



Elliot J. Roth, MD

Roth Rounds Another Bittersweet Day in the PM & R Residency Program . . .

"We really had us a time. It's a strange kind of high. A beautiful goodbye"
— Michelle Branch

On Friday evening, June 11, 2010, we held our **Annual Resident & Fellow Graduation Ceremony and Dinner**. While we are once again sad to see our graduates leaving us, we are happy for them and proud of the physicians they have become! As has been our recent tradition, we were gratified to host the extended families and loved ones of the Resident Graduates and to recognize them for their many contributions to the successes of the Residents. We were entertained throughout the evening, by **Dr. Jim Sliwa's** presentations of each graduating Resident, by the junior Residents' end-of-the-year show and presentations, and by music facilitated by our own Resident disc jockey **Jeff Johnson, MD**.

The Residents honored two distinguished faculty members, **Richard L. Harvey, MD**, as Outstanding Teacher of the Year, and **Santiago Toledo, MD**, as Mentor of the Year. Congratulations to each of them for these well deserved recognitions. Teaching and mentoring require commitments of time and energy, enthusiasm, patience, and an engaging style of interaction, and each of these recognized faculty members has all of these qualities. Recognizing these selected faculty members honors our entire faculty.

As we do every year, we also announced the winners of the Resident Awards and Named Residency Positions. These are honors given to specific Residents based on meeting certain specific criteria related to their accomplishments during

Residency. By recognizing the Named Residents, we also recognize the donors whose generosity and thoughtfulness made each of the Residency positions possible, and without whom we would not be able to enjoy the high level support that we have been fortunate to have in our Training Program. We appreciate the vision, generosity, and commitment of each of our donors in supporting our Residency training.

The following Residents received named Residency Positions and Awards for the upcoming 2010-11 Academic Year:

- The **Walter E. Heller Chief Residents** (made possible by a contribution from the late Mrs. Alice DeCosta), for leadership ability and dedication to the field of physical medicine and rehabilitation: **Justin Burton, MD, Kim Do, MD, and Sarah Eichmeyer, MD**.
- The **Joanne S. Crown Resident** (made possible by a contribution from the Arie and Ida Crown Memorial Fund in honor of Mrs. Crown, a current long-time and committed member of the RIC Womens' Board), for achievements and promise as a leader in the field of rehabilitation as demonstrated through understanding, compassion and appreciation of the quality of life issues for patients: **Kate Temme, MD**.

continued on page 2

2010 RIC/NU Alumni Reception

The annual RIC/NU Alumni Reception will be on Friday, November 5, 2010, 7:00 – 10:00 p.m., during the AAPM&R Annual Meetings in Seattle, Washington. Our reception will be in the Leonesa Ballroom I, at the Grand Hyatt Seattle Hotel, 721 Pine Street, and not at the Sheraton as previously reported.

Roth Rounds

continued from page 1

- **The Harris Resident** (made possible by an endowment from the Harris Family Foundation; Mr. King Harris is former Chairman of the RIC Board of Directors); for demonstration of academic excellence through educational initiative and motivation for learning: **William Evan Rivers, DO**.
- **The William Randolph Hearst Resident** (made possible by an endowment from the William Randolph Hearst Foundation), for an individual whose participation in professional organizations and activities will make a national or regional impact in the field of physical medicine and rehabilitation: **Fred Bagares, DO**.
- **The Kovlar Family Resident** (made possible by a contribution from the Kovler Family Foundation), for demonstrated commitment to teamwork, interdisciplinary collaboration, quality patient care and the mission of the RIC: **Viabhav Maheshwari, DO**.
- **The Ike and Florence Sewell Resident** (made possible by a gift of the estate of Florence Sewell, former member of the RIC Womens' Board), for demonstrating the greatest potential for a career in academics or research: **Angela Lipscomb, MD**.
- **The Meyer S. Gunther Award** (made possible by a contribution from Dr. Meyer Gunther), given to the resident who best displays the art of listening, understanding, and interacting with patients: **Priya Mhatre, MD**.
- **The Helen Cooper Outstanding Resident Teacher Award** (made possible by a contribution from Dr. Elliot and Mrs. Renee Roth, in memory of Renee Roth's grandmother, Helen Cooper), given to the graduating resident demonstrating the greatest proficiency in teaching his/her peers through the course of the academic year: **Seth Herman, MD**.

Recognizing a few of the Residents is a way for us to honor *all* of the Residents. This is an extraordinary group of physicians who are intelligent, technically proficient, diligent, dynamic, and caring.

