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Message from the Chair

Kathleen Bell, MD

Fall has always been my favorite time of the year and I am finding that autumn in Texas does not disappoint. The

days are lovely with blue skies, a touch of warmth, drifting breezes and fresh pecans at the Farmers' Market; the nights are comfortable with outdoor diners and walkers taking advantage of perfect temperatures and starry nights. The Texas State Fair has just concluded and Texas has once again proven that you can fry anything and that everything is better with bacon (health risks notwithstanding). And resident applicants are again on our doorstep, as reliable as the migrating birds.

This has been a particularly memorable season for me personally and for the PM&R Department. I finished up my Presidential year for the American Academy of Physical Medicine and Rehabilitation with a fantastic Annual Assembly in Boston – how grateful I am for the opportunity to have served. UTSW was well represented with numerous seminars and

workshops given by our faculty members and poster presentations by both faculty and residents. We particularly enjoyed meeting with our residency and faculty alumni at the UTSW Alumni Reception. There are definitely some pictures that will show up in a graduation roast someday. While I finished my Presidency, UTSW continues to be well represented in that regard. Stephanie Tow, one of our third year residents is the current President of the Residency Practice Council for AAPMR. Go Stephanie!

By far the most momentous event of the fall season has been the unprecedented growth in our Pediatric PM&R Division. The only pediatric rehabilitation unit in Dallas (Our Children's' House) was acquired by our partner, Children's' Health and so UTSW PM&R is now providing medical direction and management for the unit. We were joined by two new faculty members in the process, doubling our Pediatric Division. We have opened the new Concussion Clinic for children (with Dr. Didem Inanoglu as a co-creator) and are currently interviewing candidates for the Pediatric PM&R fellowship position. And we are not finished yet with growing the division. We are grateful and wish a Happy Thanksgiving to all!

New Horizons in Pediatric PM&R at UT Southwestern



UTSW Pediatric Faculty Dr. Frank McDonald, Dr. Didem Inanoglu, Marivelisse Rivera-Rodríguez and Dr. Rajashree Srinivasan.

Excitement abounds in Pediatric Rehabilitation at UT Southwestern and associated facilities. In September, Children’s Health acquired Our Children’s House pediatric rehabilitation programs. We were delighted that two experienced pediatric physiatrists joined our UTSW faculty, **Dr. Rajashree Srinivasan**, (Dr. Raji to her patients) and **Dr. Frank McDon-**

ald. Our Children’s House offers 52 inpatient beds serving children with pulmonary needs, including ventilator dependency, inpatient rehabilitation for those with mobility needs and a feeding program.

Not only is Our Children’s House a provider of vital pediatric rehabilitative care but it also is an excellent educational experience for medical students, PM&R residents and fellows. Assistant Professor, Dr. Rajashree Srinivasan welcomes the rotating physicians-in-training. She enjoys the teaching opportunities associated with Our Children’s House, and states, “It’s ultimately about making better physicians to meet the rehabilitative needs of our pediatric patients.” Dr. Didem Inanoglu, Interim Pediatric PM&R Director, and Drs. Bell,

Srinivasan, and McDonald are working with Children’s Health to formulate plans for the future location and growth of our new pediatric program.



Rachel Dorman PT, works with premi, Elizabeth on core strengthening and balance

For more information visit

Childrens.com/OCH

or

Contact Our Children’s House

1-877-820-9060

Transitional Program for Spasticity Management: A Child to Adult Story

Ali was diagnosed at 14 months with spastic quadriplegia, and spasticity. When the conventional treatment methods did not improve her limb stiffness, her parents decided, with the help of their physician, to use Intrathecal

Baclofen Therapy (ITB). Ali participated in one of the initial clinical trials for the ITB pump and she is currently on her 5th replacement pump (intrathecal pumps require replacement every 5-7 years). Dr. Fatma Gul and nurse practitioner

Patricia Krohn have been following Ali since 1993; they have watched her grow up and transitioned the approach of the care they provide from the needs of a pediatric patient to those of an adult. Dr. Gul states that many families in this position have concerns regarding continuity of care, access to services and insurance issues. As a child grows

there are many life events that can affect spasticity, which Patricia Krohn says affects the management of the ITB pump and medication dosing.

