

Kentucky Appalachian Rural Rehabilitation Network

KARRN's 10th Annual Conference: *Health and Wellness for Individuals with Disabilities*

Perkins Conference Center
4436 Kit Carson Drive
Eastern Kentucky University
Richmond KY

Wednesday, September 18th, 2019, 8:00-4:00





10th Annual Conference: “Health & Wellness for Individuals with Disabilities”

Wednesday, September 18th, 2019 • 8:00 a.m. – 4:00 p.m.
Perkins Center • Eastern Kentucky University • Kit Carson Drive • Richmond KY 40475

Agenda

- 8:00-8:45 Sign in & Breakfast
- 8:45-9:00 Welcome & Announcements
- 9:00-10:00 **Session 1: Toward a Healthier Kentucky**
Ben Chandler, President and CEO, Foundation for a Healthy Kentucky
- 10:00-11:00 **Session 2: Long-term health for individuals with Spinal Cord injury: Advocacy**
Kim Anderson-Erisman, PhD, Case Western Reserve University
- 11:00-11:15 Break
- 11:15-12:15 **Session 3: Long-term health, function and community participation for wheelchair users**
Alicia Kootz, PhD, RET, ATP, University of Pittsburg
- 12:15-1:15 Lunch
- 1:30-2:30 **Session 4: Providing a supportive environment: Clear health communication for clinical practice**
Beth Hunter, PhD, OTR/L, University of Kentucky
- 2:30-2:45 Break
- 2:45-3:45 **Session 5: We can be parents too: Parenthood and disability**
Panel Discussion
- 3:45-4:00 Closing Remarks and CE distribution

SCIENTIFIC PROGRAM

TOPICS AND LEARNING OBJECTIVES

Toward a Healthier Kentucky.

Objectives:

- The focus will be on health policy measures that can be enacted at the local and statewide levels that evidence shows will improve Kentucky's health.

Expected Results/Outcomes:

1. Participants will understand several policy measures that are pending or may be proposed at the state and local levels intended to improve Kentucky's health, current health statistics related to those policies, and the evidence that shows expected outcomes of enacting these policies.
2. Participants also will understand how they can assist in getting such policies enacted.

Long-term health for individuals with spinal cord injury

Objectives:

- Identify functions and *topics* of highest priority to the SCI population;
- Describe strategies to employ SCI consumer engagement across the spectrum of translational research.

Expected Results/Outcomes:

1. Employ knowledge of functions and topics of highest priority to the SCI population to enhance research and clinical practice activities
2. Apply strategies to engage SCI consumers across the Spectrum of translational research.

Long-term health, function and community participation for wheelchair users

Objectives:

- To provide a summary of the evidence on performance related risk factors associated with the development of overuse related upper limb pain and injuries in wheelchair users with spinal cord injury.
- To review techniques and strategies that can be used to promote and preserve long-term upper limb function.

Expected Results/Outcomes:

1. Participants will be able to identify at least three factors related to the performance of activities of daily living that increase risk for developing upper limb pain and injuries.
2. Participants will be able to describe at least three types of interventions that can be used to help reduce injury risk and promote long term upper limb health among individuals with spinal cord injury.

Providing a supportive environment: Clear health communication for clinical practice

Objectives:

- To educate about the potential communication problems that can emerge in a clinical setting.
- To provide numerous resources to support both oral and written clinical communication.

Expected Results/Outcomes:

1. Participants will understand the importance of clear clinical communication
2. Participants will know how to use the teach-back method to enhance clinical communication
3. Participants will know where to access resources to help address potential health literacy issues in any written communication or educational material development.

We can be parents too: Parenthood and disability

Panel session

SPEAKER BIOGRAPHIES



Ben Chandler
President and CEO of the Foundation for a Healthy Kentucky

Named President and CEO of the Foundation for a Healthy Kentucky in 2016, Ben Chandler leads the Foundation he helped bring about. As Kentucky Attorney General, Ben won a \$45 million settlement from one of Kentucky's largest insurance companies; that funding was used to create the Foundation in 2001. Ben practiced law with Brown, Todd & Heyburn, and later with Reeves & Graddy before beginning a career in public service. His state service included one term as Kentucky State Auditor (1992-1995), and two terms as Attorney General (1995-2003). In February 2004, Ben was elected to the U.S. House of Representatives, where he served Kentucky's 6th Congressional District until the 112th Congress adjourned in January 2013. He was Executive Director of the Kentucky Humanities Council from 2013 to 2016. An eighth-generation Woodford Countian, Ben earned a B.A. in history, graduating with distinction from the University of Kentucky, and a J.D. from the University of Kentucky College of Law. He studied at the University of London and Trinity College in Dublin, including an internship in the British Parliament.



