

## In This Issue

PM&R Educational  
Program Updates

UTSW PM&amp;R

'Shark Tank' P. 3

Faculty Spotlight P. 5

New Faculty P. 6

Incoming Fellows and  
Residents P.7

PM&amp;R Graduation 2016

Message  
from the  
Chair

Kathleen Bell, MD

I've been involved in medical education for many years but this year was special. While I've often joked that residents are like my children, I really was the mother of an intern this year. What a thrill it's been to Facetime with our son while he has a break on his 36 hour shift at the hospital where I was an attending (and an intern!) for so many years. It's brought me back to a contemplation of the graduate medical education process. The transformation that occurs over a PM&R residency is truly an inspirational process. Anyone in academic medicine can tell you that, hands down, one of the most fulfilling aspects is being part of the growth and maturation in our residents. Integrating knowledge and facts into a whole, the growing understanding of the humanity of our patients, participation in rehabilitation teamwork processes, and the incipient sense of humility at the intimate role that we as physiatrists play in the lives of our patients and

their families – all of these start small and blossom over the four years of PM&R residency.

While many of the intrinsic attributes of becoming a physiatrist have remained unchanged over the years, the what and the how have changed considerably. Ultrasound has joined electrodiagnosis as one of the basic technical skills necessary to practice today. New populations have emerged in cancer and complex medical disorders. As medical knowledge explodes, it has become essential to work from an evidence-based viewpoint and our teaching has to change to accommodate this – how do we ideally use didactics, discussion, and technology to ensure that knowledge AND ability to synthesize are assured in our trainees. In this issue of PM&R Connection, we share many of our educational innovations at the University of Texas Southwestern. Our new Residency Program Director, Kim Barker, is featured and we discuss our revamped curriculum, new approaches to supporting resident research, resident participation in PM&R national activities, and the UTSW medical student experience of PM&R. Also, I'd like to welcome our new faculty members, Drs. Barshikar (Neurorehabilitation), Petrasic (General and Sports), Osborne (Occupational Therapy and Research), and Fey (Bioengineering). Enjoy the end of summer!

# Resident Program Changes on the Horizon

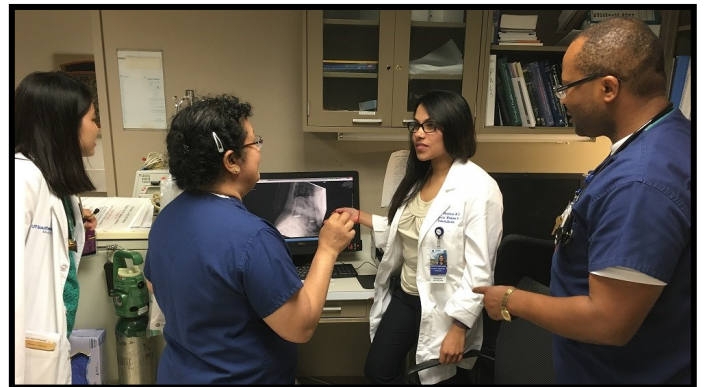
It has been quite the adventure with the residency program recently! With former residency program director Dr. Samuel Bierner leaving to become chair of the University of Nebraska's new PM&R department. Dr. Barker says, she is attempting to fill some very large shoes. She continues, "Luckily we have a great group of enthusiastic residents that make this job easier. We start a completely revamped didactic curriculum for this academic year". Additionally, "beginner" and "advanced" lecture tracks were created to best engage resident learning. We are introducing more workshops and hands-on sessions including a clinical ultrasound course. The other big change is further diversifying the clinical experiences for the residents via new faculty, a new pediatric rehabilitation setting, and expanding the UTSW outpatient clinic experience.

This past year, the department held its first "Shark Tank" competition. Residents proposed their research ideas in front of the department and invited judges in hopes of gaining financial funding. Five residents were awarded monetary prizes to subsidize their projects.

We are also proud to have residents serving psychiatry on a national level. Dr. Stephanie Tow is president of the AAPM&R Resident Physician Council, while Dr. Ugo Bitussi serves as ambassador.

With the start of the 2016-2017 academic year, we welcome a new group of categorical interns (several of which are homegrown from UT Southwestern!) and a class of new PGY-2's that includes the inaugural group of categorical interns.

PM&R PGY2 Lesley Abraham, MD and Karen Kang, UTSW MS4 receiving hands on experience at Zale Lipshy Rehabilitation Unit from Maria Mathew, RN and Ivo Edimo, RN.



