Message from the Chair

I have always maintained that physical medicine and rehabilitation was an essential medical service but it has not always been easy to convince others. Therefore, it has been particularly exciting for me to see the growth of PM&R and rehabilitation services into areas where it has been long ignored. Our issue today focuses on our growing Cancer Rehabilitation program. For quite a long time we tried to convince one of the very well-known cancer centers in my former home to support cancer rehabilitation and I distinctly remember the rather blank stares received from the oncology leaders when we proposed such a program. Cancer patients are virtually poster children for what rehabilitation brings to patient outcomes. Pain, mobility limitations, musculoskeletal disorders, cognitive impairment, self-care and employment needs...this reads like the table of contents of a rehabilitation textbook. I have been delighted at the interest and support we have received from the Simmons Cancer Center leadership in developing and integrating rehabilitation into our overall cancer program and happy to highlight today the work of Drs. Michael Fediw and Kim Barker and their team in moving forward. Additionally, Dr. Kelli Chaviano has begun to build the pediatric cancer program at our partner hospital, Children’s Medical Center Dallas.

This is, of course, the first newsletter of 2022 and we are still grappling with the COVID pandemic. But gratefully, we are doing so with tools, including some miraculous vaccines and a growing understanding. The PM&R Department continues to its part in unravelling the mysteries of Long COVID under the direction of Dr. Surendra Barshikar with our clinical care, our participation in a CDC phenotyping study, and in studying functional outcomes. The teamwork and mutual support offered by the faculty and staff at UT Southwestern have been truly inspiring and I thank them. But 2020 will be defined by many other facets: our residency applicants, new faculty, new research opportunities. I’m looking forward to another banner year.
ON THE COVER

Rendering of the new UT Southwestern Cancer Center. See page 6 for more information.
Exploring the Role of Rehabilitation in Comprehensive Cancer Care

About the Partnership

Carlos Arteaga, MD and John Sweetenham, MD: As the number of cancer patients seen at the Harold C. Simmons Comprehensive Cancer Center (SCCC) increases and as survival outcomes for our patients continue to improve, the partnership between the cancer center and PM&R becomes increasingly important in many domains. Maintenance of physical function is now known to be an important factor influencing cancer survival and tolerance of therapy. As we expand survivorship care at SCCC, we view our partnership with PM&R colleagues as a central component of maximizing wellness of our patients from prehabilitation strategies prior to treatment, through management of long term disease and treatment related complications. We look forward to collaborative clinical research to continually improve the outcomes and wellness of cancer survivors.

Clinical / Program Overview

Mike Fediw, MD: The Cancer Rehabilitation program at UTSW offers a variety of services that aim to treat the functional impairments that often arise as a result of cancer and its treatments, such as chemotherapy, immunotherapy, major surgery, and radiation therapy. Our clinical program utilizes detailed therapy and exercise prescriptions, lymphedema management, interventional pain procedures, neuropathic and musculoskeletal pain management, bracing, and equipment to serve the specific needs of each patient. Cancer patients are seen throughout the continuum of cancer treatment from...
diagnosis through treatment, survivorship, and end of life. Patients can see a rehabilitation professional across inpatient and outpatient settings. We have developed a team of physical, occupational, and speech therapists who have a special interest and expertise in cancer rehabilitation, both at the UTSW main campus as well as our satellite sites in Frisco and Fort Worth.

Therapy Perspective

Chitra Srinivasan, PT, DPT: The acute oncology therapy team consists of a group of physical, occupational, and speech therapists who are dedicated to providing the best possible care to patients with hematological cancers, solid tumors, post-surgical patients, as well as those on hospice care. Our team also has certified lymphedema therapists to manage this common complication associated with cancer and its treatments.

It is a rewarding experience to help these patients improve their strength and function and, importantly, prevent a decline as they go through various types of cancer treatments.

It is a privilege to be part of the oncology care team here at UTSW, as we constantly see in action the latest advances in cancer treatments, promising clinical trials, and get to utilize a state-of-the-art therapy gym dedicated to hematology-oncology patients. We constantly work with the interdisciplinary team as well as our outpatient PM&R team members to establish the continuum of therapy care for all cancer patients.

