Spinal Connection

Quality of life publication for Arkansas wheelers living well

www.ascc.arkansas.gov

SUMMER 2015 • VOLUME 26 • ISSUE 4

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Exciting speakers, sessions and expo

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'SHOOTING FOR A CAUSE'
Fundraiser to benefit SCI/D
Registration Now Open!

Fun Times Had at Spina Bifida Camp

Another year of camp has ended and 43 campers, ages 6 to 16, had a fun-filled week.

Spina Bifida Camp is a collaborative program supported by the Arkansas Spinal Cord Commission, Camp Aldersgate and MedCamps of Arkansas.

If you missed Camp this year, and want to participate next year, be sure to look for details in our newsletter, talk with your Case Manager, or contact the Arkansas Spinal Cord Commission at 501-296-1788 or 800-459-1517.

Quad Rider Prototype

InvoTek to demostrate new morphing handcycle at Conference

InvoTek will demonstrate a new morphing handcycle named Quad Rider. This prototype, which is the result of a federally funded research project, changes height from a low riding position to wheelchair height in order to facilitate lateral transfers. The handcycle also does not require any finger movement for changing gears or braking, making it accessible to people with higher injuries who previously could not safely control a handcycle.

Visit our booth for a demostration!

invotek
Compassion Driven Innovations

ASCC Welcomes New Employees

Lorie Hamilton, Chad Wann, Virginia Combs

Please help in welcoming three new employees to ASCC!

Lorie Hamilton joins ASCC as the Case Manager in the Russellville Office. She graduated from Arkansas Tech University with a degree in Psychology & Criminal Justice. She has an extensive social services background. She has been working in State Government since 1992. Prior to her employment with ASCC she worked for Adult Protective Services. Her previous work experience will serve her well with the knowledge she has for resources in the area.

Chad Wann joined the Trauma Rehabilitation Program as the new Health Educator. Chad has a Masters Degree in Health Science from Arkansas State. He comes to the Trauma Rehab Program with six years of experience in education programming with Easter Seals and was an Information and Referral Specialist with CareLink. Chad grew up in Little Rock and graduated from Pulaski Academy. Look for Chad as we continue to expand educational opportunities for healthcare professionals in Arkansas.

Virginia "Denny" Combs joined ASCC as the Agency Fiscal Manager. Previously she worked in the fiscal administrative area for the Department of Human Services and UAMS Chancellors office. Denny holds a Bachelors degree in Computer Information Systems and a MBA in Marketing and Finance. She also has excellent management experience in grant monitoring and inventory control. Denny's extensive experience with state government and budgeting will be a strong asset to the agency.

Spinal Connection

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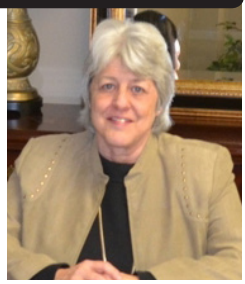
Donations

The Arkansas Spinal Cord Foundation accepts tax-deductible donations to support ASCC.
Send your donation to:
ASC Foundation
1501 N. University Ave., Suite 470
Little Rock, AR 72207

Those to Remember

Sam Hiram Sargo	May 17, 2015
Kimberli Spring Branscum	May 2, 2015
Bobby Lee Holly	Apr. 12, 2015
Sylvester White	Mar. 27, 2015
Val Racine Rideout	Mar. 18, 2015
John Keathley	Mar. 17, 2015
Ora Lee Boone	Mar. 13, 2015
Leonard Elsie Rice	Mar. 7, 2015
Vearl M. Hendriz	Feb. 23, 2015
Brenda Joyce Beason	Feb. 20, 2015
Donnie G. Sprouse	Feb. 15, 2015
Wayne D. Caja	Feb. 13, 2015
Robert Lee Wilford	Feb. 1, 2015
Sue Dean Alden	Jan. 28, 2015
Silver T. Smith	Jan. 17, 2015
Craig Lawrence Born	Jan. 9, 2015

From the Director **Patti C. Rogers**



Planning Underway– ASCC Conference and Expo nears.

Take advantage of Early Bird Registration Savings!

