

MONTHLY REPORT TO THE FOUNDATION & FRIENDS OF THE GLENROSE REHABILITATION HOSPITAL (GRH)

February 2019



Above: Glenrose patient Nick Normandeau creates and donates a beautiful piece of art to the Glenrose

Far Left: Glenrose Special Advisor Catherine Mardon awarded the *Sovereign Medal for Volunteers*

Left: Glenrose Research Building hosts Open House after renovations

"Once you set aside the acute phases or crises that mark injury or disease, much of modern health care is indeed rehabilitation in one form or another." ~ Dr. David Naylor, Former President, University of Toronto (2005 - 2013)

GLENROSE NEWS

LEADER IN PROVIDING SPECIALIZED TERTIARY REHABILITATION ACROSS THE LIFESPAN

Functional Electrical Stimulation (FES) at the GRH

In 2016, the Glenrose Rehabilitation Hospital (GRH) Functional Electrical Stimulation (FES) Advisory Group was formed to explore current evidence regarding the use of FES for patients in a tertiary setting. In January, the group made recommendations that implementation work should focus on two areas: 1) Use of handheld FES devices, starting with upper extremity therapy in the adult neurological population and 2) Use of the RT300 cycle for the adult spinal cord injury population

Handheld FES devices

An implementation team consisting of Kolin Arnason, Andrea Hanrahan, Jonathan Halton and Alyson Kwok reviewed the literature and determined best practices for the GRH. Occupational Therapists and Therapy Assistants working with adult neurological patients participated in training sessions during the fall of 2017. The implementation team created resource materials and obtained additional FES devices to prepare for implementation in February 2018. Over the course of 2018, the average number of adult Occupational Therapy FES sessions increased from 67 per month to 137 per month. The average time per session increased from 25 minutes per session to over 30 minutes per session.

Barb Furler, Physiotherapist, Adult Division Clinical Practice Lead, worked with the implementation team and provincial FES leaders to bring a one-day, interdisciplinary training session to the GRH in October 2018. 27 participants attended from the GRH, RAH, UAH and Camrose.



RT300 FES Cycle

An implementation team consisting of Sarah Pletsch, Gwen Dziwenko, Deb Bontus, Kerry Bayless and Alyson Kwok were successful in receiving an Alberta Paraplegic Association grant to support implementation activities. The team has worked with community partners and representatives from the Calgary Foothills Medical Centre to develop a process that will help patients smoothly transition to using the RT300 FES cycle in the community. In May of 2018, 10 clinicians participated in an advanced RT300 user training course at the Steadward Centre for Personal and Physical Achievement. At the time, there were no patients with spinal cord injury accessing the RT300 FES cycle at the GRH. Between



July and December of 2018, we were able to assess patients with spinal cord injury for appropriateness on the RT300. The group is continuing to meet with community partners to help patients successfully transition to the community.

The Alberta FES Interest Group co-chaired by Louise Miller, President Spinal Cord Injury Treatment Centre Society (SCITCS) and Gail Aguillon, Director, Adult Rehabilitation – GRH continues to meet to promote the use of FES across the province. Louise and John Miller are long time advocates of FES and have been instrumental in endorsing the use of this equipment.

Pediatric Autism Clinic Partnerships

No one should have to wait for access to intervention. As a centre for excellence, we highly value our community partnerships and timely access to quality care. So when our wait list for preschoolers with a question of autism was reaching a one year wait list, we knew we needed to do things differently.

Benchmarking, what other centres were doing across Canada and turning to the literature, we recognized we were overlooking one of our greatest resources, our community pediatricians. Providing additional training and support, we have partnered with Meadowlark Pediatrics and River Valley Pediatrics, and their staff, to create an additional autism diagnostic opportunity.

Utilizing our intake processes, along with the patient's community team and previous assessments, we are able to take advantage of the great work already done by our community partners. Young children, and their families, are triaged according to their needs, so that everyone can have access to the right supports at the right time, while optimizing healthcare resources.



Alberta Launches EHD (Early Hearing Detection and Intervention) Program

'Alberta Health officials hope a new program will result in more newborns getting screened for permanent hearing loss when they are only weeks old. Proper intervention can be implemented as soon as possible which is critical to a child's development.

The Alberta Early Hearing Detection and Intervention Program will offer free hearing tests that are noninvasive, very gentle and simple. While the baby is sleeping or quiet, soft sounds are played into the ears while a computer tracks how the ears respond.

