

PM&R CONNECTion



Partnerships in Recovery, Partners in Life: Traveling the Path After Traumatic Brain Injury—page 6

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Message from the Chair Kathleen Bell, MD



It's that time of year again. Faculty evaluations and budgets. Both dreaded heaps of paperwork. But in a strange way, invigorating and visionary. Let me explain.

Let's take faculty evaluations. The most important task for a chair is recruitment and mentoring of faculty members. It's thrilling to have a marvelous group of new faculty joining us in the fall. But tending the existing faculty garden is key to our clinical, educational, and research efforts. Helping young faculty grow their passions into avenues for discovery is necessary for personal and departmental growth. Advancing from "enjoying teaching residents" to curriculum development that meets your learner and institution needs is necessary to become a professional. Helping a young faculty member identify an interest in clinical research is extraordinarily exciting. But as important and not often acknowledged, is moving the mid-career physiatrist from good to great in whatever their pursuit of excellent might be. And lastly, helping a senior clinician or researcher develop their legacy whether training younger

people to take their place, enshrining their knowledge in books, building the bridge for the next generation to take the helm, that is sublime. And taking a breath after more than fifty faculty evaluations, I am pretty darned proud of our faculty. You'll see what I mean in this quarter's newsletter.

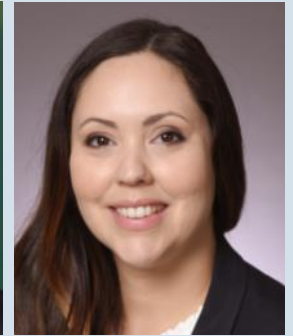
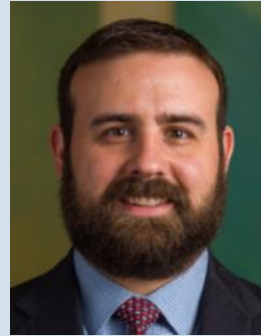
What can I possibly say that is positive about budgets and bean-counting? Opportunity, opportunity, opportunity. Breath-holding dives into the future. Reassuring support from UT Southwestern and my colleagues at the Simmons Cancer Center. Putting our bets on the future. Going for the Triple Crown of academic medicine. And budgeting does help one learn to manage anxiety and strengthen meditation skills.

I'd like to take this opportunity to congratulate our residents and fellows on finishing their training and next steps. Three of our residents are planning on fellowships in Brain Injury, Sports Medicine, and Pain; one is joining us as a faculty member, and four are moving into private practice. Our fellows are joining outstanding institutions as well. We'll miss you but you are still our UTSW family.

UT Southwestern
Medical Center

Clinical Spotlight: Division of Rehabilitation Psychology

The Division of Rehabilitation Psychology started in August, 2016, under the direction of **Jason Smith, PhD, ABPP** (left). Since then, there has been steady growth with the addition of **Michael Kolessar, PsyD** (center) in 2017 and **Marlene Vega, PsyD** in 2018 (right). The division expands the available expertise in the management of our patients by identifying and treating the myriad emotional factors associated with rehabilitation, but also the neuropsychological, cognitive and neurobehavioral sequelae that affect the lives of our patients and their families.



Each of our psychologists has specialized training and experience to complement the multidisciplinary teams of our existing clinical service lines. Specifically, they have completed training in neuropsychological evaluation and rehabilitation during their internships and through their specialty postdoctoral training. The psychologists all perform complete comprehensive neuropsychological evaluations. At present, Drs. Vega and Smith are the only bilingual, bicultural, Spanish-speaking providers in UTSW's ranks to provide these services directly, increasing access to a growing population. Drs. Vega and Kolessar are essential to our inpatient rehabilitation units at Zale Lipshy University Hospital as embedded providers and team leaders. Their presence allows us to initiate psychological and neuropsychological interventions in the acute rehabilitation setting for patients with traumatic brain injury, stroke, spinal cord injury, organ transplant, and other complicated medical issues to optimize their participation in the inpatient rehabilitation facility (IRF). Their expertise is often called upon to other units, such as the intensive care unit, neurosurgery, acute stroke and psychiatry units. Dr. Smith has expanded the reach of the Division of Rehabilitation Psychology to develop an integrated service line for people with epilepsy, along with the Department of Neurology, called ReNEW (Rehabilitation and Neurotherapeutics for Epilepsy Wellness), which treats people with intractable epilepsy prior to and after surgical intervention. Each of our providers also work in the outpatient setting. In addition to working with neurology, Dr. Smith also leads in the coordination of psychological services for the Concussion Program.

