

PM&R CONNECTion



Kung Fu with Tribe Wellness at UTSW Adaptive Sports Expo — more pictures on page 3

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Message from the Chair

Kathleen Bell, MD



Welcome, colleagues and friends! Fall is truly here in North Texas. And this fall we are celebrating the 75th anniversary of UT Southwestern Medical Center. Our institution started with a couple of temporary barracks and has grown into an amazing world-class research, education, and clinical care center with 6 Nobel Prize winners and over 2500 physicians, researchers and students. We are so proud to be at UTSW and grateful for the support of the Dallas-Fort Worth community, our greatest friends. At this time, we also welcome our new Provost and Dean, Dr. W.P. Andrew Lee (from Johns Hopkins) who will take over the helm of the medical school in February — welcome, Dr. Lee!

This has been a particularly busy fall. The American Congress of Rehabilitation Medicine met here in Dallas in early October. Our congratulations to Dr. Shannon Juengst and her student Andrew Nabsny for winning the Early Career Poster award for the Measurement Networking group and the Deborah Lee Price Girls & Women with ABI Task Force Poster Award. Drs. Lindsay Ramey, Jason Smith, Jason Petrasic and Bob Rinaldi

had a BLAST with the Adaptive Sports Hands-On Workshop. Indeed, they managed to pull off the Adaptive Sports EXPO on the same weekend with our partners, particularly UT Arlington. Over twenty sports were demonstrated – I tried sit volleyball and was almost taken out by the vicious spiker on the other side of the net. We even had a visit by the Haitian Women's Amputee Soccer Team! A few weeks later, we were well represented by our faculty, fellows, and residents at the Annual Assembly for the American Academy for Physical Medicine and Rehabilitation. Drs. Annaswamy, Bell, Ifejika, Inanoglu, Ramey, and Scott were all invited speakers and we were delighted to welcome alumni from as far back as 2002 and as close as 2017.

I would be remiss in not welcoming our newest additions: Ms. Jessica Fiske, our new department administrator, clinical faculty Dr. Rupali Kumar, and Dr. Yasin Dhaher, who is the joint Vice Chair of Research for PM&R and Orthopaedic Surgery. Under his leadership, we are building our Biomechanics and Neuromodulation laboratories — more details to come in the next issue.

Happy Thanksgiving, all!

UT Southwestern
Medical Center

Clinical Spotlight: Spasticity Program

The UT Southwestern PM&R Spasticity Program has experienced rapid expansion in the last few years.

Fatma Gul, MD established the program at UT Southwestern more than 10 years ago, followed shortly after by the Parkland Spasticity Clinic. Dr. Gul also sees patients at Children's Medical Center.

Led by senior providers **Drs. Fatma Gul, Benjamin Nguyen** and **Anjali Shah**, the program presently has five physicians and two nurse practitioners who treat patients with moderate to severe spasticity using intramuscular botulinum toxin (BoNT) injections and intrathecal baclofen (ITB) pump management. Nurse Practitioners **Patricia Krohn** and **Patricia Gordon** are instrumental in providing ITB pump management under physician supervision.

The UTSW PM&R Spasticity Program has one of the largest ITB programs in nation, with more than 400 implanted pump patients. The first clinic visit consists of an initial evaluation to determine the best treatment option and develop a treatment plan. Patients will have their planned procedure at the next visit. Dr. Gul says, "Spasticity management requires multi-disciplinary approach for the patient able to reach their goals. We utilize all rehabilitation disciplines to help patients reach the maximum functional and comfort level." Aside from medication management, BoNT injections and ITB pump management, the clinic also works with physical and occupational therapists, orthotists, and the wheelchair seating and mobility clinic.

The Parkland Spasticity Clinic occurs every Tuesday afternoon, staffed by attending physicians Drs. Gul, Merrine Klakeel, Amy Mathews and Surendra Barshikar, along with 3-4 residents. This clinic gives residents the opportunity to develop hands-on skills in providing spasticity management. This year, the faculty established a teaching curriculum which has been well received by the residents; they also presented the curriculum on the national stage during the 2018 American



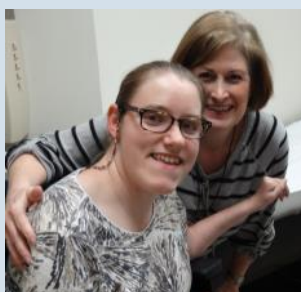
Patricia Krohn performs one of many pump refills in clinic.



