

DEPARTMENT OF Rehabilitation Medicine

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LETTER FROM THE CHAIRMAN



Peter Esselman, MD
Professor and
Chairman

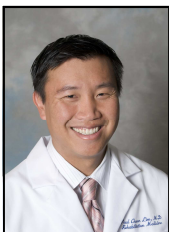
Greetings and welcome to the UW Department of Rehabilitation Medicine Newsletter.

On October 15, 2009, the field of rehabilitation medicine lost a dear and respected colleague, Dr. Bill (Wilbert) Fordyce. We would like to send our sincerest condolences to his family at this time. Dr. Fordyce was the first psychologist on faculty in 1958 and will be remembered for his celebrated career. During his first few years here, Dr. Fordyce and the other psychologists placed heavy emphasis on behavioral techniques after Dr. Fordyce successfully applied these principles to treat a chronic pain patient. These early discoveries led Dr. Fordyce to publish, *Behavioral Methods in Chronic Pain and Illness*, in 1976, which is still widely cited in the field of rehabilitation medicine to this day. Dr. Fordyce will be missed as a clinician, researcher, teacher and friend.

When Dr. Fordyce joined the faculty in 1958, we were just getting established as a department. Throughout the years, Dr. Fordyce, along with innumerable faculty and staff, have made major contributions to the field of rehabilitation medicine that have helped us to grow into an innovative and well-respected department. Today, we continue to strive for excellence and we feature recent examples of such efforts in this issue: Dr. P. Chuwn Lim is developing a new Stroke Rehabilitation Program; several faculty members were awarded new grants; and DPT and MOT students participated in Fall Prevention Awareness events.

Enjoy the newsletter and have a safe and enjoyable holiday season.

UPDATE: THE STROKE REHABILITATION PROGRAM AT UW MEDICINE



Dr. Lim

The Stroke Rehabilitation Program at UW Medicine strives to improve the lives of stroke patients in the Puget Sound region. The Program focuses on providing the highest quality of care while patients undergo inpatient rehabilitation and during their transition to life outside the hospital. There are ongoing efforts from a number of rehabilitation providers within our department to ensure best practices and to further advance the field of stroke rehabilitation. Special thanks to Bjorn and Jacquie Bayley for their generous donations to help support these efforts.

[P. Chuwn Lim, MD](#), (Acting) Assistant Professor and Medical Director of the Stroke Rehabilitation Program was kind enough to provide an update on the Program.

Interview continued on page 2

CALENDAR

- **January 28, 2010**
Classroom Ribbon Cutting Ceremony
HSB, Rm BB938, 4:30PM
- **March 6-7, 2010**
MSK Review Course
Hotel Deca
- **March 8-14, 2010**
PM&R Board Review Course
Hotel Deca
- **May 13, 2010**
Justus F. Lehmann Symposium
Center for Urban Horticulture

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STROKE REHABILITATION PROGRAM AT UW MEDICINE INTERVIEW CONTINUED FROM PAGE 1**Please describe some of the clinical activities within the Stroke Rehabilitation Program at UW Medicine during the past year.**

The Program created a Stroke Competency Group at Harborview to ensure that all rehabilitation therapists are up-to-date on their stroke assessment and fundamental knowledge. Therapy leaders from each field devised discipline specific protocols with background clinical reasoning.

Within a 12-month period, all acute, inpatient, and outpatient physical, occupational, speech, and recreational therapists involved in the care of stroke patients completed this training protocol. For copies of these protocols, please contact Sommer Kleweno-Walley, Manager of Acute Rehabilitation Therapy at HMC, skleweno@uw.edu.

I will provide ongoing educational didactics on stroke rehabilitation related topics to the HMC therapists on a regular basis. I will also meet monthly with the outpatient rehabilitation therapists at the Comprehensive Outpatient Rehabilitation Program (CORP) to oversee stroke patients completing their outpatient rehabilitation.

Lastly, the Bioness Corporation will soon use HMC as a referral center for neuromuscular electrical stimulation (NMES) devices for foot drop and hand rehabilitation. Appropriate patients will trial these devices in both the inpatient rehabilitation unit and outpatient gym.

What are some of the short and long-term goals for the Program?

The Program needs to use evidence-based medicine, and to judiciously acquire the latest technologies within the constraints of our budget.

One of the first goals of the Program is to develop a technology group. This group will look at the pros and cons of various technologies available and investigate their financial feasibility. This will involve critical analysis of the clinical research literature. When clinical funds are not available to purchase such devices, research studies can act as an avenue for patients to access the latest technologies.

