



Issue 2
Fall 2021

SCIRE
SPINAL CORD INJURY RESEARCH EVIDENCE

Insider

Welcome to the Fall edition of SCIRE Insider!
In our newsletter, we strive to keep our entire community up to date on the latest developments at SCIRE.

In my practice as a physiatrist and a researcher, much of my work is focused on developing Clinical Practice Guidelines in the areas of stroke, brain injury, and SCI where our goal is always to ensure that the best evidence in neurorehabilitation is just a click or two away.

We are diligently working on some new content for SCIRE. There will be a new chapter soon on SCI in children, led by renowned pediatric researcher and OT, Dr. MJ Mulcahey. We have also completed a review on fatigue in SCI that we are hoping to turn into a chapter in the new year. An international panel of experts led by Dr. Andrei Krassioukov and the SCIRE Team produced and recently published the [Breastfeeding After SCI](#) video series...hear Nicole, Kristen, and Sheryl tell their stories, and learn some complications you may need to know about, and some assistive aids that might be of use.

I am grateful for our funders, Praxis Spinal Cord Institute and the Ministries of Health BC and Ontario, as well as all of our institutional partners – Lawson Research Institute, Vancouver Coastal Health Research Institute, UBC, Western University, ICORD, St. Joseph's Health care centre, and GF Strong Rehabilitation Centre. Your continued support helps us continue this important work.

All the best!

Bob Teasell, MD, FRCPC

Dr. Teasell is Professor/Director of the Department of Physical Medicine and Rehabilitation at Western University and Parkwood Institute (St. Joseph's Health Care) in London, Ontario, and co-leader of SCIRE. His research interest is in evidence-based applications to clinical rehabilitation practice, specifically in neuro-rehabilitation and chronic pain, and the role of personality in coping with pain.



Hear Janice Eng's interview on PT Pintcast: "What Every PT Should Know About SCI"

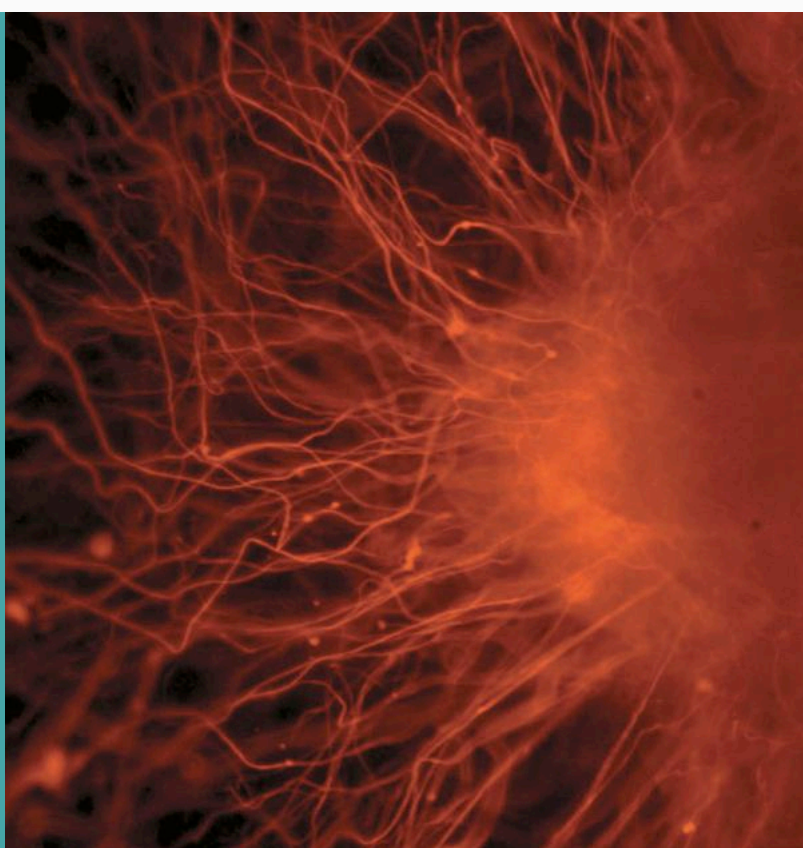
Dr. Janice Eng, chats with Jimmy McKay at PT Pintcast about SCIRE: It takes 17 years to get research findings into practice! Physical therapists are in a position to move research to practice, and SCIRE is there to help bridge that gap more quickly.

