

# HealthSouth *focus*

MAY 2008



## IM & HEALTHSOUTH IN THE NEWS AGAIN!

### Therapy helps woman cope with traumatic **brain injury**



Clearwater, Florida - Seven years ago, Sarah Kmet was a successful student and athlete until, while practicing baseball, she was struck in the head.

"As I was standing up, I felt really dizzy. They took me to a medical clinic and said I had a fracture of the nose," recalls Kmet.

Along with the physical injuries, Sarah's mother noticed a difference in her daughter's behavior.

Doctors diagnosed Kmet with a traumatic brain injury. Brain injuries are the 3rd leading cause of disability in the United States. In Florida alone, there are more than half million people who suffer from a disability.

A brain injury can have physical and cognitive consequences. Cognitively, a person with a brain injury may have difficulty with attention/concentration, memory, social skills/behavior, judgment and problem-solving. It not only affects the individual with the injury, but can impact their family, their employment and education. A person can receive initial speech therapy, physical therapy and occupational therapy, but ultimately the effects of a brain injury are long-term, especially for more severe injuries.

Twice a week at HealthSouth in Largo, speech pathologist Nikki Smith runs Kmet through mental calisthenics to help with the symptoms. The program is known as Interactive Metronome Therapy. It is a computer program that uses sound and rhythm to strengthen motor control, increase patient's memory and the ability to multitask.

Sarah Kmet has been using the program for more than a year.

"They have to monitor their actions to self regulate and hopefully you see that, in the real world, at home or at a job, they will be able to control their actions a little bit better," said Nikki Smith.

Along with therapy there are support groups. The Brain Injury Support Group meets the first Wednesday of every month at HealthSouth in Largo to offer support, ideas and resources for individuals with brain injuries and their caregivers. It is open to the general public. The group is comprised of people that have suffered work-related brain injuries, sports-related brain injuries, strokes, automobile-related brain injuries and various other incidents resulting in brain injury. Presently, their ages range from their early twenties to late adulthood, but can vary.

### INTERACTIVE METRONOME 2008 CERTIFICATION COURSE SCHEDULE

5/3	Conroe, TX
6/21	Concord, NH
7/26	Sunrise, FL
9/6	Columbia, MO
9/20	Yuma, AZ
10/4	Brooksville, FL
10/18	Reading, PA
11/8	Topeka, KS
11/22	Princeton, WV

Join us for a one-day workshop leading to full Interactive Metronome (IM) Certification. IM is a cutting-edge neurological assessment and treatment tool that is redefining traditional expectations for pediatric and adult therapy outcomes. Learn how thousands of practitioners around the country and globally are using IM to improve cognitive, communicative, behavioral and motor deficiencies in patients who suffer from a host of debilitating conditions.

**\* 8.0 contact hours (AOTA & ASHA) are offered pending successful completion of a written exam at the end of the course.**



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Based on information found on the Brain Injury Association of Florida website ([www.biaf.org](http://www.biaf.org)).

More information about brain injuries can be found at [www.biausa.org](http://www.biausa.org) and [www.biaf.org](http://www.biaf.org).

Sarah Kmet and her family will be among the families supporting awareness for traumatic brain injuries at an event this Saturday. A kids safety fair will be held before the Clearwater Threshers game. Teens going to the game can learn about everything from bike safety to sports safety. Gates open at 5:00 p.m. and the game starts at 6:30. There will also be fireworks at the end of the game.

## MORE IM UNITS ORDERED

Since our last newsletter, one month ago, IM has received orders from 8 HealthSouth facilities for multiple units. These facilities are taking advantage of the new the IM contract's low monthly rate (\$375/month) to add their second and third IM Stations. A DCS in Florida called with her order and said "Our therapists had been fighting over our one IM station. After sending several more therapists to become IM Certified at one of the live courses (see highlighted calendar on previous page), we've been able to add an IM Station for our Outpatient OTs, as well as one for our Inpatient staff".

To place your order Please contact Cheryl Miller ([Cheryl.Miller@healthsouth.com](mailto:Cheryl.Miller@healthsouth.com)) to obtain one for you facility.

## HOW DO I REGISTER FOR AN INTERACTIVE METRONOME COURSE?

1. Go to [www.inside.healthsouth.com](http://www.inside.healthsouth.com)
2. Click on site index
3. Click on ip clinical education department
4. Click on calendar and on course you want to attend
5. OR click on view (upper tool bar) new sessions by course, click on + (plus sign) then click on little heads icon for session you want to attend
6. Click on new enrollment request
7. Click on globe next to students name
8. Type in last name ONLY – do not put a space, comma or first initial)
9. Click on go
10. Click on appropriate name
11. Fill in remaining information (including checking appropriate discipline
12. Click on submit



Contact Al Guerra, HealthSouth's Corporate Contact, with any questions at [aguerra@interactivemetronome.com](mailto:aguerra@interactivemetronome.com) or 321-759-5522

## 2008 WEBINAR SCHEDULE

**Wed, May 14, 1-2 pm EST, 0.1 AOTA & ASHA CEU**  
Making IM Home Work for Families, Mary Jones, OT

**Wed, May 28, 1-2 pm EST, 0.1 AOTA & ASHA CEU**  
Group IM Training, Jonathan McKee, OT

**Wed, Jun 11, 1-2 pm EST, 0.1 AOTA CEU**  
Use of IM with TBI patients, Dillen Hartley, OT

**Thurs, Jun 26, 1-2 pm EST, 0.1 AOTA & ASHA CEU**  
Improving Visual Attention & Processing with Visual-Only IM, Amy Vega, SLP

**Thurs, Jul 10, 1-2 pm EST, 0.1 AOTA & ASHA CEU**  
Improving Visual Attention, Processing & Executive Functions with IM- Supplementary Tasks, Amy Vega, SLP

**Thurs, Jul 24, 1-2 pm EST, 0.1 AOTA & ASHA CEU**  
Using IM to Address Different Goals at Various Stages in the Pediatric Patient's Treatment: A Case Study, Christine Einboden, OT

**Wed, Aug 13, 1-2 pm EST, 0.1 AOTA & ASHA CEU**  
Integrating IM in our Treatment of Autism, Apraxia, ADHD, CAPD, and Reading Disorders: Digging Deeper, Janey Tolliver, SLP

**Wed, Aug 27, 1-2 pm EST, 0.1 AOTA & ASHA CEU**  
Strategies to Preserve Function and Independence: IM and Parkinson's Disease, Karen Farron, OT

**Wed, Sep 10, 1-2 pm EST, 0.1 AOTA & ASHA CEU**  
Use of IM to Improve Switch Activation and Ambulation in a Young Near Drowning Victim, LorRainne Jones, SLP

**Wed, Oct 8, 1-2 pm EST, 0.1 AOTA & ASHA CEU**  
IM for Sensory Integration: Special Considerations, Mary Jones, OT

**Wed, Nov 12, 1-2 pm EST, 0.1 AOTA & ASHA CEU**  
Use of IM with Minimally Conscious Patients: A Functional Approach is Critical to Success  
Sherry Kolodziejczak, OT

**Wed, Dec 10, 1-2 pm EST, 0.1 AOTA & ASHA CEU**  
IM and the Autism Spectrum, Wendy Harron, OT & Patricia Hove, OT

**\*\*Please note ASHA CEUs are pending approval. Visit [www.inside.healthsouth.com](http://www.inside.healthsouth.com) to verify the course you are signing up for has been approved for ASHA CEUs.**