The UTSW Cancer Rehabilitation Team

Michael Fediw, MD, Medical Director of Cancer Rehabilitation
Kim Barker, MD
Cindy Dolezal, PT, DPT
Carly Thompson, PT, DPT
Taylor Cole, PT, DPT
Amanda McCreight, PT, DPT
Chitra Tirupathur Srinivasan, PT, DPT
Madalyn Mills, OT, CLT
Lindsay Martin, OT, CLT
Hannah Masters, OT
Lissette Glashan, MS, CCC-SLP, CBIS
Rolando Vasquez, CCC-SLP
Melissa Pollick, RN
Alejandra Arvizu Narvaez, RN

It is a rewarding experience to help these patients improve their strength and function and, importantly, prevent a decline as they go through various types of cancer treatments.
**I CAN Rehab Updates**

**Kelli Chaviano, DO:** The Integrative Cancer Rehab (I CAN Rehab) program is a clinical and research infrastructure that focuses on increasing rehabilitation presence in pediatric patients with cancer. Research and protocol development has been an essential component of I CAN Rehab, and there has been a collaborative effort between physiatry and therapy disciplines in multiple hospital and clinic campuses. This is in its final stages, and there is an effort to launch this in conjunction with a specialized EPIC build and therapy training within the next few months.

Clinically, it continues to have a footprint as a specialized physiatrist inpatient consult service and bridges care between services and patient treatment locations. The outpatient pediatric cancer clinic serves patients in-person or by telehealth to provide support during diagnosis, treatment, survivorship, or end-of-life care.

It has made its debut nationally at the last AAPM&R conference in community lectures including “Building Pediatric Cancer Rehabilitation Programs: Pearls and Pitfalls of Program Development” as well as “Multidisciplinary Case Studies in Pediatric Cancer Rehabilitation.” It has spurred discussion and collaboration with other department programs nationally, and the first ever pediatric cancer rehabilitation sub-committee was created within AAPM&R Cancer Rehabilitation Physician Consortium.

---

**RESEARCH, GRANT APPLICATION**

**Mike Fediw, MD:** The cancer rehabilitation group has several projects in the works. There is currently a study submitted to the Institutional Review Board (IRB) looking at meningioma as a novel model for neuroplasticity by tracking serum biomarkers along with functional recovery of hemiparesis. Potential upcoming projects in discussion include development of a prehabilitation program, as well as a study looking at outcomes and adverse event rates of patients undergoing radiation therapy while on an inpatient rehabilitation unit.
Expanding to support our growing academic and clinical needs

The new UT Southwestern Cancer Center is scheduled to open in October 2022. There will be a dedicated cancer rehabilitation space with four exam rooms and a therapy gym which will include physical therapy, occupational therapy, and PM&R.
PM&R is actively recruiting a full-time Cancer Rehabilitation Specialist Physiatrist.

Scan the QR code below or visit jobs.utsouthwestern.edu for more information.

One of our Cancer Rehabilitation physiatrists, Kim Barker, MD, Associate Professor, PM&R, with her team.

TOP PHOTO (left to right): Neko Raley, RN and Kim Barker, MD
BOTTOM PHOTO (left to right): Masha Thomas, MS, APRN, AGNP-C, OCN; Alejandra Arvizu Narvaez, RN; Melissa Pollick, RN; Kim Barker, MD
UTSW PM&R Annual Scientific Day 2021

Mike Fediw, MD: The UTSW PM&R Annual Scientific Day 2021 highlighted Cancer Rehabilitation and featured keynote speaker Dr. Andrea Cheville who is the Chair of PM&R at Mayo Clinic and a renowned clinician and researcher in the field of Cancer Rehabilitation. There was also a panel of oncology professionals who discussed their positive interface with cancer rehabilitation here at UTSW. Dr. John Sweetenham who is the Associate Director for Clinical Affairs at UTSW Simmons Cancer Center also provided a brief introduction and discussed the Cancer Prevention and Research Institute of Texas (CPRIT), which is a Texas state-funded endeavor unique to Texas. Lastly, the day included presentations from various UTSW PM&R faculty, residents, and post-doctoral students on their respective research projects.