The PM&R pediatric practice at UT Southwestern has been providing transition spasticity management services with patients for two decades, transitioning patients from Children’s Health to UT Southwestern. Ali says “The hardest part is getting a new doctor”. Dr. Gul and her team know that consistency of care improves the quality and our team is meeting this challenge, minimizing any anxiety that patients and families may feel during this time of change.



Welcome new UT Southwestern faculty!



Dr. Rajashree Srinivasan knew from the beginning of her medical career that she wanted to combine the specialties of pediatrics and rehabilitation medicine. She graduated from Ohio State University in a combined residency in Pediatric Physical Medicine and Rehabilitation in 2001 and became the Associate Medical Director at Our Children's House (OCH) in 2010. She has numerous publications focused on education and child safety and is certified in Pediatric Bioethics. When asked what she enjoys most about working at OCH she commented, "OCH is a happy place. Children come here and get better. We're the bridge between acute care and home."



Dr. Frank McDonald is not a new face at UTSW PM&R. He served as PM&R volunteer faculty since 1993, teaching PM&R residents and fellows, and serving as Medical Director of PM&R services at Children's Health from 2007-2014. Dr. Mac attended medical school and pediatric residency in St. Louis, MO. After practicing as a pediatrician in South Texas for 17 years, he completed a PM&R residency at UT Health Science Center in San Antonio, TX. When asked about his practice at Our Children's House, Dr. Mac had difficulty narrowing down his favorite aspects of the program. He states that one of the greatest strengths of OCH program is its "family-centered approach-teaching parents how to care for a special needs child."



Dr. Merrine Klakeel joined the PM&R faculty in September after completing her residency at Baylor University Medical Center followed by a SCI fellowship at UT Southwestern. She is a member of the Academy of Spinal Cord Injury Professionals (ASCIP) and will be focusing on acute neurotrauma consultations at Parkland hospital as well as wound and spasticity clinics.

We also welcome **Dr. Wei-Han Tan**, joining UTSW PM&R as VANTHCS SCI faculty. Dr. Tan completed his medical and residency training at Harvard Medical School followed by a SCI Fellowship at University of Washington. He was most recently with Puget Sound VA. and his research interests include mobility in persons with SCI and Autonomic Dysreflexia.

CON-TEX Registry to Build Foundation for Concussion Trials in Youth

Concussions are the most common type of traumatic brain injury. In recent years, sports and military experiences have highlighted the challenges in concussion management. The vast majority of concussions are considered mild. In mild concussions, the symptoms improve quickly – sometimes in just a couple of hours. But some people, especially those who have had concussions before, can suffer complex concussions that can lead to long-term problems and require medical attention. Additionally, children may be at higher risk for injury with recurrent concussions due to brain immaturity and anatomy.

In the Dallas-Fort Worth area, there is growing recognition of the importance of brain injury in youth, collegiate, and amateur

adult sports. Many health professionals care for individuals with sports-related concussion and mild traumatic brain injury (TBI) but there is currently no coordination or standardization of care management and inadequate information about the effects of concussion on children and youth.

CON-TEX, the North Texas Sports Concussion Registry, is designed to capture comprehensive, longitudinal data on sports-related concussion in children and youth. The data will give a "snapshot" of the current state of concussion assessment and treatment in youth athletes in the Dallas-Fort Worth area. The information gathered will be the foundation to design of rigorous clinical research and evaluate treatment. Individuals enrolled in the registry will have the oppor-

tunity to participate in future clinical trials testing innovative therapies and diagnostic approaches.

CON-TEX is a collaborative effort among UT Southwestern, Children's HealthSM Children's Medical Center Dallas, Texas Scottish Rite Hospital for Children, UT Dallas, and Texas Health Resources Ben Hogan Sports Clinics. See the website for more details.