Planning is underway for our 25th SCI/D Conference and EXPO, "Healthy Minds, Healthy Bodies, Part 2." I have had the pleasure of helping to plan each one. If you have never attended or if it has been a long time since you attended one of our conferences please consider joining us this year. You will be glad you did. Every year I am able to learn something new and useful.

This year's conference format will be slightly different, as the healthcare professionals sessions have been expanded into a two day conference. However, consumers, families and caregivers will join the healthcare professionals on Thursday, September 24th for sessions that will apply to all. Friday, September 25th will be structured for healthcare professionals only. This will allow our healthcare professions to receive additional educational hours related to spinal cord disabilities.

Our keynote speaker is Dr. Rita Hamilton, Director of SCI Medicine at Baylor Institute for Rehabilitation. Dr Hamilton will begin her keynote address at 9:30 am discussing management and treatment of SCI. She is an excellent speaker who often adds a little humor to her presentation.

We are also bringing back Joanne Smith as this year's General Session speaker due to her popularity at last years conference. Her presentation last year received the highest evaluation scores from all who attended. Joanne will continue her discussion on Eat Well and Live Well With Spinal Cord Injury, Part 2. Other topics of interest will include advocating for health care, sexuality after SCI, the importance of utilizing the TRIUMPH call center and a special session for caregivers will be offered. You will also be able to see demonstrations of new assistive technology, roll into the wheelchair pit stop and have your wheelchair checked out by the experts, visit with exhibitors and see new products and have an opportunity to win lots of door prizes!

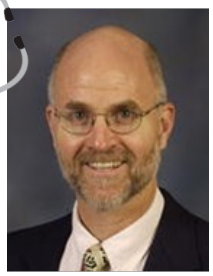
Most importantly, attending the conference provides an excellent chance to network, share your experiences, visit with old friends and meet new ones. I challenge each of you and your family to attend this year and take advantage of this great opportunity. You won't be disappointed!

Arkansas Spinal Cord Foundation (ASCF) receives Fraternal Order of Eagles dontation

Paul Burns, FOE Arkansas State President, presents Joy Wier, ASCF vice president, a $1,782 check. The funds were raised by the FOE Altus chapter and matched by the FOE Foundation. The donation was made in support of ASCF's mission to assist individuals with spinal cord disabilities, to provide education opportunities, improve health care, and promote better quality of life.

MEDICALLY SPEAKING

Thomas Kiser, MD



ASCC Medical Director

Heat and Spinal Cord Injury

Summer and heat go together, at least in Arkansas. This is a dangerous time for anyone with a spinal cord injury (SCI) because impairment of temperature regulation is a known problem in SCI. Even worse, you may not be aware of the problem until it is too late. This makes it essential that you take preventive measures to avoid becoming overheated and having a heat stroke.

Body temperature is maintained by a balance between heat production and heat loss. A person with a complete SCI has impairment in temperature control and therefore a high risk of overheating: he or she does not sense the heat and cannot get rid of heat like an uninjured individual. Recent studies show that people with cervical spinal cord lesions have even more difficulty than people with lower level spinal cord injuries.

The most important mechanisms of heat loss are:

- Behavioral changes (moving to a cooler environment, changing body position, changing amount of clothing).
- Dilation of peripheral blood vessels.
- Sweating. Individuals with SCI have trouble with all three of these mechanisms because their skin is unable to feel the sensation of heat; the body's circulatory system is not able to dilate the blood vessels of the skin; and sweating below the level of the SCI is severely impaired. I tell my patients that it's as if they have lost half of their radiator

Therefore, if you are in a hot environment you may be unable to sense the heat until your central core temperature has risen significantly. By the time you start feeling hot, it may be too late to cool off, so your first signs may be symptoms of heat stroke. These symptoms of heat stroke are: headache, flushed face, nausea, tingling arms, increased respiration rate, "goose bumps" on the skin, chilliness, incoordination, dizziness, confusion, and loss of consciousness. Complications range from breakdown of the muscle tissue, electrolyte disturbances, acute renal failure, and possibly death.

If you or someone you know experiences this problem, medical attention should be sought promptly. Heat stroke is a medical emergency, so call 911. Until help arrives, attempt to cool the person off as much as possible. Place the person in an air-conditioned environment, remove excessive clothing, use spray bottles of water to cool the skin, and massage the skin above the level of the SCI to stimulate peripheral dilation of blood vessels. If possible, place the person in a shower or cool bath of water to dissipate the heat and lower the body's core temperature. The best treatment, however, is prevention.

