

PM&R CONNECTion



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Message from the Chair

Kathleen Bell, MD

"If your ship doesn't come in, swim out to it."

-Jonathan Winters

It seems appropriate to start out 2017 with a quote from one of my favorite comedians. It's difficult to see in my cloudy crystal ball what

to expect from the coming year – I think that's the case for most of us. It's likely that any future good is going to take some planning and activity on my/our part.

And so, of course, the Department of PM&R at UT Southwestern is planning ahead. Some of our expected changes are being driven by University initiatives. For instance, we are working closely with our colleagues from Texas Health Presbyterian to revamp and refocus our stroke neurorecovery program; together, we hope to bring rehabilitation out of the hospital and into the community, highlighting recovery and wellness. And as part of the Peter J. O'Donnell Brain Institute, we will be growing our acquired brain injury program, integrating clinical care and research at every step. As part of our focus on the neurosciences, the University is in the process of designing a new Neuroscience wing at Clements University Hospital, which will mean big changes for PM&R.

This year will bring continued growth to our Pediatric Rehabilitation program. Our Children's House will be moving to a new facility this year, a terrific new outpatient facility for PM&R will open in March, and we will have more faculty and fellows to push pediatric rehabilitation to new levels in Dallas including a transition program. We are also building our relationship with our Orthopedic colleagues and will be expanding and diversifying our Musculoskeletal and Sports Medicine faculty and programs.

By the end of 2017, PM&R will be moving across North Texas – new practice sites are planned for Fort Worth, Plano/Richardson, and Las Colinas. And closer to home, we will be moving into some new outpatient space as well, allowing us to expand our faculty and services. We are also expanding our Rehabilitation Psychology and Rehabilitation Counseling services at our home base.

In research, we will be opening our new research facilities in the Medical School which will give us great opportunities for broadening our portfolio. Our research faculty has tripled this year and we anticipate continued growth in this area. Educationally, our residents are having new exposures to ultrasound teaching and rounding in skilled nursing facilities.

We'll be back-stroking, crawling, and butterflying our way to the ship – join us on the journey and Happy New Year!

UT Southwestern
Medical Center

Continued Growth in 2016

2016 was a year of continued growth in all areas for Physical Medicine and Rehabilitation. In our ongoing efforts to provide expert services for our expanding and specialized clinical efforts, we have recruited new and developed existing faculty and staff in our department. Additionally, the education program continues to develop to meet the needs of the growing interest in PM&R of medical students and the specialty areas of our residents and fellows. We continue to cultivate our research efforts: broadening funding opportunities and building relationships both within our institution and externally. All of these would be futile if we did not keep in mind our mission to serve our patients, who we promoted through numerous community service projects.

- ◆ Recruited 8 faculty and 5 staff members
- ◆ Opened new clinics: - Multidisciplinary Spine, Parkland Burn Urgent Care, Performing Arts and satellite Musculoskeletal clinic in Plano/Richardson
- ◆ Increased participation and involvement in the Peter O'Donnell Brain Institute
- ◆ Initiated a Rehabilitation Psychology Program
- ◆ Received ACGME certification for Brain Injury Medicine Fellowship
- ◆ Developed and enhanced resident curricula in Ultrasound & Spinal Cord Injury Medicine
- ◆ Kicked off GO-PMR Campaign for resident development fund
- ◆ Kim Barker named as Residency Program Director
- ◆ Kelly Scott named as Medical Student Clerkship Director
- ◆ Added new medical student and resident outpatient rotations
- ◆ Participation in CONTEX, the Texas University Interscholastic League concussion registry
- ◆ Completed AAP Research Consultant assessment
- ◆ Added research assessment lab with additional space currently being designed
- ◆ Over 30 faculty presenting at 12 state and national conferences
- ◆ Debuted Shark Tank research competition for residents
- ◆ Initiated and continued collaborative research efforts both locally and nationally
- ◆ PM&R represented at 8 local community events including the DFW Brain Injury Walk, Dallas Asian Festival and Dallas Rock 'n' Roll Marathon
- ◆ Provided medical sideline assistance at area high school sporting events