From left: Anjali Shah, MD; Merrine Klakeel, DO; Patricia Krohn MN, MPH, APRN, FNP-BC; Fatma Gul, MD; Patricia Gordon MSN, MPH, APRN, FNP-BC; Amy Mathews, MD; Benjamin Nguyen, MD. **Not in picture:** Surendra Barshikar, MD.

Academy of PM&R annual assembly. This clinic offers BoNT injections, and according to Dr. Gul, "We are working on establishing ITB care at Parkland Clinic since so many patients can benefit from this treatment. We hope it will start soon." Parkland Spasticity Clinic has the lowest appointment no-show rate among all outpatient clinics, reflecting the high level of patient satisfaction in the treatment provided.

Dr. Gul says that "Independence is one of the most important values for all of us, and it is the greatest feeling to contribute to achieving independence any way we can. Our patients improve their range of motion, self-care and ambulation when treated. Some patients do not have potential to improve their functional level, however they need treatment for positioning, sitting tolerance, ease of care, to decrease caregiver burden and improve hygiene. It is gratifying when patients come to post-procedure follow up appointments and express their improvement."



Ms. Krohn with spasticity patient Allison Genova

Appointments & Referrals: University Hospital PM&R Clinic—Sprague

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Second Annual Adaptive Sports Expo is a Big Success!



From top, left to right: (1) Healthcare and Athlete Q&A Panel; (2) Mini therapy horses from Mini Hooves of Love; (3) Seated volleyball with UT Arlington Adaptive Sports; (4) Wheelchair rugby with Rise Adaptive Sports; (5) Ayita Wheelchair Dance; (6) Wheelchair table tennis with USA Table Tennis and Texas Wesleyan University; (7) Haiti Women's Amputee Soccer Team with Dr. Jason Petrasic and Dr. Jason Smith; (8) Dallas Men Wheelchair Basketball; (9) Boccia with Desoto ISD.

Some photos courtesy of @UTSWNews (<https://twitter.com/UTSWNews>), and @KathleenBellMD (<https://twitter.com/KathleenBellMD>). More photos and videos: <https://bit.ly/2P2FQE0> and <https://bit.ly/2RkqW2>

The ***D* Magazine Best Doctors List** for 2018 includes some familiar names from UT Southwestern PM&R. The prestigious list of Metroplex physiatrists includes faculty members **Drs. Kathleen Bell, Ankit Patel, Kavita Trivedi** from UT Southwestern and **Dr. Maria Fides Pacheco** from the Dallas VA. The Best Doctors votes were collected through an online ballot and presented to an anonymous panel of esteemed physicians, as well as the *D* Magazine editorial staff. *D* Magazine verifies each doctor's medical license, board certification, and disciplinary status to finalize the list. Physicians can nominate up to three of their Dallas area peers per category.

Dr. Kelly Scott was named to **Best Doctors in America** list for 2017. Since 1989, this poll to identify "physicians who other physicians trust most" has recognized experts in multiple specialties.

Congratulations: PM&R Grants

Nneka Ifejika, MD, MPH is the latest recipient of the Texas Health Resources Clinical Scholars Award. She is the first woman, first physiatrist, and the first African-American to receive this 3-year research grant.



Aside from her role as section chief of Stroke Rehabilitation in the department of PM&R, Dr. Ifejika also holds secondary appointments in the departments of Neurology and Neurotherapeutics and Clinical Sciences. Her work in the Stroke Rehabilitation Service Line at Zale Lipshy University Hospital involves providing evidence-based rehabilitation paradigms through all levels of stroke care.

Dr. Ifejika's research in the Southwestern Health Resources primary and comprehensive stroke centers includes the creation of transitions of stroke care models that can predict the probability of care escalation within the first 24 hours of a stroke, or of post-acute inpatient rehabilitation in the first three days after an acute stroke.

Shannon Juengst, PhD was awarded a 2-year Early Career R03 funded by Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD). This 3-part study will confirm that factor structure of the Behavioral Assessment Screening Tool (BAST) among adults with traumatic brain injury (TBI), develop a large data base of comparative values for the BAST that includes adults from the general population with and without self-reported TBI, and develop and pilot test a mobile health (smartphone app) short version of the BAST for remote symptom-monitoring.



Dr. Juengst is also honored to be the recipient of an Annual Conference Travel Scholarship from the American Congress of Rehabilitation Medicine (ACRM) Brain Injury Interdisciplinary Special Interest Group (BI-ISIG). She will also serve as the BI-ISIG Executive Committee for a 2-year term as Early Career Officer beginning October 1, 2018.

New Faculty



Assistant Professor **Rupali Kumar, MD**, hails from Pittsburgh, PA. She earned her medical degree at the University of Chicago, and completed her residency in PM&R at Stanford University.

