# The Madonna Minute

A briefing about the programs and innovations at Madonna Rehabilitation Hospital

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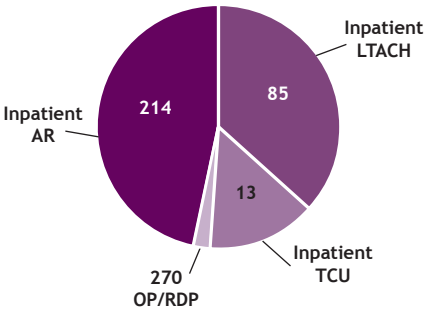
# Showcasing the latest innovations in stroke rehabilitation and research

Madonna Rehabilitation Hospital treats more people who have suffered a stroke than any other facility offering rehabilitation services in Nebraska. From July 1, 2010, to June 30, 2011, Madonna served 582 individuals with stroke.




Unlike other rehabilitation settings, Madonna has a dedicated stroke unit and Stroke Rehabilitation Team who care for persons who have had a stroke. This environment ensures that patients are getting the most advanced treatment by experienced clinicians and that families get the education and support they need to help their loved one work toward recovery.

An important benchmark for selecting a facility for stroke rehabilitation is its outcome data. Madonna consistently meets or exceeds national and regional benchmarks for stroke recovery, as measured by ability gains and fewer returns to an acute care hospital. In FY 2011, approximately 12 percent of individuals with stroke were transferred to acute care hospitals, some of them for planned procedures. This is the same percentage as other hospitals in the region and nation.

## Stroke Research

Another important consideration in selecting a stroke rehabilitation program is access to groundbreaking research. Madonna houses the only rehabilitation institute in the state, the Institute for Rehabilitation Science and Engineering. Led by Judith Burnfield, Ph.D., PT, the Institute conducts applied research that identifies best practices toward improving rehabilitation outcomes so that each person can participate fully in life.

Emphasizing partnerships of clinicians, researchers, students and individuals served, the Institute embodies a culture of hope and a passionate commitment to lifelong learning. The Institute is a premier teaching environment serving people of all abilities and serves as a catalyst for changes in thought and practice at the national level. Research in the Institute for Rehabilitation Science and Engineering bridges health, academic, business, governmental and disability communities to initiate and develop productive collaborations that advance its mission and bring value to its partners.

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## InStride Stroke Study

One of the Institute's recent collaborative studies, called "INSTRIDE," is with Innovative Neurotronics, Inc., to evaluate the benefits of the WalkAide device compared to a standard brace. The Institute is seeking participants who have recently suffered a stroke and have difficulty walking due to hemiparesis.

WalkAide is a small medical device that is worn just below the knee and is about the size of a deck of cards. WalkAide stimulates the peroneal nerve, enabling the individual to lift the foot and avoid catching the toe while walking.

Medicare currently covers the use of WalkAide for patients who have foot drop due to an incomplete spinal cord injury. This research study will help determine if the device is also beneficial for individuals recovering from a stroke.

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To help examine the safety and effectiveness of WalkAide with Functional Electrical Stimulation (FES) therapy, study participants will be asked to perform physical test with either the WalkAid or an Ankle-Foot Orthosis (AFO). This study consists of seven study visits over 12 months. On the first visit, patients will be screened to confirm they are eligible to participate in the study. Screening proceedures may include neurological assessment, walking tests, balance tests, a nerve stimulation test and questionnaires.

Patients will be paid $35 at each completed visit to cover incidental expenses.

### Study Eligibility

- Experiencing foot drop after having a stroke
- Have not participated in any rehabilitation therapy in the past 30 days
- Able to walk at least 10 meters with or without a device for assistance, such as a crutch or walker
- Currently eligible for Medicare or Medicare Advantage
- Do not have an implantable cardiac device, such as a pacemaker or defibrillator
- No major orthopedic surgery, myocardial infarctions or peripheral, cardiac, carotid and/or renal stenting procedures in the last 90 days.
- No bypass surgeries or other cardiac valve procedures in the past 6 months.
- Able to accurately complete study questionnaires and correctly use the WalkAide or AFO
- Positive response to peroneal nerve stimulation testing
- Willing and able to give written informed consent and to comply with all study procedures, including attending all required study visits.

For more information on the INSTRIDE study, contact Nadine Wiley at (402) 483-9504.