Kim Barker, MD: The trainee presentations for Scientific Day continued to be impressive in 2021. There were three resident physicians that were invited to speak. Dr. Audrie Chavez presented on research regarding the “Evaluation of Differences in Post-Acute Rehabilitation Recommendations by Ethnicity at an Urban Comprehensive Stroke Center.” She also had the privilege of presenting these findings at the Texas PM&R Society’s annual Ursula Krusen Award earlier that month. Dr. Amanda Lindenberg also spoke at Scientific Day on her research regarding the “Impact of Childhood Obesity in Pediatric Inpatient Rehabilitation” which had been presented as a poster at AAPM&R’s Annual Assembly in 2020. The third resident during the event was Dr. Diana Pham who discussed the outcomes of her quality improvement project at Parkland Health and Hospital Systems regarding “Urinalysis Antibiotic Stewardship” in that inpatient rehabilitation. It was a true multi-disciplinary QI project that involved an Infectious Disease physician, as well as Parkland’s laboratory services. Dr. Pham was voted the best resident research/QI project. We are all excited to see what is in store for Scientific Day 2022.
Ankit Kansagra, MD is an Assistant Professor in Internal Medicine — Hematology / Oncology here at UT Southwestern Medical Center in the SCCC. His clinical care and research are focused on hematologic malignancies, and he is the Assistant Director of UTSW’s Outpatient Stem Cell Transplant Program. He graciously served as one of the Scientific Day Panelists, and had this to say about the experience.

This annual scientific day organized by our PM&R team was a fantastic display of the amazing research being done at UTSW to advance the care of patients with complex conditions. The collaboration between PM&R and Oncology has been an integral part of providing multi-disciplinary care for patients at UTSW & the SCCC. Our PM&R colleagues bring invaluable resources and a wealth of knowledge in helping patients with complex oncological conditions, which is clearly evident by continued improved outcomes and patient satisfaction at UTSW. Our collaborations in taking care of patients with stem cell transplant, CAR-T cell therapy, and amyloidosis are few examples of how we are able to bring the future of comprehensive cancer care to our patients in DFW and beyond. I hope we can continue exploring not only clinical but research collaborations between PM&R and Oncology and bringing innovative science to UTSW.
RESIDENCY UPDATES

VIRTUAL INTERVIEWS CONTINUE

The second year of virtual interviews wrapped up mid-January 2022. We have had a lot of practice utilizing the virtual platform for fellowship and residency interviews last year and this. With Terri Isbell’s help, we have managed to make the process seamless.

We have also been trying to add personal touches to make the virtual process less cold and removed. Dr. Kim Barker has been mailing handwritten thank you notes to all interviewed applicants. And one of the chiefs, Dr. Kyle Wentz, has adapted a Tex-Mex recipe of the wife of another former chief (Dr. Ammon Hills) to share with applicants as well. Despite all of this, it would be great to have in-person interviews in 2022!

Congratulations to the new PM&R Chief Residents!
Follow @utsw.pmr.residents on Instagram.

Giving back to promote residency development (GO-PMR) was created to enhance the educational experience for residents and fellows of the Department of Physical Medicine and Rehabilitation. GO-PMR provides an opportunity for those who have benefited from outstanding training at UT Southwestern to give back to the program, and for faculty to support our trainees.

To contribute, scan the QR code above or go to https://engage.utsouthwestern.edu/donategopmr.
NEW FACULTY

Dr. Bryarly is a new residency graduate of LSU PM&R in New Orleans, Louisiana and while she loves New Orleans, she is excited to be back in the state where she grew up, and closer to family. She is interested in burn rehabilitation and is currently also doing inpatient rehab and wound care. Julia enjoys spending her free time outdoors hiking, running, yoga, swimming—pretty much any outdoor activities. Since medical school, she has also been practicing partner acrobatics as a hobby, and teaches and performs on occasion. She and her partner, Derek, live in the Kessler neighborhood with their dog and two cats.

Dr. Cai is a lifelong Texan and grew up in Austin. He completed medical school and residency at UTSW and recently finished a Neuromuscular Fellowship in Seattle. He’s excited to be back at UTSW working amongst colleagues. He is collaborating with neurology on a multidisciplinary ALS Clinic and trying to improve electrodiagnostic education for residents. He recently bought a new house near Lower Greenville and lives with his wife, Linda, and Maltese poodle, Finn. He spends his free time trying new restaurants, watching movies, and playing board games. He is an avid fan of the Dallas Cowboys and Texas Longhorns, which have been a constant source of disappointment over the years.

Dr. Kasitinon was born and raised in the DFW Metroplex and completed medical school and residency at UTSW. He is excited to be back as faculty and hopes to help develop a multidisciplinary sports and musculoskeletal medicine practice at the institution. In his free time, Donald particularly enjoys hanging out with family and friends, especially his wife Stacy who is a dermatology resident and their golden retriever, Meeko; his other hobbies include basketball, tennis, F45 workouts, and fantasy football.

