Arkansas Trauma Rehabilitation Symposium

May 2-3, 2019
Wyndam Riverfront Hotel
North Little Rock, AR

Presented by:

ARKANSAS DEPARTMENT OF HEALTH

UAMS
Institute for Digital Health & Innovation

ARKANSAS TRAUMA REHABILITATION PROGRAM ATRP

Baptist Health
Rehabilitation Institute
Little Rock

Neuro Restorative™
Rebuilding Lives. Restoring Hope.

Arkansas Trauma Rehabilitation Symposium
AGENDA

Day One: Thursday, May 2

7:30-8:00	Registration & Refreshments (provided)
8:00-8:30	*ATRP Report: Arkansas TBI & SCI Trends,* **Daniel Bercher, PhD, NRP**
8:30-9:30	*Something Funny Happened on the Way Home from the OR: A Trauma Survivor's Story,* **R. Todd Maxson, MD**
9:30-10:00	Exhibitor Break
10:00-11:00	*Yoga and Meditation for TBI: Evidence, Innovations, and Ways Forward,* **Kyla Pearce, MPH, PHD, CBIS, RYT-200**
11:00-12:00	*Finding Joy in the TBI & SCI Rehabilitation Work We Do,* **Rita Hamilton, DO**
12:00-1:00	Lunch (Provided)
1:00-2:00	*Telemedicine with SCI & TBI Patients Today & the Future,* **Thomas Kiser, MD; Terri Imus, RN, BSN; Kim Lamb, MS**
2:00-2:30	Exhibitor Break
2:30-3:30	*Casting to Ensure Prosthetic Success,* **Frank Snell, CPO, FPO, FAAOP**
3:30-4:30	*Chronic Post Amputation Pain: An Update on Diagnosis and Treatment,* **Johnathan Goree, MD**

Day Two: Friday, May 3

7:30-8:00	Sign-In & Breakfast (provided)
8:00-9:00	*The Ethics of Challenging Hospital Discharges,* **D. Micah Hester, PhD**
9:00-10:00	*TBI Behavior and Communication: Two Peas in a Pod,* **Sara Tully, BCaBA; Tonya Sacomani, MS, CCC, SLP, CBIST**
10:00-10:30	Exhibitor Break
10:30-11:30	*Coping Strategies for TBI Survivors and Primary Caregivers,* **Deana Adams, PhD, LPC-S; Patti Foster**
11:30-11:45	*Adjourn with Closing Remarks* – **Daniel Bercher, PhD, NRP**

Learning Objectives

"Arkansas TBI & SCI Trends"
- Identify the essential components, activities and overriding goals of the Arkansas Trauma Rehabilitation Program
- Explain the impact and accomplishments of ATRP over the previous year
- Summarize the future activities of the ATRP program

"Something Funny Happened on the Way Home from the OR: A Trauma Survivor's Story"
- List the proper steps in a traumatic ER presentation
- Discuss the changes and growth as well as the areas in need of improvement in Arkansas' trauma system
- Analyze how to maximize productivity in the trauma system

"Yoga and Meditation for TBI: Evidence, Innovations, and Ways Forward"
- Explain the evidence-based benefits of yoga and meditation for TBI rehabilitation
- Describe key research studies and their limitations in evaluating the impact of yoga and meditation for TBI rehabilitation
- Identify techniques for adapting yoga and meditation for the TBI population
- Develop an experiential understanding of yoga and meditation for brain injury through short practices

"Finding Joy in the TBI & SCI Rehabilitation Work We Do"
- Recognize signs and symptoms of burnout, moral injury, compassion fatigue, emotional collapse
- Develop habits to prevent burnout
- Summarize the hierarchy of needs
- Practice building a framework for wellness

"Telemedicine with SCI & TBI Patients Today & the Future"
- Explain how telemedicine works
- Discuss how telemedicine is being used to meet needs within the TBI & SCI communities
- Assess the effectiveness of a mock telemedicine clinic visit

"Casting to Ensure Prosthetic Success"
- Recognize the historical casting method
- Explain the limitations of current traditional casting methods
- Summarize the advantages/improvements in prosthetic outcomes

"Chronic Post Amputation Pain: An Update on Diagnosis and Treatment"
- Describe the causes of chronic post-amputation pain
- Discuss the current treatments for post-amputation pain
- Summarize the newest research on neuromodulation options for post-amputation pain

