

**Welcome** to the sixth edition of the School of Rehabilitation Science, McMaster University, email newsletter.

We have had a very busy summer and are now planning for the new classes entering this September 2004. We are also planning some exciting events, one of them being the SRS Reunion Celebration to be held on October 17, 2004. We hope that many of our former and current colleagues and alumni will return for this event.

We hope you will enjoy the summer edition of the newsletter.

As always, we welcome your feedback and news - send it to [collinsh@mcmaster.ca](mailto:collinsh@mcmaster.ca)

Enjoy the remainder of your summer!

- Penny Salvatori, Acting Associate Dean, School of Rehabilitation Science

## **AWARDS**

The SRS is proud to present the following recipients of the Ontario Graduate Scholarships, 2004:

### *OCCUPATIONAL THERAPY:*

Yin Yin Chung  
Sarah Rhebergen  
Andrea Saber  
Kate Dobson

## *PHYSIOTHERAPY:*

Jillian Giacinti  
Elizabeth Hoag  
Heather Lawrence  
Alexander Perry  
Stephanie Cherry

Congratulations and Best Wishes to all the recipients!

### **Online Course-based Masters Degree**

The School of Rehabilitation Science is pleased to announce that our new online, course-based Masters degree is now approved.

For additional information about the degree, please visit the website at:

<http://www.fhs.mcmaster.ca/rehab/programs/distanceoverview.html>

## **Research Spotlights!**

### *Our Congratulations to...*

1. Patty Solomon and Seanne Wilkins for receiving a two-year CIHR grant of \$43,076 per year for two years for their project entitled "Understanding Factors that Promote and Hinder Participation of Women living with HIV." Excellent work!
2. Co-partners, SRS, McMaster and UBC, received a CIHR training grant of \$1.8 million over 6 years to support students enrolling in the respective thesis-based Masters and planned PhD programs. The project is entitled "Rehabilitation Research Training Program-Developing and Using Evidence to Enhance Quality of Life" and is funded by the Institute of Musculoskeletal Health and Arthritis. The principal investigators are Mary Law, Janice Eng (UBC) and Joy MacDermid. Other project members include Charles Goldsmith, Harry Shannon, Jean Wessel, Sue Baptiste, Lori Letts, Julie Richardson, Patty Solomon, Paul Stratford and Laurie Wishart. Kudos all around!

3. A successful partnership! The SRS, McMaster, in collaboration with the Family Alliance of Ontario and Ryerson University Disability Studies program, has received a grant of \$130,000 over 3 years to study and develop strategies to promote the involvement of persons with disabilities and their families as 'community faculty' in post-secondary institutions in Ontario. The project team will be led by Barbara Ostroff from the Family Alliance, Melanie Panitch from Ryerson and Mary Law, with project headquarters located in CanChild at McMaster.
4. Linda Woodhouse was awarded the Young Investigator Award for 2003 from the General Clinical Research Center, an NIH funded center at Harbor-UCLA Medical Center, for her paper, entitled "Development of Models to Predict Anabolic Response to Testosterone Administration in Healthy Young Men". The paper will be published in the American Journal of Physiology Endocrinology and Metabolism. An outstanding achievement Linda!

## **MEET OUR COMMUNITY PARTNER**

### **Elaine Principi**

Her sense of humour is infectious and her contributions to the Physiotherapy Programme at McMaster University are admirable. We welcome Elaine Principi, PT alumnus '83 as our community profile in the summer 2004 edition of the newsletter!

Elaine graduated from the Combined Mohawk/McMaster Degree Completion Programme in Physiotherapy in 1983. An extremely busy therapist and clinical education facilitator, Elaine is currently the clinical leader at St. Peter's Hospital in Hamilton, and a clinician in the Palliative Care Unit. She is also working in various community arenas, such as Community Rehab, carrying an adult caseload with a focus on community palliative care; providing clinical support in the area of female incontinence and pelvic pain at ProActive Physiotherapy; and serving as a part-time neurology instructor in the Physiotherapy Assistant programme at Mohawk College.

