

Palliative Care & Rehabilitation: Supporting Function & Independence

On-Demand Access: June 1 to Aug. 31, 2025



Palliative Care & Rehabilitation: Supporting Function & Independence

The Academy is the educational arm of Shirley Ryan AbilityLab (formerly RIC), a non-profit rehabilitation hospital in Chicago that has been ranked number one by *US News and World Report* since 1991. The Academy offers a wide range of accredited programs with the common goal of improving patient outcomes through clinical excellence. Our commitment to sharing the best evidence and rehabilitation practice with clinicians around the globe has always been an integral part of our mission.

The Academy is committed to creating an inclusive, authentic and comfortable learning environment that celebrates and supports all learners. We are dedicated to providing the highest-quality teaching regardless of race, age, ethnicity, nationality, gender, sexual orientation/identity, ability, religion, language or culture. Above all, we believe that everyone should feel safe, respected, and welcomed when attending our programs at the hospital or online. We encourage the sharing of experiences and perspectives so we can learn from one another, and from our varied points of view.

Course Description

Life expectancy and longevity are gradually increasing as a result of advances in health care. Subsequently, the number of persons living with chronic degenerative conditions and disease has increased from months to years following an initial diagnosis due to these advances. This factor has contributed to an increasing need for palliative care. The understanding and approach to palliative care has changed from being a service in the last days of life to becoming a holistic approach for managing symptoms associated with progressive disease, functional deficits and the needs of patients and families. Palliative care is an interdisciplinary approach that aims to relieve physical, psychosocial and spiritual symptoms to maintain the highest level of function. Rehabilitation professionals are an integral part of this team.

This course will introduce learners in acute care, rehabilitation and home health settings to the varied phases and approaches to palliative care and rehabilitation. Learners will become equipped with the knowledge and tools to assist patients for functional gains targeting patient centered goals and to ensure families or caregivers obtain training and support within an appropriate time frame. The pediatric to geriatric patient requiring palliative rehabilitation will be examined for the promotion of independence in self-care activities, improved symptomatic control and stabilization of functional decline in line with individual life preferences. Finally, learners will better understand their role on the interdisciplinary team and how to create a holistic approach incorporating the main principles of palliative care into a patient's rehabilitation journey.

Location and Delivery Method

This course is taught virtually using Zoom, an online meeting platform, and the Academy Learning Portal. Other online learning materials may also be utilized.

Successful Completion

To successfully complete this course On-demand, participants will need to view all recordings, complete assessments and complete an evaluation after the course through the Academy Learning Portal by Sunday, Aug. 31, 2025. Learners will have access to the course materials for review until Nov. 29, 2025.

Who Should Attend

This course is applicable to pediatric and adult practitioners, including: Advanced Practice Nurses, Chaplains, Nurses, Occupational Therapists, Occupational Therapy Assistants, Physical Therapists, Physical Therapist Assistants and Speech-Language Pathologists. Please see the section Continuing Education for accreditation details.

Learner Outcomes

Upon completion of this course, participants will be able to:

- Define the phases and approaches to palliative rehabilitation
- Explain the principles of a holistic approach to palliative rehabilitation
- Identify the roles of each member of the interprofessional palliative rehabilitation care team
- Generate patient-centered goals targeting functional gains and in anticipation of functional decline
- Engage the patient and their support care team on education regarding goals of care
- Describe ethical considerations for a patient in palliative care

Course Faculty (Listed Alphabetically)



Joanne Baird, PhD, OTR/L, CHSE, FAOTA

**Associate Professor, Department of Occupational Therapy,
University of Pittsburgh, Pittsburgh, PA**

Dr. Joanne Baird received her BS in Occupational Therapy from the University of Pittsburgh, her MA in Occupational Therapy from the University of Southern California and returned to the University of Pittsburgh to receive her PhD in Rehabilitation Science. Her clinical background includes extensive experience with the mental health, pediatric and geriatric populations across the healthcare continuum in a variety of national and regional sites. She is an inaugural Fellow in the Occupational Therapy Academy of the National Academy of Practice and is the Vice-chair of

the Pennsylvania State Board of Occupational Therapy Education and Licensure. She is a certified healthcare simulation educator, and her research interests include experiential learning and the use of simulation to promote clinical reasoning and preparation for entry-level competence as well as forensic medical record review and analysis.



