

PM&R CONNECTION



UT Southwestern at the DFW Walk for Brain Injury 2017 (story on page 3)

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Message from the Chair

Kathleen Bell, MD

Successful rehabilitation = Sustained patient behavior change

I used this phrase on a slide earlier this year when discussing using problem solving therapy as a basis for intervention in patients with traumatic brain injury. I think this is still true but in fact, this is a more complex equation than it appears to be on first glance.

Physician and provider behavior
Successful rehabilitation = Sustained patient behavior change

In reality, our own behavior is responsible for defining and effecting successful rehabilitation AND assisting our patients to change their behaviors; we, as physiatrists mediate this equation bi-directionally. I cringe a bit whenever I hear any of us blame an undesirable outcome on poor “compliance” on the part of the patient. Maybe - but maybe it’s because we didn’t give enough information, context, guidance, repetition, and support to elicit change and maybe it’s because we didn’t really define “rehabilitation” properly. This is the true basis for patient-centered rehabilitation care. We need to know what rehabilitation means for the individual and we need to understand how our patients learn and how we all make it work in their environment, not ours. As a team, it is crucial to clearly define our end goals with the patient and family and understand how we can foster needed change. That is one reason I am so thrilled with our new Rehabilitation *Patient-Family Advisory Council* and the expansion of our *Peer Mentoring* programs and *Support Groups*. And as we are launching new clinical means of enhancing positive change for our patients, we continue to work on researching how to foster learning – through cognitive behavioral techniques, using mobile medical support, and using patient-centered reporting and outcome data to develop treatment algorithms. But probably the hardest task is dropping that judgment-loaded word, compliance.

Joining our PM&R team in the last six months are Drs. Amy Mathews (Brain Injury and Neurorehabilitation), Mariana Johnson (General Rehabilitation and Transition), and Lindsay Ramey (Sports Medicine and Musculoskeletal). We are delighted to have you all on board – all of you have already changed our practice for the better in terms of patient and family understanding and support. Please enjoy the Winter 2018 UT Southwestern PM&R newsletter!

PM&R Resident Makes a Difference in Honduras

Brian Kelly, MD (PGY-3) had an unforgettable experience working with Global Brigades.



What did you do in Honduras?

For three days, we established a clinic in a rural village called Espinal. Our group was made up of about 40 college students, an ER physician from Chicago, 3 Honduran physicians, and myself. Our clinic was in a small school house and my “office” consisted of a small desk with a chair that sat about 12 inches off the ground, and a personal translator at my side. We were busy all day long and I saw over 100 patients during the 3 days. The following 4 days I worked with others on a public health project building a latrine, shower, and washing station for an 88-year old widow who lived alone in a small home. The rural area had almost no infrastructure; a river that ran along most of the homes served as a restroom, washing station, and source of water for many people in the area. It was no surprise that most of the community suffered from parasitic infections which weighed heavily on their health. We also participated in a water brigade and helped dig a trench with pickaxes and shovels for a clean water project. These experiences opened my eyes to the public health and medical challenges the people face on a daily basis.

What kind of patients did you see? Did you only see PM&R patients?

I saw all kinds of patients: young, old, healthy and sick. I told a community volunteer who helped with clinic flow about my specialty and the types of patients that I typically see. I don't think he fully understood, as the first patient I saw told me she had diabetes and when I checked her blood sugar it was 410. I quickly realized I wasn't going to be just treating complications of diabetes (like I would in the US) but I would also be managing it. Still, there was a great need for my PM&R skills. The people of Honduras are extremely hardworking people and it takes a toll on their

bodies. Women travel long distances by foot to a community well where they wash clothes on a concrete wash board, and consequently had a lot of shoulder and upper extremity complaints. Nearly all the men work in agriculture with a machete. They start around 6th grade and never retire. I saw men in their eighties walk in with their machete proudly displayed at their side. They would tell me they work and I couldn't believe it. They went on and told me they work nearly every day, all day long, in the hot sun cutting crops and carrying heavy loads. I even saw a number of peripheral nerve injuries with associated contractures and other complications. One patient presented with wrist drop and pain 15 years after a gunshot wound to his forearm. I knew he needed a wrist splint and there simply wasn't one available so I crafted one out of tongue depressors, gauze, and tape. He was incredibly pleased with it and proudly displayed it to everyone. Additionally, much of what I could offer from a mobile clinic without imaging or labs focused on function, and often required creativity such as crafting a splint out of supplies we had available. This innovative thinking parallels how we frequently operate as PM&R physicians. The Honduran people are incredibly resourceful as well and appreciated this approach to taking care of their medical complaints.