The Division of Rehabilitation Psychology began educating and training future rehabilitation and neuropsychologists in 2016. Drs. Kolessar and Vega have jointly served to create successful and popular internship and postdoctoral training programs. Our division is now one of the fellowships in the country recognized by the Council of Rehabilitation Psychology Postdoctoral Training Programs. **Dr. Willa Vo** is our first formal fellow.

Our division is also involved in a variety of research. Dr. Vega is a site primary investigator (PI) on a national project to collect Spanish neuropsychological data for clinical use. Dr. Kolessar is co-leading a project with neuroradiology, investigating means to improve the neuropsychological prediction of functional lateralization of verbal and nonverbal memory and language. Dr. Smith does research on people with Epilepsy (PWE), especially Spanish-speaking PWE and their quality of life before and after surgical intervention, as well as the development of rehabilitation services, such as cognitive remediation and self-management.

In a short time, the Division of Rehabilitation Psychology has grown, and been able to enhance to comprehensive care that our department aims to provide to our patients and families. Dr. Smith notes that "Ultimately, we aim to serve our patients to improve their independence and quality of life. Our division is well poised to grow our faculty and increase the positive impact of clinical and educational services that we provide."



UTSW Rehabilitation Psychologists (RPs) hosted visiting RPs from Israel and around the nation during the 20th Annual Rehabilitation Psychology Conference (Feb., 2018).

Shark Tank: Fishing for Grant \$\$

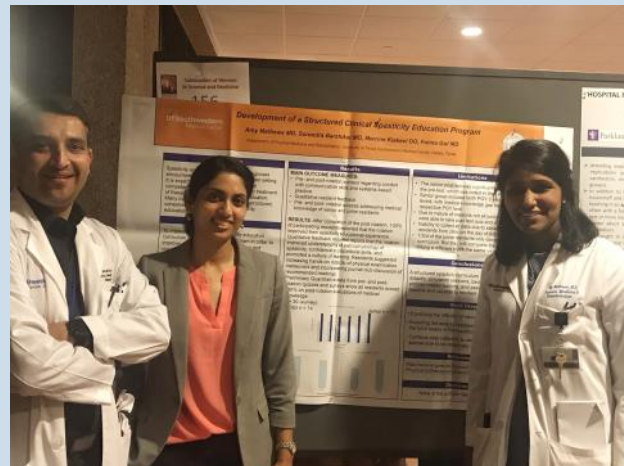
The UT Southwestern Department of Physical Medicine and Rehabilitation hosted its annual Shark Tank research competition on February 8, 2019. PM&R residents channel their creative and energetic talents to pitch their research ideas in a competitive and interactive forum to the three “sharks”: judges **Dr. Una Makris** (Rheumatology), **Dr. Charlene Supnet** (Neurology and Neurotherapeutics) and **Dr. Tonia Sabo** (Pediatric Neurology). Following each presentation, the judges posed their questions and provided feedback to the competitors. Residents also presented results from the previous year’s shark tank studies. Research grant awards this year:

- Motor Unit Number Estimation: Changing the Way We Diagnose Lumbar Stenosis, **Haibi Cai, MD, PGY-3** (\$1,500.00)
- Health-Related Incidents among Collegiate Wheelchair Basketball Athletes – A Novel Prospective Study, **Donald Kasitnon, MD, Alexa Royston, DO** (\$1,000.00)
- Implementing a Urine Culture Reflex Policy at Parkland Hospital: An Antibiotic Stewardship Initiative, **Diana Pham, MD, Donald Kasitnon, MD, and Benjamin Shahabi-Azad, MD,** (\$1,000.00)
- Outcomes of Stage III/IV Pressure Ulcers Treated with Surgical and Non-Surgical Management in Patients with Spinal Cord Injury, **Dominique Van Beest, MD** (\$1,500.00)



