

DEPARTMENT OF Rehabilitation Medicine

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LETTER FROM THE CHAIRMAN



Peter Esselman, MD
Professor and
Chairman

The University of Washington Department of Rehabilitation Medicine was established in 1957 when Justus F. Lehmann, M.D., was recruited from Ohio State University as its first Chairman. At the time, the Pacific Northwest had virtually no rehabilitation care for those with physical disabilities. The department has come a long way since 1957.

Among many other accomplishments too innumerable to list here, Dr. Lehmann established our Physical Medicine and Rehabilitation (PM&R) Residency Training Program. Today, our Residency Program stands as one of the top PM&R training programs in the country. Through 2007, the Department has trained over 312 physiatrists, including many leaders in the field.

In this issue of the newsletter, we highlight our PM&R Training Program and welcome 10 new residents to the program. Over the next four years, they will train with an outstanding academic faculty and see a diverse patient population at multiple training sites. All this while living in the great Pacific Northwest.

You will also read a candid interview with our Residency Director, Dr. Terry Massagli and a profile of Karen Ennes, our Residency Program Coordinator. I personally thank them for their excellent leadership and dedication to the residency program. Details on new grants awarded to our faculty members, and more about the successful 23rd annual Lehmann Day Symposium held on May 9th are also covered in this issue. Enjoy the newsletter!

WELCOME NEW RESIDENTS

A common sentiment in the UW Department of Rehabilitation Medicine is that we have an outstanding group of residents.

With that being said, we are pleased to announce the addition of 10 new residents to the UW Physical Medicine and Rehabilitation (PM&R) Residency Training Program. All of our students are from the Midwest, south, or east coast. They are graduating from the University of Michigan, University of Chicago, Chicago Osteopathic, Des Moines Osteopathic, The Ohio State University, Medical College of Wisconsin, University of Texas Medical Branch Galveston, University of South Florida, New York Osteopathic, and University of Pennsylvania. Their hobbies include scuba diving, playing violin in a rock band, playing harp, participating in sports, swing dancing, fishing, and for at least one student, parenting.

Welcome to our new residents!

CALENDAR

- *June 20, 2008*
Senior Resident & Fellow Graduation
- *November 20-23, 2008*
2008 Annual AAPM&R Assembly
San Diego, CA
- *February 24-28, 2009*
2009 AAP Annual Meeting
Colorado Springs, CO

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A FEW WORDS WITH TERRY MASSAGLI: RESIDENCY PROGRAM DIRECTOR

How long have you been the UWPM&R Residency Program Director?

Since 1992. I've moved through a whole generation of residents since then. They keep getting younger.



Why do you do it?

For the money and the glamour. No, seriously, I like hanging around smart young people. I'm hoping both attributes will rub off on me. I enjoy being a teacher and mentor, developing life long relationships with the residents, and I get to boss faculty around—not that it works, mind you.

In your opinion, what makes the UW PM&R program so strong?

We have depth and breadth in clinical care, diverse training sites, strong academic and local clinical faculty, and fantastic residents.

What is most unique element to the program?

Location, location, location. Close to Vancouver, Portland, mountains, water. Great culture and music scene.

What sets this program apart from most similar programs?

Compared to programs like RIC and Kessler, we are integrated into acute care hospitals at each of our 4 training sites. Compared to Mayo, we have a regional level 1 trauma system, so we see a lot of trauma. Compared to Baylor, well, we are in Seattle.

What steps are we taking to improve/make it the best possible program?

Program evaluation is the key to our success. We take an objective look at our program elements each year and develop action plans to address them. I have been privileged to have a great working relationship with 3 successive chairs, who all view(ed) the quality of our residency training program to be a priority of the department. This year, we are focusing on enhancing resident learning experiences. Residents have begun to write quarterly learning plans. We have done some faculty development on improving clinical teaching. We are reorganizing our musculoskeletal rotations to give residents more direct patient care responsibilities.

It's my understanding that the field of PM&R is becoming an increasingly competitive field. Has this influenced you to change your minimum requirements for applicants?

Only about 2.5% of US medical students apply in the field of PM&R each year. This really hasn't changed much. We have always tried to identify talented and successful students to select for interviews. We do match top students. Using the USMLE scores as one measure of student competitiveness, our residents have scores more than 10 points higher than the average for PM&R programs. In fact their scores are in the range of students matching in the incredibly competitive fields of orthopedics, radiology and dermatology.

What is the best part about being so involved with the residents?

Watching them guzzle my home brewed beer each year at my Christmas party. And my husband eats the leftovers for lunch for several months.

