



Rehabilitation Today

Michigan Association of Rehabilitation Professionals

June 2005

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President's Letter

The MiARP annual Fall Conference will occur on September 16, 2005 at the Lansing Sheraton. The topic will be Ethics in Rehabilitation with guest speaker Dianne Simmons-Grab. This will be a half-day conference with a buffet breakfast provided. I am pleased to announce that the conference will be free of charge to MiARP members that register prior to September 1, 2005. Cost for non-members is \$30.00; students \$15.00; late registrants \$40.00. We have also applied for 4.0 continuing education credits.

Schedule for conference:

- 7:30 – Registration/breakfast/vendors
- 8:15 – MiARP business meeting
- 8:30 – Speaker-Dianne Simmons-Grabb
- 10:00 – Break/vendors
- 10:30 – Speaker/Panel Discussion including MiARP Board Members, Dave Campbell (DLEG), and MSU Faculty/Grad Students.
- 12 Noon – Dismiss

In other news, the MiARP board will post, on the MiARP.org website, the dates, times and call-in numbers for all MiARP members that would like to participate in our monthly conference calls. We are always looking for fresh ideas and input to make MiARP a stronger organization. We also would welcome any help on the membership or legislative committees. Please contact any of the board members for more information. The next MiARP Board phone conference is scheduled for July 26, 2005, 8:30 to 9:30 AM. We hope everyone will make an effort to attend.

I hope you enjoy this issue of *Rehabilitation Today*, which includes some interesting articles on the emerging nursing specialty called the parish nurse, the benefits of stretching, and the recent updates to the IARP Code of Ethics. As always, please feel free to share your thoughts and ideas about this newsletter as well as topics you would like to see covered in future issues.

Karen Starr, President
MiARP

The Parish Nurse

By Glenda Stephens, RN

The fastest growing specialty in Nursing today is the Parish Nurse. It is now recognized as a specialty, with both basic and advanced levels of practice, by the American Nurses Association. Parish Nurses are a part of all denominations in both the churches and institutions. They are a part of the Trinity and Ascension Health Care systems in several hospitals across the state. Parish nurses are required to practice within the guidelines of their license and have the liability of practicing within the scope and standards of the industry. No lawsuit has ever been filed against a Parish Nurse to date.

There are four formal training programs for Parish Nurses in the state of Michigan. They include Saginaw Valley State University, St Joseph's Mercy in Macomb, Calvin College, and University of Detroit. Although, each denomination and even the individual church may have their own guidelines as to the minimum qualifications for their Parish Nurse.

Historically, churches were built in three sections. The entrance was to feed the poor and hungry, the middle was an infirmary to treat the sick and the back of the building was the place where worship services took place. As time went on, we learned about isolating disease to keep it from spreading and hospitals as separate entities were born.

With the reductions in insurance coverage, employer benefits, and public monies that were once available to the injured, finding community resources for our claimants is more important than ever. A parish nurse is "one-stop shopping" for all the resources available in the area. They typically assist anyone from the community whether they are members of their congregation or not. They do not do direct care.

They do education, screening, and referrals to appropriate agencies and resources.

If your claimant has medical issues that are affecting their progress but those issues are unrelated to their injury and they do not have medical insurance coverage, the parish nurse can:

- monitor their blood pressure;
- teach them about control of their diabetes;
- assist with transportation;
- make appointments for them to be seen in a free clinic;
- review their medications and assess if they are contraindicated together;
- monitor and teach about weight loss or smoking cessation;
- assist the claimant with emotional, family and spiritual issues;

and the list goes on.....

The examples are endless and the resource is free!!! Parish Nurses will also be a resource for you. If you have someone that will not see a parish nurse but is in need of resources from the community, call the parish nurse at the hospital or any local church and ask what is available for the issues you face. The nurse will be glad to share all the resources she knows in the area. This is part of their mission. Next time you get stuck and don't know how to find the services your claimant needs, call the Parish Nurse. You won't be sorry.

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"The fastest growing specialty in Nursing today is the Parish Nurse. It is now recognized as a specialty, with both basic and advanced levels of practice, by the American Nurses Association."