Dr. Kumar is joining the Parkland Hospital inpatient consultation service, as well as clinics in outpatient general rehabilitation, spine and electrodiagnostic medicine. She will also gain exposure in pelvic rehabilitation while working with Dr. Kelly Scott at the comprehensive pelvic rehabilitation program at the UT Southwestern Aston Clinic.

She is accompanied on her move to Dallas by her husband, Kiran, who has joined the radiation oncology faculty at UT Southwestern, as well as their labradoodle, Leela. In her free time, Dr. Kumar enjoys dancing, yoga, trying out new restaurants, and all dogs.



National Rehab Week

The inpatient rehabilitation team celebrated National Rehabilitation Awareness Week from September 16 to 22, 2018 with various events including a potluck lunch and relay races. An information table near the Zale Lipshy University Hospital cafeteria included "spin the wheel", an interactive game in which patients, staff and visitors could win prizes by answering questions about the inpatient rehabilitation unit.

PM&R Adventures in Mentoring

Dr. Benjamin Nguyen at Prairie View A&M University



Benjamin Nguyen, MD spoke to the students in the Undergraduate Medical Academy at Prairie View A&M University about our medical school as well as the Joint Admission Medical Program (JAMP), as part of the community outreach for the UT Southwestern medical school. The Prairie View A&M University held its new student orientation in Dallas last August at the Warwick Melrose Hotel, with about 30 students and 6-8 faculty in attendance. The audience learned about Dr. Nguyen's journey through medicine, and also benefited from his expertise in brain health and functioning. Dr. Nguyen says, "I hope that I was able to share with them about the challenges, rewards, as well as the hard work it takes to be a physician!"

Dr. Ankit Patel is first Colleges Mentor from PM&R

The Academic Colleges is a program at the UT Southwestern Medical School which pairs a small group of medical students with a Colleges Mentor. The students and mentor meet on a weekly basis to improve and refine the students' skills in various domains including patient care, professionalism, interpersonal teamwork, communication skills, and systems-based practice. In addition to enhancing the students' clinical reasoning skills, the Academic Colleges program encompasses topics in medical ethics, empathy, cultural competence, life balance, and emotional well being.

In Dr. Patel's opinion, one of the most important aspects of the Academic Colleges is that the students and mentor are able to form a close trusting relationship over time. Starting from an early stage in their medical training, the students have the opportunity to learn "real life" lessons from a practicing faculty member. He says, "From the perspective of a mentor, I am honored to have the opportunity to make a positive impact on the clinical and professional development of our future doctors. As the only physiatrist among the Colleges Mentors, I also have a unique opportunity to instill the importance of evaluating and optimizing the function and quality of life of our patients."



Mentoring Excellence for Developing Leaders



Barker



Juengst



Kolessar

Congratulations are in order for faculty members Drs. Kim Barker, Dr. Shannon Juengst and Dr. Michael Kolessar, who were all accepted to the Mentoring Excellence for Developing Leaders 2018-2019 course at the UT Southwestern Center for Translational Medicine (CTM). According to the CTM website, the course is an interactive, participant-based course on mentoring excellence whose objective is to engage mentors at all points in their career and to give them the tools and skills necessary in order to improve their mentoring. The course is based on a combination of mentoring curricula and techniques that were observed at high performing translational medical centers, and also draws some of its influence from the National Research Mentoring Network (NRMN) mentor training curriculum, which facilitates career-stage appropriate training for mentors and mentees, tailored to foster the success of a diverse group of biomedical researchers, with a specific focus on deepening the alignment and impact of mentoring relationships.

Faculty and Resident Publications and Presentations

PUBLICATIONS

Cai H, Annaswamy TM. Trifid Median Nerve-A Rare Variant in a Patient with Carpal Tunnel Syndrome. *Am J Phys Med Rehabil.* 2018 Oct 2. doi: 10.1097/PHM.0000000000001057. [Epub ahead of print]

Lisabeth LD, Horn SD, **Ifejika NL**, Sais E, Fuentes M, Jiang X, Case E, Morgenstern L. The Difficulty of Studying Race-ethnic Stroke Rehabilitation Disparities in a Community. *Top Stroke Rehabil.* 2018;6:1-4.

Scott KM, Sultan M, **Morita-Nagai P**, Lemack G. The Role of Pelvic Floor Physical Therapy in Pelvic Pain and Voiding Dysfunction. *AUA Update Series.* Vol 27, 2018.

