



# Glenrose Rehabilitation Hospital

## Report to GRH Foundation & Friends

July 2011

### ACCESS

- **Outpatient Redesign Update** – With September's Stage 1 implementation of the new *Specialized Rehabilitation Outpatient Program – Adults & Older Adults* fast approaching, the redesign working groups are immersed in finalizing key aspects of commencement. Recognizing the need to keep patient activity centralized as much as possible, space has been identified for treatment activities as well as clinician workstations. Development of an interim scheduling system is underway. Group and individual treatment activities have been developed, with staff and physician feedback on the activities obtained through an electronic survey. The new service will include Rehab Navigators who will be the program's link with patients and family members and will help oversee and organize the rehabilitation process. A Change Management working group has been formed to facilitate the transition to the new program for staff, with support from the AHS Change Management team.
- **Student-Led Treatment Initiative** – Under the umbrella of the Outpatient Redesign, the Student-Led Treatment Initiative is designed to provide increased student access to interdisciplinary clinical educational experiences concurrent with enhanced access to GRH patient services. The project is a partnership between GRH and the University of Alberta Faculty of Rehabilitation Medicine. The objectives of the project are to expand access to OT, PT, and Speech-Language Pathology clinical student placements, foster enriched educational experiences including interprofessional collaboration opportunities, and to increase access to GRH services for patients with complex rehab needs. A staged November commencement is planned, with potential to expand the project in the future to include students from across Canada.



- **Glenrose Holter Monitoring** – To improve efficiency in cardiac diagnostics, a new process for inpatient Adult and Specialized Geriatrics Holter Monitoring has been developed at the Glenrose. Bookings for holter monitoring can now be made through GRH Respiratory Care. Respiratory Therapy will arrange for the tests to be evaluated by a RAH cardiologist and the results will be sent via FAX to the inpatient care unit. This new process should significantly improve the response time for inpatient holter monitoring testing and will ultimately expedite patient discharges.

### QUALITY

- **Kudos to Robots** – Dr. Kim Adams, Assistant Professor and GRH Joint Clinical Research Appointment with the Faculty of Rehabilitation Medicine at the University of Alberta, co-authored a

research study in this month's *Disability & Rehabilitation: Assistive Technology*. The study, titled "Using Lego Robots to Estimate Cognitive Ability in Children Who Have Severe Physical Disabilities," determined that by manipulating a low-cost robot, some children with severe disabilities are able to display more sophisticated cognitive skills than can be detected by standardized tests. Congratulations to Kim on this impressive peer-reviewed publication!

- **Hand Hygiene Update –** 2011 is shaping up to be an incredible year for the effort to boost hand



hygiene at the Glenrose and in the community. Decked out in their humorous themed t-shirts, VP Isabel Henderson, Director of Nursing David Dyer, Shelley Whitten, and other members of the Hand Hygiene Working Group began regular tours of patient care areas to talk about the importance of hand hygiene. On their tours, the group reviews the 4 Moments for Hand Hygiene: before initial patient contact, before aseptic procedures, after risk of exposure to bodily fluids, and after patient contact is concluded. For inspiration—or perhaps just ongoing, gentle reminders—the group also

hands out GRH hand hygiene pins to anyone involved with patient care.

- **Update from GRH Autism Service –** The coordinated effort by pediatricians and parents to identify the signs of autism in children under the age of two has gotten a big boost recently. The journal *Pediatrics* has given the organization Autism Speaks special permission to make available to parents and the general public an article to which they wouldn't ordinarily have access. The article, whose lead author is the Glenrose's Dr. Lonnie Zwaigenbaum, provides parents and pediatricians with an important discussion of early warning signs, potential screening tools, interventions, and the challenges—as well as the hazards—of early diagnosis. The article is the result of work by the Baby Siblings Research Consortium on the younger siblings of children with autism—those at highest risk of finding themselves on the autism spectrum too. The full text of Dr. Zwaigenbaum's article is available here:  
<http://pediatrics.aappublications.org/content/123/5/1383.full?ijkey=l9hFEqVlxAmI.&keytype=ref&siteid=aapjournals>



- **Brain Injury Awareness Month Wrap-up –** Brain Injury Awareness Month which kicked off in June was another huge success with a number of planned activities including a very informative Glenrose Education Day session. The session was attended by over 60 people on-site with a number of facilities from St. Paul, Ponoka, Drayton Valley, Grande Prairie, Peace River, Grimshaw and High Level linked in via telehealth. The session brought a number of service providers together to share information on their programs. These included the newly incorporated Brain Care Centre – an amalgamation of EBIRS and NABIS. At this year's event, clients who have worked with the Brain Care Centre, SCLS, Networks, Onsite and Employabilities were invited to share their personal stories of traumatic brain injury and stroke. Two key speakers this year included Meloni Lyon, President of the Brain Injury Association of Alberta, who presented information on provincial and national campaigns, and Gail Elton-Smith, a GRH Stroke Service Coordinator, who provided highlights from the Alberta Provincial Stroke Strategy (APSS) report and its impact on Albertans.