For many years, Elaine served as a clinical lecturer in the former BHSc(PT) second degree programme, and currently, in the MSc(PT)

Programme at McMaster University. She has also been a guest lecturer and clinical resource for the clinical skills laboratories, and has presented on a wide variety of topics, including palliative care and incontinence and ethics. Elaine is a member of the Physiotherapy Curriculum Committee, Physiotherapy Education Council, the MSc Physiotherapy Academic Study Committee, the Physiotherapy Programme Professionalization Working Group, and currently serving as the Coordinator of the Helen Saarinen Lectureship Committee.

Recently, Elaine was invited to be a guest speaker at the Physiotherapy Congress 2004, delivering her talk on palliative rehabilitation. She also presented a research paper entitled "Use of Quality of Life Measure in a Palliative Care Unit" at the Ontario Hospice and Palliative Care Conference 2003. Elaine received an award for the best research paper.

Elaine's work interests are diverse and current. Her interests include the overall topic of patient choice and informed decision making, focusing on measuring the quality of life in an attempt to improve client focused care; providing complementary therapies in relation to patients' preference and creating an atmosphere of respecting patients' preferences for interventions and their right of choice; developing procedures to reduce restraint use and processes to assist health care workers in problem solving and using appropriate alternative practices to minimize restraint use; developing awareness and encouraging reflection of professionalism among practitioners and student therapists; and integrating the concepts of professionalism into practice and education. Upcoming activities include developing a program for the promotion of complementary therapies in a chronic hospital to be presented at Registered Nurses Association of Ontario Conference 2004.

With over 20 years of experience as a professional physiotherapist, Elaine notes that merging clinical practice, management tasks and education has allowed her to draw on the various aspects of her personality and skills.

Elaine's personal interests include cooking and food. She balances her penchant for food with running, cycling, gardening and spending quality time with family and friends. Professional kudos include being inducted into the Mohawk College Athletic Hall of Fame and being presented with the SRS Contribution to School Award in 2001.

A passionate advocate for the physiotherapy profession, Elaine indicates

that she will continue to "advocate for patient choice from the big decisions to the small decisions, and respecting those choices in a proactive way."

## **EVENTS**

### **SRS REUNION CELEBRATION**

Calling all alumni! The School of Rehabilitation Science is planning a major reunion celebration on Sunday, October 17, 2004 for all former and current OT and PT alumni, faculty, staff and students. The celebration will be held in the Mohawk-McMaster Institute for Applied Health Sciences building (IAHS) on campus. We hope to have a major significant turnout for this event.

The program for the day will begin at 11:00 a.m. and will include a delicious brunch, light music, and opportunities for everyone to mingle. Special building and campus tours will include the IAHS, the McMaster University Student Centre, and the newest health sciences facility, the Michael G. DeGroote Centre for Learning and Discovery. Rooms have been reserved for alumni to meet with fellow classmates and take a trip down memory lane! Student volunteers will be serving as tour guides and hospitality assistants.

The cost of this event is \$35.00 per person. The SRS is looking forward to having many alumni return for this event, so do mark this special date down in your calendar. To make this reunion an unforgettable event, we have scheduled an exciting venue for the day:

#### **Sunday, October 17, 2004:**

- *11:00 am:* Welcome, Sign in and Registration in Room 201. Enjoy refreshments and the sounds of light jazz. Raffle tickets available for exciting prizes. Sign up sheets for building/campus tours at sign in desk.
- *11:30 am:* "Meet your Classmate" in specific allocated rooms.
- *12 noon:* Brunch buffet in Room 143. Enjoy the delicious fare whilst networking and listening to more light jazz.

- *1:30 pm:* Greetings from Mary Law, Associate Dean (SRS), Deb Stewart, Assistant Dean (OT) and Laurie Wishart, Assistant Dean (PT).
- *2:00 pm:* Building/campus tours.

The SRS Reunion Celebration Planning Committee comprising Penny Salvatori, Deb Stewart, Laurie Wishart, Nancy Plews and Helena Collins, look forward to seeing many of you at this momentous occasion and hope that the day will strengthen connections and friendships anew!