Alberta Health Services (AHS) aims to test newborns by the time they are a month old, but a child can be screened up until they are three months old.

According to AHS statistics, last year more than 51,500 babies born in Alberta and each year between 110 and 160 babies are born with permanent hearing loss.'

<https://globalnews.ca/news/4959038/alberta-newborns-hearing-loss/>

Reprinted in part from Global News Edmonton, Joel Senick, February 13, 2019



STRONG PARTNER WITH PATIENTS & COMMUNITY IN SUPPORTING PATIENT-GUIDED CARE

A Day to Learn About Living with Risk

With the decrease in patient length of stays at the Glenrose, along with the increasing focus on returning patients back to the community as soon as possible, patients may return home with higher levels of risk. In turn, health professionals are faced with ethical questions and high levels of stress. On January 25th, 70 Glenrose staff along with 10 community stakeholders, and patient and family advisors took part in a full day symposium that focused on improving GRH staff's abilities to support adults and older adults in returning home whenever possible especially when the situation and context may be labeled as high risk.

The morning consisted of presentations including keynote speaker Heather MacLeod, an Ottawa occupational therapist who has done research in living with risk, and Colleen Torgunrud, an AHS ethicist. The afternoon was spent in small breakout sessions applying the living with risk tool and strategies to clinical scenarios as well as practicing to have difficult conversations related to living with risk.

Participants completed a pre and post survey related to their knowledge and comfort levels in discharging their complex patients who could be living with risk. The symposium had a significant impact on participants. After the workshop, there was a 96% improvement in participants reported confidence in assessing risk for their patients.

Next steps include supporting GRH units in determining how they can apply and spread the knowledge gained at the symposium in their day to day work; as well as minimizing discharge barriers identified by participants including lack of knowledge regarding community supports and resources. The GRH is also partnering with Ms. MacLeod on several grants related to implementing and further studying this work in a hospital setting.



Heroes in Mind Advocacy and Research Consortium Announcement

The Glenrose Rehabilitation Hospital has had a long-standing research collaboration with Canada's military. We have extended that commitment to include veterans and public safety personnel and their families. This is taking the form of our membership in the Heroes in Mind Advocacy and Research Consortium (HiMARC) formed under the leadership of the Faculty of Rehabilitation Medicine at the University of Alberta. This consortium will provide a coordinated approach to funding through grants and donations to advance research, education and service for the benefit of Canadian military, veterans, first responders and families. HiMARC's founding members include the Faculty of Rehabilitation Medicine, Alberta Health Services' Glenrose Rehabilitation Hospital, Royal Canadian Legion Alberta - NWT Command, NAIT, Canadian Armed Forces, Veteran Affairs Canada and Covenant Health. The formation of HiMARC was announced on February 13, 2019 at the Glenrose Rehabilitation Hospital.



HiMARC has established several partnerships, initiatives and research projects. One of them, 3MDR, was also announced on February 13th. The Motion-Assisted, Multi-Modal Memory Desensitization and Reconsolidation, or 3MDR, research study, the largest of its kind in Canada, will examine people with difficult to treat PTSD (Post Traumatic Stress Disorder) symptoms using Virtual Reality therapy using the Computer-Assisted Rehabilitation Environment (CAREN) System at the Glenrose Rehabilitation Hospital.

A GREAT PLACE TO WORK, TEACH & LEARN

GRH Interim Senior Operating Officer Announcement

On January 21, 2019 Cathy Hill agreed to provide coverage in an acting capacity for the Senior Operating Officer position at the Glenrose Rehabilitation Hospital (GRH).

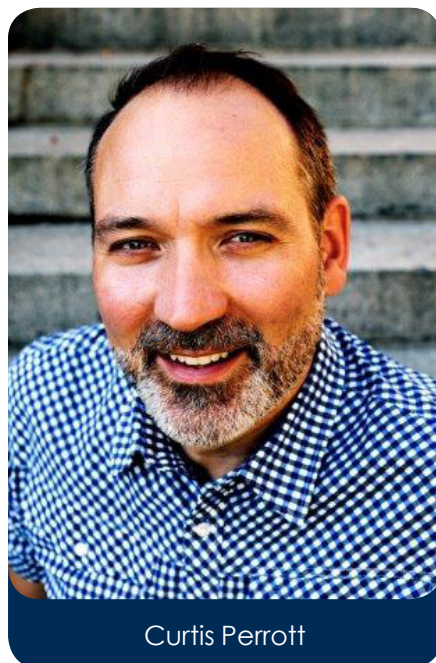
Since June 2017, Cathy has been the Director of Pediatric Rehabilitation at the Glenrose. She is a well-respected and talented leader who has extensive experience in community and facility settings ranging from Rehabilitation, Acute Care, Home Care, Mental Health and Public Health. She will be working closely with the GRH Senior Management Team while recruitment is underway.