"The Ethics of Challenging Hospital Discharges"
- Identify ethical challenges around discharge planning
- Address limitations with discharge options in order to foster good communication
- Delimit the scope of ethical authority of families and healthcare providers for discharge decisions

"TBI Behavior and Communication: Two Peas in a Pod"
- List the four basic functions of behavior
- Outline key components to communication
- Discuss the relationship between behavior and communication

"Coping Strategies for TBI Survivors and Primary Caregivers"
- Identify coping and adaptive strategies for the deficits of brain injury
- List the needs and recommendations for brain injury survivors and primary caregivers
- Summarize practical steps to cope with the challenges of brain injury over the spectrum of treatment

Closing Remarks
- Summarize important trends in trauma rehabilitation based upon the Symposium presentations
- Complete the process of receiving continuing education in their respective disciplines

Speaker Profiles

R. Todd Maxson, MD

Surgeon in Chief, Pediatric Trauma Surgery, Medical Director of Trauma and Burn, Professor of Surgery, Arkansas Children's Hospital

Dr. Todd Maxson received his M.D. from the University of Texas Medical Branch at Galveston and completed a surgical residency at UAMS in 1996. Dr. Maxson went on to complete fellowships in Pediatric Surgery at Arkansas Children's Hospital and Texas Children's Hospital. Dr. Maxson was instrumental in building the Level I pediatric trauma systems at both Dell Children's Hospital in Austin and Children's Medical Center of Dallas. Dr. Maxson joined the faculty at Arkansas Children's Hospital in 2009. Dr. Maxson has co-authored over 30 articles and 2 book chapters and has received multiple awards for research and teaching.

Kyla Pearce, MPH, PHD, CBIS, RYT-200

Senior Director, LoveYourBrain Foundation

Dr. Kyla Pearce is the Senior Director of the LoveYourBrain Yoga program, overseeing the design, implementation, and evaluation of a national gentle yoga program for people affected by traumatic brain injury (TBI). Dr. Pearce has blended her expertise as a yoga teacher and researcher to develop a TBI-focused yoga curriculum, train yoga teachers and clinicians to deliver this curriculum, and lead ongoing evaluations of its impact. This curriculum is based on the science underpinning resilience, and is now offered in yoga studios and clinical facilities across 24 US states and 3 Canadian provinces, empowering people with TBI to become more active participants in their healing process. Dr. Pearce also leads LoveYourBrain's research portfolio in the application of yoga and meditation for community-based rehabilitation for TBI.

Rita G. Hamilton, DO

Program Director PM&R, Baylor Scott & White Institute for Rehabilitation; Physical Medicine and Rehabilitation Residency Program Director, Baylor University Medical Center, Dallas, Texas

Dr. Hamilton received her B.S. degree in Biological Science from Southern Arkansas University, in Magnolia, Arkansas. After receiving her medical degree from Oklahoma State University at Tulsa's College of Osteopathic Medicine, she completed her residency training at Baylor University Medical Center in Dallas, Texas. She later completed her fellowship training in Spinal Cord Injury Medicine at University of Texas Southwestern Medical School in Dallas, Texas. Dr. Hamilton is passionate about delivering lifelong medical and rehabilitative care to patients living with spinal cord injury and disease. She has been a physiatrist treating spinal cord injury for 22 years in both the inpatient and outpatient settings. She is actively involved in spinal cord injury research, focusing on healthy lifestyles and disparities in healthcare for patients with spinal cord injury. Her other passion is resident training and education.

Speaker Profiles

Thomas Kiser, MD

Professor, Physical Medicine & Rehabilitation

Dr. Kiser has been the medical director for the Ark. Spinal Cord Commission since 1998. He completed his fellowship in Physical Medicine and Rehabilitation at the University of Arksansas for Medical Sciences in 1996. He had his first appointment in the UAMS College of Medicine as an instructor in 1997, and progressed to a full professor in Physical Medicine and Rehabilitation in 2014. He is board certified as a physiatrist in Physical Medicine and Rehabilitation. Dr. Kiser is a pioneer for telemedicine in the state of Arkansas, offering telehealth visits to spinal cord patients in rural areas.

Terri Imus, RN, BSN

Program Director, Trauma Telemedicine, ACL TBI State Partnership Program, and Arkansas Trauma Rehabilitation Program, UAMS

Terri is an experienced registered nurse who is an expert in telemedicine with over 15 years of experience. She has enjoyed over 10 years doing outreach for high-risk obstetrics, with as many years in adult critical care, pre/post anesthesia care, and oral surgery. She has always had an interest in providing access to health care for those in rural Arkansas. She continues to build on a long history of educating the public and health care providers in basic life support and telemedicine. Terri has completed two terms with the Arkansas Board of Nursing and was recently recognized for her achievement as one of the 2018 “Great 100 Nurses in Arkansas”.

