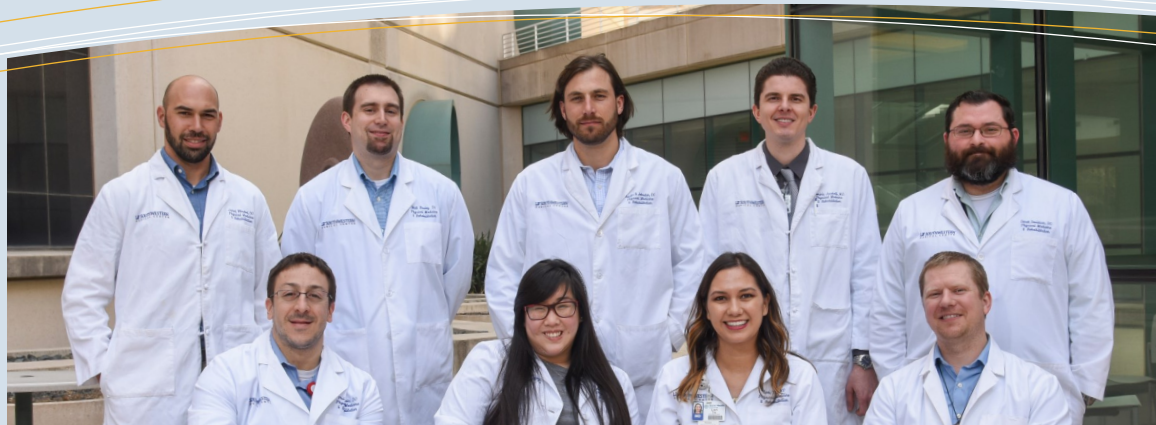


PM&R CONNECTION



UT Southwestern PM&R Resident Class of 2017

In This Issue

In the Community P. 2-3

Rewarding Research P. 5

Publications, Presentations, and Excellence P. 6

New Resident Class P. 7



Message from the Chair

Kathleen Bell, MD

The long, warm days of summer have arrived. To me, July marks the beginning of the school year, and I have an urge to go buy a new pencil case and

crayons. Seeing our bright and eager new R-1's and R-2's arrive on the scene never fails to renew one's sense of purpose and enthusiasm.

The issues concerning graduate medical education loom large at present. As the health system changes, the venues in which we practice rehabilitation continue to expand. At the same time, the traditional forum of the in-patient rehabilitation unit is being squeezed by economic forces and an often misguided desire to save money up front while ignoring the long term outcomes. How will we continue to fund resident education and provide the experience resident trainees need in the wide realm of post-acute care? Additionally, it is increasingly apparent that physiatrists provide effective and economically-responsible care for musculoskeletal and spine disorders that use relatively little opioid medication. Current curriculum requirements weigh increasingly on "traditional" rehabilitation diagnoses while a smaller proportion is devoted to musculoskeletal, sports medicine,

and spine outpatient disorders. How will we balance care for disabled persons who require physiatric and rehabilitation expertise with the expansive need for sane and safe musculoskeletal care? Fortunately, the American Academy of Physical Medicine and Rehabilitation, the American Board of Physical Medicine and Rehabilitation, and the Association of Academic Physiatrists along with our therapy partners are working together to develop new strategies to address this; Dr. Karen Kowalske and I are proud to be a part of this effort.

A warm welcome to our newest faculty members, Renee Enriquez, MD (Musculoskeletal, Ultrasound, and Spine Medicine), Michael Kolessar, PhD (Rehabilitation Neuropsychology), and Eric James, PhD (Motor Control). I particularly want to acknowledge our growing research team, including investigators in burn rehabilitation, social reintegration, physical activity and stroke, motor coordination in older persons, depression and biomarker prediction of outcome after traumatic brain injury and spine treatment outcomes, and cerebrovascular regulation concussion. We are also proud of our resident physician research efforts explore subclinical signs of concussive forces in children, cranial electrical stimulation for sleep after stroke, opiate management, biomarkers of lumbar spinal stenosis, and family life among physicians. Go team!

UT Southwestern
Medical Center

“If a free society cannot help the many who are poor, it cannot save the few who are rich”

-John F. Kennedy

Monty and Tex Moncrief Medical Center Opens in Fort Worth

On June 5, the UT Southwestern Monty and Tex Moncrief Medical Center opened to patient care, supporting the neighboring Moncrief Cancer Institute and extending the UT Southwestern system into Fort Worth. The Clinic is the first UT Southwestern campus outside of Dallas, augmenting the connections between the two cities, and thus strengthening both Medical Districts.



