

COURAGE KENNY RESEARCH

Summer 2021

VOL. 1, ISSUE 1

AUGUST 6, 2021

Welcome to the first issue of our quarterly newsletter. We are excited to share news about what is happening with some of our research studies and our ongoing collaborations with Courage Kenny Rehabilitation Institute clinicians, leaders, and staff with you. This Summer issue highlights our strategic goals, studies in development, a current study, and our latest papers. Please feel free to contact us if you would like more information about our work.

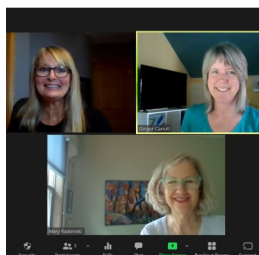
Top stories in this newsletter



Our strategy for the future



Studies in development



Current study



Recent publications

Our strategy for the future



Reimagining Courage Kenny Research

Our strategic plan for the future includes evaluating where we are going, how we will get the work done, and how to provide value to rehabilitation research literature, CKRI clinicians, and the people who are served by Allina Health and CKRI. We are further developing and refining our research agenda and have identified key priorities through interviews with a variety of CKRI personnel. Additionally, we are collaborating with CKRI managers to develop a Research Therapist position that will provide opportunities for CKRI clinicians to work alongside CK research staff as we contribute to rehabilitation research. Other focus areas for the near future include adding researchers and providing educational offerings to CKRI clinicians. Watch for more information in our Fall newsletter.

Studies in development



Clinical implementation of wearable sensors to measure dual-task motor function in individuals with mild traumatic brain injury study

Translating research for use in the clinic is the focus of Maggie Weightman's most recent study, which has been funded by grants from the State of MN Office of Higher Education SCI/TBI and the Abbott Northwestern Foundation.

This study builds on Maggie's previous work that examined the ability of people to be able to do two tasks at the same time such as walking or running and remembering a string of letters and numbers (dual-task) after experiencing a mild traumatic brain injury (mTBI). Her recent research in this field of inquiry has included the use of wearable sensors to measure gait and turning beyond the standard gait speed measures commonly used in the clinic. An advantage of using sensors is the ability to quantify independent domains of gait and their contributing variables, which includes rhythm, pace, variability and turning. Understanding the deficits or abnormal domains of gait or balance will not only help identify people who have had a mTBI, but may lead to a better understanding of the underlying problem in poor recovery. Additionally, it is common for people to have persistent symptoms following a mTBI that are often subtle and not easily identified with standard clinical tests. Dual-task tests that incorporate the use of wearable sensors are intended to identify these subtle deficits that may limit return to sport or high level work activities and prevent future injury.

CKRI physical therapists Lynnette Leuty, Amanda Burtraw, Lindsay Dahling, and Laura Richardson are members of the study team being led by Maggie Weightman and Patrick Michielutti. The study physical therapists will be recruiting patients within their clinic to participate in the study in addition to the care that they would typically receive. For more information, contact Margaret.Weightman@allina.com

SENSE (Symptom rElatioNship to falls during chEMo) study

The Courage Kenny Foundation is providing funding for a new study being developed by Ginger Carroll and Mary Radomski. This study aims to evaluate the impact of chemotherapy-induced peripheral neuropathy (CIPN) on fall risk for people whose cancer treatment regimen includes a neurotoxic chemotherapy agent. The study design will use a tool called ecological momentary assessment (EMA) to probe participants three times per week for symptoms that may suggest the development of CIPN and/or fall risk.

CKRI physical therapists Kelly Reed and Laura Franco are assisting with development and implementation of this study along with valuable input from Study Council members including Lori Froehling and Dr. Liat Goldman. For more information contact Ginger.Carroll@allina.com.



