Prediction Tools in Practice:

Using Evidence to Guide Rehabilitation Following Stroke and Spinal Cord Injury

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Course launch: June 29, Mentoring August 11, 2026, at 8 PM ET

Course Summary

Following neurologic injuries such as stroke and spinal cord injury, functional deficits are common and recovery is highly variable. This course helps clinicians understand how to use validated clinical prediction tools to guide rehab decisionmaking, establish realistic goals, and communicate prognosis effectively with patients and families. Learners will explore prediction models for both stroke and spinal cord injury, practice applying them to real patient scenarios, and learn communication strategies that preserve hope while maintaining honesty.

Key Benefits for Participants

- Gain confidence using evidencebased prediction tools in clinical practice
- Improve the accuracy of functional prognoses for stroke and SCI
- Strengthen clinicianpatient communication about expected recovery
- Learn how to integrate prediction into collaborative goal setting
- Apply prediction rules to real case examples across neurologic populations
- Enhance ethical practice around sharing difficult information

What's Included

- **2 hours** of online, evidence-based training
- **1 hour** live mentoring session (recorded to view later if needed)
- Evidence-based prediction tools for stroke & SCI
- Case-based analysis and guided clinical reasoning
- Communication strategies using the SPIKES framework
- Practical, real-world implementation guidance

Course Dates & Format

Online modules available: May 4, 2026
Live mentoring session: June 3, 2026, at 8 PM ET
Format: Distance Learning - Interactive (asynchronous + realtime mentoring)

Cost: $199

Bundle offer: Any **2 PAFs for $350** (available only at initial purchase)

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Description

Following neurologic injuries such as stroke and spinal cord injury, functional deficits are common and recovery is highly variable. Patients and clinicians alike want to understand an individual's potential for recovery in order to guide rehabilitation efforts, set meaningful goals, and support shared decisionmaking.

This course reviews the development, accuracy, and application of clinical prediction tools across stroke and spinal cord injury, including what aspects of function can be forecast and how early predictions can guide care planning. Learners will also explore practical strategies for communicating prognostic information in a supportive, ethical, and patientcentered way. The course includes two hours of online asynchronous content followed by a onehour live mentoring session focused on clinical application, case practice, and implementation in realworld therapy settings.

Target Audience

Physical therapists, physical therapist assistants, occupational therapists, and certified occupational therapy assistants.

Educational Level

Intermediate

Prerequisites

None

Learning Outcomes

Upon completion of this course, participants will be able to:

- Describe the accuracy and limitations of clinical expertise and validated prediction tools for forecasting functional recovery after stroke and spinal cord injury.
- Explain how clinical prediction tools are developed and the types of functional domains (e.g., upper limb function, walking capacity, bowel/bladder management) that can be forecast using current evidence.
- Apply relevant prediction tools to analyze stroke and spinal cord injury case examples and identify expected functional outcomes to guide occupational therapy evaluation and intervention planning.
- Demonstrate strategies for communicating prognostic information to clients and families in a manner that preserves hope and supports therapeutic decision-making.
- Develop occupation-based goals by integrating prediction data with assessment findings to support clients' participation in daily activities and meaningful life roles.

Instructor

Chris Henderson, PT, DPT, NCS, GCS, PhD

Chris Henderson, PT, PhD, NCS, GCS is an Assistant Research Professor within the Indiana University School of Medicine's Department of Physical Medicine and the Director of Innovation for the Institute of Knowledge Translation. He has his PhD in Biomechanics and Movement Science, Doctorate of Physical Therapy, and Masters of Mechanical Engineering from the University of Delaware. He has also completed a Neurologic Physical Therapy Residency jointly supported by the Clement J Zablocki Veterans Affairs Hospital and Marquette University. Dr. Henderson's work is focused on optimizing the rehabilitation of individuals following acute onset neurologic injuries and translating evidence-based interventions into routine neurologic physical therapy.

TimeOrdered Agenda (3 Hours Total)
Online Education (2 Hours)

Time	Topic
0–20 min	Background and clinical relevance of prediction tools
20–45 min	Current evidence and evolving research for predicting outcomes after stroke
45–60 min	Case application in stroke
60–85 min	Current evidence and evolving research for predicting outcomes after spinal cord injury
85–100 min	Case application in spinal cord injury
100–120 min	Sharing predictions with patients while preserving hope
110–120 min	Practical considerations: shared decisionmaking and holistic care

Live Mentoring Session (1 Hour)

- Communicating prognosis while preserving hope
- Shared decisionmaking and practical clinical considerations
- Guided discussion and application to participant cases

Instructional Methods

- Lecture
- Casebased application
- Guided group discussion
- Live mentoring
- Communication framework instruction (SPIKES)

Completion Requirements

To receive credit for this course, participants must:

- Complete all online learning modules
- Attend the 1hour live mentoring session or view the recorded session and answer questions online
- Complete the postcourse evaluation

Disclosures

The instructor reports no financial or nonfinancial conflicts of interest.

CEUs and Contact Hours

0.3 AOTA CEUs
Distance Learning — Interactive
Educational Level: Introductory
Categories: OT Service Delivery & Foundational Knowledge

Required AOTA Provider Statement:

Institute for Knowledge Translation is an AOTA Approved Provider of professional development.
PD activity approval ID# 0000001673.
This Distance Learning—Interactive activity is offered at 0.3 AOTA CEUs (Introductory level; OT Service Delivery and Foundational Knowledge categories).
The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

APTA Indiana Approval:
This course has been approved by APTA Indiana for **3.0 Category I Contact Hours.**
Approval Number: **006987887C3389.**

Cancellation Policy

Cancellations must be submitted in writing at least 30 days prior to the course start date. Refunds will be provided minus a 15% administrative fee. The Institute for Knowledge Translation (iKT) reserves the right to change programs or cancel for due cause. If iKT cancels the program, a full refund will be issued.

Registration Information

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Provider Statement

Institute for Knowledge Translation www.knowledgetranslation.org/

Accessibility Contact

For accommodation requests related to disabilities, please contact: **info@knowledgetranslation.org**