

**WFNR**

World Federation for  
Neurorehabilitation



**World Stroke**  
Organization



# REHABILITATION COURSE SERIES

21-22 OCTOBER 2024, ABU DHABI, UAE

**HYBRID EVENT**



# COURSE COORDINATORS



**PROF. DR. VOLKER  
HÖMBERG**

President of the World  
Federation for  
Neurorehabilitation (WFNR)



**PROF. DR. SEAN SAVITZ**  
WSO Rehabilitation  
Committee



**PROF. DR. DAFIN F.  
MUREŞANU**

President of European  
Federation of  
Neurorehabilitation  
Societies (EFNR)



**DR. SABAHAT WASTI**  
WFNR Vice-President for  
UAE Region

# REHABILITATION COURSE SERIES

21-21 OCTOBER 2024  
ABU DHABI, UAE



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
GOVERNMENT OF ABU DHABI

## Certification of CME Program Accreditation

This certifies that

Rehabilitation Course Series  
Abu Dhabi, UAE, Start Date: 21/10/2024 – End Date: 22/10/2024

Has been accredited by the Department of Health to provide the following CME Activity for healthcare professional. (Rehabilitation Course Series)

(MECMP-2024-005588) is designated for a maximum of, or up to (14:0) of DOH CME

**CME Provider Number “ MECMF-2024-000057 “**  
**Issued on (02/10/2024)**



Medical Education and Examination Division

# REHABILITATION

## COURSE SERIES

21-21 OCTOBER 2024  
ABU DHABI, UAE

### DAY 1 - MONDAY, OCTOBER 21<sup>ST</sup>

8:30 **Registration**

8:50 **Opening Ceremony**

9:00 – 9:15 **RESQ Program**

Rupal Sedani

9:15 – 12:45 **Module 1 – Acute Motor Recovery post-stroke Coordinator** – Peter Lackner (Austria)

- Incidence, neurophysiologic background of motor impairment and recovery after stroke (upper and lower extremity)
- Early neurorehabilitation / mobilization
- When to start (AVERT trial) – and how to mobilize patients
- Essential guidelines on acute motor rehabilitation
- Essential assessments and scores
- Physiotherapeutic techniques for early motor rehabilitation
- How to develop an acute rehabilitation plan
- Specific goal setting in motor rehabilitation
- Essential internal communication and how to build the structures
- Questions from all countries and joint discussion about how to build rehabilitation structures

12:45 – 13:45 **Lunch Break**

# REHABILITATION

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## COURSE SERIES

21-21 OCTOBER 2024  
ABU DHABI, UAE

13:45 – 17:15 **Module 2 – Cognition**

**Coordinator:** Gabriella Bottini (Italy)

- Neurophysiological and neuropathological basics of cognitive rehabilitation
- Basics of Neuropsychology
- What is cognitive rehabilitation and who can perform it?
- Video presentations and interactive case discussions with a focus on acute rehabilitation
- Essential rating scales in post-stroke cognition?
- Scales Training
- Take home messages for acute management of cognition after stroke

17:15 – 18:45 **Module 3 – Spasticity Part 1**

**Coordinators:** Emily Stevens (USA)

- Explore definitions and presentations of spasticity
- Identify incidence, risk factors, and predictors of spasticity
- Discuss rationale for treating spasticity
- Identify and practice objective assessments for spasticity
- Explore medical and therapeutic interventions for spasticity
- Interactive case discussions

# REHABILITATION

## COURSE SERIES

21-21 OCTOBER 2024  
ABU DHABI, UAE

- Consider how to modify intervention for those with unmet needs
- Interactive discussions on current state of spasticity management within attendees' countries

### DAY 2 - TUESDAY, OCTOBER 22<sup>ND</sup>

09:00 – 11:00 **Module 3 – Spasticity Part 2**  
**Possibility of Hands-on session**

11:00 – 13:00 **Module 4 – Aphasia Part 1**  
**Coordinator:** Sabahat Wasti (UAE)

- Anatomical Pathology and Speech Impairment: Linking stroke site with type of speech disorder
- Types of Speech disorders in stroke: Aphasia, Dysphasia and others
- Assessments and Diagnostic approaches
- Management of Aphasia: Early and long-term
- Management of Expressive Dysphasia: Early and long-term
- Management of Receptive Dysphasia: Early and long term