To prevent having trouble with heat this summer, please follow these simple measures.

- Stay in an air-conditioned environment if the temperature is above 90° F. Have an accessible air-conditioned automobile or trailer nearby if you have to be outside and away from your home.
- Avoid caffeinated and alcoholic beverages when in a hot environment. Caffeine can cause dehydration and alcohol suppresses the central brain temperature sensor. Alcohol can exacerbate the problem by decreasing your awareness of the heat.
- Wear light and removable clothing and stay in a shady area if possible.
- Drink plenty of water and have a water spray bottle available if you have to be out in the heat.
- Be aware of how uninjured individuals are responding to the heat. If they are sweating or feeling overheated you are at risk of developing heat stroke unless you move to a cooler environment.

Enjoy the summer and stay cool!

TRIUMPH
CALL CENTER
Professional HEALTH CARE DELIVERY: Just a Call Away!
1-855-PMR-MYTE (855-767-6983)

The Call Center is available for Arkansans with spinal cord injuries, and their healthcare providers 24 hours a day, 7 days a week.

- Telemedicine consultations to you, a doctor, nurse or a caregiver.
- Emergency Dept. Services

For More Information Call: 501-526-7656

UAMS UNIVERSITY OF ARKANSAS FOR MEDICAL SCIENCES

ASCC CONFERENCE & EXPO

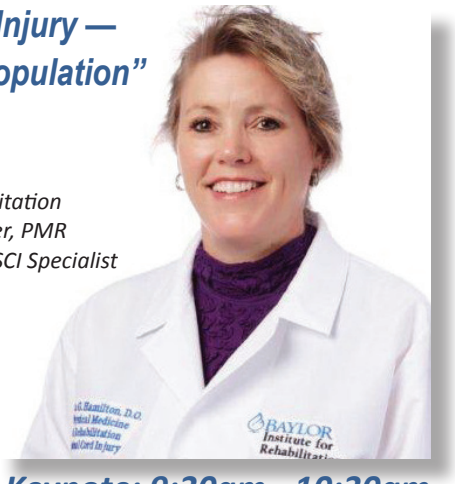
PART 2

HEALTHY Minds. HEALTHY Bodies.

SEPT. 24 - 25, 2015 | Spinal Cord Injury & Diseases | Demonstrations | CEU's

Dr. Rita G. Hamilton, Nationally-Renowned Speaker Presents Lively and Powerful Keynote Session:

"Management of the Spinal Cord Injury — Treating the Acute and Chronic Population"



RITA G. HAMILTON

D.O. FAAPMR,
Director, SCI Medicine, Baylor Institute for Rehabilitation
Program Director, Baylor University Medical Center, PMR
Health Texas Provider Network & Board Certified SCI Specialist

ASCC is proud to present Dr. Rita Hamilton as this year's featured conference keynote speaker.

Dr. Hamilton presents a lively and powerful presentation entitled "Management of the Spinal Cord Injury: Treating the Acute and Chronic Population."

Care of the individual with spinal cord injury (SCI) continues to have significant complexity requiring providers to have a comprehensive understanding of medical, psychosocial and functional consequences. Despite the growing body of evidence-based guidelines, practice styles among providers appear to remain variable on many aspects of SCI management. Dr. Hamilton reviews some of the many issues and complications that arise in the care of the patient with SCI. Her presentation addresses patients in both acute and chronic settings. Learn why the need for proper medical management is important in this life-long diagnosis.

Individuals with spinal cord disabilities, family members, caregivers and health care professionals will leave this session with greater insight.

Keynote: 9:30am - 10:30am

Originally from Stamps, Arkansas, Dr. Hamilton is a physiatrist in Dallas, Texas and is affiliated with Baylor University Medical Center (BUMC). She received her medical degree from Oklahoma State University College of Osteopathic Medicine and specializes in Physical Medicine & Rehabilitation at Baylor Institute for Rehabilitation. As a physiatrist Dr. Hamilton is dedicated in helping patients with disabilities. Her focus is rehabilitation, restoration of function and she has a strong commitment to help for her patients to achieve quality of life.

