/courses/stroke-etiology-and-pathways.php)

**Certificates for attendance are given upon successful
completion of the course.**

The online portion of the course is 12 contact hours, 1.2 ceus.
The online course will be active
December 15, 2023 – May 1 2024
The live course is 15.0 contact hours/15 ccu's/ 1.5 ceu's.

Total hours is 27 contact hours.

**Certificates for attendance are given upon successful
completion of the course.**

This course is applicable for PT, PTA, OT, AT's. This course meets the continuing education requirements for physical therapists in the States of MO. The New York State Education Department, Office of the Professions has approved NAS as a continuing education sponsor for physical therapists and assistants licensed in New York. **North American Seminars, Inc. is an AOTA provider of professional development, provider #4487. This live course is offered at 15 hours advanced educational level: Occupational Therapy Service Delivery: evaluation, intervention and Foundational Knowledge, human body, development, and behavior.** The AK, AR, DE, DC, IL, IN, KY, LA, MD, MN, MS, MO, MT, OH, OR, OK, PA, RI, SC, TN, TX, VA, VT, and WI occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. Additionally, this course meets the ceu requirements for OT's licensed in AL, AZ, CA, CO, CT, FL, GA, HI, ID, KS, ME, MA, MI, NE, NJ, ND, UT, WA, WV, WI and WY. FL OT provider # 50-1442. **BOC provider # P2047**, 15 hrs, category A, call for evidence-based approval status. Meets the NBCOT requirements. **Don't see your state listed? Call 800-300-5512 for specific state approval numbers as they are continually updated.** Online Portion AOTA hours: 12 Advanced Occupational Therapy Service Delivery: evaluation, intervention and Foundational Knowledge, human body, development, and behavior. BOC 12 hours.

Advancements in the Management and Treatment of Spinal Cord Injury (An Evidence Based Course)



Presented by

Liza Meiksins PT, DPT

PT, OT, PTA and AT
Continuing Education Course

North American Seminars, Inc.
1-800-300-5512 | Fax 1-800-310-5920
www.healthclick.com

Day One

7:30	8:00	Registration
8:00	8:30	Introduction <ul style="list-style-type: none">• Epidemiology• SCI model systems• Evolution of SCI rehabilitation
8:30	9:30	Evaluation <ul style="list-style-type: none">• ISNCSCI grading & practical applications• Outcome measures• Mobility assessments
9:00	10:15	Evaluation LAB <ul style="list-style-type: none">• Hands on ISNCSCI scoring practice• Hands on practice for other evaluation skills
10:15	10:30	Break
10:30	12:00	Prognosis <ul style="list-style-type: none">• Clinical prediction rules• Predicting return to walking• UMN vs LMN outcomes• Psychologic and ethical considerations
12:00	1:00	Lunch (on your own)
1:00	2:00	Motor Learning Principles <ul style="list-style-type: none">• Neuroplasticity after SCI• Central pattern generators• Role of descending input• Aerobic exercise and neuroplasticity
2:00	2:15	Break
2:00	4:00	High Intensity Gait Training <ul style="list-style-type: none">• Principles and research• Video gait analysis• Developing a walking program• Practical considerations• Recovery vs compensation• KAFO prescription & training
4:00	5:00	Gait LAB <ul style="list-style-type: none">• Hands on practice for gait training interventions
5:00	5:30	Review and Questions



Day Two

8:00	8:30	Questions & intro to day 2
8:30	10:00	Mobility: bed mobility, transfers <ul style="list-style-type: none">• Predicting functional outcomes by AIS level• Functional training progressions and handling skills• Adaptive equipment• Video case analysis
10:00	10:30	Mobility Lab <ul style="list-style-type: none">• Hands on practice for bed mobility & transfer skills
10:45	12:00	Mobility: wheelchairs <ul style="list-style-type: none">• Types of manual and power wheelchairs• Prescription considerations• Updates in wheelchair coverage• Advanced wheelchair skills: wheelies, curbs, ramps, etc• Driving and transportation considerations• Hands on practice
12:00	1:00	Lunch (on your own)
1:00	2:00	Medical Management <ul style="list-style-type: none">• Spasticity management: medical & therapeutic• Pharmacologic management and role of therapy• Secondary complications• Pain management
2:00	3:00	Augmentative Therapies <ul style="list-style-type: none">• Electrical stimulation• Robotic systems• Bracing & splinting
3:00	3:15	Break
3:15	4:00	New SCI Research and Advancements <ul style="list-style-type: none">• Neuroregenerative therapies• Cell-based treatment• Therapy advancements• Ethical considerations
4:00	4:30	Wrap up and post test