## Experts Present at 18th Annual PM&R Scientific Day

The UT Southwestern 18th Annual Physical Medicine and Rehabilitation Scientific Day held on May 7, 2016 was a successful educational event. Attendees representing a wide range of healthcare professions (physiatry, physical therapy, occupational therapy, nursing and others) from the university and the DFW Metroplex community listened to presentations from a diverse group of experts. The theme, "No Time NOT to Exercise: Exercise and the Life Span", included a thought-provoking lecture entitled "Exercise is Medicine and Rehabilitation is Prevention: Caring for an Aging Nation" by Dr. Jonathan F. Bean, Associate Professor in the Department of PM&R at Harvard Medical School. Dr. Bean is

an internationally recognized expert in geriatric rehabilitative care; his work focuses on measurement of disablement outcomes and mobility problems among older adults, addressing both risk factor reduction and disability prevention strategies.

Other lectures addressed lifestyle intervention, modifying health behaviors for various age groups, and accessibility of resources available to persons living with disability. In addition to guest lectures, this venue provides an opportunity for PM&R residents, fellows and medical students to discuss their research projects and present the findings through both oral and poster presentations.



Dr. Benjamin Nguyen introducing Guest Speaker, Dr. Jonathon Bean, at UTSW PM&R Scientific Day



# PM&R Inaugural Shark Tank a Huge Success



Dr. Ugo Bitussi, DO presents at inaugural PM&R Shark Tank

UT Southwestern Department of Physical Medicine and Rehabilitation hosted its inaugural Shark Tank research competition on June 10, 2016. The event fosters an environment in which PM&R residents channel their creative and energetic talents and, similar to the television show that inspired the event, pitch their research ideas in a competitive and interactive forum. Residents had the opportunity to meet with faculty mentors to discuss their research idea, develop a budget proposal and justification and review their presentation in preparation for the event. They were en-

PM&R Shark Tank 2017 winners (L to R) Jared Worchel, MD, Dominic Jacobelli, MD, Stephanie Tow, MD, Kathleen Bell (PM&R Chair) Ugo Bitussi, DO, and Lori Yap, MD



couraged to use a time-limited presentation style best suited for the project such as a slide show, pre-recorded video, audio, poster, poem or musical.

Five residents entered the competition and pitched 6 ideas to 3 judges and over 50 university faculty, residents and staff. The distinguished judges included Deborah Diercks, M.D., M.Sc. Professor and Chair of the Department of Emergency Medicine, Mark Goldberg, M.D., Professor and Chair of the Department of Neurology and Neurotherapeutics, and Christopher Madden, M.D., Professor and Clinical Director of the Peter O'Donnell Jr. Brain Institute, Department of Neurological Surgery. Following each presentation, the judges posed their questions and provided their feedback to the competitors.

After an energetic and invigorating set of presentations, the judges convened and the awards were presented.

## Shark Tank

### Winners

**Ugo Bitussi, DO**  
(\$2000.00)

Is there a difference in the discreet concussion rates that are clinically missed between youth soccer athletes of the same age that play at a recreational level vs. an elite level using the King-Devick and BESS tests?

**Jared Worchel, MD**  
(\$1000.00)

Cranial Electrical Stimulation (CES) as an Alternative First Line Treatment to Trazodone in Subacute Stroke Patients with Insomnia

**Lori Yap, MD**  
(\$1000.00)

Knowledge Is Power: Passive Patient Education in Chronic Pain Management

Program Branding: Creating a Cohesive Resident Culture to Promote Recruitment

**Stephanie Tow, MD**  
(\$500.00)

Evaluation of Medical School Exposure and Education on Disability and the PM&R Specialty

**Dominic Jacobelli, MD**  
(\$500.00)

Paid attendance for training in conducting Clinical Trials

## Resident Participation at the National Level

The AAPM&R Resident Physician Council (RPC) has been working on exciting efforts this past year. At its January 2016 interim meeting in Rosemont, IL, RPC Board members discussed various ideas, advocating for the needs of residents and the future of the specialty. This past year, the RPC launched the first ever “[What is PM&R?](#)” video contest to encourage medical students and residents to submit short videos showcasing our wonderful specialty to share on social media. The RPC Board produced a

sample video for this contest, which included some UT Southwestern PM&R residents. The RPC Board is also planning a virtual town hall for all residents nationally at the end of July. As the Annual Assembly in New Orleans quickly approaches, the RPC Board has also been preparing for resident events at the conference, including various networking opportunities, resident sessions, receptions, and its first ever Resident Quiz Bowl. The RPC Board is now open for nominations and encourages residents to apply for positions!

