

# DEPARTMENT OF Rehabilitation Medicine

VOLUME I, ISSUE 4      SUMMER 2008

## LETTER FROM THE CHAIRMAN



**Peter Esselman, MD**  
Professor and  
Chairman

I am pleased to announce that *US News and World Report* has ranked University of Washington Rehabilitation Medicine as the #2 rehabilitation program in the country. Such an honor recognizes the excellent work of the UW Department of Rehabilitation Medicine faculty, staff, residents, fellows, and the programs at all of our clinical sites (UWMC, Harborview, CHRMC and the Veteran's Affairs).

In order to remain a top-ranked rehabilitation program, we will see some major improvements over the next few years to our Rehabilitation Medicine facilities at both the Harborview Medical Center (HMC) and the University of Washington Medical Center (UWMC) locations. As you will read in more detail in this edition of the newsletter, you will find that such growth not only signifies the success of this department but also greatly improves our ability to meet the needs of our community, students, faculty and staff. This is certainly an exciting time for UW Rehabilitation Medicine.

Also included in this issue is an informative interview with Dr. Ross Hays, Professor and Director of Undergraduate Medical Education for Rehabilitation Medicine, which highlights an innovative and forward thinking learning experience for all UW medical students: the Chronic Care Clerkship. Enjoy the newsletter!

### UW REHABILITATION MEDICINE RANKS #2 NATIONALLY

University of Washington ranks #2 nationally for Rehabilitation Care in the latest *US News and World Report* survey. We remain the top-rated hospital-based rehabilitation program. (The #1 and #3 facilities in the rankings, the Rehabilitation Institute of Chicago and Kessler Institute for Rehabilitation respectively, are freestanding rehabilitation hospitals). Scoring is based on a reputational survey by Board certified physicians in PM&R nationally over the last three years. UW Rehabilitation Medicine has been ranked in the top three rehabilitation programs in the country for the past 12 years.



In the "Best Hospitals" category, the UWMC ranked #10. In order to achieve such a ranking, a hospital had to have high scores in 6 or more specialties. The UWMC achieved high scores in a total of 13 specialties, with Rehab at the top.

Further information about the *US News & World Report* rankings can be obtained at their website <http://www.usnews.com>

### CALENDAR

- **October 7, 2008**  
*UW Rehabilitation Medicine Facilities Fund Campaign Kick-off*  
Health Sciences Building  
BB938, 6PM
- **November 20-23, 2008**  
*2008 Annual AAPM&R Assembly*  
San Diego, CA
- **February 24-28, 2009**  
*2009 AAP Annual Meeting*  
Colorado Springs, CO
- **April 18-24, 2009:**  
*UW PM&R Board Review Course*  
Hotel Deca
- **April 25-26, 2009**  
*Musculoskeletal (MSK) Course*  
Kane Hall

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## NEW REHABILITATION MEDICINE CLINIC IN MALENG BUILDING



Exciting changes are in store for the Department of Rehabilitation Medicine starting this fall. By September 2008, the Rehabilitation Medicine clinic located within the main hospital of HMC is scheduled to be relocated to a new state of the art facility on the 4<sup>th</sup> floor of the Maleng Building. The Neurology clinic will also be housed on the same floor so that we can continue our close collaboration that we have enjoyed over the years.

The Maleng Building is a new addition to the HMC campus and officially opened in July. The Maleng Building provides an opportunity to expand service to our growing community and will include eight operating rooms and 50 additional inpatient beds, along with acute care and clinic facilities. A six story bridge building connects to the main hospital across the street. The bridge building includes waiting areas for patients and visitors, as well as views of Mount Rainier.

The date that Rehabilitation Medicine will begin to see patients in the new clinic is still to be determined.

The Maleng Building is named in honor of the late Norm Maleng, who served 6 terms as King County prosecutor over a period of 29 years. Norm and his wife, Judy, became leading advocates for HMC following the death of their 12 year old daughter, Karen, in 1989. Karen was treated at HMC for injuries she sustained from a sledding accident. She later died at the hospital. This tragic event greatly affected the Malengs, inspiring them to become community ambassadors for the hospital.

## PSSSP CLINIC, ADMINISTRATIVE OFFICES TO MOVE TO NEW NINTH AND JEFFERSON BUILDING BY SPRING/SUMMER OF 2009

By spring 2009, the Puget Sound Spine and Sports Physicians (PSSSP) and the Department Administrative and Faculty offices will be relocated to the new Ninth and Jefferson Building (NJB), a 14 floor high rise tower located on the HMC campus.