Current Studies



Compass Course Virtual Groups study

Research suggests that people who have existential well-being experience their lives as having purpose, meaning, and value, which is positively correlated with health-related quality of life for healthy people and people with cancer. Mary Radomski, along with CKRI occupational therapists Joette Zola and Mattie Anheluk and CKRI neuropsychologist Jerry Halsten, became aware of this fact and began searching the literature for a way to help guide people to improve their sense of purpose in life when it is disrupted by health or life transitions/up-endings. When they didn't find any information, Mary Radomski began to develop a line of research related to existential distress following a transition and reclaiming purpose in daily life. She has been leading a team to evaluate the feasibility and efficacy of an in-person intervention called Compass Course* to women who have had breast cancer.

Since the COVID pandemic, Mary and the Compass Course research team realized that it may be a while before people who may be immunocompromised will want to meet together in person again. In response to this situation, and with funding from the Abbott Northwestern Hospital Foundation, they have developed a study to evaluate the feasibility of providing the intervention via HIPAA-compliant ZOOM. CKRI occupational therapist Meghan Lunos joined the research team to conduct this study. They delivered the 8-session intervention to 2 groups of women who have had breast cancer. The groups have concluded and we will begin data analysis soon. Watch for an update in the Fall issue of our newsletter. For more information, contact Mary.Radomski@allina.com.

* Disclosure: Mary Vining Radomski, Mattie Anheluk, Ginger Carroll, Jerry Halsten, and Joette Zola developed the Compass Course and have copyrighted the Compass Course Guidebook. They have not received any income from the Compass Course or Guidebook to date nor for participants' use of the Guidebook in research.

Recent publications



CKRI occupational therapist Sharon Gowdy Wagener's paper entitled, "Participation experience for persons with oculomotor impairments after acquired brain injury", has been accepted for publication in the *British Journal of Occupational Therapy*. Sharon's paper is further dissemination of her OTD project - Participation and Quality of Life for Persons with Oculomotor Impairments after Acquired Brain Injury, which was funded by the Courage Kenny Foundation.

CKRI chaplain Peggy Thompson evaluated the feasibility of the spirituality group that is part of the Community Reintegration Program at CKRI-GV. Her team's paper entitled, "Grace Notes: Feasibility of a Manualized Intervention to Advance Spiritual Wellbeing for Clients with Acquired Brain Injury" was accepted for publication in the *Journal of Health Care Chaplaincy*. The Grace Notes study was funded by the Courage Kenny Foundation.

Mary Radomski and a team of CKRI occupational therapists conducted a study to evaluate the feasibility of an OT intervention for cancer-cognitive dysfunction, which was funded by the Courage Kenny Foundation. Their paper, entitled "Feasibility of a brief intervention to help patients manage factors that contribute to cancer-related cognitive dysfunction after breast cancer" was accepted for publication in the *Clinical Journal of Oncology Nursing*.

Other news:



Courage Kenny Research staff members Mary Radomski, Maggie Weightman, and Ginger Carroll recently presented three of our research studies at the Allina Health Research Seminar Series. [Click here to view a recording of their presentations.](#)



Courage Kenny Research will be offering a free CEU opportunity to provide information about a clinically feasible multitasking assessment that we have developed and studied for use with people who have possible executive dysfunction associated with acquired brain injury. Workshop participants will learn how to administer and practice scoring the Front Desk Duty multitasking assessment. More information will be coming soon. In the meantime, please save the date - Saturday, November 13 from 8am-12pm at the Allina Commons. This is part of our strategy to provide education opportunities to CKRI clinicians. Watch for more opportunities in the future.

Our Goal:

Conduct state of the art research to develop knowledge that optimizes rehabilitation outcomes and full societal participation for people served by Allina Health and all people with acute or chronic disability.

Courage Kenny Research Staff:

Mary Vining Radomski, PhD, OTR/L - Director

Ginger Carroll, MS, OT/L, CPPM - Project Manager

Kristina Kath, BS - Research Specialist

Max Klaiman, BA - Clinical Research Regulatory Specialist

Robert Kreiger, PhD - Senior Scientific Adviser

Margaret M. (Maggie) Weightman, PT, PhD - Senior Scientific Adviser, Physical Therapist

Contact Us:



ckresearch@allina.com



(612) 863-3291

allinahealth.org/ckresearch

Visit us on the [AKN](#)