As previously mentioned, Harborview will soon be a referral center for NMES devices from Bioness. The CORP and inpatient rehabilitation therapy leaders and I collaborated quickly to act as an archetype of the aforementioned technology group. Thanks to the charitable contributions from the Bayley Family Stroke Care and Research Fund, patients will soon benefit from these innovative devices.

The next goal of the Program is to provide constraint induced movement therapy in its modified form to stroke patients. Various studies have shown that this therapy improves use of the paretic arm. It will likely be employed initially on an outpatient basis, and then later on the inpatient rehabilitation unit.

Another long-term goal is to develop a systematic approach to treat patients with vision impairments. This will not only benefit stroke patients but those with acquired brain injuries as well. We will screen patients during their inpatient rehabilitation stay. A local neuro-optometrist will evaluate them shortly after they leave the hospital. [Janet Powell, PhD, OTR/L](#), who specializes in perceptual and cognitive impairments following stroke, and I are working together to develop this vision rehabilitation program.

Lastly, we plan to develop a support group for stroke patients and their families. The program will be modeled after the successful traumatic brain injury and spinal cord injury support groups available at UWMC and HMC.

What are some of the Program's current and future research projects?

Members within the UW Rehabilitation and Computer Science departments are currently recruiting stroke patients for a number of research projects through the stroke rehabilitation clinic.

Cecille Corsilles-Sy, OTR/L, is investigating a variation of constraint induced movement therapy with a study entitled "Bilateral Task-Oriented Training to

Improve Upper Extremity Motor Control in Individuals with Chronic Stroke." This study is partially funded by the Walter and Anita Stolov Research Fund.

Elena Brown, OTR/L, will investigate outpatient prism adaptation for left hemi-inattention in chronic stroke patients. Her advisor is Dr. Powell.

Sujata Pradhan, PhD, PT, through the Neurobotics Lab in the department of Computer Science will look at small robotics devices with vision feedback manipulation (by distortion or progression) to improve hand function in sub-acute stroke patients. Sujata is a postdoctoral fellow in Rehabilitation Medicine and Computer Science & Engineering. Her advisor is Dr. Yoky Matsuoka.

Cara Stepp, SM, PhD, is working on a project to assess the utility of surface electromyography as a biofeedback signal for post-stroke swallowing rehabilitation. Cara is also a postdoctoral fellow in Rehabilitation Medicine and Computer Science & Engineering.

I will collaborate with Dr. Anna Barrett from the Kessler Stroke Rehabilitation Research Lab to develop a registry of stroke patients with neglect. The main objective of the registry is to investigate how patients with neglect and associated cognitive impairments utilize healthcare resources within their communities. A concern with this patient population is that their needs may get lost within the healthcare system due to their cognitive deficits.

Lastly, Dr. Joseph Zunt from the UW Neurology Department will host three physicians from Peru as part of his efforts to enhance cerebrovascular research in that country. One of the physicians is a rehabilitation physician. She will learn our method of providing stroke rehabilitation during her stay. This will continue to enhance our department's global health connections.

Dr. Lim may be contacted at pclim@uw.edu for questions about the content of this article.

COMMUNITY OUTREACH: DPT & MOT STUDENTS PARTICIPATE IN WASHINGTON STATE SENIOR FALL PREVENTION AWARENESS DAY



Students and Fall Prevention Awareness Day participants at the Wallingford Senior Center. (The Center closed Nov. 1 due to budgetary cutbacks.)

Falls have been identified as a serious health problem in Washington State, with 35% of adults 65 and older falling each year. The risk of falls increases as a person ages; by age 85, one in every two adults falls every year. Around 10 to 20% of these falls cause a serious injury, including brain injury and hip fracture. As seniors are the fastest grow-

ing segment of our population (both in Washington and across the nation) it is important to provide strategies to reduce the number of falls and their sequelae of serious injuries, loss of independence and decreased quality of life. Beginning in 2006, as a result of a statewide report on falls, Washington State Governor Christine Gregoire signed a statewide proclamation designating the first day of fall as Senior Fall Prevention Awareness Day.

Thursday, September 17, 2009 was Fall Prevention Awareness Day. From August through September, 2009 University of Washington Doctorate of Physical Therapy (DPT) and Master of Occupational Therapy (MOT) students participated in various Senior Fall Prevention Awareness Day events at 16 medical and community/senior centers throughout the greater Seattle & eastside communities (with one event in Bellingham!). These events are designed to educate older adults, their families, and their friends about the factors that increase the risk of falling, and what can be done to prevent falls in the community and at home.