What made you choose to take this trip?

The summer before I started college I read the book “Mountains beyond Mountains” by Tracy Kidder, which told the story about the Dr. Paul Farmer in his missions abroad for global health and social justice. I was so inspired and intrigued by the idea of delivering health care abroad to the extremely needy and marginalized. It is filled with a sense of justice, adventure, and great satisfaction. I hope to continue to make trips abroad to developing countries for the rest of my career and Honduras will always hold a special place in my heart.



UTSW Participates in 6th Annual DFW Walk for Brain Injury



The weather was perfect for a walk on a sunny fall day in Addison Circle Park. Seventy-two people represented the UT-Southwestern O'Donnell Brain Institute at the 6th annual DFW Walk for Brain Injury on November 4, 2017, surpassing last year's participation of 60 individuals. According to the Brain Injury Association of America – Texas Division, the DFW Walk for Brain Injury is the signature fundraising and awareness event for the Brain Injury community in Texas. The organization uses the walk to help raise awareness and funds to support and build programming for brain injury survivors, and their family members and caregivers.

As with previous years, UTSW once again was a sponsor for the event. The O'Donnell Brain Institute sponsor's table featured loot bags that had UTSW swag and TBI InfoComics. InfoComics were created to educate survivors of traumatic brain injury (TBI), their families/caregivers, and healthcare providers about common symptoms of TBI and how to manage them. Our own Dr. Kathleen Bell was part of the team that developed this series. They comics are available for download at <http://comics.tbi.washington.edu/> or by scanning the QR code.



Getting a “JAMP” Start

The Health Professions Recruitment and Exposure Program (HPREP) is an academically challenging enrichment program that offers minority and underrepresented high school students a glimpse of education and career opportunities in the health care professions. UTSW students and faculty from diverse cultural backgrounds mentor and volunteer with HPREP, helping students understand the level of commitment needed and resources available to pursue a future in science and medicine.

HPREP begins with College/Career Day. **Benjamin Nguyen, MD**, Professor in the PM&R Department, delivered a talk on January 6, 2018 on the Joint Admission Medical Program (JAMP), a program created by the Texas Legislature to support and encourage highly qualified economically disadvantaged Texas resident students pursuing a medical education. Dr. Nguyen, who has been involved with JAMP since 2011, says “It is a rewarding experience to continue a mentoring relationship with JAMP students as they progress through medical school and even through the UTSW PM&R residency program”.



Drs. Leek and Ostler Named PM&R Chief Residents



Dr. Dustin Leek, MD, was born and raised in Portland, OR. He went on to major in Biology and minor in Music at Southwestern Adventist University in Keene, TX. While working as a medical scribe overnight at a local hospital, he met his wife-to-be, Amanda (she was a tech studying to be a nurse). Three months into their relationship, he received an acceptance letter to

Loma Linda University Medical School in Loma Linda, CA. Unfazed, they were married six months later and now enjoy the company of three little ones – Ryan (5), Ezra (18 months), and Adeline (1 month). Natural animal lovers, the Leeks also care for a horse, dog, cat, and a bird. Though free time is rare these days, Dustin knows if you first *love what you do*, then you will do what you love!

Dr. Joseph Ostler, MD, PhD, was born in Walnut Creek, CA but raised in Chicago, IL and Mesa, AZ. He grew up loving the outdoors, swimming, water polo, fishing, science, church, and family. After majoring in Biochemistry at Brigham Young University in Provo, UT, he then attended the combined MD/PhD Medical Scientist Training Program at The Ohio State University in Columbus, OH, where he received his MD as well as a PhD in muscle biology. He is fortunate to have the support of his wife Megan and their two kids Addie (6) and Tyler (4). They look forward to welcoming another baby girl into their family this June. When not working, Joe enjoys sleeping, cooking, gardening, fishing, camping, and exploring beautiful Texas with his family.



