

WITHIN YOUR **Reach**

THE LATEST REHABILITATION NEWS AND ADVANCES FROM CAROLINAS REHABILITATION



Carolinahs Rehabilitation

SPRING 2012



OUTPATIENT BRAIN INJURY PROGRAM

Continuing recovery

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THE LONG JOURNEY BACK

Sarah's remarkable story
of sheer will, determination
and support

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Stephanie Lowrance, RN, and Kristen Barboza, PT, have been selected to present at Professional Research Consultants' national conference in June 2012. Their presentation is called "Focus on Relationships—The Key to Maintaining High Patient Satisfaction."



Jesse Lieberman, MD, presented preliminary results from his current study "Dietary Patterns and Their Relationship to Cardiovascular Disease Risk Factors in Individuals with Chronic Spinal Cord Injury" at the National Heart, Lung, and Blood Institute Supplement Awardee Session at the American Heart Association's 2011 Scientific Sessions.

FRIENDS HELPING FRIENDS

On Feb. 14, Carolinas Rehabilitation hosted its first ever "friendraiser," a fundraiser to benefit its clinical, educational and research programs.

The luncheon, titled Hearts for Rehab, was held at Charlotte Country Club.

As one of the largest and busiest rehabilitation hospitals in the nation, Carolinas Rehabilitation offers the most advanced treatments and technologies to improve patient outcomes and help restore quality of life. To support this mission, the fundraising luncheon was planned with help from event chair, Bonnie Fleming.

HONORING OUR SUPPORTERS

The luncheon honored W. Duke Kimbrell, whose exemplary support of Carolinas Rehabilitation has helped to advance its various programs and services. Kimbrell sponsored a \$300,000 "challenge" pledge enabling Carolinas HealthCare Foundation to establish the W. Duke Kimbrell Rehabilitation Research Endowment serving Carolinas Rehabilitation hospitals.


Megan McCauley was the event's keynote speaker. A former Carolinas Rehabilitation patient, Megan had an all-terrain vehicle accident in 2007 that left her permanently paralyzed at age 22. Through rehabilitation, Megan learned to cope with her disability and gained a new focus on life. She's now actively involved in the Adaptive Sports & Adventures Program and volunteers as a spinal cord peer counselor at Carolinas Rehabilitation.

The event netted more than \$36,000 to support research, special clinical and educational programs and innovative equipment. We thank our supporters for their time and contributions. Their efforts will help Carolinas Rehabilitation continue providing exceptional care to the rehabilitation community.

LUNCHEON SPONSORS INCLUDED:

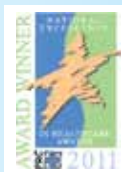
- **Platinum Level:** Allergan
- **Gold Level:** Cerner, HOAR Construction, Med Emporium

- **Corporate Table Sponsors:** ARAMARK, BlueDot Medical, Carolinas HealthCare Foundation, Merz, Morrison, Rodgers, Tibion

- **Individual Table Sponsors:** Mr. and Mrs. James Cooley, Mr. and Mrs. Bryan Crutcher, Mr. and Mrs. J. Carlton Fleming, Mr. and Mrs. Scott Hughes, Mrs. Bonnie Smith and Mrs. Carol Tuggle. 



A ReWalk™ demonstration was given during the Hearts for Rehab luncheon.



ON THE COVER: Sarah Henderson works with Carolinas Rehabilitation therapist Emily Deering, PT II, during her recovery from a serious accident.



Carolinas Rehabilitation patient Glenda Hartis meets Rep. Sue Myrick. Glenda received a letter from Myrick congratulating her and her husband on their fiftieth wedding anniversary.



Carolinas Rehabilitation- Mount Holly welcomes U.S. Rep. Sue Myrick

People visit our hospital all of the time. Many of them are families and friends of patients, some are medical personnel interested in learning what Carolinas Rehabilitation has to offer. Others are community members interested in spreading the word about the importance of having such a high-caliber rehabilitation hospital in the area. However, it isn't every day that we open our doors to a member of Congress.

PROUD HOSTS

On Jan. 30, Carolinas Rehabilitation-Mount Holly proudly hosted a visit by Rep. Sue Myrick from the 9th Congressional District, covering parts of Gaston, Union and Mecklenburg counties. She toured the hospital and learned how proposed cuts to Medicare payments will disproportionately target inpatient rehabilitation hospitals, adversely affecting patients' quality of life and access to care.

Myrick serves as vice chairman of the House Energy and Commerce

Committee, which oversees public health. She's also a member of the health subcommittee.

During her tour, Myrick met with Carolinas Rehabilitation President Robert Larrison, Vice President Peter Cassidy and Medical Director Matthew Shall, MD. Key members of Carolinas HealthCare System's government relations department, including Vice President Martha Ann McConnell, were also in attendance. "Having members of Congress visit our facilities is important because it allows them to associate real-life care experiences with their policy discussions and legislative actions," says McConnell.