<http://www.utsouthwestern.edu/research/brain-injury/research/con-tex.html>



If you have suffered a blow to the head or another event that may have caused a concussion and are experiencing symptoms, request an appointment online or call 214-645-8300



Dr. Kathleen Bell Inspires with Outgoing Presidential Address at AAPMR

As President of the American Academy of Physical Medicine and Rehabilitation, Dr. Kathleen Bell had the honor of opening the 2015 Annual Assembly and introducing the keynote speaker, Doris Kearns Goodwin, noted historian and author. In her speech, Dr. Bell focused on the theme of leadership and stepping forward as physiatrists to help shape the direction of health care and education in the coming years. She noted that we have lived through

many prior changes and had evolved into a stronger and more integrated specialty: “We survived and thrived through economic boom times and recessions, sometimes a bit singed but never charred. We have been

through multiple changes in American culture, with changing roles of families, increasing visibility of women in medicine/business/and to a disappointingly lesser degree in politics,



emancipation of differently abled populations through technological development and sheer persistence, and the amazing ascendancy of media, changing the balance of informational access between physicians and patients, not always to

the improvement of health care. And we have survived and thrived through many changes in the health care environment – who remembers that the world was supposed to have ended with Medicare, HMO’s, and now corporate medicine and alternative medical models are upon us.” She called out numerous volunteers who are leading efforts to develop patient registries, analyze models of care, and formulate new methods of education. Finally, Dr. Bell called on the attendees to step up and become heroes for physical medicine and rehabilitation, to become medical leaders in national health care, and quoted Yogi Berra, “If you don’t know where you are going, you’ll end up someplace else.”

UTSW Faculty and Staff Highlighted at 2015 ACRM Annual Meeting

A multidisciplinary instructional course led by **Dr. Fatma Gul** was presented at the American Congress of Rehabilitation Medicine annual conference held in Dallas. The ACRM Annual Meeting is the premier international assembly of rehabilitation research professionals. The course, *Intrathecal Baclofen Therapy: Developing a Multispecialty Program and its Effectiveness in Patient Care*, featured UTSW physiatrists (Fatma Gul, MD and Benjamin Nguyen, MD), neurosur-

geon (Louis Whitworth, MD), nurse practitioner (Patricia Krohn NP), and physical therapists (Karen McCain, DPT and Sandy Hall DPT) as well as presenters Reza Farid MD, University of Missouri, Stuart Yablon MD, University of Alberta, and Joe Urquidez MD, Private Practice, Austin, Texas.

With more than 20 years of experience treating patients with ITB, Dr. Gul says the multidisciplinary approach is akin to the spokes on a bicycle wheel, each playing a critical role to

assure proper functioning. The course focused on team building, patient selection criteria, and incorporating strategies for enhancing spasticity management. The course also reviewed different surgical techniques used for ITB implantation, and discussed potential complications, troubleshooting algorithms, safety, neurophysiological evaluation of response, as well as review cost effectiveness of ITB therapy for patients with severe spasticity.

Comments
from
**The AAPMR
2015
Experience**

**Foundation of
PM&R Award
Winners**

**Thiru M.
Annaswamy**

**Aspen
Spinal Bracing
Research
Grant**

News and Noteworthy



Dr. Thiru Annaswamy represented the American Academy of Physical Medicine and Rehabilitation in the development of The American Academy of Orthopaedic Surgeons Evidence-Based Guideline on Management of Hip Fractures in the Elderly. Many of the recommendations address reducing delirium which has

been found to interfere with return to pre-injury level of function, according to W. Timothy Brox, MD, chair of the AAOS Clinical Practice Guideline work group. Dr. Annaswamy states “As the AAPMR representative, I participated in extensive discussions, performed detailed evidence assessments and helped write this extensive document, which can be a valuable aid for clinicians who manage hip fractures in the elderly.”



Photo Courtesy NSF

Telemedicine is the use of telecommunication and information technology to provide clinical services at a distance. Dr. Thiru Annaswamy is working with University of Texas - Dallas on a telemedicine project funded by the National Science Foundation. Using Haptic technology the project is bringing the sense of touch to telemedicine to provide enhanced access to physical therapy for disabled veterans in remote locations.

See the [National Science Foundation video](#) or listen to [Dr. Annaswamy's interview](#) with KRLD's Mitch Carr from October 9th.