PM&R LEADing the Way



Dr. Kavita Trivedi recently completed the Leadership Emerging in Academic Departments (LEAD) Program at UTSW. This program involves a curriculum designed to develop leadership skills in junior physicians and scientists. Monthly discussions include topics such as personal leadership, negotiation, situational leadership, diversity & unconscious bias and strategic planning. Dr. Trivedi's Capstone project, "Optimizing Spine Care at the UTSW Multidisciplinary Spine Clinic," aims to improve patient care by optimizing clinic flow and a patient's experience of moving through their clinic visit. If successful, higher Press Ganey scores will result in increased patient satisfaction and improved clinic flow, which may ultimately result in the ability to accommodate increased referrals to the clinic. With the growing numbers of patients who have spine-related disorders, this is important for patient access and resource utilization. Dr. Trivedi says, "The LEAD program gave me a unique perspective of health care and an understanding of the growing importance of effective leadership in medicine".

Dr. Jason Smith will be participating in the LEAD program this year with the goal of continuing to establish the PM&R's Division of Rehabilitation Psychology. Dr. Smith will be focusing on facilitating a multidisciplinary team approach that maximizes patient care and outcomes.



UPCOMING EVENTS:

20th Annual PM&R Scientific Day

Saturday, May 5, 2018

UT Southwestern
T. Boone Pickens

Biomedical Building
Dallas, TX

6 CME hours

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Dr. Juengst Receives Midcareer FPMR Award



Shannon Juengst, PhD, received the Foundation for Physical Medicine and Rehabilitation's Midcareer Investigator Grant. The grant is awarded to a PM&R faculty member who is 5-20 years post terminal degree, and has a proposal that will support the Foundation's goal to increase the evidence for cost-effective, results-oriented rehabilitative care. The award of \$20,000 will be used to support Dr. Juengst's project, Care Partner Problem Solving Training (CP-PST), focusing on care partners of

adults with traumatic injuries or stroke during their inpatient rehabilitation stay. The project aims to assess the feasibility and efficacy of Problem Solving Training with care partners prior to the care recipient being discharged to home.

Rehabilitation Psychology Trainees Awarded Scholarships

Postdoctoral Fellow **Raquel Kirmse, PsyD**, and practicum student, **Emily Smith, BS**, in PM&R's Division of Rehabilitation Psychology training program, each received the Edith Kaplan Scholarship Award. This scholarship grants four awardees funding to attend activities sponsored by the Women In Leadership committee at the National Academy of Neuropsychology (NAN) conference. Both women were selected after submitting essays on the theme, "How does the perception of women in leadership roles affect our society?"

Left to right: Michael Kolessar, PhD; Emily Smith, BS; Raquel Kirmse, PsyD; and Jason Smith, PhD



PM&R Faculty Named Texas Super Doctors



Gul



Phelan



Rinaldi



Trivedi



Patel

Five UT Southwestern PM&R physicians received recognition in the 2017 Texas Monthly Super Doctors: Rising Stars edition. Physicians are nominated by colleagues and are identified as those who have a high degree of peer recognition and professional achievement.

Drs. Fatma Gul, Amy Phelan, Robert Rinaldi and Kavita Trivedi were named Texas Super Doctors and **Dr. Ankit Patel** was named as a Rising Star. Texas Super Doctors® publishes its main list in December. Only 2.5% of all active Texas physicians are selected to the Texas Rising Stars list.

RECOGNIZING EXCELLENCE

Karen Kowalske, MD received the *Association of Academic Physiatrists Distinguished Academician Award*, honoring distinction and peer recognition by virtue of excellence as a teacher, research and/or administrator.

Shannon Juengst, PhD and Candice Osborne, PhD received a UTSW Patient Centered Outcomes Research small pilot award (\$10,000) for their project, *Developing patient-centered content for a mobile health platform for rehabilitation*.

Laura McCullough, PT, DPT, received a Teaching Program Grant (\$4,000) to support the *development of an ostomy certification course* from the Association for the Advancement of Wound Care

Clancy Piazza, SLP and Kate Buckley, OT received certification as a *Brain Injury Specialists* from the Brain Injury Association of America.

Miranda Browning, SLP completed board certification as a *specialist in Swallowing and Swallowing Disorders*.

Faculty and Resident Publications and Presentations

PUBLICATIONS

Juengst SB, Terhorst L, Dicianno BE, Niemeier JP, Wagner AK. Development and content validity of the Behavioral Assessment Screening Tool (BAST β). *Disabil Rehabil.* 2018; [Epub ahead of print].

Juengst SB, Osborne CL, Erler KS, Raina KD. Effects of fatigue, driving status, cognition, and depression on participation in a chronic sample of adults with traumatic brain injury. *Physical Medicine & Rehabilitation*, 2017, 1(1):4.