## Medical Student Involvement in PM&R Growing Exponentially

The UT Southwestern Medical School is changing its curriculum, and our UT Southwestern PM&R department is making changes to keep up with the increased demand for more exposure to our wonderful specialty. UTSW medical students will now begin clinical rotations halfway through their second year of medical school, allowing for more time to explore medical specialties earlier in their training. We are creating five new elective rotations to allow students to experience PM&R and various subspecialties within the field, such as Pediatric Rehabilitation, Neurorehabilitation, and Musculoskeletal/Spine Medicine. The new curriculum

will also afford medical students the chance to complete 6-week rehabilitation research projects prior to applying for residency. Interest in PM&R from the UT Southwestern students is growing exponentially – from 3 students applying to the field in 2013-2014 to 15 applying this year. Our PM&R Student Interest Group is also expanding its engagement with the department and the field at large, hosting a monthly lecture series and volunteer activities at events like the Special Olympics. The future of PM&R is bright with such fantastic medical students entering our ranks!



Drs. Kim Barker and Benjamin Nguyen Match Day 2016 with UTSW graduating medical students accepted to PM&R programs across the country

## Dr. Kim Barker Named PM&R Residency Director

A native of Albuquerque, NM, **Dr. Kim Barker**, Assistant Professor, attended the University of New Mexico for college and later obtained her medical degree at the Creighton University School of Medicine. She was accepted to the PM&R residency program at Northwestern University's Feinberg School of Medicine, receiving her training at Northwestern Memorial Hospital and the Rehabilitation Institute of Chicago. Dr. Barker served as Academic Chief Resident during her senior year of residency, and joined the UT Southwestern PM&R Faculty upon graduation. Dr. Barker's clinical interests include Cancer Rehabilitation and the rehabilitation

of medically complex patients. Prior to becoming Residency Program Director, she served as Associate Residency Program Director beginning in the fall of 2015. She and her husband Dr. Blake Barker have a son, Benjamin. Dr. Barker enjoys travelling, baking, and gardening in her free time.



Kim Barker, M.D.,  
PM&R Residency Director

## Faculty Publications and Presentations

Ganio MS, Schlader ZJ, Pearson J, Lucas RA, Gagnon D, Rivas E, **Kowalske KJ**, Crandall CG. Nongrafted Skin Area Best Predicts Exercise Core Temperature Responses in Burned Humans. *Med Sci Sports Exerc*, 2015;47(10):2224-32.

Desai K, Bahirat K, Ramalingam S, Prabhakaran B, **Annaswamy T**, Makris UE. 2016. Augmented reality-based exergames for rehabilitation. In "Proceedings of the 7th International Conference on Multimedia Systems. ACM, NY, NY, Art. 22.

**Dr. Thiru Annaswamy** presented the Keynote Lecture, Knowledge Gaps in Lumbar Spinal Stenosis: Directions for Future Research, during the *James W. Rae Scientific Day & Lecture* at the *University of Michigan Health System, Department of Physical Medicine & Rehabilitation*, Ann Arbor, MI. May 2016.

**Dr. Kathleen Bell** was the Keynote Speaker at the University of Miami Research Day, discussing Understanding the Management of Post-traumatic Headaches, Miami, June 2016.

**Dr. Kavita Trivedi** presented Core Measures of Functional Improvement in Patients on Opioid Therapy at the Annual Texas Medical Association, April 2016.

**Dr. Kavita Trivedi** presented Core Measures of Functional Improvement in Patients on Opioid Therapy and Alternative Treatments at the Annual Texas Osteopathic Medical Association, August 2016.

**Dr. Benjamin Nguyen** was interviewed by William Dane, Public Affairs Manager for Brain Injury Association of America (BIAA), contributing to Brain Injury's Impact: A Common Bond Among caregivers for the Spring 2016 online magazine [THE Challenge](#).

### PCORI Grant Collaboration

The **North Texas TBI Model System** is collaborating in a newly funded PCORI grant (PI, Dr. Risa Nakase-Richardson at the VA Polytrauma Center Tampa) on the evaluation and management of sleep apnea after TBI. **Dr. Kathleen Bell** and Dr. Marie Dahdah (Baylor Institute of Rehabilitation) will be the North Texas investigators on this project. Other collaborating centers include University of Washington, Seattle, WA; Ohio State University, Columbus, OH; Craig Hospital, Denver, CO; Moss Rehabilitation Research Institute, Philadelphia, PA. Other collaborators are from University of South Florida, Stanford University, and North Florida/South Georgia Veterans Health System.

