

PM&R CONNECTion



Dr. Clarice Sinn visits the Dominican Republic with Propel DR — more on page 5

IN THIS ISSUE

- Dr. Yasin Dhaher p.2
- Burn Rehab Model System p.2
- Research Updates p.3
- Awards and Leadership p. 4
- Chief Residents p. 4
- Sandy Hall Retirement p.5
- Spasticity Day p.5
- Dominican Republic Trip p.5
- PM&R in the Community p.6
- Publications & Presentations p.7

Message from the Chair

Kathleen Bell, MD

Notice something different about my picture this quarter? We have had the wonderful experience of welcoming our new grandson into the world. And so, this is a great opportunity to spend a minute talking about family and work, a topic of great concern to many residents and young graduates. Is it possible to have a fulfilling and challenging career and still be a good parent, spouse, child, friend? I think so. Joy in your family and personal relations gives you the energy (even when tired from staying up with sick kids or elderly parents in the emergency room) to open your heart and intellect to your patients, students, and research subjects. Enriching work enlarges your perspective and brings a wealth of new thoughts to your family. I was always grateful for the opportunity to dwell in the Venn diagram overlap of work and family—my boys studying in my office after school, working on my research projects, and filling water pitchers on the unit while I rounded on Christmas Day. Or my family gathered on the



couch with a new ultrasound machine to check out nerve trunks and tendons. Or giving my parents a paper or book – they didn't always get the research but loved seeing my name in print. So I say, go for it and enjoy every exhausting, exhilarating minute of it – let family and work integrate a bit and be proud of both your lives.

Of course, we are studying family and life management here at UT Southwestern. Drs. Shannon Juengst, Candice Osborne, and Radha Holavanahalli are studying techniques to help care partners transition from hospital to home after neurological injury or burns. Dr. Jason Smith is exploring ways to improve self-management and quality of life for patients with epilepsy. Drs. Isabel Huang and Alexa Royston are exploring ways to support women trainees in motherhood and family life.

Family and life/work balance is important but I'm a big advocate of wrapping your arms around it all (while lowering your standards of cleanliness substantially). Enjoy reading about UT Southwestern Physical Medicine and Rehabilitation!

New Vice Chair for Research: Dr. Yasin Dhaher



Yasin Y. Dhaher, PhD, joins the O'Donnell Brain Institute as Vice Chair of Research for the Departments of Physical Medicine and Rehabilitation (PM&R) and Orthopaedic Surgery.

He was most recently Professor of PM&R at Northwestern University. The central theme of his research is to understand the basic biomechanical and neurophysiological properties of the lower limbs after neurological lesions and post stroke impairments. His research group has conducted a series of experiments to explore the neuro-mechanical underpinnings of these impairments after stroke with the goal of informing future clinical interventions.

Dr. Dhaher's research program has been anchored by NIH, DOE-NIDRR, NSF, DOD, and foundational grant funding. In addition, he served as mentor on a number of pre-doctoral and post-doctoral awards (NIH as well as foundational awards), NIH-Rehabilitation Medicine Scientist Training Program awards, and NIH-Mentored Patient-Oriented Research Career Development awards.

At UT Southwestern, Dr. Dhaher will build a research program that spans bioengineering and regeneration medicine with the ultimate goal of building a bridge between basic science and clinicians. "We are very excited about the opportunity to pursue knowledge expansion at the interface between the central nervous system and movement," said Dr. Kathleen Bell, Chair of UT Southwestern's Department of Physical Medicine and Rehabilitation. "Dr. Dhaher has a track record of accomplishment in this area as well as mentoring of young physicians, engineers, and scientists. I am particularly grateful for the opportunity to collaborate closely with the Department of Orthopaedic Surgery in supporting this true exploration of mind and body."

Burn Rehab Model System Update

The **North Texas Burn Rehabilitation Model System (NTBRMS)** has been contributing burn injury data to the National Longitudinal Burn Model System Database since 1994.