SPEAKING OUT FOR PATIENTS

In 2010, funding for inpatient rehabilitation hospitals represented only 1.3 percent of total Medicare spending. President Obama's proposed spending cuts target inpatient rehabilitation hospitals, so that rehabilitation facilities and units would

bear the brunt of **more than 11 percent of such total cuts.** Medicare spending by inpatient rehabilitation hospitals and units has been flat since 2004, even as spending by other post-acute providers has increased. Myrick's visit was an invaluable opportunity to ask for her support in opposing further payment reductions. "Inpatient rehabilitation isn't something most people think about until they're faced with a catastrophic, life-altering injury or disease," says Larrison. "Our patients were living fulfilling, productive lives that were turned upside down in an instant. It was a great chance to share with Rep. Myrick the need to preserve access to the same level of care received by former Rep. Gabrielle Giffords and the late Christopher Reeve for the people in our region." 🌐

STAY INFORMED



Scan this QR code to take a video tour of Carolinas Rehabilitation-Mount Holly.



The power of the human

Fifteen-year-old Sarah Henderson was an avid volleyball player at Hickory Ridge High School in Harrisburg, with big plans for college. In 2008, the day before

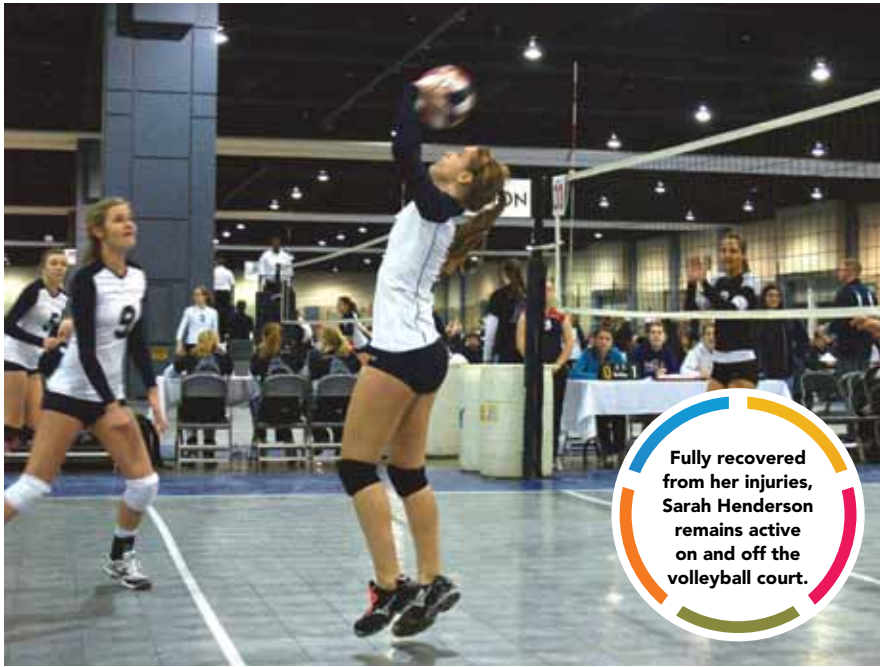
going on a planned family trip to Ohio for Thanksgiving holiday, tragedy struck. Sarah's mom, Lisa Robinson, was backing her sport utility vehicle out of their steep driveway to get gas.

Unbeknownst to Lisa, Sarah was lying in the driveway listening to her MP3 player unaware of any sounds or activity other than her music.

Lisa felt a bump, stopped the car and opened the door to see her daughter's head just behind the tire. Panicked and in a state of shock, she was too stunned to call 911 but her cries for help alerted one of Sarah's friends nearby. Sarah was airlifted to Carolinas Medical Center in Charlotte. Her injuries were extensive: a broken collarbone, broken ribs, fractured ankle, torn anterior cruciate ligament (ACL) and her entire lumbar spine in pieces.

WHAT'S NEXT?

Following multiple surgeries and inpatient rehabilitation, Sarah was discharged after 23 days at Levine Children's Hospital. But she still had a long journey ahead of her in outpatient therapy at Carolinas Rehabilitation-University. Naturally, her biggest



Fully recovered from her injuries, Sarah Henderson remains active on and off the volleyball court.

Enhanced patient therapy services

In January, Carolinas Rehabilitation's outpatient therapy services expanded in the University area of Charlotte, NC, with two new locations: one for adult patients and another designed specifically for children.

"Both our pediatric and adult facilities offer speech, occupational and physical therapy services and are designed for patient comfort and privacy," says Diane Wassum, director of rehabilitation services at Carolinas Rehabilitation-University.