### Dr. Thiru Annaswamy Receives Honor from AAPMR



**Dr. Thiru Annaswamy** has been awarded the AAPMR Outstanding Council Service Award from the Musculoskeletal Medicine Council for 2016. The award, created in 2010, recognizes service and volunteerism of AAPMR members who contribute to the success of the Academy in fulfilling its mission and serving its membership.

Congratulations Dr. Annaswamy!

### Dr. Jennifer Yang Completes Performing Arts Medicine Program



Assistant Professor and Spinal Cord Injury Medicine Fellowship Director **Jennifer Yang, MD** was conferred a Graduate Certificate in Performing Arts Medicine in May 2016. This degree caps two years of coursework offered at Shenandoah University in Winchester, Virginia. Performing Arts Medicine is the field of

study concerned with the health, treatment and prevention of injuries in dancers, musicians and other artists. Being a physiatrist, Dr. Yang is most interested in the neuro-musculoskeletal conditions affecting performers and hopes to establish a clinic in 2017. She is currently writing a literature review of playing-related musculoskeletal disorders in keyboard instrumentalists.

### PM&R Faculty Coordinate SCI Workshop

Recognizing the need for basic knowledge about spinal cord injury (SCI) and to uphold the standard of care, the Zale Lipshy rehabilitation nursing and therapy staff participated in SCI workshops conducted by a multidisciplinary team in July and August. **Dr. Merrine Klakeel** and **Dr. Jennifer Yang** (both SCI subspecialty certified physiatrists), SCI fellow **Dr. Erika Gosai**, nurses Cynthia Hill, Carol Hall, Shirley Dunbar, Tracy McGaw, Susan Ruffner, Rehabilitation Program Manager Timothy Williams, and respiratory therapists Bryant Cole, Mike Hewitt and Marti Treber, presented lectures combined with hands-on breakout stations covering anatomy, pathophysiology, pressure ulcers, ostomy care, neurogenic bowel and bladder, autonomic dysreflexia, respiratory complications and other miscellaneous SCI topics.



## UT Southwestern PM&R Welcomes New Faculty

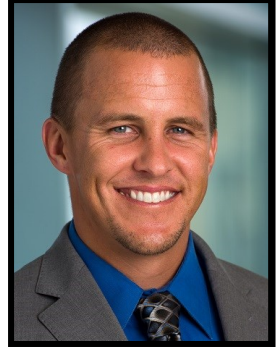
**Surendra Barshikar, MD**, comes to us from Shore Rehabilitation Institute/ JFK Medical Center, NJ where he practiced inpatient neurological and general rehabilitation for the last 4 years. He finished his PM&R residency at New York Medical College, where he served as the chief resident from July 2011 to June 2012. Dr. Barshikar is board certified in Physical Medicine and Rehabilitation.



Dr. Barshikar will be serving in a neuro-rehabilitation and general role covering consults at Parkland Hospital in addition to an outpatient practice at UTSW PM&R Clinic.

He is accompanied by his wife Saylee Dhamdhere, M.D. who joined UTSW as a fellow in Pediatric PM&R in July 2016. They have an 18-month old son who keeps them busy. Dr. Barshikar enjoys playing cricket, volleyball and exploring new places. He was part of a championship-winning volleyball team representing his hospital and rehabilitation unit in 2015.

**Jason Petrasic, MD**, says "I wasn't born in Texas, but I got here as fast as I could." Born in southwest Louisiana, and raised in Carrollton, he has completed all but one year of training in Texas. Dr. Petrasic graduated from Texas Christian University, followed by medical school at UT San Antonio. He recently completed his PM&R residency at UT Southwestern, where he served as Academic Chief Resident.



He still enjoys watching the TCU Horned Frogs both live in person (as a football season ticket holder) and on local TV. Having been an athlete, Dr. Petrasic enjoys most team and individual sports, and over the last 10 years he has developed a deep love of anything near the open water. He also enjoys various types of live music and the active adventures North Texas has to offer. With the bulk of his close family and friends here in the DFW area, he says he is very excited to continue his career at UT Southwestern, and looks forward to reaching back out to the Ft. Worth area when the new PM&R ambulatory clinic opens there next year!

**Candice Osborne, PhD, MPH, OTR** completed a Master of Occupational Therapy at Texas Woman's University in Dallas, Texas in 2007. She joined the US Army in 2006 to complete her occupational therapy training and worked as a staff therapist in the Army until 2009.



