



Spinal Connection

Spinal Connection

Spinal Connection is published quarterly by the Arkansas Spinal Cord Commission.

1501 N. University Ave., Suite 470, Little Rock, AR 72207

Spinal Connection is an official publication of



Executive Director

Terra Patrom

Newsletter Editor

Adam Burnstone

ARKANSAS SPINAL CORD COMMISSIONERS

Chairman

Ronnie Wheeler

Vice Chairman

Mike Cranford

Commissioners

Jimmy Ashley

Jon Bruning

LeDanté Walker

Arkansas Spinal Cord Injury/Disability Conference

Registration is now available for the Spinal Cord Commission's biennial spinal cord injury/disability conference.

Visit <http://ar.gov/scid-conference> to access online registration for the event.

REGISTER



The conference will be held on Friday, September 7, 2018 in the Grand Hall of the Campus Center Building on the Pulaski Technical College North Little Rock campus.

Registration Fee

- **Free for ASCC Clients** and **one** personal care attendant or family member. **Registration is required.**
- \$60 for healthcare professionals
- \$20 for healthcare profession students

This program is designed for persons living with a spinal cord injury or disability, as well as nurses, social workers, case managers, physical therapists, occupational therapists, speech-language pathologists, and recreational therapists. All interested healthcare providers are welcome to attend.

The conference program can be viewed on pages 6-7 of this newsletter.

This conference is jointly provided by the Arkansas Spinal Cord Commission and Baptist Health.

Contact Information

Phone: (800) 459-1517

Email: ascc@arkansas.gov

Website: ascc.ar.gov

Donations

The Arkansas Spinal Cord Commission accepts tax-deductible donations to support ASCC.

Send your donation to:
AR Spinal Cord Commission
1501 North University Ave.,
Suite 470
Little Rock, AR 72207

Acknowledgments

The ASCC would like to acknowledge donations made to the Commission...

In Memory of Rodney Williamson:

- Donna Getzendanner of Lawrenceburg, IN

In this issue...

SCI/D Conference	Page 1
Case Manager	
Address Changes	Page 2
New Commissioner	Page 3
New Staff	Page 3
Medically Speaking	Page 4
Condolences	Page 5
Conference Program	Page 6
TRIUMPH Help Line	Page 7
Spina Bifida Camp	Page 8

Conference Site, Lodging, and Travel

- The conference will be held at the **Campus Center Grand Hall** on the North Little Rock campus of UA Pulaski Technical College, located at 3000 West Scenic Drive.
- Attendees are responsible for arranging their own lodging accommodations.
- ASCC Clients may qualify for reimbursement for their mileage expense.

If you have questions or would like more information about the conference, please contact ascc@arkansas.gov.

Case Manager - New Contact Information

Please note, the address for your Case Manager may have changed as of July 1, 2018. If your Case Manager was previously located in any of the following locations, be sure to save the new address listed below.

Hot Springs (Mona Ungefug)

Pine Bluff (Bobby Johnson)

New Address:

1501 North University Ave.
Suite 470
Little Rock, AR 72207

Fayetteville (Susie Hook; Myranda Rowe)

Russellville (Lorie Hamilton)

New Address:

400 Rogers Ave.
Fort Smith, AR 72901

Batesville (Bruce Kelley)

West Memphis (Elizabeth Drake)

New Address:

2920 Longview Drive
Jonesboro, AR 72401

New Commissioner Appointment

Jon David (JD) Bruning was appointed to the Commission by Governor Asa Hutchinson and sworn in on May 21, 2018. He was born and raised in the Little Rock area and currently lives in Maumelle. Jon David went to school at the University of Arkansas in Fayetteville and graduated with a Bachelors degree in Finance. He was injured on July 6, 2013 in a diving accident and is a C5 level injury. He currently works in Little Rock as an estimator for Genesis Datacom.



New Staff at ASCC

Lizzie Burnham

Elizabeth "Lizzie" Burnham joined the ASCC Staff in Little Rock as Intake Coordinator beginning in June 2018. She is a native Arkansan, born and raised in Little Rock. Lizzie attended Little Rock Central High School where she was drawn to literature, art, and history classes. She graduated in 2008 with a Bachelor of Arts in Metalsmithing and Darkroom Photography and a minor in Art History from Earlham College in Richmond, IN.

In 2015, Lizzie began working on her Masters in Social Work at the University of Arkansas at Little Rock. During her time there, she met many amazing, established and future social workers. She completed her first internship at The Van, advocating for individuals experiencing homelessness. She continued to volunteer with them on a regular basis until she finished school. During her second internship, she was placed at the North Little Rock VA Hospital working with veterans in recovery from opiate addiction. She was able to bring in some creative arts therapy to the groups she led in hopes to address recovery from a new perspective. Lizzie graduated with her Masters degree in May of 2018 with a desire to be in a position to be able to help others.