On the day before the Graduation Event, we held our **Annual Resident & Fellow Research Day**, at which all 11 of our graduating Residents and all 7 (!) of our Fellows presented their research projects. These 18 presentations were well-done and thought-provoking. At this event, the **Sarah Baskin Awards for Excellence in Research** were given to:

Fellows:

- **First Place: Ellen Casey, MD** (Spine & Sports Fellowship): "Identification of Risk Factors for Injury in Women's Collegiate Gymnastics Using the Gymnastics Functional Measurement Tool."
- **Second Place: Erica Wang, MD** (Brain Injury Medicine & Rehabilitation Fellowship): "Relationship between Employment Status and Sexual Functioning after TBI"

Graduating Residents:

- **First Place: Anthony Pellicane, MD:** "Prevalence of 25-Hydroxyvitamin D Deficiency in the Acute Inpatient Rehabilitation Population and Its Effect on Function."
- **Second Place: Sarah McCormick, DO:** "Functional Outcomes in adults with Cerebral Palsy after Dorsal Rhizotomy"
- **Third Place: Robert Lee, MD:** "Predicting Pressure Ulcer Development in SCI Patients with Ultrasound"

All of the Resident projects were conducted and presented well. We hope that the experiences that all of the Residents and Fellows had during training have encouraged them to launch careers that include scholarly activities such as research. At that ceremony, we also had

the opportunity to give **Sarah Baskin Awards for Excellence in Research** for the best projects among our many Research Postdoctoral Fellows, Clinician Researchers, and Medical Student Summer Externs.

To all of the graduating Residents, we express our pride, congratulations, and gratitude. You have contributed a great deal to the care of your patients and to the quality of our program. We also wish you well in your futures, and extend to you our hopes that you will approach your personal and professional activities with passion, compassion, enthusiasm, innovation, and a commitment to continuous learning. You have come to mean a great deal to us, and we will miss you personally, but we look forward to your continued accomplishments and contributions in practice, training, and research. We hope that you will keep in touch with us.

Once again, **Dr. Jim Sliwa** ('84) has led an outstanding Residency Program. His vision, commitment, enthusiasm, insight, and sense of humor, have enabled the establishment and continued evolution of a flourishing training program with an enormous experience of favorable accomplishments and a well deserved reputation for excellence.

Let's have the time of our lives...

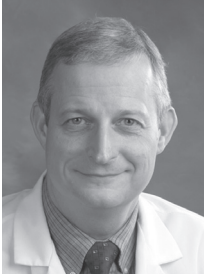
— Miley Cyrus

Warmly,

Elliot J. Roth, MD ('85)

The Paul B. Magnuson Professor and Chairman
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Talking Isn't What It Used To Be



James Sliwa, DO

I recently attended a medical convention where the opening session was highlighted by a debate on health care reform. This debate was led by two well known political analysts with differing party views on the

topic. It promised to be an interesting dialogue and drew well over one thousand attendees. A young physician was sitting next to me and as the presentation started he pulled out his Blackberry and for the next forty-five minutes read and answered his e-mails, never once looking up from the small device in his hand.

On a relatively quiet night at the Sliwa home, my wife, one of my daughters and I, were watching a movie on television when my daughter's phone beeped informing her of a message. Reading the text message she dialed a number and told the individual on the phone what movie we were watching.

When I asked what that was about she said her sister, who was upstairs in her bedroom watching television wanted to know what we were watching downstairs.

These are examples of why I have resisted being "connected" 24 hours per day 7 days per week. If my Blackberry rings every time I receive an e-mail I will soon be deaf. Furthermore, I don't think it necessary for me to know what people are doing right now. To learn someone is watching a rerun of Seinfeld or getting ready to take a shower doesn't help me make it through the day. I recently celebrated a wedding anniversary and unfortunately waited until the last minute to buy some flowers for my wife. I went online, navigated through the system, selected what I wanted and had flowers delivered the same day. Twice a week now I receive an e-mail from Flowers.com with pictures of their latest bouquets.

I recently read an article that made me rethink the importance of electronic communication. This article described

how young people are now uncomfortable with face to face communication and would prefer communicating electronically. Think what this might mean for the next generation of physicians. How long will it be before we will need to submit our chief complaint and history electronically before the doctor's visit? I envision templates with drop down boxes for specific organ systems and choosing descriptors to quantify the severity and duration of the complaints.

I have never felt I can capture exactly what I am trying to say in an e-mail. I lose the voice inflection, body language and immediate interchange that help me convey my thoughts. If I have to rely on e-mail to accurately relay my complaints and concerns to my physician, I, like many baby boomers, am a GONER. This could be a whole new spin on Darwin's theory "Natural Selection by E-Mail" or "Survival of the Electronically Fittest."

