

DEPARTMENT OF Rehabilitation Medicine

VOLUME I, ISSUE 6 SUMMER 2009

LETTER FROM THE CHAIRMAN



Peter Esselman, MD
Professor and
Chairman

Greetings and welcome to the UW Department of Rehabilitation Medicine Newsletter.

Summer 2009 is full of changes and transitions for the department. For one, our Harborview UW Sports and Spine Physicians Clinic moved to a new space at the Ninth and Jefferson Building (NJB). The clinic is roughly double in size compared to the clinic at the Pat Steel Building and is a shared space with Orthopedic Surgical Spine and Neurosurgery. Also located in the clinic is our new UW Sports Concussion Program, to be launched this summer by UW Medicine and Seattle Children's Hospital. Dr. Stanley Herring and Dr. Richard Ellenbogen (Neurosurgery) are co-directors of this program.

In June, an outstanding group of residents graduated from our Physical Medicine and Rehabilitation (PM&R) Residency Training Program. Some will continue on in their training with fellowships and the rest will be starting their careers in clinical practice. We offer to them our sincere congratulations and wish them all the best. Starting July 1, the department welcomed 10 new residents to the program.

In other news, we've included an interview with Dr. Mark Jensen so you may learn about our recently established rehabilitation research training center: the UW Rehabilitation and Research Training Center on Aging With Disabilities (Aging RRTC).

Thank you for reading and have a safe and enjoyable summer.

UW SPORTS AND SPINE PHYSICIANS AT HMC MOVES TO NEW NJB LOCATION



The UW Sports and Spine Physicians at HMC have moved to their new location: the Ninth and Jefferson Building (NJB) on the Harborview Medical Center Campus.

The new clinic, located on the fifth floor of the NJB, is a shared space with Orthopedic Surgical Spine, Rehabilitation Medicine and Neurosurgery. The physical therapy clinic is located just one floor

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CALENDAR

- **October 22-25**
*AAPM&R Annual Assembly
Austin, TX*
- **March 6-7, 2010**
*MSK Course
Hotel Deca*
- **March 8-14, 2010**
PM&R Review Course
- **May 13, 2010**
*Justus F. Lehmann
Symposium
Center for Urban
Horticulture*

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above. The close relationship of these specialties and services will enhance patient care and our continuum of care. We have strengthened our partnerships with the UW Neighborhood Clinics. Patients seen and diagnosed with acute back or other musculoskeletal pain are promptly referred for physical therapy. Those who do not respond immediately to the initial therapy are then scheduled to be seen in one of our UW Medicine Sports and Spine Physicians Clinics (at HMC or UWMC) within one week.

**Fluoro injection room**

The new clinic at NJB is roughly double the size of the old space at the Pat Steel Building. Some features of the new state of the art facility include: 34 exam rooms, two x-ray rooms, two fluoro rooms for on-site injections, a recovery room with four beds, two conference rooms, and not to mention, terrific views of downtown Seattle.

**Recovery Room**

To make a referral, please call: 206-744-0401

**UW SPORTS AND SPINE PHYSICIANS AT HMC PROVIDERS:****Stanley Herring, MD****Stuart Weinstein, MD****Christopher Standaert, MD****Mark Harrast, MD****Scott Laker, MD****NEW UW SPORTS CONCUSSION PROGRAM**

UW Medicine and Seattle Children's Hospital are launching a sports concussion program. Beginning this summer, teen and adult athletes who need evaluation, treatment and medical clearance to return to sports will be seen at either the UW Sports and Spine Clinic at Harborview (5th floor of the NJB) or at Seattle Children's Hospital.

The new program will help parents, schools and clubs meet the provisions of the new "Zackery Lystedt Law." This law makes it mandatory for any juvenile who sustains any type of head injury during a sporting event to be cleared by a healthcare practitioner before returning to the sport. Drs. Stanley Herring and Richard Ellenbogen (neurosurgery) are co-medical directors of this program.

You may read more about the concussion program and the Lystedt Law on the uwnews.org website.

FOCUS ON: THE AGING WITH DISABILITIES REHABILITATION RESEARCH AND TRAINING CENTER (AGING RRTC)



Dr. Jensen

The UW Rehabilitation and Research Training Center on Aging With Disabilities (Aging RRTC) addresses the specific challenges that affect people who are aging with physical disabilities. The Center targets persons with spinal cord injury (SCI), multiple sclerosis (MS), Post-Polio Syndrome (PPS), and muscular dystrophy (MD). The center was established in 2008 and is funded by the National Institute on Disability and Rehabilitation Research (NIDRR).

