

Kentucky Appalachian Rural Rehabilitation Network

8th Annual KARRN Conference: *“Engagement, Communication & Access”*

Perkins Conference Center
Kit Carson Drive
Eastern Kentucky University
Richmond KY
Tuesday, August 29, 2017, 9:00-5:00



www.karrn.org

CONFERENCE SCHEDULE

- 8:30 - 9:00 Sign in & Breakfast
- 9:15 – 9:30 Welcome & Announcements
- 9:30 – 10:30 **Engaging Patients in Healthcare: Collaboration & Shared Decision Making**
Don Helme, PhD, University of Kentucky
- 10:30 – 10:45 Break
- 10:45 – 11:45 **Effective Communication: Augmented with Technology**
Jane Kleinert, PhD, CCC-SLP, University of Kentucky
- 11:45 – 1:00 Lunch
- 1:00 – 2:00 **Trouble Shooting Seating and Tips for Getting the Right Equipment**
Jennifer Hastings,PT, PhD,NCS, University of Puget Sound
- 2:00 – 3:00 **Communication and Self-Advocacy: Real World Situations and Solutions**
Panel Discussion
- Jason Jones – UK Human Development Institute
KY Congress on Spinal Cord Injury
- Sasha Rabchevsky, PhD - UK faculty; KY Congress on Spinal Cord Injury
Spinal Cord & Brain Injury Research Center
- Sara Salles, DO - UK Physical Medicine and Rehabilitation
Cardinal Hill Hospital Spinal Cord Unit
- Aaron and Carolyn Wallace - community stakeholders/caregiver
Patient-Centered Outcomes Research Institute project
- 3:00 – 3:15 Break
- 3:45 – 4:45 **The Road Back Home: Communication during Transitions to Improve Outcomes**
Patrick Kitzman, PhD, PT, University of Kentucky
Beth Hunter, PhD, OTR/L, University of Kentucky
Kentucky Appalachian Rural Rehabilitation Network
- 4:45 – 5:00 Evaluation, Goal setting, and CE distribution

SCIENTIFIC PROGRAM

TOPICS AND OBJECTIVES

Engaging Patients in Healthcare: Collaboration & Shared Decision Making

1. Give an interactive presentation on physician-patient communication and the types of impacts it can have on patient treatment outcomes and patient satisfaction
2. Recommendations for improving physician-patient communication across various medical contexts.

Effective Communication: Augmented with Technology

1. Explain some of the issues with respect to communication among people with stroke, intellectual disabilities and special needs
2. Discuss some of the technology that can be used to facilitate communication with this population
3. Identify practical questions that must be addressed between patient and provider in order to make a proper match between person and technology

Trouble Shooting Seating and Tips for Getting the Right Equipment

1. Understand that the adjustment of equipment is as important as selection of equipment
2. Recognize the required elements of a seating evaluation
3. Formulate key questions consumers and providers should ask to guide an individualized seating evaluation
4. Apply these concepts to case studies

The Road Back Home: Communication during Transitions to Improve Outcomes

1. Discuss overall supports and barriers for individuals with neurological conditions as they transition back home
2. Identify barriers to communication within rural communities
3. Construct a model for improving communication during transitions

SPEAKER BIOGRAPHIES



Jennifer Hastings

Professor, Physical Therapy, University of Puget Sound

BA, University of California-Berkeley, 1981

MSPT, Boston University, 1985

PhD, University of Washington, 2006

Board Certified Neurologic Specialist, 2000, 2009

Director of Clinical Education, 2007-2010

Program Director, 2010-2016

Dr. Hastings began teaching in 1995 and has maintained clinical practice since earning her PT license working throughout the spectrum of neurologic care (ICU through outpatient and home health). Dr. Hastings shares responsibility for instruction in adult neurologic rehabilitation and also teaches professional issues and adult systemic pathology courses. She is expert in spinal cord injury management, seating and wheelchair prescription, and orthopedic complications of neurologic disease. Dr. Hastings practiced twenty years within the VA healthcare system. Dr. Hastings actively researches physical therapy interventions for neurologic clients and has published in *Archives of Physical Medicine and Rehabilitation*, *Physical Therapy*, and *The American Journal of Physical Medicine and Rehabilitation*.



Don Helme

Associate Professor, Department of Communication,
University of Kentucky

BA, Michigan State University, 1993

MA, Eastern Michigan University, 1996

PhD, University of Kentucky, 2000

Dr. Helme is an Associate Professor and Director of Undergraduate Studies in University of Kentucky's College of Communication and Information. He previously was faculty at Wake Forest University and School of Medicine and held an adjunct position at The Cooper Institute for Aerobics Research in Golden CO. His research specialties are physician-patient communication, health campaigns, persuasive messages, adolescent substance abuse, and anti-tobacco coalitions. Dr. Helme's funded research as Co-Investigator and PI has addressed vaccinations, smoking prevention and STD/HIV prevention. His work has been published in *Health Promotion Practice* and *Health Communication*.