Celebration of Women in Science and Medicine

The PM&R department faculty showcased their research at The UT Southwestern Women and Science and Medicine Advisory Committee Poster Session in February, 2019. Over 150 posters from residents, post-doctoral researchers and junior faculty were submitted and displayed at the event. PM&R was represented by (left picture, from L-R) **Drs. Shannon Juengst, Candice Osborne, Radha Holavanahalli;** and (right picture, from L-R) **Surendra Barshikar** (male co-author), **Merrine Klakeel,** and **Amy Mathews.**



Nursing Research

We are extremely proud of two of our rehabilitation unit nurses at Zale Lipshy University Hospital. **Lakina Ferguson, RN** and **Yahaddy Riley, RN** are both Nurse Research Fellow recipients from the Neuroscience Nursing Research Center (NNRC) at UT Southwestern’s Department of Neurology and Neurotherapeutics. Ms. Ferguson will be presenting an abstract on Alleviating Caregiver Stress this year at the American Association of Neuroscience Nurses meeting in March 2019. She will continue to work on her project through the rest of this year. Ms. Riley’s research project is titled “Does the Use of the Rehabilitation Staff Matrix Improve Staff Satisfaction? MATRIX”.

21st Annual PM&R Scientific Day

Research & Evidence-Based Update on Spine Disorders

Friday, May 3, 2019, 7:30 AM to 12:30 PM

UT Southwestern T. Boone Pickens Biomedical Building. Dallas, TX

This year's Scientific Day program was designed to highlight recent scientific advances in Interventional Spine Care pertaining to the field of Physical Medicine and Rehabilitation in Adults. Additionally, the program also showcased the research conducted by residents, fellows and faculty of the Department of Physical Medicine & Rehabilitation.



KEYNOTE SPEAKER

James Rainville, MD is the Chief of Physical Medicine & Rehabilitation New England Baptist Hospital Boston, Massachusetts. Dr. Rainville also holds an academic appointment as Assistant Clinical Professor of Physical Medicine and Rehabilitation at Harvard Medical School. He is a member of several professional organizations including the North American Spine Society, American Academy of Physical Medicine and Rehabilitation. Dr. Rainville had two presentations for scientific day: the Phala A. Helm, M.D. Distinguished Lectureship titled *Rethinking Back Pain*. In a separate lecture, he will tackle *Research Targeting Improved Clinical Evaluation of Spinal Disorders*.



Thiru Annaswamy, M.D., M.A. is the Section Chief for Spine & Electrodiagnostic Sections, Physical Medicine & Rehabilitation at the VA North Texas Health Care System and a Professor of Physical Medicine & Rehabilitation at UT Southwestern Medical Center, where he has been faculty since 1999. He is board certified in PM&R, Pain Medicine, Electrodiagnostic Medicine and Neuromuscular Medicine. Dr. Annaswamy's clinical expertise and research interests include the management of spine & musculoskeletal disorders, diseases of the muscles & nerves and clinical outcomes research. He discussed *Lumbar Spine Stenosis: Biomarkers in Evaluation & Outcome Prediction*.



Carlos Bagley, M.D. is an Associate Professor and Vice Chair of Neurological Surgery, and additionally has an appointment the department of Orthopaedic Surgery at UT Southwestern Medical Center. Dr. Bagley is Director of the Neurological Surgery Spine Program and leads the multidisciplinary Spine Center at UT Southwestern. Dr. Bagley's research focuses on improving patient outcomes. His clinical interests include complex spinal surgery and surgery for spinal tumors. He serves on the editorial/review boards of a number of spine and neurosurgery journals, including the Evidence-Based Spine-Care Journal, the Global Spine Journal, and Neurosurgery. He gave a talk on the **Management of Adults With Degenerative Spinal Deformity**.

