Welcome to the Fall edition of SCIRE Insider! Catch up on all things SCIRE including our newly launched website, new chapters & more!

I have worked at St. Joseph's Health Care Center and Parkwood Institute (in London, ON) for some time and I am continually impressed by the dedication of our healthcare providers and of our scientists. As a physiatrist, I treat people with SCI, stroke, and other neurological disorders, and I see firsthand how all members of the team are important to a patient's journey through recovery and rehabilitation. As a researcher and scientist, I also work with teams of people who diligently work through all steps necessary to complete their work. The final step in effective research is ensuring that relevant information from scientific studies moves into the care of the patient - a process commonly referred to as "from bench to bedside."

Over the past year, I have been chairing the next update of the Paralyzed Veterans of America (PVA) Pain and SCI Clinical Practice Guidelines. This has been a huge task, but one that I take great pride in, as I do in being a part of SCIRE. Reviewing and presenting the best evidence in SCI research to our clinician audience is crucial to the betterment of SCI rehabilitation.

I am grateful to the tremendous teams of people at St. Joseph's, GF Strong, and specialized rehabilitation facilities everywhere, for their hard work and continued care for people with SCI.

Enjoy this issue of the SCIRE Insider and check out our new website. Happy reading!

Eldon Loh, MD

Dr. Loh is a consultant physiatrist in the Spinal Cord Injury and Brain Injury Programs at Parkwood Hospital and at St. Joseph's Pain Management Program, and is also an Associate Professor at the Schulich School of Medicine and Dentistry at the University of Western. His research interests include chronic pain, interventional procedures, pain after SCI, and gross anatomy research and modeling.

The new SCIRE Professional website is here! For 16 years, we have reviewed hundreds of thousands of articles to create evidence-based content for clinicians, SCI populations and caregivers. This vast amount of knowledge is now easier to navigate!

VISIT THE NEW SCIREPROJECT.COM

Stacy Elliott, MD (left) and Andrei Krassioukov, MD, PhD, FRCPC (right) are leaders in research exploring sexual health following SCI.

ISCoS 2022: The Canadian SCI Keynote Lecture

In September, two of SCIRE's collaborators were selected to present the Canadian SCI Keynote Lecture at the 61st International Spinal Cord Society Annual Scientific Meeting (ISCoS) held here in Vancouver. Dr. Elliott and Dr. Krassioukov, both pillars in the field of sexual health after SCI, delivered a lecture entitled "Sex, Orgasm and Babies: Women's Sexual Health after Spinal Cord Injury." We are honoured to have them as authors with SCIRE.

New SCIRE Physical Activity Chapters

Physical activity can act as a powerful disease modifying intervention and benefit metal, cardiovascular and muscular strength. People with SCI often self-report low physical activity levels. Follow the links to the right to read more on **SCIRE Professional's** two new chapters on the topic!

Looking for information written in everyday language? **SCIRE Community** has a new chapter covering physical activity after SCI!

CARDIOVASCULAR HEALTH AND FITNESS

PHYSICAL ACTIVITY PARTICIPATION

PHYSICAL ACTIVITY AFTER SCI

SCIRE Professional's New Pediatric Chapters

Though pediatric SCI is relatively rare, the rehabilitation, care required, and SCI-related complications, can be vastly different from adult SCI populations. We explore the most recent research on this topic in detail.

PEDIATRIC EPIDEMIOLOGY

PEDIATRIC REHABILITATION

Mary Jane Mulcahey, PhD, OTR/L is a disability and pediatrics expert who lead a team with SCIRE Professional to create two new pediatrics modules.

Travelling with SCI is still possible! SCIRE Community's newest article covers everything from how to pick a destination to what to wear on a plane. The world is yours to explore so start planning your adventure!

READ MORE

Do you work in SCI acute care or rehab?

SCIRE Community has free posters you can display in patient areas!

We have a laminated 8.5 x 11" poster for message boards and wherever space is at a premium and a larger 18 x 24" poster (see image to the left) that will spruce up any space and share an important resource!

Please reach out at community.scireproject.com/contact-us and let us know how many and what sizes you would like.

About SCIRE

SCIRE covers a comprehensive set of topics relevant to SCI care. SCIRE reviews, evaluates, and translates existing research knowledge into a clear and concise format to inform healthcare professionals and people with lived experience of best practices following SCI.

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