Terhorst L., **Juengst SB**, Beck KB, & Shiffman S. (2018). People can change: Measuring individual variability in rehabilitation science. *Rehabilitation Psychology, 63*(3), 468-473. <http://dx.doi.org/10.1037/rep0000214>

PLATFORM PRESENTATIONS

American Academy of Physical Medicine and Rehabilitation: Orlando, FL, October 2018

Annaswamy T, Gonzalez-Fernandez M, Hornyak J, Miciano A. Evidence Based Medicine Principles and Practice

Bell K, Dams-O'Connor K, Greenwald B, Hammond F, Lercher K. Long-Term Health and Neurodegeneration after Traumatic Brain Injury: Risk Factors, Mechanisms, and Resiliency

Bell K, Flanagan S, Laker S, Moore M, Sandel E. Sports-Related Concussion: Framing the Debates

Binder D, Paganoni S, **Ramey L**, Zheng P. The Rehabilitation Hackathon!: Solving Today's Healthcare Problems Through a Novel Interactive, Multidisciplinary and Solution Oriented Problem Solving Event

Boettcher B, Jayaram P, John J, Kruse R, Nanos K, Onishi K, Presley J, **Ramey L**, Rothenberg J, Susmarski A, Toedebusch B, Washburn N. Fundamental Ultrasound of the Upper Extremity.

Bonder J, Hwang S, **Scott K**. Update on Chronic Pelvic Pain: Exploring Different Phenotypes, Comorbidities, and the Central Sensitization Connection

Brashears R, Clark M, Houtrow A, **Inanoglu D**, Lisenby L, McLaughlin M. Who Mentors the Mentor? A Multi-Generational Approach to Identifying the Professional and Career Development Needs of the Psychiatrist at All Levels of Practice

Ha C, Hagan K, Hayano T, Hurwitz M, **Kasitnon D**, Raghunandan A. PHiT Fire: Rapid Fire Presentations on 'Success through Innovation'.

Ramey L. Introduction to Musculoskeletal Ultrasound

Thomas P, Singh R, **Ifejika N**, Shaw E, Glassman S. Health Care on the Hill and Beyond: The Current Policy Environment and Academy Advocacy Efforts.

American Psychological Association Annual Convention, San Francisco, CA, August, 2018

Vega M, Capielo C, Gaztambide D, Nieves K. Symposium on the Psychological Aftermath of Hurricane Maria on Puerto Ricans and the Diaspora.

Paralyzed Veterans of America Healthcare Summit and Expo, Dallas, TX, August 2018

Pacheco MF. Relationships and Intimacy in Multiple Sclerosis.

UT Southwestern Annual Stroke Symposium, Dallas, TX, October 2018

Ifejika NL. Closing the Gap in Stroke Transitions of Care.

ACM International Conference on Bioinformatics, Computational Biology and Health Informatics: Washington, DC, August-September 2018

Willett D, Pandey A, **Ifejika N**, Kannan V, Berry J, Basit M. State Diagrams for Automating Disease "Risk Pyramid" Data Collection and Tailored Clinical Decision Support.

American Congress of Rehabilitation Medicine: Dallas, TX, September-October 2018

Silverberg N, McCarty C, **Bell K**, Kurowski B, Brooks B.. Psychological Interventions to Prevent and Treat Persistent Symptoms After Mild Traumatic Brain Injury

Smith JAD, Hunter J, **Shearburn, L**. Hearing Loss in the Elderly: Cognition, Social Isolation, Depression, Hearing Aids, and Cochlear Implants

Hart T, Rabinowitz AR, **Juengst SB**, **Bell K (Moderator)**. Mobile technologies for assessment and treatment in traumatic brain injury.

Juengst SB, **Osborne CL**, Higashi RT. Patient-centered techniques to develop assessments and mobile health interventions in rehabilitation.

Osborne CL, **Juengst SB**. Using the ICF to assess content validity of the Behavioral Assessment Screening Tool (BAST).

Ramey L, Binder D. Apps for Access: Apps to Improve Community Access For Patients with Mobility and Visual Impairments.

INVITED SPEAKERSHIPS

National

Ifejika NL. Texas Health Presbyterian Hospital of Denton/Select Rehabilitation Hospital of Denton Stroke Support Group – Keynote Speaker, September 2018.

Ifejika NL. Neurorehabilitation. Second Annual Stroke Fighters Symposium. LSU Health Shreveport School of Medicine, Shreveport, LA, September 2018.

International

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

Faculty and Resident Publications and Presentations

COURSES AND WORKSHOPS

American Congress of Rehabilitation Medicine: Dallas, TX, September-October 2018

Ramey L, Smith JAD, Rinaldi R, Hunter D, Petrasic J. The Adaptive Sport Symposium: Promoting Health and Wellness through Adaptive Sports.