## **UBC/McMaster University Graduate Certificate in Rehabilitation Program**

Courses are open to eligible rehabilitation professionals as well as graduate students. For information on admission and application details, click [here](#).

## **ACTIVITIES**

### **HELEN SAARINEN FUN RUN**

With beautiful weather on May 16, 2004, several bikers, 'bladers', runners and walkers enjoyed their participation in the 9th annual Helen Saarinen Fun Run. The tireless efforts of many volunteers and eighty eager participants raised over \$2,300 that was donated to the Canadian Cancer Society. This year's Fun Run trophy for the class with the most participation and volunteer contribution, was awarded to the Year 1 PT class - Congratulations on an amazing job PT1! Congratulations also to participants Sonya Altena, employee, HHSC, and Kara O'Donnell, Year 2 PT, for being the top fundraisers.

The OT and PT student organizers for the 9th annual Helen Saarinen Fun Run comprised Anne DeNure, Jamie Gotts, Joanna Gorny, Sarah Maddix, Natalie O'Mara and Amy Seiling. The student organizers would like to thank the following faculty and staff from the respective institutions: Helena Collins, Peter Self and Laurie Wishart (McMaster);

Heide Bell and Hugh Forster (Mohawk); McMaster's Emergency First Response Team (EFRT); McMaster Parking Services; and the Hamilton Street Railway (HSR) for their assistance with the Fun Run.

Acknowledgements and appreciation are also extended to the following sponsors and donors for the respective prizes, refreshments and T-shirts: Cold Beverage Fund at McMaster, the Graduate Students' Association, Faculty of Health Sciences, OT/PT Rehabilitation Science Students' Association, McMaster Titles Bookstore, Oakville Running Company, No Frills, McDonalds, Tim Horton's Donuts, Adventure Attic, Phoenix Fitness, Albert Snow Salon, Montana's Steakhouse, Valentino's Bakery and Restaurant, The Runner's den, The Running Room and The Pita Pit.

Congratulations to the organizers of the 9th Annual Helen Saarinen Fun Run for a successful event! The 2005 organizers look forward to seeing everyone at the 10th Annual Fun Run event next year!

### **HELEN SAARINEN LECTURESHIP**

Dr. Robert Palisano, BS, MS, ScD was awarded the Helen Saarinen Lectureship from the school of Rehabilitation Science on June 8, 2004.

The rehabilitation community was treated to a lively lecture on Models of Best Practice: Integrating Evidence and Client Centred Care. Dr. Palisano is the Director of the Post-Professional Graduate Program in the Department of Rehabilitation Science at Drexel University. He is also a Co-investigator, CanChild Centre for Childhood Disability Research, McMaster University. In honour of Helen Saarinen, the first chair of the undergraduate program in Physiotherapy at McMaster University; this lectureship is awarded to an individual who has demonstrated leadership in the field of rehabilitation science and the philosophy of supporting life long learning.

Dr. Palisano's accomplishments as a researcher and teacher as well as his passion for integrating science and theory into practice made him a most worthy recipient of this honour.

### **2004 OT/PT JOB FAIR**

The McMaster 2004 OT/PT Job Fair was held on June 16, 2004 in the CIBC Room, McMaster University Student Centre. It was another

successful fair with a total of 39 facilities from across Ontario and the USA participating in the recruitment of this year's graduating classes in OT and PT. The Job Fair Committee received positive feedback from the facilities with respect to the preparedness and interest of the graduating classes. Representatives from the various facilities were also pleased to meet some first year students enquiring about future employment. The 2004 Job Fair Committee comprising Sarah Wojkowski, Year 2 PT, Kim Day, Year 2 OT, J. Omar Aboelela, Year 1 PT, Antonella Cerrone, Year 1 OT, and Tom Fried, Year 1 PT would like to thank everyone who was involved in making the 2004 Job Fair a success! The committee would also like to extend their best wishes to the 2005 Job Fair Committee for continued success.