Current research projects include a site specific study, ***Vitamin D Deficiency in Adults Following a Major Burn Injury*** and three collaborative modules: ***Genetic predictors of functional outcomes after burn injury, Early Post injury and In-hospital Data Predictors of Functional Outcomes after Burn Injury, and An Examination of Social Integration Outcomes Following Burn Injury Using the LIBRE Profile.***



Counter-clockwise, from left: Adriana Sanchez (2nd from left) and Dr. Radha Holavanahalli (3rd from left) with the burn survivor support group meeting. **Right:** Speakers and attendees at the International Society for Burn Injuries (ISBI) conference in New Delhi, India, from left to right: Helma Hoffland (The Netherlands), Najla Najib (Egypt), Natalia Ponce (burn survivor from Colombia), Rachel Moore (Australia), Pragya Prasun (burn survivor from India), Radha Holavanahalli (USA). **Top:** Dr. Holavanahalli speaks on Burn Aftercare at the ISBI.

Research Updates

Model Systems

North Texas Burn Rehabilitation Model System
North Texas Traumatic Brain Injury Model System

Registries

UT Southwestern Acquired Brain Injury Research Registry
Texas Institute for Brain Injury and Repair (TIBIR) North Texas Sports Concussion Network (CON-TEX) Prospective Registry

Selected Ongoing Studies

General Rehabilitation

The Effect of Heat Intolerance on Exercise and Physical Function
Testing the Dose-response of Coordination Training for Older Adults

Sports, Pain, Spine and Musculoskeletal Rehabilitation

Protocol for Opioid Weaning: Can Effective Opioid Weaning be Achieved with an Algorithmic Protocol
Benefit of Lumbar Bracing for Chronic Low Back Pain due to Degenerative Disc Disease.
Is There a Correlation between Outcome of Lumbar Transforaminal Steroid Injection and Surgical Outcome?
Health-related Incidents among Collegiate Wheelchair Basketball Athletes – A Novel Prospective Study
Pudendal Nerve Injuries in Sports and Exercise: A Case Series of Pudendal Neuropathies from Squats

Neurologic Rehabilitation

Feasibility and Functional Outcomes of a Novel Home-Based Rehabilitation Coach System for Patients with Mobility Impairment Post-Stroke
Incidence of Granuloma with Intrathecal Pump: A case series
A Decision-Making Algorithm for Transitions of Care After Stroke
Impact of Medicare Reform on Access to Rehabilitation in Ischemic Stroke Patients
Inpatient Rehabilitation at a Comprehensive Stroke Center Impacts the Disability Gap in Underserved Populations
Swipe Out Stroke (SOS): Feasibility of Using a Consumer-Based Electronic Application to Improve Compliance with Weight Loss in Obese Minority Stroke Patients (Prospective RCT with Open Blinded Endpoint)
Cranial Electrical Stimulation (CES) as a First Line Treatment for Insomnia in Patients with Subacute Stroke
Development of the Behavioral Assessment Screening Tool (BAST): A Prospective Study to Finalize and Validate the BAST
The Behavioral Assessment Screening Tool (BAST): Validation and Comparative Dataset Development
Development of an Adolescent Version of the Behavioral Assessment Screening Tool (BAST-A) in Concussion
Identification of Potential Barriers to Exercise for Middle-aged and Older Adults with Moderate to Severe Traumatic Brain Injury
A Phase 2, Multicenter, Randomized, Double-Blind, Placebo-controlled Study to Assess the Efficacy, Safety, and Tolerability of AVP-786 (Deudextrometorphan hydrobromide [d6-DM]/Quinidine sulfate [Q]) for the Treatment of Neurobehavioral Disinhibition including Aggression, Agitation, and Irritability in patients with Traumatic Brain Injury

Impact of Aerobic Exercise on the Aging Brain in TBI
Neuropsychological Management of People with Epilepsy: Secondary Data Analysis
Assessment of Clinical Imaging Findings in Patients with Epilepsy and Mass Lesions of the Brain
Impact of Physical Activity on the Quality of Life in Patients with Epilepsy

