

STEPHANIE PLAMONDON MD

403.956.2459

stephanie.plamondon@ahs.ca

4448 Front St. SE, Calgary, AB T3M 1M4

My career goals are to promote the innovative use of music and music therapy throughout the healthcare system to improve health, wellness and QoL, and to promote the full integration of all individuals with chronic conditions/disabilities into society by improving access to sports, physical activity as well as creative arts.

SUMMARY

Passionate about Music and Creative Arts in Healthcare
Certificate in Patient Safety and Quality Management
Simulation training and PMR program lead in Simulation
Advocate in Community Integration for Disabilities
Fellow in Physical Medicine and Rehabilitation
Hotchkiss Brain Institute member
Mathison Centre for Mental Health member

CAREER HIGHLIGHTS

Individual Citation Award from Canadian Association of Music Therapists (May 2021) for advancing music therapy in Canada

Best poster Overall and QI categories

CAPMR Annual Scientific Conference (2019)
Integrating music therapy into neuro-rehabilitation for improved patients experience and outcomes.

Excellence in Healthcare Delivery Award

Muscular Dystrophy Canada -Alberta 2018 provincial clinician award for outstanding achievements in improving neuromuscular disease clinical practice and/or who has played an important role in improving quality of life of people affected by neuromuscular disorders and their families.

John Latter PMR **Residency Teaching Award** (2014-15) in recognition of dedication and excellence in postgraduate teaching

EDUCATION

Certificate in Patient Safety and Quality Management
University of Calgary W21C (2017)

Certification in Electrodiagnostic Studies
Canadian Society Clinical Neurophysiology (2003)

Certification in Physical Medicine and Rehabilitation
McMaster (2000)

Doctor of Medicine
McMaster University (1996)

Honors Bachelor of Human Kinetics
University of Windsor (1990-3 – 3yrs completed)

PROFESSIONAL EXPERIENCE

CLINICAL ASSOCIATE PROFESSOR 2002–PRESENT
DEPT. CLINICAL NEUROSCIENCES
UNIVERSITY OF CALGARY
Calgary AB

- Comprehensive clinical care for patients with neuromuscular, ALS and neuro-genetic diseases with complex multi-system health and social needs within interdisciplinary teams at South Health Campus as Physical Medicine and Rehabilitation (PMR) specialist
- Inpatient general Physiatry (PMR) consultation services to South Health Campus
- Worked in interdisciplinary inpatient team, provided complex Physiatry care to brain injury and polytrauma patients and families (2002-2009)
- Outpatient electrodiagnostic studies, brain injury clinic and senior medical resident longitudinal general Physiatry clinic services and supervision (2002-2015)
- Clinical teacher and supervisor residents and elective medical students for neuromuscular, quality improvement, brain injury rotations
- Residency training committee member, Competence/evaluation committee member,
- Health Humanities course, Course 2 and 5 Cumming School of Medicine lecturer and clinical teacher
- Chair CME Committee for Division of PMR (2003-2020)
- Co-chair and co-founder Neuro-Rehabilitation Quality Council for Division of PMR
- Joint OSCE examiner and organizer Universities of Alberta, Calgary, Saskatchewan residency programs, and Canadian PMR Review Course OSCE examiner and presenter

HOTCHKISS BRAIN INSTITUTE MEMBER 2019 – PRESENT
UNIVERSITY OF CALGARY

- Collaborative and PI research and QI projects in music therapy in neuro-rehabilitation and ICU, Canadian Neuromuscular Disease Network, and Simulation education

PROGRAM DIRECTOR 2008 – 2015
PHYSICAL MEDICINE AND REHABILITATION RESIDENCY TRAINING PROGRAM

- Responsible for program curriculum, evaluation, growth and innovation as a new program that began 2003, successful external review and full accreditation 2015
- Medical student elective coordinator for Physiatry electives, shadowing and Med 440 courses

HALTON AND HAMILTON HEALTH SERVICES 2000-2001
CONSULTANT PHYSIATRIST
ONTARIO

- Clinical Physiatry inpatient and outpatient interdisciplinary team services and program development at Oakville Trafalgar Hospital and Milton Hospital
- Provincial Brain Injury outpatient program clinical services at Chedoke site

STEPHANIE PLAMONDON MD

403.956.2459

stephanie.plamondon@ahs.ca

4448 Front St. SE, Calgary, AB T3M 1M4

My career goals are to promote the innovative use of music and music therapy throughout the healthcare system to improve health, wellness and QoL, and to promote the full integration of all individuals with chronic conditions/disabilities into society by improving access to sports, physical activity as well as creative arts.

