



St. Charles Rehabilitation

Catholic Health Services

At the heart of health

Jennifer Semel, MD, medical director, Physical Medicine and Rehabilitation, St. Charles, delivered the opening presentation at the 2016 St. Charles Rehabilitation Symposium. Dr. Semel provided an overview of the leading causes of illness and injury among adults and young children.



Annual Symposium Focuses on Injury Prevention



Attendees to St. Charles Rehabilitation's 2016 Symposium included clinical professionals from Stony Brook University Medical Center, John T. Mather Memorial Hospital, the Visiting Nurse & Hospice of Suffolk and more.

St. Charles Rehabilitation's Annual Symposium took place on Thursday, June 16 and focused on an area of high priority for St. Charles—injury prevention.

“Injury is the leading cause of death in individuals from age 1 to 44. Millions more survive their injury but face lengthy rehabilitation and sometimes life-long disability. At St. Charles Rehabilitation we feel that it is our responsibility to work proactively with our patients, community, and governmental agencies to prevent these injuries,” said Jennifer Semel, MD, medical director, St. Charles Rehabilitation.

During the symposium, St. Charles staff presented on issues which cause patients to be admitted to the acute care physical rehabilitation unit and offered suggestion on how such injuries, incidents and diseases can be prevented.

Presenters spoke on the leading causes of illness and injury among adults and young children, sports related injuries, substance abuse and high risk behaviors, fall prevention across the continuum of care and nutrition for disease prevention. A cooking demonstration and networking luncheon concluded the event.

Attendees earned continuing education credits and St. Charles provided tours of the rehabilitation units following the symposium.

To be added to the mailing list to receive notification about professional education events at St. Charles

Every Dollar Spent On	Saves Society
Childproof Cigarette Lighter	\$72
Booster Seat	\$71
Bicycle Helmet	\$48
Child Safety Seat	\$42
Zero Alcohol Tolerance, Driver Under 21*	\$25
Smoke Alarm	\$17
Pediatrician Counseling	\$9
Poison Control Center	\$7

Children's Safety Network. Injury prevention: what works? A summary of cost outcome analysis for injury prevention programs (2010 update) [online]. 2010. [cited 2011 Mar 1]. Available from URL: http://www.childrensafetynetwork.org/publications_resources/PDF/data/Injury_PreventionWhatWorks.pdf.

Rehabilitation, please visit: www.stcharles.org/professional-education. To schedule a tour of St. Charles Rehabilitation's Inpatient Acute Physical Rehabilitation or Pediatric Rehabilitation Unit, please call (631) 474-6797.

Highlights from St. Charles Rehabilitation's Injury Prevention Programs

Falls Prevention Program

ThinkSMART™ Concussion Management

Arthritis Group Fitness Classes

PREVENTATIVE AIM

Helps prevent falls among discharged patients and seniors in Suffolk County, especially falls at home.

Offers resources to help prevent and manage concussion, a common but serious traumatic brain injury.

Offer individuals with (or at risk of) arthritis opportunities to exercise under the guidance of St. Charles physical therapist

DOCUMENTED HEALTH ISSUE

Suffolk County has one of the highest rates of all NYS counties for mortality among seniors 65+ who sustain a Traumatic Brain Injury after a fall. (see chart on back cover)

In New York State for 2009: Approximately 50,500 children under the age of 19 visited the emergency room for traumatic brain injury and of those, approximately 3,000 were hospitalized.

In NYS, 50% of adults with diabetes, 43% of adults with hypertension and 36% of adults with obesity suffer from arthritis. Regular exercise is shown to help optimize blood sugar, blood pressure and a healthy weight, but pain that results from arthritis can be a barrier to regular exercise.

DESCRIPTION

Free exercises class modeled after CDC's *Stepping On* program. Offered to Inpatient on St. Charles Rehabilitation's Acute Care Physical Rehabilitation Unit to help prevent falls following discharge. Also offered in a community setting.

Concussion education, baseline testing and concussion treatment services for student athletes and individuals who have sustained, or are at risk of concussion, a common but serious traumatic brain injury.

A free class to help encourage those with arthritis to exercise regularly.

IMPACT

To date, more the 50 individuals have graduated from St. Charles' program, including 21 seniors from the Town of Brookhaven. The program has helped reduce participants' fall risk by more than 31%.

To date, more than 15,000 student athletes have been baseline tested through **ThinkSMART™**.

More than 300 individuals have participated since 2006.

PARTNERSHIPS

Town of Brookhaven, exercise classes taught by St. Charles physical therapists certified as *Stepping On* instructors are hosted at the Town's Rose Caracappa Senior Center.

More than 41 Long Island school districts send their athletes to St. Charles for baseline testing. Baseline testing offers evaluating physicians with a point of comparison for identifying neurocognitive changes in athletes when concussion is suspected.

Arthritis Foundation – St. Charles physical therapists who teach this course are certified through the AF.

Aspiring Navy S.E.A.L. from Long Island Refuses to Let Spinal Cord Injury Crush His Dreams



Tristan (center) is pictured here with the friends and family who visited him at nearby St. Charles Hospital to help celebrate his 20th birthday.

Tristan was 19 years old, in peak physical condition and weeks away from reporting for Navy S.E.A.L. training when he dove off a seven foot pier into knee-deep water.

"It was July 29 and I was in West Hampton with my friends. We had done a bay swim earlier in the day, hung out for a while, and went back to the beach later that night to swim again. It was after midnight and pitch black," explained Tristan, a self-professed 'Adrenaline Junkie.'