I am shopping for a Blackberry this weekend — now if they could only make the screens a little bigger! ■

In Memoriam, *part two*

Paula Sundance, MD ('89)

In the last issue of this Newsletter, we told of the passing of Dr. Paula Sundance after a long illness, in December 2009. At the time of her passing, Paula was on staff at Paradigm Medical Corporation, in Sebastopol, California. Prior to joining Paradigm, Paula had a distinguished career at Kaiser Permanente's North California rehabilitation department.

Dr. Jack Rozance, Physician in Chief at Sacramento's Kaiser Permanente Medical Group tells us that Paula joined them in May, 1990, to organize and oversee the post-acute rehab care of the KP Sacramento area TBI, SCI and other complex Neurorehab patients who were post-Neurosurgical, post-anoxic brain injury, along with post-polio and amputee patients. Many of these patients had been treated at the Kaiser Foundation Rehab Center in Vallejo or other nearby trauma centers and were then transferred to the KP Sacramento Hospital or

to Transitional Living Center/Skilled Nursing Facility sub-acute rehab units. Paula consulted on these patients wherever they were located, followed them longitudinally over time, adjusting services as needed, and worked closely with the families, community educational programs and resources such as the Easter Seal Society and the Sacramento Head Trauma Support Project, in a tireless and absolutely creative manner.

Paula worked with Dr. Rozance, a Neurologist, in helping to organize how Neurorehab services were delivered and expanded to patients across Northern California, from 1990 to 1993. They reviewed the services their members were receiving while working with KFRC in Vallejo around the development of internal brain injury programs to help meet members' needs. Paula was a frequent contributor to the Sacramento TBI Symposiums, and in rehab journals.

continued on page 4

Alumni Update

Kathleen Fink, MD ('96) -

Has been with National Rehab Hospital for more than 13 years and is an Associate Professor at Georgetown University. She has been listed as a "Top Doc" for *The Washingtonian* magazine for more than 5 years. Kathleen is the only physician/health care member of the Budget Advisory Board of the Workmen's Compensation Commission of Maryland, a Governor appointed position. Kathleen and husband, Matt Kestenbaum, have 2 sons, Alex, 13, and Nick, 10.

Chiachen Hsu, MD ('03) -

Joined Kaiser Permanente in Oakland, California in 2005; is also a graduate of the structural acupuncture course for physicians at Harvard (2005). She specializes in diagnosing and providing nonsurgical treatment of spine conditions and performing EMGs at Oakland Medical Center Spine Clinic of KP.

Wesley Smeal, MD ('05)

Is with Lakeside Hospital in Omaha, Nebraska. Wes and wife, Tami, welcomed home third son, Trey Vincent, in May, to join Jett and Connor. ■

In Memoriam, *part two*, continued from page 3

In 1993, Paula assumed responsibilities at KFRC in Vallejo, as Regional Director of Rehabilitation Services for all of Northern California, and held this position until 1996 when she left KP to join Paradigm Medical Corporation in Sebastopol. Dr. Rozance states that "Paula was extremely influential in how we organized rehab and community services for those patients with complex brain injuries, and their families. She was absolutely inspirational in her expertise and commitment to her patients and their families, and to all of us who were fortunate enough to be her colleagues. I can't begin to tell you how much I enjoyed practicing and working with Paula."

I was also contacted by Elizabeth Sandel, MD and Cathy Landrum with regard to this remembrance of Paula Sundance's time at KP. Cathy says that as a non-physician, her perspective was of being in awe of Paula's energy for life, that nothing deterred her. Paula was such an interesting person and incredibly talented in so many non-MD areas. She loved to remodel and Cathy remembers her beautiful black/white vintage-style bathrooms. Paula would have party/slide presentations at her house for friends, and her recall of interesting details of her many trips were as amazing as her photography. Paula was also an awesome cook. Whatever she did, she strove for excellence.

I wish there was space here to describe all the wonderful things her colleagues and friends said to me about Paula Sundance. As many said to me, Paula was a special physician and a special person who had an energy in life for so many things. Cathy stated that she hoped Paula did not suffer long, but knew she gave it a fight to the end. ■

Alumni, I Need Your Help!

We continually try to improve our training program and prepare residents for practice. We can't do that without feedback from the most important of sources — our Alumni. Enclosed with this newsletter you will find a brief survey that will help us assess how we are doing and how we can improve. Please take a moment to complete and return this survey and know by doing so you continue to impact our Residency and future Psychiatrists.

Thank you! Jim Sliwa

Changes Coming

The next issue of this Newsletter will be sent to you electronically. Help us continue to get it to you by keeping the Alumni Office informed of any changes in your email address. If we haven't corresponded with you recently, please send an email address to Vic Blakemore, so we will have your most current contact information.

Email Vic at vblakemor1@ric.org, or at vblakemore@ziccardilaw.com.

Thanks for your help with this!