- **AHS iPad User Network Meeting** – On Tuesday July 12<sup>th</sup>, 2011 the first Alberta Health Services iPad user network meeting was held at the Glenrose Rehabilitation Hospital. The meeting included 23 AHS staff from across the province who met to discuss the use of mobile technology, such as the iPad, in an AHS Clinical and Emergency Medical Care setting. The use of this technology in AHS is becoming increasingly predominant to assist physicians, clinicians, and patients in assessment, explaining a diagnosis, communication and treatment, and in staff and patient education. These AHS staff assembled to discuss issues surrounding this technology such as access, clinical applications, security and compliance, the current state of use and a vision for the future utilization and integration in AHS of mobile technologies such as the iPad. It was the first of an anticipated series of productive and successful meetings to ensure that AHS physicians and staff are continuing to be leaders in integrating and implementing cutting-edge technology to benefit the staff and patients of Alberta Health Services provincially.



- **3 Free Wild Wheelers** – On May 9, 2011 several students from the Assistive Technology - Augmentative & Alternative Communication Classroom had an opportunity for creative expression through art. The session was facilitated by Patti Matty, Visual Artist in Residence at the Glenrose. These students painted on canvas using their wheelchairs and other adapted tools for their paintbrushes. A palette of paint choices was provided for each student to create their own painting and contribute to this collaborative group painting. The students who participated in this event were asked to describe the experience using their communication devices. When asked about how they felt prior to starting the painting they stated they felt “curious, excited, nervous and happy.” When asked how they felt while painting they said they felt “happy, creative, and free.” The parents and school staff at the event were just as excited as the students to see them create their own works of art. Through this art medium the students were enabled to freely and creatively express themselves.



- **Update from the Glenrose Arts in Rehab Council** – Allen Ball, Associate Professor of Painting in the Department of Art and Design at the University of Alberta and member of the GRH Arts in Rehab Council, recently had his work showcased at the Liu Institute for Global Issues at the University of British Columbia. Ball's work, exhibited in the Liu Institute's Lobby Gallery, was drawn from his experiences as an embedded official Canadian War Artist with the Canadian Forces Operation Calumet in the Sinai Peninsula. "Photography in a State of Exception: Documents of Contemporary War" ran

from May 9 to July 5, and addressed questions ranging from Canada's role in the conflict in the Middle East to the act of making art out of warfare, to the impact of others' suffering on everyday life.

- **Partnership in Professional Development: Cornerstones of Group Work Practice** – Through the generous support of the Alberta Health Services Group Learning Initiative, 33 social workers (19 from the Glenrose, 4 from RAH, and 10 via Telehealth from the Stollery) took part in learning sessions to update their skills in group work practice. Through a partnership with Grant MacEwan University and the superb leadership of three GMU Social Work Program staff, the learning objectives of the PD activity were successfully met. Further, staff reported additional benefits that included achieving a safe place to share their practice concerns, receiving support from one another, and renewing their sense that AHS was supporting them to achieve excellence in their practice. As one participant commented, "Going to group was like going home again; it gave me a renewed spirit and hope. It was fantastic to be a part of such a great group of people, I learned a great deal from the instructors and colleagues."

## **SUSTAINABILITY**

- **Glenrose Special Advisor Dr. Austin Mardon** – Joining the ranks of celebrities, politicians, and respected authors giving graduation speeches this June was Glenrose Special Advisor Dr. Austin Mardon, who spoke to this year's crop of University of Alberta dental and medical grads at their convocation ceremony. Dr. Mardon is a noted speaker on the topic of mental health, having become one of its strongest advocates in the years since he was diagnosed with schizophrenia in 1992. In his remarks, Dr. Mardon emphasized that life should be measured not by the challenges one faces, but by how one rises to those challenges. As someone who has overcome a significant mental disability to be made a member of the Order of Canada, Dr. Mardon exemplifies his own advice. The full text of his remarks can be found by visiting