[LISTEN NOW](#)

SCIRE Community's recent article, [Stem Cells and Spinal Cord Injury](#) asks the question: Where are we today with using stem cells to treat SCI?

Stem cell treatment after SCI has been proposed to prevent further damage to the spinal cord, bridge injury sites, and help nerves regrow. The potential is tremendous! We explain the current state of research in this nascent field.

[LEARN MORE](#)



Janice Eng appointed to UBC's highest faculty honour: University Killam Professor

Our own Dr. Janice Eng, SCIRE Co-Principal Investigator, and professor in the Faculty of Medicine's Department of Physical Therapy, has been awarded with [UBC's highest honour](#) conferred on a faculty member.

A University Killam Professorship recognizes exceptional teachers and researchers who are leaders in their fields, and who have received international recognition for their talents and achievements.

"It is a wonderful honour to receive the distinction of the University Killam Professor and to be recognized by my peers," Dr. Eng said. "Everyday, I have the privilege of working with and learning from incredible people – faculty, staff, and students here at the University of British Columbia and the GF Strong Rehabilitation Centre, as well as the many patients who enthusiastically participate in our rehabilitation research despite devastating impacts from a stroke or spinal cord injury."

This year, Dr. Eng is one of six new University Killam Professors at UBC.

Insights and Experiences of an Occupational Therapist

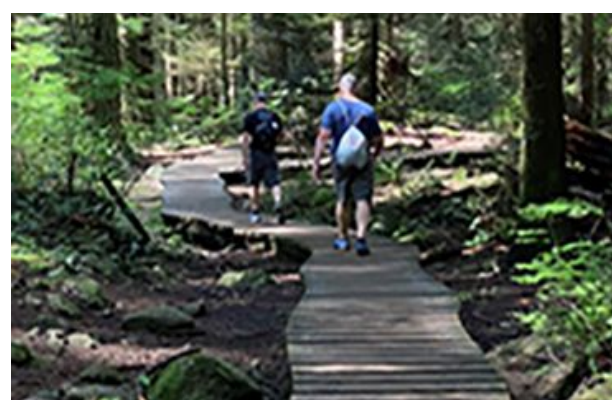
In SCIRE Community's second *People in Our Community* article, we speak to John Cobb, Occupational Therapist (OT) in the Acute Spine Unit at Vancouver General Hospital. John has been an OT for 28 years and provides his advice and insights on his role, and how the field has evolved over the years.

What changes have you seen in rehab, treatment and outcomes for people with SCI over time? How has your rehab practice changed over time? There has been a big shift to evidence-based practice and standardization. The work is based on clinical experience and knowledge. Taking things from bench to bedside.

In terms of those first hours and days, and how people are diagnosed ... all of that has improved. The surgical management they receive has also improved. With continued revisions to ISNCSCI – the diagnosis tool we use – more and more patients are being diagnosed as incomplete. It's interesting. It may be that more incomplete injuries occur these days, but the increase could be the result of being better diagnosed. The diagnosis sets a trajectory of care. We can now say to people – an incomplete injury is more wide open in terms of possibility for improvements. There are now different expectations and different hopes.

[READ MORE](#)

To hear more about John's thoughts on a number of SCI topics including the latest technology and best resources, click on the button above.



JOHN COBB

What advice do you have for those who will be entering your field? This work is not easy but it's important – and people will truly rely on you to be excellent and for that reason, it's completely worth it.



The SCIRE team is excited to announce a new video series: **Breastfeeding After SCI!**

Expectant mothers have many questions about breastfeeding and a spinal cord injury adds even more questions to the mix. Listen to moms with SCI talk about their experiences with breastfeeding, complications, as well as assistive aids, in our 5 new videos!

[WATCH NOW](#)



About SCIRE

SCIRE covers a comprehensive set of topics relevant to SCI rehabilitation and community reintegration. SCIRE reviews, evaluates, and translates existing research knowledge into a clear and concise format to inform healthcare professionals and other stakeholders of best rehabilitation practices following SCI.

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