The PSSSP, currently located at 401 Broadway, will be moving to the 6th floor of the NJB. This new

musculoskeletal medicine clinic will be an expanded facility to meet the growing demands of the community. The Radiology Department and a Physical Therapy Clinic will also be located in the NJB building in order to foster a close working relationship.

In summer 2009, the Department Administrative offices along with several faculty offices currently located at

the UW Health Sciences Building will move to the Ninth and Jefferson Building.

The offices will occupy approximately 5,000 square feet of the 14th floor along with Neurosurgery, Neuropathology and the Alvord Endowed Chairs offices. The Rehab offices will be located on the East side of the building.

## UWMC REMODEL CAMPAIGN ANNOUNCED

Once the Rehabilitation Administrative and Faculty offices are relocated to the NJB in the spring/summer of 2009, the existing Rehab Medicine space in the UW Health Sciences Building will undergo major renovations in order to expand and improve our teaching space for the curricula: Prosthetics and Orthotics (P&O), Physical Therapy (PT), Occupational Therapy (OT), and the PhD Program in Rehabilitation Sciences, as well as the medical student clerkship and the residency program. Expanding our teaching facilities will not only enhance educational opportunities, but will also allow the programs to grow as well.

Renovations to the 8th and 9th floors are expected to commence January of 2010. We expect to have new classrooms for the Fall Quarter 2010. The UW School of Medicine has already approved \$1 million in funding for the project, but the department needs to raise additional funds to add to the budget and we need your help.

Remodel Campaign story continued on page 3

### Remodel Campaign story continued from page 2

A Capital Campaign has been launched in order to meet the goal. We are asking all alumni, but are especially reaching out to the graduates of our Occupational Therapy, Physical Therapy, and Prosthetics and Orthotics programs to contribute to the UW Rehabilitation Medicine Teaching Facilities Fund. Your donation will support:

- Creation of specialized study areas, additional student laboratories, and state-of-the-art classrooms.
- Updating current classrooms to accommodate contemporary learning technology, equipment, and student space that enable faculty to bring new dimensions of knowledge to the classroom.
- Provide Faculty and prospective students with powerful incentives to choose UW Rehabilitation Medicine.

For more information, or to learn how to get involved, please contact: Steve Hettinga, Associate Director, UW Medicine Development, at [hettinga@u.washington.edu](mailto:hettinga@u.washington.edu) or visit our website: <http://depts.washington.edu/rehab/gift.html>

Alumni are cordially invited to attend the campaign kick-off reception which is scheduled for October 7, 2008 at 6PM in room BB-938 of the Health Sciences Building.



### US NEWS & WORLD REPORT RANKS THE MOT PROGRAM #6

The **Division of Occupational Therapy** was ranked #9 in Master's degree programs in the most recent *U.S. News and World Report* survey. The Division of Physical Therapy was ranked #29 for Doctorate programs.

The UW School of Medicine ranked #6 for "Top Schools/Research."

### DR. IB ODDERSON PUBLISHES BOOK ON BOTOX® INJECTIONS



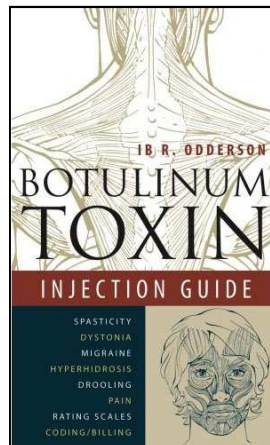
**Dr. Odderson**

Dr. Ib Odderson, Associate Professor, recently published, *Botulinum Toxin Injection Guide*.

Dr. Odderson's book is the first comprehensive manual that covers

Botulinum toxin (BOTOX®) injections for neurologic conditions and their wide range of practical applications.

Dr. Odderson's manual is a useful tool for new injectors, physicians who currently use BOTOX® who want to expand into new areas, and resident physicians in Physical Medicine and Rehabilitation and Neurology.



Dr. Odderson earned his medical degree at Vanderbilt Medical School and his Ph.D. at Indiana University. He completed his residency training in PM&R at the University of Washington.