MOT student goes over fall risk info

At all sites, a fall risk screen was available as well as literature regarding home safety, how to minimize your fall risk and the SAIL program (Stay Active and Independent for Life). The DPT and MOT students were also available to answer any questions that they had. Many of the sites requested a short presentation about the factors that contribute to falls and how older adults can reduce their fall risk. Interested adults participated in a fall risk screening, which included the Timed-Up-and-Go (TUG) and Functional Reach (FR) tests. Based on the results of these tests and other factors (such as type of shoes, previous number of falls, etc.), the student provided participants with a fall risk assessment report card.

Rehabilitation Department clinicians, including Sharon Brauns, PT, GCS, and Kathryn Steucek, PT, also coordinated and participated in fall prevention awareness day activities at UWMC, UW Roosevelt and Harborview Medical Center.

The UW DPT students have actively participated in Senior Fall Prevention Awareness Day since its inception. This is the second year that the DPT/MOT students have partnered together to serve our community, and the inaugural year to coordinate fall prevention efforts between all physical and occupational therapy programs, including the University of Puget Sound in Tacoma and Eastern Washington University in Spokane. Spokane Falls Community College, a physical therapist assistant program, also participated this year.

A special thanks to our student advisors, [Beth Rollinger, MS, MHA, OTR/L](#) and [Patricia Noritake Matsuda, PT, DPT](#), and our DPT/MOT student coordinators for organizing and participating in such an important community outreach event.

Why is Senior Fall Prevention Awareness important?

- 11.3% of Washington State citizens are 65 years of age or older
- 35% of seniors over the age of 65 and 50% of seniors 85 or older will fall each year. Result: medical costs exceeding \$27B annually nationwide
- Among people over the age of 65, falls are the leading cause of:
 - injury deaths
 - hospital admissions
 - emergency room visits
 - doctor visits
- Seniors are the fastest growing segment of our population.

Source: 2009 State of Washington Proclamation on Fall Prevention Awareness Day

NEW GRANT AWARDS



[Jeanne Hoffman, PhD](#), Associate Professor, was awarded a grant funded by the National Institute on Disability Rehabilitation Research (NIDRR)

in the Department of Education (DoED) to study “The Natural History of Headache Following Mild Traumatic Brain Injury,” which is a collaborative effort between UWMC and HMC.



[Karon Cook, PhD](#), Research Associate Professor, was awarded a grant from the National Institutes of Health (NIH) for the research project titled, “Development and Validation of Measures of Pain Behaviors in Chronic Pain.” Dr. Cook is a key project member of the [University of Washington Center on Outcomes Research](#) (UWCORR).



[Sarah Westcott McCoy, PT, PhD](#), Associate Professor, and [Tracy Jirikowic, PhD, OTR/L](#), Assistant Professor, were recently awarded a

\$410,000 grant funded over two years by the National Institute on Alcoholism and Alcohol Abuse in the National



Institutes of Health (NIH). Their research study titled, “Sensorimotor Training to Affect Balance, Engagement, and Learning for Children with Fetal Alcohol Spectrum Disorders (FASD)” will explore the assessment of visual, vestibular and somatosensory influences on balance and postural control in children with FASD and will focus on development and early testing of a virtual-reality based sensorimotor intervention to improve the use of sensory information for balance and postural control.



[Mark Jensen, PhD](#), Professor, was recently awarded two grants. One study is funded for \$248,000 over two years by the Craig H.

Neilsen foundation to study “Neurofeedback Treatment of Pain in Persons with Spinal Cord Injury.” The other award, \$234,000 over two years, is funded by the NIH in order to study “Cortical Modulation of Chronic Pain.”

To learn more about current research efforts at the UW Department of Rehabilitation Medicine, including our model systems of care, research centers, and research studies seeking volunteers, please visit our website:

<http://rehab.washington.edu/research>

PLEASE JOIN US!

For a ribbon cutting ceremony to celebrate and tour our newly renovated, state-of-the-art classrooms at the UW Health Sciences Building!

Welcome to all faculty, staff, students, alumni, and friends.

JANUARY 28, 2010, 4:30—7:30 PM, RM. BB-938

Please email rehab@uw.edu for more details.



UW Department of Rehabilitation Medicine

Save the Dates

March 6-7, 2010

Sport Concussions—Education to Legislation

March 8—14, 2010

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in Physical Medicine and Rehabilitation

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US NEWS & WORLD REPORT RANKING: #3 IN REHABILITATION CARE

We are pleased to report that the University of Washington has been ranked #3 nationally for rehabilitation care in the most recent *US News & World Report* rankings.



Scoring is based on a national survey of physicians who are board-certified in Physical Medicine & Rehabilitation.