Representatives interested in attending the 2005 OT/PT Job Fair are requested to contact Helena Collins, SRS via email: [collinsh@mcmaster.ca](mailto:collinsh@mcmaster.ca)

### **CLASS OF 1994 PHYSIOTHERAPY REUNION**

On June 11, 12 and 13, 2004, the Physiotherapy Class of 1994 held their 10-year reunion in Hamilton. It was a fun-filled event attended by 24 of the twenty-nine graduates. All alumni have continued to work as physiotherapists over the past ten years. Five of the alumni currently work in the USA, one works in Germany and another works in Bermuda. The remaining alumni continue to work in Canada in both the public and private sectors. The Class of '94 respectively work in diversified roles within the clinical and administrative areas; these include managers and owners of clinics, staff therapists, educators and consultants. They "all still love the profession. It has allowed us to travel (e.g. to the Olympics), and have varied roles within PT." For the alumni of '94, it was an exciting weekend to 'catch up' with their former classmates and meet their respective spouses and children.

### **MEET OUR FACULTY**

#### **Carol DeMatteo**

Carol DeMatteo is an Associate Clinical Professor in the School of Rehabilitation Science at McMaster University, as well as Clinical Specialist in Pediatric Occupational Therapy at the McMaster Children's Hospital. She has been interested in studying the effects and outcomes of acquired brain injuries (ABI) in children for many years - since she

began practicing. She describes this as being an important research area, due to the current lack of documentation on the outcomes of children who experience ABI, particularly in Canada. She is co-principal investigator (with Steve Hannah) on the Acquired Brain Injury Transitions Study, which is a longitudinal study funded by the Ontario Neurotrauma Foundation and supported by CanChild, Centre for Disability Research and the McMaster Children's Hospital. This study was developed from the hypothesis that times of transition are times of crisis and increased problems for children with ABI. It is based on a previous study that Carol had spearheaded, which was also conducted at McMaster Children's Hospital with Charles Malcolmson, Rob Hollenberg, Larry Tuff and Bill Ratz, studying the outcomes in children 0-19 years after traumatic brain injury. The research team, including Carol, Steve, William Mahoney, Louise Scott, Peter Rosenbaum, Mary Law, Ann Newman, and Cynthia Cupido, is following school-aged children who have experienced ABI's of all degrees of severity for 3 years. The purpose of this study is to follow these children/youth through "times of transitions" or change, such as returning home from hospital, returning to school, and returning to activities in the community. The goal of this study is to determine what factors may have an influence on how well a child/youth does after an ABI, and to determine the child's/youth's needs, as well as their family's, at each stage of transition. Further information on this study is available at [www.fhs.mcmaster.ca/canchild](http://www.fhs.mcmaster.ca/canchild) Click on "Our Research" and view it under "Life Experiences of Children with Disabilities and Their Families". Information is also available at the Ontario Neurotrauma Foundation Website: <http://onf.org/research/funding/funding2001.htm>

Carol DeMatteo has completed a study that evaluated the sensitivity and specificity of experienced occupational therapist's clinical feeding outcomes compared with videofluoroscopy outcomes to see how accurate therapists are in their prediction of aspiration and penetration in children. Results from this study found that when experienced therapists are very confident that a child is aspirating based on a clinical feeding assessment, they are probably correct, and when they are very confident that the child is not, they are also probably correct. However, if a therapist is not sure if the child is aspirating based on a clinical feeding assessment, a videofluoroscopy should be done because, in these situations, therapists are just as likely to be correct as incorrect. This study has been presented at the American Academy of Cerebral Palsy and Developmental Medicine in New Orleans in September, 2002 and will appear in publication in *Developmental Medicine and Child Neurology* in December 2004.

Researchers in the SRS and McMaster Children's Hospital are conducting a study based on results of pilot work, which challenges a current belief that children who cannot bend their elbows by 3 months of age require surgical intervention. Carol DeMatteo, Jamey Bain and Vicki Galea, are studying these children further to better determine which children do need surgery, and which will do better with a therapeutic intervention based in dynamic systems theory and focused on motor learning. Vicki will be using a motion capture system to measure the children's joint movements during developmentally appropriate reaching and grasping tasks. It is hoped that use of such measurements will give health care providers better insight as to when to surgically intervene and not to intervene, and to determine if there are alternate therapeutic interventions that could be effective in the child's first year. The use of botulinum toxin (botox) has been used commonly with children with spasticity, but this obstetrical brachial plexus team has broached new ground with some exciting results using botox to change motor patterns during nerve recovery stages of muscle imbalances in these infants and children with brachial plexus injury. The results of this new technique have been submitted for publication.