Kim Lamb, MS

Assistant Director of Programs, TBI State Partnership Program, UAMS

Ms. Lamb received a Bachelor of Arts in English and Writing and a Master of Science in Instructional Technologies with an Emphasis in Distance Education from the University of Central Arkansas. She previously served in an outreach capacity within the Center for Distance Health, where she provided telehealth education and technical assistance for LearnTelehealth.org. In her current role, she focuses on communication and education at the state and national levels for the TBI State Partnership Program.

Frank Snell, CPO, LPO, FAAOP

President & Owner, Snell Prosthetic and Orthotic Laboratory

A certified prosthetist and orthotist for more than 45 years, Frank Snell has served over 200,000 patients and fitted over 18,000 prostheses. Throughout his professional career, Frank Snell has completed more than 60 advanced professional courses to earn certification or achieve manufacturer-directed competency on an impressive array of prostheses, orthoses, and components. On a local level, he has continuously served as a prosthetic consultant to the Veterans Administration Prosthetic Amputee Clinic (currently held at the Eugene J. Towbin Healthcare Center in North Little Rock) since 1972. On a national level, when injured soldiers with significant limb loss began returning from conflicts in Afghanistan and Iraq, Frank Snell was one of only a dozen prosthetic consultants selected nationwide to participate in the Department of Defense’s Microprocessor Knee Forum. The goal of this forum was to develop new prostheses that would give service-member amputees more flexibility and help them better perform their military jobs should they choose to continue active duty.

Speaker Profiles

Johnathan Goree, MD

Director of Chronic Pain Division, UAMS

Board certified in anesthesiology and pain medicine, Dr. Johnathan Goree is a proud alumnus of Catholic High School in Little Rock, Arkansas. He received his Bachelor of Arts in biology from Washington University in St. Louis. He then moved to New York City where he completed both his medical degree and residency in anesthesiology at the Weill College of Medicine at Cornell University. Following his time in Manhattan, he completed a fellowship in interventional pain management at Emory University Hospital in Atlanta, Georgia. In 2014, Dr. Goree returned home to Little Rock, Arkansas to join the faculty at UAMS. He primarily focuses on the treatment of chronic pain conditions using minimally invasive procedures, spinal cord stimulation, and vertebral augmentation. His specific research interests include gait analysis in patients with degenerative spine conditions and treatment of complex regional pain syndrome.

D. Micah Hester, PhD

Professor, Dept Chair, Medical Humanities & Bioethics, UAMS, Clinical Ethicist, Arkansas Children's Hospital

D. Micah Hester is Chair of the Department of Medical Humanities and Bioethics and Professor of Medical Humanities and Pediatrics at UAMS, as well as clinical ethicist at Arkansas Children's Hospital (ACH). Dr. Hester serves as co-course director of the medical students' Practice of Medicine course, the physician assistant students' ethics course, as well as the ethics in genetic counseling course. Along with other division faculty, he provides clinical ethics consultations at both UAMS and ACH. He is also Director of the Research Ethics Consult Service for the UAMS Translational Research Institute. He also serves on numerous committees both locally and nationally, and produces scholarly research in bioethical/philosophical areas. Dr. Hester has published nine books and numerous journal articles. He has written extensively on the ethics of patient-professional relationships and end-of-life issues.

Sara Tully, BCaBA

Coordinator of Behavioral Services, NeuroRestorative Timber Ridge

Sara Tully graduated from the University of North Texas with a Bachelor of Science in Behavior Analysis and a minor in Business Management in 2004. She has worked at NeuroRestorative Timber Ridge for the past 14 years, serving both pediatric and adult brain injury survivors. She has been a board certified Assistant Behavior Analyst since 2007. She is also an Enhanced Nonviolent Crisis Intervention Instructor through the Crisis Prevention Institute.

Speaker Profiles

Tonya Sacomani, MS, CCC, SLP, CBIST

Speech Language Pathologist – Adult Program, NeuroRestorative Timber Ridge

Tonya completed her undergraduate and graduate degrees through the UALR/UAMS Speech Language Pathology program. She was honored to accept the graduate assistantship at Timber Ridge Ranch while in graduate school. Upon graduation, she returned as the adult Phase 1 Speech Language Pathologist where she has been serving survivors with Brain Injury for 7 years. As a Certified Brain Injury Specialist Trainer, Tonya trains other professionals in the community concerning recovery for individuals with brain injury.