The Parish Nurse, continued

For further information about Parish Nurses:

International Parish Nurse Resource Center: <http://ipnrc.parishnurses.org>

Saginaw Valley State University
<http://www.svsu.edu/nursing/resources.html#parish>

University of Maryland Parish Nurse Resources:
<http://www.parishnursing.umaryland.edu>

There are dozens of links at the websites listed for more information. You should also contact your local hospital. The four training programs in the state have

contacts and lists of all parish nurses who have attended their programs or a continuing education program. They usually can give you a name in any area of the state.

Glennnda Stephens is the President of Occupational Consulting Services (OCS) and has been a case manager for 20 years. She is the administrator for nurses and counselors who work all over the state of Michigan, including the UP. OCS has been in Michigan for 18 years. Glennnda is also the president-elect of Miarp and has served on the board for 3 years. Please contact her with questions at gjstephans@chartermi.net



The Benefits of Stretching for You and Your Claimant

By Dayna Birkmeier, PTA

Stretching is not the first thing you should do when you walk into the gym or arrive at the park for a jog. Don't stretch your muscles until you've at least warmed up thoroughly. Some great ways to "warm up" your muscles are as simple as riding a bike or walking briskly for 10 to fifteen minutes. Ideally, though, you will always stretch after your workout. A post-workout stretch is a great way to relax and ease back into the rest of your day. Stretching is the key to maintaining your flexibility — in other words, how far and how easily you can move your joints. As you get older, your tendons will naturally begin to shorten and tighten, restricting your flexibility. Flexibility is one of the keys to good posture. When your front neck muscles are short and tight, your head angles forward. When your shoulders and chest are tight, your shoulders round forward and inward. A regular stretching routine also can reduce pain and discomfort, particularly in your lower back. In fact, the pain often disappears when you begin doing simple stretches for your lower back and hip muscles.

Stretching and flexibility exercises can correct muscle imbalances and improper posture. Muscle imbalances can eventually lead to injuries such as pulled muscles. They also contribute to clumsiness and loss of balance, which in itself can lead to injury.

Traditional stretching — holding a position for 10 to 30 seconds — isn't the only way to make your muscles more flexible. Here's a look at another popular methods. Proprioceptive Neuromuscular Facilitation or PNF involves tightening a muscle as hard as you can right before you stretch it. PNF is most often used for stretching the hamstrings. You lie on your back with your heel resting on your trainer's shoulder and your leg almost straight. To exhaust your hamstrings, you press your heel into the trainer's shoulder, while he pushes his shoulder into your heel. You hold this position for 5 to 10 seconds. Then, you relax and hold the stretch for about 15 seconds. You may repeat the whole push/relax scenario three or four times.

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"A regular stretching routine also can reduce pain and discomfort, particularly in your lower back. In fact, the pain often disappears when you begin doing simple stretches for your lower back and hip muscles."

Benefits of Stretching, continued



“Case managers spend a lot of time on the road and learning a stretching routine for yourself can relieve the aches and pains you may experience from your work life.”

You can do a PNF hamstring stretch yourself by lying in the same position and wrapping a towel around your ankle and holding an end in each hand. The theory behind PNF is that the act of tightening, or squeezing, exhausts the muscle so that it becomes relaxed and more "receptive" to the stretch. So, after you tighten your hamstring for a few seconds, you're able to stretch it a little bit further than usual immediately after you release the tension. Many experts also feel that having someone push the stretch just a little bit further than you are likely to do yourself gets better results.

Stretching is a very beneficial treatment for motor vehicle accident victims because the initial response for any type of trauma is for the body to tense up or "guard" the painful area. Stretching gently elongates the muscles to allow the victim to retain a more normal range of motion reducing the pressure on the joints and the friction of the inflamed muscle on other tendons and muscles in the area. Also in the case of the work-related injury, the patient benefits from an appropriate stretching regimen in the sense that the patient can use the stretches to self-manage the majority of the pain that will be induced by repetitive motions. Ideally, since stretches do not require any equipment they can be done anywhere, even at work.

While stretching is a gentle and effective way to decrease pain and tension and increase range of motion and flexibility, there are a few situations where stretching would not be conducive to a rapid recovery.

Contraindications to Stretching

Unless directed by a health professional, the following represents situations in which stretching exercises are not appropriate.

