Greetings UW Rehabilitation Medicine friends and colleagues,

Welcome to the winter edition of our newsletter. As 2011 draws to a close, I would like to thank faculty, staff, students, trainees, volunteers, and friends of UW Rehabilitation Medicine for another strong year of growth, support and commitment to our clinical, teaching and research activities.

To very briefly recap, highlights from 2011 include: beginning the expansion of the Multiple Sclerosis program to Northwest Hospital; our 3rd place ranking by US News & World Report; our second place ranking in National Institutes of Health (NIH) funding of Rehabilitation Departments; welcoming the inaugural Master of Prosthetics and Orthotics class; and various national and international recognition of many faculty. All of these accomplishments are made possible by our strong clinical, teaching and research infrastructure.

In this edition, we feature our specialized rehabilitation training and technical assistance center, the Center for Continuing Education in Rehabilitation (CCER). CCER’s mission is to increase employment opportunities for people with disabilities by providing an integrated program of continuing education, ADA consultation, technical assistance, rehabilitation leadership training, research, and conference planning and support. The Center serves a broad audience including state and community-based rehabilitation professionals, organizations and businesses, educators, schools, and people with disabilities and their families. Please take a few minutes to learn more about this valuable part of the department.

In closing, it is a pleasure and an honor to be Chairman of this department and I look forward to continued successes in the 2012 year. Please have a safe and happy holiday season.

Peter Esselman, MD, MPT
Professor and Chairman

One of Rehabilitation Medicine’s best kept secrets is the Center for Continuing Education in Rehabilitation (CCER), located off campus in Mountlake Terrace. CCER is dedicated to increasing employment opportunities for people with disabilities in the Pacific Northwest. On a typical day, the staff from CCER is as likely to be in Idaho Falls, Fairbanks, Medford, or Moses Lake, as they are in the Seattle area.

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In 2008, CCER, with a twenty-seven year history of providing training, support, and consultation to state rehabilitation agencies, community rehabilitation and independent living programs in Alaska, Idaho, Oregon, and Washington, and a national reputation for innovation, joined the UW Department of Rehabilitation Medicine in a move designed to facilitate learning, partnership and support for both the University and CCER.

CCER is directed by Kathe Matrone and is built upon three key areas: the Northwest ADA Center, with program director, Don Brandon and funding through NIDRR; the Technical Assistance and Continuing Education (TACE) Center, with program director, Laurie Ford and funding through RSA, and the Rehabilitation Leadership Institute, facilitated by Paul Dziedzic.

Organizationally, CCER is within the Department of Rehabilitation Medicine and is made up of 15 staff members. CCER collaborates closely with various departmental groups including the Center for Technology and Disability Studies (CTDS).

To appreciate the breadth of CCER activities, here’s a snapshot of events during the last year:

- CCER supported a number of conferences, including: the Federal Interagency Conference on Traumatic Brain Injury in Washington, D.C., and the Northwest Training Forum on Serving People Who are Deaf, Deaf Blind, Hard of Hearing or Late Deafened in Portland, OR.

- CCER offered a steady stream of webinars, such as “Older, Aging Workers and Disability: Strategies to enhance employment outcomes” to a broad audience of business and rehabilitation professionals across the Northwest.

- The Blue Path Program, offered by CCER’s Northwest ADA Center, helps businesses become more accessible to customers with disabilities, and provides information to people with disabilities about where to shop, dine, or go for fun.

- The Emerging Leaders Series, presented by CCER’s Rehabilitation Leadership Institute, provides managers in public and private non-profit rehabilitation agencies the opportunity to develop their leadership skills to become positive forces of change within their organization and the field of rehabilitation.

- To bring on-campus educational opportunities to a broader audience, CCER developed “Medical Aspects of Disability: Focus on Diabetes” as a distance education course with its roots firmly embedded in Kurt Johnson’s Medical Aspects Disabilities workshop, offered to Washington State Vocational Rehabilitation Counselors.

- CCER supported the ADA Training Network, with members from the business, rehabilitation, and disability communities from the four northwestern states, to provide accurate ADA and disability information using a curriculum developed in partnership with Cornell University.

To learn more about CCER, please visit: [http://ccer.org](http://ccer.org)
RESEARCH NEWS: RECENT GRANT AWARDS

Pain Localization

Janna Friedly, MD, assistant professor, is co-Principal Investigator (co-PI) on a new Life Sciences Discovery Fund (LSDF) Grant to study “Pain Localization.” Pierre Mourad, PhD, professor of Bioengineering, is the PI.

