

PM&R CONNECTion



Graduating residents: where are they going? Story on page 5.

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Message from the Chair

Kathleen Bell, MD



“The real voyage of discovery consists not in seeking new landscapes, but in having new eyes.”

- Marcel Proust

A large portion of the pleasure I have in caring for patients in clinic or in the hospital is discovering who they really are. After all, we cannot “rehabilitate” someone if we don’t understand who they are or what their lives encompass. I’ve learned wonderful things about my patients: the veteran who survived the Bataan Death March, the woman who trains falcons, the grandmother who still makes her own jams and jellies. It’s only by spending a little time asking questions, giving someone the respect of wanting to understand how they live and what they live for, that we can really begin to work towards recovery and a return to function.

In the same way, it is only by “having new eyes” that we begin to ask questions on why and how and when about rehabilitation practice. That is the essence of where research begins. The willingness to take a few minutes (or months or years) to think about what is happening and to “have new eyes” about characterizing

a syndrome, or developing a better means of treatment, or understanding the physiology or immunology of disease. We all had a great time this past week at one of our Senior Resident Capstone presentations, following the spirit of inquiry for one physician, who tackled a problem and tried to understand how to improve care. It was a stirring illustration of the impetus that keeps one adapting until there is a solution. It’s probably the best payment that any of us in academic medicine receive – seeing one of our trainees realize the beauty of stopping to ask the question, understand the problem, and using that insight to work towards an answer (a research project, a care plan, a community intervention).

There are many who look at the process of research or inquiry and become intimidated, seeing barriers, paperwork, toil. But really, underneath all that is the fun of discovery, befriending others with same questions, and the shining hope that your work will be meaningful for that patient who started you down the path of “having new eyes” when you stopped for a few minutes to ask that question.

In this issue, we would also like to extend a warm welcome to **Dr. Marlene Vega** (Rehabilitation Psychology) and **Dr. Nneka Ifejika** (Stroke Rehabilitation)!

Wheelchair Clinic Growing to Meet Demand

UT Southwestern's Wheelchair Seating and Mobility Clinic recently added clinic times and providers to meet increasing demand. The clinic, part of the Department of Physical Medicine and Rehabilitation, provides specialized services to patients who require detailed assessments, examinations, and recommendations in order to receive optimal seating for a mobility device. These patients may have disorders such as trauma, spine or brain injury, neurodegenerative disorders, and amputations.



Anjali Shah, MD, Associate Professor of Physical Medicine and Rehabilitation, established the clinic in 2011. It is one of only a few physician-led wheelchair clinics in the nation.

Dr. Shah's team approach means the patient, family, caregivers, vendor, and physician all have input in choosing the device and features needed. "I find great satisfaction in being able to provide patients independence through mobility," says Dr. Shah. "In some cases, patients were unable to move about even within their own home."

Demand for the clinic's services has consistently increased over the years and the clinic now meets twice weekly. In response to the growing need, Assistant Professor Jennifer Yang, MD, and Patricia Gordon, NP, have joined Dr. Shah in performing specialized wheelchair seating assessments. Physical therapists

and occupational therapists are also available when needed.

"One of the biggest advantages to having a seating clinic run by a physician is the faster time from assessment to delivery of the final product," says Dr. Shah. The team's familiarity with insurance issues, and the presence of a certified Assistive Technology Professional representing the wheelchair vendor at the seating evaluation facilitates the process.

The clinic provides seating recommendations ranging from basic manual wheelchairs to sophisticated power wheelchairs that can be independently driven by a patient's head movements. Dr. Yang states, "Because of our focus on patient function, rehabilitation professionals such as physiatrists, PTs and OTs are well-equipped to look at a patient's day-to-day activities and mobility needs. We ask about whether their home can accommodate the size of a wheelchair, and determine which type of wheelchair will meet their needs—for example, this will differ based on the patient's ability to get in and out of the chair, and whether they can propel the wheelchair themselves, or need someone to help with this."

After the initial visit, a follow-up interview is scheduled with the physicians or therapists, and the wheelchair vendor. This helps ensure the patient and family are satisfied with the fit and individual specifications of their new seating device.



Elizabeth Waldie, PT, DPT, CSRS and Casey Stephens, ATP perform a seating evaluation with patient Lois Powers at the clinic.