J.D. Dragna, Psy.D.

**Licensed Clinical Psychologist, Department of Behavioral Health Sciences, Advocate
Illinois Masonic Medical Center, Chicago, Illinois**

Dr. Dragna is a Licensed Clinical Psychologist in the Outpatient Department for the Behavior Health Sciences Program at Advocate Illinois Masonic Medical Center. He previously worked in the Psychology and Patient Family Counseling department at Shirley Ryan AbilityLab. Dr. Dragna graduated with his Master of Arts degree in 2019 and Doctor of Psychology degree in 2021,

both from Alliant International University (California School of Professional Psychology).

Dr. Dragna currently treats patients with functional neurological disorder, burns, limb loss, transplants and spinal cord injuries. He additionally specializes in the treatment of severe mental illness and suicidal ideation. Dr. Dragna is skilled in conducting depth-oriented, insight-focused individual psychotherapy and psychoeducational groups. He also serves as one of the primary supervisors for psychology externs.



Ann M. Henshaw, OTD, MBA, MPH, OTR/L

Assistant Professor, George Washington School of Medicine and Health Sciences

Occupational Therapist, MedStar Georgetown University Hospital

Dr. Henshaw has forty years of clinical experience in acute care with research focus on chronic illness, end of life and neurological diseases in the adult and geriatric populations. She holds a Bachelor of Science degree in Occupational Therapy from Boston University, a Masters of Public Health from UCLA School of Public Health, a Masters of Business Administration from the Anderson School of Management at UCLA and Occupational Therapy Doctorate from MGH Institute of Health Professions. She has experience in

healthcare consulting, non-profit management and operational improvement. Her personal and professional passion is enhancing the role of occupational therapy in palliative care to promote quality of life for people with serious illness and their families.



Robin Newman, OTD, OTR, CLT, FAOTA

Program Director, Behavior & Health Program

Clinical Associate Professor, Department of Occupational Therapy

Sargent College of Health and Rehabilitation Sciences, Boston University

Professor Newman's clinical experience focuses on working with adults in a variety of settings, including acute care, rehabilitation and outpatient, with extensive experience with individuals with cancer and neurological diagnoses. Dr. Newman also has extensive experience in the design and delivery of self-management interventions for individuals living with and beyond cancer.

Dr. Newman is an active member of the American Occupational Therapy Association and co-edited a textbook on Cancer and Occupational Therapy, "Cancer and Occupational Therapy: Enabling Performance and Participation Across the Lifespan." She is a fellow of the American Occupational Therapy Association. She serves as co-chair of the American Congress of Rehabilitation Medicine Oncology and Cognition Task Force.



Ishani Niranjana Sandesara, MD

**Clinical Assistant Professor, University of Michigan Health—Ann Arbor,
University of Michigan Health C.S. Mott Children's Hospital**

Dr. Sandesara earned her MD from Rutgers New Jersey Medical School in 2015 and completed her residency in internal medicine and pediatrics in 2019 from The MetroHealth System/Case Western Reserve University in 2019. Dr. She then completed a Fellowship in 2020 from Ohio State University Hospital in Hospice and Palliative Medicine. Dr. Sandesara assists with the coordination of the MTalk program, a serious illness communication training for interprofessional trainees, that is centered on communication strategies around goals of care aimed at the bedside provider.

