



# 2018 Traumatic Brain Injury Conference

February 2, 2018 | Beanfield Centre



## PROGRAM AGENDA

Time	Program Title
7:30 – 8:30	<b>Registration and Continental Breakfast</b>
8:30 – 8:45	<b>Welcoming Remarks</b> <i>Paul Comper PhD, CPsych</i>
8:45 – 9:45 <i>9:35 – 9:45 Q&amp;A</i>	<p><b>Controlled Exercise in the Evaluation and Treatment of Concussion</b></p> <p><b>John Leddy, MD FACS FACP</b> <i>Professor of Clinical Orthopaedics and Rehabilitation Sciences SUNY Buffalo Jacobs School of Medicine and Biomedical Sciences Medical Director, University at Buffalo Concussion Management Clinic</i></p> <p>This presentation will provide an overview of the systemic physiology of concussion and demonstrate how a systematic evaluation of exercise tolerance after concussion can help clinicians diagnose concussion within a differential diagnosis of head and neck injury, determine prognosis, treat concussion symptoms, and establish physiological recovery from concussion.</p> <p><b>Learning Objectives</b></p> <ol style="list-style-type: none"> <li>1. Describe the effects of concussion on the autonomic nervous system and control of cerebral blood flow.</li> <li>2. Identify the utility of the Buffalo Concussion Treadmill Test for diagnosing concussion and establishing recovery based upon the principle of exercise intolerance.</li> <li>3. Discuss the implications for clinical practice of using controlled exercise for the treatment of acute concussion and in those with persistent post-concussion symptoms.</li> </ol>
9:45 – 10:40 <i>10:30 – 10:40 Q&amp;A</i>	<p><b>Clinical Pearls in the Assessment and Management of the Patient with Headaches Following a Traumatic Brain Injury</b></p> <p><b>Jonathan P. Gladstone, MD FRCPC</b> <i>Director, Gladstone Headache Clinic; Consultant Neurologist, Neurology Service &amp; Complex Injury Outpatient Rehabilitation Service (WSIB Neurology Specialty Clinics), Toronto Rehabilitation Institute – UHN; Co-Director, Headache Clinic, Hospital for Sick Children; Director of Neurology &amp; Headache Medicine, Cleveland Clinic Canada; Consultant Neurologist, Toronto Blue Jays &amp; Toronto Raptors</i></p> <p>Headache is the most common symptom following a mild traumatic</p>



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brain injury. It is also the symptom that typically lasts the longest and is the most disabling. This session will address how to assess and manage individuals with persisting headaches following a traumatic brain injury. Common pitfalls in headache management will be discussed and strategies to facilitate successful management will be highlighted.

### Learning Objectives

1. Discuss the critical aspects of the headache history necessary to facilitate successful post-traumatic headache management
2. Explore non-pharmacologic and pharmacologic strategies for the acute and prophylactic management of post-traumatic headache management

**10:40 – 11:10**

**Morning Nutrition Break, Poster and Sponsor/Exhibit Viewing**

**11:10 – 11:40**

### Rapid Podium Session

*4 Presentations given 5 minutes each to present with group Q&A*

#### **Abstract 1**

*Abstract Speaker 1*

#### **Abstract 2**

*Abstract Speaker 2*

#### **Abstract 3**

*Abstract Speaker 3*

#### **Abstract 4**

*Abstract Speaker 4*

**11:40 – 11:45**

**Transition to Concurrent Workshop Session #1**

**11:45 – 12:45**

**Workshops – Session 1** *(The following four workshops will run concurrently from 11:45 am to 12:45 pm and will repeat in the afternoon from 14:45 pm to 15:45 pm)*

### **Workshop #1 Personalized Rehab Strategies for Greater Functional Outcomes**

#### **Greg Noack**

*Rehabilitation Therapist/Researcher*

#### **Lauren Schwartz, OT Reg. (Ont.)**

*Interim Service Coordinator/Occupational Therapist*

This presentation will outline a variety of approaches to personalizing care in an ever-changing, fast paced health care environment to ensure client-centered communication for the ABI population.