Appointments and Referrals

University Hospital Physical
Medicine & Rehabilitation
Clinic—Sprague

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Practical Wheelchair Education with Dr. Shah



Resident education went beyond PowerPoint slide decks and the four walls of the conference room this past winter. Three hours of the residents' weekly didactic series were blocked off for a visit to the Dallas office of NuMotion, a national wheelchair and mobility equipment company. Under the guidance of Dr. Anjali Shah and the certified assistive technology professionals at NuMotion, residents learned practical mobility device knowledge that they could take into the real world after graduation. Residents gave good feedback and appreciated the out-of-the-classroom hands on experience. The well-received educational morning covered patient assessment, wheelchair prescription, wheelchair parts and financial considerations.



Counter-clockwise from top: A variety of mobility devices. **Bottom:** Residents playing a game to help them gain familiarity with wheelchair parts. **Above:** Dr. Shah and residents during the "field trip" to NuMotion.

Dr. Ifejika to head UTSW PM&R Stroke Rehabilitation

Nneka Ifejika, MD, MPH will be joining the UTSW Department of PM&R as Director and Section Chief of Stroke Rehabilitation. She obtained her medical degree and Masters in Public Health from the University of North Carolina Chapel Hill, then completed her PM&R residency at the Baylor College of Medicine in Houston, Texas. She is board certified in both PM&R and Brain Injury Medicine. Aside from stroke rehabilitation, Dr. Ifejika's clinical interests include multiple sclerosis, concussion, and health disparities. Research interests are the use of mobile health technologies to address health disparities in stroke, and the impact of acute stroke treatments on inpatient rehabilitation outcomes.



Dr. Ifejika will be speaking at a joint American Academy of Neurology (AAN) Annual Meeting in Los Angeles, CA in April 2018, at a joint AAN and American Heart Association/American Stroke Association session on the topic, "What More Can Be Done to Address Racial and Ethnic Disparities in Stroke?". She will also be speaking at a career development session at the 2018 NIH-sponsored *Frontiers in Aging and Regeneration Research* (FrARR) Advanced Training Course at Xavier University in New Orleans, LA. FrARR trains and mentors promising junior and senior undergraduates from predominately under-represented communities in sophisticated aging research and regenerative medicine technologies, and encourages and supports them as they embark on graduate studies in STEM fields. "It's a wonderful NIH supported opportunity to engage women and minority students with an interest in medicine, and to promote the field of psychiatry," says Dr. Ifejika.

Residency Program Update: More Than Just Plugging Away

Kim Barker, MD, Residency Program Director

In my mind, the residency program is just plugging away. However, in reality, it continues to grow and evolve to allow for a fantastic educational experience for our residents. For instance, this year (similar to last) we had over 500 applicants and invited roughly 90 people to interview with us. Additionally, the last 2 years have seen 8 or more UTSW medical students applying to the specialty each year.

The re-structured Friday morning lecture series has been well received as we have attempted to diversify the teaching to include more hands-on workshops and panel discussions. We initiated an “Introductory” and “Advanced” series every July for PGY2’s and PGY3’s/PGY4’s respectively. Our faculty has developed a great ultrasound curriculum for both residents and also faculty members who want to add to their skills. Continuing spasticity management workshops for the residents and a new curriculum for spasticity clinic have been implemented. Based on feedback from residents and alumni, we are incorporating more billing and coding workshops, financial advising lectures, and mock oral board sessions either during or after lecture hours. We have also started an oral board review course for alumni and are inviting them to return to UTSW prior to Part II for practice cases.

But it is not just lectures that have changed. Our residents are as fantastic and enthusiastic as ever! They are giving up endless “free time” to cover high school football in the metroplex, Dallas Stars physicals, and numerous other sporting events. They are also themselves participating in sporting events -- running marathons, competing in triathlons, and winning Jiu-Jitsu championships. Many of our residents have also volunteered their time to the new UTSW Adaptive Sports Coalition.

The relatively new categorical positions for 6 interns have been well received amongst applicants and by other UTSW departments. They have seamlessly fit in with internal medicine and surgery interns, as well as served the roles of neurology and emergency medicine residents. The PM&R residents are quickly becoming known not only for their hard work, but also for their brilliance.

We were very well represented in Denver at the AAPM&R Annual Assembly. Our residents participated in the Residency Quiz Bowl and came in a very close 2nd place! It was also great to visit with alumni that had scattered across the nation after graduation.

I will end with endless gratitude for old and new faculty as this residency would not be possible without them. Several changes are in thanks to wonderfully energetic new faculty the past couple of years, and we as a department look forward to more good changes to come!