Mark Jensen, PhD, Professor, and Co-Director of the Aging RRTC was kind enough to tell us more about the multidisciplinary center.

Why is it important to focus on rehab strategies for individuals aging with physical disabilities?

People with physical disabilities are living longer than ever before due to recent advancements in medical care and rehabilitation. With that in mind, we're seeing a whole new set of symptoms and challenges that affect this specific population's participation in valued activities, such as community involvement, recreation, and employment. The Center's ultimate goal is to produce rehabilitation strategies that stabilize or buffer the effects of these symptoms associated with aging with a disability, and in this way help to promote social and economic independence for individuals aging with a disability.

What are some symptoms and challenges that this population faces?

The most commonly studied secondary conditions in a person aging with a disability are depression, fatigue,

sleep problems, and pain. But there are many health conditions that we also plan to look at, such as bone loss, heart disease, and other illnesses. These conditions have a significant effect on a person's overall quality of life.

Why target persons with SCI, MS, PPS, and MD?

Part of the reason we chose to target individuals with SCI and MS was that we already have two NIDRR-funded centers studying individuals with these conditions in our department; the MS RRTC (Dr. George Kraft, PI) and the SCI Model System (Dr. Charles Bombardier, PI). This gives us ready access to individuals with SCI and MS that we can study in our research, and also allows us to work synergistically with expert researchers and clinicians to study aging in these populations. At the same time, there is already more research on aging in individuals with both SCI and MS than nearly any other type of disability. Other disability groups have been under-studied, so we also wanted to include other disabilities to broaden our understanding of the issues associated with aging with a disability. We chose PPS and MD, specifically, because we have experience working with individuals with these disabilities in our previous work on pain and disability, and have access to individuals through our clinics.

What are some of the Center's current research initiatives?

We have a number of research projects underway, including a cohort survey to better understand the natural course of aging with a physical disability and a project on outcomes measurements. Drs. Charles Bombardier and Dawn Ehde are planning to

test an activity intervention to determine its efficacy for treating depression in individuals with SCI, MS, PPS, and MD as they age, and Dr. Mark Harniss is looking into the use of technology to help individuals as they age monitor and track important life-style variables that could influence secondary conditions. Dr. Kurt Johnson, an expert in the area of vocational issues in individuals with disabilities is also heading up a project to examine the factors that influence how persons with disabilities are able to maintain employment as they age. Finally, Dr. Kathy Yorkston is heading up a project to organize focus groups to help us understand the most important issues associated with aging with a disability from the consumers' perspective. Dr. Yorkston is also the director of the project's dissemination and training activities, which involve disseminating information about the most important findings from our research to consumers and health care providers as soon as possible. As a group, all of the projects and studies work closely together so that the whole is much greater than the sum of the parts.

Do you have any studies seeking volunteers?

We're now looking for individuals 18 and over who have been diagnosed with PPS, MS, MD, or SCI to participate in our longitudinal survey. The information will help us to measure symptoms and quality of life. We estimate the surveys will take a maximum of 45 minutes to an hour and we will compensate people for their time.

For more information about the Aging ARRTC, please visit: <http://agerrtc.washington.edu/>

PM&R RESIDENT CLASS OF 2009 PLANS AFTER GRADUATION

Eric Alexander, MD:



Accepted a Neuro-rehab position with Kaiser Permanente outside of San Francisco.

Allen Chen, MD:



Will be doing an ACGME Pain/Interventional Spine Fellowship at UCLA/West Los Angeles VA Medical Center.

Spencer Havens, MD:



Accepted a position at the American Lake Veteran's Affairs Hospital (in Tacoma area) to do Spine, MSK, and EMG's.

Rachel Brakke, MD:



Will be doing a Pain Medicine Fellowship at the University of Colorado in Denver.

Deborah Crane, MD:



Will stay at the UW to complete an SCI Clinical Fellowship at the Seattle Veteran's Affairs Medical Center

Ben Lacey, MD:



Accepted a position to do outpatient general rehab and EMG's at Pacific Medical Center here in Seattle.

Alfred Campbell, MD:



Will be doing an MSK/Spine Fellowship at Premier Orthopaedic & Sports Medicine Associates in Philadelphia (a private fellowship associated with Jefferson and UPenn).

Jeffrey Derr, MD:



Accepted a position in General Rehabilitation at Gundersen Lutheran, a hospital system in La Crosse, WI, with fellow UW Alum Mark Domroese and 4 other physiatrists.