Physical Therapist Kelly Johnson and Dr. Jason Petrasic work with patients in the new Moncrief Clinic

“Having our PM&R services now in [Fort Worth] provides a valuable, and much more convenient, specialty evaluation and treatment experience for our UTSW patients...in the Fort Worth area and outlying communities,” says Assistant Professor Dr. Jason Petrasic, about the new Physical Medicine and Rehabilitation Clinic. “This clinic eases the burden of travel, especially for ancillary services and follow-up, for folks here who routinely travel to Dallas for their care,” he continues. Resources in the main campus are more accessible to these patients, providing them with the care they deserve and establishing a strong UT Southwestern connection across the Metroplex. “As a multi-disciplinary clinic, we can now offer more coordinated and well-rounded care right here in the Fort Worth community.”



Ping Ho, MA, MPH, presents with the Booker T. Washington Percussion Ensemble



Music and the Brain

As part of the third annual SOLUNA International Music & Arts Festival, the Dallas Symphony Association partnered with the UT Southwestern Peter O'Donnell Jr. Brain Institute to present “Music and the Brain,” a seminar exploring the neuroscience of music and creativity. This year welcomed internationally-known guest speakers from different parts of the country.

The series began with Ping Ho, MA, MPH, presenting on “Music for Mind, Body, and Spirit.” Ho, who founded and directs UCLArts and Healing, shared her research on the synergy of music and mental health practices with focus on self-discovery, connection, and empowerment. She ended her lecture with a performance by the Booker T. Washington Percussion Ensemble.

Following their musical presentation, Tod Machover, Muriel R. Cooper Professor of Music & Media and Director of the Opera of the Future Group, MIT Media Lab, spoke on “Finding and Practicing Creativity.” This lecture focused on how diversity in methods allows musical expression to be accessible to a wide audience.

To end the seminar, Dr. Charles Limb, Chief of the Division of Otol-

ogy, Neurology, and Skull Base Surgery at University of California-San Francisco, presented “Neural Substrates of Musical Improvisation.” Dr. Limb demonstrated how a musician's brain functions during improvisation using a functional MRI. The event ended with performances by members of the Dallas Symphony Orchestra brass section.

In addition to invoking wonderment and discussion about the intersections of music and science, the seminar drew attention to the O'Donnell Brain Institute. The O'Donnell Brain Institute focuses on research in developing cutting edge treatment, cures, and prevention of brain-related diseases. A few of the Institute's distinguished physicians also spoke at the seminar: Dr. Mark Goldberg, Chair of Neurology and Neurotherapeutics gave opening remarks; while “Brain Interludes” (short talks about how music and medicine intersect in their lives) were presented by own PM&R Chair Dr. Kathleen Bell, and Dr. Joseph Maldjian from Neuroradiology.

Facebook Live with UT Southwestern

UT Southwestern's Facebook Live Series is connecting the Medical Center to the public in order to educate about a variety of topics from Mental Health to AED usage. So far, Dr. Heather Adair and Dr. Karen Kowalske have joined the platform and allowed viewers to ask questions in real-time.

On Friday, May 26, 2017, Dr. Adair took to Facebook Live in order to share about Stroke Rehabilitation. This segment was part of Stroke Month and highlighted physical and occupational therapists, speech pathologists, and the equipment they commonly use. This included a body weight support treadmill for gait mechanics, a car transfer system, and neuromuscular electrical stimulation for swallowing. The livestream stressed the multidisciplinary focus of the stroke team in order to meet the patients' goals, thus providing the empathetic support necessary for recovery.

Then, on June 28, 2017, Dr. Kowalske discussed burns in preparation for the July 4 holiday, around which many burn injuries occur due to fireworks and grilling. In addition, Dr. Kowalske shared advice on child safety in regards to water heaters and the kitchen, and she debunked some common myths about the proper way to treat burns. The chat took place in Parkland Hospital's Burn Center, the only North Texas adult and pediatric burn center verified by the American Burn Association. It was also the first Facebook Live chat to occur outside of UT Southwestern.

These videos are bringing a new face to the Medical Center, connecting the people directly to physicians, and taking advantage of social media to make medical knowledge accessible.