Deana Adams, Ph.D., LPC-S

President/Founder, Hope After Brain Injury

Hope After Brain Injury is a faith-based non-profit organization aimed at serving those affected by brain injury through education, counseling, and connection to community resources. In addition to her role at Hope After Brain Injury, Dr. Deana Adams is also the Executive Director of Hope Behavioral Health, a private practice specializing in issues such as trauma, anxiety, mood disorders, and traumatic brain injury. As a Licensed Professional Counselor Supervisor, Dr. Adams supervises interns as they counsel with individuals and families addressing mood, anxiety, and trauma disorders. She serves on the Texas Brain Injury Advisory Council as a member of the Services and Support Committee. Dr. Adams speaks nationally and internationally sharing research and insight of how to effectively treat and facilitate successful rehabilitation for those affected by brain injury. Dr. Adams' research, "Coping Strategies of TBI Survivors and Primary Caregivers" was recently published in NeuroRehabilitation (2016).

Patti Foster

Vice President, Hope After Brain Injury, TBI Survivor

On June 18, 2002, Patti – a former radio personality who had such a zest for life - was severely injured in a horrific traffic crash and suffered traumatic brain injury (TBI), along with multiple injuries and fractures all over her body. For six weeks, her life hung in the balance as she lay in a coma. Today, as a TBI survivor, Patti shares her story internationally, giving hope to anyone who is dealing with adversity along the journey. Patti is an urgent advocate for brain injury. She serves as Vice President of Hope After Brain Injury (HABI), is a member of the Texas Brain Injury Advisory Council, (TBIAC) and is Chairperson of the Services and Supports Committee. Patti is also a member of the North Texas TBI Model System Advisory Council, serves on the Brain Injury Association of America (BIAA) -Texas Division Strategic Planning Committee, and travels often as a speaker for Mothers Against Drunk Driving (MADD). Patti leans into life as an inspirational communicator and voice-over actor and strives to live her motto: M.A.D. Now! (Make A Difference Now!).

Other Information

Continuing Education Credits: All participants must complete an online evaluation to receive credit.

- In support of improving patient care, University of Arkansas for Medical Sciences 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.
- The University of Arkansas for Medical Sciences designates this live activity for a maximum of *9.75 AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
- The University of Arkansas for Medical Sciences designates this live activity for a maximum of 9.75 ANCC contact hours. Nurses must attend the entire session and complete an online evaluation in order to receive credit.
- The Arkansas State Board of Physical Therapy designates this live activity for a maximum of 9.75 contact hours.
- CRC CE's have been applied for and are awaiting approval.
- *This program has been pre-approved by The Commission for Case Manager Certification to provide continuing education credit to CCM® board certified case managers. This course is approved for 8.75 CE contact hour(s).*
- *This program has been pre-approved by The Commission for Case Manager Certification to provide Ethics continuing education credit to CCM® board certified case managers. This course is approved for 1 CE contact hour(s).*
- **CE Instructions:** Visit **learnondemand.org** to complete evaluation and obtain your credit hours. See next page for detailed instructions.

Conference center Wifi: Wyndham Conference or Guest

Thanks to our Planning Committee for all your hard work!

Kristen Alexander, MPH, MPS, Health Educator, Arkansas Trauma Rehabilitation Program (ATRP), Institute for Digital Health & Innovation, UAMS

Daniel Bercher, PhD, NRP, Assistant Director, ATRP, Institute for Digital Health & Innovation, UAMS

John Bishop, PT, Program Manager, Baptist Health Rehabilitation Institute

Stanley Ellis, Ed.D, Assistant Professor/Director of Education, Institute for Digital Health & Innovation, UAMS

Sara Hodge, MCD, CCC-SLP, CBIS, Clinical Evaluator, NeuroRestorative Timber Ridge

Terri Imus, RN, BSN, Program Director, ATRP & TBI State Partnership Program, Institute for Digital Health & Innovation, UAMS

Kathy Ledoux, Conference & Events Administrator, Institute for Digital Health & Innovation, UAMS

Kimberly Lamb, MS, Assistant Director, TBI State Partnership Program, Institute for Digital Health & Innovation, UAMS

Daniel Littleton, Med, PMP, Instructional Development Specialist II, Institute for Digital Health & Innovation, UAMS

