

Neuro Rehab Results Newsletter

November, 2015

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We've got a new look to our website!

I've heard a few people asking why our current website is not up to date, especially in terms of therapists. The answer is that we've been working on a new look to our website and we're excited that it is now live. You can check it out at www.neurorehab.co.nz and more importantly, it is now much easier to look at on mobile devices.

Special acknowledgement goes to Keren and Tim Smith for their patience and help in getting this together from the other side of the world! More information about them and the work they do can be found at www.creativeinfusion.co.uk

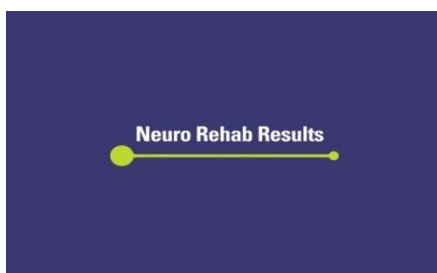
Christmas Afternoon Tea:

I can't believe it is that time of year again!! But please join us and the other clients of Neuro Rehab Results for a Christmas afternoon tea on Monday December 14th, 2.30-3.30pm.

Please let Sue know if you and your family or support people would like to come.

Phone: 480 6464

Email: sue@neurorehab.co.nz



Christmas Hours

The clinic will be closed officially on Thursday afternoon December 24th and will reopen on Tuesday January 5th. Many of the therapists will take a slightly longer holiday, but we will be able to provide cover if you would like to be seen while your own therapist is away. Please discuss the options with your therapist or Sue. We also realise that many of you will take long holidays over this time, so please let us know so that Sue can schedule your appointments for January.

The Move! and Balance-Fit classes will finish on December 16th and 18th respectively. They will start up again in mid January. Move! will start on Wednesday January 20th and Balance-Fit will start on Friday January 22nd.

The last Arm Clinic of the year will be on Monday December 21st and it will start up again Monday January 11th.



If you have an idea for the newsletter or would like to be answer some questions for the client profile, please let Suzie or Sue know. We're always looking for contributions!

Client Profile: Steve Caines

Can you tell us a little bit about yourself.

Male – stubborn – determined. Paralysed T8-T12 from motorcycle accident. Been calliper walking since 2006.

You've recently been doing some training the ReWalk. Can you tell us how you are finding the training.

Challenging – but so far not as much as learning to calliper walk.



Steve using the ReWalk and Amy Boreham

What do you like about the ReWalk?

The challenge of mastering the technology. And that the ReWalk gives me a more normal posture and gait. Takes load off my hands and shoulders in relation to my use on KAFO callipers.

Spotlight on Rehab Techniques:

ReWalk Exoskeleton

What is it?

ReWalk is a wearable robotic exoskeleton that moves the hips and knees during walking.

Have a look at our Facebook page for some videos we took during the training.

<http://on.fb.me/1SMYDQ>

Who is it best suited for?

Crutches are usually needed when using the ReWalk, so users need to have good strength in their arms. It has been predominantly developed for people with spinal cord injury with no movement in their legs, however it may be appropriate for people with other conditions. There are size and weight limitations for the device.

Is there any training involved?

Yes! There is even training for the therapists! Amy, Sam and Suzie did the basic training in August – a two day course to teach therapists how to fit the device to different size people, how to programme it and how to train people to move from sitting to standing and vice versa and walk indoors. There is also an advanced training course so that we can learn how to train people how to walk outside, including stairs and curbs.

But there is quite a bit of learning also involved for the user, which involves quite a bit of balance training at the beginning, similar to many people learning to stand for the first time. Many aspects of using the ReWalk are also quite technical, so need quite a bit of practice.

Is there any more information?

Have a look at www.rewalk.com for more details. You can also talk to Amy, Sam or Suzie to see if is suitable for you.

Research Project: What are the outcomes and views of people with mobility limitations after participating in a circuit group?

Why did we do this project?

The Move! and Balance-Fit classes have been running for a number of years. Although testing is done before you start the classes, we don't do any re-testing to see if you have made any changes in strength, balance, endurance and mobility.

What did we do?

We tested balance, strength and confidence of participants who had taken part in at least six classes and compared it to the same tests taken before they started. We also asked whether the classes had made any difference to their movement and function and also asked how the class could be improved.

What did we find?