UT Southwestern Multidisciplinary Spine Center

[https://vimeo.com/
brazosfilms/
re-
view/190040747/772e974
1bb](https://vimeo.com/brazosfilms/re-view/190040747/772e9741bb)

To contact the clinic or
schedule an
appointment, call
(214) 645-2225

Located on the 6th floor
in the Aston Building

UTSW Comprehensive Spine Center Opens

October 3, 2016 saw the official launch of the Multidisciplinary Spine Center as a collaboration and reorganization of the entire spine program at UT Southwestern. Physicians and staff from the departments of Anesthesia/Pain Management, Neurosurgery, Orthopedics, and Physical Medicine and Rehabilitation work together towards the common goal of leading in the advancement of care of patients affected by diseases and disorders of the spine, by providing outstanding clinical care and by participating in cutting edge research. Dr. Ankit Patel, Dr. Amy Phelan, Dr. Kavita Trivedi, Larah Brown, Wendy Moore, and Rita Fulmer are now seeing patients in the new spine clinic.

Survivors Offering Assistance in Recovery (SOAR)

The SOAR program managed and led by Dr. Radha Holavanahalli, PhD in the North Texas Burn Rehabilitation Model System is off to an exciting and record start in 2017. Thirteen burn injury survivors received peer support volunteer training making it the largest group to receive the training in one session. They join 14 already trained SOAR volunteers to strengthen our patient engagement services at Parkland Hospital's Regional Burn Center. Developed by a national group of burn survivors and health care professionals, the Phoenix Society's program, "Phoenix SOAR" is designed to address the needs of burn patients and their families and to provide peer support during the journey of recovery.

UT Southwestern PM&R Welcomes New Staff



John Chacko, BS, MS, joins the PM&R research staff. John is originally from the Dallas/Ft. Worth area and graduated from the University of Texas at Dallas with a dual Bachelor's of Science in Biology and Business Administration. Following his undergraduate studies, he went on to pursue a Master's of Biomedical Sciences at Barry University in Hollywood, Florida. John is a Research Assistant and will be working with the research staff and faculty on multiple new and ongoing projects being conducted by the department.



Stephanie Anna Georgoudiou MSN, APRN, AGPCNP-BC, CWCN joins the PM&R wound care team. She is originally from Ormond Beach, Florida and graduated with a Bachelor of Science in Nursing from Bethune-Cookman. She pursued further studies and obtained a Master of Science in Nursing from the University of Florida. After completing her MSN, she attended Nell Hodgson Woodruff school of Nursing at Emory University for her wound care certification. Stephanie will be seeing patients at the wound care clinic, Clements University Hospital, and LifeCare.

Achievements and Honors

Dr. Surendra Barshikar and **Dr. John Thottakara** achieved board certification in Brain Injury Medicine from the American Board of PM&R.

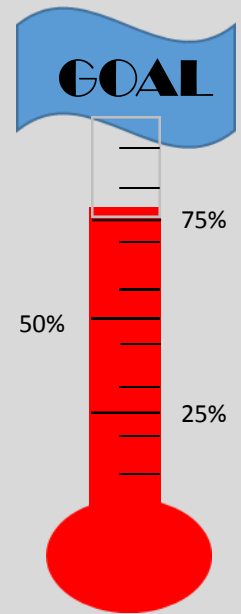
Thavaputhri (T.A.) Thomas, RN, intake coordinator for Physical Medicine and Rehabilitation at Parkland Hospital, graduated in December with a nurse practitioner degree.

Dr. Jennifer Yang was one of 13 physicians nominated by the UTSW Nursing Staff for the 2016 Golden Pager Award. This system-wide award recognizes physicians for their display of professionalism and collaborative spirit.

