



Elliot J. Roth, MD

*“These years have passed us by so fast
It seems like we never got the change
To realize how good life really was
And let the moment last
And it feels like it was only yesterday
When we walked into this place”
— Dave Matthews Band*

Roth Rounds PM&R Residency and Fellowship Graduation

The NUFSM Department of PM&R Annual Resident & Fellow Graduation Ceremony was held on Friday, June 10, 2011. This group of Resident and Fellow Graduates was dynamic, diverse, and interesting. We are proud of their many accomplishments and pleased with their capabilities, knowledge and passion. In many ways, we are sorry to see them leave us, but we are excited for the interesting and important careers that they have in front of them. It was a privilege to honor this group. It was a joy to welcome their families and loved ones there to be with them. The tradition of Dr. Jim Sliwa’s presentations of each graduating Resident and of the Residents’ end-of-the-year show continued. In a major turn of events, this year the Senior Residents surprised us all with a presentation of Dr. Sliwa’s background! The Residents honored two distinguished faculty members, **Ross Bogey, DO**, as Outstanding Teacher of the Year, and **Colleen Fitzgerald, MD** (‘00), as Mentor of the Year. Congratulations to each of them for these well-deserved recognitions. Superior teaching and mentoring are critical to our ongoing program excellence, and we feel fortunate to have dedicated physicians who excel at this.

As we have done every year, we also announced the winners of the Resident Awards and Named Residency Positions. These honors are 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 foresight 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, and generosity of each of our donors in supporting our Resident training.

The following Residents received named Residency Positions and Awards for the upcoming 2011-2012 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: **Priya Mhatre, MD**; **Rachel Kerman, MD**; and **Samman Shahpar, 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 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: **Julie Lamphere, DO**.
- ▶ **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: **Sanjay Mathur, MD**.
- ▶ **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: **Sarah Linn, MD**.
- ▶ **The Kovlar Family Resident** (made possible by a contribution from the Kovler Family Foundation), for demonstrated commitment to team-work, interdisciplinary collaboration, quality patient care and the mission of the RIC: **Kimberly Karrat, DO**.

▼ continued on page 2

Roth Rounds

▼ *continued from page 1*

► **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: **Brian Liem, 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: **Jacqueline Neal, 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: **William Evan Rivers, DO.**

Recognizing a few of the Residents is a way for us to honor all of the Residents. This is an extraordinary group of physicians whose intelligence, curiosity, communication skills, and energy are highly valued by our program and our faculty. We expect continued growth from them in the future.

On the day before the Graduation Event, we held our Annual Resident & Fellow Research Day, at which all 12 of our graduating Residents and all 7 of our Fellows presented their research projects. These 19 presentations were well-done and thought-provoking. At this event, the Sarah Baskin Awards for Excellence in Research were given to:

Physician Fellows:

► **First Place: Jason Hu, MD** (Spine & Sports Fellowship): "Dancers' Perceptions of Anatomy and Its Relation to Movement"

► **Second Place: Clark Smith, MD** (Pain Management Fellowship):

"Ethnicity and Interdisciplinary Pain Treatment"

► **Third Place: Lisa Ruppert, MD** (Spinal Cord Injury Medicine Fellowship): "Development and Translational Assessment of a Tongue-Based Assistive Neuro-Technology for Individuals with Severe Neurological Disorders"

Graduating Residents:

► **First Place: Angela Lipscomb-Hudson, MD:** "Utility of Nintendo DS Brain Age for Cognitive Assessment"

► **Second Place: W. Evan Rivers, DO:** "Agreement Within and Between Physician Acupuncturists at 12 Acupuncture Point Locations"

► **Third Place: Sarah Eickmeyer, MD:** "Assessing Medical Schools' Attitudes Towards and Accommodations for Students with Physical and Sensory Disabilities"

All of the Resident and Fellow 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 will include conducting some form of scholarly activities in their practices. In recognition of their Resident Research efforts, all of the graduating Residents received **Dr. Scholl Foundation Certificates for Participation in Scholarly Activities**; these were: **Fred Bagares, DO; Justin Burton, MD; Kim Do, MD; Sarah Eickmeyer, MD; Kim Gladden, MD; Angela Lipscomb, MD; Vaibhav Maheshwari, DO; William Evan Rivers, DO; Lynette Santos, MD; Anjum Sayyad, MD; Bethany Stelnicki, MD; and Kate Temme, MD.**

At that event, we also had the opportunity to give **Sarah Baskin Awards for Excellence in Research** for the best projects among our many Research Staff, Research Postdoctoral Fellows, Clinician Researchers, and Medical Student Summer Externs. Winners were: **Genna Waldman** (1st Place, Research Staff); **Pritesh N. Parmar** (1st Place, Research Graduate Student); **Ian H. Stevenson** (2nd Place,