Pediatric Rehabilitation

A Phase IV, Prospective, Observational, Multicentre Study Evaluating the Efficacy and Safety of Dysport® (ABOBOTULINUMTOXINA) in Paediatric Lower Limb Spasticity
Cannabidiol Use for Spasticity Treatment in Children with Cerebral Palsy: A Pilot Observational Study
Does Wearing Tetra-Grip Improve Upper Extremity Function in Children Diagnosed with Neonatal Brachial Plexus Palsy?

Psychosocial Issues

Pregnancy and Family Leave in Medicine: Perspective from Female Physicians
Development of mobile health applications for promoting functional independence in community-dwelling adults with acquired brain injuries
Care Partner Problem-Solving Training (CP-PSI) for Care Partners of adults with traumatic injuries or stroke during the Inpatient Rehabilitation
Group Lifestyle Balance for TBI
Crosswalk Module Project
Evaluating Causal and Inferential Associations Across the Clinical Care Spectrum Between Extra-cranial Injury and Suicidality after Moderate to Severe TBI
Survey for Rehabilitation Professionals on Mental Health Assessment
Addressing Health Disparities through Effective Interventions among Immigrant Populations

Medical Education

Physical Medicine and Rehabilitation Residency Program Directors' Perceptions and Practices towards Social Media
Survey of Applicants' Experiences with the Pediatric Rehabilitation Medicine Fellowship Application, Interview, and Match Process Nationally

Kim Barker, MD and a team of multi-specialty colleagues were named finalists to submit a full application for “*Swim with the Sharks! A Team Science Pilot Grant Competition*” to promote multidisciplinary translational team science. They collaborated on a project titled “Patient Mobility and Outcomes after Cardiac Surgery: A Randomized Controlled Trial.” The group hypothesizes that an enhanced mobility protocol of early mobilization and frequent ambulation will result in a shorter ICU length of stay, shorter hospital length of stay, decreased incidence of composite morbid outcomes (severe atelectasis, pneumonia, deep vein thrombosis/venous thromboembolism, death), influence discharge disposition, and improved post-op sleep with fewer interruptions.

Awards & Leadership



Jason Smith, PhD recently completed the Leadership Emerging in Academic Departments (LEAD) Program at UT Southwestern. This program involves a curriculum designed to develop leadership skills in junior physicians and scientists. Dr. Smith's Capstone project, "ReNEW," (Rehabilitation and Neurotherapeutics for Epilepsy & Wellness), aims to improve patient care by embedding a rehabilitation psychologist on the epilepsy monitoring unit (EMU) to improve earlier identification of the functional, cognitive and neuropsychiatric sequelae often associated with epilepsy. Rehabilitation psychology and epileptology collaboratively coordinate individualized therapies to improve these patients' emotional and cognitive challenges, but also to improve overall wellness and quality of life through assistance in returning to their highest level of independent functioning and return to productive activity. ReNEW helps postsurgical patients adapt and succeed in their personal endeavors after epilepsy surgery. This collaboration also serves patients in the EMU who present with functional neurological symptom disorder, or psychogenic non-epileptic seizures. Dr. Smith says, "LEAD was an excellent program that allowed me the time to develop and advance a unique clinical program, while simultaneously learning about and implementing leadership skills necessary to promote and implement the program successfully."



Nneka Ifejika, MD, MPH, is the recipient of the Association of Academic Physiatrists Early Academician Award, which honors an academic physiatrist who has demonstrated outstanding performance in the areas of teaching, research and/or administration. Nominees must have an academic rank of associate professor or less and be nominated within 10 years of completing clinical residency or fellowship training or 7 years after the completion of a funded, mentored research award. She says, "I'm thankful to be the 2019 recipient of the AAP Early Career Academician Award. My goal is to continue to play a part in the advancement of the field of stroke physiatry. Our expertise is a critical part of stroke recovery."