Shirley Ryan AbilityLab Course Faculty

Kaley Brouwer, OTR/L, CLT

Parkinson's and Movement Disorders Program Manager, Senior I Occupational Therapist

Lindsay Escott, OTD, OTR/L, CBIS

Senior II Occupational Therapist, Functional Cognition OT , Robert R. McCormick Foundation Think + Speak Lab

Anne Galvin, MS, CCC-SLP

Senior I Speech-Language Pathologist, Clinical Educator, The John and Kathy Schreiber Brain Innovation Center

Rachel Lee, PT, DPT

Inpatient Pediatrics Senior II Physical Therapist, Pediatric Clinical Educator, Board-Certified Clinical Specialist in Oncologic Physical Therapy

Janet MacLean

Manager, Chaplaincy

Kathleen Webler, MS, CCC-SLP, BCS-S

Senior II Speech-Language Pathologist, Clinical Educator, Nerve, Muscle & Bone Innovation Center

Rabbi Zack Weiner

Chaplain

On-demand Agenda

1 Hour	Palliative Rehabilitation: Considerations for the Interdisciplinary Team <i>Presenters: Gayle Spill, MD & Jan Struhar, PT, DPT, ONC</i> To Do: ☒ Watch Pre-recorded presentation ☒ Complete Online Quiz

15 Minutes	Welcome: Review of Course Outcomes, Expectations & A Guided Reflection on Patient Centered Care
15 Minutes	The Future of Palliative Care Research
45 Minutes	How to Build Bridges Between Palliative Care & Rehabilitation Teams <i>Ann M. Henshaw, OTD, MBA, MPH, OTR/L</i>
45 Minutes	Complementary & Integrative Health Practices Among Rehabilitation Professionals
75 Minutes	Case Study Breakout Sessions • Oncology • Neurodegenerative • Pediatric • Medically Complex Facilitators: <i>Kaley Brouwer, OTR/L, CLT, Lindsay Escott, OTD, OTR/L, Anne Galvin, MS, CCC-SLP, Rachel Lee, PT, DPT, Kathleen Webler, MS, CCC-SLP, BCS-S</i>
45 Minutes	Self-management Around the Clock <i>Robin Newman, OTD, OTR, CLT, FAOTA</i>
45 Minutes	Goal Writing & Medical Justification <i>Joanne Baird, PhD, OTR/L, CHSE, FAOTA</i>
45 Minutes	Supporting & Facilitating Difficult Conversations <i>J.D. Dragna, PsyD</i>
30 Minutes	The Role of Spirituality in Palliative Care <i>Janet MacLean & Rabbi Zack Wiener</i>
45 Minutes	Medical Futility & Goals of Care <i>Ishani Niranjana Sandesara, MD</i>
15 Minutes	Course Wrap Up & Reflection

Cancellation Policy

All cancellations must be requested by email at academy@sralab.org. Refunds less a 20 percent administrative charge will be given 30 days before the start date of the course. If the cancellation notice is received less than 30 days from the start date of the course, a credit towards a future continuing education program would be applied for one year from the start date of the canceled course. The Academy reserves the right to cancel or change any programs for due cause. The cancellation of a program by the Academy will result in a full refund of tuition.

Important Registration Information

Registrations will be taken in the order in which tuition checks or credit card information is received. We highly encourage you to register online as these are processed more quickly than mailed registrations. Full tuition must accompany the registration form in order to confirm your place in this course. Until you receive your confirmation letter, you are not officially registered for the course. For online registrations, you will receive email confirmation on the same day that you register. For registrations received by standard mail, the confirmation may take up to three weeks to process. If you do not receive confirmation within this period, please call 312.238.6042. One week prior to the course, only internet registrations that include an email will be accepted. Please note that once the course has reached its maximum enrollment, no additional spots will become available.

Technology Requirements

To participate, you will need access to a computer with an internet connection. High-speed broadband access (LAN, Cable or DSL) is highly recommended.

- Internet connection: broadband wired or wireless (3G or better)
- Web browser with latest stable version. Recommended browsers are Apple Safari, Google Chrome, Mozilla Firefox and Microsoft Edge
- JavaScript and Cookies enabled
- Speaker or headset to listen to audio files and participate in Zoom calls
- Do NOT use Internet Explorer, as it is not supported

Accessibility

Please contact the Academy if you require any special accommodations for this course.

