

SISTER KENNY® REHABILITATION
INSTITUTE

Kenny Grad School
for Persons with
Spinal Cord Injury
Course Catalog
2010-2011



**SISTER KENNY.
REHABILITATION
INSTITUTE**

Allina Hospitals & Clinics



2010-2011 Courses

HOW DO WE MEASURE PARTICIPATION AFTER SPINAL CORD INJURY?

This session will address ways that participation, or engagement in your community, is measured. The World Health Organization, International Classification of Functioning, Health and Disability (ICF) puts the notions of 'health' and 'disability' in a new light, recognizing disability as a universal human experience and focuses on the impact it places on all health conditions. In clinical settings ICF is used for functional status assessment, goal setting, treatment planning and monitoring, as well as outcome measurement.

Date: Feb. 9, 2010

TRAVEL AND LEISURE

A spinal cord injury does not have to limit your travel and leisure activities. We will talk about common issues related to traveling with a disability and provide tips to enjoy a vacation – including learning about accessible vacation sites and planning resources. The session also will cover engaging in leisure activities after a spinal cord injury and the various adapted leisure activities and resources available in our community.

Date: March 9, 2010



Kenny Grad School

Sister Kenny Rehabilitation Institute's Kenny Grad School is an education series for people with spinal cord injuries or strokes and their families. Kenny Grad School provides a forum for exploring ongoing issues along with identifying networking opportunities in the community. Sessions are offered every other month

Each session is led by experts on different topics and includes plenty of time for group discussion. Kenny Grad School presenters come from a variety of backgrounds including psychiatry, occupational therapy, physical therapy, psychology, social work, nutrition and therapeutic recreation.

WHEN

Sessions are offered every other month, on a Tuesday evening, from 6:30 to 8 p.m.

WHERE

Sister Kenny Rehabilitation Institute at Abbott Northwestern Hospital – Second floor, therapy gym, unless otherwise noted.

REGISTRATION

Kenny Grad School courses are free, but registration is required. Please call 612-863-7306.

MORE INFORMATION

For more information about course content or about Kenny Grad School, call 612-863-3201 or visit sisterkennyinstitute.com.



PRODUCTIVITY THROUGH VOCATIONAL AND HOBBY PURSUITS

This session will explore the physical and emotional health benefits of vocational activities or hobbies. Participants will learn about the positive impact involvement in “productive” activities can have on them as individuals, family members and community members. There will be time to discuss personal experiences and ask questions.

Date: May 11, 2010

ACCESSIBILITY IN COMMUNITY: KNOW YOUR RIGHTS AND OPTIONS WITH UNIVERSAL DESIGN

This session will address issues related to community resources and accessibility in the community. Participants will learn about the Americans with Disabilities Act, Legal Rights and Universal Design and learn about ways to advocate for increased access in the community. Finally, participants will have time to discuss experiences and questions related to accessibility. This session will not meet at Sister Kenny – instead we’ll gather at the home of a couple who recently built their home using Universal Design principals. Driving directions will be provided when you register.

Date: July 13, 2010

HEALTHY LIVING IN LIGHT OF SPINAL CORD INJURY

This session addresses general health concerns that participants may face after spinal cord injury such as risk factors for stroke, cardiac events, cancer and diabetes. Participants will discuss opportunities for improving health in light of a spinal cord injury. By the end of the session, participants will have a better understanding of health concerns they may face, as well as strategies to prevent disease and how to live well with a spinal cord injury.

Date: Sept. 14, 2010

WELLNESS: NUTRITION, EXERCISE AND WEIGHT MANAGEMENT - AND A POTLUCK!

This Kenny Grad School session will cover nutrition, exercise and weight management issues facing persons with spinal cord injury – and the impact they can have on the injury. Participants also will learn about current research related to weight management, as well as adapted exercises and about a weight management program offered by Sister Kenny Rehabilitation Institute and the LiveWell Fitness Center.

Date: Nov. 9, 2010

REVIEW OF SELF-CARE

This session will involve a panel of people with spinal cord injuries willing to share experiences and answer questions about things that they have done to make engaging in daily self-care activities more successful. Participants can discuss and share experiences about abilities or equipment used for tasks, such as bowel care, bladder care, bathing, the care and feeding of your personal care attendant, etc.

Date: Jan. 11, 2011

PSYCHOSOCIAL ISSUES: BIOLOGICAL, INTIMACY, PARENTING, ETC.

This session will address the psychological impact that the introduction of a spinal cord injury has on the individual and family. Topics may include biological changes, intimacy, parenting, body image and self-esteem. This session also will provide an open forum for discussing individual experiences, coping strategies, concerns and questions.

Date: March 8, 2011

NEUROMUSCULAR CONSEQUENCES OF SPINAL CORD INJURY: PAIN, SPASTICITY, HETEROTOPIC OSSIFICATION, ROTATOR CUFF AND SHOULDER IMBALANCE AND CONTRACTURES

Often forgotten, but problems with musculoskeletal and neuromuscular systems can cause additional impairment and disability following a spinal cord injury. Left unattended, changes in these systems can substantially compromise function and performance. Participants in this session will learn how to eliminate or manage secondary complications after a spinal cord injury.

Date: May 10, 2011

UPDATES IN SPINAL CORD INJURY RESEARCH

This session will cover current international and national research including the following topics: spinal cord resuscitation (research for a cure), prevention of secondary complications and wellness. We also will highlight research conducted at Sister Kenny Research Center. This session will meet in the Sister Kenny Research Center.

Date: July 12, 2011



GETTING THE MOST OUT OF EMERGING RESEARCH

This session will focus on ways that you can benefit from current research – as a participant and consumer. We will explore how to locate clinical trials and how to determine whether the research is of interest. Information also will be provided on how to best find and evaluate research findings. This session will be held in the Sister Kenny Research Center.

Date: Sept. 13, 2011

KENNY GRAD SCHOOL SHOWCASE AND POTLUCK

Enjoy a musical performance by a person living with a spinal cord injury and learn about the Sister Kenny Rehabilitation Institute International Art Show by Artists with Disabilities. The goal of this session is to increase awareness and exposure to ways to express oneself or appreciate art in spite of a disability.

Date: Nov. 8, 2011





Sister Kenny
Rehabilitation Institute
offers a nationally accredited
program for treating individuals with
a spinal cord injury. Annually, we care for
more than 300 patients with a spinal cord
injury. Our interdisciplinary team works with
each patient and their families to develop an
individualized plan of care to enable our patients
to regain as much independence as possible.

We provide a full array of services for all
stages of recovery: inpatient rehabilitation,
outpatient and lifelong follow-up.



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