Unfortunately, as he and friends leapt into the water, Tristan failed to anticipate changes in the tide and his head hit the shallow bottom with enough force to explode a disc in his spine.



During a recent reunion with his therapist, Tristan shows how much progress he has made over the past year.



Tristan remained relentlessly positive while rehabilitating from a spinal cord injury at St. Charles Hospital. During his impressively short recovery, he regained the use of hands and began walking again.



Above: Tristan paused for a photo with his parents shortly after his discharge from St. Charles Hospital, where he spent 4 weeks rehabilitating from a spinal cord injury.

Photos: Sess Family

"It didn't hurt at first," he said. "I heard a really loud crunch. It was like cracking my back, times ten. I was face down in the water, conscious but completely paralyzed. I felt like I was straining all my muscles, but I just couldn't move."

Tristan was airlifted to a Long Island trauma center and stabilized in the Intensive Care Unit. He arrived at St. Charles for acute rehabilitation a little more than a week later. Before the accident, Tristan was running more than 10 miles a day and working under the guidance of a retired S.E.A.L. to develop his fitness and survival skills. Now, he could not lift his arms to feed himself, stand up without a walker or remain standing without fainting.

Despite his new physical limitations, Tristan did not allow his accident to crush his dreams the way it had crushed his spine.

Read Tristan's inspiring rehabilitation story at bit.ly/217KG1Y.



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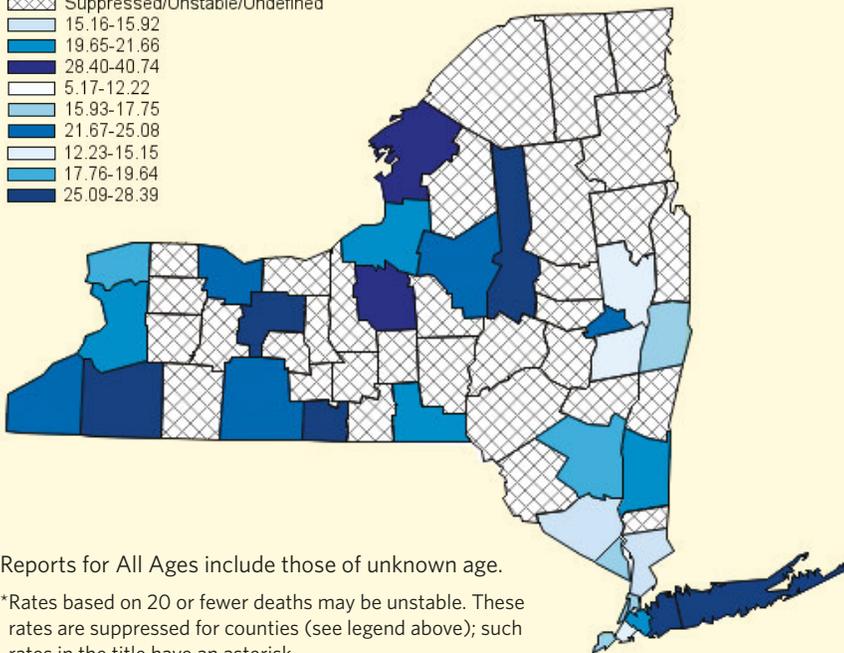
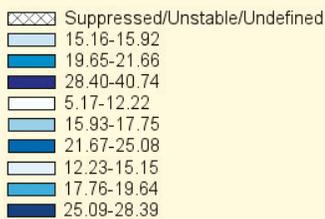
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St. Charles Prevention Class Reduces Fall Risk for Local Seniors

2004-2010 New York Mortality Rates per 100,00 Population

Traumatic Brain Injury, Fall, Unintentional, All Races All Ethnicities, Both Sexes,
Ages 65-85+ Years. Annualized Crude Rate for New York 1956.



Reports for All Ages include those of unknown age.

*Rates based on 20 or fewer deaths may be unstable. These rates are suppressed for counties (see legend above); such rates in the title have an asterisk.

Produced by: the statistics, Programming & Economics Branch, National Center for Injury Prevention & Control, CDC Data Sources: NCES National Vital Statistics System for numbers of deaths; US Census Bureau for population estimates.

Suffolk County has one of the highest rates of death in New York State for seniors who suffer a traumatic brain injury after a fall.

Stepping On, an evidence-based falls prevention program taught by St. Charles Rehabilitation, has helped more than 50 patients and local senior citizens prevent falls following discharge from St. Charles or in their community environment.

The program is taught by St. Charles physical therapists, Thomas Focarile, MSPT, and Jon Rossi, PT, who are trained *Stepping On* Leaders. The program was initially introduced at St. Charles Rehabilitation in response to feedback from patients who were recently discharged. It is now offered to all inpatients and has been expanded to senior centers in the greater Port Jefferson area. St. Charles added the community-based program to address a documented health issue facing those 65+ in Suffolk County, the high rate of mortality due to Traumatic Brain Injury resulting from a fall.

During the seven-week program, participants learn mobility techniques, perform exercises to improve strength and agility, become more aware of potential home hazards, and come to understand the importance of vision, proper footwear, medication management, improved bone health, and quality sleep.

St. Charles will host *Stepping On* courses for the community beginning September 13 at the Rose Caracappa Center and beginning October 5 at St. Charles Hospital. To enroll in either course, please call **(631) 474-6797**.