1-Day Conference & Expo for Individuals with SCI/D, Families and Caregivers- *Thursday, Sept. 24 only!*

2-Day Healthcare Professionals Educational Conference:

Thursday & Friday, Sept. 24-25! Earn 10 CEU's includes 1 hour Ethics!

Mark your Calendar!

ASCC Conference & Expo event is packed with empowering information!

8:00-9:15 am Registration Check-in and Breakfast

9:15 am Conference Opening

9:30 am Keynote Speaker

CONFERENCE EXPO:

National, state and local vendors display the latest – Attendees meet vendors,disability related organizations, hospitals, rehabilitation facilities, and statewide agencies. DOOR PRIZE DRAWINGS!

DEMONSTRATIONS:

See and learn about adaptive mobility devices, assistive technology and pressure mapping. Presented by Invotek, Restorative Therapies, ICAN and Village Health Services.

Health care professionals receive CEUs for attending demonstrations. Join us in the Expo Hall for demonstrations.

New this Year!
Thursday, Sept. 24th Only!

Come by and have your wheelchair and cushion checked by Authorized Representatives and Manufacturers!

PIT STOP GARAGE LOCATED IN MEETING ROOM 4

BENTON EVENT CENTER: 17322 I-30, Benton, AR / Exit 118 (stay on access road)

Thursday, Sept. 24 Sessions:

General Session 11am - 12:30pm

"Eat Well, Live Well With Spinal Cord Injury"—Part Two!

JOANNE SMITH
B.A., BRT DIP.,
Certified Nutritional Practitioner

Back by Popular Demand!

You asked for it and we're bringing her back! ASCC is excited to welcome back Joanne Smith as this year's general session speaker.

Joanne Smith delivers a fast-pace and entertaining presentation with time to interact with attendees. She will present "Eat Well, Live Well with Spinal Cord Injury—Part 2."

On average, individuals with SCI experience seven secondary health complications a year. Many of these secondary conditions, such as pressure sores, are recurring and potentially life threatening. Studies demonstrate that nutrition can help prevent and manage them, as well as maximize overall health and enhance independence.

Joanne discusses SCI and nutrition:

- The therapeutic role nutrition plays in the Rehabilitation and long term health of individuals with spinal cord injury.
- How this role can positively impact one's independence in an easy, practical and cost effective way.
- Learn about specific nutrients that can help manage Stress and fatigue, urinary tract infections and how to maintain over-all health living with SCI.
- The importance of nutritional supplementation.

Time will be allot for questions and answers.

Joanne's expertise in the disability community comes from her personal experience of living with a spinal cord injury for over twenty-five (25) years, as well as her years as host and producer of two national television programs that focus on telling in-depth stories about individuals with disabilities, the Gemini award winning CBC show Moving On, and her current show Accessibility in Action.

In addition to her nutritional practice and television program, Joanne co-authored Eat Well, Live Well with Spinal Cord Injury, the first nutrition publication dedicated to addressing the unique needs of people with SCI. Additionally, she writes nutrition columns for New Mobility, PN, Sports n' Spokes and Outspoken, magazines distributed in Canada and the United States.

Non-stop Conference Track Sessions

This year's conference delivers sessions of cross-cutting topics designed for consumers, clinicians and students.

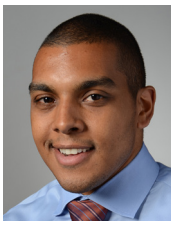
Session– 1:15pm - 2pm

Arkansas Spinal Cord Foundation (ASCF) Presents:

Extending the Reach of SCI Health Care Management

Thomas Kiser, *MD*
Professor, Department of Physical Medicine and Rehabilitation University of Arkansas for Medical Sciences, ASCC SCI/D Medical Director

Jeffery Pinto, *BSN, CRRN*



This session delivers critical information for those with SCI, caregivers and clinicians across Arkansas. Learn how to use the TRIUMPH program and how you and your care provider can utilize SCI specialist assistance and consultations.

Session– 2pm - 3pm

Got Health!

Erin M. Gildner
Program Specialist, Arkansas Disability and Health Program, University of Arkansas' Partners for Inclusive Communities.

Learn why behavior change is important, how to change behaviors, and tips on how to successfully advocate for health care.

