Providence Rehabilitation Services Presents:

Management & Rehabilitation of Concussion/Mild Traumatic Brain Injury

An Interdisciplinary Approach to Persisting Symptoms

June 27-28, 2015

Providence Portland Medical Center
Cancer Center Amphitheater
4805 NE Glisan
Portland, OR 97213

Concussion is increasingly visible in the media, and being addressed by sports clinics, sport teams and medical facilities nationally. However, a majority of concussion information and services focus on sports and acute management and do not address treatment for individuals whose symptoms persist beyond the typical timeframe or those with non-sports injuries.

This course will provide up-to-date research and instruction for evidence-based acute management and interdisciplinary rehabilitation for mild traumatic brain injury, including concussion for both sports and non-sports mechanisms of injury. Topics will include clinical education about concussion/mild traumatic brain injury, overview of medical management from a physician perspective, discussion of psychosocial influences from a neuropsychology perspective, and rehabilitation techniques to address orthopedic, vestibular, sensory, visual, psychosocial, and cognitive-communication challenges. Instruction will be provided in a large group format, as well as break out sessions for PT/ATC, OT, and SLP, and will utilize interactive case studies to promote clinical reasoning and collaboration for complex cases.

Course Objectives:

After completing this course, participants will be able to:

• Define the anatomy and mechanism of mild traumatic brain injury (MTBI), including concussion
• Screen for MTBI/concussion in various patient populations and make appropriate referrals
• Identify potential risk factors that may prolong symptoms/recovery
• List and utilize techniques that can support patients with complex psychosocial backgrounds
• Administer discipline-specific assessments and treatment protocols
• Describe an interdisciplinary approach to MTBI, including roles and goals of team and individual disciplines
• Problem-solve patient case studies with an interdisciplinary team

Target Audience:

This course is applicable to all healthcare professionals with an interest in concussion/ mild traumatic brain injury including physicians, physical therapists, occupational therapists, speech and language pathologists, athletic trainers, case managers and chiropractors.

Accommodations:

Please ask for the Providence Portland Medical Center rate if it is available.

Marriott Courtyard Lloyd Center
435 NE Wasco • Portland, OR 97232
503-234-3200

Residence Inn Lloyd Center
1710 NE Multnomah St • Portland, OR
503-288-1400

Doubletree Lloyd Center
1000 NE Multnomah • Portland, OR
503-281-6111
About the Speakers:

Jamie Caulley, DPT received her doctorate of physical therapy from Pacific University in 2002. She completed the vestibular competency with Susan Herdman in 2007 and has worked for Providence Health and Services for over 17 years. Currently she serves as the Balance Clinical Advancement Program Lead for Providence's Oregon service area developing programming and clinical education for staff in acute care, outpatient and home health. She works full-time in neurological and vestibular rehabilitation at Providence Northeast Rehab. Jamie has presented in the Portland area on the topics of PT evaluation and treatment of concussion, vestibular and balance disorders.

Katie Donnelly, MS, ATC obtained her Bachelor's Degree in Athletic Training from the School of Kinesiology at the University of Michigan. She became a Certified Athletic Trainer in 2011 and then returned to school to obtain a Master's Degree from the Professional Athletic Training Program at the University of Oregon. She has worked at the Division I collegiate level with soccer, track and field, cross country, and tennis programs. She has also worked with various levels of professional soccer. Katie is currently in her second season as the Head Athletic Trainer for the Portland Thorns.

Sybil Hedrick, OTR, CHT, CSCS received her degree in occupational therapy from the University of Puget Sound in 1995 and became a Certified Hand Therapist in 2001. She has worked for Providence Health & Services for over 15 years and is currently the lead therapist at Providence Sports Care Center at Providence Park. Sybil served as the president of the Occupational Therapy Association of Oregon from 2006-2010, has been a strong advocate for occupational therapy and is currently on the board of directors for the occupational therapy licensing board of Oregon. Sybil has been a presenter around the West Coast on upper extremity topics and has served as an adjunct faculty member at Pacific University in Forest Grove, Ore., teaching anatomy, kinesiology and applied human movement to first-year occupational therapy students in the past few years. She helped develop the Providence Concussion Management Program with Laurel Kirby and Jamie Caulley and has guest lectured at Pacific U. teaching concussion management. She was honored in 2012 by the Occupational Therapy Association of Oregon with the Grace Black award.

