

From Grave to Cradle to Now

A father's first-hand account...

From The Health Care Professional Edition

Ian McCallum

Toronto ABI Network Conference 2014

Keynote Address 21 November 2:15 PM

DRAFT PowerPoint

From Grave to Cradle To Now

Approach to remarks

- ▶ Major areas covered using selected items from the following PowerPoint slides which are drawn from the Table of Contents for Ian McCallum's book *From Grave To Cradle To Now*.
- ▶ Less than 25% of the items on the slides will be addressed in the talk but questions from the floor can address any of the slide items.
- ▶ Remarks will be made bearing in mind that the audience will be made up **primarily of professionals, survivors and caregivers** who deal with individuals who are post-critical care

Overview of key areas I'll cover (1)

▶ Introduction

- Audience: care givers
- Credentials: speaker, professionals, book & testimonials
- The pseudonym; the budgie & cat; liquor store; Hermit

▶ The views from the other sides of the bed

- Family/Friends: survivors & collaterally damaged

▶ Our journeys from grave, to cradle, to now

- Stages: ICU, In-/Out-patients, Rest of our lives

▶ Constructive engagement: professionals, survivors, families

- E.g. NeuroTrauma ICU – Using “blood harmony” to save the patient and heal the collaterally damaged family

Overview of key areas I'll cover (2)

- ▶ ~~Normal~~: None of us are, ever were or ever will be
- ▶ Rehabilitating us
- ▶ Using patient neuroplasticity to build & utilize new patient strengths
- ▶ Humor
 - Age
 - Revealing to strangers
 - Showers
 - Get out of jail card
- ▶ A sensual/erotic experience for you, the audience

~1~ Grave

Selected Entries from Facebook & My Journal

- ▶0:H = 12:10PM - The Call
- ▶1:H = 1:00 PM - Hospital # 1 - St. Joseph's
- ▶2:H = 2:40 PM - Ambulance
- ▶3:H = 3:00 PM - Hospital # 2 - St. Michael's
- ▶9:H = 9:30 PM - Assisting Surgeon's

Description of Drew's Situation

- ▶10:H = 9:45 PM - The Quiet Room & Shifts
- ▶11:H = 10:45 PM - Sitting with Drew

~2~ Chronology: Facebook etc. Hours & Ours

- ▶24:H Coma = Sunday, April 6 - morning
- ▶36:H Minor update = Sunday, April 6 - late
- ▶47:H = Movement? = Monday, April 7 - early
- ▶74:H = Full-to-brimming with love, reading, boom box = Tuesday, April 8 - noon
- ▶94:H = Rachel and I return home, briefly, for the first time = Wednesday, April 9 - morning
- ▶102:H = **Thumbs up!** = Wednesday, April 9 - noon

Days & Days (Month 1) (1)

Illustrative (with Selective Comments)

- ▶ 11:D = **Lung Infection** = Thursday, April 10 – late afternoon
- ▶ 11:D = **Drew's progress – tapping out a beat** = Wednesday, April 16
- ▶ 13:D = **Post surgery update #2 Rachel "joins" medical team** = Friday, April 18 – evening
- ▶ 15:D = **First words "Drew Powell"** = Sunday, April 20 – morning 8:00
- ▶ 15:D = **"I love you." Leaf Buds, Rub, Ambient Music, Amazing/Miracle** = Sunday, April 20 – evening 7:00

Days & Days (Month 1) (2)

Illustrative (with Selective Comments)

- ▶ **16:D = Drew waves, sits up! Pretty good, all things considered. Dr. doesn't expect him to be there.** = Monday, April 21 — evening #2
- ▶ **16:D = Drew sees & waves, “higher neural function school”, higher motor skills signaling – Word is “party”** = Wednesday, April 23 – evening
- ▶ **19:D = Teleported to Gold Coast; age of parents; parallel processing** = Thursday, April 24 – evening
- ▶ **22:D = Drew Reads, zombie walk** = Saturday, April 27 – evening
- ▶ **28:D = Smoking** = Saturday, May 3 – morning

More Days & Days (Month 2) (1)

Illustrative (Selective Comments)

- ▶ 1:M 1:D = **Police**, 50% cardio vascular, 20% of their muscle mass and 10% of their bone density; Drew on the floor = Tuesday, May 6 - evening
- ▶ 1:M 5:D = 2, 4, 24, 48 Vision; First time **sees damage in a mirror** = Saturday, May 10 - evening
- ▶ 1:M 6:D = Mother's Day - **Meltdown** = Sunday, May 11 - Journal
- ▶ 1:M 8:D = Meditations = Sunday, May 13 - evening

More Days & Days (Month 2) (2)

Illustrative (Selective Comments)

- ▶ 1:M 14:D = Off medications, Roommates, **“Hope” stone** = Monday, May 19 – morning
- ▶ 1:M 15:D = **Drew’s first posting** = Tuesday, May 20 – evening
- ▶ 1:M 18:D = First time outside in 49 days – Hospital #3 = Friday, May 23
- ▶ 1:M 20:D = **Burning Man Thighs** = Sunday, May 25 – morning
- ▶ 1:M 23:D = Walk in the woods, bone plate, **arggh** = Wednesday, May 28 – evening

