RUSK CONCUSSION REHABILITATION SYMPOSIUM:
AN INTERPROFESSIONAL & EVIDENCE-BASED APPROACH FOR THERAPISTS & NURSES

October 22+23, 2016

NYU Langone Medical Center
550 First Ave, NY, NY 10016

Sponsored by Rusk Rehabilitation at NYU Langone Medical Center
OVERVIEW

Research has shown that approximately 80-85% of concussions resolve completely within 7-10 days in the adult population, with an increased time to recovery in the pediatric population. For the 15-20% of patients with a protracted recovery, a patient-centered multidisciplinary approach to care is essential to effective recovery. Understanding the composition of the team and the role of each team member is critical to successful rehabilitation for patients with persisting symptoms. This 1 ½ day conference offers a unique opportunity for all rehabilitation professionals to attend the same talks on day one and to then meet by discipline, for workshops on day two. The topics of vision, vestibular, cervical, cognitive, and speech deficits will be described and the evidence behind the current practices within each discipline. The challenges of working with families and returning children to school will be discussed. The role of the social worker and vocational therapist will be presented as some patients with persisting symptoms require the intervention of these professionals. The conference will address sports and non-sports related concussions, as many concussions occur due to falls, motor vehicle accidents, and assaults. Day two will allow for individual disciplines to attend workshops to delve deeper into the evaluation and treatment tools for each respective discipline. The workshops will expand upon the didactics and offer interactive hands-on experience for the evaluation and treatment tools to be used in the clinic so attendees may apply what is learned when returning to their practices. The workshops will be in the areas of physical therapy (exertion, vestibular and cervical), occupational therapy (vision rehabilitation), psychology, and nursing. This entry level course will provide a strong foundation from which to build your practice in working with patients with concussion. Content will be presented via didactic lectures, case presentations, Q&A sessions and hands on experience. Therapists may opt to attend only day one or day one and two. Nurses may opt to attend Day one and two or only day two.

TARGET AUDIENCE

This activity is targeted to nurses, occupational therapists, occupational therapist assistants, physical therapists, physical therapist assistants, psychologists, and speech language pathologists.

LEARNING OBJECTIVES

At the completion of the Day One of this course, the participant should be able to:

1. Understand the epidemiology of concussion.
2. Understand the definition of concussion.
3. Review the evidence about concussion as it relates to each of the disciplines presented including: cervical dysfunction, exertion therapy, neuropsychology, nursing, social work, vestibular therapy, vision rehabilitation, and vocational therapy.
4. Understand and describe the roles of each team member on the rehabilitation team and how to apply best practice to course participants’ treatment setting.
5. Describe the unique pediatric considerations for PT, OT, psychology, SLP.
6. Understand the role of family dynamics in recovery in the pediatric population.
7. Understand the various school accommodations including an Individualize Education Program(IIEP) or 504 plan
8. Understand the manual treatment of headaches.
9. Understand the Return to Learn, Return to Work and Return to Play process

Day Two learning objectives are specific to the individual workshop and discipline and are outlined below.

At the completion of the Physical Therapy workshop as it applies to the adult and pediatric population, the participant should be able to:

1. Perform exertion testing with the Buffalo Treadmill Protocol to determine appropriate exercise intensity in patients who are symptomatic with exertion.
2. Perform exertion testing with the Rusk Bike Protocol to determine appropriate exercise intensity in patients who have concurrent dizziness with exertion.
3. Apply decision making to choose appropriate exercise type and intensity during the rehabilitation process
4. Apply principles of exertion training to functional tasks and sports training to facilitate return to work and return to play.
5. Be able to identify red flags with exertion training, and know when it is appropriate to initiate exertion training.
6. Understand the components of the concussion vestibular evaluation in adult and pediatric population.
7. Understand how to determine a peripheral versus central deficit and appropriate referrals.
8. Understand how to develop a treatment program for the patient with vestibular deficits.
9. Determine who is appropriate for cervicogenic treatment.
10. Perform a screen for red flags
11. Demonstrate and practice assessment of the following impairments:
    - Cervical mobility
    - Cervical strength
    - Joint position error
14. Demonstrate, practice and discuss components of a cervical kinesthesia program.

At the completion of the Occupational Therapy/Vision Workshop as it applies to the adult and pediatric population, the participant should be able to:
1. Understand the components of a comprehensive occupational therapy evaluation as it applies to the concussion population.
2. Understand the types of objective measures and screening tools used to assess visual dysfunction in the concussion population.
3. Gain a basic understanding of the role of the focal vs ambient visual system as it relates to evaluation and treatment of the concussion population.
4. Perform basic screening of pursuits, saccades and functional convergence.
5. Learn to apply practical, creative and individualized treatment techniques specific to deficits with pursuits, saccades and functional convergence for the pediatric and adult populations.
6. Review case studies and learn to write functional goals for patients with the impairments reviewed.
7. Gain a better understanding of the referral process for further vision assessment (neuro-ophthalmology, optometry etc).