PM&R Faculty Named Texas Super Doctors

Five UT Southwestern PM&R physicians were featured in the July 2016 issue of Texas Monthly in its list of Texas Super Doctors®: Rising Stars Edition 2016. Trusted and sought out by colleagues for medical care, these physicians were selected by their peers and verified by the Key Professional Media research staff. Drs. Fatma Gul, Amy Phelan and Kavita Trivedi were named Texas Super Doctors and Drs. Ankit Patel and John Thottakara were named as Rising Stars.

Key Professional Media, Inc. asked more than 40,000 medical professionals in Texas to nominate one or more doctors, other than themselves, from 42 specified medical specialties based on one question: "If you needed medical care in one of the following specialties, which doctor would you choose?" The research team identified newer Texas doctors who have been fully-licensed approximately 10 years or less. The "Rising Stars" distinction is in its fifth year, specifically recognizing younger physicians. Texas Super Doctors® publishes its main list in December. Only 2.5% of all active Texas physicians are selected to the Texas Rising Stars list.



GO-PMR

**UT Southwestern
PM&R**

**RESIDENCY
DEVELOPMENT
FUNDRAISER**

has reached 75% of
the Goal!

Thanks to all our
supporters -

Let's Keep it going!!

Community Involvement



Outpatient Therapy Services and PM&R reached out to families of loved ones who are incarcerated during an Angel Tree Christmas celebration (L)

The Dallas Police Choir performed for patients and families at Zale Lipshy University Hospital Rehabilitation Unit. They are the only "all sworn" acapella choir in the U.S.(below)



Thanks to the kindness and generosity of the PM&R department, our goal of 250 cans of food was exceeded! These items were sent to the North Texas Food Bank to replenish their shelves (above)

Dr. Radha Holavanahalli, PhD and burn survivors attend the American Burn Association State of the Science Conference in Washington, D.C. Pictured from left to right: Scott Denman, Glen Harrington, Barry Winkenweder, Dr. Holavanahalli and Ryan Douglas (R)



PM&R Names 2017 Chief Residents

After a wonderful year of leadership by Dominic Jacobelli, MD and Stephanie Tow, MD, we are proud to announce that Nasser Ayyad, DO and Ammon Hills, DO have started as our new Chief Residents!



Dr. Ayyad is a native Texan, growing up in Arlington, Texas. Prior to attending medical school Nasser worked in the pharmaceutical and aviation industries in various sales and management positions. He graduated from University of North Texas Health Science Center (TCOM) in 2014 and subsequently per-

formed a Traditional Rotating Internship at St. Petersburg General Hospital in St. Petersburg, FL. When not at work Nasser enjoys engaging in sports (particularly basketball and Camp Gladiator with his fellow UTSW residents), cooking with family and friends, and travelling as much as possible.



Dr. Hills was born in Salt Lake City, UT and was raised loving the outdoors, spending time in the mountains, hiking, enjoying all types of winter sports, playing soccer, and learning the value of hard work. After high school, he completed each stage of his education in a different state. He majored in Exercise Science in undergrad at the University of Utah, and completed a Masters degree in Biomedical Science at Midwestern University in Arizona. He then attended medical school at A.T. Still University in Kirksville MO, and completed a Transitional Year program at IU Health Ball Memorial Hospital in Muncie, IN prior to coming to Dallas for residency. He has the incredible support of his wife Kristen, and loves spending time with her and their three beautiful daughters who keep him very busy. The Hills are excited to welcome another baby girl into their family in December.