Session– 3:15pm - 4:30pm

Sexuality After Spinal Cord Injury

Ann Marie Warren, *PhD, ABPP-Rp*

Spinal cord injury results in a wide variety of changes and often includes changes in sexual health and well-being. In this session Dr. Warren discusses common changes to sexual function after SCI and discuss various treatment options. She will describe strategies for approaching sexual education for Individuals with SCI and their partners.

Session– 3:15pm - 4:30pm

(Caregivers Session only—Room 5)

On the Humanness of Healers: the malady Forget Thyself in helpers

Jillian Guthrie, *MSW, LCSW, Founder: Healers in Balance*

Forget Thyself, a condition from imbalance between helping others and addressing one's own needs. A unique and uplifting approach, offers concrete insight and suggestions to improve the experience of all involved.

Friday, Sept. 25: Clinicians sessions only

Ethics Session– 8am - 9am

Facilitating Fate:
Consideration of Quality of Life and End of Life Decisions After High Level Cervical Spinal Cord Injury

***Rita G. Hamilton,** D.O., FAAPMR*
***Ann Marie Warren,** PhD, ABPP*

Sustaining a high level cervical injury, as defined by an injury from cervical level one to four, can result in dramatic changes including significant loss of independence and often a negative impact on quality of life. For some individuals who have this level of injury, they may choose for themselves that withdrawal of care is preferable to continue treatment.

In these cases, the rehabilitation team is often challenged to examine their own morals and values regarding these issues. As these cases are rare in the rehabilitation hospital, often heath care providers are unprepared for their own reactions to a patient who decides to withdrawal care.

A real life case example illustrates a patient and families journey from pre-admission to inpatient rehabilitation, to the ultimate decision to withdrawal care. In the course of our presentation, we will review expected functional options as well as psychological impact of high level injury.

Additionally, we will define and review decisional capacity and the ethical and legal issues surrounding treatment withdrawal including decisional capacity and informed consent. The importance of approaching withdrawal of care from a rehabilitation team approach will be highlighted and discussed.

Session– 9am - 10:30am

Team Approach:
Complex Seating & Mobility Assessment

***Twala Maresh,** PT, DPT, NCS,ATP*
***Cary Yarborough,** ATP*

This session addresses considerations, trade-offs and the decision-making process regarding the team approach to complex seating and mobility.

A case will be presented and time will be allotted for audience participation and discussion—understanding the considerations for home and environment issues and how they affect the mobility assessment—defining the challenges for

2-Session Track– Part 1: 10:45am - 12:15pm
(Lunch break) Part 2: 1pm - 2:30pm

On the Humanness of Healers:
The malady Forget Thyself in helpers

***Jillian Guthrie,** MSW, LCSW, Founder: Healers in Balance*

Forget Thyself, a condition from imbalance between helping others and addressing one's own needs. A unique and uplifting approach, offers clinicians concrete insight and suggestions to improve the experience of all involved.

This course is an interactive, hands-on, experiential lecture. Guthrie discusses characteristics, symptoms, and manifestations of "Forget Thyself" in areas of: physical, mental, emotional, spiritual, professional, relational and its application.

Demonstration and session activities have been submitted to South Central Accreditation Program for approval to award contact hours. South Central Accreditation Program is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

ARKANSAS TRAUMA REHABILITATION PROGRAM ATRP
BAYLOR Institute for Rehabilitation
Now part of Baylor Scott & White Health
SNELL Prosthetic & Orthotic Laboratory
UAMS
JACKSON T. STEPHENS SPINE & NEUROSCIENCES INSTITUTE
IIVERSITY OF ARKANSAS FOR MEDICAL SCIENCES
Baptist Health REHABILITATION INSTITUTE
INVACARE Yes, you can.
QUANTUM The Rehab Power Chair Solutions Company
numotion
SUNRISE MEDICAL
ARKANSAS SPINAL CORD COMMISSION

CLINICIANS REGISTRATION FORM

REGISTER EARLY & SAVE! 2-DAYS!