1. Bony blocks which limit motion
2. Recent fractures
3. Evidence of an acute inflammatory process (heat, redness, swelling)
4. Sharp acute pain with elongation of the muscle.
5. Indications of existing tissue trauma

Be sure to ask that the therapist (whether PT, OT or MT) treating your claimant incorporate a stretching program for the claimant to do at home and work. Case managers spend a lot of time on the road and learning a stretching routine for yourself can relieve the aches and pains you may experience from your work life.

For more information about stretching:

1. <http://www.cdc.gov/elcosh/docs/d0500/d000567/d000567.html>
2. www.osha.gov
3. www.nestacertified.com/stretching-techniques.html
4. www.apta.org
5. <http://coaching.usolympicteam.com/coaching/kpub.nsf/v/Sep02-7>

Dayna Birkmeier is a Physical Therapy Assistant with Healing Solutions. Healing Solutions is a Physical Therapy clinic with offices in Saginaw and Midland. They are affiliated with several other clinics across the state. Many case managers use these services with great success and compliance. If you have any questions or would like more information about stretching programs, contact Nichole Swackhamer, Director of Operations, at: 989-792-4372 or healingsolutions@sbcglobal.net

IARP Updates Standards of Practices and Code of Ethics

By Janine Holloman

The Ethics Committee of IARP has recently finished a complete update of the IARP Code of Ethics. The original Code of Ethics was drafted in the late 1970's and was only updated once since then, with the 1983 update far from a comprehensive review. New to the latest updated version is a Code of Ethics specific to forensic rehabilitation professionals, as well as specific language for electronic communications and other practices affected by modern technology.

The update took an exhaustive 18 months and included a survey of the full membership. Working drafts of the document were circulated at last fall's forensic conference and at the annual conference in Scottsdale in 2004. The final draft of the document was presented at the recent annual conference in Orlando and is now also available for review on the IARP website: www.rehabpro.org.

Public comment on the document will be accepted until August 31st and the Ethics Committee welcomes any and all suggestions and comments until that time. The committee will meet again after the public comment period closes for final revisions if necessary before bringing the

final document to the IARP Board and membership for final approval.

If you were not able to attend the annual conference in Orlando, be sure to visit the website and forward any comments to committee member Janine Holloman as per the directions on the website.

In May 2005 Janine Holloman completed her term as President of IARP and is now serving as vice president of IARP. She has been on the MiARP board in all capacities for over 13 years and has definitely made the rehabilitation field a better place to work. Janine has a busy case management sole proprietor company and has just recently expanded her services to include non-attorney representative for Social Security Disability applicants. Janine can be reached at janine@wmis.net or 616-988-3563.



"New to the latest updated version is a Code of Ethics specific to forensic rehabilitation professionals, as well as specific language for electronic communications and other practices affected by modern technology."

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We're on the Web!
See us at:
<http://www.miarp.org>

MiARP Sponsorship Opportunities

The Michigan Association of Rehabilitation Professionals (MiARP) is now offering interested parties the opportunity to access the members of our organization at several levels. We invite you to help support our efforts to provide education, training, political action and professional enrichment to all in the field by participating as a sponsor.

There are two levels of sponsorship. They include:

Corporate Sponsorship (\$1500) all of the items below:

1. Newsletter Ad –\$75 - \$200 depending on size – posted on the website quarterly.
2. Presentation Sponsor – \$100 -opportunity to give a brief presentation on your company to members during lunch at a state conference.
3. Mailing List –(\$2.50 per name)
4. Conference exhibitor –\$400.00
5. Conference co-sponsor – \$500.00--recognized as a sponsor of a coffee break or afternoon break at one of MiARP's state conferences
6. Keynote sponsor – \$500.00--recognized for sponsorship of the keynote speaker at the state conference.
7. Website Link – \$200-- link on our website to your company website for one year.

Program Sponsorship (\$1000) all of the items listed below:

1. Newsletter Ad –\$75 - \$200 depending on size – posted on the website quarterly.
2. Mailing List –(\$2.50 per name)
3. Conference exhibitor –\$400.00
4. Conference co-sponsor – \$500.00--recognized as a sponsor of a coffee break or afternoon break at one of MiARP's state conferences

You may also purchase items individually at the amount indicated.

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