Laurel Kirby, MS, CCC-SLP has 8 years of experience as a speech-language pathologist, working in inpatient, outpatient, community reintegration and skilled nursing. Currently, Laurel treats adolescents and adults in an outpatient rehabilitation clinic at Providence, where she specializes in providing cognitive-communication rehabilitation to patients with mild TBI, including concussion. Laurel is also the Clinical Advancement Program (CAP) Lead for Neuro Rehab, and has led the development of the Portland area Providence Concussion Management Program, along with Sybil Hedrick and Jamie Caulley. Additionally, Laurel is an adjunct professor in the Speech and Hearing Sciences Department at Portland State University and is the board president for a local non-profit that supports those affected by acquired brain injury, Brain Injury Connections Northwest. She recently received recognition from the Oregon Speech and Hearing Association as the Outstanding Clinician of the Year (2014) in outpatient and private practice.

Alana Raber, Ph.D. earned her Ph.D. in clinical psychology with a specialization in behavioral medicine from Boston Green State University. She completed her training at the Seattle VA Medical Center. She has expertise in brain injury, rehabilitation psychology, and psychosocial factors associated with medical conditions. With her expertise in cognitive behavioral therapy, she treats a wide array of psychosocial challenges associated with brain injury recovery and medical conditions.

Nick Thompson, DPT, CSCS received his Doctorate in Physical Therapy from the University of Minnesota in 2009 and has been working as an outpatient therapist since. He has taken extensive manual therapy, vestibular, sports and venous coverage coursework and holds Emergency Medical Response and Certified Strength and Conditioning Specialist certifications. His work with manual therapy for the thoracic and cervical spine in conjunction with vestibular, sports, and sideline management experience makes him a strong member of the Providence concussion team. Nick has worked at the Providence Sports Care Center since 2012 and is one of the primary PTs in charge of injury/post-surgical rehabilitation to the Portland Timbers as well organizing stretcher crew for home Timbers and Thorns games.

C Thayer White, MD is board certified in family medicine and sports medicine. Dr. White earned his medical degree at The University of North Carolina, Chapel Hill. He completed his internship, residency and a sports medicine fellowship at Oregon Health & Science University in Portland. In his free time, Dr. White enjoys running, hiking in the Columbia Gorge, snowshoeing on Mt. Hood and spending time with his family. His areas of expertise include sports medicine, family medicine, management of overuse injuries, and concussion management.

Course Outline:

Saturday, June 27th
8:00 – 10:00 AM
Neuroanatomy & mechanism of injury
Medical management from sideline to clinic
10:00 – 10:15 AM Break
10:15 AM – 12:30 PM
Psychosocial profile of concussion patients
Neuropsychological factors
Interdisciplinary rehabilitation roles and goals
12:30 – 1:15 PM Lunch (on your own)
1:15 – 2:15 PM
Common factors in interdisciplinary assessment
Case studies
2:15 – 2:30 PM Break
2:30 – 5:00 PM Break out groups (PT/ATC, OT, SLP)
Assessment techniques per discipline

Sunday June 28th
9:00 – 10:15 AM
Common factors in interdisciplinary intervention
10:15 – 10:30 AM Break
10:30 AM – 12:30 PM Break out groups (PT/ATC, OT, SLP)
Treatment techniques per discipline
12:30 – 1:15 PM Lunch (on your own)
1:15 – 3:00 PM Continuation of break out groups per discipline
3:00 – 3:15 PM Break
3:15 – 4:30 PM Patient panel and/or interdisciplinary case studies

Registration Information:
Registration: You may use the registration form below or register online at: www.providenceoregon.org/rehabcourses.

Confirmation will be emailed. Registration is on a first-come, first-served basis.

Registration Fee: Two registration options are available:
• June 27th only until 12:30pm lunch break - $99
• Full course June 27-28th - $350

Refund Policy: Full refunds less a $25 administrative fee will be granted if cancellation is requested by June 13th. No refunds will be made after that date unless the course is canceled by Providence Rehabilitation Services, in which case full refunds will be issued.

Contact Hours: The full course qualifies for 14 contact hours. The June 27th morning only course qualifies for 4.5 contact hours for PT, OT, SLP and ATC in Oregon. Certificates of attendance will be issued to all participants completing the CEU requirements.

Please mail checks made payable to Providence Health and Services to the following address: Providence Northeast Portland Rehab Services Attn: JoAnna Mullett, 507 NE 47th Ave Portland, OR 97213

Registration Form
Management & Rehabilitation of Concussion/Mild Traumatic Brain Injury

June 27th morning only: $99
June 27-28th full course: $350

Name
Profession
Street
State_ZIP
Phone
Hospital affiliation
Hospital unit
Email

PMRC Concussion Symposium Final 4.2.pdf

4/6/15 3:55 PM