13:00 – 14:00 **Lunch Break**

# REHABILITATION

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## COURSE SERIES

21-21 OCTOBER 2024  
ABU DHABI, UAE

14:00 – 15:30 **Module 4 – Aphasia Part 2**

**Coordinator:** Sabahat Wasti (UAE)

- Cognitive impairment and speech disorders
- Mood disorders and their effect on speech disorders vice versa
- Controversies in Aphasia/Dysphasia management:
  - Do pharmacological agents help?
  - Augmentative communication support: help or hindrance in recovery?
- Case discussions

15:30 – 19:00 **Module 5 – Dysphagia**

**Coordinator:** Marina Charalambous (Cyprus)

- Introduction to Dysphagia (definition, prevalence and demographics, anatomy and physiology)
- Causes and Risk Factors (neurological conditions etc)
- Symptoms and Diagnosis (common symptoms, assessment tools, clinical evaluation)
- Management and Treatment (dietary modifications, tube feeding, etc)
- Multidisciplinary Approach (Roles: SLPs, dietitians, OTs, etc., care coordination, effective collaboration)
- Patient and Caregiver Education (safe feeding, aspiration signs, condition understanding)

# REHABILITATION

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## COURSE SERIES

21-21 OCTOBER 2024  
ABU DHABI, UAE

- Safety and Complications (aspiration and pneumonia, dehydration and malnutrition identification, addressing choking)
- Ethical and Cultural Considerations (informed consent: Ensuring patient, cultural sensitivity)
- Case Studies and Practical Scenarios (real-life examples and practice scenarios)
- Evaluation and Competency, Resources and References (Guidelines and Protocols, Best practices)
- Implementation Tips (interactive content e.g. videos)

# COURSE DESCRIPTION

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## Module 1 – Acute Motor Recovery post-stroke

**Coordinator** – Peter Lackner (Austria)

- Incidence, neurophysiologic background of motor impairment and recovery after stroke (upper and lower extremity)
- Early neurorehabilitation / mobilization
- When to start (AVERT trial) – and how to mobilize patients
- Essential guidelines on acute motor rehabilitation
- Essential assessments and scores
- Physiotherapeutic techniques for early motor rehabilitation
- How to develop an acute rehabilitation plan
- Specific goal setting in motor rehabilitation
- Essential internal communication and how to build the structures
- Questions from all countries and joint discussion about how to build rehabilitation structures

## Module 2 – Cognition

**Coordinator:** Gabriella Bottini (Italy)

- Neurophysiological and neuropathological basics of cognitive rehabilitation
- Basics of Neuropsychology
- What is cognitive rehabilitation and who can perform it?

# COURSE DESCRIPTION

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- Video presentations and interactive case discussions with a focus on acute rehabilitation
- Essential rating scales in post-stroke cognition?
- Scales Training
- Take home messages for acute management of cognition after stroke

Cognitive Rehabilitation aims at restoring or compensating cognitive processes involved in different domains.

Different approaches are provided depending on the phase of intervention after the brain lesion has occurred. Modern cognitive rehabilitation in fact also provides treatments in the very acute phase. This specific area of rehabilitation requires neuropsychological tools' use for diagnosis and treatments.

Protocols of intervention also involving instruments such as tDCS and TMS, are constructed through neuropsychological models respecting the more relevant principles of this discipline. A brief theoretical introduction concerning brain plasticity, neural network reorganization after stroke, and basics of neuropsychology will be provided by this seminar, that will mainly illustrate protocols of intervention both, on acute and chronic patients with complex neuropsychological syndromes after stroke.

## **Module 3 – Spasticity**

**Coordinator:** Emily Stevens (United States)

- Explore definitions and presentations of spasticity
- Identify incidence, risk factors, and predictors of spasticity
- Discuss rationale for treating spasticity
- Identify and practice objective assessments for spasticity

# COURSE DESCRIPTION

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- Explore medical and therapeutic interventions for spasticity
- Interactive case discussions
- Consider how to modify intervention for those with unmet needs
- Interactive discussions on current state of spasticity management within attendees' countries

## **Module 4 – Aphasia**

**Coordinator:** Sabahat Wasti (UAE)

- Anatomical Pathology and Speech Impairment: Linking stroke site with type of speech disorder
- Types of Speech disorders in stroke: Aphasia, Dysphasia and others
- Assessments and Diagnostic approaches
- Management of Aphasia: Early and long-term
- Management of Expressive Dysphasia: Early and long-term
- Management of Receptive Dysphasia: Early and long term
- Cognitive impairment and speech disorders
- Mood disorders and their effect on speech disorders vice versa
- Controversies in Aphasia/Dysphasia management:
  - Do pharmacological agents help?
  - Augmentative communication support: help or hindrance in recovery?
- Case discussions