Dr. Ifejika will be participating in the Leadership Emerging in Academic Departments (LEAD) program in 2019 with the goal of fully integrating the Department of PM&R into Stroke treatment protocols. She notes that "The impact of physiatry is not just felt in the post-acute setting - we play an important role throughout the stroke treatment paradigm."

Shannon Juengst, PhD, received the Rehabilitation Counseling Outstanding Educator award at the annual Fall Awards Assembly for the School of Health Professions.



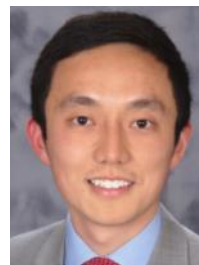
Kim Barker, MD was accepted to the Association of Academic Physiatrists Program for Academic Leadership (PAL). This three-year program offers a valuable combination of education and one-on-one mentoring that can help propel participants to success in an academic setting.



Congratulations to Our New Chief Residents



Donald Kasitinon, MD, was born and raised in and around Dallas. He obtained a Bachelor of Science degree in Electrical Engineering at the University of Texas at Dallas, where he also played NCAA tennis. In his senior year, Donald decided to make the switch to medicine and was admitted to UT Southwestern for medical school. He has great support from his wife Stacy (an MD/PhD student at UT Southwestern) and his inherited dog child Meeko, as well as his parents, sister, brother-in-law, and 2 nieces and 1 nephew who all live in the area. When not working, Donald enjoys playing sports (basketball and tennis), eating, watching television, and spending time with family and friends.



Chen Cui, MD, was born in Xi'an China, and raised in Madison, Wisconsin - where he developed a fondness for the outdoors, bratwurst, and the Green Bay Packers. He attended college at Washington University in St. Louis where he met his future wife, Katie. Unfortunately, they spent medical school apart as he attended the Medical College of Wisconsin in Milwaukee, and she went to medical school in Iowa. The magic of the couples match brought them to UT-Southwestern for PM&R and Internal Medicine residencies. When not working, Chen enjoys photography, hiking, spending time with Katie, and playing with their Great Dane, Betty.

Fond Farewell to Sandy Hall



Sandra "Sandy" Hall, Manager of Outpatient Therapy Services at Zale Lipshy University Hospital, retired in December 2018 after 29 years in Physical Medicine & Rehabilitation.

Sandy first joined UT Southwestern as a physical therapist and has worn many hats over the years, managing nearly every administrative aspect of the clinic, at times while still working with patients. She attributes much of her success to the quality of her colleagues, from leadership to staff.

"We're a team," said Hall. "The day-to-day interactions with my staff are one of the things that I will miss most."

Spasticity Day for Trainees

Innovative and practical hands-on education came to the residents' Friday morning didactics on Spasticity Day. Faculty members **Drs. Fatma Gul, Amy Mathews, Merrine Klakeel, Surendra Barshikar and Didem Inanoglu**, along with representatives from Allergan, Ipsen and Medtronic were on hand to walk the fellows, residents and students through the basics of spasticity and management modalities such as oral medications, botulinum toxin injections and intrathecal pumps. The department plans to repeat the successful workshop annually.



Dominican Republic Trip



Assistant Professor **Clarice Sinn, DO** goes on an annual trip to the Dominican Republic every October with **Propel DR**, a group of rehabilitation professionals from across the country who provide educational seminars and clinics to support their Dominican colleagues in serving their community through patient care. The goal of the trip is sustainability— for the Dominicans to be able to take what they have learned and incorporate it into the patient care that they provide.



During the week-long trip, they provide specialized wheelchairs to children with disabilities in a wheelchair clinic at the Dominican Rehabilitation Association. Propel DR also gives lectures to local therapists, physicians, and PM&R residents. This year the PM&R society of the Dominican Republic hosted a medical conference at which Dr. Sinn spoke on *Pediatric Spinal Cord Injuries and Stroke*. She also saw patients at the Hospital General de la Plaza de la Salud and Centro de Rehabilitacion de la Universidad Católica Santo Domingo.