At the completion of the Psychology workshop as it applies to the adult and pediatric population, the participant should be able to:
1. Apply the neuropsychological battery described in the workshop.
2. Understand the typical cognitive and psychological symptoms associated with concussion.
3. Understand psychological vs cognitive interpretation of test data and the impact of physical symptoms on test data.
4. Determine patients who are appropriate for group vs individual treatment.
5. Understand the challenges of working with the patient with post-concussion syndrome and techniques to apply to intervention.
6. Provide feedback and recommendations for treatment and further intervention.

At the completion of the Nursing workshop, the participant should be able to:
1. Understand state concussion laws including private vs public school rules.
2. Understand the role of the school nurse.
3. Understand concussion management team roles and responsibilities.
4. Understand how to recognize concussions.
5. Understand how to manage concussions in the school setting including:
   a. Examples of physician letters.
   b. What to do when you question the return to learn/play decision.
   c. How to handle concussions that occur outside of school.

**ACCREDITATION AND CREDIT DESIGNATION**

**Physical Therapy**
NYU Langone Medical Center is a New York State Education Department approved provider for physical therapy and physical therapy assistant continuing education. This course is approved for a maximum of 11.1 physical therapy/physical therapist assistant contact hours if attend Day One and Two or maximum 7.1 contact hours if attend only Day One. This activity is pending approval in NJ. The following states require continuing education units (CEUs) with no state-specific approval: CT, IA, ID, MO, ND, and WA.

**Occupational Therapy**
NYU Langone Medical Center is an American Occupational Therapy Association (AOTA) approved provider for occupational therapy and occupational therapy assistant continuing education. This course is approved for a maximum of 10.0 occupational therapy/occupational therapist assistant contact hours if attend Day One and Two or maximum of 7.0 contact hours if attend only Day One. This course meets the AOTA classification code of Occupational Therapy Process and is an Introductory Level Course: Intervention and Approaches to Intervention. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

Applications have been submitted for additional clinical disciplines and are under review. Please check website for updates.

A minimum passing score of 70% is required on the course post-test in order to receive PT/PTA, OT/COTA credits.

**Speech Language Pathology**

This course is approved for a maximum of 7.0 speech-language pathology contact hours.

**DISCLOSURE STATEMENT**

In order to resolve any identified conflicts of interest, disclosure information is provided during the planning process to ensure resolution of any identified conflicts. Disclosure of faculty and commercial relationships, as well as the discussion of unapproved use of any, device or procedure by the faculty, will be fully noted at the meeting.

**SPECIAL NEEDS**

Rusk Rehabilitation at NYU Langone Medical Center, in compliance with the legal requirements of the Americans with Disabilities Act, requests that any participant of this educational activity who is in need of accommodation, submit a written request to Julia Brandt at Julia.brandt2@nyumc.org at least one month prior to the course start date.
PROGRAM FACULTY

Course Director

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Pamela Singer, MSW, LCSW
Senior Social Worker
Rusk Rehabilitation at NYU Langone
### Day One

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30-8:00am</td>
<td><strong>Registration and breakfast</strong></td>
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<tr>
<td>8:00-8:05am</td>
<td><strong>Welcome and Introduction</strong></td>
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<tr>
<td>8:05-8:20am</td>
<td><strong>Introduction to Concussion: History and Epidemiology</strong></td>
<td>Dina Pagnotta, MPT, MPH</td>
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<tr>
<td>8:20-8:45am</td>
<td><strong>Evidence Informed Management of the Cervical Spine: Triage and Evaluation</strong></td>
<td>Mia Palazzo, PT, DPT, OCS, Cert.MDT</td>
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<tr>
<td>8:45-9:15am</td>
<td><strong>The Science of Vestibular Rehabilitation in Concussion</strong></td>
<td>Tara Denham, PT, MA</td>
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<tr>
<td>9:15-9:45am</td>
<td><strong>Manual Treatment of Headaches in Concussion</strong></td>
<td>Teresa Iodice-Dadin, PT, MA, CCTT</td>
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<tr>
<td>9:45-10:15am</td>
<td><strong>Active Rehabilitation: What Does the Evidence Show?</strong></td>
<td>Joseph Adams, PT, DPT, NCS</td>
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<tr>
<td>10:15-10:30am</td>
<td><strong>Break</strong></td>
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<tr>
<td>10:30-11:00am</td>
<td><strong>The Science of Vision Rehabilitation in Concussion</strong></td>
<td>Margaret Waskiewicz, MS, OTR/L</td>
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<tr>
<td>11:00-11:30am</td>
<td><strong>Clinical Pearls of Working with the Pediatric Patient: PT and OT Perspective</strong></td>
<td>Robert Cafaro, MS, OTR/L and Allison Lam, PT, DPT, PCS</td>
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<tr>
<td>11:30-12:00pm</td>
<td><strong>SLP in Concussion: What to Look for and When to Refer in the Adult and Pediatric Population</strong></td>
<td>Iona D’Isa, MA, CCC-SLP and Edna Schneider, MA, CCC-SLP</td>
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<tr>
<td>12:00-12:15pm</td>
<td><strong>Q&amp;A</strong></td>
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<tr>
<td>12:15-1:15pm</td>
<td><strong>Lunch</strong></td>
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<tr>
<td>1:15-1:45pm</td>
<td><strong>Biopsychosocial Model to Psychology Evaluation and Treatment</strong></td>
<td>Donna Langenbahn, PhD</td>
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<tr>
<td>1:45-2:15pm</td>
<td><strong>The Role of Social Work on the Concussion Team</strong></td>
<td>Pamela Singer, MSW, LCSW</td>
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<tr>
<td>2:15-2:45pm</td>
<td><strong>The Family Unit: Psychosocial Considerations for the Pediatric Patient</strong></td>
<td>Michael Cao, PsyD</td>
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<tr>
<td>2:45-3:00pm</td>
<td><strong>Break</strong></td>
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<tr>
<td>3:00-3:20pm</td>
<td><strong>The Ins and Outs of Return to Learn and Return to Work</strong></td>
<td>Mara Sproul, RN, MPA, CCRN, BC-RN</td>
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<tr>
<td>3:20-3:40pm</td>
<td><strong>Vocational Rehabilitation and Its Role in Return to Work and School</strong></td>
<td>Dora Blacker, CRC, LMHC</td>
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<td>3:40-4:05pm</td>
<td><strong>Case Studies</strong></td>
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<tr>
<td>4:05-4:30pm</td>
<td><strong>Q&amp;A</strong></td>
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<tr>
<td>4:30pm</td>
<td><strong>Adjourn</strong></td>
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### Day Two