Residency Quiz Bowl Team



Faculty & residents at Cycle for Survival



Dr. Clarice Sinn named Assistant Residency Program Director

Assistant Professor Clarice Sinn, DO, MHA, was appointed Assistant Residency Program director earlier this year. Dr. Sinn earned her medical degree at Ohio University College of Osteopathic Medicine in Athens, Ohio. After completing a traditional osteopathic internship at Michigan State University/Kalamazoo Center for Medical Studies, she went on to graduate from Physical Medicine and Rehabilitation residency at the University of Kansas Medical Center in Kansas City, Kansas. Dr. Sinn completed a fellowship in Pediatric Rehabilitation Medicine at Children's Mercy Hospital in Kansas City, Missouri. She joined the UT Southwestern PM&R faculty in 2017 and is currently on staff at Children's Health, where runs the consult service and also works in the following outpatient clinics: Demyelinating Disorders Clinic, Stroke Clinic, Torticollis Clinic, and General Rehab Clinic.

Dr. Sinn was nominated for the American Academy of Physical Medicine and Rehabilitation (AAPM&R) President's Citation award in 2016. The following year, she was one of ten physicians (out of a pool of 80 applicants) selected to participate in the 2017 AAPM&R Leadership Program. This program was established in 2012 to identify a select number of diverse, emerging member leaders and help prepare them to lead the Academy and the specialty through the coming changes in the health care environment.

2018 PGY4 RESIDENTS

Our senior class of residents is getting ready to head out into the world and we could not be more proud of them!

Nasser Ayyad, DO - Interventional Spine & Musculoskeletal Medicine fellowship, Desert Spine & Sports Physicians, Phoenix, AZ

Ugo Bitussi, DO - Atlanta Rehab Specialists, Atlanta, GA

Nicholas Elkins, DO - Interventional Pain fellowship, Mayo Clinic, Scottsdale, AZ

Mark Fox, MD - Sports Medicine fellowship, Cleveland Clinic, Cleveland, OH

Nicholas Georgelos, DO - Action PM&R, Chicago, IL

Ammon Hills, DO - Interventional Pain fellowship, UC Davis, Sacramento, CA

Jason Hunt, MD - Physical Medicine Consultants, Dallas, TX

Matthew MacCarthy, MD - Pediatric Rehabilitation Medicine fellowship, University of Pittsburgh Medical Center, Pittsburgh, PA

Vijita Patel, MD - Highlands Rehabilitation Hospital, El Paso, TX

Match Day 2018 at UT Southwestern



Specializing in PM&R is certainly getting more competitive for graduating medical students. According to the American Medical Student Association twitter feed, PM&R was one of the specialties with over 30 positions that filled all available positions in match 2018, along with specialties were Integrated Interventional Radiology, Neurological Surgery, and Thoracic Surgery. Last year only one PM&R spot went unfilled—but not for very long. Congratulations to our soon-to-be colleagues in psychiatry!

PM&R UTSW 4th year students on match day. L-R: Denizen Kocak, Alan J. Sutton, Audrie A. Chavez, Aleksander Borresen, Annie Abraham, Parth Vyasa.

Dr. Marlene Vega joins section of Rehabilitation Psychology

Rehabilitation Neuropsychologist Marlene Vega, PsyD is the latest addition to the growing Division of Rehabilitation Psychology here at the UT Southwestern Department of Physical Medicine and Rehabilitation. She began her psychology studies at the Inter-American University of Puerto and obtained her Doctorate of Psychology in Clinical Psychology with a concentration in Neuropsychology and Health Psychology from the Minnesota School of Professional Psychology. Reflecting her interest in cross-cultural issues in psychology, her doctoral dissertation explored Perceptions and Practice of Multicultural Competency in Rehabilitation Psychology. She has served in various leadership capacities for the American Psychological Association, Division of Rehabilitation Psychology, and is also member of the American Congress of Rehabilitation Medicine's Stroke Interdisciplinary Special Interest Group Executive Committee. Dr. Vega will be working on the inpatient rehabilitation unit at Zale Lipshy University Hospital providing psychological consultation and psychotherapy for patients with a wide range of neurological injuries, organ transplantation and other life-changing conditions. She will also be seeing outpatients at the Aston PM&R Clinic.



Faculty and Resident Publications and Presentations

PUBLICATIONS

Annaswamy T, Kasitinon D, Royston A. Value-Based Care and Musculoskeletal Rehabilitation. *Curr Phys Med Rehabil Rep.* DOI: 10.1007/s40141-018-0176-y

Milani CJ, Rundell SD, Jarvik JG, Friedly J, Heagerty PJ, Avins A, Nerenz D, Gold LS, Turner JA, **Annaswamy T**, Nedeljkovic SS, Suri P. Associations of Race and Ethnicity with Patient-Reported Outcomes and Health Care Utilization among Older Adults Initiating a New Episode of Care for Back Pain. *Spine (Phila Pa 1976).* 2017 Nov 20. doi: 10.1097/BRS.0000000000002499. [Epub ahead of print] PubMed PMID: 29189640.