The focus of the study is to conduct clinical testing of an ultrasound device that healthcare providers can use to identify the sources and extent of deep, soft tissue pain which is very difficult to localize, making treatment difficult. The study aims to confirm, localize and quantify pain in limbs remaining after amputation, as well as validate a surgical technique to lessen neuroma-triggered pain. To learn more about this study, please visit: http://lsdfa.org/profiles/mourad2

Funding Renewed for NWRSCIS

The Northwest Regional Spinal Cord Injury System (NWRSCIS) in the UW Department of Rehabilitation Medicine has been awarded a $2.3 million grant from the National Institute on Disability and Rehabilitation Research (NIDRR) to continue for another five years as one of only 14 Spinal Cord Injury Model Systems in the country.

Charles Bombardier, PhD, is the Principal Investigator (PI) and director of the NWRSCIS. Other rehabilitation faculty on the grant are co-directors Stephen Burns, MD and Jeanne Hoffman, PhD, and co-investigators Rina Reyes, MD and Dawn Ehde, PhD.

The NWRSCIS contributes data to a national longitudinal study that tracks the long-term consequences of SCI and disseminates information about SCI to consumers, health care providers and the general public through its website, SCI Forums, SCI Update newsletter, videos and its peer mentoring program.

The grant funds a new study called “Efficacy of collaborative care versus usual care for improving quality of life in outpatient spinal cord injury rehabilitation: A patient-centered approach.” This is a 16-week, single-blind, randomized controlled trial that will test a novel approach to improving the capacity of our outpatient clinics to assist people who have persistent pain, people who want to become more active and people who suffer from depression.

To learn more about the NWRSCIS, visit: http://sci.washington.edu/

ADA Network Knowledge Translation Center Grant

Kurt Johnson, PhD, professor, is the Principal Investigator (PI) of a new grant to establish the Americans with Disabilities Act Network Knowledge Translation Center (ADA Network KTC). Funding for the grant is provided by the National Institute on Disability Rehabilitation Research (NIDRR) in the Department of Education.

The purpose of the ADA Network KTC is to ensure that information and products developed and identified through the 10 ADA regional centers are of high quality, based on the best available research evidence, and are effectively distributed to a key audience. The ADA Network KTC’s audience includes: employers, researchers, educators, policy makers, staff of state and local government agencies, individuals with disabilities, family members and project staff in the ADA regional centers and other related federal and privately funded organizations.

ADA Network KTC projects include:

- Summarize ADA-related research through systematic reviews.
- Identify topics for future research (knowledge gaps) to help individuals understand their rights and responsibilities under ADA.
- Develop user-friendly systems for sharing information to the people who need it.
- Develop and implement a system for measuring and tracking outcomes of the ADA National Network.

To learn more about the ADA National Network, please visit: http://adata.org
**TBIMS Research: Concussion in Young Athletes**

With increasing knowledge that even mild forms of traumatic brain injury (TBI) such as concussions can have long lasting effects, clinicians and researchers are focusing on ways to protect and educate the public. Studies show that young people are particularly vulnerable to concussion and may have prolonged recovery times. The UW Traumatic Brain Injury Model Systems (TBIMS) along with the Seattle Sports Concussion Center realize the importance of including youth sport players in their efforts to prevent TBI and promote recovery.

In 2010, TBIMS researchers working with Washington Youth Soccer (WYS) and the Brain Injury Association of Washington (BIAWA) designed a survey to determine the level of knowledge about concussion among adults associated with youth soccer (parents, coaches, referees) and their attitudes towards concussion. The results of this study were presented at the Federal TBI Interagency Conference in Washington, DC. TBIMS found that in the adult population, there is general knowledge of the signs and symptoms of TBI and that parents and coaches understand concussions to be serious. However, TBIMS found that there are no structured processes to track concussions, recovery and return to play for most youth soccer teams, and considerable variation in practices around ball-heading practices. TBIMS has submitted this project for publication and has discussed their experiences with representatives from WYS and the Centers for Disease Control.