How do you fit it all in – clinics, professional organizations, teaching?

My passion is education and care of the patient in front of me. That comes first. Everything else seems to get squeezed in. You make room for your priorities. To be a successful program director you have to be resilient and you have to have strong time management skills.

Do you have any hobbies that help you unwind?

Work mirrors life. Running the residency and raising orchids require planning, reassessment, fertilizing, and weeding. Residents and Labrador Retrievers need consistency, fairness and room to run. But I do love my play time: scuba diving, traveling, playing bridge and trying out new red wines. Unfortunately, I'm terrible at bridge because it always seems to coincide with trying out those wines...

MEET KAREN ENNES: RESIDENCY PROGRAM COORDINATOR

Karen Ennes has been the Program Coordinator for the UW Physical Medical and Rehabilitation (PM&R) Residency Training Program since July of 1998.

Karen will tell you that her position is fairly cyclical. In the fall, she is responsible for coordinating the residency program interviews which start in Mid-November and end in late January. This is no easy task as this year alone the program received approximately 300 applications and interviewed 55 applicants. Once interviews are over, Karen then sits in on the Residency Training Committee meetings where the Committee reviews all applications and interview evaluations in order to create the rank list that is submitted in mid February. In the spring, after Match Day, she starts the long process of getting the new residents set up in the program as well as getting the senior residents ready to graduate.

On a daily basis, Karen assists the residents in getting through the program and acts as their resource. She also assists Dr. Terry Massagli, Residency Program Director, in making sure that the residents meet the program requirements and that it is all documented. Karen is also the contact person for most inquiries from inside and outside of the Rehab Department that have to do with the Residency Program.

Someone so involved with the Residency Program seems well qualified to answer the question, "What about the UW PM&R Residency Training Program is the biggest draw for applicants?"

"Initially, I think it is our reputation. I hear that over and over again from applicants. We have trained many of the leaders in the field, and many of our grads are singing our song out there. And on interview day, I think the applicants get a really good feeling for the program by meeting many of the attendings and the residents."

By the way, Karen had a baby right before interview season and has become even better at multi-tasking than ever. "Let's just say I did a lot of interview coordination and typing with one hand while I balanced a baby on my lap..."

Thank you Karen for all that you do!

UW PM&R RESIDENCY PROGRAM QUICK FACTS:

The first Physiatrists
graduated from our
program in:

1963

Total Trainees
through 2007:

312

Hospitals and
Training Centers:

UW Medical Center
(UWMC)

Harborview Medical Center
(HMC)

Veteran's Affairs Medical
Center
(VAMC)

Children's Hospital and
Regional Medical Center
(CHRMC)

STRONG PRESENCE AT AAP ANNUAL CONFERENCE

Once again, the Department of Rehabilitation Medicine was strongly represented at this year's Association of Academic Physiatrists (AAP) Annual Meeting held February 19 – 23 in Anaheim, CA. The AAP is an organization of faculty, researchers, and others interested in supporting academic medicine.

Both Dr. Larry Robinson, Professor, and Dr. Terry Massagli, Professor, taught in the Program for Academic Leadership (PAL) course. The PAL provides research training, mentorship and career development support for those physiatrists committed to developing productive careers in academic medicine.

Dr. Janna Friedly, Assistant Professor, taught in the Rehabilitation Medicine Scientist Training Program (RMSTP) program. The RMSTP provides research training, mentorship and career development support for those physiatrists committed to pursuing and developing careers in academic medicine and research.

Six of our PM&R residents had poster presentations: Drs. DJ Kennedy, Deborah Crane, Troy Henning, Benjamin Snyder, Tom McNalley and Steven Chan. One resident and two attendings gave oral papers and the two attendings received best paper awards.

SPOTLIGHT: NEW GRANTS

DAWN EHDE, PHD, AWARDED GRANTS FROM THE NIH AND NMSS



The National Institutes of Health (NIH) awarded Dawn Ehde, PhD, Principal Investigator, \$2.36 million over five years to study “The Efficacy of Telephone Delivered Cognitive Behavioral Therapy for Chronic Pain.”

The randomized controlled trial will investigate whether and how cognitive behavior therapy, relative to a pain education intervention, reduces pain and pain-related dysfunction in those with chronic pain secondary to a disability. The interventions will be administered via telephone to lessen access barriers to treatment to a sample of adults with chronic pain and either acquired amputation, multiple sclerosis, or spinal cord injury. The study will examine the effectiveness of the telephone delivered treatments as well as the potential mechanisms of the effects of cognitive behavior therapy for pain.

