



Trip to Ethiopia — read more about it on page 4

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Message from the Chair Kathleen Bell, MD



The contraction-expansion of the PM&R universe is more evident to me every year. We have **expanded** evidence that a basic pillar of rehabilitation, exercise, is intimately linked to health, inflammation, and cognition/brain function. This is pushing us to study activity in our rehab units and how we implement exercise for our patients. At UTSW PM&R, we are working to understand what this may mean to our elders (Dr. Eric James research on coordination in elder patients), to our patients with acute brain injury (Dr. Candice Osborne's work with TBI Model Systems researchers on activity levels and outcomes in TBI) and to those with burn injuries (Drs. Radha Holavanahalli and Karen Kowalske looking at impacts of exercise in patients with extensive burns). I am personally fortunate to work with collaborators on cognitive/physical activity influences on cerebrovascular function and neural recovery after TBI (Drs. Kan Ding and Rong Zhang at UTSW, Dr Sushmita Purkayastha at SMU). A second pathway for PM&R expansion is using big data to understand outcomes in rehabilitation. Dr. Nneka Ifejika, the latest recipient of the Texas Health Resources Clinical Scholar grant, will study the use of EHR derived variables to

predict rehabilitation needs of stroke survivors. We already have our first opportunity to use some early findings for quality improvement projects at Zale-Lipshy University Hospital.

Looking at **contraction** (as in world-becoming-smaller), this year marks our first opportunities as a Department to reach out globally to developing countries. In July, Dr. Brian Kelly (R-4) and I joined Dr. Mehari Gebreyohanns (Neurology) and his trainees for two weeks in Ethiopia. We rounded, lectured, and learned at academic hospitals in Addis Ababa and Bahir Dar, analyzing how to implement rehabilitation principles in a resource-challenged environment. Our host physicians and therapists were marvelous partners and we are now engaged in developing a sustainable program, utilizing in-person teaching and distance telemedicine. Also, Dr. Clarice Sinn continues her tradition of visits to Central America for pediatric rehabilitation.

Circling back to **expansion**. . .we are thrilled to have our new residents and fellows joining us from around the country. Every summer there is a huge burst of energy (nervous energy, but energy just the same) as new residents realize their dreams of physiatric practice. "Laissez les bons temps rouler."

Clinical Spotlight: Comprehensive Pelvic Rehab Program

The Comprehensive Pelvic Rehabilitation Program (CPRP) started in 2008 under the direction of Associate Professor of PM&R Dr. Kelly Scott. The program aims to treat both women and men with problems of pelvic muscles, joints, and nerves. CPRP patients have with a wide variety of pelvic problems, including pelvic pain, pain with sexual intercourse, tail-bone pain, urinary incontinence, urinary urgency/frequency, fecal incontinence, and constipation. About 30% of the program's patients are men. The team has treated patients as young as 10, and the oldest was 95 years old. The CPRP also aims to care for pregnant and postpartum women with back pain, hip pain, pelvic pain, and other musculoskeletal and neurologic complications of pregnancy and delivery.

The CPRP has grown significantly in the past 10 years – there are now five pelvic physical therapists who work with Dr. Scott to provide expert treatment for these patients who really suffer with these conditions which very much affect their quality of life. Michelle Bradley, DPT, Cynthia Brinker, PT, Patricia Morita-Nagai, PT, Ashley Rawlins, DPT, and Carol Walters, DPT work with Dr. Scott to provide a team approach to the care of patients – the therapists and physician see patients side-by-side in the clinic, and meet frequently to improve care and outcomes. Dr. Scott typically sees the patients first for a thorough evaluation, and then sends the patients to the physical therapists for intensive treatment over a period of 2-3 months. She then monitors the patient's progress and prescribes medications or performs interventions such

as pelvic floor trigger point injections as necessary to help the patients achieve maximal improvement. Dr. Scott also has a close collaborative relationship with the musculoskeletal and pelvic radiologists at UTSW, and together they offer cutting-edge diagnostics and therapeutic treatments for these patients, including magnetic resonance (MR) neurography to identify pelvic nerve pathology, MR defecography to identify functional prolapse which may be contributing to urinary and defecatory issues, and computed tomography (CT)-guided interventions such as nerve blocks and radiofrequency ablation. The program's approach is often successful for patients who have not benefitted from standard approaches to the treatment of pelvic disorders in traditional fields like gynecology, urology, or gastroenterology. In fact, the program receives more referrals each month than any other program in the PM&R department, including referrals from across the state of Texas and neighboring states.