Kim Anderson-Erisman, PhD
Professor
Case Western Reserve University

Kim Anderson is a Professor in the Department of Physical Medicine and Rehabilitation at the MetroHealth Medical Center and Case Western Reserve University (CWRU) School of Medicine. Her research has focused on translational investigations and bridging the gap between basic science, clinical science, and the public community living with spinal cord injury (SCI). At MetroHealth-CWRU she is continuing her involvement in clinical trials with the team pursuing implanted stimulation devices for SCI and further developing her independent research efforts addressing issues important to people living with SCI with an emphasis on translational research to deploy treatments to the clinic.



Alicia Kootz, PhD, RET, ATP
Professor
University of Pittsburg

Alicia Koontz is an associate professor in the Department of Rehabilitation Science and Technology and the Associate Director for Research at the Human Engineering Research Laboratories. She received her PhD degree in Rehabilitation Science from the University of Pittsburgh and BS and MS degrees in Biomedical Engineering from Wright State University. Koontz's research is aimed towards improving the health, function and quality of life of wheelchair users. She has expertise in the areas of rehabilitation biomechanics, assistive technology, and secondary injury prevention. Koontz has a 12 year track record of grant funding from sources including the Department of Veterans Affairs, National Institutes of Health, and the PVA and has authored over 50 peer-reviewed journal articles, conference proceedings and book chapters.



Beth Hunter, PhD, OTR/L
Assistant Professor
University of Kentucky

Elizabeth G. Hunter is an Assistant Professor in Gerontology at the University of Kentucky. Her research interest is function/participation, rural health and health disparities. Previously funded research has explored supports and barriers for people with neurologic disability who live in rural Appalachian Kentucky (NIMHD/NIH), and a PCORI Engagement Award focused on that same population. Additionally, she was funded by NCI to explore issues related to health literacy for cancer survivors from rural Kentucky who receive inpatient rehabilitation. She is the co-founder of the Kentucky Appalachian Rural Rehabilitation Network (KARRN). Previously Dr. Hunter was the Director of Research at Cardinal Hill Rehabilitation Hospital in Lexington, KY. She is Co-Director of the University of Kentucky AgrAbility program and is a licensed occupational therapist. Dr. Hunter is the Research Methodologist for the American Occupational Therapy Association in their Evidence Based Practice unit.

TARGET AUDIENCE

As KARRN expands its reach and moves forward in its mission to improve quality of life for persons living with disability in rural areas, there continues to be a growing need for collaboration with and education for our target audience. This diverse audience will be comprised of individuals with SCI/D, stroke, brain injury (BI), and their caregivers, as well as healthcare providers (nurses, PTs, OTs, physicians, speech/language pathologists, vocational rehabilitation specialists and social workers) who work with these individuals in Kentucky. In addition, educators and students (the future rural healthcare providers) from the University of Kentucky Physical Therapy program and the Eastern Kentucky University Occupational Therapy program will attend. Our previous nine conferences have averaged around 210 attendees representing the groups described above.

CONTINUING EDUCATION

We have applied for 4 CE through the Southern AHEC and are awaiting approval.

Speakers have indicated no conflicts of interest.

SPECIAL NEEDS STATEMENT

To ensure the provision of equal access, it is the responsibility of the client to provide a request for accommodation thirty (30) days prior to the event date to Conferencing & Events. Conferencing & Events works in conjunction with EKU Office of Services for Individuals with Disabilities to continue our commitment to providing accessibility options for all our clients. Although EKU is committed to providing equal access for individuals with disabilities, EKU cannot guarantee the fulfillment of last minute requests.

KARRN MEMBER SPONSORS:

Conference support from:

University of Kentucky Office of the Vice President of Research
University of Kentucky Center of Excellence in Rural Health
University of Kentucky College of Health Sciences Physical Therapy program
Eastern Kentucky University Occupational Therapy program
University of Kentucky Spinal Cord & Brain Injury Research Center (SCoBIRC)
Easter Seals-Cardinal Hill Foundation
Encompass Health Cardinal Hill Rehabilitation Hospital
University of Kentucky Department of Physical Medicine and Rehabilitation
WellCare

Registration Link : www.tinyurl.com/karrn10form