Rani Haley Lindberg, MD, FAAPMR, BIM, Associate Professor, Residency Program Director, BHRI Brain Injury Team, Medical Director, UAMS Department of Physical Medicine and Rehabilitation

Terra Patrom, CRC, Executive Director, Arkansas Spinal Cord Commission

Susan Smith-Dodson, MBA, BSN, RN, Education Program Manager, Institute for Digital Health & Innovation, UAMS

Aleecia Starkey, MSP, CCC-SLP, CBIS, Consultant for Students with Brain Injury

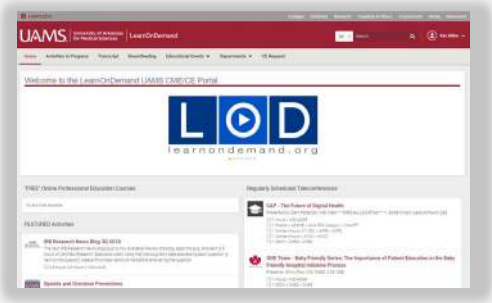
Amber Watson, MBA, Administrative Coordinator, ATRP, Institute for Digital Health & Innovation, UAMS

Edward Williams, RN, BSN, Nurse Educator, ATRP, Institute for Digital Health & Innovation, UAMS

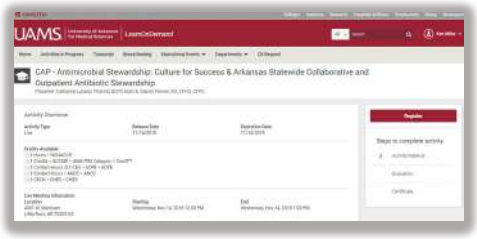
Learn On Demand Instructions

1. Login to **learnondemand.org.**
   Please register if you are a first time user

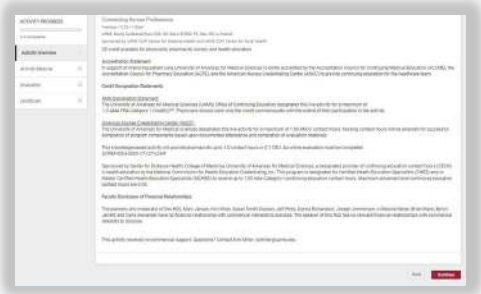
2. Search for Your Conference (located under Live Conferences)



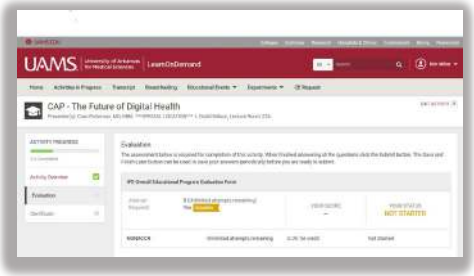
3. Click the **title of the conference** you attended, then click **Register.** You will be prompted to enter an access code. The code is **rehab**

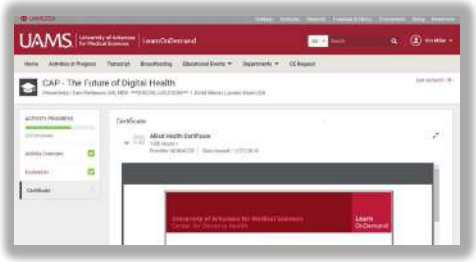


4. Evaluate the session by reviewing the **Activity Overview** information. Click **Continue** at the bottom of the page

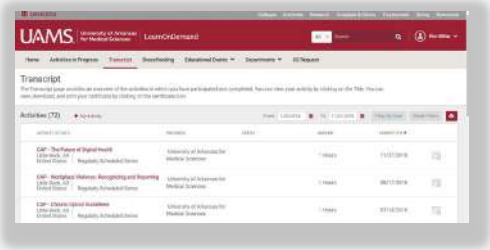


5. Once you complete the Evaluation (submit and continue), your **Certificate** will be available for downloading and/or printing. You will need to download and/or print the Certificate.





6. You can access your Certificate(s) in the **Transcript** section.



BEST HOSPITALS
U.S.News & WORLD REPORT
NATIONAL REHABILITATION
2018-19

Specialty rehab for people with spinal cord and brain injuries

CRAIGHOSPITAL.ORG

At Craig, we achieve some of the best results in rehabilitative medicine by providing a comprehensive, individualized team approach to rehabilitative care. Our dedicated doctors and caring staff work with patients and their families to achieve powerful results together.