Dr. Scott states, "As a physiatrist, I believe that it is my role to improve the quality of life for my patients, and there is nothing that improves quality of life more than helping patients with their pelvic pain and pelvic function. Pelvic rehabilitation can be very challenging at times – the patients are medically complex, and sometimes have comorbid psychiatric or abuse histories, but it is very rewarding to be able to offer patients a nonsurgical way to improve their chronic pelvic conditions."



Standing, L-R: PTs Michelle Bradley, Anna Brinker, Patty Morita-Nagai.
Seated, L-R: PTs Carol Walters, Ashley Rawlins, and Kelly Scott, MD.

Appointments & Referrals

**University Hospital
PM&R Clinic—Aston**
5303 Harry Hines Blvd,
6th Floor, Suite 110,
Dallas, TX 75390
Phone: (214) 645-1777
Fax: (214) 645-1786

PM&R Goes Viral: scan the QR code or visit the URL



Dr. Benjamin Nguyen and medical student Olivia Philpot hosted a Facebook Live! Webinar sponsored by the Joint Admission Medical Program (JAMP), a program created by the Texas legislature to support and encourage highly qualified economically disadvantaged students pursuing a medical education. <https://bit.ly/2I08cdF>



Traumatic Brain Injury psychiatrists Drs. Amy Mathews and Surendra Barshikar take questions and educate the public about concussions in a DocTalkLive interview, featured on the DocTalk facebook page and FunAsia KZMP 104.9 FM radio. <https://bit.ly/2JXHLXQ>



Pelvic Rehabilitation physical therapist Ashley Rawlins did a local CBS news segment about diastasis rectus abdominis (“mommy pooch” or “mommy belly”) - a vertical gap between the front abdominal muscles caused by weak connective tissue between muscles. <https://cbsloc.al/2JZMITj>



Former college athlete Kiara Connley tells her transverse myelitis story and remarkable recovery. Physical therapist Jeanne Vinson and Dr. Jennifer Yang represented her rehabilitation team. <https://bit.ly/2t5lkwO>



Left to right: Mark Fox, MD; Guest Speaker Stacy Suskauer, MD; Ugo Bitussi, DO; Nicholas Elkins, DO; Residency Program Director Kim Barker, MD; and Course Director Benjamin Nguyen, MD

20th Annual PM&R Scientific Day

The 20th Annual PM&R Scientific Day held on May 5, 2018 on the UTSW North Campus showcased cutting-edge research from our guest speaker and UTSW PM&R faculty and residents. Dr. Stacy Suskauer from the Center for Brain Injury Recovery at the Kennedy Krieger Institute in Baltimore, Maryland presented Current Concepts in Concussion Care and Examining Recovery from Youth Concussion. UTSW PM&R chair Kathleen Bell, MD talked about Cerebral Blood Flow and Vascular Reactivity after Concussion, while faculty members Candice Osborne, PhD and Shannon Juengst, PhD discussed Leveraging Mobile Health Technology to Support Self-management after Traumatic Brain Injury. Senior residents Mark Fox, MD, Ugo Bitussi, DO and Nicholas Elkins, DO presented results from their respective research projects.

Global Experiences in Rehabilitation: Ethiopia Trip

For two weeks in July, Professor & Chair **Kathleen Bell, MD** and PGY-4 resident **Brian Kelly, MD** exchanged the familiar environs of UTSW for the hospitals and clinics of Addis Ababa and Bahir Dar in Ethiopia. The trip was part of a collaboration between the UTSW Department of Neurology and Neurotherapeutics and local Ethiopian physicians, with UTSW faculty Mehari Gebreyohanns, MD spearheading the effort. With Dr. Gebreyohanns and his residents, our two physiatrists saw patients in clinic, attended rounds, gave educational lectures, enjoyed sightseeing and participated in cultural activities—a memorable trip for all the travelers! Contributions from the Giving Back to Promote Residency Development (Go-PMR) campaign helped fund this international rehabilitation experience.