GRH Interim Director Pediatric Rehabilitation

Curtis Perrott assumed the responsibility as Acting Director, Pediatric Rehabilitation.

Quentin Ranson is providing his support to the Occupational Therapy team as Acting Manager during this same time period. Both Curtis and Quentin bring considerable management experience to these positions.

These acting positions will remain in place until a new Senior Operating Officer is hired for the Glenrose Rehabilitation Hospital.



Glenrose Strategic Plan Since You Asked...

More than 900 staff and 50 physicians provided input into the GRH 2018-23 Strategic Plan. The vast majority made it clear that the plan can't end up on a shelf until it's time for the next strategic plan. They asked how will the Strategic Plan be kept current and on the table? As part of the effort to make sure that happens, we'll be presenting a series of interviews with front-line staff, leaders, and physicians over the next few months where they weigh in on exactly those issues. Here's the next installment, an interview with Doug Hill, Senior Consultant, Rehabilitation Engineering Services.



1. Does the Strategic Plan reflect the areas that need to be our focus over the next five years?

Getting input from many stakeholders was important in setting strategic directions. The Glenrose vision – Building Abilities for Life, and “patients first” philosophy is catchy and meaningful. We need to anticipate and adapt to the changing needs of patients; often what's needed is flexibility in our somewhat rigid system. With our current environment there is not a great deal of discretionary wiggle room. It will be important to keep key people in key positions; it would be helpful to have flexibility in hiring and moving people within and between portfolios. We also need to further strong working relationships with other Edmonton Zone healthcare providers.

2. How can we keep the Strategic Plan current as issues evolve over its five year duration?

It would be helpful to set specific times to revisit it such as every six months or so to see what has occurred in the interim. This review will need to be led by a key group of trusted people, including someone with the time to devote to this with a broad viewpoint. We will look to GRH leadership to set the tone.

3. What are the key elements of the Strategic Plan that you see as priorities for us to address in the “shorter” term?

Financial health is an important one, along with opportunities to attract key skill sets, including leadership opportunities. We need to address this now in particular in light of our senior leadership changes, including the change in the GRH SOO and the lead for the GRH Foundation. These may result in new priorities for the hospital. We also need to continue to enhance learning opportunities to help ensure we have the right person doing the right job, which speaks to retention. It's good to see a movement toward options that haven't been available in the past, such as revenue building.

4. Which of the four Strategic Directions resonates most with you?

That would be “A great place to work, teach, and learn”. Once you get that locked in then everything else follows, supported by the heart, drive, and enthusiasm of our staff. We need to hire the right people, and have flexibility in moving people around to support skill development and leadership opportunities. This leads to staff being more informed and having a broader view of what we do, leading to better decisions. We may want to consider a “job swap” with other sites in the Zone to look at how work is handled in other positions – walk in someone else's shoes, such as acute care or community care.

5. How can we best keep staff, physicians, and patients/family members engaged with the Strategic Plan so it continues to guide our work?

Discussions around the GRH priorities need to be part of regular routines, such as on agendas at every staff meeting. The strategic directions should underlie everything we do, and be part of our communications via Staff Forums, meetings, huddles, etc., so that they drive decision-making. Ongoing mentorship could be a part of this, provided as requested by staff. We need different mentors at different stages of our career as part of life-long learning and succession planning.



Health Change® Methodology (HCM)

On January 30, 2019, Glenrose Rehabilitation Hospital Senior Management participated in a Person Centered Practice (PCP) presented by HealthChange® Methodology (HCM) trainers here at the GRH. Directors, Patient Care Managers, Professional Service Managers, Unit Managers, Consultants and Supervisors were present. The participants were engaged in the 5 hours of workshop content and activities. Throughout the day, senior management was invited to reflect on their PCP skill level as it relates to their role and how they support their staff and teams and especially as it relates to staff taking the training and using it in their clinical practice.