Further information about the "US News & World Report" rankings can be obtained at their website:

<http://www.usnews.com>

FACULTY AWARDS AND HONORS

STUART WEINSTEIN, M.D. AWARDED APPM&R DISTINGUISHED MEMBER AWARD



[Stuart M. Weinstein, MD](#), Clinical Professor, has been awarded the “Distinguished Member Award” by the American Academy of Physical Medicine and Rehabilitation (AAPM&R).

The “Distinguished Member Award” was established in 1994 to honor AAPM&R members who have provided invaluable service to the specialty of PM&R primarily through participation in PM&R related organizations other than the Academy. Among his many accomplishments, Dr. Weinstein is the founding editor-in-chief of AAPM&R’s new scientific journal, *PM&R, The Journal of Injury, Function and Rehabilitation*.

VALERIE KELLY, PhD, PT, RECEIVES “MENTOR OF THE YEAR” AWARD



[Valerie Kelly, PhD, PT](#), Assistant Professor, received the campus-wide “Mentor of the Year Award” from the University of Washington Post Doctoral Association (UWPA) at the 5th annual UWPA Research Symposium, on November 6th, for her mentorship to Post-Doctoral Fellow, Sujata Pradhan, PT.

At the symposium, Sujata Pradhan, PhD, PT, was one of six UW Post-Doctoral Fellows selected to give a short talk. She presented, “Preliminary work towards clinical markers for Parkinson’s Disease.”

WELCOME NEW FACULTY



Susan Apkon, MD, joins the faculty as Associate Professor and Chief of Rehabilitation Medicine at Seattle Children’s. You may welcome Dr.

Apkon at:

susan.apkon@seattlechildrens.org



Robert Holdefer, PhD, Associate Professor, joins Drs. Jefferson Slimp and Greg Kinney as a neurophysiologist.

You may welcome Dr. Holdefer at:

holdefer@uw.edu



Josh Dyer, PhD, joins the faculty as Acting Assistant Professor in the Division of Rehabilitation Psychology at HMC. You may welcome Dr. Dyer at:

jdyer@uw.edu



Carolyn Baylor, PhD, has joined the department as an Acting Assistant Professor in the division of Speech Pathology. You may welcome Dr. Baylor

at: cbaylor@uw.edu

The following faculty have been promoted to higher academic rank:



[Jeanne Hoffman, PhD](#)
Associate Professor



[Rhonda Williams, PhD](#)
Associate Professor



[Dagmar Amtmann, PhD](#)
Research Associate Professor

ACCOLADES

Congratulations to **Missy Armstrong**, manager, rehabilitation therapy, on her installation as president of the American Therapeutic Recreation Association. During a 30-year career at Harborview, Armstrong has led the development of a strong recreation therapy program. She is a well-known advocate for recreation therapy on the state and national level.



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

UW Department of Rehabilitation Medicine Banner Image by: Janet Schukar

IN MEMORY OF DR. WILBERT “BILL” EVANS FORDYCE



Dr. Wilbert “Bill” Evans Fordyce, longtime friend and respected colleague of many in the UW Department of Rehabilitation Medicine, passed away on October 15, 2009. He is survived by his family: wife of 63 years, Eleanor (Lundy); sons Rick and Dave, and daughter-in-law Christine; plus wonderful grandchildren, nieces, nephews, grandnephews and grandnieces.

Dr. Fordyce joined the Department of Rehabilitation Medicine in 1958 as an assistant professor and was the department’s first psychologist on faculty. He became full professor in 1970, and professor emeritus in 1993.

Dr. Fordyce had an extremely successful and celebrated career as highlighted in his obituary that recently ran in *The Seattle Times*: “Dr. Fordyce pioneered the use of behavioral psychological principles in the treatment of chronic pain and other chronic medical conditions. His book, “Behavioral Methods in Chronic Pain and Illness” [first published in 1976] is still widely cited in the field of rehabilitation medicine. He was a founding member of the International Association for the Study of Pain and the American Pain Society. After becoming a fellow of the American Psychological Association [APA], he obtained fellowship status in the APA divisions 22, 25, and 38. Dr. Fordyce’s professional accomplishments were honored with innumerable awards, including the establishment of the annual American Pain Society “Wilbert E. Fordyce Clinical Award.” While serving on the Boards and as President of many professional organizations, Bill authored or coauthored more than 120 scholarly publications and lectured nationally and internationally. His clear thinking, love of teaching and helping others, and sense of humor will be remembered by the new generation of clinicians around the world who learned from him and follow in his footsteps.”

A memorial service was held for Dr. Fordyce, November 21st, at 2 p.m., at the University of Washington Club on the UW Seattle campus. In lieu of flowers, donations can be made to the: Department of Rehabilitation Medicine to support a Wilbert E. Fordyce Lectureship.

For donation information, please visit our website: <http://rehab.washington.edu/gift/>