Carol continues her clinical practice in 2 main areas of neurotrauma. She coordinates the pediatric ABI follow-up clinic at McMaster Children's Hospital and provides direct treatment and follow-up for infants with OBPI. It is from the many questions in clinical practice that the new ideas for research emerge.

## **Michael Pierrynowski**

Michael Pierrynowski is an Associate Professor in the Schools of Rehabilitation Science and Kinesiology. He has graduate training in Biomechanics from Simon Fraser University and The University of Waterloo. His major roles at the School of Rehabilitation Science have included tutoring, coordinating the research course for both the Occupational Therapy and Physiotherapy Programs, and being a resource individual for biomechanics, gait analysis, physics, statistics, and computer skills to the School's student body. He has adjunct faculty positions at other universities for doctoral students. Presently, Michael supervises two graduate students in the Masters Clinical Health Sciences - Rehabilitation Science Program.

Michael helps coordinate the Human Movement Laboratory with

colleague Vickie Galea. This lab serves many purposes, one of which is as an educational resource to the university and clinical community. Much of Michael's primary research data collection occurs in this lab. For more information on the Human Movement Lab and its research projects, go to:

<http://www.fhs.mcmaster.ca/rehab/research/humanmovement.html>

Michael is a founding member of a new research group called "HaNSA" (Head and Neck, Shoulder & Arm), which includes colleagues Vickie Galea and Joy MacDermid, as well as some local practicing clinicians. It is often difficult to provide effective physiotherapy intervention for individuals who have sustained neck injuries, as it is hard to diagnose with varying prognoses. Anita Gross, one of the clinician members who has a Associate Clinical Professor position within the SRS, approached Michael two years ago with the idea to try to sub-classify individuals with neck injuries in attempts to identify effective intervention strategies for each classification. Because physiotherapists were observing that people's heads move differently when they have different neck problems, the group is started to examine the motion characteristics of the head while people walked. The group has examined the use of an outcome measure that quantifies how one "head bob" influences all of the following "head bobs" in an inter-related fashion. Three physiotherapy student research teams have examined this outcome measure, and have found that individuals with neck injuries are behaving differently than typical individuals. Further work still needs to be done to determine if it is then possible to sub-classify the neck injury group based on these "head bobbing" behaviours. The HaNSA Research Group meets monthly and new people are welcome to attend. For more information, contact Michael at:

[pierryn@mcmaster.ca](mailto:pierryn@mcmaster.ca)

Statistics is an area of research interest for Michael, and he has explored a variety of different aspects of this from a mathematical analysis perspective. Recently, he has formed a web-linked international group with expertise in directional statistics to provide insight and proper analysis tools to analyze human body segment orientation data.

Directional statistics has not commonly been applied to human motion data, but Michael is employing it to test, for example, whether there are in fact statistically significant differences between the motion characteristics of symptomatic and typical knees during cyclical gait.

