

*Department of Veterans Affairs Employee Education System*

*and*

*VISN 5, The VA Capitol Health Care Network*

present

COURSE NO. 10.V5.SYMPOSIUM2010.SP.A

**SCIENTIFIC UPDATES IN EXERCISE, ROBOTICS AND NEURO-REHABILITATION 2010**

September 16, 2010

and

Baltimore VA Geriatric Research Education and Clinical Center

**Place:** University of Maryland  
School of Nursing Auditorium  
655 W. Lombard Street  
Baltimore, MD 21201

**Purpose:** This half-day symposium, designed for researchers, clinicians, gerontologists, neurologists, nurses, therapists and graduate students will focus on the current state of the science in the use and development of exercise protocols and advances in robotics as therapeutic modalities for patients with neurological disease. Speakers will discuss ongoing studies and results leading to recommendations for care to maximize physical and cognitive function and quality of life for Veterans with neurological diseases such as stroke, Parkinson's Disease, and Multiple Sclerosis.

**Outcome Objectives:** At the conclusion of this conference, participants should be able to:

1. Describe the historical development of robotics as a therapeutic mechanism and current applications in clinical care and some of those currently under investigation.
2. Identify the individual functional and public health implications of exercise and robotics in patients with neurological disease/disability.
3. Choose appropriate evidence-based protocols for exercise in neurologically impaired individuals in individual clinical area(s).

**Target Audience:** Including but not limited to VA rehabilitation scientists, physicians, nurses, physical therapists, psychologists, exercise physiologists, any provider involved in rehabilitation care.

**Accreditation/ Approval:** Accreditation Council for Continuing Medical Education (ACCME)  
The VA Employee Education System is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

**American Nurses Credentialing Center (ANCC)**

VA Employee Education System is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

**American Psychological Association (APA)**

The VA Employee Education System is approved by the American Psychological Association to sponsor continuing education for psychologists. The Employee Education System maintains responsibility for this program and its content.

***Continuing  
Education Credit:***

**Accreditation Council for Continuing Medical Education (ACCME)**

The VA Employee Education System designates this educational activity for a maximum of **6 AMA PRA Category 1 Credit(s)**<sup>TM</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**American Nurses Credentialing Center (ANCC)**

VA Employee Education System designates this educational activity for **6** contact hours in continuing nursing education.

**American Psychological Association (APA)**

As an organization approved by the American Psychological Association, the VA Employee Education System is sponsoring this activity for **6** hours of continuing education credit. The Employee Education System maintains responsibility for this program and its content.

**Maryland Board of Physical Therapy Examiners (MBPTE)**

The Board of Physical Therapy Examiners has been in existence since 1947 to regulate the practice of physical therapy in the State of Maryland. **This course has been approved by the Maryland State Board of Physical Therapy Examiners for 0.6 CEUs.**

The Employee Education System maintains responsibility for the program. A certificate of attendance will be awarded to participants and accreditation records will be on file at the Employee Education System. In order to receive a certificate from EES, participants must sign in at the beginning of this activity, complete an evaluation, attend 100% of the program, and pick up their own certificate at the conclusion of the program (certificates will not be mailed). EES cannot issue certificates for less than 100% participation as required by accrediting body regulations.

***Report of  
Training:***

It is the program participant's responsibility to ensure that this training is documented in the appropriate location according to his/her locally prescribed process.