In her free time, Lizzie enjoys seeing movies from time to time, attending live music shows, and exploring the River Trail when the weather is nice. She continues her creative endeavors through painting, beadwork, and making hand-bound books. She also enjoys volunteering at various events around town to give back to the community.

Pressure Ulcers and Spinal Cord Injury

Medically Speaking

Thomas Kiser, MD

The risk of getting a pressure sore is very high if you have a spinal cord injury (SCI). The impairment of low or no sensation; the decreased ability to change positions frequently; poor wheelchair posture and imperfect wheelchair cushions; the loss of muscle mass to pad bony structures; skin changes below the level of the spinal cord injury; and the difficulty of keeping the skin clean and dry if you are dealing with neurogenic bowel and bladder - all add up to a perfect storm of adverse events. The proactive steps that you can take to avoid pressure sores are:



- Always sit on a good wheelchair cushion and minimize time on other surfaces (bedside commodes, car seats, recliners, etc.). Ensure your wheelchair and cushion are diffusely distributing your body pressures in the back, sacrum and ischial areas by being assessed by a PT or OT who specialize in SCI in a wheelchair clinic setting.
- Make a habit of moving around and changing positions frequently. A forward lean is a great pressure relief for the sacral and ischial bones. Standing frames or standing activity are great things to do on a routine basis. Sleeping on your belly, if possible, is great way to avoid sacral sores. Turn frequently when in bed and minimize time on your hip and sacrum by turning about 30 degrees with wedge or pillow under one hip. Lying at 90 degrees on your hip increases the risk of a hip pressure sore.
- Protect your feet and ankles by wearing shoes with a soft inner lining and a lot of room to accommodate swelling. Check for redness and tight areas when you remove your shoes. Trim your toe nails straight across, avoid tight shoes and clean your feet routinely to avoid ingrown toe nails. Be nice to your feet and legs on transfers and do not bang them on hard objects. Wear protective, padded, heel protectors or place pillows under your calves to bridge your feet with pillows when in bed.
- Stay clean and dry in the sacral and ischial area with a good bowel and bladder program and a routine bathing program.

However, if despite all your preventative measures you do develop a pressure sore or a red area of concern on your buttocks or feet, get off of the sore as soon as possible, figure out what caused the sore and take corrective action. I joke with some patients that if I could send them to outer space or a zero gravity environment for several months the problem would be solved. However, this is only partly

true. Three things have to be in place to get a pressure sore healed: 1. good blood supply to the area (improves with decreased pressure over the wound and quitting tobacco); 2. good nutrition with a good amount of protein, vegetables and fruit in your diet; and 3. a clean, moist wound bed with dry, intact skin surrounding the sore. Two of those things are under your direct control.

1. You can improve blood supply to the new wound by decreasing pressure to the area (a new cushion -most insurances will allow you to get a new cushion every two years, better pressure relief, a new mattress, etc), controlling your blood sugars well if you are a diabetic, and avoiding tobacco products.
2. You can improve your diet by ensuring an adequate intake of lean meats, beans and nuts to improve your protein source, and a variety of fruits and vegetables to improve healthy micronutrients and vitamins.

However, achieving a clean, moist wound bed may be more difficult. The first order of business is to remove any dead or nonviable tissue from the wound with irrigation and debridement of the tissue with pulsed lavage, surgical instruments or topical dressings, then to apply a wound care product that will moisten the wound bed but not macerate (over hydrate) the surrounding good tissue to hasten the healing process. A negative pressure dressing such as the VAC can work in these situations. Other treatment modalities such as electrical stimulation and hyperbaric oxygen can be tried, but there are no good, well designed studies to support their routine use in pressure sore management. These treatment modalities can be tried if other methods are not working to heal your pressure sore.

Of course, an ounce of prevention is worth a pound of cure and avoiding a pressure sore altogether is the best option, but it is an uphill, against the wind effort. You have to be very proactive and obsessive about your pressure relief, what you sit on, and how often you check your skin for problems. A disruption in your routine, such as an illness or vacation, can throw you off your routine of pressure relief, skin checks, and good diet. Only a minority of patients with spinal cord injury are able to avoid pressure sores, but it can be done! So I encourage you to fight the good fight and do all you can to prevent getting a pressure sore. You will be healthier and happier if you do.

Our sincere condolences to the friends and family of...

.....

Modena Mobley	07/13/17
Gordon Lewis	08/30/17
Billie Reinhart	01/05/18
Thelma Jennings	01/12/18
Robert Rice	01/27/18
Donny E. Jones	02/04/18
Dwane L. Wendorff	02/11/18
Sidney F. Campbell	02/14/18
Robert L. Walker	02/21/18
Mark Bilyeu	03/13/18
Gladys M. Pardue	03/18/18
Doy Ogles	03/19/18
Sheron Richardson	03/20/18
Ricky Burnett	03/21/18
Lucille Jacko	04/02/18
Patty Bogard	04/13/18
Johnny Young	04/20/18
Joseph D. Watts	04/22/18
Jacqueline F. Williams	04/23/18
Richard W. Keaton	04/26/18
Raiford O. Dobbs	04/27/18
Mariah V. Stuckey	04/29/18
Willie Hardman	05/03/18
Floyd L. Taylor	05/06/18
Donald A. Bragdon	05/07/18
Teran C. Collier	05/09/18
Susan Upson	05/10/18
Allideen C. Kitchens	05/19/18
Bryan J. Poole	06/15/18

Spinal Cord Injury/Disability Conference Program

Morning of Friday, September 7

8:00 a.m. to 8:45 a.m.