On Sept 1, 2015, **Dr. Manosha Wickremasinghe** received the Advocacy/Excellence Award from the National Paralyzed Veterans of America organization during the 2015 Annual Summit (in presence of the Honorary Dr. David Shulkin, VA Under Secretary of Health). This award was established in 2014. One physician is selected each year based on national recognition of exceptional professional achievement, demonstration of outstanding leadership, and excellence in the care and advocacy for care of persons with spinal cord injuries and/or multiple sclerosis.



PM&R Accolades

Congratulations to PM&R faculty who received promotions **Drs. John Thottakara** and **Kelly Scott** have been promoted to associate professor and **Dr. Thiru Annaswamy** who is now a full professor.

Congratulations to **Sandy Hall**, PT, DPT, University Hospital Outpatient Clinic Manager on her graduation from the Post-Professional Doctor of Physical Therapy program at UT Medical Branch in Galveston.

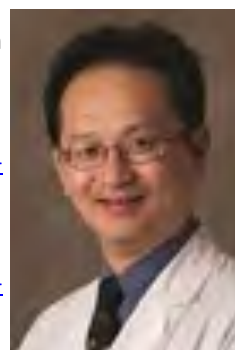
A special thank you goes out to **Dr. and Mr. Geetha Pandian** for their contribution that provided the PM&R conference room on the rehabilitation floor at the New Parkland Hospital, named in their honor.

Dr. Benjamin Nguyen recently appeared on Vietnamese Health TV with Dr. Jonathan Lam, a Board Member of the Vietnamese American Health Professionals of DFW. Dr. Nguyen presented a 2 part series: Acute Stroke Care, identifying risk factors of stroke and the importance of getting immediate care, followed by Rehabilitation Following Stroke which discussed outcomes and therapies involved. Dr. Nguyen stressed the importance of a support group, and would encourage this interaction in the Vietnamese community.

The videos are available on YouTube at:

Acute Stroke Care
[Suc Khoe va Doi Song - 150716 - p1 \(Stroke 1\)](#)

Rehabilitation Following Stroke
[Suc Khoe va Doi Song - 150716 - p2 \(Stroke 1\)](#)



We would like to take this opportunity to welcome back **Dr. Heather Adair** from extended leave.



UT PM&R faculty and residents were well represented at the AAPMR Annual Assembly in Boston



Dr. Kavita Trivedi led a course of interdisciplinary clinicians, which included **Traci Schafer, PT**; the session presented discussions on a comprehensive approach to spine care which highlighted topics of nutrition, exercise, sleep and psychological well-being.

Drs. Kim Barker and **Ankit Patel** were part of a team presentation on individualizing pain management for cancer patients. Addressing use of opioids, musculoskeletal pain issues, and the role of the physiatrist, attendees gained a better understanding of how two disciplines can learn from and complement one another in order to improve cancer patients' pain and functioning.

Dr. Kelly Scott directed a discussion of the multidisciplinary treatment of pelvic pain when specialists in physiatry, physical therapy, gynecology, and urogynecology came together at AAPMR to present their approach to musculoskeletal and neuropathic causes of pelvic pain.

Drs. Jean deLeon and **Christine Johnson** presented an interactive discussion of wound care, emphasizing appropriate wound care strategy. The session developed logic decisions based on wound pathophysiology rather than cookbook treatment.

A panel of experts, including **Weiban Yang, M.D.** came together for a workshop presenting evidence-based research supporting acupuncture as adjunctive therapy to cancer treatment. This presentation was followed by hands-on experience to practice acupuncture points in many clinical scenarios.



Honoring a Loved One Through Support of Research

Since its establishment in 2004, the Michael H. Winter Fund for Stroke Rehabilitation Research has significantly advanced stroke and traumatic brain injury (TBI) rehabilitation programs and research at UT Southwestern. Established in memory of Michael Winter by his wife, Lori, The fund has been used to support faculty research time, pilot projects, and fund fellowship training positions for traumatic brain injury and stroke.

After suffering from a ruptured aneurysm, Mr. Winter came to UT Southwestern Medical Center to

undergo extensive rehabilitation with progressive recovery. "Through a great amount of teamwork, hard work, and dedication, Mr. Winter's rehabilitation was truly remarkable," said Dr. Karen Kowalske, Professor PM&R.