# COURSE DESCRIPTION

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## Module 5 – Dysphagia

**Coordinator:** Marina Charalambous (Cyprus)

- Introduction to Dysphagia (definition, prevalence and demographics, anatomy and physiology)
- Causes and Risk Factors (neurological conditions etc)
- Symptoms and Diagnosis (common symptoms, assessment tools, clinical evaluation)
- Management and Treatment (dietary modifications, tube feeding, etc)
- Multidisciplinary Approach (Roles: SLPs, dietitians, OTs, etc., care coordination, effective collaboration)
- Patient and Caregiver Education (safe feeding, aspiration signs, condition understanding)
- Safety and Complications (aspiration and pneumonia, dehydration and malnutrition identification, addressing choking)
- Ethical and Cultural Considerations (informed consent: Ensuring patient, cultural sensitivity)
- Case Studies and Practical Scenarios (real-life examples and practice scenarios)
- Evaluation and Competency, Resources and References (Guidelines and Protocols, Best practices)
- Implementation Tips (interactive content e.g. videos)

# CURRICULUM VITAE

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**Peter Lackner** is the head of the Department of Neurology at Clinic Floridsdorf, Vienna, Austria. Prof. Lackner is a trained specialist in neurocritical care and has a long lasting publication record in clinical and experimental research done in the field. Prof. Lackner received his MD in the year 2004 from the Medical University Innsbruck. Prof. Lackner has a strong background in experimental research in Neuroinfectiology, Neurotraumatology and experimental Stroke.. His international experience includes research visits at the Bernhard-Nocht Institute for Tropical Medicine in Hamburg, Germany; the University of Witwatersrand, Johannesburg, South Africa and at the Department of Basic Sciences and Physiology, Loma Linda University, California, USA. He was founder and group leader of the research group for Translational Neurocritical Care at the Medical University Innsbruck, Austria. Besides translational research, Prof. Lackner has a primary focus on clinical research in severe neurological illnesses where his main interests are traumatic brain injury and hemorrhagic stroke. He is head of the Karl-Landsteiner Institute of Clinical Research in Acute Neurology. Importantly besides acute care, Prof. Lackner has a special interest in post-acute long-term care after critical neurological insults. In the year 2018, he became head of the department of Neurology of Clinic Penzing, Vienna that has a focus on early neurorehabilitation as well as long-term neurocognitive rehabilitation in an outpatient setting. Since his call to Vienna, he has been deeply involved in the strategic planning of neurological care in Austria. In the year 2021, he was the medical founder of a new department of neurology focusing on acute care in the newly built Clinic Floridsdorf. He is member of several local and international societies for Neurology, Neurorehabilitation and Neurocritical Care and currently the head of the scientific board of the Austrian society of neurorehabilitation.

# CURRICULUM VITAE



**Gabriella Bottini** is a neurologist, neuropsychologist, full professor of Cognitive Neuroscience at the University of Pavia and directs the Cognitive Neuropsychology Centre of the Niguarda Hospital in Milan.

Her fields of research are the normal and pathological representation of the body and the cognitive impairments of neurodegenerative diseases, stroke and epilepsy. She is interested in the interaction between Neuroscience and other disciplines such as Law and Art.

She is member of a number of scientific associations, and author of about one hundred articles published in indexed, international scientific journals, of numerous chapters and book focused on the issue of Cognitive Neuroscience.



**Emily Stevens** is an Occupational Therapist (OT) and Certified Stroke Rehabilitation Specialist (CSRS). She works in stroke recovery research, leading the motor recovery trials at the Institute for Stroke and Cerebrovascular Diseases at UTHealth Houston in Houston, Texas, USA. Emily has diverse clinical experience in stroke and brain injury rehabilitation.

She currently assists in development, management, and implementation of trials focusing on rehabilitation access through telerehabilitation and upper extremity recovery. Her rehabilitation research focus is on high dose and high intensity interventions for upper extremity post stroke, development of AI-assisted motion analysis during rehabilitation, development of a remote Fugl-Meyer upper extremity assessment, and the use of implementation science of telerehabilitation throughout the state of Texas. Future projects involve advancing development of standardization of remote assessment techniques to improve patient access and monitoring via telerehabilitation. Emily is pursuing her Post-professional Occupational Therapy Doctorate (ppOTD),

# CURRICULUM VITAE

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with anticipated completion in May of 2025. Her ppOTD work is focusing on identification of barriers and supports to outpatient rehabilitation access for stroke survivors throughout the United States.