Kocak D, **Annaswamy T**, Chong S and Arora R. Development of systemic inflammatory polyarthritis after zygapophyseal joint injection with Hylan G-F 20 (Synvisc-One®): a case report. *Am J Phys Med Rehabil.* 2018 Feb;97(2):147-149. doi:10.1097/PHM.0000000000000797. PubMed PMID: 28708631.

Erler KS, Whiteneck GG, **Juengst SB**, et al. Predicting the Trajectory of Participation After Traumatic Brain Injury: A Longitudinal Analysis. *J Head Trauma Rehabil.* 2018 Jan 30.

Erler KS, **Juengst SB**, Smith DL, O'Neil-Pirozzi TM, Novack TA, Bergquist TF, Bogner JA, Kaminski J, Giacino JT, Whiteneck GG. Examining Driving and Participation 5 Years After Traumatic Brain Injury. *OTJR (Thorofare N J).* 2018;:1539449218757739.

Kumar RG, Gao S, **Juengst SB**, Wagner AK, Fabio A. The effects of post-traumatic depression on cognition, pain, fatigue, and headache after moderate-to-severe traumatic brain injury: a thematic review. *Brain Inj.* 2018;32(4):383-394.

Royston A, Ramey L. Stingers and Burners. PM&R Knowledge Now, topic update. <https://now.aapmr.org/stingers-and-burners/>. Published February 14, 2018. Accessed April 23, 2018

Smith JAD, Armacost M, Ensign E, Shaw S, Jimenez N, Millett D, Liu C, Heck CN. Epilepsy Surgery in the underserved Hispanic population improves depression, anxiety and quality of life. *Epilepsy & Behavior.* 2018;83:1-6.

Yang J, Ayyad N, Sabharwal S. Cervical Spondylotic Myelopathy. PM&R Knowledge Now, topic update. <https://now.aapmr.org/cervical-spondylotic-myelopathy/> Published November 18, 2017. Accessed March 19, 2018.

Yang J, Leek D. Performing Arts Medicine. PM&R Knowledge Now. <https://now.aapmr.org/performing-arts-medicine/> Published February 15, 2018. Accessed March 19, 2018.

PLATFORM PRESENTATIONS AND ABSTRACTS

American Medical Society for Sports Medicine Annual Meeting, Orlando, FL, April 2018

Kasitinon D, Dimeff R. Dropping the Hammer - An Uncommon Case of Right Hand Pain in a Professional Hockey Player.

American Burn Association, Chicago, IL, April 2018

Wiechman S, **Holavanahalli R**, Roaten K, Rosenberg L, Rosenberg M, Meyer W, Smith B, Carrougher G, Ceranoglu T, Gibran N. The Relation Between Satisfaction with Appearance and Ethnicity.

American College of Rheumatology/ARHP Annual Meeting, San Diego, CA, November 2017

Nayfe R, Chansard M, **Annaswamy T**, McCallister K, Fraenkel L, Mortensen E, Makris UE. Validating Patient Reported Outcomes in Older Veterans with Chronic Back Pain.

VA Chiropractic Program Office Field DC Meeting. Association of Chiropractic Colleges/Research Agenda Conference, Dallas, TX, March 2018.

Annaswamy TM. Considerations in the Use of Electrodiagnostic Studies for Cervical and Lumbar Radiculopathy: Why, When and How to Incorporate These Studies in Case Management.

COURSES AND WORKSHOPS

Holavanahalli RK. Twenty-five years of Burn Model System Contributions.

POSTER PRESENTATIONS

Spring Symposium on Advanced Wound Care, Charlotte, NC, April 2018

Georgoudiou S. Use of Hydrophobic Open Cell Reticulated Foam (OCRF) Dressing for Patient Centered Care.

American Burn Association, Chicago, IL, April 2018

Schulz JT, Espinoza LF, Simko LC, **Holavanahalli RK**, Gibran NS, Wiechman SA, Roaten KD, Herndon DN, Meyer WJ, Schneider JC, Ryan CM. The Relation(ship) Between Marital Status and Burn Injury: A Burn Model Systems National Database Study.

Simko LC, Espinoza LF, McMullen KA, **Kowalske K, Holavanahalli R**, Gibran NS, Suman OE, Ryan CM, Schneider JC. Beyond Scarring: Long-term Physical Outcomes Following Burns.