<http://www.expressnews.ualberta.ca/en/NewsArticles/2011/06/springconvocationRisingtomeetdisabilityheadon>



- **Gleny – A Robot for Rehabilitation** – In May Thomas Degris placed a small round disk in the entryway of the BTACC. This was our first step in the collaboration with the Machine Learning Group at the University of Alberta to develop robots that can act as social assists for people with impairments or disabilities. The initial goals of this project are to establish a free ranging mobile robot (Gleny) in the Centre that can learn from unsupervised interactions with patients, guests and staff. The longer term goal is to develop a robot that can guide patients and visitors around the hospital, or that patients could take for a walk – a sort of mechanical pet. Later this month Thomas will present this work to the International Congress on Industrial and Applied Mathematics in Vancouver BC.
- **GRH/NAIT Collaborative Research Update** – The collaborative research agreement between the Glenrose Rehabilitation Hospital (GRH) and the Northern Alberta Institute of Technology (NAIT) is steadily progressing toward the mission of leveraging technology and innovation to contribute meaningfully to clinical care. The collaboration's first project has focused on creating a mobile health application to educate scoliosis patients and their families about the treatment process. The increased transmission of information between patient and practitioner is expected to reduce uncertainty regarding treatment expectations and increase patient engagement with the treatment process. The

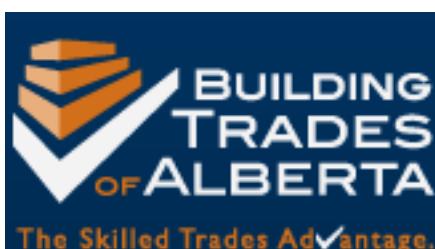


project has brought together GRH members from the Scoliosis unit and NAIT students from the Department of Digital Media and Information Technology. The resulting collaboration has seen the development of a technology infrastructure that will allow the GRH to distribute podcasts and other clinical treatment information to patients enrolled in the paediatric scoliosis service. Additional features developed are the ability to change and add digital content to both the scoliosis service and other Glenrose programs. Future collaboration projects with NAIT will focus on developing podcasts for Glenrose programs.

- **Wall Street Journal Highlights Innovations at Glenrose** – For the better part of a year, the Glenrose has been developing therapies that employ tablet computers such as the iPad, keeping in step with the latest research on the therapeutic—and relatively low-cost—benefits of these devices. In late July, the international media's growing interest in the trend took a turn in the Glenrose's favor. *The Wall Street Journal* ran a story focusing on the cutting-edge work being done at the University of Iowa, Harvard University, and the University of Alberta to apply tablet technologies in the clinical setting. Focusing on rehabilitative treatment for children with autism and cerebral palsy, as well as adult stroke patients, the *WSJ* article highlighted the Glenrose's fresh attitude toward the new technology. Both VP Isabel Henderson and Occupational Therapist Quentin Ranson were quoted in the US newspaper; the full text of "Playing on a Tablet as Therapy" is available here: <http://online.wsj.com/article/SB1000142405311903461104576460421541902088.html>.



- **BTA Courage Centre** – By now, the Glenrose community has become familiar with one of the forces behind the Courage Centre: the Building Trades of Alberta (BTA), the association of trades professionals that donated funding to help build the high-tech rehab centre and now has its name on it.



BTA Charitable Foundation, which distributes the funds to groups that serve a diverse array of Albertans. The Foundation has given out more than \$5 million since the worksite lottery's launch in 2001. For more on the BTA and its lottery, read the whole article at <http://www.journalofcommerce.com/article/id45199>.

- **Canadian Forces Invites GRH Expertise** – GRH Prosthetist David Home and one of the hospital's former military patients braved the hot Texas sun along with 10 other Canadian military personnel and six therapists representing PT and OT to participate in the 4<sup>th</sup> Annual Wounded Warrior Mini-Triathlon Event, Fort Sam Houston, San Antonio, Texas, May 23 – 27, 2011. The non-competitive event, which consists of a 500-meter swim, 10-mile bicycle ride and a two-mile run, followed by a community barbecue and field events, drew more than 100 participants from both the Canadian and US military. In addition to attending the mini-Tri, GRH staff toured the Center for the Intrepid, a military rehabilitation facility associated with Brooke Army Medical Center. The tour included an overview of the center's workshop layout and personnel exchanged ideas on various innovations on prosthetic components which have been successful at the Centre. David Home



shared the Glenrose experience of transition from casting to digital imaging utilizing the Omega Tracer and Carver system. The Center for the Intrepid is considering the same transition and were very interested in our practices.