#### PHYSIATRISTS USE BOTOX® INJECTIONS TO TREAT THE FOLLOWING CONDITIONS:

- Migraines
- Tics
- Spasms
- Dystonia
- Hyperhidrosis (excessive sweating)
- Pain

#### UW REHABILITATION MEDICINE PROVIDERS THAT SPECIALIZE IN BOTOX® INJECTIONS:

**Kathleen Bell, MD**

**Eugen Halar, MD**

**Ross Hays, MD**

**Ib Odderson, MD, PhD**

**Larry Robinson, MD**

## SPOTLIGHT: THE CHRONIC CARE CLERKSHIP

In the Chronic Care Clerkship (Conjoint 690), fourth year UW medical students are exposed to three clinical focuses in chronic care: physical medicine and rehabilitation, geriatric medicine and palliative care and end of life services. The purpose of this four week course is for students to develop and extend their foundation of attitudes, knowledge, and skills that they will use in dealing with patients with chronic illnesses and people who are facing death, regardless of the specialty they enter.

Dr. Ross Hays, Professor and Pediatric Rehabilitation Physician, is the director of this clerkship. Dr. Hays earned his Bachelor of Science degree and his Medical Degree at the UW. He then completed his pediatric internship at Boston University and his pediatric residency Brown University. He conducted his clinical fellowship in birth defects and completed his residency in PM&R at Tufts University. He also completed a certificate program in health care ethics at the UW.



### **When did the Chronic Care Clerkship become a requirement for 4<sup>th</sup> year medical students at the University of Washington?**

Chronic Disease and Disability has been part of the required curriculum since the mid-1970's. We have Dr. Stolov to thank for that. The requirement has changed many times since then. The present course, Conjoint 690, was developed over a three year period from 2001-2004 and officially started in July '04.

### **It's my understanding that you, along with Dr. Stuart Farber, Associate Professor, Family Medicine, and Dr. Jan Carline, Professor, Medical Education, led the effort to make the clerkship a required part of the UW SOM curriculum. Why do you feel that end of life and palliative care training are such a vital part of a medical student's education?**

We all believed that end-of-life education had been neglected in the curriculum. The truth is, no matter what we do in medicine, all of our patients (100%) are going to die. The least we can do for our students is expose them to some good models of palliative and end-of-life care.

### **At the time of its inception, was the Chronic Care Clerkship a unique element to the UW SOM curriculum when compared to other medical school curriculums across the country?**

Yes, it still is unique. We are the only school to have combined these content areas together and to have used this innovative curriculum.

### **Do you find that more medical schools are incorporating Chronic Care Clerkships into their curriculum?**

Yes, in June 2007, the Liaison Committee on Medical Education, the body that provides accreditation for medical schools, published new standards. They include a requirement to teach chronic, rehabilitative and end-of-life care in the clinical curriculum. We have had many inquiries about our clerkship from other schools.

### **Please tell us how you went from pediatrics to pediatric rehabilitation and palliative care.**

I have been in medicine for 30 years. Medicine has changed a lot in that time and it seemed natural for my interests to evolve in this way. I am lucky to be in a progressive environment at Children's Hospital and UW Rehab where I have had the support to pursue these interests. There are a lot of similarities in all three fields. They are all very intensely patient-centered and they emphasize quality of life.

### **What do you enjoy most about your work and what makes you want to go back every day?**

I work with a superb team. They are articulate, fearless and unfailingly kind. They teach me new things all the time. We all believe strongly in what we are doing.

### **What is the focus of your teaching efforts?**

In Conjoint 690, we like to give students experiences that will not only teach them new skills but will allow them to reflect on their roles as physicians.

### **What are your interests/hobbies outside of medicine?**

I have a very fun family. My wife is an artist and sometimes she lets me hang out with her in the studio. I run every day and I am going to keep doing it until I can't do it any more.



## FACULTY AWARDS AND HONORS



We are pleased to announce that Dr. Stanley Herring has been awarded the Harborview CARES service excellence award for 2008's spring quarter.

Winners of this quarterly award are chosen by the Service Excellence team, which includes representatives from each division at Harborview Medical Center. Two staff members and two physicians are chosen for demonstrating service excellence and the Harborview CARES stated values of commitment, access, respect, excellence and service.

### FACULTY PROMOTIONS:

Congratulations to the following faculty for their promotion to a higher academic rank effective July 1, 2008:



Jodie Haselkorn, MD, MPH, has been promoted to Professor. Dr. Haselkorn's clinical interests include multiple sclerosis, adjustment to disabling conditions, and general physical medicine and rehabilitation. She is located at the VA.



Gregory Kinney, PhD, has been promoted to Associate Professor. Dr. Kinney is a Neurophysiologist and specializes in intraoperative neuromonitoring. He is based at the UWMC and HMC.