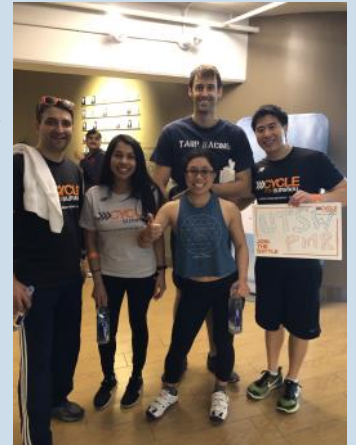
DME Exchange of Dallas



UT Southwestern faculty and residents regularly see patients without insurance at Parkland Hospital, and these patients often benefit from donated durable medical equipment (DME) from the DME Exchange of Dallas. Faculty members **Kathleen Bell** and **Isabel Huang**, and residents **William Lian**, **Antonio Imbarlina, Jr.**, and **Amir Ahmadian** spent a sunny Sunday morning cleaning wheelchairs, walkers and other adaptive equipment. Aside from DME equipment, the DME Exchange of Dallas also accepts monetary donations to help defray the cost of day-to-day operations.

Cycle for Survival

UT Southwestern PM&R participated in the annual Cycle for Survival indoor cycling fundraising event for rare cancers. Faculty members **Drs. Surendra Barshikar** and **Bob Rinaldi**, and residents **Lesley Abraham**, **Donald Kasitinyon**, **Diana Pham** and **Meka Echebiri** were on the PM&R team at the January 27, 2019 event.



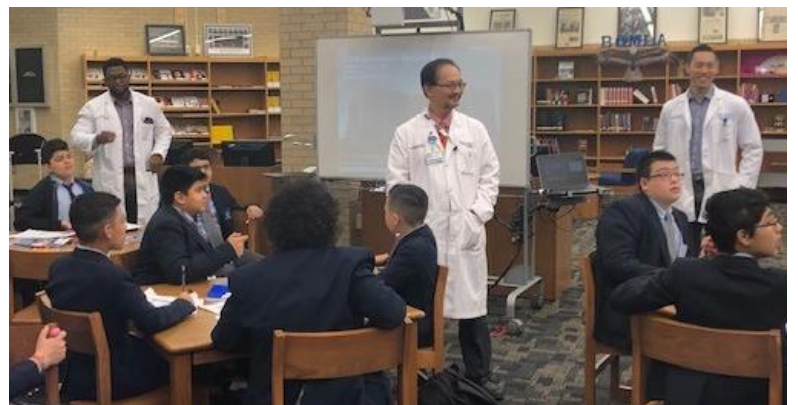
BIND Masquerade Gala



UT Southwestern was well-represented at the 2018 Brain Injury Network of Dallas (BIND) Masquerade Gala fundraiser. According to their website, BIND provides supportive services for adult survivors of acquired brain injury and joins the gap between medical rehabilitation and independent, contributing community living. **From left to right: Raquel Dilday, SLP; Jason Smith, PhD; Kathleen Bell, MD; Benjamin Nguyen, MD; Nneka Ifejika, MD; Megan Sbrochi PT, DPT.**

PM&R at BOMLA

Benjamin Nguyen, MD (center), along with residents **Nnaemeka Echebiri, MD** (left) and **William Lian, MD** (right), spoke to the students during career day at Barack Obama Male Leadership Academy (BOMLA). During their interactive presentation, the physicians talked to about 25 6th-8th graders about the importance of doing well in school and the challenges and rewards of being a physician—and perhaps inspired one or more students to pursue a career in medicine.



Faculty and Resident Publications and Presentations

PUBLICATIONS

Ifejika NL, Bhadane M, Cai C, Noser EA, Savitz SI. Cluster Enrollment: A Screening Tool for Stroke Risk Factors in Minority Women Caregivers. *J Natl Med Assoc.* 2018; Nov 12. pii: S0027-9684(18)30278-5.