Jenn Zumsteg, MD:



Will be doing the K12/RMSTP fellowship program with 75% research time (Environmental Performance in PM&R). Clinical time is in TBI clinic and inpatient at HMC.

WELCOME NEW RESIDENTS

R1 Class:



Matthew Grierson, MD



Elana Katz, MD



Levi Miller, DO

R2 Class:



Jason Berk, MD



Brian Brendel, MD



Lee Ann Cuny, DO

R2 Class continued:



Kathleen Davenport, MD*



Molly Fuentes, MD*



Samantha Kanarek, DO



Andrew Murray, MD



Jared Olson, MD*



Alison Putnam, DO



Elaine Tsao, MD

*completed R1 year in our program

FACULTY AWARDS AND HONORS

Dr. Steve Stiens featured on the *Today Show*



Dr. Steve Stiens was featured on the March 20th *Today Show*, in the Bob Dotson segment, "Homemade robot makes a difference." The story follows the work of Monty Reed, of Shoreline, WA, and 40 other volunteer scientists, including Dr. Stiens, who are working with a robotic device that may someday help people with spinal cord injuries walk.

You may view the segment *The Today Show* website: <http://today.msnbc.msn.com/>

Drs. Harrast, Kaufman and Krabak featured in Emmy Award Nominated UWTV Program

Mark Harrast, MD, Marla Kaufman, MD, and Brian Krabak, MD were featured in a 2009 Emmy Award nominated UWTV program: "Regaining an Active Life," which shows how the UW Medicine Sports and Spine Physicians team helps patients regain their active lifestyles.

You may view the full program on the UWTV website: <http://www.uwtv.org/>



Dr. Harrast



Dr. Kaufman



Dr. Krabak

Dawn Ehde, PhD presented with the Certificate of Mentoring Excellence



Dawn Ehde, PhD was presented with the 2009 Certificate of Mentoring Excellence by the Behavioral Medicine/Neuropsychology Residents of 2008-2009. This a newly established mentorship award established by the Psychology Residents.

Dr. Ehde was chosen for her extraordinary contributions in her role as clinical supervisor and mentor, and her ability to foster growth and independence.

Accolades to Dr. Ehde!

Sally Westcott McCoy, PT, PhD awarded Bud DeHaven Award

Sally Westcott McCoy, PT, PhD was awarded the 2009 the "Bud DeHaven Award" by the American Physical Therapy Association's Section on Pediatrics. The Bud DeHaven Award honors a member of the Section on Pediatrics for sustained and extraordinary service. This is one of the few awards given by the Section each year.

Congratulations to Dr. McCoy!





UNIVERSITY OF WASHINGTON
DEPARTMENT OF REHABILITATION
MEDICINE

1959 NE Pacific Street
Box 356490
Seattle, WA 98195

Phone: 206-543-3600
Fax: 206-685-3244

E-mail: rehab@u.washington.edu

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[HTTP://REHAB.WASHINGTON.EDU](http://REHAB.WASHINGTON.EDU)

UW Department of Rehabilitation Medicine Banner Image by: Janet Schukar

2009 WALTER C. AND ANITA C. STOLOV RESEARCH FUND AWARD WINNERS ANNOUNCED



From left to right: Cecille Corsilles-Cy, OTR/L
Walter Solov, MD & Tracy Jirikowic, PhD, OTR/L

After careful consideration, Tracy Jirikowic, PhD, OTR/L, Assistant Professor, and Cecille Corsilles-Cy, OTR/L, Doctoral Student in Rehabilitation Sciences, were chosen as the winners of the 2009 Walter C. and Anita C. Stolov Research Fund Award.

Dr. Jirikowic's project is titled, 'Arousal, Stress Reactivity and Regulatory Behaviors Among Infants With Prenatal Alcohol Exposure.'

Cecille Corsilles-Cy's project is titled, "Bilateral Task-Oriented Training to Improve Upper Extremity Motor Control in Individuals With Chronic Stroke."

The Walter C. and Anita C. Stolov Research Fund has been established to support research training through research projects within the Department of Rehabilitation Medicine.

UWMC CONSTRUCTION UPDATES:

- PT and OT faculty offices as well as the PhD student offices have been temporarily relocated to the J-Wing of the Health Sciences Building (HSB) so that construction can begin on the curricula space.
- Construction to build new teaching labs on the 8th and 9th floor of the HSB curricula space will commence sometime this summer.
- Later this summer/early fall, some of our faculty offices on the 9th floor of the HSB will be moving to the Ninth and Jefferson Building (NJB).