### WELCOME NEW FACULTY



**Nelson Hager, MD, MS**, is a Clinical Associate Professor at the UW Sports and Spine Physicians Clinic at Roosevelt. Dr. Hager is a graduate of The Military Academy, West Point, NY. He earned his medical degree from Uniformed Services University F. Edward Hebert School of Medicine, and completed his residency training at Walter Reed Army Medical Center in Washington, DC.



**Scott Laker, MD** joins Drs. Herring, Weinstein, Standaert and Harrast at the Puget Sound Sports and Spine Practice (PSSSP) as a Clinical Assistant Professor. Dr. Laker completed both his ACGME Pain Management and Sports Medicine fellowship and his residency training in the PM&R Department at the University of Colorado. He earned his medical degree from the University of Miami.



**Chuwn Lim, MD**, has joined the Rehabilitation Medicine Faculty as an (Acting) Assistant Professor and attending physician on the Harborview Medical Center inpatient unit. Dr. Lim is a true University of Washington alum! He completed his PM&R residency training here and also earned both his Medical and Bachelor of Science Degrees from the UW.



**Tom McNalley, MD**, is a recent graduate of the UW PM&R Residency training program. He joins the faculty as an (Acting) Assistant Professor. He is an attending physician at Children's & UWMC. Dr. McNalley earned his Bachelor of Arts in German from Reed College in Portland, OR; his Master of Arts, also in German, from the University of Virginia; and his Medical Degree from the University of Iowa.



**Tracy Jirikowic, PhD, OTR/L**, joins the Division of Occupational Therapy as an Assistant Professor. Dr. Jirikowic graduated from the University of Wisconsin with a B.S. in Occupational Therapy. She earned her M.S. in Occupational Therapy with an emphasis on Early Childhood Specialization at the University of Washington, and her PhD in Special Education/Rehabilitation Medicine, also at the UW.



**Ivan Molton, PhD**, joins the Rehabilitation Medicine Faculty as an (Acting) Assistant Professor. Dr. Molton received his M.A in clinical psychology from the University of Colorado, his Ph.D. in clinical health psychology from the University of Miami, and completed his predoctoral internship in clinical psychology and his postdoctoral fellowship in Rehabilitation Psychology both at the University of Washington.



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MAXIMIZING POTENTIAL ACROSS THE  
LIFESPAN.

We are sending this electronic newsletter via a U of W Mailman List. Please let us know if there are others who might be interested in receiving the newsletter or if you would like to have your name removed from the list.

If you have feedback on this edition of the newsletter or an item that you think should be included in a future newsletter, please send an email to Randi Blaisdell: [blaisr@u.washington.edu](mailto:blaisr@u.washington.edu)

VISIT US ON THE WEB!  
[HTTP://DEPTS.WASHINGTON.EDU/REHAB/](http://depts.washington.edu/rehab/)

*UW Dept of Rehab Medicine Banner Image by: Janet Schukar*

## CCER JOINS THE UW DEPARTMENT OF REHABILITATION MEDICINE

The Center for Continuing Education in Rehabilitation (CCER), formerly at Western Washington University, has joined the Department of Rehabilitation Medicine at the University of Washington. CCER is dedicated to increasing access to employment, independent living, and civil rights for people with disabilities. The primary focus has been providing technical assistance and continuing education to rehabilitation professionals in Alaska, Oregon, Idaho, and Washington.

CCER works closely with State Vocational Rehabilitation (VR) agencies and their partners such as Community Rehabilitation Programs, Centers for Independent Living, and State Rehabilitation Councils. CCER has also been involved in national projects involving American Indian Vocational Rehabilitation, Leadership Development, and Social Security/Ticket to Work. In 2006, CCER also became the Disability Business Technical Assistance Center (DBTAC) for the northwest region. Funded by the National Institute on Disability and Rehabilitation Research, the Center provides information and training on the Americans with Disabilities Act (ADA) to businesses, governments, schools, people with disabilities, and anyone else who needs information about the ADA.

## WELCOME NEW RESIDENTS

### R1 Class:



**Kathleen  
Davenport, MD**



**Molly  
Fuentes, MD**



**Jared  
Olson, MD**



**John  
Benson, MD\***



**Ted  
Clafin, MD**



**Dan  
Colonno, MD**

### R2 Class:

### R2 Class continued:



**Hayden  
Hamilton, MD**



**Brandon  
Messerli, DO\***



**Kim  
Middleton, MD**



**Nesanat  
Mitiku, MD**



**Mary  
Nettlow, MD**



**Ryan  
Zehnder, MD\***

\*completed R1 year here at the UW