Research Graduate Student); **Christopher K. Thompson** (3rd Place, Research Graduate Student); **Xiaoyan Li, PhD** (1st Place, Research Postdoctoral Fellow); **Chandramouli Krishnan, PT, PhD** (2nd Place, Research Postdoctoral Fellow); **Clair F. Honeycutt, PhD** (3rd Place, Research Postdoctoral Fellow); **Ming Wu, PhD** (1st Place, PM&R Faculty); **Pamela Semanik, PhD** (2nd Place, PM&R Faculty); **Heidi R. Roth, PD, NCS** (1st Place, Clinician Researcher); **Rocio Acena Pozzi** (1st Place, 2010 Summer Extern); **Mackenzie Asel** (2nd Place, 2010 Summer Extern); **Sheena Bhuva** (Co-3rd Place, 2010 Summer Extern); and **Rachel Welbel** (Co-3rd Place, 2010 Summer Extern). Congratulations to all Research Award winners!

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

Dr. Jim Sliwa ('84) continues to lead an outstanding Residency Program. His vision, enthusiasm, insight, commitment to excellence, and sense of humor, have enabled this program to continue to flourish.

*"As we go on, we remember
All the times we had together
And as our lives change
From whatever
We will still be
Friends Forever"*

—Vitamin C

Warmly,

Elliot J. Roth, MD ('85)

The Paul B. Magnuson Professor and Chairman
PM&R, NUFSM

Why I Didn't Leave *by Deb Gaebler, MD ('85)*

It feels like yesterday, when I see the new residents come in as eager recruits to the field of PMR. I have fond memories of the PMR residency and have watched so many of the residents go on to do great things. I sometimes wonder why I didn't go!

I boil it down to 3 ideas and I submit these to you:

1. Patients and families: Many of you go into the field to develop the long term relationships with your patients, and in my case, with the families. If you remember Dr. Roth's obsession with old rock and roll music quotes, this reason reminds me of Carole King's "doesn't anyone stay in one place anymore"... You have to stay put to get to know the family: to get the prom pictures, to get the invitations to graduations, the weddings! My practice has been a life cycle event.

Before there were rules or before I knew the rules, I became "friends" on face book with an old patient of mine who moved to North Carolina and now has her own children. I love this about a long practice.

2. Chicago is a big place

and allowed a certain amount of expertise in an area that grew into an endless source of curiosity for me. I am benefiting from the fact that research is playing a large part in our new vision. I have over the last 10 years developed a great relationship with Zev Rymer's Sensory Motor Performance lab and have worked with the greats upstairs on the 13th and 14th floors! In the past, Brian Schmidt and David Reinkensmeyer and now with Li-Qun Zhang, Yupeng Ren, and Ming Wu, on devising ways to engage children with robotics to improve range of motion and strength while playing video games.

I am also involved with a classical ballet investigation that is under the direction of Citlali Lopez-Ortiz. This has given me an appreciation and a real sense that RIC can do the difficult task of integrating clinical care and research!

3. My own family: I have had the opportunity to have 3 of my girls now quite ancient be infused with the same passion for their work as I have for mine. My oldest is in Boston as an American artisan cheese buyer for South End Fromagio, a bonafide cheese monger after pursuing anthropology and library science. She is way beyond cheese whiz! My middle daughter just started working at the university hospital in Denver, after finishing her accelerated nursing program. She somehow thought the life of an RIC nurse seemed to be the greatest!

▼ *continued on page 4*

CNS Neuromodulation Fits Right in with Psychiatric Practice

From Richard L. Harvey, MD (RIC Stroke Rehab Fellow, 1992-1994, RIC Attending Physician, 1994 – present)

The idea of using electrical impulses to modify the physiology of the central nervous system (CNS) is not new. Even before electricity could be stored, electric fish were used to treat disease and pain. In the early 1960's the first deep brain stimulator was implanted to treat intractable pain which was later followed in 1967 with the first implanted spinal cord stimulator. The deep brain stimulator has survived, now being a standard treatment for severe tremor in Parkinson's disease. In recent years the interest in neuromodulation has increase enough that there is an International Neuromodulation Society and the Journal of Neuromodulation.

Lately, there has been growing interest in the use of non-invasive brain neuromodulation to treat neurological conditions. Technologies including

Transcranial Magnetic Stimulation (TMS) and Transcranial Direct Current Stimulation (TDCS) have demonstrated some efficacy for treating depression, Parkinson's disease, central pain, stroke related motor deficits, neglect syndrome, aphasia and dysphagia. In stroke treatment, the use of these neuromodulating devices will not likely replace standard therapy, but be used instead as an adjuvant to physical, occupational and speech therapy. In this respect, non-invasive neuromodulation is true physical medicine; the very kind of therapeutic interventions that we as psychiatrists are trained to apply. Think of it! Delivering an electromagnetic field over the cerebral hemisphere to either up-regulate or down-regulate cortical excitability in order to facilitate a patient's response to task oriented therapy. What could be more psychiatric than that!

