Bridging Together: Advanced Spinal Cord Injury Conference

September 21-22, 2013
Allina Health, Pettingill Hall, 2925 Chicago Avenue South, Minneapolis, MN 55407

COURSE DESCRIPTION
Courage Kenny Rehabilitation Institute, a part of Allina Health is bringing professionals together to bridge the opportunity for optimal care, health and wellness for persons with spinal cord injury.

Our target audience should come from various disciplines involved in providing care to persons with spinal cord injury including: rehab nursing, nurse practitioner, physician, physical therapy, occupational therapy, respiratory therapy, speech language pathology, social work, therapeutic recreation, and psychology.

COURSE OBJECTIVES
Through lectures, hands-on, panel discussions and exhibits the objectives include:
• Discuss normal respiration and how a spinal cord injury/dysfunction (SCI/D) affects the pulmonary system
• Describe preventive measures and management techniques for atelectasis and pneumonia following SCI/D
• Discuss the indications for mechanical ventilation and criteria for weaning in SCI/D related respiratory failure
• Explain differences between modes of electrophrenic respiration for SCI/D

NATIONALLY RECOGNIZED SPINAL CORD CARE
The Institute’s inpatient and outpatient rehabilitation facility at Abbott Northwestern Hospital is the only such program in the Twin Cities area accredited by the Commission on the Accreditation of Rehabilitation Facilities (CARF), an independent national organization that certifies facilities which meet the highest patient care standards.

This means that we follow rigorous guidelines for best practice quality and nationally and internationally recognized service standards across our system of care including addressing life-long issues of aging with a spinalcord injury.

ACCREDITATION
-Physician: Allina Health is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. Allina Health designates this live activity for a maximum of 10.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

-Nurse: This activity has been designed to meet the requirements of the Wisconsin Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation for 10.75 hours of credit. However, the nurse is responsible for determining whether this activity meets the requirements for acceptable continuing education.

-Physical Therapy: This activity has been designed to meet the Minnesota Board of Physical Therapy education requirements and has been approved for 10.75 clock hours

-Individuals representing other professional disciplines may submit course materials to their respective professional associations for 10.75 hours of continuing education credit.

You will not receive certificate of attendance until we receive your conference evaluation.

FACULTY
• Dr. Stephen McKenna, Keynote Speaker
  Director for Medical Consultation
  Santa Clara Valley Medical Center Santa Clara, CA
• Marty Davig, RRT, Respiratory Sales Specialist
  Philips Respironics
• Dr. Meagan Littlepage
  Director of Outpatient and Consult Services
  El Camino Hospital Los Gatos, CA
• Dr. Karl Sandin
  Senior Vice President and Chief Medical Officer
  Schwab Rehabilitation Hospital Chicago, IL
• Matthew Sanford, Founder and Owner
  Mind Body Solutions
• Dr. Michael Tedford
  Founder of the Ear, Nose and Throat Clinic and Hearing Center
• Anne Uttermark, BS, RRT, Respiratory Care Manager
  Abbott Northwestern Hospital
• Dr. Kareen Velez,
  Medical Director for Inpatient Rehabilitation and
  Medical Director for Spinal Cord System of Care
  Courage Kenny Rehabilitation Associates
## AGENDA

**Saturday, September 21**

<table>
<thead>
<tr>
<th>Start time</th>
<th>End time</th>
<th>Course Title</th>
<th>Speaker</th>
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</thead>
<tbody>
<tr>
<td>7:30am</td>
<td>8:00am</td>
<td>Registration with Continental Breakfast</td>
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<tr>
<td>8:00am</td>
<td>8:15am</td>
<td>Opening Remarks</td>
<td>Dr. Karl Sandin</td>
</tr>
<tr>
<td>8:15am</td>
<td>9:00am</td>
<td>Bridging Together Spinal Cord Injury Conference: Advanced Respiratory Care Following SCI/D</td>
<td>Dr. Steve McKenna</td>
</tr>
<tr>
<td>9:00am</td>
<td>9:45am</td>
<td>Normal and Pathophysiological Function of the Respiratory System Following SCI/D</td>
<td>Dr. Kareen Velez</td>
</tr>
<tr>
<td>9:45am</td>
<td>10:45am</td>
<td>Mechanical Ventilation and Weaning Following SCI/D</td>
<td>Dr. Steve McKenna</td>
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<tr>
<td>10:45am</td>
<td>11:00am</td>
<td>Break</td>
<td></td>
</tr>
<tr>
<td>11:00am</td>
<td>11:45am</td>
<td>Venous Thromboembolism Following SCI/D</td>
<td>Dr. Karl Sandin</td>
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<tr>
<td>11:45am</td>
<td>1:15pm</td>
<td>Lunch and Learn with Authentic Answers to Unspoken Questions Hosted by Minnesota Spinal Cord Injury Association (MNSCIA)</td>
<td>Karen Quammen</td>
</tr>
<tr>
<td>1:15pm</td>
<td>2:00pm</td>
<td>Prevention and Treatment of Atelectasis and Pneumonia Following SCI/D</td>
<td>Anne Uttermark</td>
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<tr>
<td>2:00pm</td>
<td>2:45pm</td>
<td>Panel on Issues and Solutions to Achieve Optimal Respiratory Function</td>
<td>Dr. Karl Sandin</td>
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<tr>
<td>2:45pm</td>
<td>3:00pm</td>
<td>Break</td>
<td></td>
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<tr>
<td>3:00pm</td>
<td>3:30pm</td>
<td>Exhibits</td>
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</tr>
<tr>
<td>3:30pm</td>
<td>4:15pm</td>
<td>Pulmonary Anatomy and Physiology; Sleep Disordered Breathing Following SCI/D</td>
<td>Dr. Kareen Velez</td>
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<tr>
<td>4:15pm</td>
<td>5:00pm</td>
<td>Modes of Electrophrenic Respiration Following SCI/D</td>
<td>Dr. Meagan Littlepage</td>
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<tr>
<td>5:00pm</td>
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<td>Formal Meeting Adjourned</td>
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**Sunday, September 22**