Dr. Kavita Trivedi to take the LEAD

Dr. Kavita Trivedi will be participating in the **LEADERSHIP EMERGING IN ACADEMIC DEPARTMENTS (LEAD) PROGRAM**. A program for junior faculty to develop leadership skills, the program stresses skills of influence and ability to make things happen, rather than just 'being in charge'. Through the LEAD program, Dr. Trivedi hopes to optimize the work environment both within her own department as well as from a multidisciplinary perspective. She recognizes the challenges in maintaining an effective clinical practice amidst the various responsibilities of an academic setting: administrative, clinical, fiscal, research and teaching. She states the yearlong curriculum should prepare her to realistically analyze and resolve diverse challenges that arise both clinically and academically through the development of a personal Capstone addressing one of UT Southwestern's strategic priorities, including clinical transformation, enhancing basic research, health policy, global health and care of the underserved, enhancing diversity and resource acquisition and utilization. Overall Dr. Trivedi is looking forward to learning different approaches and techniques to become an effective clinician leader.

VA SCI Center Selected for Study

The VA North Texas Health Care System Spinal Cord Injury Center is one of ten VA SCI centers selected for participation in the Cooperative Studies Program (CSP) #2003 Exoskeleton Assisted-Walking in Persons With SCI: Impact on Quality of Life study. Powered exoskeletons are a technology that has recently become available as an alternate form of mobility by providing an external framework for support and computer controlled motorized hip and knee joints to assist with over ground ambulation. The primary objectives of the study are to demonstrate that medically stable veterans with chronic SCI of six months' duration who use wheelchairs for indoor and outdoor mobility as standard of care (SOC) and also use an exoskeletal-assisted walking device in their home and community environments will have clinically meaningful improvements in mental health and in quality of life for bladder, bowel and pain, compared to those who use only SOC for home and community mobility.

Site Co-Investigators for the study are Dr. Manosha I. Wickremasinghe and Dr. Bridget Bennett.

Faculty Publications and Presentations

Petrasic JR, Chhabra A, **Scott KM**. Impact of MR Neurography in Patients with Chronic Cauda Equina Syndrome Presenting as Chronic Pelvic Pain and Dysfunction. *Am J Neuro-radiol*. 2016 Nov 10. [Epub ahead of print].

Osborne CL, Petersson C, Graham JE, Meyer WJ 3rd, Simeonsson RJ, Suman OE, Ottenbacher KJ. The Burn Model Systems outcome measures: A content analysis using the International Classification of Functioning, Disability and Health. *Disabil Rehabil*. 2016 Oct 19. [Epub ahead of print].

Annaswamy TM, **Worchel J**. Paraplegia Following Lumbar Epidural Steroid Injection in a Patient with a Spinal Dural Arteriovenous Fistula. *Am J Phys Med Rehabil*. 2016 Oct 22. [Epub ahead of print].

Gelhorn AC, Suri P, Rundell S, Olafsen N, Carlson MJ, Johnson S, Fry A, **Annaswamy TM**, Gilligan C, Comstock B, Heagerty P, Friedly J and Jarvik JG. Lumbar muscle cross-sectional areas do not predict clinical outcomes in adults with spinal stenosis: a longitudinal study. *PM&R*. 2016 Oct 6. [Epub ahead of print].

Schneider JC, Simko LC, Goldstein R, Shie VL, Chernack B, Levi B, Jayakumar P, **Kowalske KJ**, Herndon DN, Gibran NS, Ryan CM. Predicting Heterotopic Ossification Early After Burn Injuries: A Risk Scoring System. *Ann Surg*. 2016 Jun 24. [Epub ahead of print].

Goverman J, Mathews K, Goldstein R, **Holavanahalli R**, **Kowalske K**, Esselman P, Gibran N, Suman O, Herndon D, Ryan CM, Schneider JC. Pediatric Contractures in Burn Injury: A Burn Model System National Database Study. *J Burn Care Res*. 2017;38(1):e192-199.

Goverman J, Mathews K, Goldstein R, **Holavanahalli R**, **Kowalske K**, Esselman P, Gibran N, Suman O, Herndon D, Ryan CM, Schneider JC. Adult Contractures in Burn Injury: A Burn Model System National Database Study. *J Burn Care Res*. 2017;38(1):e328-336.