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## Learning Objectives

1. Describe how you can apply what was learned today into your practice.

## Workshop #2 Mindfulness Meditation: Use in TBI Rehabilitation

### Liesel-Ann Meusel, Ph.D., C.Psych.

*TeleRehab Centre for Acquired Brain Injury, Toronto Rehabilitation Institute; Lad & Associates Psychology Practice*

### Lesley A. Ruttan, Ph.D., C.Psych.

*Toronto Rehab, University Health Network; Adjunct Lecturer, Graduate Department of Psychological Clinical Science, University of Toronto Scarborough; Main St. Psychological Centre*

This workshop will provide an overview of Mindfulness Meditation (MM), its history and development, neurological implications, and use in traumatic brain injury (TBI). We will also speak to the benefits of MM for health care practitioners (HCP), to manage professional and personal stress, maintain health and well-being, and enhance ability to provide quality care to patients.

## Learning Objectives

1. Define mindfulness meditation and its history
2. Describe the neurological implications of MM and its use in TBI rehabilitation
3. Discuss how MM may enhance health/wellbeing for HCP for professional and personal purposes
4. Have experienced a short in-session MM exercise

## Workshop #3 How to use the ONF-INESS Traumatic Brain Injury Guidelines to Enhance your Practice

### Mark Bayley, MD, FRCPC

*Professor, Division of Physiatry, Department of Medicine, University of Toronto; Medical Director, Brain and Spinal Cord Rehab Program, UHN- Toronto Rehab*

This presentation will use an interactive case-based approach to demonstrate how the Ontario Neurotrauma Foundation- Institut National Excellence de Services Sante (ONF-INESS) guidelines can be quickly accessed on mobile devices to find best evidence. Participants are encouraged to bring a smartphone or tablet.



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## Learning Objectives

1. Navigate the ONF-INESS Guidelines for Rehabilitation after Moderate and Severe Traumatic Brain Injury
2. Identify the two key sections of the guidelines and the key recommendations
3. Find Evidence summaries, System implications and Key Process indicators for priority best practices

## Workshop #4 Preparing for Cross-Examination: How to be a Great Witness

### John McLeish and Lindsay Charles

*McLeish Orlando*

### Adam Little and Robert Durante

*Oatley Vigmond*

Could you be called to testify? If you are, you want to be prepared! Our lawyers can help prepare you for trial and help make you a credible witness. Let go of your anxiety, and don't let opposing lawyers undermine you.

Our sessions will help you with:

- Showcasing your qualifications
- Preparing to be cross examined in a TBI trial
- Giving evidence at the LAT, both in person and by way of affidavit Explain what the defense lawyer will be looking for
- Dealing with Incomplete and inaccurate information in your reports
- Eliminating surprises
- The do's and don'ts of being a great witness
- Report writing
- Your resume



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Time	Program Title
<b>12:45 – 13:45</b>	<b>Networking Lunch Break, Poster and Sponsor/Exhibit Viewing</b>
<b>13:45 – 14:45</b> <i>14:35 – 14:45 Q&amp;A</i>	<p><b>The Miracle of Teamwork</b></p> <p><b>Carl Dixon</b> <i>The Guess Who</i></p> <p>Carl Dixon’s journey through the highs and lows of rock music to the brink of death to find the happiest time of his life is an incredible story of determination, friendships and the healing effect of music on the brain and the soul. His presentation through story and song is an inspiring story of willpower proving the journey to the top is never a solo act.</p>
<b>14:45 – 14:50</b>	<b>Transition to Concurrent Workshop Session #2</b>
<b>14:50 – 15:50</b>	<b>Workshops – Session 2</b> <i>(Four concurrent workshops. See 11:45 am for descriptions and locations)</i>
<b>15:50 – 16:10</b>	<b>Afternoon Nutrition Break, Poster and Sponsor/Exhibit Viewing</b>
<b>16:10 – 17:00</b> <i>16:50 – 17:00 Q&amp;A</i>	<p><b>Putting the Best Brain injury Care into Practice; A How to Guide</b></p> <p><b>Mark Bayley, MD, FRCPC</b> <i>Professor, Division of Physiatry, Department of Medicine, University of Toronto; Medical Director, Brain and Spinal Cord Rehab Program, UHN- Toronto Rehab</i></p> <p>This presentation will use an interactive approach to provide strategies for enhancing clinical care, changing practices and implementing best practice Brain injury Care.</p> <p><b>Learning Objectives:</b></p> <ol style="list-style-type: none"> <li>1. Discuss three barriers and/or facilitators to implementation of best practices in Brain injury care</li> <li>2. Pick strategies that could be used to enhance practice in Brain injury care</li> </ol>
<b>17:00 – 17:10</b>	<b>Closing Remarks</b> <i>Paul Comper PhD, CPsych</i>