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<thead>
<tr>
<th>Start time</th>
<th>End time</th>
<th>Course Title</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>8:00am</td>
<td>8:30am</td>
<td>Continental Breakfast (Exhibits)</td>
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<tr>
<td>8:30am</td>
<td>8:45am</td>
<td>Opening remarks</td>
<td>Dr. Karl Sandin</td>
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<tr>
<td>8:45am</td>
<td>9:30am</td>
<td>Tracheostomy Types: Timing, Selection, and Decannulation</td>
<td>Dr. Michael Tedford</td>
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<tr>
<td>9:30am</td>
<td>10:15am</td>
<td>Exhibits</td>
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<tr>
<td>10:15am</td>
<td>10:30am</td>
<td>Divide attendees into groups for three rotating breakout sessions</td>
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<td></td>
<td></td>
<td>Assisted Cough</td>
<td>Marty Davig</td>
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<td></td>
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<td>Types of trachs, suctioning, other treatment options for improved respiratory care across team</td>
<td>Anne Uttermark</td>
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<td></td>
<td></td>
<td>Adapted Yoga specifically emphasizing improved posture and breathing</td>
<td>Matthew Sanford</td>
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<tr>
<td>10:30am</td>
<td>11:30am</td>
<td>First breakout session</td>
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<tr>
<td>11:30am</td>
<td>11:40am</td>
<td>Move rooms</td>
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<tr>
<td>11:40am</td>
<td>12:40pm</td>
<td>Second breakout session</td>
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<td>12:40pm</td>
<td>1:30pm</td>
<td>Lunch on your own (Exhibits)</td>
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<td>1:30pm</td>
<td>2:30pm</td>
<td>Third/Final breakout session</td>
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<tr>
<td>2:30pm</td>
<td>2:40pm</td>
<td>Move rooms</td>
<td></td>
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<tr>
<td>2:40pm</td>
<td>3:00pm</td>
<td>Final remarks and wrap up</td>
<td>Dr. Karl Sandin</td>
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## EXHIBITORS

Beyond Barriers Minneapolis, LLC  
Coloplast  
Cummings Mobility  
Philips Respironics  
Winkley Orthotics & Prosthetics
**COURAGE KENNY REHABILITATION INSTITUTE**

**Getting to Allina Commons**

**NON-ALLINA STAFF REGISTRATION**

**Tuition:** $300

- Early registration is recommended.

We have updated our registration site. If you have registered previously for an Allina course or conference, use your email address and the password "welcome" (lower case). You can change your password after you log in. If you have not registered before you will need to set up a new user profile by following the instructions below.

1. In your internet browser, type in: https://training.sabanow.net/
2. Log in with your Allina user ID and password
3. Select 'Search for Courses' tab
4. Select the course ‘Bridging Together: Advanced Spinal Cord Injury...’
   > Click on 'Register'
   > Click 'Confirm'
   > Click 'Place Order'
5. Check your email for the 'Payment Link' for payment instructions

**ALLINA STAFF REGISTRATION**

- Go to the Allina AKN home page, select Education & Research
- Under Training, select Allina Learning Management System (Saba)
- Log in using your Allina user ID and password
- On home page select Catalog Registration/Search
- Select 'Advanced Search'
- Enter in the Offering Number box: 00334877
- Select 'Search Learning Catalog'
- Select course 'Bridging Together: Advanced Spinal Cord Injury...'
- Select 'Register'
- To verify registration, go to 'My Enrollments'
- Select 'Register'
- Select the course 'Bridging Together: Advanced Spinal Cord Injury...'
- Select 'Search Learning Catalog'
- Enter in the Offering Number box: 00334877
- Select 'Search Learning Catalog'
- Select course 'Bridging Together: Advanced Spinal Cord Injury...'
- Select 'Register'
- To verify registration, go to 'My Enrollments'
- Check your email for the 'Payment Link' for payment instructions

**DISCLOSURE POLICY**

Learning & Development and Courage Kenny Rehabilitation Institute, part of Allina Health, intend to provide balance, independence, objectivity and scientific rigor in all of its sponsored educational activities. All faculty and planning committee members participating in sponsored activities and their spouse/partner are required to disclose to the activity audience any real or apparent conflict(s) of interest related to the content of this conference.

**NON-ENDORSEMENT OF COMMERCIAL PRODUCTS AND SERVICES**

Accreditation of this educational activity by Allina Health does not imply endorsement by Learning & Development of any commercial products displayed in conjunction with an activity.

A reminder for Allina Health employees and staff, the Allina Health Policy on Ethical Relationship with Industry prohibits taking back to your place of work, any items received at this conference with branded and/or product information from our vendors.

**COURAGE KENNY REHABILITATION INSTITUTE OVERVIEW**

A clinical service line of Allina Health, Courage Kenny Rehabilitation Institute was created in 2013 by the merger of Courage Center and Sister Kenny Rehabilitation Institute.

Courage Kenny Rehabilitation Institute provides a continuum of rehabilitation services for people with short- and long-term conditions and disabilities in communities throughout Minnesota and western Wisconsin. Our goal is to improve health outcomes, make it easier for clients and families to get the right services for their needs, and reduce costs by preventing complications. Courage Center, began in 1928, and Sister Kenny Rehabilitation Institute, opened in 1942, were both founded to bridge a gap in services for people with disabilities.

For more information on our combined services and locations visit our websites – allinahalth.org/sisterkenny or couragecenter.org.