Tragically, a few years after his initial treatment and rehabilitation, Mr. Winter sustained a catastrophic brain injury after a fall. Mrs. Winter was extremely grateful to UT Southwestern faculty and staff for the wonderful care that her husband received. In a letter, Mrs. Winter stated that she

wished to fulfill her husband's legacy "by honoring the research and the researchers who made his life more meaningful." Her philanthropy has laid the foundation necessary to support outstanding faculty, conduct innovative research, and expand clinical programs for patients with traumatic brain injuries.

The PM&R Department is grateful for the continued support of the Winter family in its effort to improve the rehabilitation and lives of UTSW patients with stroke and traumatic brain injury.

UT Southwestern PM&R Faculty Publications and Presentations

Pezesk RA, Pulikkottil BJ, Mapula S, Schaffer NE, **Yap L, Scott K, Gordon P**, Hoxworth RE. Complex Abdominal Wall Reconstruction: A Novel Approach to Postoperative Care Using Physical Medicine and Rehabilitation. *Plast Reconstr Surg*. 2015;136(3):362e-9e.

Suri P, Pashova H, Heagerty PJ, Jarvik JG, Turner JA, Comstock BA, Bauer Z, **Annaswamy TM**, et al. Short-term improvements in disability mediate patient satisfaction after epidural corticosteroid injections for symptomatic lumbar spinal stenosis. *Spine*. 2015;40(17):1363-70.

Annaswamy TM, Gosai EV, Jevsevar DS, Singh JR. The Role of Intra-articular Hyaluronic Acid in Symptomatic Osteoarthritis of the Knee. *PMR*. 2015;7(9):995-1001.

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Gerrard P, Kazis LE, Ryan CM, Shie VL, **Holavanahalli R**, et al. (2015). Validation of the Community Integration Questionnaire in the adult burn injury population. *Quality of Life Research*, 24(11):2651-55.

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AMERICAN ACADEMY OF PHYSICAL MEDICINE AND REHABILITATION, Boston, October 2015

Bell KR, Fann J, Brockway JA, et al. Telephone Problem Solving Treatment for Active Duty Service Members with Mild Traumatic Brain Injury. *PMR*. 2015;7(8):S84-5.

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Hasley M. A Complicated Case of a 24 Year Old Male with Disseminated Histoplasmosis and Subsequent Development of Bacterial Brain Abscesses following Subcarinal lymph node biopsy: A Case Report. *PMR*;7(8):S225.

O'Dell MW, Walker HW, Edgley SR, Gracies JM, **Gul F**, Wimmer M, Vilain C, Brashear A. (2015). AbobotulinumtoxinA (Dysport®) in the treatment of adult patients with upper limb spasticity due to traumatic brain injury. *PMR*;7(8):S103.

AMERICAN CONGRESS OF REHABILITATION MEDICINE, Dallas, October 2015

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Watkins JN, Nguyen BN. Long Term Treatment of AbobotulinumtoxinA (Dysport®) vs. OnabotulinumtoxinA (Botox®) in a Patient with Multiple Sclerosis. *Arch Phys Med Rehabil*. 2015;96(10):e112.

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AMERICAN ASSOCIATION OF NEUROMUSCULAR & ELECTRODIAGNOSTIC MEDICINE, Honolulu, October 2015

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YOUR OPPORTUNITY TO SUPPORT PM&R AT UT SOUTHWESTERN

The PM&R department would like to extend our gratitude for the financial support of our donors over the years. Our physicians and researchers are integrating advances in comprehensive patient care, and the development of innovative education and prevention programs to improve health care in North Texas and around the world. As a nonprofit organization, UT Southwestern relies heavily on the generosity of its supporters to remain at the forefront of medical care and scientific discovery.

Your contributions and gifts designated to PM&R are used:

- **To improve health care in our community, Texas, our nation, and the world through innovation and education;**
- **To educate the next generation of leaders in patient care, biomedical science and disease prevention;**
- **To conduct high-impact, internationally recognized research;**
- **To deliver patient care that brings UT Southwestern's scientific advances to the bedside.**

To make a gift designated to PM&R you may go online directly to

[UT Southwestern](#) or the [Southwestern Medical Foundation](#) or contact:

UT Southwestern Office of Development

Phone: 214-648-2344

giving@utsouthwestern.edu

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