This is why I am excited about my current research. About a year and a half ago I initiated the Contrastim Stroke

Study, a pilot clinical trial investigating whether low-frequency repetitive TMS (rTMS) applied to the non-lesioned hemisphere of subacute stroke patients can improve motor recovery when combined with task oriented therapy. This study is unique in that it uses a navigated rTMS system that combines motion analysis technology with 3-dimensional brain image reconstruction to guide delivery of the stimulation. Secondly, the protocol is designed to mimic a true clinical intervention, and in this respect the study is translational.

It's too early to tell whether this new modality is really effective, but preliminary analysis is promising, and we continue to enroll subjects. More importantly, it's critical that psychiatrists be involved in this kind of novel research so that we can remain the world leaders in Physical Medicine and Rehabilitation. I at least hope to do my part. ■

Alumni Update: Kerry Maher MD ('95)

After I completed my residency at RIC in 1995, I took a position at Spain Rehabilitation Center at the University of Alabama Birmingham (UAB) in Birmingham, Alabama, where I served as the Director of Consult Services. It was very similar to my RIC experience as UAB served as a tertiary care hospital for the State of Alabama and much of the Southeast. I also worked closely with an orthopedic surgeon where I practiced sports medicine. I treated a variety of sports-related injuries, including UAB athletes who went on to become national and international athletes. Between treating patients, I served as the medical director for two skilled nursing facilities and had the privilege of teaching Internal Medicine Residents and PM&R Residents about rehabilitation medicine.

But after eight years in academics, my husband's career moved us to Jacksonville, Florida, where I joined the staff of Brooks Rehabilitation Hospital. Initially, the hospital approached me about an inpatient medical directorship, but I asked them to let me build their relationships with other hospitals and physicians in the community. That is what I have been doing as the Medical Director of Admissions for Brooks Rehabilitation Hospital, a 157-bed rehabilitation hospital, the second largest in the country.

Why is it important for a rehabilitation hospital to build relationships with other hospitals and institutions? At any one time, the hospital is over 80 percent occupied, and we handle over 2,900 admissions annually. Prior to my arrival at Brooks,

there was no physician dedicated to building relationships within the community. Now, I have a team of 13 certified rehabilitation nurses with me doing the job. I have privileges with all of the area acute care hospitals, and I perform consults at the local level-one trauma center. (I have to keep all of my badges in a plastic bag in the glove compartment of my car to keep from losing them!)

I have learned that this job is more than just doing a consult and leaving the hospitals. Instead, I walk the halls of the hospital to get a feel for the institution. I stop and talk to people. I get to know who are the case managers and find out who drives referrals. Each hospital has its own personality, and each hospital has its own needs where Brooks Rehabilitation Hospital can help. I do numerous lectures throughout the city on all aspects of rehabilitation. I now field calls from physicians all over Jacksonville, Central and North Florida, Southeast Georgia, and one from as far away as Italy. Why is this important? Healthcare is changing. The payment structure will change, and peer-to-peer physician relationships will become more important in directing and coordinating with rehabilitation hospitals and all post-acute services.

When I was at RIC, Drs. Roth and Sliwa always said that if there were an award for Miss Congeniality, I would have won it. I have always had the confidence and personality to talk to anyone. But it is equally important to be well-trained to succeed in what I do. I am proud to say that RIC certainly trained me well and prepared me to succeed as medicine changes in the future. ■

Why I Didn't Leave

by *Deb Gaebler, MD ('85)*

▼ *continued from page 3*

She biked kids across the country and down both coasts for fun. The youngest finished her studies at Colorado College and now is in Denver doing *City Year*, a service project with the school systems that improves the chances for disadvantaged youth. My husband Neal is in practice and thriving.

I have been at RIC since leaving my pediatric residency and have really never looked back. Here since 1985, I wonder what greener pastures would look like now or then if, as a resident out of training, I had decided to move on. For now, I think my greener pastures will be an open road for biking, a chunk of goat cheese on good bread, and about 6 more years to try to get the computer system down! ■

SkyRise Chicago 2011

The third annual Skyrise Chicago will be held on Sunday, November 6, 2011, from 7:00 a.m. until noon at the Willis Tower. Not only is it the planet's tallest indoor stair climb, it is RIC's biggest fundraising event. The event sold out last year, with climbers from across the nation and many countries. If you can't participate in the climb, you might want to contribute in other ways. **Log onto www.ric.org for more information.**

2011 RIC/NU Alumni Reception

The annual RIC/NU Alumni Reception will be held on Friday, November 18, 2011, 7:00 until 10:00 p.m. in St. George 104, Emerald Bay, Atrium Level at the Gaylord Palms Resort and Convention Center in Orlando.