RECOGNIZING EXCELLENCE

Kelly Scott, MD— Board Certified by the American Board of Electrodiagnostic Medicine, with a score among the top 10 of exam takers nationwide

Mariana M. Johnson, MD— Board Certified by the American Board of Physical Medicine and Rehabilitation

Fides M. Pacheco, MD— recognized as the Top Provider for VA-North Texas in PM&R

Nneka Ifejika, MD—selected as a Texas Health Resources Clinical Scholar

Shannon Juengst, PhD—recipient of an R03 Grant

Lindsey Ramey, MD— 2018 PM&R Department Teaching Faculty of the Year

Richard Robinson, MD— 2018 PM&R Department Teaching Attending of the Year

Annie Abraham, MD—Karen J. Kowalske Outstanding Student Award

Kellie Farrell, PT, DPT and Megan Miles, PT, DPT—Neurologic Certified Specialist (NCS) Certification

Clancy Piazza, SLP; Katherine Buckley, OT; and Lindsey Martin, OT— Certified Brain Injury Specialists (CBIS)

Audry Glavin, PT, DPT— Dry Needling Certification

Edward Cruz, PT, DPT—obtained his transitional Doctorate in Physical Therapy

Susan Chacko, BSN, RN, PCCN and Mary Tanner, PT— Diana and Richard C. Strauss Service Awards

Gary Wang, PT, DPT—UTSW Meritorious Award

Marie Bennett Meana, RN and Jacqueline Stitt, MSN, RN— Certified Rehabilitation Registered Nurse (CRRN)

Amy Jo Everett, BSN, RN—Certified Medical-Surgical Registered Nurse (CMSRN)

Nicholas Osuji, BSN, RN— obtained his Bachelor of Science in Nursing



SAVE THE DATE Adaptive Sports Expo

September 29, 2018
9 AM to 3 PM

UT Arlington
Maverick Activities Center
500 W Nedderman Dr,
Arlington, TX

<https://bit.ly/2MRBLkw>



UTSW PM&R receives AMSSM Humanitarian Grant



Left to right: Brian Kelly, MD, Lindsey Ramey, MD and Alexa Royston, DO

Congratulations are in order for Assistant Professor Lindsey Ramey, and residents Brian Kelly and Alexa Royston, as they received one of five national Local Humanitarian Service project grants from the American Medical Society for Sports Medicine (AMSSM). This grant will help fund the UTSW Adaptive Sports Expo on September 29th, 2018 hosted at UT Arlington Maverick Activities Center from 9am-3pm. Free accessible transportation will be provided from the UTSW main campus Sprague Clinic, to and from the event throughout the day. For more information, please visit our website: www.utswmed.org/conditions-treatments/physical-medicine-and-rehabilitation/adaptive-sports-expo/

PM&R was well-represented as Professor Karen Kowalske, and residents Chen Cui, Brian Kelly, Donald Kasitinon & Nicholas Elkins served as counselors at Camp I-Thonka-Chi (Choctaw for “a place that makes one strong or fearless, not afraid to face life”), Parkland’s annual summer camp for young burn survivors. Camp John Marc in Meridian, Texas plays host to burn camp annually in early June. Campers 6-18 years old. enjoyed swimming, fishing, boating, ropes challenge course, horseback riding, sports, arts and crafts, water games & other special events.



Faculty and Resident Publications and Presentations

PUBLICATIONS

Eickmeyer SM, **Barker KD**, Sayyad A, Rydberg L. The Rehabilitation of Advanced Heart Failure Patients after Left Ventricular Assist Device: A Narrative Review. PM R. 2018;

Erler KS, **Juengst SB**, Whiteneck GG, et al. The Association of Rehospitalization With Participation 5 Years After Traumatic Brain Injury. J Head Trauma Rehabil. 2018

Dessouky R, Xi Y, **Scott KM**, et al. Magnetic Resonance Neurography in Chronic Lumbosacral and Pelvic Pain: Diagnostic and Management Impact-Institutional Audit. World Neurosurg. 2018;114:e77-e113.

Deslauriers JR, Brennan MM, Welsh L, **Taylor CM II**. Perspectives of a Back to Bedside Reviewer. J of Grad Med Educ. 2018; 10(3):370-371.

