

# THE REACH

Provincial Department of Physical Medicine & Rehabilitation

Fall Newsletter 2015

## Welcome, Drs. Kim and Wunder



**D**octor Brian Kim was born and raised in Edmonton, AB. He and his wife, Marilyn, met in Saskatoon where she works as an RN. He had many interests growing up, including being a sports and exercise enthusiast. Currently, he spends his free time playing squash and is planning on returning to jiu jitsu training. His hobbies also include electronics, performance cars, and hiking. Recently, he and Marilyn finished the Wedgemount Hike (left). His professional interests include MSK diagnostics and intervention, but he considers himself to be a generalist in Physiatry. When asked how he feels about joining the team, he stated, "I'm

excited to work and continue to learn and grow with the excellent residents, staff, and patients here at City Hospital."



**D**octor. Shane Wunder was born and raised in Saskatchewan, lived on a farm and attended high school in Yorkton. After he graduated in 2001, he pursued his ARCT in piano, and enrolled in Archaeology and Anthropology at the University of Saskatchewan. His studies took him to excavations as far away as Jordan, and closer to home in Wanuskewin. Dr. Wunder completed his MD at the U of S in 2010. During his residency, he has published in the Canadian Medical Association Journal, presented at the International Conference on Residency Education, and led an interactive workshop at the Canadian Association of Physical Medicine

and Rehabilitation Scientific Meeting in 2013. Just recently, he won the resident research award for his project, "Primary care provider comfort in treating patients with spinal cord injury". His current professional interests include prosthetics/orthotics, MSK, neuromuscular, spinal cord, and spasticity management. Dr. Wunder will be practicing at the Wascana Centre in Regina. Outside of the office, Dr. Wunder knows his way around the dance floor (was a volunteer U of S Ballroom Dance Club instructor); dabbles in gardening, and pursues interests in technology.

We are excited to be welcoming these two accomplished individuals to our team!

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## A message from our Department Head

**I**am very pleased to introduce the inaugural issue of 'The Reach', the Department of Physical Medicine and Rehabilitation's new newsletter. The name is derived from our desire to reach out to the province's Physiatrists who support our various clinical and educational missions by keeping you apprised of the Department and its activities. This has become increasingly important as the traditional method of funding our group as shifted to an ACFP employment relationship, challenging us to maintain robust and fulsome lines of communication. We will not only focus on our community faculty primarily, but also aim to report on current happenings with the residents (Resbits!) and our research endeavors. Thank you to Marla Rogers who is our Editor and chief cat herder.

Gary Linassi



## In The News

### A new face in quality and projects

The department in Saskatoon would like to extend a warm welcome to our new Manager of Interprofessional Practice, Quality and Projects - Marla Fieber.

She began her role in February, 2015, and so far has had a wonderful experience: "The team here is great to work with - passionate, professional, experts in their fields, advocates, and innovative. I'm fortunate to be part of a program that positively impacts so many peoples' lives!"



The position of Manager of Interprofessional Practice, Quality and Projects was previously held by Arlene Brandt. Arlene has recently taken up the position as Manager of Continuing Care & Seniors' Health at Rehabilitation and Geriatric Services.

### Rehab Skills for Med Students

New PM&R teaching methods were introduced in the new 2+2 Undergraduate Medical Curriculum, in the form of PM&R Skills Day, under the leadership of Dr. Lila Rudachyk, UGME Program Director.



Early feedback has been very positive, with the first group ending their seminar with a round of applause!

### Physician Update

Drs. Wang and Zdravkovic have left their practices at the Saskatoon Rehabilitation Centre. We wish them all the best in their future endeavours.



Drs. Bernacki and Selk at the Visiting Professor barbeque in Saskatoon (2015)

## Wascana Rehab

### Helping children with spasticity

Prior to this year, botox injections for spasticity management for pediatric patients were performed in the pediatric clinic, using ice or distraction.

This method limited the population who could receive botox injections. With the help of the Department of Pediatrics and the Department of Anaesthesia, physiatrists like Dr. Wendy Chrusch are able to get regularly scheduled operating room time at Pasqua Hospital to perform this procedure under anaesthesia.

Pediatric patients now have the option of having the procedure done in the clinic or under anaesthesia.



The feedback on the change from patients and caregivers has been very positive.

Story contributed by Dr. Jackie Kraushaar.