Year One (1)

Illustrative (with Selective Comments)

- ▶ 2:M 3:D = Bridgepoint – Hospital #4 Visiting, Rehabilitation = June 8, Sunday – evening
- ▶ 2:M 10:D = **Cluck Grunt and Low**; first night out = Sunday, June 15
- ▶ 3:M 20:D = Drew has been **discharged** from the hospital! Webbnet party at the Docks = Friday, July 25 – Day 111
- ▶ 4:M 16:D = DJd Cherry Beach today = Monday, September 1
- ▶ 5:M 6:D = Drew **DJd the Harvest Festival** north of Huntsville = Sunday, September 21

Year One (2)

Illustrative (with Selective Comments)

- ▶ 5:M 23:D = Therapy routine = September 28
- ▶ 6:M = **DJing, roller-skating** and public scrutiny = Sunday October 5
- ▶ 5:M+ = **Meetings and dialogues with Drew's doctors, Bridgepoint Rehabilitation Hospital therapists and his psychotherapist**
- ▶ 6:M 2:D = Seeking photographs for **reconstructive surgery** = Wednesday, October 7
- ▶ 8:M 12:D = Drew has surgery = December 17
- ▶ 9:M 3:D = **Funeral of great aunt** = January 8

Year Two (1)

Illustrative (with Selective Comments)

- ▶ 20:M 16:D = **Return to work** = September 15
- ▶ 20:M 16:D = Surgery successful = December 21
- ▶ 22:M 11:D = Drew's recovery & **return to work** is validated! = Wednesday, February 17

Year Two/Three (1)

Illustrative (with Selective Comments)

- ▶ 23:M 19:D = Surgery = March 24 - evening
- ▶ 23:M 20:D = Surgeon's report = March 25 - 9:46 PM
- ▶ 23:M 22:D = Surgery over = March 26 - 4:22 PM
- ▶ 23:M 22:D = **Irregularities and the Sacks of Dread** = March 19-31 - *Journal*
- ▶ 2:Y 9:M 20:D = Sixth surgery = January 25 - *Journal*
- ▶ 2:Y 10:M 4:D = Surgery completed = February 9 - *Journal*

Years Three to Seven

- ▶ 3:Y 8:M = Another sabbatical = December
- ▶ Adult male living with parents
- ▶ Amazing self-discipline and focus on self-improvement
- ▶ Independence

~3~ Notes to Nurses, Doctors & Other Health Care Providers – Selective Comments (1)

- ▶ Shock
- ▶ Power and powerlessness
- ▶ Professional knowledge and expertise versus ignorance, superstition and non-medically sanctioned treatments
- ▶ Psychological distancing

~3~ Notes to Nurses, Doctors & Other Health Care Providers – Selective Comments (2)

- ▶ Healers
- ▶ Being useful
- ▶ Blood harmony and using the shared past

- ▶ Religious perspectives – the unexplainable
- ▶ Shifts away
- ▶ Humor
- ▶ Thank you

~4~ The Hospital System (1)

Our Experience – Selective Comments

- ▶ Your loved one is a person
- ▶ Courtesy, respect and warmth
- ▶ Thank you motivates
 - good manners with a purpose
- ▶ Track treatment details in a Log or Journal and speak up
- ▶ The mirror test
- ▶ Rules

~4~ The Hospital System (2)

Our Experience – Selective Comments

- ▶ Your Caregiver Team
- ▶ You as motivator, you as guide
- ▶ Earthquake struck warehouse
- ▶ Applying blood harmony
- ▶ Imitate the professionals – "Where are you?"
- ▶ Read and re-read to them

~4~ The Hospital System (3)

Our Experience – Selective Comments

- ▶ No negative talk
- ▶ Inform yourself
- ▶ Bizarre behavior
- ▶ Critical Care – the routine practicalities
- ▶ Non-Critical Care – the routine practicalities
- ▶ Patient's employer
- ▶ Insurers

~5~ Men and Fathers – Joining the OAJs – Selective Comments (1)

- ▶ Fight, flight or freeze
- ▶ Emotions: Immediate/Subsequent Experience/Discuss
- ▶ Stress
- ▶ Roles and Tasks
- ▶ Differing experience and behavior: male/female, parent, sibling, friend

~5~ Men and Fathers – Joining the OAJIS – Selective Comments (1)

- ▶ Fathers' responsibility for the long-term
- ▶ Your experience will change you for the better—if you let it
- ▶ Listen to the patient
- ▶ You will develop new loving relationships with them and with others
- ▶ Advice to fathers with injured sons...