For special needs requests, submit a help ticket at:
www.healthclick.com

About the Educator

Liza Meiksins PT, DPT is a physical therapist with extensive experience working with adults and children with neurologic injuries. She currently works as a physical therapist at Shirley Ryan AbilityLab in Chicago, IL with a focus on patients with strokes, spinal cord injuries, brain injuries, and vestibular impairments. She also has previous experience working in acute care and inpatient rehab. She is a board-certified specialist in neurologic physical therapy, a certified lymphedema therapist, and has completed advanced training in vestibular rehabilitation. Liza also works as an adjunct faculty member in the neurologic PT curriculum at Rosalind Franklin University of Medicine and Science. She has experience teaching continuing education courses and webinars covering a range of topics related to stroke, spinal cord injury, and brain injury. One of her main areas of both clinical and teaching focus is the implementation of high intensity gait training after spinal cord injury and developing novel yet practical ways to implement evidence based practice in this population. She is a member of the APTA and serves on the Practice Committee of the Academy of Neurologic Physical Therapy. Liza received a Doctor of Physical Therapy degree from Northwestern University.

Submit your registration information
by August 10, 2023.

To:

Abbie.Pinnegar@mercy.net

After receipt of your registration,
you will be provided instructions to
Register and pay for the course at
healthclick.com

No cancellations or refunds after
registration and payment

Why You Should Attend This Course

This two-day advanced course is designed to provide progressive concepts to the medical professional involved in the rehabilitation management of the spinal cord injured patient. In today's rehabilitation environment, therapists are being driven to be more aggressive toward utilizing a recovery model approach when treating a patient following a spinal cord injury. The basic skills learned in conventional model therapy are important but no longer enough to promote a higher level of recovery. Today's research-based approaches, enable therapists to offer aggressive treatment with the focus on regaining the function that has been lost. Expecting a higher level of functional outcome requires a paradigm shift in our traditional thought process.

The focus of discussion in this course will be on current treatment approaches related to SCI rehabilitation. Special emphasis will be placed on specific evaluation skills using ASIA and ISCoS standards and more specific evaluation procedures for setting long-term functional expectations. A review of precautions and secondary injury mechanisms will be discussed with a more in-depth focus on spasticity management including assessment tools, identifying neural vs. non-neural origins of spasticity, and advances in local and systemic medical intervention. Participants will also be exposed to state of the art information to enhance their understanding of the treatment environment for the spinal cord injured population including the use of static and dynamic standing programs, augmentative movement therapies; and assistive gait intervention stimulating central generating processors. This course will explore both conventional and high-tech methods of achieving the best possible outcome and will assist the clinician in facilitating critical thinking when assisting their clients in achieving independent living and long-term self management.

Clinicians will be able to immediately apply the information from this course in the clinical setting and will be able to significantly impact the care of their patients by understanding the availability of current resources for the spinal cord injured patient. In addition, clinicians will learn strategies for skills progressions and translate them to meaningful change in order to enable rehab and equipment funding in today's healthcare environment.

Course Objectives

Upon completion of this course, participants will be able to:

- Differentiate the key components to therapy evaluation and indications for treatment planning
- Apply prognostic indicators and tools to determine a plan of care and appropriate treatment interventions
- Discuss differences in philosophy and research relative to treatment approaches utilizing a traditional therapy model vs high intensity, recovery-based model
- Apply motor learning principles to a functional evaluation and plan of care for a patient with SCI
- Analyze biomechanical components of gait and apply these principles to developing a walking program
- Discuss key issues related to evaluating and managing spasticity
- Explain the secondary injury mechanisms and therapy precautions/interventions
- Discuss and apply the principles of seating, positioning and functional mobility to optimize patients functional outcomes and accessibility
- Analyze the current medical and therapeutic research related to SCI and understand the evolution of best practice for SCI management

Name	_____	Profession	_____
Home Address	_____		
City	State	Zip	_____
Professional License number	_____		
Home Phone (required)	_____		
e-mail (required)	_____		
Set up account at	www.healthclick.com		

Registration Form Advancements in the Management and Treatment of Spinal Cord Injury

Course Tuition: \$ 720.00

Send registration to Abbie.Pinnegar@mercy.net

Upon successful registration you will be notified to set up
an account and pay online at www.healthclick.com

No refunds or credit will be applied after registration and payment. Transfer of registration will be allowed up to two days prior to the live presentation. No transfers provided after the start of the live course. North American Seminars, Inc. reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.