The adult location is a spacious 7,800 square feet with private

treatment rooms, a large rehabilitation gym, a simulated therapy apartment and much more. The pediatric location is 4,600 square feet, with a spacious sensory area, large gym, private



Parents and children can relax and have fun in the new pediatric waiting room.

treatment rooms for babies and four private speech therapy rooms.

To learn more about our new locations and services, visit www.carolinasrehabilitation.org.



Adult patients requiring neurologic, orthopedic or sports rehab benefit from workouts in the gym.

spirit

questions after her injury were, “Am I going to be the same as before?” and “When can I play [volleyball] again?” Sarah was in a wheelchair with a back brace because of her spinal fusion. For the majority of her hospital stay, she also used a walker to get around and wore a boot for her fractured ankle.

HARD WORK PAYS OFF

John Guemmer, a physical therapist at Carolinas Rehabilitation-University recalls, “When Sarah first came in, she had multiple problems, including back and ACL issues. We worked on core stabilization and exercises to get her legs moving again. Her ACL therapy alone was a 12-week regimen but she progressed really well.” Sarah’s therapy began on Jan. 6, 2009 and lasted until Jan. 26, 2010. “Sarah was an ideal patient. She was extremely motivated, willing to do anything we asked and put forth tremendous effort,” says Guemmer. “And we made sure she was able to safely return to sports without further injury.”

With unrelenting determination, Sarah returned to playing volleyball her senior year of high school. Now 18 years old, Sarah attends college and remains active in sports. She also serves as a volunteer at Levine Children’s Hospital. Her story of recovery is a testament to the power of the human spirit. 🌟



LATANYA LOFTON, MD

Board-certified physiatrist LaTanya Lofton, MD, is a graduate of the University of South Alabama. She completed her residency in physical medicine and rehabilitation at the University of Arkansas



and served as a clinical fellow in spinal cord medicine at Baylor College of Medicine.

Dr. Lofton is an active member of the American Academy of Physical Medicine and Rehabilitation, the American Association of Academic Physiatrists and the American Medical Association. She serves as director of the spinal cord injury program at Carolinas Rehabilitation and has been with the hospital since 2008.

Her clinical interests include spinal cord injury, multiple sclerosis, spasticity, amputee rehabilitation and neuromuscular disease.

“Since her arrival, Tanya has been an essential member of the physical medicine and rehabilitation faculty and has become involved in several Carolinas Rehabilitation initiatives in the administrative, clinical and research arenas,” says William Bockenek, MD, medical director of Carolinas Rehabilitation. “She’s a pleasure to work with and is loved by her patients, staff and colleagues due to her congenial personality.”

MEET OUR DEDICATED STAFF



Scan this QR code to watch as stroke patient Ray Kluth describes his experience and the positive impact LaTanya Lofton, MD, has had on his recovery.



REWALK TEAM VISITS CAROLINAS REHABILITATION



Members of the ReWalk team demonstrate its capabilities.

As one of the nation's top rehabilitation hospitals, Carolinas Rehabilitation is a leader in rehabilitation research and medicine.

We're engaged in exciting and innovative scientific studies in the advancement of medicine while providing the best possible care for our patients.

Carolinas Rehabilitation and the team from Argo Medical Technologies Ltd., manufacturers of the ReWalk™, recently met to discuss the possibility of bringing the first ReWalk to the region and the fifth in the nation to be used in a hospital setting.

This powered exoskeleton enables those with severe walking impairments to stand, walk, climb stairs and more. Currently approved only for institutional use, the device assists patients with

intensive locomotion therapy. Certain patients with spinal cord injuries or spina bifida use the device.

"ReWalk is being used in clinical trials and, if acquired, Carolinas Rehabilitation plans to engage in additional research," says Assistant Director of Research Tami Guerrier.

The Argo Medical team met with Carolinas Rehabilitation's Spinal Cord Injury Program team, physicians, administrators and research staff. Argo Medical is extremely selective in determining appropriate placement for its device.

In an effort to raise funds to purchase equipment like the ReWalk, a patient who's accustomed to working with the equipment showcased the device at Carolinas Rehabilitation's Hearts for Rehab luncheon held on Feb. 14. (See page 2 for more information.)

Honoring our graduates

The Physical Therapist Assistant (PTA) Program at Central Piedmont Community College (CPCC)

congratulates the May 2012 graduating class! Since 2008, Carolinas Rehabilitation-Mount Holly has held an annual graduation and scholarship dinner to honor graduates and their achievements. Only a handful of graduates receive The Robert and Eleanor Gossett Scholarship, which provides up to \$600 per student. Physical therapist Robert Gossett was the first director of therapy at Carolinas Rehabilitation in the 1950s when our hospital was still called The Charlotte Spastics Hospital. Gossett also started the PTA Program at CPCC, which has since flourished.