- **Mobile Technologies Blog** – This spring saw the launch of TherapyApp411.com, a blog dedicated to exploring the use of mobile technologies in the clinical setting, from the clinician's perspective. The blog features posts from speech language pathologists, occupational therapists, physical therapists, and others who use applications, or apps, on mobile devices such as smart phones and tablet computers for therapy. The editors and their guest bloggers on the site have already reviewed more than two dozen apps, describing the realities of their use with a wide range of disabilities and age groups. The blog, updated biweekly, can be found at <http://www.therapyapp411.com/>.



- **New Technology for Care Coordinators** – AHS Clinical Engineering has now agreed to the use of laptops to be able to complete point of care assessments (for patients requiring placement into Supportive or Facility Living), directly at the patient's bedside. The laptops will be purchased through the Community Systems Project (CSP). The number purchased will eventually allow for each Care Coordinator to have their own laptop assigned, along with the aircards and FOB access (remote security access).

## PERSONNEL & VOLUNTEERS

- **Alberta Centre on Aging** – Physicians and staff in the GRH Specialized Geriatrics division were excited to learn that the Alberta Centre on Aging (ACA) was accepted in June to the University of Alberta's Faculty of Rehabilitation Medicine. The ACA has been offered space in the brand-new Edmonton Clinic to continue its work promoting interdisciplinary research, education, and service that address issues of concern in aging. Its new affiliation with the Faculty of Rehabilitation Medicine formally acknowledges the ACA's work as offering a unique contribution to geriatric medicine. Dr. Adrian Wagg, a professor of geriatrics and a clinician at the Glenrose, has been appointed director of the Centre.



- **Manager, Occupational Therapy Service** – Elaine Piercy, our new GRH Manager of Occupational Therapy Service, started on July 4<sup>th</sup>. Elaine has extensive career experience in program coordination and management of integrated multi-disciplinary teams, including OT, PT and Speech-Language Pathology. Most recently, Elaine has been the Manager of Edmonton Regional Consulting Services with Edmonton Public Schools. She holds a Bachelor of Science degree in Occupational Therapy and also has vast professional development accreditations.

- **ITU Triathlon World Cup** – Racing in the 2011 Edmonton ITU Triathlon World Cup—a major international event—was Glenrose-affiliated fitness instructor and accidental triathlete Chantell Widney. Widney's journey from long-distance runner to triathlete was reported in an *Edmonton Journal* story just before the competition, bringing to light some of the athlete's motivations. Having turned to swimming and biking as a way to reduce her incidence of injuries, Widney also learned to find inspiration in her work with amputees at the Downtown YMCA, a program she runs in conjunction with the Glenrose and the Northern Alberta Amputee Program. The full profile of Widney can be found at <http://www.edmontonjournal.com/health/Widney+stumbled+into+triathlon/5068506/story.html>.



## EVENTS / CONFERENCES / AWARDS

- **Dr. Man-Sang Wong Visits GRH** – One of the many international researchers to pass through the Glenrose in 2011 was Dr. Man-Sang Wong, Associate Professor in the Department of Health Technology and Informatics at the Hong Kong Polytechnic University. Dr. Wong has published extensively in the field of prosthetics and orthotics, as well as working as a clinician and as a professional consultant in government, law, and administration. Dr. Wong's July 20 lecture, open to all Glenrose staff, was titled "Prosthetics and Orthotics Education and Clinical Practice in Hong Kong."
- **ATN Launch** – In late June, the Autism Clinic and other members of the Glenrose community celebrated the Clinic's official entry into the Autism Treatment Network (ATN). Membership in the highly selective ATN, which was granted in 2010, places the Autism Clinic in an international network of experts and the best resources available—an achievement that was honoured at the kickoff in June. Dignitaries attending the event included the Honourable Gene Zwozdesky, the Honourable Laurie Hawn and MLA Doug Elniski. Glenrose VP Isabel Henderson headed up a list of speakers that included Suzanne Lanier, spokesperson for Autism Speaks Canada; wife of MP Mike Lake, speaking as a parent; Dr. Lonnie Zwaigenbaum, co-director of the Autism Research Centre located at GRH; Sandy Litman, director of Pediatric Rehabilitation at the Glenrose; and Dr. Deborah Barrett of the Autism Society of Edmonton Area.