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<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>7:30-8:00am</td>
<td><strong>Registration</strong></td>
<td>330 East 38th Street 5th Floor PT Gym</td>
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<tr>
<td>8:00-9:00am</td>
<td><strong>PT Workshop: Active Rehabilitation</strong></td>
<td>Joseph Adams, PT, DPT, NCS; Abbie Ross, PT, DPT; Mark Schulingkamp, PT, DPT, OCS, SCS</td>
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<tr>
<td>9:00-9:05am</td>
<td><strong>Transition to workshop</strong></td>
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<tr>
<td>9:05-12:00pm</td>
<td><strong>PT Workshop: Vestibular Evaluation and Treatment</strong></td>
<td>Tara Denham PT, MA; Carolyn Frye, PT, DPT, NCS; Michael Post, PT, DPT, OCS, SCSc; Mackenzie Root PT, DPT, NCS; Iwona Kedzierska, PT, MS, MA, NCS</td>
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<tr>
<td>9:05-12:00pm</td>
<td><strong>PT Workshop: Cervical Spine Evaluation and Treatment</strong></td>
<td>Mia Palazzo, PT, DPT, OCS, Cert.MDT; James Koo PT, DPT, OCS, SCS, COMT; Juli Deng PT, DPT, OCS, Cert.MDT; Michael L. D’Agati PT, DPT, OCS, COMT</td>
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<tr>
<td>12:00pm</td>
<td><strong>Adjourn</strong></td>
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COURSE REGISTRATION AND FEES

Register and pay online at www.ruskconcussion.eventbrite.com

Registration fees include breakfast, access to handouts, and credits.

Pricing is as follows:

NYU Langone Affiliates
Early Bird, Day One: $150
Early Bird, Day One & Two: $225
Early Bird, Day Two (nursing only): $75
Regular, Day One: $175
Regular, Day One & Two: $250
Regular, Day Two (nursing only): $100

All Others
Early Bird, Day One: $225
Early Bird, Day One & Two: $300
Early Bird, Day Two (nursing only): $100
Regular, Day One: $250
Regular, Day One & Two: $325
Regular, Day Two (nursing only): $125

Note: Early Bird Pricing is for those who register before September 22nd.

After 12 pm on October 19, 2016, only onsite registration is available, provided the course has not reached capacity. Onsite registration fee is $275 for Day One and $375 for Day One and 2; Day Two only for nursing is $175. Participants will receive a receipt via e-mail in 1-2 weeks. We cannot accept telephone or email registration. Registration is non-transferable.

If you have any questions, please contact Julia Brandt at 646.501.7859 or at Julia.brandt2@nyumc.org.

REFUND POLICY

In order to request a refund you must email Julia.brandt2@nyumc.org no later than 14 days prior to the first day of the course. An administrative fee of $75 will be deducted from your refund. Cancellations or no-shows after this date are not eligible for a refund. Fax cancellations are not accepted.

COURSE CANCELLATION POLICY

In the unusual circumstance that this course is cancelled, two weeks’ notice will be given and tuition will be refunded in full. Rusk Rehabilitation at NYU Langone Medical Center is not responsible for any airfare, hotel or other costs incurred.