Congratulations to our very own Dr. Karen Kowalske, the new president-elect of the Association of Academic Physiatrists (AAP)! She will serve a two-year term beginning after the annual meeting in 2023.
Peripheral Nerve Stimulator Trials

We are currently underway with trials for the SPRINT PNS (peripheral nerve stimulator) system, a minimally-invasive 60-day implant for a variety of chronic peripheral pain conditions. This device aims to modulate central pain processing through peripheral pain stimulation, thereby reducing hypersensitivity to normal inputs in a sustained manner. By implanting this new, removable device, our aim is to target pain to help our patients improve their function and quality of life and minimize opioid and steroid use. The best thing – it’s a temporary implant and studies have shown good efficacy after removal! Indications for this device include (but not limited to and evolving):

- Chronic axial low back pain
- Chronic shoulder pain ranging from shoulder impingement syndrome, rotator cuff tears, glenohumeral osteoarthritis, adhesive capsulitis
- Hemiplegic post-stroke shoulder pain
- Chronic knee pain from end-stage osteoarthritis
- Complex Regional Pain Syndrome Type 1 and 2
- Chronic pelvic pain due to pudendal neuralgia
- Chronic hip pain

Chaitanya Konda, DO
Assistant Professor, PM&R
NURSING EXCELLENCE AWARDS

Stephanie Georgoudiou, MSN, has been selected as a recipient of a Rose-Marie “Rory” Meyers Education Program for Nursing Excellence Advanced Degree Scholarship. Per the UT Southwestern Nurse Executive Cabinet: “We were in awe of the many nurses who are continuing to better their expertise through continuing education. We believe you are an excellent representative of the kind of student Rory Meyers would want to see continue their path in nursing education.” She will be eligible to receive up to $10,000 for the fiscal year. Congratulations, Stephanie!

Yahaddy Riley, BSN, was also selected as a recipient of a Rose-Marie “Rory” Meyers Education Program for Nursing Excellence Advanced Degree Scholarship. In the last 3 years, she went from an ADN to BSN, became a published nurse scientist, gave a poster presentation, and is now in a master’s program. Congratulations on the excellent work!

The Zale Rehabilitation Team
Thank you to the faculty and trainees who represented our department at the 2021 AAPM&R Annual Assembly, November 11-14, 2021!

Thiru Annaswamy, MD
PM&R FACULTY
Moderator
Value of Additional Imaging Evaluation for Your Spine Patient: Going Beyond Diagnosis

Surendra Barshikar, MD
PM&R FACULTY
Speaker
Foundation for PM&R: Long COVID and South Asian Physiatry: COVID Across the Continents

Kathleen Bell, MD
PM&R FACULTY
Speaker
Leadership Opportunities, Pathways and Tools and Adult Rehabilitation Care of Persons Aging with Acquired CNS Disorders and Neurodevelopmental Disabilities

Audrie Chavez, MD, MPH
PGY4 PM&R RESIDENT
Speaker
PHIT Fire 2021: Rapid Fire Presentations on Reimagining Our Future

Kelli Chaviano, DO
PM&R FACULTY
Moderator
Cancer Rehabilitation Medicine & Pediatric Rehabilitation: Building Pediatric Cancer Rehabilitation Programs and Multidisciplinary Case Studies in Pediatric Cancer Rehabilitation

Isabel Huang, MD
PM&R FACULTY
Speaker
Women Physiatrists: How to Navigate Business in Medicine

Nneka Ifejika, MD
PM&R FACULTY
Moderator
AAPM&R Advocacy: New Administration, New Opportunities to Advance PM&R

Donald Kasitinon, MD
PM&R FACULTY
Speaker
Research Spotlight: Musculoskeletal and Sports Medicine

Timothy Olivier, MD
PGY2 PM&R RESIDENT
Speaker
Research Spotlight: Pain and Spine Medicine

Kelly Scott, MD
PM&R FACULTY
Speaker
Musculoskeletal Pain of Pregnancy: Epidemiology, Biomechanics, Diagnosis, and Treatment

Rajashree Srinivasan, MD
PM&R FACULTY
Speaker
Cancer Rehabilitation Medicine & Pediatric Rehabilitation: Multidisciplinary Case Studies in Pediatric Cancer Rehabilitation

Kayla Williams, MD
PEDIATRIC PM&R FELLOW
Speaker
Cancer Rehabilitation Medicine & Pediatric Rehabilitation: Multidisciplinary Case Studies in Pediatric Cancer Rehabilitation
WELCOME NEW STAFF

Nadine Allen
Senior Administrative Assistant II
Joined PM&R in September 2021 and provides administrative support to Drs. Halsey, Kumar, Mathews, Cai, Chaviano, Rinaldi, Sinn, Srinivasan, Tow, and Laura Ridnour, PA. Prior to moving to Texas in 2019, Ms. Allen worked for the State of Michigan Health Department, in the HIV/AIDS Division as an Interviewer/Medical Records Abstractor. Her hobbies include couponing and thrifting.