TOXINS, Madrid, Spain, January 2017

Gul F, O'Dell M, Jech R, Banach M, Vilain C, Grandoulier AS, Germain JM, Gracies JM. (2017). Improvement of spasticity following abobotulinumtoxinA (Dysport®) injections in shoulder muscles in hemiparetic patients with upper limb spasticity – Sub-analysis of a prospective, long-term, open-label study with single and repeated injection cycles.

Association of Academic Physiatrists, Las Vegas, NV, February 2017

POSTERS

Gutierrez A, **Yap L**, Georgelos N, **Yang J**. Lumbar Radiculopathy as Noxious Stimulus in Spinal Cord Injury

Annaswamy TA, **Ayyad NS**. Trifid Median Nerve in a Patient with Carpal Tunnel Syndrome: A Case Report

Milburn N, **Yap L**, **Raval G**. Heterotrophic Ossification in Patients with Prosthetic Legs

Barshikar, S. Rehabilitation of a Patient with Spinal Muscular Atrophy

SPEAKERS

Dr. Thiru Annaswamy presented Tele-Rehabilitation Status of Current Research, Clinical Practice, Medicolegal Issues, and Implications for Future.

UT Southwestern
PM&R Department
is proud to
Announce
Dr. Jennifer Yang, MD
as the new Editor for
the
PM&R CONNECTION

19th Annual PM&R Scientific Day

Women and Rehabilitation: Bridging Generations

June 3, 2017

This year's Scientific Day program is designed to highlight scientific advances in the area of Women's Health Issues 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.



Monica Rho, MD

"Sex Differences in Sport Medicine"

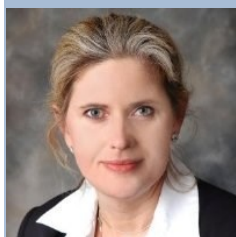
"Post-partum Recovery of the Lateral Abdominal Wall Musculature"

Monica Rho is the Director of the Women's Sports Medicine Program at the Rehabilitation Institute of Chicago, an assistant professor at RIC/Northwestern University Feinberg School of Medicine, and is an attending physician in the RIC Sports and Spine Rehabilitation Center. She has been the Medical Director of the Joffrey Ballet since 2014 and in 2015, she was appointed the Head Team Physician of the US Men's Paralympic Soccer Team by US Soccer, traveling with the team to the Rio Paralympics in 2016.

Ugis Gruntmanis, MD

"Fractures Caused by Osteoporosis, Deadly but Forgotten. Let's change that!"

Ugis Gruntmanis, MD is a Professor in the Department of Internal Medicine, Division of Endocrinology. He is the Associate Program Director for the Internal Medicine Residency Program and Chief of the Endocrinology Section at the Dallas Veterans Affairs Medical Center. He is a member of The American Society for Bone and Mineral Research and The Endocrine Society.



Urszula Kelley, MD

"Physical Activity and Body Images in Young Girls/Adolescences"

Urszula Kelly, M.D., is a Professor of Psychiatry at UT Southwestern Medical Center and is the director of Psychiatric Services at Children's HealthSM in Plano. Dr. Kelley is an active member of the American Academy for Eating Disorders as well as the American Academy for Child and Adolescent Psychiatry. She is a Certified Eating Disorders Specialist Supervisor for other professionals.

Kathleen Bell, MD

"Girls, Women, and Concussion"

Dr. Bell 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.



Kelly Scott, MD

"Musculoskeletal and Neurologic Pelvic Pain"

Dr. Kelly Scott specializes in the diagnosis, nonsurgical management, and physical rehabilitation of pelvic floor disorders. She is certified by the American Board of Physical Medicine and Rehabilitation and serves as the Medical Director of the Department of Physical Medicine and Rehabilitation's Comprehensive Pelvic Rehabilitation Program, a component of the multidisciplinary Pelvic Floor Disorders Program.

UPCOMING EVENTS:

Saturday, June 3, 2017

UT Southwestern

T. Boone Pickens

Biomedical Building

Dallas, TX

6 CME hours

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Medical Center

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