Dr. Ehde

Dr. Ehde was also the recipient of a \$386,000 award over the next five years from the National Multiple Sclerosis Society (NMSS) to establish an MS Rehabilitation Research Postdoctoral Fellowship Program at the UW. The program’s objective is to train fellows to be successful independent researchers in the field of multiple sclerosis rehabilitation research, with an emphasis on training researchers from rehabilitation psychology, neuropsychology, or a related behavioral science.

DOD TO FUND \$1.5 MILLION FOR TBI CLINICAL TRIALS CONSORTIUM

The Department of Defense (DOD) is funding \$1.5 million over 5 years for the Psychological Health/Traumatic Brain Injury Clinical Trials Consortium. Nancy Temkin, PhD, Professor, Neurological Surgery, is the Principal Investigator (PI). Rehabilitation Medicine faculty members, Sureyya Dikmen, PhD, Professor, and Jay Uomoto, PhD, Clinical Associate Professor, are the Co-PI’s. Other UW faculty members named as investigators are: Kathy Bell, MD, Charles Bombardier, PhD, Peter Esselman, MD, Jesse Fann, PhD, and Janet Powell, PhD. The Network will evaluate treatments for post traumatic stress disorder and traumatic brain injury.



Drs. Temkin & Dikmen

In addition to the UW, other clinical trials sites include: Madigan Army Medical Center, Walter Reed Army Medical Center, Bethesda Naval Hospital, University of California San Diego, University of Cincinnati, University of Maryland, Dartmouth, Harvard, South Carolina, and Duke.

NIDRR FUNDS UW ADVANCED REHABILITATION RESEARCH TRAINING PROGRAM



The National Institute on Disability and Rehabilitation Research (NIDRR) approved a \$748,045 grant over 5 years for University of Washington Advanced Rehabilitation Research Training (UW-ARRT). Debbie Kartin, PT, PhD, is the project director and Kurt Johnson, PhD, is the Associate Project Director. Fifteen other Rehabilitation Medicine Faculty Members are also named on the grant.

Drs. Kartin & Johnson

The primary goal of the UW-ARRT is to increase the number of successful independent rehabilitation researchers who understand their own area of focus, have a working knowledge of other related Rehabilitation Science fields, and have experience in interacting with experts who are knowledgeable in these other areas. The UW-ARRT provides advanced rehabilitation research training for 5-6 highly qualified postdoctoral trainees. UW-ARRT focuses on development of rehabilitation researchers with emphasis on design and implementation of rehabilitation research, dissemination of research, and grant writing. The comprehensive training provides immersion in a mentored rehabilitation research experience and complementary didactics.

For more information on the UW-ARRT, please visit: <http://depts.washington.edu/rehab/fellowship/advrehabres.html>

JANNA FRIEDLY, MD, CHAIRS ETHICS DISCUSSION AT HMC



Janna Friedly, MD, Assistant Professor, and member of the Ethics Committee at Harborview Medical Center (HMC) recently chaired a discussion in April titled, "Whose Sperm/Ovum is it anyway? Ethical Decisions involving Reproductive Rights and Surrogate Decision Making."

Ethics Forums are held the second Wednesday of each month, and provide an opportunity to present clinically relevant ethics topics to the HMC community (nurses, therapists, doctors, social workers, chaplains, etc). They often feature discussion of recent cases at HMC that were brought to the ethics committee for assistance or other times there is a speaker on a given topic. Dave Patterson, PhD, Professor, is co-chair of the committee.

DRS. KRABAK, KAUFMAN AND CHEN TO TRAVEL TO CHINA FOR 4 DESERTS RACE SERIES

In June, Dr. Brian Krabak, Clinical Associate Professor, Dr. Marla Kaufman, Clinical Assistant Professor and Dr. Allen Chen, Rehabilitation Resident, will travel to western China (around Kashgar) as part of the medical team for the *4 Deserts Race Series: Gobi March*. The *Gobi March* is a seven day, 150 mile ultra-running race through some of the harshest terrains on earth. The race has attracted over 200 athletes from around the world. Dr. Krabak has been the Medical Director since 2004. To follow the race and send emails, please visit: www.4deserts.com



Drs. Krabak & Kaufman

FACULTY AWARDS AND HONORS



Jean Deitz, PhD, OTR, FAOTA, Professor, recently received two prestigious national awards. Dr. Deitz was presented with the 2008 Meritorious Service Award by the American Occupational Therapy Foundation (AOTF) for her numerous contributions to the Foundation and to the occupational therapy profession. She served on the AOTF's Board of Directors for 7 years as Chair of the Research Advisory Council, and was the principal voice for scholarship and research and an articulate advocate for occupation, participation, and health. Dr. Deitz was also the recipient of the American Occupational Therapy Association (AOTA) Retired

Educator's Award for her exceptional leadership and commitment to the advancement of occupational therapy education. Both awards were given at the AOTA Annual Conference in Long Beach, CA on April 12, 2008.

