

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

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



## About the Speaker

Dr. Hall completed his doctoral training at Kent State University and went on to complete a neuropsychology fellowship at Harvard Medical School. He currently works as a staff neuropsychologist at the Iowa City VA Health Care System where his particular clinical and research focus has been on the co-occurrence of traumatic brain injury, mental health conditions, and medical problems. Clinical work includes neuropsychological and psychological assessment and psychotherapy and he is very involved in training. Dr. Hall also works with Veterans in rehabilitation following injury with a particular focus on post-injury return to employment. He has also been involved in systems program development and research with a rehabilitation focus. Dr. Hall is an Adjunct Assistant Professor in the Psychiatry Department at the Carver College of Medicine at the University of Iowa. He also currently serves as the Vice Chair for the Governor of Iowa's Council on Brain Injury.

## Michael Hall, PhD

Iowa City Veterans Affairs Medical Center, Neuropsychologist  
University of Iowa, Adjunct Professor of Psychiatry,  
Iowa Advisory Council on Brain Injury, Vice Chair

## 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.