**Dr. Sabahat Wasti** has received his Bachelors degree in Medicine and Surgery from Khyber Medical College Peshawar, Pakistan and then moved to the United Kingdom for postgraduate studies in 1984. After obtaining the membership of Royal College of Ireland, he completed Rehabilitation Medicine training at Leeds Teaching Hospital, United Kingdom. He then became a Consultant in Rehabilitation Medicine at

Sheffield Teaching Hospitals, Sheffield UK, where he served for nearly nine years before moving to the United Arab Emirates to take up the position of Senior Consultant Post in Physical Medicine and Rehabilitation at Sheikh Khalifa Medical City in 2007. He established the first Physical Medicine & Rehabilitation Department in the Emirates of Abu Dhabi. He has served in both the public and private sectors in the UAE and spearheaded the development of rehabilitation services in both sectors. Currently, he serves as Director and Staff Physician, Neurorehabilitation in Neurological Institute, Cleveland Clinic Abu Dhabi.

Dr. Wasti is widely experienced Neuro Rehabilitation physician. He has impressive track record of establishing Neurorehabilitation programs. He has vast experience in the rehabilitating patients with wide variety of wide variety of neurological conditions. He has headed rehabilitation services both in hospital and community settings. Dr. Wasti has special interest in early rehabilitation after stroke. He is currently, working on improving early stroke rehabilitation protocols.

Dr. Wasti is well known, internationally in the field of Neurorehabilitation. He currently serves as Gulf Area Vice President of World Federation for Neurorehabilitation (WFNR). He also Chairs Ethics Special Interest Group and Neurorehabilitation Service Development Special Interest Group of

# CURRICULUM VITAE

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the WFNR. He is internationally acclaimed speaker on topics related to Neurorehabilitation and he is widely invited to conferences as Guest Speaker. He has delivered talks and lectures in several countries. He has several publications to his name, including book chapters. Dr. Wasti's Chapter titled: Healthcare Settings for Rehabilitation After Stroke; in Clinical Pathways in Stroke Rehabilitation: Evidence-based Clinical Practice Recommendations is widely referenced for stroke services development from rehabilitation perspective. Dr. Wasti member of World Federation for Neurorehabilitation flying faculty. Hei has served as advisor on several committees, including World Health Organization Committee on Package of Interventions for Brain Injury Rehabilitation. Dr. Wasti has played a key role in development of PM&R services in the United Arab Emirates.



**Marina Charalambous** is a Speech and Language Therapist, specializing in stroke rehabilitation, and a Clinical Lecturer/Researcher at the Department of Rehabilitation Sciences, Cyprus University of Technology. She holds a PhD in Medical Sciences from the Medical School of the University of Fribourg, Switzerland. Marina has trained in Advanced Adult Dysphagia at University College London (UCL) and Fiberoptic Endoscopic Esophageal Swallowing (FEES) at Boston Medicine School, Boston University USA. She is the President of the Cyprus Stroke Association, Secretary of the Stroke Alliance for Europe, and Board Member of the International Aphasia Association. Marina is a proud alumnus of the 'Future Stroke Leaders Program Cohort1' of the World Stroke Organization, a member of the Rehabilitation Implementation Taskforce, and the World Stroke Campaign Committee of the WSO. She participated in numerous universal WSO projects on young people with stroke, and acute stroke rehabilitation, and she is the co-author of the updated Dysphagia, Aphasia & Communication WSO Checklist.

# IN COLLABORATION WITH

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**EFNR** The European Federation  
of NeuroRehabilitation Societies

European Federation of  
NeuroRehabilitation Societies  
[www.efnr.org](http://www.efnr.org)  
[www.ecnr.org](http://www.ecnr.org)



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# LOGISTIC PARTNER

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# **ADMINISTRATIVE OFFICES**

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**European Federation of  
Neurorehabilitation Societies (EFNR)**  
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# GENERAL INFORMATION

## COURSE VENUE

Cleveland Clinic  
59 Hamouda Bin Ali Al Dhaheri St  
- Al Maryah Island,  
Abu Dhabi Global Market Square,  
Abu Dhabi, UAE  
[www.clevelandclinicabudhabi.ae](http://www.clevelandclinicabudhabi.ae)

## LANGUAGE

The official language is English.  
Simultaneous translation will not  
be provided.

## CHANGES IN PROGRAM

The organizers cannot assume  
liability for any changes in the  
program due to external or  
unforeseen circumstances.

## FINAL PROGRAM & ABSTRACT BOOK

Available online on [efnr.org](http://efnr.org)

## TIME

The program hours are adjusted  
to Current Local Time in Abu  
Dhabi, UAE is UTC+4 (UAE  
Standard Time).



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# NOTES

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# NOTES

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