Members of the May 2012 graduating class from Central Piedmont Community College's Physical Therapist Assistant Program.



Leah Holland, OT (right) at Carolinas Rehabilitation, works with participants who are part of the Outpatient Brain Injury Program, helping them continue their recovery.

Outpatient Brain Injury Program

As a traumatic brain injury model system for more than 10 years, Carolinas Rehabilitation is one of the top centers for brain injury care.

Once a patient is discharged from our acute inpatient rehabilitation facility, he or she may require outpatient care.

The Outpatient Brain Injury Program helps patients return to school or work and aids in their continued recovery, which, in some cases, can be years after the initial injury. Led by specialty-trained physical, occupational and speech therapists, the program consists of three groups:

1 The functional independence group focuses on improving independence and social interaction at home and in the community. Members work on money management, meal planning, shopping and cooking skills. Typically, the group meets on Mondays to plan for an outing on Wednesdays. They create a budget, discuss logistics and travel plans and set individual goals. The group meets again on Fridays to discuss their experiences.

2 The cognitive skills group meets five days a week to work on higher-level skills including planning, problem solving and organizing. Members work on strategies to compensate for deficits as well as effective group communication. Members are working on a calendar that highlights the Carolinas Rehabilitation team and will sell them to raise funds for future activities.

3 The adjustment group meets five days a week to address the emotional effects of brain injury including depression, anxiety and impulsivity. The group learns about neuroanatomy, alcohol and substance abuse, sexuality, driving and anger management.

Patients can participate in all three groups or in a combination, depending on need.

Private insurers typically don't cover these expenses, so program funding often comes through state

vocational rehabilitation or workers' compensation. Patients need a physician referral and therapy evaluation to be recommended into the program.

WORKING ON SUCCESS

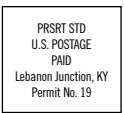
The treatment team meets monthly with patients and their families to discuss progress, address concerns and determine the program's effectiveness. Members of Carolinas Rehabilitation's Vocational Services Department play an integral role in patients' successes. The department staff and Outpatient Brain Injury team work closely to assess patients and match them with workplace opportunities. Two former members are now Carolinas Rehabilitation employees, and another is enrolled in a local college.

"Team members are grateful to be able to work with this special population," says Clinical Care Coordinator Lisa Hunt. "We don't take for granted the impact we have on the lives of our patients each and every day!"

REAL-LIFE LEARNING IS HERE!

For more information about the Outpatient Brain Injury Program, call **704-446-4335**.





HOW TO REACH US



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ON THE LEADING EDGE

A small implant provides big relief for post-stroke shoulder pain

Imagine suffering for more than 10 years with agonizing shoulder pain resulting from a stroke? That was the case for a 76-year-old patient at Carolinas Medical Center (CMC), who received the world's first implanted investigational (not yet approved by the Food and Drug Administration) pain therapy device. The device, from SPR™ Therapeutics, completely eliminated his pain.

Almost one-third of stroke survivors suffer from shoulder pain. Yet, traditional therapies haven't offered much in the way of relief to many of these patients.


"This is the first promising pain treatment designed to reduce or eliminate the excruciating shoulder pain that many stroke survivors suffer," says Vu Q.C. Nguyen, MD, director of stroke rehabilitation at Carolinas Rehabilitation and principal investigator of the clinical study. "We're excited to be part of this multicenter clinical study evaluating the safety and effectiveness of this device."

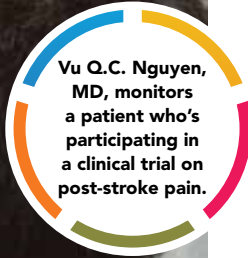
A TWO-STEP PROCESS

The implant is part of a two-stage system to treat chronic pain. In the first stage, the study participant was given short-term therapy, which significantly reduced his pain after just a few weeks. In the second stage, William Bock, MD, a cardiologist at CMC, implanted the device in the patient, who was pain-free within weeks of the surgery. The patient's overall quality of life has also been enhanced, including improved sleep, mood and interpersonal relationships, according to study measures.

For the next 36 months, the patient is being treated at Carolinas Rehabilitation, while the research team monitors him for safety and

effectiveness of the device and for other post-stroke complications unrelated to the device. If complications occur, the patient will be enrolled in Carolinas Rehabilitation's Outpatient Stroke Rehabilitation Program. This comprehensive program provides advanced medical and therapeutic interventions that maximize functional recovery of stroke survivors.

The investigational system works by using SPR's proprietary method of therapy that stimulates peripheral nerves within muscles to treat pain. It's being studied in patients who are unresponsive to or can't tolerate conventional therapies. The minimally invasive system is non-narcotic and reversible. 



JOIN OUR RESEARCH



To learn more about this clinical trial or to refer a patient, call Marybeth Whitney at **704-355-1409**.