Dr. Deitz was granted Honorary Membership by the American Academy of Orthotists and Prosthetists (AAOP) because of her strong advocacy for P&O education and research. She has been instrumental in developing opportunities for prosthetists and orthotists in both the master's and PhD programs in Rehabilitation Science at the UW. This award is intended to recognize individuals who have demonstrated a high level of knowledge and dedication to the P&O profession but are not certified practitioners.

Dr. Deitz will be retiring on June 30th, and will remain in the Department as Professor Emeritus teaching, advising, and administrative work. A celebratory event will be scheduled for later. Stay tuned for more details.

WELCOME NEW FACULTY



Please extend a warm welcome to Sue Ewers, CPO/LPO. She has joined the Division of Prosthetics and Orthotics (P&O) as a teaching associate.

Sue graduate from the UW P&O program in 1996, and completed her residency at Mary Free Bed Rehabilitation Hospital in Grand Rapids, Michigan. In 2003, she spent the year teaching in Phnom Penh, Cambodia, at The Cambodian School of Prosthetics and Orthotics. Before returning to the UW, she was at the University of Oregon earning her MS in Human Physiology with a focus in Motion Analysis.

Sue is an avid sailor and is glad to be back in Seattle where she can pursue sailing again, if we ever let her find the time!!



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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

For those of you interested in seeing past issues of our newsletters:

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

2008 MSK AND BOARD REVIEW COURSES A SUCCESS

The 2008 Musculoskeletal and Sports Medicine Symposium organized by Dr. Mark Harrast, and the 25th Annual Review Course in PM&R organized by Drs. Maria Reyes and Kevin Hakimi have both been deemed a success.

The Musculoskeletal and Sports Medicine Symposium on the hip and pelvis in function and dysfunction brought internationally recognized experts to Seattle for a two-day presentation on April 12th and 13th at the UW. Guest Faculty included Diane Lee, DSR, FCAMT, CGIMS, and Colleen Fitzgerald, MD. Many other noted UW Rehabilitation Medicine faculty members gave presentations as well.

The PM&R Board Review Course occurred April 14-20. This annual event is an excellent course for senior residents and recent graduates in PM&R preparing for Board certification, physicians preparing for re-certification examinations, or for any health care professional seeking to update their knowledge of PM&R.

Details for the 2009 event will be announced. Continue to check our website, <http://depts.washington.edu/rehab> for more information.

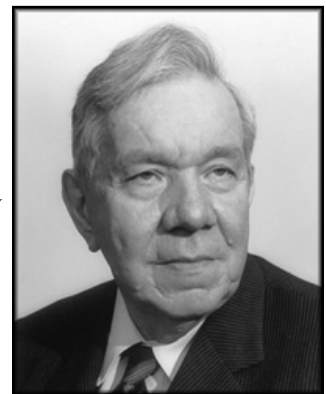
2008 LEHMANN DAY SYMPOSIUM

The Twenty-Third Annual Justus F. Lehmann Day Symposium, a program for residents, graduate students, faculty, and practitioners in the field of Physical Medicine & Rehabilitation (PM&R), occurred on Friday, May 9, 2008. Approximately 135 people attended the event held at the UW Center for Urban Horticulture.

This year, keynote speaker, Sarah E. Shannon, PhD, RN gave a lecture entitled, "From Right-to-Die to Right-to-Live in the Courts and at the Bedside: What Happened?" Other UW faculty presented on topics including patient-provider communication, pediatric palliative care, post-stroke rehabilitation and limb loss. Poster viewings occurred throughout the day.

Each year, the UW Department of Rehabilitation Medicine sponsors the Symposium to honor Justus F. Lehmann, M.D., the founding chair of the Department. Dr. Lehmann was a leader in the field of PM & R and helped to establish the first PM & R program between Vancouver, BC and Denver, CO. He headed the department from 1957-1986.

Planning is already in the works for next year. Stay tuned for more details on our website: <http://depts.washington.edu/rehab/education/ce.html>



Justus F. Lehmann, M.D.
UW Dept of Rehabilitation
Medicine Chair,
1957-1986