Carrougher GJ, Cai C, Simko LC, Epperson K, **Holavanahalli RK**, Overton C, Schneider JC, Herndon DN, **Kowalske K**, Gibran NS. From Development to Utilization: Burn Injury Factsheets for Patient Education.

Godleski M, Yelvington M, Lee A, Chouinard A, Simko LC, Herndon DN, Suman OE, **Holavanahalli R, Kowalske K**, Gibran NS, Esselman PC, Goverman J, Ryan CM, Schneider JC. Elbow Contracture Severity at Hospital Discharge in Patients with Heterotopic Ossification.

American Medical Society for Sports Medicine Annual Meeting, Orlando, FL, April 2018

Kelly BR, Dimeff R. Shoulder injury in a Jiu Jitsu competitor defending the submission triangle.

20th Annual PM&R Scientific Day

Concussion and the Developing Brain

May 5, 2018

This year's Scientific Day program is designed to highlight scientific advances in the area of Concussion Care in the field of Physical Medicine and Rehabilitation. Additionally, the program will showcase the research performed by residents in the Department of Physical Medicine & Rehabilitation at UT Southwestern.



Stacy J Suskauer, MD

“Current Concepts in Concussion Care”

“Examining Recovery from Youth Concussion”

Dr. Stacy Suskauer is a research scientist at the Kennedy Krieger Institute. She is co-director of the [Center for Brain Injury Recovery](#) at the Institute. She is also an associate professor of physical medicine and rehabilitation and pediatrics at the Johns Hopkins University School of Medicine. Dr. Suskauer's primary research focus is understanding and optimizing outcomes after childhood brain injury, including concussion. Her projects include: investigating the use of neuroimaging and neurobehavioral assessments to improve understanding of brain-behavior relationships after traumatic brain injury, identifying the relationship between early physiological and functional variables and long-term outcome after brain injury and optimizing evaluation and treatment of children with disorders of consciousness after brain injury.

Kathleen Bell, MD

“Cerebral Blood Flow and Vascular Reactivity after Concussion”

Kathleen Bell, M.D., is the Chair of the Department of Physical Medicine and Rehabilitation at UT Southwestern and holds the Kimberly-Clark Distinguished Chair in Mobility Research. She is a nationally recognized leader in rehabilitation medicine and a specialist in neuro-rehabilitation. Dr. Bell is an Investigator with the [Texas Institute for Brain Injury and Repair](#) at UT Southwestern (TIBIR) and the Peter O'Donnell Brain Institute.



Candice L. Osborne, PhD and Shannon Juengst, PhD

“Leveraging Mobile Health Technology to Support Self-management After Traumatic Brain Injury”



Candice Osborne, PhD is an Occupational Therapist who specializes in neuro-rehabilitation and an Assistant Professor in the Department of Physical Medicine and Rehabilitation at UT Southwestern. Her current research focuses on transition from hospital to community after stroke, the use of mobile technology in rehabilitation settings, and application of the International Classification of Functioning in rehabilitation.

Shannon Juengst is a Certified Rehabilitation Counselor and an Assistant Professor in the Department of Physical Medicine and Rehabilitation at UT Southwestern with a secondary appointment in the Department of rehabilitation Counseling. Dr. Juengst's current work focuses on behavioral and emotional outcomes, investigating biological correlates and predictive biomarkers for behavioral and emotional disorders, and investigating innovative telehealth methods for tracking these outcomes in the community.

New Collaboration with Texas Center for Performing Arts Health

UT Southwestern physiatrists **Lindsay Ramey, MD** and **Jennifer Yang, MD** are the newest clinical collaborators with the Texas Center for Performing Arts Health (TCPAH), an interdisciplinary partnership led by the University of North Texas (UNT) in Denton and the Texas College of Osteopathic Medicine in Fort Worth. Along with faculty from the UNT School of Public Health, College of Engineering and College of Public Affairs and Community Service, the center collaborators work together to study, treat and prevent various occupational health problems associated with learning and performing music and other performing arts. Both women have backgrounds as performers: Dr. Ramey as a dancer, and Dr. Yang as a pianist and singer, providing a personalized experience to their students and patients. As collaborators with TCPAH, they hope to be able to offer student health services similar to those available at UNT for other higher education institutions in the metroplex. In addition to board certification in PM&R, both physicians have also pursued advanced training related to the health of performing artists. Dr. Ramey completed a Sports Medicine fellowship at the Rehabilitation Institute of Chicago, where she provided care for the Joffrey Ballet. Dr. Yang completed a 2-year program at Shenandoah University in Winchester, Virginia, earning a Graduate Certificate in Performing Arts Medicine.



Dr. Ramey examines a dancer using ultrasound, with PT student Jennifer Henderson

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