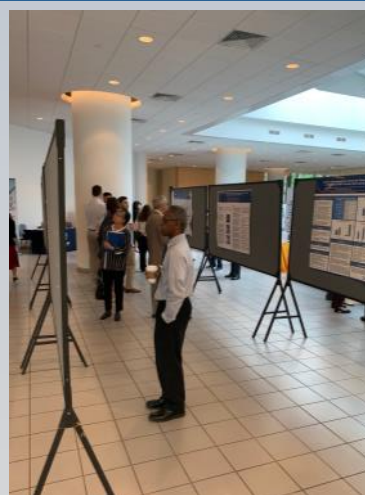
RESIDENT PRESENTATIONS

Lesley Abraham, M.D.

The Use of Neuroimaging by Community Physicians in Children with Mild Traumatic Brain Injuries

Cameron Collier, M.D and Benjamin Shahabi-Azad, M.D

Identifying Pre-Admission Risk Factors for Transfer to Acute Care during Inpatient Rehabilitation



Attendees had the opportunity to peruse research posters from faculty and residents, plus various products from the sponsors/exhibitors.



Residency Program Update 2019

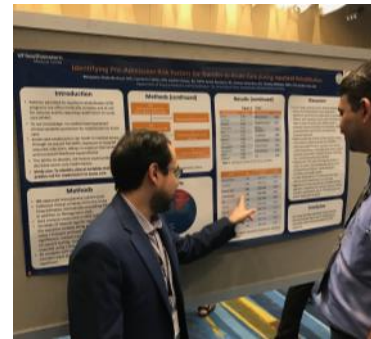
Kim Barker, M.D.

Time sure has flown by since my last update! First of all, our residency program was voted #16 in the nation on Doximity this past year. Thank you to all those who voted and please vote again this year!

More importantly, we are graduating another wonderful senior class who are dedicated to physiatry. This seniors are definitely special to me. Not only do they include our first group of categorical interns, these were the interns when I started as Associate Program Director in 2015. Helping to teach and to guide them through residency has been infinitely valuable to my growth as a Residency Program Director. Meanwhile, the PGY-3 class is quite involved in extracurricular activities, research, volunteer work, and wellness activities. The PGY-2s have been a workhorse on the inpatient rehabilitation unit and consult services. Without them, our clinical operations could not run so smoothly and effectively. And our interns have been wonderful ambassadors [to the acute care services] reinforcing how brilliant and hard-working physiatrists are.

Looking to the future, we will continue our venture into global health with another trip to Ethiopia along with physicians from the Neurology Department.

We will maintain our support of unique educational opportunities for the residents using the Go-PMR fund, which allows them to continue attending various national and international courses, workshops, and conferences. We will also test the waters of using virtual reality in our curriculum for anatomy education. Last, but not least, the incoming Class of 2023 will be a 180 degree turnaround from previous classes – 8 of 9 residents will be women!



Graduating Residents and Fellows

Residents:

Lesley Abraham, MD: Brain Injury Medicine Fellowship, University of Washington, Seattle, WA

Steven Avers, DO: Medical Director of Medical City McKinney Inpatient Rehabilitation Unit, Physiatry Associates of Texas, McKinney, TX

Cameron Collier, MD: Department of PM&R, UT Southwestern Medical Center, Dallas, TX

Brian Kelly, MD: Sports Medicine Fellowship, Cleveland Clinic, Cleveland, OH

Dustin Leek, MD: Pain Medicine Fellowship, UT Southwestern Medical Center, Dallas, TX

Joseph Ostler, MD, PhD: Bridge Utah Medical Group, St. George, UT

Benjamin Shahabi-Azad, MD: Medical Director, Highlands Rehabilitation Hospital, El Paso, TX

Charles Taylor II, MD, MS: Pending, DFW area

Fellows:

Brain Injury Medicine—Aiwane Iboaya, DO: Shepherd Center, Atlanta, GA

Pediatric Rehabilitation—Kristen Taylor, DO: Cook Children's Hospital, Fort Worth, TX

Brain Injury Awareness Month

Faculty and staff from the department of PM&R and the UTSW O'Donnell Brain Institute gathered at Addison Circle Park on a cold Saturday morning for the **7th DFW 2019 Brain Injury Walk**. The Brain Injury Association of America - Texas Division's signature fundraising event supports the organization's mission to advance brain injury prevention, research, treatment, and education and to improve the quality of life for all individuals impacted by brain injury.



