

# “Beyond the Boundaries of Stroke Rehabilitation: Clinical Perspective of Therapeutic Plateaus and What They Mean”

Thursday, February 28, 2019 | 10:15-11:30am



## Jon Kerstetter, MD, MFA

Retired Colonel and Flight Surgeon, Author

### About the Speaker

Colonel Jon R Kerstetter, MD, graduated from Mayo Medical School in Rochester, MN in 1988. He specialized in emergency medicine and practiced in Iowa community hospitals. He joined the Iowa Army National Guard in 1992 and completed three combat tours in Iraq from 2003 to 2006 as an army flight surgeon. Dr. Kerstetter's international medical care has included the conflicts in Rwanda, Bosnia and Kosovo, and the natural disaster in Honduras. He holds an MS in business from the University of Utah and an MFA in creative non-fiction from Ashland University, Ashland, OH. After his return from Iraq in 2006, while undergoing surgery for a brain aneurysm, Dr. Kerstetter suffered a career-ending stroke. As part of his stroke rehabilitation, he enrolled in a graduate writing program at Ashland University and earned his Master of Fine Arts in creative nonfiction. His writings have been published in Best American Essays 2013, River Teeth, Emrys Journal, The Lunch Ticket, The Examined Life Journal, and The Normal School Literary Journal. He is the author of the nonfiction book: Crossings, A Doctor - Soldier's Story which was selected as one of the best nonfiction books of 2017 by Navy Times and was a 2017 finalist for the Colby Award for military nonfiction. He retired from the U.S. Army Medical Corps in 2009 and currently resides in Iowa with his wife. His time is now dedicated to writing and lecturing about military medicine, stroke recovery, and personal resiliency.

### Description

The presentation will be given by the neuropsychologist and the patient involved in this case of stroke recovery. The patient will provide insight as to the perceptions of the clinical process. That insight is informed by his career as a physician and army doctor. He will bring into discussion the role of personal resilience in healing. The neuropsychologist will provide a clinical perspective based on his role as his therapist. He will share what was learned and how ongoing therapy was structured and adapted to meet the needs of the patient. The patient also has a book titled Crossings: A Doctor- Soldier's Story, which documents his life including stroke rehabilitation.

The goals of the presentation are to present a stroke recovery case that questions the role and validity of "clinical plateaus," and asks if that clinical construct may have an alternate meaning for long-term recovery: namely that the concept of a clinical plateau may be better viewed as a fluid construct without fixed clinical limitations or a shift toward accommodating a therapy plan to the limits of "disability." We are proposing this clinical question: If plateaus in stroke recovery do exist, can pathways be created that allow patients to move beyond the boundaries that may or may not function to limit clinical progress?

### Objectives

1. To increase understanding of current concepts with stroke recovery including perceived expectations.
2. To help increase understanding of rehabilitation from the side of the practitioner and patient and how shared decision-making is optimal.
3. Improve understanding about ways to improve outcomes following neurologic injury whether it be stroke, traumatic brain injury, or other forms of acquired brain injury.