TBIMS expanded this research with a new project during the 2011 fall youth soccer season. They surveyed soccer players, age 10-18, directly to evaluate their knowledge and attitudes about sports-related concussion. Resident physicians and TBIMS researchers attended regional soccer tournaments to carry out the project. The TBIMS thanks WYS, BIAWA, Drs. Herring, Coppell, and Amtmann, and Drs. Kathleen Davenport, Ali Putnam, and Mindy Loveless for their hard work.

**SPOTLIGHT: Ironman Andre Kajlich**

Andre Kajlich, research study assistant, and rookie paratriathlete competed in the Ironman World Championship triathlon in Kona, Hawaii on October 8th. The Ironman triathlon is a true test of endurance made up of a 2.4 mile swim, 112 miles on a bike (Andre uses a hand-cranked recumbent bicycle), and a 26.2 mile run (Andre competes using a racing wheelchair). Andre finished the race with a time of 10 hours, 25 minutes, and 21 seconds to place 2nd in his division.

Earlier this summer, Andre competed in the US Paratriathlon Nationals in New York City on August 7th. He finished the Olympic distance race (.93 mile swim, 24.8 mile bike ride, 6.2 mile run) with a time of 2 hours, 15 minutes, 32 seconds and placed second in his division. The time qualified him for the 2011 ITU Paratriathlon World Championship in Beijing on September 9th where he earned a silver medal for the U.S. by completing the sprint triathlon distance (.46 mile swim, 12.4 mile bike ride, 3.1 mile run) in 1 hour, 16 minutes, 17 seconds. These podium finishes are even more impressive knowing that Andre’s first triathlon was as recent as October 2010.

Another passion of Andre’s is the Amputee Coalition’s Paddy Rossbach Youth Camp. The Camp is a 5-day traditional summer camp experience for children ages 10-17 with limb loss or limb difference. The program inspires campers to take on new challenges, be independent and build new friendships. In July 2011, Andre volunteered as a camp counselor, and throughout the year, he raises money to help send children to the camp. Camp tuition and all travel expenses for the kids are paid for by the Amputee Coalition. To learn more about Andre, please visit: http://willgodo.com
Volunteer Medical Coverage at the 2011 Seattle Marathon

As Medical Director of the 2011 Amica Insurance Seattle Marathon, Mark Harrast, M.D., clinical associate professor, is responsible for organizing and coordinating the medical care for all participants of the Seattle Marathon Family of Events (marathon, half marathon, 5K race, and 10K race).

The entire medical team, including Dr. Harrast, was made up of approximately 80 volunteers skilled in the care of endurance athletes. Among those professionals were Alison Stout, DO, acting assistant professor, Dan Colombo, MD, Sports Medicine fellow, and 13 PM&R residents: Brian Brendel, Kathleen Davenport, Samantha Kanarek, Ali Putnam, Aaron Bunnell, Matthew Grierson, Andy Hsu, Levi Miller, Jake Carlson, Mindy Loveless, Matt Paluck, Scott Simpson, and Margaret Jones. A number of UW physical therapists from the Exercise Training Center were also a part of the medical team. Dr. Harrast has grown the team to include Family Medicine, Internal Medicine, Critical Care, and Emergency Medicine faculty, residents, and staff.

The care team treated approximately 400 athletes, and assisted in everything from blister care and cramping to breathing difficulties and exercise-associated collapse, as well as just about everything in between. The care teams were spaced along the course and located at the finish.

Dr. Harrast also gave a talk and facilitated a discussion the day before the race at the runner’s Expo. He and colleagues reviewed hydration and nutrition strategies for marathon racing, as well as other issues that may have an effect on a runner’s health or performance on race day. Dr. Harrast has been the Medical Director for the Seattle Marathon since 2007.

The Department Announces Dr. Janet Powell as Head of the Occupational Therapy Division

Janet Powell, PhD, OTR/L, associate professor in the Department of Rehabilitation Medicine, was recently appointed Head of the UW Division of Occupational Therapy. Dr. Powell joined the UW OT faculty in 2001 after 20 years of clinical practice in pediatrics and adult physical disabilities including positions at Seattle’s Green Lake School, Boyer Children’s Clinic, and Providence Medical Center in Seattle and Everett.