Dr. Osborne completed a PhD in Rehabilitation Science and a Master of Public Health from the University of Texas Medical Branch in 2015. She has trained in the World Health Organization's International Classification of Functioning, Disability and Health (ICF) at the Guido A. Zach Institute in Nottwil, Switzerland and has worked as a clinician in the areas of upper extremity orthopedic rehabilitation, neuro-rehabilitation and hospital-based acute care. Her research interests include rehabilitation outcomes, functional assessment, neuro-rehabilitation, burn injury recovery, and ICF application.

**Nicholas Fey, PhD**, is an Assistant Professor who joins our adjunct faculty bringing expertise in applied biomechanical engineering. He attended college at The University of Texas at Austin, graduating in 2006, 2008 and 2011, with bachelor's, master's and doctorate degrees in Mechanical Engineering, respectively. Prior to arriving in Dallas, Dr. Fey pursued research in the Center for Bionic Medicine at the Rehabilitation Institute of Chicago and Northwestern University's Feinberg School of Medicine. His research focuses on the biomechanics of human movement and informed design of prosthetic and orthotic technologies for human assistance, with an emphasis on demanding forms of human locomotion. He has studied transtibial amputees and transfemoral amputees and the application of both conventional and robotic knee-ankle-foot prostheses for enhanced mobility. He also holds appointments in engineering at The University of Texas at Dallas, and directs the Systems for Augmenting Human Mechanics Lab, co-located at UTD and UT Southwestern.



# GoPMR: Support PM&R Resident Education

Over the past decade, our PM&R Residency and Fellowship training programs have grown in size and reputation, and our alumni network now spreads across the United States. This year we will graduate the 37<sup>th</sup> class of PM&R residents.

In efforts to maintain this momentum a PM&R resident education development fund was created, GO-PMR, **GIVING BACK TO PROMOTE RESIDENCY DEVELOPMENT**. The goal of GO-PMR is to enhance the educational experience for residents and fellows at UT Southwestern in clinical training and research support.

Your contribution is an investment in the future of the program and the future leaders of PM&R. You may contribute online at [utsouthwestern.edu/donatenow](https://utsouthwestern.edu/donatenow) then indicate "GO-PMR" in the specific use field or contact Anne Lacey at [anne.lacey@utsouthwestern.edu](mailto:anne.lacey@utsouthwestern.edu). All donations are 100 percent tax deductible.

## PM&R Fellows



Yeumen Dai, MD, PhD



Erika Gosai, MD  
Spinal Cord Injury Medicine



Saylee Dhamdhere, MD  
Pediatrics

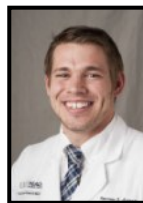
The UT Southwestern PM&R Department would like to extend thanks to our fellowship program sponsors, Medtronic Neuromodulation for sponsoring the Spinal Cord Injury Medicine Fellowship and Merz, for sponsoring the Brain Injury Medicine Fellowship.

## Congratulations to our Entering Class

### PM&R PGY 2



Lesley Abraham, MD  
University of Missouri-Kansas  
City School of Medicine



Steven Avers, DO  
University of North Texas  
Health Science Center

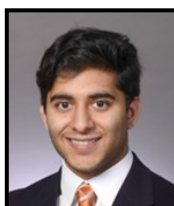


Cameron Collier, MD  
Texas A&M Health Science Center  
College of Medicine

### PM&R PGY 1



Daniel Haibi Cai, MD  
UT Southwestern



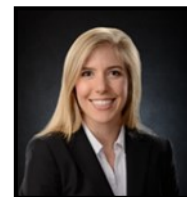
Avinash Chavda, MD  
UT Southwestern



Chen Cui, MD  
Medical College of  
Wisconsin



Donald Kastinon, MD  
UT Southwestern



Alexa Royston, DO  
University of North Texas  
Health Science Center



Christopher Vacek, MD  
Creighton University  
School of Medicine

**UTSouthwestern**  
Medical Center

**GO-PMR**

**GIVING BACK  
TO  
PROMOTE  
RESIDENCY  
DEVELOPMENT**



Contribute to the Physical Medicine & Rehabilitation Residency Program online at [utsouthwestern.edu/donatenow](https://utsouthwestern.edu/donatenow). Indicate "GO-PMR" in the specific use field or contact Anne Lacey Office: 214-648-9086 Email: [anne.lacey@utsouthwestern.edu](mailto:anne.lacey@utsouthwestern.edu)

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