Kersey J, **Juengst SB**, Skidmore ER. Self-awareness of deficits after stroke may or may not improve. *Am J Occup Ther.* 2018; 73(3).

Mas MF, **Mathews A**, Gilbert-Baffoe E. Rehabilitation Needs of the Elder with Traumatic Brain Injury. *Phys Med Rehabil Clin N Am.* 2017; 28(4):829-842.

Osborne CL, Kauver DS. A content analysis of peripheral arterial disease patient-reported outcome measures using the International Classification of Functioning, Disability and Health. *Disabil Rehabil.* 2017; [Epub ahead of print].

Kauvar DS, **Osborne CL**. Identifying content gaps in health status measures for intermittent claudication using the International Classification of Functioning, Disability and Health. *J Vasc Surg.* 2017; [Epub ahead of print].

Tow S, Carozza D, **Barker K**. The Functional Impairments in a Patient with Morvan's Syndrome: A Case Report. *PM&R* 2018; [Epub ahead of print].

Annaswamy TM, Armstead C, Carlson L, **Elkins NJ**, Kocak D, Bierner SM. Intraarticular Triamcinolone versus Hyaluronate Injections for Low Back Pain with Symptoms Suggestive of Lumbar Zygapophyseal Joint Arthropathy: A Pragmatic, Double Blind Randomized Controlled Trial. *Am J Phys Med Rehabil.* 2017; [Epub ahead of print].

Milani CJ, Rundell SD, Jarvik JG, Friedly J, Heagerty PJ, Avins A, Nerenz D, Gold LS, Turner JA, **Annaswamy T**, Nedeljkovic SS, Suri P. Associations of Race and Ethnicity with Patient-Reported Outcomes and Health Care Utilization among Older Adults Initiating a New Episode of Care for Back Pain. *Spine.* 2017; [Epub ahead of print].

Kasitnon D, Annaswamy TM, Anastase A, Zhu T, Li HY, Bierner, SM. Do Electrodiagnostic Variables Correlate with Functional Outcomes in Carpal Tunnel Syndrome? *Int J Phys Med Rehabil.* 2017;5(4):416.

Simko LC, Espinoza LF, McMullen K, Herndon DN, Suman O, Fauerbach JA, **Kowalske K**, Wiechman S, Kazis LE, Ryan CM, Schneider JC. Fatigue Following Burn Injury: A Burn Model System National Database Study. *J Burn Care Res.* 2017; [Epub ahead of print]

BOOK CHAPTERS

Annaswamy TM, Fey NP, Inanoglu D, Raval GD. Chapter 4: Human Walking. In: DeLisa's Physical Medicine & Rehabilitation Principles and Practice, Sixth Ed., Frontera W, editor. Wolters Kluwer, Philadelphia, PA, 2018. (In Press)

Annaswamy TM, Petrasic J, Caban M. Chapter 9: Common Diagnostic Tests in PM&R. In: Principles of Rehabilitation Medicine. Mitra R, editor. McGraw Hill, Philadelphia, PA, 2018. (In Press)

PLATFORM PRESENTATIONS AND ABSTRACTS

American Physical Therapy Association-Combined Sections Meeting, New Orleans, LA, February 2018

Bradley M, Scott K, Fisher L, Bernstein I. The treatment of chronic coccydynia and postcoccygectomy pain with pelvic floor physical therapy.

Rehabilitation Psychology Conference, Dallas, TX, February 2018

Holavanahalli R, Juengst SB, Roaten K. Training survivors to offer assistance in recovery (SOAR) following a major burn injury.

Smith J, Hunter D, Miller S. Promoting Access and Wellness in a Large Metropolitan Area through Adaptive Sports and Recreation. Symposium at the 20th Annual Rehabilitation Psychology Conference. Dallas, TX. Sunday, February 25th, 2018.

Association of Academic Physiatrists, Atlanta, February 2018

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

Isbell T, Snead-Peterson S, Davis C, Garza K. Coordinators Role in GME.

COURSES AND WORKSHOPS

Association of Academic Physiatrists, Atlanta, GA, February 2018

Norbury J, **Annaswamy T**, Garstang S. Valuing Our Nation's Veterans: Teaching Systems Based Practice within the VA Healthcare System.

Watanabe T, **Gul F**. Clinical Evaluation of Spasticity & Facilitating Clinical Competence / Assessing Treatments and Strategies.

