

## Parking

Parking is available on the USM campus in the parking garage on Bedford Street, free of charge.

## Directions

**From the South:** Take the Maine Turnpike (I-95) to Exit 44, South Portland/Downtown Portland (formerly Exit 6A). Follow I-295 to Exit 6B, Forest Avenue North. At the first traffic light, turn left onto Bedford Street. Enter the USM parking garage by taking the next first left onto Surrenden Street immediately after the Alumni Skywalk.

**From the North:** Take the Maine Turnpike to Exit 47, Rand Road/Westbrook (formerly Exit 7B). Follow Route 25 east for 3 miles. At the intersection of Falmouth Street, Route 25 (Brighton Avenue), and Bedford Street, bear to the left on Brighton Avenue that soon intersects with Bedford Street. Enter the USM parking garage by taking the first right onto Surrenden Street immediately before the Alumni Skywalk.

If you have any questions, please contact Kellie Selberg at 207.662.8082 or USM at 207.780.5960.

## Access

USM has the means available to assist persons with disabilities who have needs relative to participation in this conference. Those who need special parking assistance, parking assistance due to a disability, or who need auxiliary aids for effective communication in programs and services of USM should make their needs and preferences known in advance to Kellie Selberg at 207.662.8082.



335 Brighton Avenue, Unit 201  
Portland, ME 04102

# 2019 Northern New England Stroke Conference



**Monday, June 24, 2019  
7:30 a.m.-4:15 p.m.**

**University of Southern Maine  
Abromson Education Center  
Portland, Maine 04104**



New England  
Rehabilitation  
Hospital of Portland

a Joint Venture of Maine Medical Center  
and Encompass Health

  
Maine Medical Center  
Neuroscience Institute

## Purpose

The purpose of the annual stroke conference is to improve stroke care in Maine by providing clinicians with research and evidence-based best practices for use in their everyday treatment of stroke patients.

## Target audience

This conference is appropriate for healthcare professionals who provide services for patients following a stroke. This includes physicians, psychologists, nurses, care coordinators, case managers, social workers, physical therapists, speech-language pathologists, recreational therapists and occupational therapists.

## Continuing education

Certificates of completion will be distributed at the conclusion of the conference for registered attendees who submit a conference evaluation form. This continuing nursing education activity has been submitted to the Northeast Multistate Division, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Note: Please include your clinical designation on the registration form to ensure receipt of the appropriate certificate.

## Meals

A complimentary lunch, as well as snacks and beverages, are provided. Please contact us with any dietary restrictions.

## Disclosure statement

The speakers and planners have declared that they do not have any financial interest or other relationships with the manufacturers or providers.

**If you have any questions, please contact  
Kellie Selberg at 207.662.8082 or  
kellie.selberg@encompasshealth.com.**

## Agenda and speakers

- 8-8:15 a.m.** Opening remarks  
*Jeanine Chesley*
- 8:15-9:15** Keynote: Advances in Stroke Therapy:  
An exquisite example of the nexus  
between research, innovation and  
quality improvement  
*Donald St. Germain, M.D.*
- 9:15-10:00** An Evidence-Based Approach  
to Medical Management in Post-Stroke  
Rehabilitation  
*Fred Fridman, D.O.*
- 10:00-10:15** Break
- 10:15-11** Prehospital Management of the Acute  
Stroke Patient  
*John W. Martel, M.D., Ph.D., FACEP*
- 11:00-Noon** A Wide-Angle Approach to Focal  
Spasticity Management After Stroke/The  
Role of Dynamic Orthotic Management in  
Augmenting Contracture Management  
Utilizing Botox  
*Ben Branch, D.O., and Jerald Cunningham*
- Noon-1:00 p.m.** Lunch
- 1:00-2:00** Session A: There's an App for That:  
The use of technology for treatment  
and function  
*Sharon Hartl and Karen Yarumian*  
Session B: There's an Activity for That  
*Kathy Kroll, Kate Beever and Hilary Zayed*  
Session C: Nursing Boot Camp  
*Eileen Hawkins*
- 2:00-2:15** Break
- 2:15-3:15** Session A: There's an App for That:  
The use of technology for treatment  
and function  
*Sharon Hartl and Karen Yarumian*  
Session B: Recognizing Anterior and  
Posterior Stroke Using BEFAST  
*Amy Cooney*  
Session C: Nursing Boot Camp  
*Eileen Hawkins*
- 3:15-4:00** Survivor's perspective  
*Valerie King*