Watch Dr. Kowalske
here:

<http://bit.ly/2tlupzB>



Experts Present at 19th Annual PM&R Scientific Day

The UT Southwestern 19th Annual Physical Medicine and Rehabilitation Scientific Day held on Saturday, June 3, 2017 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, "Women and Rehabilitation: Bridging Generations", focused on the Women's Health Issues within Physical Medicine and Rehabilitation, including treatment in the areas of sports medicine, gender differences in the recovery of concussion, neurologic causes of pelvic pain, and pelvic floor dysfunction. The Phala Helm distinguished lecturer was Dr. Monica Rho, who presented on "Post-Partum Recovery of the Lateral Abdominal Wall Musculature". Dr. Rho is the Co-Director of the Women's Sports Medicine Program at Northwestern University's Feinberg School of Medicine in the Department of Physical Medicine and Rehabilitation. Other lectures addressed neurologic pelvic pain, body image in adolescences, and concussions in females.

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.



Watch Dr. Adair here:

<http://bit.ly/2u930h6>



PM&R Picnic

Following a night of thunderstorms, the weather cleared up just in time for Physical Medicine & Rehabilitation faculty, staff, residents, and their families to come out to Cottonwood Park for an afternoon full of fun. The slightly muddy park offered a multitude of activities for coworkers and families to bond over, including sack races to offer a little competition. To keep things light, children could play in a bounce house, and a balloon artist was present to make everything from animals to swords to crazy hats. As the afternoon heated up, water balloons were brought out for a friendly battle with the only casualties being dry clothes. Afterward, peace was made over snow cones or the services of two food trucks: Bombay Street Food and Burger 360.

The picnic was an overall success and a wonderful opportunity to celebrate the department with loved ones and coworkers alike. After all, rainbows always come after rain.

A Special Thank You to our GO-PMR Donors

for helping meet our annual fundraising goal

Heather Adair, MD	Patricia Krohn, NP
Alexandru Anastase, MD	Jason Chanh Ly, DO
Thiru Annaswamy, MD	Christopher Madden, MD
Kim Barker, MD	Frank & Louise McDonald, MD
Surendra Barshikar, MD	Susan Murphy, MD
Kathleen Bell, MD	Benjamin Nguyen, MD
Brent Belvin, MD	Candice Osborne, PhD
Theronica Bond, MD	Geetha Pandian, MD
Melissa Brown	Gregory Park, MD
Mabel Caban, MD	Ankit Patel, MD
Isabel Chan, MD	Jason Petrasic, MD
Ronald Chatterjee, MD	Amy Phelan, MD
Omar Colon-Gutierrez, MD	Taras Ploskanych, MD
Jean DeLeon, MD	Albert Ramirez, MD
Robin DeLeon, MD	Robert Rinaldi, MD
Laura Deon, MD	Kelly Scott, MD
Erin and Clark Derbigny, MD	Nicholas Scott, MD
Hima Doppalapudi, MD	Anjali Shah, MD
Ivan Figueroa, MD	Jason Smith, PhD
Cheryl Fleischman, MD	John Thottakara, MD
Mark Frederickson, MD	Kavita Trivedi, DO
Rita Fulmer, NP	David Voss
Fatma Gul, MD	Jeffrey Watkins, MD
Alan Scott Hamilton, MD	Michael Wimmer, MD
Phala Helm, MD	Jennifer Yang, MD
Didem Inanoglu, MD	Pablo Zeballos, MD
Christine Johnson, MD	Ling Zhang, MD
Sok Kim, MD	Tong Zhu, PhD, DABR
Merrine Klakeel, DO	
Karen Kowalske, MD	

Q & A*

What types of injections do you recommend for shoulder arthritis?

“Typically, we inject pain medications such as steroids and anesthetic into the bursa or joints, depending on the source of pain. This helps break the pain cycle, allowing not only pain relief but also making it possible for patients to tolerate physical therapy. Patients who have severe arthritis often have recurring pain, so they might see me every three months, which is the earliest we can repeat a steroid injection. If you do it more than every three months, it causes too much immunosuppression and results in unwarranted side effects. I specifically perform injections under ultrasound guidance so I can see where my medication is injected, thereby increasing accuracy and decreasing risk of injuring neighboring structures.”

**-Isabel Chan, MD, Assistant Professor of
Physical Medicine and Rehabilitation**

Have a Question for UT Southwestern Doctors?