Thirteen people took part in the study. We found positive results in both the tests we took and in the feedback we received. When we ran some statistical tests, we found one of the tests, the Timed Up and Go test, stood out as having improved the most consistently. The other tests improved marginally or remained the same. Many participants said their self-confidence, socialisation, fitness and strength had improved over the recent time period. Over 90% of participants thought the skill level, organisation and amount of assistance provided by staff during the classes was excellent.

What happens now?

The classes will continue twice a week at the same time as that suited the majority of participants. Michala and Louise are about to graduate as physios and will soon be looking for jobs!

Thanks to everybody who participated in the project! We can't do research without you and we hope you found the process interesting and continue to enjoy the classes.

By Suzie Mudge, Verna Stavric, Louise Robinson, Michala Mewa.



What is this study about?

Research has shown that people living with a neurological condition benefit from support to better manage their condition, and that they have ongoing social support needs which are not always met. We also know that communication between people living with a neurological condition and their healthcare providers could be improved.

Based on the information participants in this study have given us so far, we have developed a **Living Well Toolkit** to help address these issues. The toolkit is a simple and practical tool for health care providers and people living with a neurological conditions, their whānau/family and carers.

How can I help?

We would like you to be part of our test team and give us feedback on what it is like to use the toolkit. For example: was it easy to use? What are the good things about it? What needs improving? Was it useful to you? These are important things to know before we roll it out more widely.

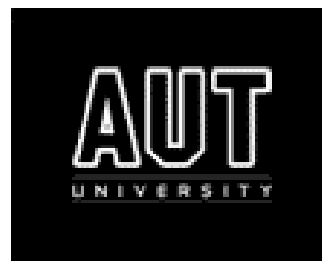
What are the criteria?

- People with long term neurological conditions, 18 years or over
- Whānau/family/carers of people who have signed up to try the toolkit

Who should I contact?

If you want to take part or would like to know more you can contact:

- Ann Sezier, Research Officer, AUT University; ann.sezier@aut.ac.nz or 921 9999 X 7029
- Suzie Mudge, Principal Investigator, AUT University; suzie.mudge@aut.ac.nz or talk to her when you see her in the clinic



Changes to the Therapy Team:

Our clinic has been getting busier, so we have some new physios. Although we are sad that Sarah Mollet has left, we are glad to have two new physiotherapist who have started in the last couple of months. After Viv retired, we are exceptionally happy to have Vicky start with us soon afterwards. Many of you will have met these three new staff members.

Vicky Campbell, Dietitian

Vicky is a NZ registered Dietitian and she completed her studies at Otago University. She went on to complete a Post Graduate Diploma in Community Nutrition in 2000.

Vicky has a wide range of experience and she started her career at the Auckland Spinal Unit and since then has worked in the various healthcare settings from acute hospital care to community and primary care settings. She also lectures to Dietetic students at all three of the Universities and is currently the Chair of the Dietitians Board.

Nutrition plays such an important role in people's lives and can be so influential in a person's wellbeing. Vicky is passionate about nutrition and wellbeing and her focus is on assisting her clients to maximize their potential through good nutrition by providing support, motivation and education on healthy lifestyle and eating patterns.

Vicky generally works on a Monday.



Kate Brown, Physiotherapist

Kate completed her Bachelor of Health Science (BHSc) in Physiotherapy at Auckland University of Technology in 2008. She is a physiotherapist with a particular interest in neurological rehabilitation with experience in a variety of therapy settings within the District Health Board. Between 2011 and 2015 she specialised in community physiotherapy, working with clients with a range of neurological conditions. Kate enjoys working in partnership with clients, assisting them to achieve their rehabilitation goals. Her interests outside of work include sports, dancing and spending time with her young family. Kate mainly works on a Monday.

Janine Manga, Physiotherapist

Janine completed her Bachelor of Health Science in Physiotherapy at AUT University in 2003. She has a strong interest in neurological rehabilitation and has experience working with clients in both inpatient and outpatient settings. Janine has worked with people with conditions like stroke, Parkinsons disease, multiple sclerosis and spinal cord injury. She enjoys working with clients both individually and in group settings to help achieve their physiotherapy goals. Janine works Mondays, Wednesdays and Thursdays.

When she's not working at Neuro Rehab Results, Janine enjoys hanging out with her family and friends. She also likes a good coffee, going to the gym and planning travel adventures.



Kate Brown

Janine Manga