In addition to teaching and mentoring students in the UW Master of Occupational Therapy and the PhD in Rehabilitation Science programs, Dr. Powell is an active researcher. She is currently conducting a study on a telephone-based education and problem-solving intervention for caregivers of people with traumatic brain injury (TBI) which is funded by the National Institute on Disability and Rehabilitation Research in conjunction with the UW TBI Model System. She has also done research on brain-injury related vision impairments, robot-assisted therapy for arm dysfunction following stroke, and OT workforce trends with funding from the Centers for Disease Control and Prevention, VA Cooperative Studies Program, and the National Science Foundation.

Dr. Powell has 22 peer-reviewed publications and has co-authored a book chapter on evaluating and treating vision and motor impairments from OT and neuro-optometry perspectives. She serves on the editorial boards of the American Journal of Occupational Therapy, the Journal of Head Trauma Rehabilitation, and the Archives of Physical Medicine and Rehabilitation and is Chair of the Neuro-Developmental Treatment Association Research Committee.

“I am honored to take on the leadership of the UW OT Division and am looking forward to working with faculty and community clinicians to further the Division’s excellence in education, research, and service,” said Dr. Powell.

Please join the department in congratulating and welcoming Dr. Powell to the position.
**Dr. McCoy, DPT Students Volunteer in Guatemala**

Sally McCoy, PT, PhD, associate professor, and third year Doctor of Physical Therapy (DPT) students, Byrony Treser and Kathryn Lent, went on a two-week mission trip in October to the Zacapa area in Guatemala under the non-profit organization **Hearts in Motion**. They were part of a larger physical therapy (PT) group that also included DPT students and clinicians from Arcadia University in Pennsylvania as well as several clinicians from many U.S. locations.

For the first week, the PT group worked with surgery, general medicine, optometry, and construction groups. For the second week, they worked independently with a total of 22 volunteers (5 PT’s and 17 students). Throughout the duration of the trip, the PT group examined and treated people who had various orthopedic or neurological problems and ranged in age from babies to the elderly. They worked in various settings including: the Rehabilitation Center at the public hospital in Zacapa (Centro de Rehabilitacion Fisica), several Nutrition Centers in surrounding areas, many medical outreach clinics, a school for children with disabilities, a community center for older people, and a sports center. The PT group also visited a wheelchair "factory" (Hope Haven) in Antigua, Guatemala for one afternoon and assisted in fitting several wheelchairs for children.

In addition to these valuable clinical and cultural experiences, Ms. Treser and Ms. Lent, as well as two students from Arcadia University, presented to PT students at Zacapa University (Universidad Rafael Landivar) about the examination and treatment of children with disabilities.

“It is always an interesting trip (this is my 2nd time) in terms of learning about other cultures, developing countries, and re-setting your own feelings/stress in relation to all that we have in our own families and country,” said Dr. McCoy.

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**Upcoming Events**

**OPEN HOUSE!**

To celebrate the renovation and expansion of UW Medical Center Roosevelt Clinic’s Second Floor Services:

*Ambulatory Surgery Center, Bone & Joint Surgery Center, Exercise Training Center, Radiology, and Sports & Spine Clinic*

**Tuesday, January 10, 2012**

5:00 - 7:00 PM

4215 Roosevelt Way NE | Second Floor | Seattle, WA

For more information and to RSVP, please visit: [http://uwmedicine.org/rooseveltopenhouse](http://uwmedicine.org/rooseveltopenhouse)

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**REGISTER NOW!**

UNIVERSITY of WASHINGTON
DEPARTMENT of REHABILITATION MEDICINE

**29th Annual Review Course in Physical Medicine & Rehabilitation**

**March 25 - 31, 2012**

Hotel Deca | 4507 Brooklyn Ave NE | Seattle, WA

Brochure and registration information available at: [http://uwcmme.org](http://uwcmme.org)
**Faculty News, Awards & Honors:**

Dr. Stan Herring Helps Launch Online Course on Sports Concussion

**Stan Herring,** M.D., clinical professor, together with **Richard Ellenbogen,** M.D., professor and chair of the Department of Neurological Surgery, has helped launch a new online course on sports concussions for healthcare professionals. The course, "Heads Up to Clinicians: Addressing Concussion in Sports among Kids and Teens," is supported by the Centers for Disease Control (CDC) and Prevention and the National Football League. Drs. Herring and Ellenbogen co-direct the Seattle Sports Concussion Program, a partnership between UW Medicine and Seattle Children's. The course is available on the CDC and NFL websites.