## Guest presenters

### Keynote presentation

**DONALD L. ST. GERMAIN, M.D.**  
**Former Vice President Research, Maine Medical Center**  
**Former Director, Maine Medical Center Research Institute**  
**Advances in Stroke Therapy: An exquisite example of  
the nexus between research, innovation and quality  
improvement**

Dr. St. Germain is a physician investigator with a specialty in endocrinology. His research interests have focused on the actions of thyroid hormones on growth and development. He is recently retired from the positions of vice president for research at Maine Medical Center and director of the Maine Medical Center Research Institute. He also served on faculty at Dartmouth Geisel Medical School for 29 years. One of his principal goals at Maine Medical Center was to engage and support multidisciplinary teams of investigators and caregivers in collaborative research projects that resulted in improvements in care and the care experience for MMC's patients, their families and our communities.

### FRED FRIDMAN, D.O., FAOBPMR

**An Evidence-Based Approach to Medical Management  
in Post-Stroke Rehabilitation**

### JOHN W. MARTEL, M.D., PH.D., FACEP

**Prehospital Management of the Acute Stroke Patient**

This presentation focuses on the continued evolution of how stroke patients are identified, evaluated and managed in the prehospital environment in Maine.

### BEN BRANCH, D.O. AND JERALD CUNNINGHAM, CPO

**A Wide-Angle Approach to Focal Spasticity  
Management After Stroke/The Role of Dynamic  
Orthotic Management in Augmenting Contracture  
Management Utilizing Botox**

### SHARON HARTL, OTR/L AND KAREN YARUMIAN, MS, CCC-SLP

**There's an App for That: The use of technology for  
treatment and function**

The impact that a stroke can have on a person can be devastating and leave them with the need to regain function through therapeutic interventions and to develop methods of compensation for lost skills. Over the course of the last decade, there has been an explosion of technological advances to assist therapists in addressing both of these areas with the stroke survivor. This presentation reviews the applications that can be utilized to address cognitive-linguistic deficits as well as to introduce technology relevant to increasing independence in instrumental activities of daily living.

### AMY COONEY, RN, BSN, SCRNP

**Recognizing Anterior and Posterior  
Stroke Syndromes Using BEFAST**

Current tools for rapid stroke identification may miss symptoms of anterior or posterior circulation stroke syndromes. In this session, we review common stroke syndromes related to anterior and posterior circulation and use of the BEFAST assessment to identify potential stroke patients.

### EILEEN HAWKINS, RN, MSN, CNRN, SCRNP

**Nursing Boot Camp**

This comprehensive session educates and updates nurses on stroke care in 2019. This course prepares nurses for all elements of stroke care and provides the tools needed to deliver quality and evidence-based care to our patients with acute stroke. Covered topics include primary and secondary stroke prevention, pathophysiology, mechanisms of stroke, current stroke protocols and therapies, most recent AHA/ASA clinical practice guideline updates, neurological assessment and more.

### VALERIE KING

**Survivor's perspective**

After suffering a stroke in May 2017, Valerie has consistently amazed her caregivers with her dedication to her recovery and willingness to do everything needed to regain her independence.

## Registration form

Name: \_\_\_\_\_

Clinical designation: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Work phone: ( ) \_\_\_\_\_

Email: \_\_\_\_\_

Dietary restrictions?: \_\_\_\_\_

Maine Medical Center member: \_\_\_ Yes \_\_\_ No

Do you plan to attend the nursing training?

\_\_\_ Yes \_\_\_ No

Cost (includes lunch and \$5 donation to the American Heart Association/American Stroke Association): **\$100**  
*(five or more people per facility: \$75 per person)*

Maine Health or Encompass Health employees: **\$75**  
*(five or more per facility: \$50 per person)*

Students: **\$35** *(five or more per school: \$25 per person)*

There is no charge for MMC or NERHP employees.

My check, payable to New England Rehabilitation Hospital of Portland, is enclosed.

Please charge my:

\_\_\_ Mastercard \_\_\_ Discover Card

\_\_\_ Visa \_\_\_ American Express

Name on card: \_\_\_\_\_

Address on card if different from above:

\_\_\_\_\_

\_\_\_\_\_

Card #: \_\_\_\_\_

CVV #: \_\_\_\_\_ Expiration date: \_\_\_\_\_

**Credit card users may only register by fax to 207.662.8080.**

**REGISTRATIONS MUST BE PREPAID AND ARE NON-REFUNDABLE AFTER JUNE 17, 2019.**

**Send registration form with payment to:**

New England Rehabilitation Hospital of Portland

Attn: Kellie Selberg

335 Brighton Avenue • Portland, ME 04102