Jan Wilson an Occupational Therapist on the GRH Sexual Health Team and Suzanne Brodeur a Rehab Navigator in SROP (Specialized Rehabilitation Outpatient Clinic) are trainers for HCM at the GRH and offer PCP workshops with a rehabilitation focus. HCM PCP workshops are being offered at the GRH on March 17th and April 15, 2019. Interested individuals are invited to contact either trainer to register.

Elaine Ross – Former GRH Manager, Commercial Services Passes Away

On January 19, 2019 Elaine passed away after a long fought and courageous battle with a bone marrow disease. Elaine was a highly regarded manager with a lovely sense of humour. She leaves to mourn her husband of 40 years Wally, her two children, three grandchildren, her siblings as well as numerous nieces, nephews, friends and her puppy Bailey. In lieu of flowers donations were made to the Glenrose Rehabilitation Foundation. <https://necrocanada.com/obituaries-2019/01/elaine-marion-ross-2019/>
Our deepest sympathy goes out to her family.



A LEADER IN RESEARCH & INNOVATION

Smart Network Team Outstanding Achievement

Please join us in congratulating Dr. Vivian Mushahwar, Special FES Advisor - GRH and the entire Smart Network team on their success with the latest funding from Economic Development and Trade – the Smart Network has just been awarded \$2.28M over the next 3 years to establish the business arm of the SMART Network that will focus on partnerships with industry and Healthcare, and to commercialize and implement interventions coming out of the SMART Network. It will also support the local health technology sector, too.

This is absolutely fantastic and we would like to congratulate Vivian and everyone on the Smart Network on this outstanding achievement!



Division of Physical Medicine & Rehabilitation Project

Congratulations to Dr. Ming Chan and his multidisciplinary team for their latest CIHR (Canadian Institute for Health Information) research project grant success!

Their team project grant, “Electrical stimulation prior to nerve transection and surgical repair promotes nerve regeneration and functional recovery in a manner exceeding a conditioning lesion”, has just been approved for funding by CIHR. This is highly competitive and is testimony to the team's scientific excellence. We are extremely proud of this achievement.

Please join me in congratulating Ming and his team for their wonderful success.

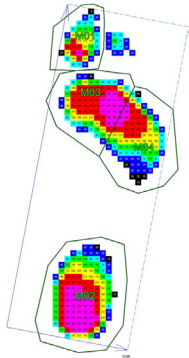


Fantastic Health Innovations from Edmonton in 2018

Sensation in Missing Limbs

'We've seen some incredibly sophisticated bionic limbs over the years, but one thing they are all missing is feeling. Dr. Jackie Hebert, Physician, Physical Medicine & Rehabilitation Division, Glenrose Rehabilitation Hospital and her team partnered with researchers from the Cleveland Clinic to figure out a way for a person with no hand to sense complex hand movements. That involved surgically rewiring the nerves of six patients and using tiny robots to vibrate the muscles. It resulted in patients using their prosthetic limbs up to 300 times better than before – because they don't have to watch every move.'

Reprinted in part from *Global News Edmonton Health Matters* Su-Ling Goh January 07, 2019



GRH Staff Published

An article entitled "Functional, Impulse-Based Quantification of Plantar Pressure Patterns in Typical Adult Gait" was published in the January 2019 edition of the *Gait & Posture* magazine. Congratulations to Dr. Matthew Prowse, Physician, Beth Watkins, Physiotherapist and Justin Lewicke, Motion Analyst on this accomplishment.

Many of the research participants were Glenrose staff and students who kindly donated their time and foot prints for this project. Their data contributed positively to the body of knowledge and clinical care in this article.

<https://www.sciencedirect.com/science/article/pii/S0966636218316564>

AWARDS & HONOURS

GRH Special Advisor Catherine Mardon Receives Award

It is our pleasure to inform you that Catherine Mardon, GRH Special Advisor, has been awarded the Sovereign Medal for Volunteers in recognition for her contribution to her community. This medal is administered by the Office of the Governor General and celebrates exceptional volunteer achievements.

A retired lawyer, Catherine is dedicated to assisting people affected by mental illness and disability, and frequently advocates on their behalf. In addition, she opens up her home as a place of solace to those in need of comfort.

Congratulations Catherine on this much-deserved award!



Patient Donates Painting to the Glenrose

Nick Normandeau former inpatient of our GRH Spinal Cord Injury Unit 3B and currently an outpatient at the Glenrose Hospital has found a new interest in art thanks to our recreation therapy Artist in Residence Program. Using just his thumb and his index and middle finger of his left hand, he has been creating some beautiful pieces of artwork.