## ResBits

The provincial department of PM&R prides itself on providing its students with a balanced curriculum and top quality Chris Embree, chief resident for the 2015/16 Academic year, was kind enough to introduce and describe the PM&R residency program:

We have nine residents in our program this year. Our training is distributed between Saskatoon and Regina, and occasionally Prince Albert. You may meet our residents on the ward, or in clinics. I will be the one with a coffee in hand.

I became interested in PM&R during medical school rotations at the National Rehabilitation Hospital in Ireland. I enjoyed the extra time spent with patients and the teamwork between all the healthcare professionals.

On behalf of the residents, we look forward to working with you towards attaining your rehabilitation goals.



Above: Dr. Katherine Knox presenting the Resident Research Award to Dr. Shane Wunder for his work.





The 2015 Resident Retreat took place on July 24th in Saskatoon. Residents spent the morning with Dr. Chakravarti, discussing wellness. In the afternoon, they participated in a rousing game of volleyball at the Sasktel Sports Centre. The day was wrapped up by a barbeque hosted by Dr. Knox.



Dr. Rodney Li Pi Shan was a special guest speaker at Saskatoon Rehabilitation on June 12th, 2015. He is an alumni from our Residency Program, currently practicing physiatry in Calgary. He discussed managing agitation in patients with brain injury with residents, faculty and staff.

Rehabilitation Grand Rounds  
3rd Tuesday of the Month  
11am - 12pm  
Rependa Auditorium  
Saskatoon City Hospital  
For more information, contact:  
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## Focus on: MS Clinic

The City of Saskatoon has one of the highest reported rates of MS in the world (Hader & Yee, 2007). The Saskatoon MS Clinic provides services for persons with MS, receiving referrals from across the province. At the clinic, we emphasize symptomatic, rehabilitation, and lifestyle behavioural interventions as central to enhancing quality of life.

The clinic does not currently have the capacity to follow every person referred with MS routinely, however, nursing support services by the SK MS Drugs program works 4 days/week out of the MS Clinic. The clinic is participating in the Canadian MS Monitoring System administered by CIHI. In 2014, the clinic saw 328 in-person patient visits, 65 of which were new to the clinic. In addition, over 260 phone consultations were provided by the nurse or clinic staff.

An MS Advisory Panel has been convened to provide the Ministry of Health recommendations for future MS care, clinical trials, and research opportunities in Saskatchewan. New recommendations hope to further

enhance the care experience for persons impacted by MS.



### Nearly five decades of service from dedicated physiatrist

After 47 years of professional service here, Dr. Walter Hader (above), founder of the Saskatoon MS Clinic at Saskatoon City Hospital, has retired from clinical practice.

With a list of accomplishments to MS care too numerous to mention here, some may not know that Dr. Hader was inducted into the Saskatchewan Sports Hall of Fame for his contribution to sports medicine.

He leaves us with the wonderful legacy of personal care, knowing not only each patient, but also their extended families and unique story. His legacy of personalized care continues to provide guidance as we strive to expand the MS care service.

### Searching for an MS Research Chair

The College of Medicine is engaged in an active search for an MS Clinical Research Chair.

The Chair will lead researchers and clinicians in the goal of improving care for those impacted by MS and expanding MS clinical research in Saskatchewan. The Saskatchewan Multiple Sclerosis Clinical Research Chair arose through the combined vision and efforts of the Saskatoon City Hospital Foundation, the MS Society of Canada, the Saskatchewan Health Research Foundation, the College of Medicine, the department of PM&R, and the citizens of Saskatchewan, united in the fight against MS.

# 4 Report on Research

## Papers accepted or published

Carlson RJ, Doucette JR, **Knox K**, Nazarali AJ. Pharmacogenomics of interferon- $\beta$  in multiple sclerosis: What has been accomplished and how can we ensure future progress? Cytokine Growth Factor Rev. 2014 Oct 31 [Epub ahead of print].

Dvorak MF, Noonan VK, Fallah N, Fisher CG, Finkelstein J, Kwon BK, Rivers CS, Ahn H, Paquet J, Tsai EC, Townson A, Attabib J, Bailey CS, Christie SD, Drew B, Fournery DR, Fox R, Hurlbert RJ, Johnson MG, **Linassi AG**, Parent S, Fehlings M. The influence of time from injury to surgery on motor recovery and length of hospital stay in acute traumatic spinal cord injury: an observational Canadian cohort study. Journal of Neurotrauma. 2015;32(9):645-54.