MEDIA STORIES

MUSIC IN MEDICINE

Hospital's music therapy program becomes lifeline for patients <https://www.cbc.ca/news/canada/calgary/hospital-patient-music-therapy-1.5896426>

CBC radio's White Coat Black Art featured a Foothills music program patient receiving music therapy in May 2018. <http://www.cbc.ca/radio/whitecoat/how-music-helps-rehab-patients-learn-how-to-move-again-1.4669071>

Global, CTV, and Metro News featured news stories on World Music Therapy day, March 1, 2018 for the partnership with AHS and the National Music Centre with donation funding.

Branch Out Foundation

"This is Your Brain on Art" Event October 2019
Music in healthcare video by Instrumental Society of Calgary with HEAR Music members featured <https://m.youtube.com/watch?v=QP9Ngv4B0ZE&feature=outu.be>

PROFESSIONAL ACTIVITIES

Royal College Specialty Committee:
Calgary PMR program director,
Representative Region 1 (Alberta, BC, Yukon),
Competence by Design workshops (2009- 2019)

Canadian Association of Physical Medicine and Rehabilitation:
Executive Committee Member at Large (2013-2018)

American Congress of Rehabilitation Medicine:
Arts and Neurosciences Community of practice
Cognition Task Force music in ICU evidence summary
Published online January 2021
<https://acrm.org/acrm-communities/arts-neuroscience/anng-task-forces/anng-cognition-task-force/>

COVID-19 Scientific Advisory Group Rapid Evidence Report for Rehabilitation evidence. May 19, 2020 (external reviewer)
<https://www.albertahealthservices.ca/assets/info/ppih/if-ppih-covid-19-sag-rehabilitation-needs-rapid-review.pdf>
Post COVID Rehabilitation Taskforce
Acute/Inpatient rehabilitation Working Group member (July 2020-March 2021)

ADVOCACY AND LEADERSHIP

LEAD ORGANIZING AND CO-FOUNDING MEMBER 2019-PRESENT

HEAR MUSIC ALBERTA

HEAR MUSIC Alberta (Health Education, Advocacy and Research for Music) is a newly formed diverse multidisciplinary network of healthcare, and music professionals as well as students and researchers who share a passion for the use music as medicine. We began this network coalition in February 2019 and our mission is three fold:

- To advocate for the integration of therapeutic music programs in healthcare settings,
- To educate patients, families, healthcare providers, students, the public, and policy-makers on the power and application of music and music therapy for healing
- To advance the field of music therapy through innovative research and knowledge translation efforts.

MEDICAL LEAD MUSIC THERAPY PROGRAM 2016-PRESENT

FOOTHILLS MEDICAL CENTRE AND SOUTH HEALTH CAMPUS

Pilot Project Partnership with supporters of National Music Centre, JB Music Therapy and Calgary Health Foundation

- Organizational development for the sustainability of the program including management, assessment tools, program evaluation, scheduling
- Development of group and individual programming on tertiary neuro-rehabilitation and intensive palliative care units at FMC
- Individual services to acute stroke, spinal, ICU, neurological step down and general neurology acute care units
- Training of Allied Health Champions in Neurologic Music Therapy techniques at the NMT Academy in Toronto, and co-treatment development
- Educational in-services on all participating FMC units, Calgary Zone and SHC Patient and Family Centered Care and Arts Council groups, SHC ALS Clinic, Education and wellness strategies for staff
- Nomination for the Provincial President's Excellence AHS Award in Patient and Family centered care for FMC Music therapy program 2019
- Recognition in the Department of Clinical Neurosciences Annual Report from 2017 onwards
- Renewal and expansion of donation support from NMC April 2020 for 2 more years of funding – plans to expand to mental health, burns and SHC ICU, neurological, and medical units

SIMULATION LEAD, DIVISION OF PHYSIATRY 2017-PRESENT

- RCPCSC Pre-Set Course in Simulation Scenario development and Debriefing, Cumming School of Medicine ATSSL lab, University of Calgary, October 2017
- Creates, develops and runs simulation scenarios for Psychiatry residents, staff, and rehabilitation multidisciplinary inpatient teams
- Psychiatry, Physical Medicine and Rehabilitation (PMR) and Anesthesia PGME Simulation Teaching Fund 2019-2020 and 2020-2021 Awards. Co-applicant Dr. Rachel Grimminck: To train faculty and to develop and run multidisciplinary simulation scenarios for PMR and psychiatry residents.

STEPHANIE PLAMONDON MD

403.956.2459

stephanie.plamondon@ahs.ca

4448 Front St. SE, Calgary, AB T3M 1M4

My career goals are to promote the innovative use of music and music therapy throughout the healthcare system to improve health, wellness and QoL, and to promote the full integration of all individuals with chronic conditions/disabilities into society by improving access to sports, physical activity as well as creative arts.