Using only metallic paints except for the brown on the trees, he used week-old paint on the green trees that was hardening which he thinks made it look more real plus he gave the gold field and the bark of the trees a lot of texture.

Thank you Nick for sharing your artwork with us.



GLENROSE EVENTS

Advocate for Persons with Disabilities

Tony Flores has been appointed as Alberta's first Advocate for Persons with Disabilities. The Advocate and his office assists children, youth and adults, their family members and caregivers navigate disability programs, services and the complaints processes. They promote the rights, interests and well-being of persons with disabilities. Tony is building partnerships to better understand issues and advise senior ministry leadership. Mr Flores toured our facility on January 24, 2019. He was here as part of his goal to build critical relationships and engage stakeholders within the community. Tony stressed that he is especially interested to learn more about the service gaps that persons with disabilities experience in their routine daily lives. His brief visit to the Glenrose did not allow for a deep discussion of these issues so Tony made a firm commitment to return for a more engaging visit with staff.



GRH Research Building Open House

The Glenrose Rehabilitation Research Building is located on the corner of 101 Street and 102 Avenue. The ground floor sits about 2 feet below grade level. In late October 2018, a water main running along 101 Street burst just north of 112 Avenue. A river of water flowed down 101 Street and but for the laudatory efforts of our crew from Facilities Management the water would have flooded the ground floor. As it was we experienced a few inches of water only.

The Research Center was opened in December of 1994 and very little work has been done to the interior since then. The flood event was an opportunity to undertake some minor renovations of the ground floor space to better reflect the changing nature of the work done here now. This included converting a hardware lab into a conference room and painting the walls and repairing the linoleum. Glenrose staff were invited to an open house to view the new and improved Research Center on January 18, 2019.



National Therapeutic Recreation (TR) Month

Through utilizing the therapeutic benefits of recreation and leisure, recreation therapists support the rehabilitation process and promote wellness for Albertans. These dedicated individuals play an important role in our care teams throughout our health care system.

Celebrations at the Glenrose kicked off in rock n' roll style with a demonstration "Pound" class – a high-energy fitness class where participants use drumsticks to pound out a workout! Next up, the TR Department held our annual learning retreat morning with sessions on HealthChange® Methodology and how it applies to motivating and inspiring change with our various patient groups. Staff attended a hands-on drum circle to allow us to experience the power of healing and expression through rhythm. Throughout the month, there were displays, team-building activities, including a month-long Recreation Therapy Leisure Bingo game.

Taizhou University Tours the Glenrose

On January 25th a group from Taizhou University Guangtin Chen, President, Zhongfei Li, Dean, School of Medicine & Rehabilitation, Hui Jin, Director of Postgraduate Education, Qifang Su, Vice Dean, School of Electronic Information Engineering and Ying Chen, International Exchange & Cooperation Office visited the GRH.

Grace Maier, Director, Specialized Geriatrics – GRH and Doug Hill, Senior Consultant, Rehabilitation Research, Innovation & Technology Development - GRH hosted the tour which included the Courage in Motion Centre, Syncrude Centre for Motion & Balance, and Building Trades of Alberta Centre. The group was impressed with the rehab technology that the Glenrose Hospital has to offer and will most likely return for another tour in the future.

GLENROSE UPCOMING EVENTS

FRIDAY
APRIL 12, 2019



Volunteers Needed!

The Foundation is currently seeking volunteers to assist at this year's 2019 Colours of Courage Gala on April 12th! Volunteer support is a crucial part of the success of this event each year.

To view a list of positions available and to sign up, please visit:
<https://bit.ly/2XeNr6T>

Volunteers who would like to attend the gala after their shift are eligible to purchase a ticket at a discounted price. For further information on this, please contact Jamey Blair at jamey.blair@ahs.ca

All funds raised support the
Glenrose Rehabilitation Hospital

CONTACT US
info@glenrosefoundation.com
780.735.6024



FORMAL ATTIRE:

Colours Encouraged (ladies, swap your LBD with your choice of bold colour. And gentlemen, swap your black tie for some pop colour envy!)

GLENROSEFOUNDATION.COM
#COURAGEGALA

Your Support Can Make A Difference
To donate scan the QR code square above with your smart device or click here to visit the Glenrose Foundation website.

Become a Glenrose volunteer
Scan the QR code square above with your smart device or click here to email volunteer resources

For more information contact:

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