Ramey L, Smith JAD, Petrasic J, Garner D, Davis R, Shaner B, Hunter D. LEARNING CENTER: Interactive Adaptive Sports Demonstrations: Boccia, Goalball, Volleyball and More!

POSTER PRESENTATIONS

American Academy of Physical Medicine and Rehabilitation: Orlando, FL, October 2018

Ahmadian A, Kennington J, Bitussi U, Juengst S, Kolessar M, Dolezal C, Bell K, Aleman E, Johnson M. "Does the relationship between pain level and opioid intake differ as a function of a patient's sex and depression status?"

Cui C, Adair HE, Schneider SL. Eosinophilic leukocytosis due to methylphenidate: A case report.

Dhamdere SS, Sinn CN. Immunomodulation treatment and its effects on outcomes for an 18 month old female with Guillain-Barre Syndrome: A case report.

Kasitnon D, Barker K. PM&R Residency Program Directors' Perceptions and Practices towards Social Media.

Mathews A, Klakeel M, Gul FG, Barshikar S. Development of a structured clinical spasticity education program.

Taylor KE, Srinivasan R. Fire or fury? Anti-NMDA encephalitis triggered by HSV in a 12 year old boy: A case report.

American Congress of Rehabilitation Medicine: September-October 2018

Dahdah M, Nakase-Richardson R, Bell K, Mellick D, Merfeld-Lopez A. Prevalence of sleep apnea and its relationship with demographics and physical characteristics of TBI survivors.

Davis J, Wild M, Vo W, Sharma R, Chester A, Publico SB, Bedikian A. Demonstrating the Learning, Use, and Efficacy of Smart Device Apps for Brain Injury Survivors

Driver SJ, Juengst SB, Reynolds M. Achieving weight loss among individuals with traumatic brain injury through lifestyle interventions.

Hennes A, Kwon A, Fey N. Influence of Sensory Substitution Mapping on the Discrimination of Locomotion Gait Phase and Speed

James, E. Hand-Foot Coordination is Predictive of Cognitive Decline Among Community-Dwelling Older Adults

Juengst SB, Kew CL, Nordvik J, Laukkala T. Comparing mental health assessment in rehabilitation across three countries: United States, Finland, and Norway. [winner of the Measurement Networking Group Early Career Best Poster Award]

Juengst SB, Reynolds M, Kramer MK, Driver SJ. Developing Mental Health tools to enhance engagement in a behavioral lifestyle intervention after traumatic brain injury.

McCain K, Shearin S, Neuman R, Fey N. Impact of Novel Hip Flexion Orthosis on EMG Activity in Individuals With Multiple Sclerosis

Nabasny A, Juengst SB. Gender differences in behavioral and emotional symptoms by experience of nightmares after traumatic brain injury. [winner of the BI-ISIG Deborah Lee Price Girls and Women with ABI Taskforce Poster Award]

Neville M, Osborne C. Psychometric Properties of the Discharge Planning Assessment Tool (DPAT).

Ricketti P, Schwartz D, Drasher-Phillips L, Calero K, O'Connor D, Bell K, Dahdah M, Nakase-Richardson R. A multicenter study examining AASM vs CMS criteria for obstructive sleep apnea in acute TBI.

Shearin S, McCain K, Neuman R, Fey N. Impact of Novel Hip Flexion Orthosis on Ground Reaction Forces in Individuals with Multiple Sclerosis

Smith E, Smith JAD, Juengst SB. Executive function process scores associated with frontal executive behaviors in chronic traumatic brain injury.

American Epilepsy Society, New Orleans, LA, USA

Shaw S, Juengst S, Armacost M, Vega M, Smith JAD. (2018, December). *Importance of Different Quality of Life Themes in Hispanics with Intractable Epilepsy.*

Resident on PhIT Council

PGY-3 **Donald Kasitnon, MD** was elected Vice President of the Physiatrist in Training Council (PhIT, formerly known as the Resident Physicians Council) of the American Academy of Physical Medicine and Rehabilitation. All resident and associate fellow members of the academy belong to the PhIT, which provides valuable feedback on behalf of trainees to assist the strategic coordinating committees to support their needs through every year of residency and fellowship. Dr. Kasitnon says, "I believe that we need resident/fellow leaders as liaisons to mediate open communication between physiatry trainees and AAPM&R. Some ideas I plan to discuss are developing networking resources for fellowship applicants as well as new graduates looking for jobs and taking advantage of virtual platforms to make such opportunities more accessible to busy residents/fellows."



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