PUBLICATIONS

Slyater J, Hodgkinson V, Lounsberry J, et al (Plamondon S). A Canadian Adult Spinal Muscular Atrophy Outcome Measures Toolkit: Results of a National Consensus using a Modified Delphi Method [Journal of Neuromuscular Diseases](#), vol. Pre-press, no. Pre-press, pp. 1-10, 2021 DOI: [10.3233/JND-200617](https://doi.org/10.3233/JND-200617)

Hodgkinson V, Lounsberry J, et al (Plamondon S). The Canadian Neuromuscular Disease Registry 2010-2019: A Decade of Facilitating Clinical Research Through a Nationwide, Pan-Neuromuscular Disease Registry. (2021) [Journal of Neuromuscular Diseases](#) 8(1) 53-61 DOI: [10.3233/JND-200538](https://doi.org/10.3233/JND-200538)

Scholz N, Plamondon S. Knowledge in Translation: Real World Implementation of Rhythmic Auditory Cueing to Improve Gait in Stroke Inpatient Rehabilitation. November 2020. [Archives of Physical Medicine and Rehabilitation](#) 101(12):e143 DOI: [10.1016/j.apmr.2020.10.055](https://doi.org/10.1016/j.apmr.2020.10.055)

Hodgkinson V, Chapman K, et al. (Plamondon S) Kerri Schellenberg Response to provincial governments' decisions regarding monitoring for adults with Spinal Muscular Atrophy. [Canadian Journal of Neurological Sciences](#) undefined/ed:1-10. <https://doi.org/10.1017/cjn.2020.161>

Hodgkinson V, Oskoui M et al. (Plamondon S) Korngut L. (2020). A national spinal muscular atrophy registry for real world evidence. [Canadian Journal of Neurological Sciences](#). 47(6) 810-815. doi:[10.1017/cjn.2020.111](https://doi.org/10.1017/cjn.2020.111)

Plamondon S, Grant C, Debert C, Dukelow S, Mercier L. Integrating Music Therapy into Neuro-Rehabilitation for Improved Patient experience and outcomes: A QI Project. December 2019 [Archives of Physical Medicine and Rehabilitation](#) 100(12):e185. DOI: [10.1016/j.apmr.2019.10.071](https://doi.org/10.1016/j.apmr.2019.10.071)

Plamondon S, Dent PB. Juvenile Amyopathic Dermatomyositis: Results of a Case Finding Descriptive Survey. [J Rheumatol](#) 2000;27:2031-4
Plamondon S, Dent PB, Reed AM. Familial dermatomyositis. [J Rheumatol](#) 1999;26:2691-2

PRESENTATIONS

- NMD4C National Neuromuscular Disease Network Webinar Speaker** 2021
And Moderator
"All You Need to Know about Charcot-Marie-Tooth Disease"
"Rehabilitation Strategies in CMT"
- Music in Medicine Symposium, Edmonton, U of A** 2020
"Music in Neuro-rehabilitation: Foothills Medical Centre Early Program Results"
- Alberta-wide PMR Rounds, Calgary, AB** 2019
"Music in Neuro-rehabilitation: Foothills Medical Centre Early Program Results"
- CAPMR 66, Annual Meeting, Whitehorse, YT** 2018
"Simulation in Rehabilitation" workshop
"Reflection and Peer Feedback Roundtable" workshop
- Stroke Symposium, Calgary, AB, Brag and Steal** 2018
"Music as Medicine: Neurologic Music Therapy"
- 10th Canadian Comprehensive Review Course in PM&R, Edmonton** 2018
"The Rehabilitation of Neuromuscular Disorders"
- OHMES conference, Calgary, AB, poster** 2018
"Optimizing Fidelity Through Scenario Complexity for Authentic Interprofessional Team Simulations in Rehabilitation Medicine" Charania I, Plamondon S, Grant C, Cole-Haskayne A, Brady S, Dong O, Cowan M.
- CAPMR Annual Meeting, Whitehorse, YT, poster** 2018
"Improving the Effectiveness and Efficiency of a Multidisciplinary Neuromuscular Rehabilitation Clinic: A Quality Improvement Project" Plamondon S.
- CAPMR Annual Meeting, Whitehorse, YT, poster** 2018
"Barriers to Sexual Health Discussion in a Neuromuscular and Multiple Sclerosis Clinic: A QI Initiative"

PATIENT EDUCATION AND COMMUNITY PROGRAMS

- Winter Solace: A live stream concert series for patients, families and healthcare workers during the CoVid-19 pandemic** 2020-21
A collaboration between AHS Patient and Family Centered Care, Instrumental Society of Calgary Outreach, and the Asylum for Art. www.wintersolace.ca
Calgary Foundation pilot grant program funding support
- AHS Patient and Family Centered Care** 2018
Developed and facilitated the creation AHS patient and family centered care video on the benefits of music therapy and early results FMC program
"Healing through Music Therapy" - posted to AHS YouTube at <https://youtu.be/kRKuZZksxxY>
- Muscular Dystrophy Association** 2017
"Exercise, Energy conservation and Fatigue Management in Neuromuscular patients"
"Overview of Neuromuscular Diseases"- podcast available on AHS YouTube channel