Joseph Banda
Clinical Data Specialist
Joined PM&R in June 2021 as a part of Dr. Jain’s Lab. He is currently pursuing his Professional Science master’s in biotechnology at Texas Woman’s University. Mr. Banda is the coordinator for the PNS in SIS Study, a device study looking to treat chronic shoulder pain. In his free time, he enjoys hiking, working out, and watching horror movies.

Victoria Castillo
Clinical Data Specialist
Joined PM&R in December 2021. Ms. Castillo is a graduate of Texas Tech University and was a Certified Nurse Aide for 3 years while in school. She runs a small jewelry business in her free time. Although she will always be a Red Raider, she is excited to be a part of the UT Southwestern community.

Cierra Graves
Clinical Data Specialist
Joined PM&R in October 2021 working for Dr. Jain. Ms. Graves comes from a tech and finance background but became interested in clinical research because she believes that science and medicine are important in
helping to understand and fix the complexities of human health, and she wants to play a role in some small and indirect way. She enjoys spending time with friends, reading, playing Stardew Valley, traveling and taking pictures, and working on her podcast.

Mickeyah Hugley
Research Study Coordinator

Joined PM&R in August 2021 working for Dr. Jain. Ms. Hugley graduated from the University of Alabama at Birmingham with a BS in Public Health, Global Health concentration and a minor in Nutrition Sciences. She has worked with clinical trials investigating tobacco use, addiction, analgesia, sleep and circadian rhythms, and promotion of health behaviors in various patient populations. In her spare time she enjoys reading, staying active, and exploring new places.

Sarah Landreau
Senior Administrative Assistant II

Joined PM&R in September 2021 and primarily supports Dr. Jain and his research team, and handles procurement for the department. When she’s not working, she can probably be found painting or training Brazilian Jiu Jitsu.

Dorsa Mir Norouzi
Clinical Data Specialist

Joined PM&R assisting with data collection in Dr. Dhaher’s lab. She is a recent graduate from the University of Texas at Dallas, where she received a Bachelor’s degree in Biomedical Engineering. In her free time, she enjoys spending time with her dog, Leo, and cooking.

Shannon Shiffer
Clinical Data Specialist

Joined PM&R in October 2021 working for Dr. Jain. Ms. Shiffer comes from a background in early childhood education and education technology. Fun fact: she has a twin brother!

Kyra Jeanine Solis
Clinical Data Specialist

Joined PM&R in June 2021 working with Dr. Kowalske for the North Texas Burn Model System research grant. Ms. Solis graduated with a BS in Health Studies from Texas Woman’s University and is a Certified Health Education Specialist who previously worked as a Patient Advocate and Healthcare Navigator. She is currently working towards a MPH in Epidemiology at UT School of Public Health. She enjoys spending time with her three dogs and recently became engaged to her long-time partner of nearly nine years.


Kasitinon D, Dragoo J, and Hwang CE. Use of Platelet-Poor Plasma in Quadriceps Strain in a Division I Football Placekicker.


**PRESENTATIONS/POSTERS**


**Annaswamy TM.** Speaker and Panelist. Directors: Sauter C and Kasi R. The “Match-Ready Medical Student Track”. AAP Virtual Mid-Year. 9/11/2021.


Osborne, C. Assessment and interventions promoting successful transition from hospital to home after stroke. ACRM Virtual Annual Conference 2021. 09/2021.

Osborne, C. STROKE AWARD LECTURE: Using Problem Solving Training to Support the Transition From Hospital to Home After Stroke. ACRM Stroke ISIG Young Investigator 2021 Award Lecture. 09/2021


AWARDS

Fediw M. Neoadjuvant Rehabilitation in Gastrointestinal Malignancies: Developing a Multidisciplinary Prehabilitation Program to Improve Post-Surgical Outcomes. LEAD Capstone Poster Session, 2021. *This was one of five UT Southwestern LEAD (Leadership Emerging in Academic Departments) Program capstone projects to receive an award.