## **Program Schedule**

September 16, 2010

8:00 – 8:30	Registration and Continental Breakfast	
8:30 – 8:40	Overview and Welcome	Andrew Goldberg
I. Scientific Updates in Exercise, Robotics and Neuro-rehabilitation		
8:40 – 9:30	Overview of Robotics/State of the Science	Hermano Igo Krebs
9:30 – 10:00	Brain stimulation to modulate motor Processes	Pablo Celnik
10:00 – 10:30	Upper Extremity Robotics MIT co-operative trial	George Wittenberg
10:30 – 10:45	Break	
10:45 – 11:15	Lower Extremity Robotics	Larry Forrester & Anindo Roy
11:15 – 11:45	Muscle and Metabolism Abnormalities Post Stroke	Alice Ryan & Charlene Hafer-Macko
11:45 – 12:30	Lunch (on your own)	
II. Protocols for Community Translation		
12:30 – 1:00	Overview: Physiological and Functional Targets for Rehabilitation	Richard Macko
1:00 – 1:40	Exercise protocols to modify Cardiovascular risk	Marianne Shaughnessy & Peter Normandt
1:40 – 2:20	Exercise protocols to enhance, Balance and Ambulatory Function	Kathleen Michael & Jeff Beans
2:20—2:30	Break	
2:30 – 3:00	Exercise Models to Improve Arm Function	Susan Conroy
3:00-3:30	Upper Extremity Exercise – Impact on Balance	Sandra McCombe-Waller
3:30 – 4:00	Panel Discussion Q&A	
	Evaluation and Adjourn	

**Faculty and Planning Committee**

- \* Marianne Shaughnessy, PhD, CRNP
- + Associate Director, Education/Evaluation  
Baltimore VA GRECC  
VA Maryland Health Care System  
Baltimore, MD
  
- \* Alison Cernich, PhD  
Clinical Neuropsychologist  
Mental Health Service Line  
VA Maryland Health Care System  
Baltimore, MD  
**(APA Accreditation Planner)**
  
- \* Susan Conroy, DScPT
- + Research Coordinator  
VA Maryland Health Care System  
Baltimore, MD  
**(PT Accreditation Planner)**
  
- + Pablo Celnik, PhD  
Assistant Professor,  
Department of Physical Medicine and  
Rehabilitation  
Johns Hopkins University  
Baltimore, MD
  
- + Charlene Hafer-Macko, M.D.  
Associate Professor of Neurology  
Baltimore VA GRECC  
VA Maryland Health Care System  
Baltimore, MD
  
- \* Richard F. Macko, MD
- + Associate Director, Research  
Baltimore VA GRECC  
VA Maryland Health Care System  
Baltimore, MD  
**(ACCME Accreditation Planner)**
  
- \* Mary Marchetto, RN, MS  
Director, Nursing Education and Research  
Center  
VA Maryland Health Care System  
Baltimore, MD  
**(ANCC Accreditation Planner)**
  
- + Hermano Igo Krebs, PhD  
Principal Research Scientist, Newman  
Laboratory for Biomechanics and Human  
Rehabilitation  
Massachusetts Institute of Technology,  
Cambridge, Massachusetts
  
- + George Wittenberg, MD  
Associate Professor of Neurology  
University of Maryland School of Medicine  
Baltimore VA GRECC  
VA Maryland Health Care System  
Baltimore, MD
  
- + Alice Smith Ryan, Ph.D.  
Professor of Medicine  
Baltimore VA GRECC  
VA Maryland Health Care System  
Baltimore, MD

+ Peter J. Normandt, MS, CRNP  
Nurse Practitioner  
Baltimore VA GRECC  
VA Maryland Health Care System  
Baltimore, MD

+ Jeffrey Beans, MS  
Exercise Physiologist  
Baltimore VA GRECC  
VA Maryland Health Care System  
Baltimore, MD

+ Anindo Roy, PhD  
Assistant Professor, Department of Neurology  
University of Maryland School of Medicine  
Robotics Engineer  
Baltimore VA GRECC  
VA Maryland Health Care System  
Baltimore, MD

+Larry W. Forrester, PhD  
Associate Professor  
Department of Physical Therapy &  
Rehabilitation Science  
University of Maryland School of Medicine

+ Sandra Ann McCombe Waller, PhD, PT,  
NCS  
Assistant Professor, Department of Physical  
Therapy and Rehabilitation Science  
University of Maryland School of Medicine

+Kathleen Michael, PhD, RN  
Assistant Professor  
University of Maryland School of Nursing  
Baltimore VA GRECC  
VA Maryland Health Care System  
Baltimore, MD

+Andrew P. Goldberg, MD  
Director, Baltimore VA GRECC  
VA Maryland Health Care System  
Baltimore, MD