Dvorak MF, Noonan VK, Fallah N, Fisher CG, Rivers CS, Ahn H, Tsai EC, **Linassi AG**, et al. Minimizing errors in acute traumatic spinal cord injury trials by acknowledging the heterogeneity of spinal cord anatomy and injury severity: an observational Canadian cohort analysis. Journal of Neurotrauma. 2014;31(18):1540-7.

Goodridge D, Rogers M, Klassen L, Jeffery B, **Knox K**, Rohatinsky N, **Linassi G**. Access to health and support services: perspectives of people living with a long-term traumatic spinal cord injury in rural and urban areas. Disability and Rehabilitation. 2015;37(16):1401-10.

**Knox KB**, Rohatinsky N, Rogers M, Goodridge D, **Linassi G**. Access to traumatic spinal cord injury care in Saskatchewan, Canada: A qualitative study on

community healthcare provider perspectives. Canadian Journal of Disability Studies. 2014;3(3):83-103.

**Nickel D**, Spink K, Andersen M, **Knox K**. Attributions and self-efficacy for physical activity in multiple sclerosis. Psychology, Health & Medicine. 2014;19(4):433-441.

Ploughman M, Beaulieu S, Harris C, Hogan S, Manning O, Alderdice P, Fisk JD, Sadovnick D, O'Connor P, Morrow S, Metz LM, Smyth P, Mayo N, Marrie RA, **Knox KB**, Stefanelli M, Godwin M. The Canadian Survey of Health, Lifestyle and Aging with Multiple Sclerosis: methodology and initial results. BMJ Open. 2014;4:e005718.

Thorpe LU, **Knox K**, Jalbert R, Lim JHJ, **Nickel D**, Hader WJ. Predictors of institutionalization for people with multiple sclerosis. Disability and Health Journal 2015;8:271-277.

## Conference Abstracts CAPM&R 2015 - Vancouver

**Brandt A**, **Nickel D**, **Knox K**. Private and public engagement in a pilot community-based exercise program for persons with disabling neurological conditions.

**Kim B**, **Nickel D**, **Knox K**. Patients' pain management experience on a general inpatient rehabilitation unit.

**Kleisinger A**, Karreman E, **Fink M**. Are the Canadian Hypertension Education Program (CHEP) blood pressure treatment targets achieved during admission for stroke rehabilitation?

**Linassi G**, Rogers M, **Nickel D**. Re-hospitalization of adults with spinal cord injury living in the community: a retrospective cohort analysis.

Mah J, **Nickel D**, **Rudachyk L**. Attributions and self-efficacy for physical activity amongst persons post-stroke: a cross-sectional descriptive study.

WWMunce SEP, Wolfe D, Noonan VK, Hamilton L, **Linassi G**, Anzai K, Jaglal SB. Barriers and enablers for a self-management program for individuals with spinal cord injury: results from a national stakeholder advisory group.

**Pierce J**, **Nickel D**, **Knox K**. Venous thromboembolism (VTE) prophylaxis prescription patterns for ischemic stroke patients on a rehabilitation ward.

Rassem M, Karreman E, **Fink M**. Time-based effects of onabotulinum toxin A injections.

Wolfe D, Munce S, Noonan V, Hamilton L, **Linassi G**, Anzai K, Jaglal S. Development and initial validation of a pan-Canadian self-management program for spinal cord injury.

**Wunder S**, **Kraushaar J**, **Khalil W**, **Linassi G**, **Nickel D**. Primary care confidence with spinal cord injury care in the community.

## CMSC 2015 – Indianapolis

Evans C, **Nickel D**, **Britton K**, **Knox K**. Utilization and switch patterns with dimethyl fumarate in a publicly-funded drug plan: the first eight months.

## SHARP 2014 - Saskatoon

**Knox K**, **Linassi G**, Rogers M, Goodridge D, Rohatinsky N. Rural vs. urban comparisons of provider perspectives of care for people with spinal cord injury.

Rohatinsky N, Goodridge D, Rogers M, **Knox K**, **Linassi G**. Accessing health services: a comparison between the views of healthcare providers and spinal cord injury clients.

## CNSF 2015 - Toronto

**Hader W**. The low adherence and disability outcomes of disease-modifying drugs in multiple sclerosis in Saskatchewan: a cohort study, 1997-2014.