Registration, Sign-In, and Continental Breakfast (provided)

8:45 a.m. to 9:00 a.m.

Welcome, Announcements, Information, and Updates

9:00 a.m. to 10:00 a.m.

PM&R Approach to MEN (Myopathy, Encephalopathy, Neuropathy): “No Scandals Required!” Part 2: Sepsis Sequela, SIRS (Systemic Inflammatory Response Syndrome), and Why the SCI Population is Susceptible

This session will reiterate the history of sepsis, the mechanisms behind its complications or manifestations, especially in the vulnerable SCI/D population, and offer a rehabilitation approach to treatment.

Mark Wren, MD, MPH, is the Medical Director at HealthSouth Rehabilitation Hospital of Texarkana and serves as the President of the Texas Society of PM&R Physicians.

10:00 a.m. to 10:30 a.m.

Break and Exhibitors

10:30 a.m. to 11:30 a.m.

Introduction to Recreation Therapy: Promoting Health and Wellness

This session will discuss the need for recreation therapy within the SCI population, with the focus being placed on the importance of specific programming for SCI clients. How therapeutic recreation can play a major role within the interdisciplinary team and impact the overall rehabilitation progress and quality of life.

LaShannon Foster-Ali, CTRS, is a member of the adult and adolescent teams in the post acute department and was also the lead internship coordinator for the Shepherd Center in Atlanta, Ga.

Lunch Break

11:30 a.m. to 12:30 p.m.

Lunch is provided and exhibitors will be available during the lunch hour.

Afternoon of Friday, September 7

12:30 p.m. to 1:30 p.m.

Legal and Medicinal Considerations for Medical Marijuana

This presentation will summarize the governance structure of the Arkansas Medical Marijuana Program, describe the qualifying conditions for obtaining a medical marijuana registration card, and detail the physician certification process.

Robert Brech is General Counsel for the Arkansas Department of Health.

1:30 p.m. to 2:30 p.m.

Spinal Cord Injury (SCI): Pitfalls per Patient and Primary Care Physician Perspectives, Part 2

Physician and patient co-presenter will explain the pitfalls and describe the M.E.S.S.Y. (Mobility/ Medical Complications, Emotions, Skin, Sex, You Can Handle) mnemonic for bladder/bowel management.

Mark Wren, MD, MPH, is the Medical Director at HealthSouth Rehabilitation Hospital of Texarkana and serves as the President of the Texas Society of PM&R Physicians.

2:30 p.m. to 3:00 p.m.

Break and Exhibitors

3:00 p.m. to 4:00 p.m.

A Medic's Journey From Provider to Patient

The speaker will share his journey prior to injury, at the time of injury, and post injury rehabilitation from the perspective of an Emergency Paramedic. He will describe what worked, what did not work, and what can be made to work, explaining the "good, the bad, and the ugly" of a SCI. He will discuss what he does to stay focused and productive in society.

Brent Ford, NRP, is the EMS Director for the Siloam Springs Fire Department, and a National Registered Firefighter/Paramedic Instructor.

4:00 p.m. to 4:15 p.m.

Complete and Submit Evaluations

4:15 p.m.

Conference Adjourns



The banner features a dark blue background with a red rectangular box on the left. Inside the red box, the text reads: "Have a medical question? Experiencing issues and need immediate answers?". To the right of the red box, the text reads: "TRIUMPH Help Line 1-855-767-6983 FREE 24 / 7 Access". Below this text is a horizontal red line, followed by the text: "Help & Information for Arkansans with Spinal Cord Injury & Healthcare Providers".



Spinal Connection (Summer 2018)
Arkansas Spinal Cord Commission
1501 North University, Suite 470
Little Rock, AR 72207

PRESORTED
STANDARD
US POSTAGE PAID
LITTLE ROCK, AR
PERMIT # 3168

ADDRESS SERVICE REQUESTED

- Change name or address on address label
- Please add me to your mailing list
- Please remove me from your mailing list

Spina Bifida Camp

This year's camp was held June 18-22 at Camp Aldersgate in Little Rock. This camp is an awesome opportunity for kids between the ages of 6-16 to learn or enhance their independent living skills and share their experience with other kids with similar experiences. It is a great week of learning, experimenting, and networking so they can grow their voices. The week-long camp includes activities such as archery, swimming, canoeing, fishing, arts and crafts, and an accessible adventure challenge rope course. We look forward to next year's camp!