In collaboration with Hope After Brain Injury (HABI), the UTSW Department of PM&R presented a free interactive seminar called **Partnerships in Recovery, Partners in Life: Traveling the Path After Traumatic Brain Injury (TBI)**. Supported by the O'Donnell Brain Institute and North Texas Traumatic Brain Injury Model Systems (UT Southwestern & Baylor Scott and White Institute for Rehabilitation), this event focused on people with TBI and their care partners. Attendees were able to experts in the field of brain injury, including doctors, therapists, psychologists, counselors, as well as people with TBI and their families; partake in valuable presentations on TBI topics; and discuss important themes related to life, love, and relationships after brain injury. (Below) Dr. Amy Mathews discusses irritability and TBI.



Adaptive Sports with Dr. Ramey

When Dr. Lindsay Ramey (Assistant Professor at UT Southwestern, and board certified in physical medicine and rehabilitation and Sports Medicine) isn't in her sports medicine clinic in Las Colinas, she enjoys volunteering to support the adaptive sports community locally and nationally. After serving as the team physician for the University of Texas Arlington Men's and Women's Movin' Mavericks (Wheelchair Basketball) for the last year, she became certified as an official National Wheelchair Basketball Association (NWBA) classifier. In March, she was selected to classify at the DII NWBA Championship in Cleveland, OH, which included over 16 teams with over 100 athletes with disabilities from across the country.

Dr. Ramey notes, "Classification is pivotal to the adaptive sport process; it allows individuals with a broad range of impairment types to participate and compete in sports in a fair and safe way. While volunteering as a classifier is a great way to support these athletes, I also view it as a vital part of the injury prevention process."

In addition to her role as wheelchair basketball team physician and classifier, Dr. Ramey serves as a medical delegate for the International Paralympic Committee, most recently traveling to Dublin, Ireland where she served as the medical director for the 2018 European Para-swimming championship.



Dr. Meyer is One of Forty under Forty



Dr. E. Blair Meyer was honored to be one of an elite "Forty Under Forty" by the Fort Worth Business Press. According to their website nomination form, these individuals are celebrated to recognize brilliance on the rise up, destined for striking accomplishments in their chosen field, from the corporate sector to maverick entrepreneurialism. They are leaders today and are sure to be part of the next generation that will make Tarrant County a great place to live and work."



Faculty and Resident Publications and Presentations

PUBLICATIONS

Bitussi U, Osborne CL, Juengst SB, Vargas R, Dolezal C, Avers S, Ha C, Elkins N, Bell KR. Differences in baseline and post-season King-Devick times between recreational and competitive youth soccer players. *Archives of Sports Medicine & Physiotherapy*, 4 (1):1-1, 2019

Driver S, **Juengst SB**, McShan EE, Bennett M, **Bell KR**, Dubiel R. A randomized controlled trial protocol for people with traumatic brain injury in a health lifestyle program (GLB-TBI). *Contemporary Clinical Trials Communications*, 14:100328, 2019. <https://doi.org/10.1016/j.conctc.2019.100328>

Juengst SB, Silva V, Goldin Y, Cicerone K, Lengenfelder J, Chiaravalloti N, Driver S, Mellick D, Dart G, **Kew CL, Nabsayn A, Bell KR.** Care partner problem solving training (CP-PST) for care partners of adults with traumatic brain injury during inpatient rehabilitation: study protocol for a multisite, randomized, single-blind clinical feasibility trial. *Contemporary Clinical Trials*, 16 March 2019, <https://doi.org/10.1016/j.cct.2019.03.004>