~6~ Major Lessons Selective Comments

(1)

During Critical Care

- ▶ Survival is not a question
- ▶ Never abdicate your responsibility to the patient
- ▶ Assume that patients listen at all times
- ▶ Meltdowns
- ▶ Losing friends
- ▶ Miracles

~6~ Major Lessons

Selective Comments

(2)

Throughout the Journey

- ▶ Do for others
- ▶ Accept help
- ▶ Friends do; they don't wait to be asked
- ▶ Affirm the patient and caregivers
- ▶ Reliving life's stages
- ▶ Symbol, role model, accompanyists
- ▶ Unexpected experiences
- ▶ Start your preparation now
- ▶ Those without caregiving family or friends

~7~ The New Normal

- ▶ Normal 43 times

~8~Drew Writes

- ▶Family
- ▶Friends
- ▶Life
- ▶You

~9~Postscript Us, We and W5

- ▶ Unlocking ABI/TBI individuals' value—personal, social & monetary
- ▶ **Who:** You—of course. There are three *yous*.
- ▶ **How:** How do you—one person—act upon what you now know?
- ▶ **Why:** Doing the right thing plus other reasons
- ▶ **What:** Concentrate on the assets & the potential of the brain injured like us
- ▶ **When:** Now
- ▶ **Where:** Anywhere is the right where

~10~ Other Resources

Appendices

- ▶ To Do List Handout For Family
- ▶ To Do List Handout For Friends, Neighbors and Community
- ▶ Official Letter from the Hospital
- ▶ Resources for Families
- ▶ Understanding Traumatic Brain Injury
- ▶ My Stroke of Insight: A Brain Scientist's Personal Journey
- ▶ Community Resources For Individuals and Families Living with the Effects of Brain Injury & Stroke
- ▶ The Brain That Changes Itself
- ▶ Gist-Reasoning in Adults with Traumatic Brain Injury
- ▶ The Science of Kissing

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- ▶ For more information on the book go [to:](#)
- ▶ www.marrette.cc/hcpro.html

From Grave To Cradle to Now

The Health Care Professional Edition

▶ This book by Ian Powell McCallum is based upon a father's first-person account of a traumatic journey from grave, to cradle to now—4 plus years later. Rarely do fathers write such first person accounts. The travelers on the journey include an apparently, fatally brain injured son; the collaterally damaged friends and family; and teams of health professionals. This rare moment-by-moment description is enriched by revelations and anecdotes behind the social media public face; and analysis, observations and recommendations. Miraculously the traumatically injured patient provides an epilogue 3 years into the journey.

Testimonials for the Book (1)

From Grave to Cradle to Now – The Health Care Professional Edition

- ▶
- ▶ “I was riveted from the first page,” is an unusual endorsement for an educational text—particularly one intended for both student and credentialed health professionals
- ▶ .
- ▶ *... It is essential for health care professionals to learn about and understand the lived experiences of both patients and family members in order to provide compassionate care*
- ▶
- ▶ Cheryl Isaak, RN, MSN, Associate Dean, Specialty Nursing
- ▶ British Columbia Institute of Technology
- ▶
- ▶ This compelling text was augmented by and for health care professionals and educators.
- ▶
- ▶ *... it is captured as a whole lived experience, including the explainable, the frightening, the joyful and the mysterious. It is the story before analysis, before explanation and before the extraction of "useful" guidance for professionals that captures the heart. Read the words, see his family and yours and marvel at your good fortune to have this account. Learning will follow.*
- ▶
- ▶ David A. Gass, MD, CCFP, FCFP , Professor, Department of Family Medicine
- ▶ Dalhousie University

Testimonials for the Book (2)

From Grave to Cradle to Now – The Health Care Professional Edition

▶ *... This vivid and powerful book about a real life experience is filled with valuable insights and lessons that are certain to help patients, families and health professional alike to improved patient outcomes and experiences within the healthcare system.*



▶ Cliff Nordal, Shared President and CEO (Retired)

▶ London Health Sciences Centre and St. Joseph's Health Care



▶ *... book of compelling nature, capturing attention, giving goose bumps at times.... We can all identify with it.*



▶ *The anguish and struggle of its characters to be better, to do better, to reach higher is a recipe for ongoing spiritual growth of everyone who is intent on growing and a reminder to those who are missing the opportunity.*



▶ Dr. J. N. Vanek, MD, Psychotherapist



Selected Talks By Ian McCallum

- ▶ Brain Injury Association of Canada Annual Conference Keynote Address
- ▶ Bridgepoint Foundation – Major Donor Event
- ▶ Bridgepoint – Retreat for Two Boards of Directors
- ▶ Queen’s University – 3 lectures to School of Nursing, 1 public lecture
- ▶ March of Dimes Conference Keynote
- ▶ Brain Injury Radio – 90 minute interview and public phone-in
- ▶ Richmond Hill United Church – public address organised by the Men’s Breakfast

To Purchase From Grave to Cradle To Now

▶ Global Availability On-line:

- Amazon, Borders etc

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▶ Toronto availability

- St. Michael's Hospital gift shop
- Sunnybrook Health Sciences Centre gift shop
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▶ ISBN

- ISBN 978-0-09880073-1-4 e-Book
- ISBN 978-0-9880073-0-7 soft
- ISBN 978-0-9880073-2-1 hard cover

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For Doctors, Nurses, Therapists,
Educators, Patients, Families,
Friends, Human Resources ...



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