\* Denotes planning committee  
+ Denotes faculty

**Program Manager:** Marianne Shaughnessy, PhD, CRNP  
Associate Director, Education/Evaluation  
Baltimore VA GRECC  
Baltimore, MD 21201

**Project Accreditation  
Manager:** Paz Susan Cabanero-Johnson, PT, DSc.PT  
Education Program Specialist  
VA Medical Center  
Employee Education System  
Bldg. 82 (11E) Room 116  
Perry Point, Md. 21902

**Project Support  
Assistant:** Nicoletta Panuska  
Program Support Assistant  
VA Medical Center  
Bldg. 82 (11E) Room 124  
Perry Point, MD 21902

**Media Support:**

Matthew Rietschel  
Instructional Design Technologist, AS  
University of Maryland School of Nursing  
Baltimore, MD

**Application  
Procedure:**

You must register online. A web link will be provided to those approved to attend.

To register online, click here if you are a VA employee:

<https://vaww.trace.lrn.va.gov/registration/Default.asp?CourseID=4021>

If you are registering online and are not a VA employee, please use the link below:

<http://nursing.umaryland.edu/events/rehab/>

**When you register, please identify yourselves as “students” and the accreditation you are seeking. Also determine whether you are attending the conference in person or using the webcast.**

**Deadline Date:**

On-line registration must be completed by September 13, 2010. There will be no walk-in registration. Information on participation may be obtained from Paz Susan Cabanero-Johnson, PT, DSc.PT, VISN 5 EES Team Education Specialist, EES, Washington DC Employee Education Resource Center, phone, 410-642-2411 x 5455, e-mail [Paz.Cabanero-Johnson@va.gov](mailto:Paz.Cabanero-Johnson@va.gov).

**Cancellation Policy:**

Those individuals who have been accepted to attend and need to cancel should notify Paz Susan Cabanero-Johnson, PT, DSc.PT, at the Washington DC Employee Education Resource Center, by email at least two weeks prior to the program at [Paz.Cabanero-Johnson@va.gov](mailto:Paz.Cabanero-Johnson@va.gov).

**The Rehabilitation  
Act of 1973, as  
amended:**

The Employee Education System wishes to ensure no individual with a disability is excluded, denied services, segregated or otherwise treated differently from other individuals participating in its educational activities, because of the absence of auxiliary aids and services. If you require any special arrangements to attend and fully participate in this educational activity, please contact Paz Susan Cabanero-Johnson, PT, DSc.PT, Education Specialist, EES, Washington DC Employee Education Resource Center, phone, 410-642-2411 x 5455, e-mail [Paz.Cabanero-Johnson@va.gov](mailto:Paz.Cabanero-Johnson@va.gov).

## ***Disclosure(s)***

The VA Employee Education System (EES) must insure balance, independence, objectivity, and scientific rigor in all its individually sponsored or jointly EES sponsored educational activities. All prospective faculty & planning committee members participating in an EES activity must disclose any relevant financial interest or other relationship with: (a) the manufacturer(s) of any commercial product(s) and/or provider(s) of commercial services discussed in an educational presentation, and (b) any commercial supporters of the activity. Relevant financial interest or other relationship includes but is not limited to such things as personal receipt of grants or research support, employee or consultant status, stock holder, member of speakers bureau, within the prior 12 months. EES is responsible for collecting such information from prospective planners and faculty, evaluating the disclosed information to determine if a conflict of interest is present and, if a conflict of interest is present, to resolve such conflict. Information regarding such disclosures and the resolution of the conflicts for planners and faculty shall be provided to activity participants. When an unlabeled use of a commercial product or an investigational use not yet approved by the FDA for any purpose is discussed during an educational activity, EES shall require the speaker to disclose that the product is not labeled for the use under discussion or that the product is still investigational.

**Each faculty and planning committee member (author, facilitator, moderator) reported having no relevant \* financial relationships with any commercial interest. This activity includes no discussion of uses of FDA regulated drugs or medical devices which are experimental or off-label.**

\*The ACCME defines “relevant financial relationships” as financial relationships in any amount occurring within the past 12 months that creates a conflict of interest.