Kasitnon D and Dimeff R. Dropping the Hammer: An Uncommon Case of Right Hand Pain in a Professional Hockey Player. *Sports Health.* Published online November 29, 2018. <https://doi.org/10.1177/1941738118816050>

Barshikar S, Nakase-Richardson R, **Bell K**. Sleep Disturbance and Fatigue. In: Silver JM, McAllister TW, Arciniegas DB eds. *Textbook of Traumatic Brain Injury* 3rd ed. Washington, DC: Amer Psychiatric Pub Inc. 2018.

PLATFORM PRESENTATIONS

Regional

Holavanahalli, R. Disability and Rehabilitation Research: Integrating Major Life Domains. University of Texas at Dallas Health Policy Speaker Series. November, 2018.

Blakeel, M. Physical Medicine and Rehabilitation. Allen High School. October 2018.

National

Barshikar S, Bell KR, Mathews AA. What We Don't Discuss with Concussion: Sleep, Fatigue and Hormones. Association of Academic Physiatrists, Puerto Rico, Feb 2019.

International

Holavanahalli, R. Symposium on Ethical and Psychosocial Considerations. International Society for Burn Injuries. New Delhi, India, November-December 2018.

POSTER PRESENTATIONS

Association of Academic Physiatrists, Puerto Rico, Feb 2019

Driver SD, **Juengst SB**, Reynolds MC. Healthy lifestyle after traumatic brain injury: a brief narrative.

Holavanahalli RK, Kew CL, Wright B, **Osborne CL, Juengst SB**. Problem Solving Training (PST) intervention for adult care partners of patients with burn injury (BI) – preliminary findings

Ifejika NL, Cai CC, Noser EA, Grotta JC, Albright KC. Patient-Level Determinants Associated with Not Returning Home after Inpatient Stroke Rehabilitation.

Juengst SB, Silva V, **Osborne CL, Bell KR**. Feasibility of recruiting care partners of adults with traumatic injuries and stroke into a problem-solving intervention during inpatient hospitalization

Lin CK, **Annaswamy T**. Predicting Response to Epidural Steroid Injections for Lumbar Spinal Stenosis with Biomarkers and Electromyography.

Osborne CL, Juengst SB, Holavanahalli RK, Nabasny A, Kew CL. Development of a patient- and caregiver-centered smartphone app to support long-term self-management of chronic conditions.

Shahabi-Azad B, Collier C, Abraham A, Chavez A, Adair H. Identifying Pre-Admission Risk Factors for Transfer to Acute Care during Inpatient Rehabilitation.

Taylor CM II, Kowalske KJ. Spinal Cord Injury After High Voltage Electrical Burn - Functional Outcomes.

Biannual Hispanic Neuropsychological Society Conference, New York, NY, Feb 2019

Smith JAD, Bailey KC, Chavarria V. Head to Head Clinical Comparison of Two Confrontation Naming Measures in Spanish Speaking People with Epilepsy.

UPCOMING EVENT:

21st Annual PM&R

Scientific Day

Friday, May 3, 2019

7:30 AM to 12:30 PM

“Research & Evidence-Based Update on Spine Disorders”

UT Southwestern

T. Boone Pickens

Biomedical Building

Dallas, TX

Register Now

For more information:

Email cmregistrations@utsouthwestern.edu

or call

214-648-3138

UPCOMING EVENT:

Shark Tank

Friday, Feb. 8, 2019, 8-11 AM

UTSW T. Boone Pickens

Biomedical Bldg, Dallas, TX

UTSW PM&R Residents working with faculty mentors will present their research proposals and request for funding to the sharks (judges). Up to \$2,000 per proposal is at stake. Awards will be announced at the end of the competition.

UT Southwestern
Medical Center

GO-PMR

**GIVING BACK
TO**

PROMOTE

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DEVELOPMENT



Contribute to the Physical Medicine & Rehabilitation
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