UW P&O video for Middle School Children

**Daniel Abrahamson,** CPO, lecturer, recently filmed a video for Symbio Studios and educational publishing company, Houghton Mifflin Harcourt (HMH). It is an 8 minute video designed to supplement a middle school lesson on engineering. The video focuses on prosthetics and was filmed here at the UW. Mr. Abrahamson worked with the producer, and the host, Michael Dispezio, to come up with the script and series of activities. To view the video, please visit: [http://rehab.washington.edu/news](http://rehab.washington.edu/news)

Dr. Jirikowic: Science in Medicine Lecture

**Tracy Jirikowic,** PhD, OTR/L, assistant professor, was the featured New Investigator Lecturer for the December UW Medicine Science in Medicine Lecture. Dr. Jirikowic presented “Biobehavioral Perspectives on the Effects of Prenatal Alcohol Exposure in Children’s Development.” The lecture was simultaneously video-televised at five locations, including WA State Univ., Pullman, and Univ. of Alaska, Anchorage. The Science in Medicine Lecture Series recognizes outstanding research of UW Medicine faculty.

Dr. Odderson’s book on Botox Now Available in Four Languages

*Dr. Ib Odderson*’s book, *Botulinum Toxin Injection Guide* is now available in four languages: Chinese, Korean, Russian and English. Published in 2008, Dr. Odderson’s book is the first comprehensive manual that covers Botulinum (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® and who want to expand into new areas, and PM&R residents.

Dr. Svirccev Appointed Director of VA SCI Fellowship Program, Jan. 1

Effective January 1, 2012, **Jelena Svirccev,** MD, assistant professor, has been appointed as the new Director of the Spinal Cord Injury (SCI) Fellowship Program at the VA Puget Sound Health Care System. Sincere thanks are expressed to Dr. Steven Stiens, associate professor, who has served as the SCI Fellowship Director since October 2001.

New Faculty Appointment, Effective Jan. 1

**Jennifer Zumsteg,** MD, has a new faculty appointment as acting assistant professor. Dr. Zumsteg’s clinical interests include trauma rehabilitation, brain injury and general inpatient rehabilitation. Her research interests are related to environmentally sustainable rehabilitation and traumatic brain injury. Dr. Zumsteg is a provider at our rehabilitation medicine clinic at HMC.
DPT & MOT Students Participate in Fall Prevention Week

According to the Centers for Disease Control and Prevention, one in every three adults age 65 and older falls each year. Falls can cause moderate to severe injuries, such as hip fractures and head traumas, and can lead to loss of independence, decreased quality of life, and high medical costs. Falls are the leading cause of hospitalizations for seniors in the state of Washington. Due to the high number of seniors falling, it is important 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. Because of this, Governor Gregoire proclaimed September 19-23 as Fall Prevention Awareness Week.

This year, UW Doctor of Physical Therapy (DPT) and Master of Occupational Therapy (MOT) students partnered for the first time with the UW School of Pharmacy and the Group Health Optometry residency program to give presentations to older adults about the factors that contribute to falls and how they can decrease their risk. This was an ideal multi-disciplinary collaboration as many falls are caused by gradual health changes due to aging such as changes in muscle strength, balance, walking ability, daily medication use, and vision.

The students, residents and instructors presented at and participated in several fall risk prevention events at several senior and community centers throughout the greater Seattle & Eastside communities. The students conducted fall risk screenings, 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, fear of falling, etc.), students provided the participants with a fall risk assessment report card. This year, they performed screens on 150 older adults.

The UW Medical Center (UWMC) Department of Rehabilitation therapists also performed screens in the hospital lobby on Friday, September 23rd. The therapists were led by Louella Buan, OTR/L, Silver Denton, DPT, and Andy Hedley, PT, MS.

The UW student leaders for this year’s events were: Dale Matsumoto, SOT, Shar Tajbakhsh, SOT, Carolina Green, SPT, Chris McPeak, SPT, and Alyssa Takatsuki, SPT with faculty advisors Beth Rollinger, MHA, MS, OTR/L, instructor, and Patti Noritake Matsuda, PT, PhD, DPT, teaching associate.

UW DPT students have actively participated in Fall Prevention Awareness Day/Week since its inception in 2006, and have collaborated with the MOT students since 2008. The students now receive requests throughout the year, not just for Fall Prevention Week. They even have an event already scheduled at a senior fair in 2013! For more information, please contact Dr. Matsuda, at: pmatsuda@uw.edu or 206-598-0115.