Send an email to editor@utsouthwestern.edu for a chance to be featured in a future issue of UT Southwestern Med

Dr. Kathleen Bell Receives Frank H. Krusen Lifetime Achievement Award

The American Academy of Physical Medicine and Rehabilitation, (AAPM&R) named Kathleen Bell, MD, FAAPMR, as the recipient of the 2017 Frank H. Krusen, MD, Lifetime Achievement Award. This award, “given to a member who has provided outstanding and unique contributions to the specialty of Physical Medicine and Rehabilitation in the areas of patient care, research, education, literary contributions, community service, and involvement in Academy activities,” is the highest honor awarded by the organization. The organization furthermore wishes to focus on Dr. Bell’s

“generous commitment, extensive service, and continued leadership.”

Dr. Bell, who served as the Academy’s President of the Executive Board in 2015, will be recognized at the 2017 Annual Assembly in Denver, Colorado on October 12-15. There, she will also be contributing to a session called “Working Women Across Generations. What has Changed? What has Not?” The program will discuss the changing role of women leaders in the world of medicine, the continued “mommy” gap, and the importance of support from mentors and sponsors.

Fishing for Sharks

The UT Southwestern Department of Physical Medicine and Rehabilitation hosted its second annual Shark Tank research competition on June 9, 2017. 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. They were encouraged 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.

Eight residents entered the competition, pitching seven ideas to three judges and many university faculty, residents and staff.



Above, left to right: Jason Hunt, MD; Joseph Ostler, MD, PhD; Alexa Royston, DO; Donald Kasitinon, MD; Charles Taylor II, MD, MS; Bryan Kelly, MD; Ugo Bitussi, DO
On right: Dustin Leek, MD



Shark Tank judges listen to resident presentations (from left to right: Dr. Una Makris, Dr. Gregory Fitz, Dr. Christopher Madden)

The distinguished judges included J. Gregory Fitz, MD, Provost and Dean Professor in the Department of Internal Medicine; Una Makris, MD, Assistant Professor in the Department of Internal Medicine; and Christopher Madden, MD, Professor in the Department of Neurological Surgery and Clinical Director of the Peter O’Donnell Jr. Brain Institute. Following each presentation, the judges posed their questions and provided feedback to the competitors.

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



Save the Date!

UTSW Adaptive
Sports Expo
October 28, 2017
UT Arlington

Shark Tank Winners

Charles Taylor II, MD, MS

“Biomarkers in lumbar spinal stenosis -- finding the ‘right’ patient”

Alexa Royston, DO & Joseph Ostler, MD, PhD

“Maternity leave for female physicians”

Donald Kasitinon, MD

“PM&R Residency Program Directors' Perceptions and Practices towards Social Media”

Ugo Bitussi, DO

“Protocol for opioid weaning: can effective opioid weaning be achieved with an algorithmic protocol?”

Jason Hunt, MD

“QI project to assess cost-effectiveness of Parkland giving below knee amputation (BKA) prostheses to uninsured or undocumented Dallas County residents”

Faculty Publications and Presentations

Juengst SB, Wagner AK, Ritter AC, Szaflarski JP, Walker WC, Zafonte RD, Brown AW, Hammond FM, Pugh MJ, Shea T, Krellman JW, Bushnik T, Arentz PM. Post-traumatic epilepsy associations with mental health outcomes in the first two years after moderate to severe TBI: a TBI Model Systems analysis. *Epilepsy & Behavior*. 2017;73:240-246.

Juengst SB, Kumar RG, Wagner AK. A narrative literature review of depression following traumatic brain injury: prevalence, impact, and management challenges. *Psychology Research and Behavior Management* 2017;10 175–186

Wiechman S, **Holavanahalli RK**. Burn Survivor Focus Group. *J Burn Care Res*, 2017;38(3):e693-95.

Holavanahalli RK, Badger K, Acton A. Community Reintegration. *J Burn Care Res*, 2017;38(3):e632-34.

Young AW, Graves C, **Kowalske KJ**, Perry DA, Ryan CM, Sheridan RL, Valenta A, Conlon KM, Jeng JC, Palmieri T. Guideline for burn care under austere conditions: Special care topics. *J Burn Care Res*, 2017;38(2):e497-509.

Osborne CL, Kauvar DS. Content Assessment of Health Status Measures for Intermittent Claudication Using the International Classification of Functioning, Disability and Health. *Journal of Vascular Surgery*. 2017; 65(6): 101-102

Khatri G, Khan A, **Raval G**, Chhabra A. Diagnostic Evaluation of Chronic Pelvic Pain. *Phys Med Rehabil Clin N Am*. 2017; 28(3): 477-500.