- **Dr. Peter N. McCracken 2011 Scholarship Recipient** – Peggy McFall is the recipient of the 2011 Dr. Peter N. McCracken Scholarship. Peggy McFall is a doctoral candidate in the Department of Psychology at the University of Alberta. Peggy brings a wealth of research, knowledge and life experience to the field of Geriatrics and Gerontology. Peggy's research interests are in the area of protective factors that can buffer the effects of age related physiologic and cognitive changes in older adults. The Dr. Peter N. McCracken Legacy Scholarship is made possible by donations to a special purpose fund held by the Glenrose Rehabilitation Hospital Foundation and honours the contributions of Dr. McCracken – a pioneer of geriatric services in Edmonton and in Alberta. This fund recognizes the clinical and research leadership role of health professionals and their contributions to the body of knowledge in geriatrics. The fund is



dedicated to the furtherance of education, research and programs in geriatrics. Peggy is a most deserving recipient of this scholarship and we wish her the very best in her research and academic pursuits. Congratulations Peggy.

- **Canada Day Celebrations with the Honorable Doug Elniski, MLA, Calder** – Our patients and families celebrated Canada Day with a tea on Thursday, June 30th. The Honorable Doug Elniski, MLA Calder, joined us and acted as Quiz Master for our annual Canada Day Trivia contest. Mr. Elniski brought a delicious cake for all to enjoy, as well as Canada Day prizes. Many thanks go out to Mr. Elniski and his staff, as well as the Glenrose Recreation Therapy Department.



- **GRH Work on Wellness (WOW) Canada Day BBQ** – On June 30<sup>th</sup>, the Glenrose WOW Committee hosted its Annual Canada Day BBQ. Staff, patients, and visitors attended this event with the WOW Committee selling hamburgers, hot dogs, and ice cream. It was also the official launch of the GRH Hand Hygiene Campaign with the winning slogan being “Got Hands – Clean Them!”.
- **GRH Work on Wellness (WOW) Pancake Breakfast** – On July 21<sup>st</sup> the Glenrose WOW Committee organized the Annual Capital Ex Pancake Breakfast in the GRH Courtyard. Over 400 staff and volunteers attended this event with the GRH Senior Management Team flipping pancakes and serving guests. Our sincere thanks to Dodi Baker, a GRH staff member, and her husband for providing guests with live musical entertainment.

- **GRH Farm Fair** –

On the afternoon of July 21<sup>st</sup> the back lawn of the Glenrose was transformed into a Farm Fair Special Event. Patients, families, friends and staff enjoyed the petting zoo of baby goats, chickens, ducks, and rabbits. Everyone was treated to ice cream floats. A silent pie auction, featuring pies made by the GRH patients, had people lining up to make a bid on their favourite pie.



- **World Report on Disability** – A major milestone in the effort to improve the lives of people with disabilities occurred in June: the publication of the WHO's *World Report on Disability*. The report confirms what healthcare practitioners, social workers, and disability rights advocates have long suspected: that around the world, people with disabilities have poorer health, less education, and fewer economic opportunities than those without disabilities. This is not just because they encounter significant barriers while simply trying to live their lives, but also because systems of support for them are incomplete and sometimes altogether absent. Offering evidence of strategies for overcoming barriers to support and services, the report aims to guide governments, policy-makers, healthcare practitioners, and advocates in their decision-making. A pdf of the complete report can be downloaded at [http://www.who.int/disabilities/world\\_report/2011/en/index.html](http://www.who.int/disabilities/world_report/2011/en/index.html).

- **iDANCE End of Year Recital** - A sold out crowd enjoyed the extraordinary and poignant performances of the iDANCE performers on Monday, July 18. Weekly rehearsals take place at the Glenrose throughout the year culminating in the year end dance recital. Regular rehearsals will



resume in September. "*iDANCE Edmonton Integrated Dance (iDANCE) is a dance program for individuals of all abilities that explores a variety of dance forms and creative movement processes in an inclusive environment.*" [Source: <http://www.steadwardcentre.ualberta.ca/danceexp.cfm>]

## UPCOMING EVENTS

- **GRH Annual Staff Golf Tournament** – August 26, 2011 – Sandpiper Golf and Country Club
- **GRH Annual Courage Awards** – September 28, 2011 – GRH Dr. Bill Black Auditorium – 5:00 pm
- **Music in Motion** – October 2, 2011 – Winspear Centre – (collaborative partnership with RAH Foundation & U of A Faculty of Rehabilitation Medicine)
- **Spotlight on Research Breakfast** – November 02, 2011 – Shaw Conference Centre, Hall D – 7:00 am

Respectfully Submitted,



Isabel Henderson  
Vice President