## **NEW ADMISSION PROCESS WELL RECEIVED!**

As puzzling as the acronym "MMI" seemed, faculty, applicants, students and staff in the SRS were pleased with the positive outcome of the MMI process. Officially known as the Multiple Mini Interviews, the new OT/PT Admission process was formally launched between May 3 - 7, 2004. Approximately 420 applicants (210 in occupational therapy and 210 in physiotherapy) participated in the new process. The MMI involves seven interview stations for each applicant over a 70-minute period (like an OSCE). Three circuits of seven MMI stations run concurrently so that 21 applicants are interviewed at the same time. Each of the seven stations has a different focus. Four of the stations pursue the applicant's knowledge of the profession, the OT or PT program, problem-based learning, and health care issues in general. Three of the stations involve ethical scenarios that require analysis. For each station, applicants are allowed 2 minutes to read the question/scenario which is posted outside on the door and 8 minutes to discuss his/her response with the interviewer. The interviewer then rates the applicant on the quality of the response, including the candidate's communication skills. Overall, the 10 minutes per station has been assessed as adequate. The MMI was initially developed for the admission process in Medicine approximately 3 years ago. The SRS conducted a pilot of the MMI in May 2003 and the OT/PT Admission Committee approved it for use as part of the student selection process effective May 2004. Penny Salvatori, OT faculty and Chair of the OT/PT Admission Committee notes that "many small interviews with more interviewers means that more people have input into the decision regarding who gets offered admission. It is a more reliable and fair process for the applicants." Many applicants shared Salvatori's sentiments regarding the new admission process.

According to a PT candidate entering the class in September 2004, "the admissions process at McMaster is the best of all the universities I have applied to. I had a great experience at McMaster, the process ran incredibly well and very smoothly. The involvement of current students was very valuable to the applicants, and the staff was very friendly, welcoming and helpful, which was very important on that day." Special thanks to everyone involved with the MMI - the collaborated effort made this an enormous success!

## **KNOW ANY EXCEPTIONAL PRECEPTORS?**

The School of Rehabilitation Science is introducing a new award. The Preceptor of the Year award seeks to recognize preceptors' commitment to excellence and outstanding contributions to the educational development of future occupational and physical therapists at the School of Rehabilitation Science, McMaster University.

The School's awards committee is pleased to receive nominations from students, alumni, faculty, clinical education coordinators and professional associates, who would like to nominate a preceptor or colleague. The recipients will be people who demonstrate high standards of professionalism, commitment to students as professional mentors, and a spirit of cooperation with the School of Rehabilitation Science.

Nomination forms are available from Kathy Fazzari ([fazzari@mcmaster.ca](mailto:fazzari@mcmaster.ca)). The award will be presented annually to one OT and one PT preceptor, and will be presented at the Convocation Reception in November of each year. We look forward to receiving nominations and celebrating the achievements of the Preceptor of the Year Award recipients this year on November 12, 2004.

## **NEW JAMA ARTICLE....**

Epstein RM, Alper, BS, Quill, TE. "Communicating Evidence for Participatory Decision Making. JAMA. 2004;291:2359-2366.

Authors, Epstein, Alper and Quill have concluded that "there is a paucity of evidence to guide how physicians can most effectively share clinical evidence with patients facing decisions; however, basing our recommendations largely on related studies and expert opinion, we describe means of accomplishing 5 communication tasks to address in framing and communicating clinical evidence: understanding the patient's (and family members') experience and expectations; building partnership; providing evidence, including a balanced discussion of uncertainties; presenting recommendations informed by clinical judgement and patient preferences; and checking for understanding and agreement".

The abstract is available online @ <http://jama.ama-assn.org/cgi/content/abstract/291/19/2359?etoc>

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### **Stay Connected**

An opportunity to stay in the loop to hear about new alumni benefits and events... Share your interests and activities with friends and colleagues! We would like to hear from you: <mailto:alumni@mcmaster.ca>

### **Alumni News**

Provide us with a snapshot of what's new, eventful and memorable in your life! We would like to hear about your activities, achievements and programs on the go! Email: <mailto:alumni@mcmaster.ca>

## Alumni Benefits

McMaster University and the School of Rehabilitation Science are committed to providing a strong foundation to enrich our future and continued growth by offering the following benefits and services to alumni:

- Membership in the Rehabilitation Science Alumni Branch: An academic branch to serve the Occupational and Physiotherapy alumni and students.
- External Borrower Library Card: For an annual fee of \$30, graduates of McMaster can obtain a McMaster Library card, which entitles the holder to all services provided by the library.
- Email Forwarding Service: A lifetime McMaster email address that will forward mail to a current personal email account where messages are read and replied to.

Membership has its privileges! For further information, please email: [alumni@mcmaster.ca](mailto:alumni@mcmaster.ca)