Juengst SB, Terhorst L, **Kew CL**, Wagner AK. Variability in daily self-reported emotional symptoms and fatigue measured over eight weeks in community dwelling individuals with traumatic brain injury. *Brain Injury*, [Epub ahead of print], 2019. <https://doi.org/10.1080/02699052.2019.1584333>

Eickmeyer SM, **Barker KD**, Sayyad A, Rydberg L. The Rehabilitation of Patients With Advanced Heart Failure After Left Ventricular Assist Device Placement: A Narrative Review. *PM R*. 2019;11(1):64-75. doi: 10.1016/j.pmrj.2018.05.027

PLATFORM PRESENTATIONS

Regional

Jones A. Dealing with Stress after TBI. Working Together as Care Partners. Hope after Brain Injury—Seminar on Relationships after Brain Injury: Dallas, Texas. March 2019

Juengst SB. Working Together as Care Partners. Hope after Brain Injury—Seminar on Relationships after Brain Injury: Dallas, Texas. March 2019

Mathews A. Understanding Irritability After TBI. Hope after Brain Injury—Seminar on Relationships after Brain Injury: Dallas, Texas. March 2019

Srinivasan R. Brain Interlude. Suluna Festival: Music and the Brain. April 2019.

Yang J, VanBeest D. Medical and Functional Considerations in Spinal Cord Injury. Texas Occupational Therapy Association (Trinity North District). April 2019.

National

Ifejika NL, McNeary L, Esselman P, Kaelin D, Thomas P on behalf of the AAPM&R. Access to Rehabilitation Care Limitations for Medicare Advantage Plan Beneficiaries. Centers for Medicare and Medicaid Services, Department of Health and Human Services, Baltimore, MD. March 2019.

Ifejika NL. Mentorship and Sponsorship in the Neurosciences and Beyond. NIH/NIA Frontiers in Alzheimer's and Aging Research (FrA2R) Advanced Training Program, Morehouse School of Medicine, Atlanta, GA. May 2019.

Ifejika NL. New Insights into Stroke Recovery and Rehabilitation. Third Annual Stroke and Rehabilitation Symposium, University of Missouri School of Medicine, Columbia, MO. June 2019.

Kowalske K. Bum Rehabilitation. Guest lectureship. Carolinas Rehabilitation, Charlotte, NC. February, 2019.

Chappuis DM, Flinn N, Henly J, Shablott S, **Vega, M.** Optimizing Transitions of Care for Stroke Rehabilitation, from Day one to Community Reintegration. American Congress of Rehabilitation Medicine Spring Meeting. April 2019.

Yang J. Performing Artists of a Certain Age: Exploring the Overall Function and Quality of Life in Senior Performers. Performing Arts Medicine Association 37th International Symposium. Los Angeles, CA. June 2019.

Yang J, delos Reyes RM. Essential Pilates for Enhanced Performance. Workshop at the Performing Arts Medicine Association 37th International Symposium. Los Angeles, CA. June 2019.

International

Yang J, delos Reyes RM. Essential Pilates for Enhanced Performance. Workshop at The Medical City Center for Advanced Skills Simulation and Training Innovation, Pasig City, Philippines. March 2019.

POSTER PRESENTATIONS

Abraham L, Davenport E, **Kasitnon D,** Bunt S, Sabo T., Cullum M, **Bell K.** The Use of Neuroimaging by Community Physicians in Children with Mild Traumatic Brain Injuries. 13th World Congress on Brain Injury. Toronto, Canada. March 2019.

Ferguson L. Alleviating Caregiver Stress. American Association of Neuroscience Nurses Annual Education Meeting. Denver, Colorado. March 2019



The Center Times at UT Southwestern features Dr. Nneka Ifejika and her Early Career Academician Award from the Association of Academic Physiatrists <https://ct.utsouthwestern.edu/ctplus/stories/2019/nneka-ifejika.html>

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