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**Pediatric CI Therapy – An Interview with Dr. Stephanie C. DeLuca**

**By C. Bailey Lloyd/Lady Camelot**

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**Camelot**

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by C. Bailey-Lloyd

As each day passes, medical research communities strive to find alternative means of evaluating and treating specific conditions. One of those communities is comprised of a professional and highly educated team of PhDs at Alabama University at Birmingham, located in Birmingham, AL. Sharon Ramey, PhD developer and head of research efforts (of Pediatric CI Therapy) with co-researchers, Stephanie C. DeLuca, PhD, K. Echols, PhD., Pt. PCS, and E. Taub, PhD. broadened Pediatric CI investigations. Pediatric Constraint-Induced Therapy, (also called Pediatric CI Therapy) was initiated to further advance treatment in children suffering from neuromotor disabilities. Funded by a grant from the Alabama Health Service Foundation, the Pediatric Neuromotor Research Clinic was established and is now being co-directed by Drs. Echols and DeLuca.

CI Therapy, also known as "Taub Therapy," was initially developed by Dr. Edward Taub, Director of Taub Therapy Clinic in Birmingham, AL. A medical innovation that is successful in over 95% of stroke patients in helping regain significant movement, Taub therapy is an effective stroke rehabilitation therapy that consists of restricting the use of unaffected limbs to "rewire" neurons in the brain.

To explore Pediatric CI Therapy, I asked Dr. DeLuca a few questions about this particular therapy in an informal interview:

Q [C.Bailey-Lloyd] Could you explain exactly how the therapy works?

A [Stephanie C. DeLuca] The therapy is aimed at children who have asymmetric abilities with their upper extremities because of a lesion within the central nervous system. It involves casting the child's stronger arm and hand with a lightweight splint which the children wear 24 hours a day for 3 weeks. Children are then treated for 6 hours each day for 21 consecutive days.

Q [C. Bailey–Lloyd] What can one expect from this therapy, and on average, how long is treatment necessary?

A [Stephanie C. DeLuca] This varies from child to child and is dependent on the child's incoming abilities. But children routinely develop numerous new motor abilities with the weaker arm and hand.

Q [C.Bailey–Lloyd] How long has this treatment been in use and how successful is it?

A [Stephanie C. DeLuca] We have been implementing this approach for almost 5 years with approximately 65 children and have seen very dramatic results. But again where children end up is dependent on where they start.

Q [C.Bailey–Lloyd] Are there any side effects to this treatment? Please explain

A [Stephanie C. DeLuca] In general there have been very few negative side effects. Minor discomfort with relation to the cast but that is usually very transient.

Q [C.Bailey–Lloyd] Who utilizes this therapy (in practice) and how widely is it used across the nation?

A [Stephanie C. DeLuca] We are the only clinic using the entire protocol that we are aware of.

Q [C Bailey–Lloyd] Is this therapy effective on neurological disorders/ diseases other than Cerebral Palsy and Stroke patients?

A [Stephanie C. DeLuca] That still needs to be addressed with research.

On the question of Pediatric CI Therapy effectiveness opposed to other conventional medical treatments, Dr. DeLuca referred me to recently published research efforts in a Pediatric paper. According to the research team, the stated results were "... Children receiving pediatric CI therapy compared with controls acquired significantly more new classes of motoric skills (9.3 vs 2.2); demonstrated significant gains in the mean amount (2.1 vs 0.1) and quality (1.7 vs 0.3) of more-affected arm use at home; and in a laboratory motor function test displayed substantial improvement including increases in unprompted use of the more-affected upper extremity (52.1% vs 2.1% of items). Benefits were maintained over 6 months, with supplemental evidence of quality-of-life changes for many children."

In the Pediatric Paper Conclusion, "...Pediatric CI therapy produced major and sustained improvement in motoric function in the young children with hemiparesis in the study."

In closing, Pediatric CI Therapy offers a promising alternative treatment to children with neuromotor disabilities. To learn more about Pediatric CI Therapy or if you are a Pediatric Practitioner wanting to learn how to properly administer Pediatric CI Therapy, please contact Dr. Stephanie C. DeLuca at [sdeluca@uab.edu](mailto:sdeluca@uab.edu) or through her Website at [www.circ.uab.edu/cit.htm](http://www.circ.uab.edu/cit.htm)

(Pen Name "Lady Camelot")

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## **Crazy Interview Questions**

**By Joel Vance**

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If you want to get that amazing new job, you are first going to have to learn the answers to common job interview questions. The majority of the interview questions that you have thrown at you will be typical interview fare, but a company may decide to throw you a curve ball in the form of a crazy job interview question. This is starting to happen more and more, it is becoming quite a trend actually, so you need to take some time to learn what these interview questions might be so that you can answer them quickly and in a manner that leads to you getting the job.

There is a method to an employer's madness when they use an 'out of the ordinary' job interview question – and that's to get you thinking fast. In most cases the employer is testing you to see if you can think on your feet or if you are creative enough to work well in this job position. If the interviewer doesn't think you have what it takes because of your answers to the job interview questions, then you will not get the position.

Before you go into any job interview try to keep an open mind. Prep your imagination a bit to get it flowing freely just in case you get some of these crazy job interview questions asked of you. You can't afford to freeze up during an interview; because if you do, it is all over. So go in prepared, or at least as prepared as you can be.

Here are a few of the strange and yet rather common job interview questions that you may run across:

Q) If you were an animal what kind of animal would you choose to be?

Choose an animal that is efficient at everything that it does and one that is often very busy.

Q) What kind of fruit would you be?

You should choose a fruit that tastes good in a fruit salad along with many other fruits. This can be used to show that you are a team player who works well with others all of the time.

Q) What would be the very first thing that you would do if you won the lottery?

This is a gauge of your priorities. Whatever you do don't say you would quit your job.

Think about the answers to these sorts of job interview questions before you go into the interview. This way even if these particular interview questions don't get asked you will still have an idea of the types of answers that you should be giving.

Joel Vance is a Human Resources 17-year HR expert who's taught at 4 major universities around the country and currently has a best selling book on interview questions at



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