Elkins N, Hunt J, Scott KM. Neurogenic Pelvic Pain. *Phys Med Rehabil Clin N Am*. 2017; 28(3):551-569.

Scott KM (Ed.). Pelvic Pain. *Phys Med Rehabil Clin N Am*. 2017; 28(3): xv-xvi.

Yang JM, Gosai E, Avers S. Cervical, Thoracic and Lumbosacral Orthoses. PM&R Knowledge Now. <https://now.aapmr.org/cervical-thoracic-and-lumbosacral-orthoses/>. Published July 18, 2017. Accessed July 26, 2017.

Yang JM, Georgelos N. Amyotrophic Lateral Sclerosis. PM&R Knowledge Now. <https://now.aapmr.org/amyotrophic-lateral-sclerosis/>. Published July 18, 2017. Accessed July 26, 2017.

Barker K, Johnston A. Exercise Prescription and Basic Principles of Therapeutic Exercise. Knowledge Now. <https://now.aapmr.org/exercise-prescription-and-basic-principles-of-therapeutic-exercise/>. Published July 18, 2017. Accessed July 26, 2017.

Friedly JL, Comstock BA, Turner JA, Heagerty PJ, Deyo RA, Bauer Z, Ayins AL, Nedeljkovic SS, Nerenz DR, Shi XR, **Annaswamy T**, Sandaert CJ, Smuck M, Kennedy DJ, Akuhota V, Sibell D, Wasan AD, Diehn F, Suri P, Rundell SD, Kessler L, Chen AS, Jarvik JG. Long-Term Effects of Repeated Injections of Local Anesthetic With or Without Corticosteroid for Lumbar Spinal Stenosis: A Randomized Trial. *Arch Phys Med Rehabil*. 2017; 98(8), 1499–1507.

Vascular Annual Meeting, San Diego, CA, June 2017

PRESENTATION

Dr. Benjamin Nguyen, Recovery, Regenerative Approaches, & Rehabilitation

Performing Arts Medical Association International Symposium, Snowmass, CO, June 2017

WORKSHOP

Dr. Jennifer Yang and Dr. Rose Schmieg, Concussion Assessment in Dancers

Recognizing Excellence

Patricia Gordon, APRN was one of three nurses nominated for Advance Practice Registered Nurses of Nursing Excellence Award

Laura McCullough, PT, tDPT, CWS, FACCWS graduated from Texas Tech University with a doctorate in Physical Therapy

Clarice Sinn, DO was selected for the AAPM&R Academic Leadership Program, a two year curriculum aimed at facilitating leadership skills and development.

Isabel Chan, MD, and **Jason Petrasic, MD**, achieved Board Certification in Physical Medicine & Rehabilitation

Renee Enriquez, MD, will serve as a faculty member at AAPM&R's 2017 Annual Assembly

Surendra Barshikar, MD, named the 2017 PM&R Department Teaching Faculty of the Year

Wei-Han Tan, MD, named the 2017 PM&R Department Teaching Attending of the Year, for the second year in a row

Thiru Annaswamy, MD, invited to serve a second term on the National Quality Forum's Musculoskeletal Standing Committee

Congratulations to our Entering Class

PM&R PGY 2



Antonio Imbarlina, DO
Lake Erie College of
Osteopathic Medicine



Dominique Van Beest, MD
UT Southwestern
Medical Center



Amir Ahmadian, DO
University of North
Texas Health Science
Center

PM&R PGY 1



David Eng, MD
UT Southwestern
Medical Center



Lauren Fulks, MD
University of Cincinnati
College of Medicine



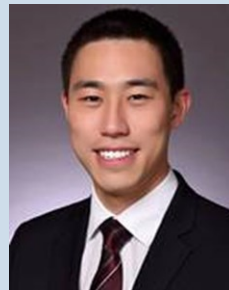
Kayla Williams, MD
Howard University
College of Medicine



Adam Muffler, MD
UT Southwestern
Medical Center

Dr. William Lian: Karen J. Kowalske Outstanding Medical Student Award

The Kowalske Award is given to a UT Southwestern medical student who demonstrates empathy, compassion, maturity, and inquisitiveness. It is named after the Department's past Chair, Dr. Karen Kowalske, Professor of Physical Medicine and Rehabilitation, and was first awarded in 2011.



William Lian, MD
UT Southwestern
Medical Center



Caroline Smith, MD
Universidade Federal
de Goias

UT Southwestern
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GO-PMR

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TO**

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Office: **214-648-9086**
Email: anne.lacey@utsouthwestern.edu

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