

SPRING



Wheelchair Seating Seminar

A professional workshop focused on Best Practice Interventions for Skin Protection and Posture Management

FREE standard attendance certificates presented upon seminar completion.

HPUREHAB

Best Practice Interventions for Skin Protection and Posture Management

Course Outline

Description

This seminar will explore important issues in wheelchair seating with a primary focus on skin protection and postural management of the trunk and upper body. We will explore the causes of skin ulcer formation in wheelchair seating and the compounding effects of Pressure, Shear, Heat, and Moisture. People that use wheelchairs also sit on many other surfaces that may impact skin integrity. We will explore the effect of sitting on other surfaces such as automobile seats, toilets, shower chairs and commodes as well as other surfaces. This session will also explore the best clinical practices for use of pressure mapping.

In the afternoon session, we will examine the biomechanics of the seated person as it relates to trunk and upper body management. We will evaluate the role that gravity and abnormal tone has in trunk posture and explore methods of providing postural alignment and control. At the end of this session, the participants will understand the principles of trunk support and be familiar with a wide range of commercial and custom approaches for trunk control. Lateral and anterior trunk support methods and hardware will also be discussed.

Objectives

At the end of the sessions, participants will better understand:

- the effects of pressure, shear, heat and moisture on skin ulcer formation
- the clinical applications and assessment outcomes for pressure mapping
- the research around performance levels of commonly prescribed cushions
- the biomechanics of the seated person as it relates to trunk and torso management
- the clinical applications for and effectiveness of commercial back and torso supports
- the assessment and appropriate use of custom contoured back supports

Target Audience

This seminar is designed for individuals with a basic understanding of seating and mobility principles. It is an intermediate to advanced level workshop designed for individuals currently working in the field of seating and mobility or those new to the field who need to gain a comprehensive knowledge of the core principles and concepts.

Instructor



Allen Siekman has 30 years clinical experience as a seating specialist, designer and educator, specializing in the design and provision of seating equipment for children and adults with moderate to severe physical challenges. He served as the Head of the Seating and Mobility department at the Rehabilitation Engineering Center at Children's Hospital at Stanford in Palo Alto, California for

14 years. He was the Marketing and Product Manager for the seating product division of Invacare Corporation for 6 years. Mr. Siekman left his position as the Director of Seating and Design at Beneficial Designs Inc. to start his own Design, Consulting and testing firm. He is currently involved in many professional endeavors related to wheelchair seating. Mr. Siekman has been actively involved in RESNA – The Rehabilitation Engineering and Assistive Technology Society of North America for many years. He has been a popular instructor at the annual RESNA National Conference the International Seating Symposium, and presents workshops and seminars on Wheelchair Seating to varied audiences worldwide. He works on several ISO standards groups serving as Chair of the RESNA/ISO Wheelchair Seating Standards Working Group, and is an active participant in the research and development of standards for support surfaces.

Alan Siekman is a paid consultant of HPU Rehab. We reserve the right to videotape this training session. Only the instructor will be videotaped. This video is for educational purposes only and is not for distribution.

Please register online: www.hpurehab.com

Best Practice Interventions for Skin Protection and Posture Management

Agenda

8:00 – 8:15 Introductions, General Information

8:15 – 9:00 **Skin Integrity—Understanding the causes of Skin Ulcers in Wheelchair Seating**

In this session we will explore the causes of skin ulcer formation; evaluate the effect of pressure, shear, heat and moisture; and explore the effects of sitting on other surfaces (i.e. toilets, shower chairs, commodes, automobile seats, etc)

9:00 – 10:00 **Comparing Current Cushions Pressure Mapping, Heat and Moisture Testing**

Theory is fine, but what most clinicians really want to know is how the cushions that they are currently using perform. This session will use data from new research to compare a series of commercially available cushions. We will evaluate pressure distribution, heat and moisture control, stability and other factors using research tools and case studies.

10:00 – 10:30 Break

10:30 – 12:30 **Comparing Current Cushions (cont.)**

12:00 – 1:00 Lunch with Exhibitors

1:00 – 3:00 **Back and Torso Supports—Keeping Things in Balance**

In this session we will discuss the biomechanics of the seated person as it relates to trunk and torso management. We will evaluate the role that gravity and abnormal tone has in trunk posture and explore methods of providing postural alignment and control.

Dates & Locations

Host	Address	Contact	Date/Time
Dr. Vernon Fanning Centre	722 16th Ave. NE Calgary, AB T2E 6V7	Tessa Verboven 403.230.6982 tessa.verboven@calgaryhealthregion.ca	Tuesday, March 24, 2009 8:00 a.m. – 3:00 p.m.
Glenrose Rehabilitation Hospital	Civic Campus 10230 111 Ave. Edmonton, AB T5G 0B7	Joan Mather 780.735.6038 joan.mather@capitalhealth.ca	Wednesday, March 25, 2009 8:00 a.m. – 3:00 p.m.

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