PLATFORM PRESENTATIONS AND ABSTRACTS

Yang, J. Neurological Issues in the Performing Arts. Essentials of Performing Arts Medicine Pre-Conference Course, Orange, California. June 2018

Yang J. Functional Impact of HIV/AIDS on the Performing Artist. Performing Arts Medicine Association 36th Annual International Symposium, Orange, California. July 2018

Bradley, M. "The treatment of chronic coccydynia and post-coccygectomy pain with pelvic floor physical therapy". American Physical Therapy Association Combined Sections Meeting Section on Women's Health, New Orleans, February 2018.

COURSES AND WORKSHOPS

Ying J, Paterson M, **Yang J**. Joint Hypermobility Syndrome in the Performing Artist. Performing Arts Medicine Association 36th Annual International Symposium, Orange, California. July 2018

POSTER PRESENTATIONS

Chavarria V, Ensign E, Armacost M, Jimenez N, **Smith JAD**. Rasch analysis of the Spanish translation of the Beck Depression Inventory -II in People with Epilepsy. 16th Annual Conference of the American Academy of Clinical Neuropsychology, San Diego, CA, USA.. June 2018

Vargas B, **Bitussi U**, **Bell K**, **Osborne C**, **Juengst S**, **Dolezal C**. Difference in pre-season King-Devick (K-D) scores in Recreational vs. Competitive youth soccer players. Poster presentation. American Academy of Neurology 70th annual meeting, Los Angeles, CA, April 2018

Juengst SB, **Osborne CL**, **Bell KR**. Gender differences in multidimensional outcomes among community-dwelling adults with traumatic brain injury. 4th Federal Interagency Conference on Traumatic Brain Injury. Washington, DC, June 2018.

Nakase-Richardson R, Hoffman JM, **Bell KR**. Advancing Sleep Research: Two Multi-Center Studies within the TBI Model System Program. 4th Federal Interagency Conference on Traumatic Brain Injury. Washington, DC, June 2018.

Ricketti P, Schwartz D, Calero K, Anderson W, Diaz-Sien C, Drasher-Phillips L, O'Connor D, Rechkemmer MB, **Bell K**, Dahdah M, Nakase-Richardson R. American Academy of Sleep Medicine versus CMS criteria for obstructive sleep apnea in acute TBI. 4th Federal Interagency Conference on Traumatic Brain Injury. Washington, DC, June 2018.

Purkayastha S, Frantz J, Hynan L, Sabo T, Sorond F, **Bell K**. Cerebral vasoreactivity is impaired three month following sports related concussion in collegiate athletes. 4th Federal Interagency Conference on Traumatic Brain Injury. Washington, DC, June 2018.

Congratulations to Our Entering Class: New Residents & Fellows for Academic Year 2018-2019

PGY-1 Categorical Residents



Annie
Abraham, MD



Audrie
Chavez, MD



Denizen
Kocak, MD



Kegan
Cuniff, MD



Veronica
Gaffney, DO



Amanda
Lindenberg, DO

PGY-2 Advanced Residents



Nnemeka
Echebiri, MD

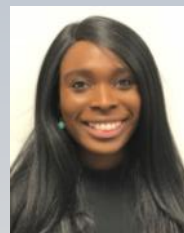


Brent
Page, DO



Diana
Pham, MD

Fellows



Aiwane Ibaoaya, DO
Brain Injury Medicine



Kelli Chaviano, DO
Pediatric Rehabilitation

Zale Lipshy University Hospital Gains National Recognition for Outstanding Patient Experience

UT Southwestern Zale Lipshy University Hospital was recognized as Outstanding Patient Experience Award™ Recipient for 2018 by Healthgrades, an online resource that “helps place patients with providers”. According to D Magazine, the outstanding patient experience list represents the top 15 percent for patient experience in the nation, out of a pool of about 3,500 hospitals that have submitted at least 100 patient experience surveys to Centers for Medicare and Medicaid Services. Zale Lipshy University Hospital houses the inpatient rehabilitation units on the 6th floor and 8th floor.



UT Southwestern
Medical Center

GO-PMR

**GIVING BACK
TO**

PROMOTE

RESIDENCY

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Contribute to the Physical Medicine & Rehabilitation
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<https://engage.utsouthwestern.edu/donatego-pmr>

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