Continuing Education Credit **Occupational Therapy**

Check back soon!

Physical Therapy

This course has been approved by the Illinois Physical Therapy Board for 8 Hours (8 Hours of Self-Study). Approval #216-000069

The Shirley Ryan AbilityLab is recognized by California and the New York State Education Department's State Board for Physical Therapy as an approved provider of physical therapy and physical therapist assistant continuing education for 8.0 Contact Hours 8 Hours (8 Hours of Self-Study) on 10/16/2024.

Many states accept continuing education contact hours recognized in other states, enabling professionals to use these hours to meet their licensing or certification requirements. Please consult your state regulations to see if this meets CEU requirements for your license.

Speech-Language Pathology



ASHA CE
APPROVED PROVIDER

Rehabilitation Institute of Chicago
dba Shirley Ryan AbilityLab

Intermediate Level

0.80 ASHA CEUs

Faculty Disclosures

Course Director's & Planning Committee Members' Disclosure Information:

Julie Lenkiewicz, MS, CCC-SLP	Has nothing to disclose.
Melissa Kolski, PT, OCS, Dip MDT	Has nothing to disclose.
Leslie Marriott, OT	Has nothing to disclose.
Selah Bustamante, MSN, RN, CRRN	Has nothing to disclose.

Speakers, Moderators & Panelists' Disclosure Information:

Joanne Baird, PhD, OTR/L, CHSE, FAOTA	Has nothing to disclose.
Kaley Brouwer, OTR/L, CLT	Has nothing to disclose.
J.D. Dagna, PsyD	Has nothing to disclose.
Lindsay Escott, OTD, OTR/L	Has nothing to disclose.
Anne Galvin, MS, CCC-SLP	Has nothing to disclose.
Ann M. Henshaw, OTD, MBA, MPH, OTR/L	Has nothing to disclose.
Rachel Lee, PT, DPT	Has nothing to disclose.
Janet MacLean	Has nothing to disclose.
Robin Newman, OTD, OTR, CLT, FAOTA	Has nothing to disclose.
Ishani Niranjana Sandesara, MD	Has nothing to disclose.
Gayle Spill, MD	Has nothing to disclose.
Jan Struhar, PT, DPT, ONC	Has nothing to disclose.
Kathleen Weblar, MS, CCC-SLP, BCS-S	Has nothing to disclose.
Rabbi Zack Wiener	Has nothing to disclose.

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Register online at <https://www.sralab.org/academy> or complete the form below and return with payment.

Mail to: Academy
Shirley Ryan AbilityLab
355 E. Erie Street, Suite 12-West
Chicago, Illinois 60611

Early Bird Registration Fee by 2/13/2025	\$325
Registration Fee After 2/13/2025	\$375

Questions? Contact Julie Lenkiewicz, jlenkewic@sralab.org, 312.238.3107.

Please TYPE or PRINT your name and professional initials (MD, OT, PT, RN, etc.) as you would like them to appear on your continuing education certificate.

First Name _____ Last Name _____

Home Phone (_____) _____ Prof. Initials _____

Home Address _____

City _____ State _____ Zip _____

Organization/Facility _____

Work Address _____

City _____ State _____ Zip _____

Work Phone (_____) _____ Fax (_____) _____

Position _____

E-mail (required) _____

Please note: registration will not be processed without full payment.

Method of Payment: ☐ Check enclosed (Payable to: Shirley Ryan AbilityLab)
☐ Credit Card

Credit Card Users Must Complete the Following Information:

☐ MasterCard ☐ VISA ☐ American Express

Credit Card # _ _ _ _ - _ _ _ - _ _ _ - _ _ _ _

Expiration Date _ _ / _ _ CWV _ _ _ _ (security code on back of card)

Name on Card _____

Billing Address _____

City _____ State _____ Zip _____

Cardholder's Signature _____