



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.
MUREȘANU**

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



حكومة أبوظبي
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 21ST

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

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 22ND

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

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

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

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

- 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

- 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

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



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

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

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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SYNAPSE
TRAVEL

37 Calea Motilor, Ap 6
Cluj Napoca, Romania
office@synapsetravel.ro
synapsetravel.ro

ADMINISTRATIVE OFFICES



World Stroke Organization (WSO)

Executive Director: Mia Fredin Grupper
admin@world-stroke.org

WFNR

World Federation for
Neurorehabilitation

World Federation of Neurorehabilitation (WFNR)

Executive Director: Tracey Mole
traceymole@wfnr.co.uk



European Federation of Neurorehabilitation Societies (EFNR)

Executive Director: Cristian Andriescu
office@efnr.org

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

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

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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