CRAIG

UNYIELDING DETERMINATION. EMPOWERING LIVES.

@craighospital

PROUD SUPPORTER OF THE 2019
Arkansas Trauma Rehab Symposium

QUANTUM®

#1 FOR REHAB POWER

quantumrehab.com | lifeatilevel.com

Village Health Services

Serving Northwest Arkansas and the River Valley since 1971, Village Health Services is a Complex Rehabilitation and Durable Medical Equipment supplier, specializing in Seating & Mobility and Assistive Technology.

"We're here to help you feel better!"

www.VillageDME.com

500 West Commercial Street
Ozark, AR 72949
479.667.2101

2105 West Creek Road
Fayetteville, AR 72704
479.249.9900

Our **care** sets us apart

Rehabilitation is what we do. And that makes a difference. With around-the-clock specialized care and typically at least three hours of therapy a day, five days a week, we help patients return to their greatest level of independence.

CHI

St. Vincent Sherwood Rehabilitation Hospital
a partner of **Encompass Health**

2201 Wildwood Avenue
Sherwood, AR 72120
501.834.1800
stvincentrehabhospital.com

©2019:Encompass Health Corporation:1514451C

Rebuilding Lives. Restoring Hope.

NeuroRestorative Arkansas is a leading provider of post-acute rehabilitation and support services for adults and children with brain and spinal cord injuries and other neurological challenges.

We offer a continuum of specialized community-based programs, including a full complement of skilled therapists, practitioners and clinicians who support our intensive neurorehabilitation and supported living programs.

NeuroRestorative™ Arkansas

For more information or to make a referral:

800-743-6802

neuroinfo@neurorestorative.com

neurorestorative.com

We unite as a team with patient and family. We provide comprehensive and customized care.

We are a team of experienced occupational therapists, physical therapists, speech therapists and neuropsychologists that focus on providing the highest quality of care so you can get back to your life.

BaptistHealthRehab.com

Baptist Health
Rehabilitation Institute

TBI SPP

Traumatic Brain Injury State Partnership Program

The **TBI State Partnership Grant Program** (SPP) is a part of the **Administration for Community Living**, a federal agency created to ensure that people with disabilities can fully participate in their communities.

The UAMS Institute for Digital Health & Innovation, in partnership with the **Arkansas Department of Health** and the **Arkansas Trauma Rehabilitation Program**, has been awarded funding for 2018-2021 to strengthen infrastructure in the state as part of the State Partnership Program. These efforts aim to help states increase access to services and supports for individuals with TBI throughout their lifetime.

Deliverables for Arkansas include:

- Develop a TBI State Plan
- Identify ways to develop a trust fund and/or waiver program(s)
- Identify underserved populations in Arkansas and disseminate resources, services, education, and information

We value your input to the development of a TBI State Plan. Information will help identify gaps in resources and services for those impacted by brain injury in our state.

To complete a survey and learn more about the TBI State Partnership Program in Arkansas at **https://cdh.uams.edu/programs/trauma-tele-medicine-programs/tbi-state-partnership-program/**

TO THRIVE, NOT JUST SURVIVE

The ARKANSAS TRAUMA REHABILITATION PROGRAM offers a Disability Resources Website to connect those with trauma-related disabilities to helpful resources and organizations in the community.

ON THE WEBSITE YOU WILL FIND:

- Support groups information
- Medical definitions with pictures
- Event announcements

To access the Disability Resources Website, go to:

www.atrp.ar.gov

For more information about the Disability Resources Website, call (501) 295-6576, or email atrp@uams.edu

TRIUMPH is a partnership of the UAMS Center for Distance Health and the UAMS Department of Physical Medicine and Rehabilitation, and is funded by the Arkansas Trauma Rehabilitation Program.

UAMS Institute for Digital Health & Innovation

ARKANSAS TRAUMA REHABILITATION PROGRAM ATRP

ARKANSAS DEPARTMENT OF HEALTH

TRIUMPH 24 HOUR CALL CENTER: 1-(855) 767-6983

WHAT IS IT?

- A FREE helpline that you can call anytime of the day or night to speak with a nurse.

WHO IS IT FOR?

- People with a brain injury or spinal cord injury, their family members, doctors, & nurses.

WHEN SHOULD I CALL?

- When you have health-related questions or concerns.
- If you need help with your transition home from the hospital or nursing home.
- If you are unsure whether you should go to the Emergency Room.
- If anyone involved in your care has questions about your condition.