**Beth Hunter**

Assistant Professor, Graduate Center for Gerontology,
University of Kentucky

BA, Sociology, University of Pennsylvania
MS, Occupational Therapy, Colorado State University
PhD, Gerontology, University of Kentucky

Dr. Hunter completed post doctoral training in cancer prevention and control at the University of Kentucky. Most recently she took part in the VA Interprofessional Fellowship in Patient Safety. Her research interests are in chronic health management, physical function/participation and health disparities. She is currently looking at the intersection of cancer survivorship and physical rehabilitation. Previously funded research has explored supports and barriers for people with a spinal cord injury, stroke or traumatic brain injury who live in rural Appalachian Kentucky (NIMHD/NIH), and the impact of health literacy level on cancer survivors who leave inpatient physical rehabilitation and return home to rural Appalachian communities (NCI/NIH). She is currently the Co-PI of a PCORI Engagement Award focusing on the neurologic disability and rural communities. Previously Dr. Hunter was the Director of Research at Cardinal Hill Rehabilitation Hospital in Lexington, KY. She is Co-Director of the University of Kentucky AgrAbility program and is a co-founder of the Kentucky Appalachian Rural Rehabilitation Network.

Patrick Kitzman

Professor, Division of Physical Therapy, University of Kentucky
Associate Dean for Research, College of Health Sciences, University of Kentucky

BS and MS, Physical Therapy, University of Kentucky, 1999
MS, University of Wisconsin-Milwaukee
PhD in Neuroscience, Ohio State University, 1994

Dr. Kitzman is a faculty member in the University of Kentucky, College of Health Sciences, Physical Therapy Program with 16 years of clinical and teaching experience in the treatment of patients with neurological conditions including stroke and spinal cord injury (SCI). For the past 16 years he has conducted both basic science and community-based research, and has been funded as well as published in each of these areas. Since 2008 he has worked with state and community-based partners including individuals with stroke, SCI and traumatic brain injury and their caregivers to establish the Kentucky Appalachian Rural Rehabilitation Network (KARRN), and serve as its director. KARRN has received funding from multiple sources including NIH and PCORI and has focused on developing educational and community based resources services to support individuals with neurological conditions successfully transitioning back to their underserved rural communities.



Jane Kleinert

Professor, Division of Communication Sciences and Disorder,
University of Kentucky

Bachelor's , Speech and Hearing, Bellarmine University
Masters, Speech Pathology and Audiology, University of Washington
in Seattle, 1975
PhD in Rehabilitation Science, University of KY, 2005

Dr. Kleinert is a Professor in the Division of Communication Sciences and Disorders with publications, grant activity and teaching interests in the areas self- determination development and communication services to students with severe disabilities; and intervention for children with oral feeding disorders. She has been PI or Co-PI for several state and federally funded grants for improved intervention and communication services for students and individuals with complex communication needs. Dr. Kleinert is licensed and certified as a Speech-Language Pathologist with over 40 years of experience in service delivery and program administration in the areas of pediatrics and severe developmental disabilities.

Panel Members and affiliations:

Jason Jones – University of Kentucky Human Development Institute
Kentucky Congress on Spinal Cord Injury

Sasha Rabchevsky, PhD – Faculty, Physiology, University of Kentucky
Spinal Cord and Brain Injury Research Group
Kentucky Congress on Spinal Cord Injury
Community Stakeholder

Sara Salles, DO - University of Kentucky Physical Medicine and Rehabilitation
Cardinal Hill Hospital Spinal Cord Unit, Medical Director

**Carolyn Wallace &
Aaron Wallace -** Community stakeholders / caregiver
Patient-Centered Outcomes Research Institute

TARGET AUDIENCE

As KARRN continues to expand its reach and move forward in its mission to improve quality of life for persons living with disability in rural areas, there continues to be a growing need for collaboration with and education for our target audience. This diverse audience will be comprised of individuals with SCI/D, stroke, brain injury, and their caregivers, as well as healthcare providers (nurses, PTs, OTs, physicians, vocational rehabilitation specialists and social workers) who work with these individuals in KY as well as northern TN. In addition, educators and students (the future rural healthcare providers) from the University of Kentucky Physical Therapy Program, the Rehabilitation Sciences Doctoral Program as well as the Eastern Kentucky University Occupational Therapy program will also attend. Our previous six conferences have averaged over 210 attendees representing each of the groups described above. We are expecting approximately 225-235 participants.

SPECIAL NEEDS STATEMENT

To ensure the provision of equal access, it is the responsibility of the client to provide a request for accommodation thirty (30) days prior to the event date to Conferencing & Events. Conferencing & Events works in conjunction with ECU Office of Services for Individuals with Disabilities to continue our commitment to providing accessibility options for all our clients. Although ECU is committed to providing equal access for individuals with disabilities, ECU cannot guarantee the fulfillment of last minute requests. For more information about the ECU Office of Services for Individuals with Disabilities visit <http://www.disabilities.eku.edu/>.

ACCREDITATION STATEMENT

CEU applications pending; applied for 4-5 hours for AMA PRA Category 1, Nursing, OT/PT, Speech-Language Pathology, Social Work.

Acknowledgement of Commercial Support (if applicable): **N/A**

GRANT AND KARRN MEMBER SPONSORS:

Partial support from Paralyzed Veterans of America Education Foundation (conference grant)

Additional support from:

University of Kentucky College of Health Sciences

Eastern Kentucky University

Spinal Cord & Brain Injury Research Center (SCoBIRC)

Kentucky AgrAbility