EARN 10+ CEU CREDITS / 1 HOUR ETHICS

Earn credits for attending

Assistive Technology Demonstrations

☐ **I am a Health Professional** ☐ **I am a Student**

Please print clearly

Last Name First Name M.I

Job Title / Student Organization/ Company Name /College

Mailing Address

City State Zip

Email Address Phone

***Please Check* OCCUPATION:**

☐ Social Worker ☐ Physician
☐ Case Manager/CCM ☐ Nurse
☐ Trauma Coordinator ☐ Recreational Therapist
☐ Voca. Rehab Counselor/CRC ☐ EMT
☐ Physical Therapist ☐ Other (specify) _____
☐ Occupational Therapist

AREA OF PRACTICE:

☐ EMS ☐ Acute Care ☐ Rehab ☐ Community Service
☐ Private Practice ☐ Other (specify) _____

REGISTER NOW & SAVE!

Early Bird Registration

Ends Aug. 15, 2015.

PLEASE NOTE: Full payment is required with this completed registration form on or before 5 pm, Aug. 15, 2015 to be eligible for Early Bird savings (conference fees increase after the deadline to $90 for health professionals and $45 for students, please no exception). *NOTE: Non-refundable after Aug. 15, 2015.*

Professional Health cost $90.00 $_____
(Early Bird: Only $75)

Student Cost $45.00 $_____
(Early Bird: Only $30)

TOTAL $_____

☐ **My check is enclosed in the amount of: $_____.**
(Check must accompany registration form)

MAKE CHECKS PAYABLE TO: *Arkansas Spinal Cord Commission.*

MAIL PAYMENT WITH REGISTRATION FORM TO:

ASCC, 1501 N. UNIVERSITY, Suite 470, Little Rock, AR 72207

If paying by Credit Card:

Register ONLINE at: www.ascc@arkansas.gov

☐ *I understand there will be a 5% fee applied.*

SCI/D CLIENT REGISTRATION FORM

YES! I want to attend. Thurs, Sept. 24

I understand registration check-in begins at 8 am

My conference one-day registration includes:

- **Breakfast & Lunch,**
- **SCI/D sessions of choice on Thursday, Sept. 24**
- **Admittance to the largest ASCC Conference Expo**
- **Eligibility for valuable door prize drawings and new wheelchair drawing.**

Please print clearly

Last Name First Name M.I

Mailing Address

City State Zip

Email Address Phone

Please Check all that apply:

☐ Spinal Cord Injury ☐ Spina Bifida ☐ Veteran
☐ Multiple sclerosis ☐ Other: _____

☐ **Accompanying Family Member(s):**

Last Name First Name

☐ **Personal Caregiver:**

Last Name First Name

Number of Person(s) Registering:_____ X $20 each **TOTAL: $ _____**

NOTE: $25 registration fee, if submitted after Aug.15, 2015

☐ **My check is enclosed in the amount of: $_____**
(Check must accompany registration form)

I need special accommodations or diet? ☐ *Yes* ☐ *No*
If yes, please contact Shalia at: (501) 296-1788

I understand as a ASCC Client I may apply for assistance to attend the conference.

Please check all that apply:

☐ **A scholarship for registration fee**, applies to ASSC Client, family member or personal care provider only.

Number of registration scholarships requested: _____.

Limited number available, so register early!

TRAVEL STIPENDS

☐ **I am requesting a travel stipend.** Travel stipends are available to ASCC Clients ONLY!

☐ $25 for those living 50 miles or less from Conference
☐ $50 for those living 51-150 miles from Conference site.
☐ $75 for those living 151 miles or more from Conference

You will be notified of approval and amount of the stipend prior to the conference.

BENTON EVENT CENTER | 17322 I-30, Benton, AR. | Congo Exit 118 (stay on access road)

Shooting For a Cause!

SAVE-the-DATE Aug.22, 2015

- Lucky # Draw Shooter
- Safety in Handling Shotguns
- DEMOSTRATIONS FROM THE PROS
- EXHIBIT BOOTHS
- WHEELCHAIR Shooting Challenge
- How to Shoot Good Trap 101
- Fun for the whole family

ASCF TRAP SHOOT

For more Information call:

Bob Copeland
(501) 593-1426

Rheta Spurlin
(501) 683-1124

Registration Now Open!

Arkansas Spinal Cord Foundation

ARKANSAS SPINAL CORD COMMISSION

Spinal Connection
Arkansas Spinal Cord Commission
1501 North University, Suite 470
Little Rock, AR 72207

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