20th Annual PM&R Scientific Day

Concussion and the Developing Brain

May 5, 2018

This year's Scientific Day program is designed to highlight scientific advances in the area of Concussion Care in the field of Physical Medicine and Rehabilitation. Additionally, the program will showcase the research performed by residents in the Department of Physical Medicine & Rehabilitation at UT Southwestern.



Stacy J Suskauer, MD

"Current Concepts in Concussion Care"

"Examining Recovery from Youth Concussion"

Dr. Stacy Suskauer is a research scientist at the Kennedy Krieger Institute. She is co-director of the [Center for Brain Injury Recovery](#) at the Institute. She is also an associate professor of physical medicine and rehabilitation and pediatrics at the Johns Hopkins University School of Medicine. Dr. Suskauer's primary research focus is understanding and optimizing outcomes after childhood brain injury, including concussion. Her projects include: investigating the use of neuroimaging and neurobehavioral assessments to improve understanding of brain-behavior relationships after traumatic brain injury, identifying the relationship between early physiological and functional variables and long-term outcome after brain injury and optimizing evaluation and treatment of children with disorders of consciousness after brain injury.

Kathleen Bell, MD

"Cerebral Blood Flow and Vascular Reactivity after Concussion"

Kathleen Bell, M.D., is the Chair of the Department of Physical Medicine and Rehabilitation at UT Southwestern and holds the Kimberly-Clark Distinguished Chair in Mobility Research. She is a nationally recognized leader in rehabilitation medicine and a specialist in neuro-rehabilitation. Dr. Bell is an Investigator with the [Texas Institute for Brain Injury and Repair](#) at UT Southwestern (TIBIR) and the Peter O'Donnell Brain Institute.



Candice L. Osborne, PhD and Shannon Juengst, PhD

"Leveraging Mobile Health Technology to Support Self-management After Traumatic Brain Injury"



Candice Osborne, PhD is an Occupational Therapist who specializes in neuro-rehabilitation and an Assistant Professor in the Department of Physical Medicine and Rehabilitation at UT Southwestern. Her current research focuses on transition from hospital to community after stroke, the use of mobile technology in rehabilitation settings, and application of the International Classification of Functioning in rehabilitation.

Shannon Juengst is a Certified Rehabilitation Counselor and an Assistant Professor in the Department of Physical Medicine and Rehabilitation at UT Southwestern with a secondary appointment in the Department of rehabilitation Counseling. Dr. Juengst's current work focuses on behavioral and emotional outcomes, investigating biological correlates and predictive biomarkers for behavioral and emotional disorders, and investigating innovative telehealth methods for tracking these outcomes in the community.

Faculty and Resident Publications and Presentations (cont.)

POSTER PRESENTATIONS

Rehabilitation Psychology Conference, Dallas, TX, February 2018

Wilmoth K, **Juengst SB**, Tarkenton T, Cullum M, **Bell KR**. Characterizing differences in recovery following mild traumatic brain injury in adolescents: the role of post-injury anxiety, depression, and sleep quality.

Juengst SB, Kersey J, Skidmore ER. Impaired self-awareness after traumatic brain injury: what are we really measuring?

Sanchez O, Benavides A, Finn JA, Lamberty GJ, **Juengst SB**. Racial/ethnic disparities and posttraumatic distress post TBI: a VA TBIMS study.

Kirmse R, Trehan A, Rossmango J, Ensign E, Mehta V, Armacost M, Shaw S, Jimenez N, Gong H, Partikian A, Millett D, Heck C, Liu C, **Smith JAD**. Public, Private and Academic Collaboration: Quality Health Care Access and Improved Psychological Outcomes for an Underserved Hispanic Population with Epilepsy.

Association of Academic Physiatrists, Atlanta, GA, February 2018

Hills A, **Annaswamy T**. An Unusual Innervation Anomaly of the Extensor Digitorum Brevis: A Case Report.

Bitussi U, **Bell K**, Vargas B, **Osborne C**, **Juengst S**. Difference in pre-season King-Devick (K-D) scores in Recreational vs Competitive Youth Soccer Players.

Kelly B, **Barker KD**. An Exotic Case of Polyarticular Joint Pain: Zika Virus Arthralgias.

Freeman C, **Barker K**, Eickmeyer S. PM&R Program Directors' Experience With and Approaches to the Needs of Residents With Physical and Sensory Disabilities.

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