



The Rehabilitation Reader “Living to the Fullest in the 21st Century”

The University of North Carolina Department of Physical Medicine and Rehabilitation

August 2007

Accident Survivor Pays It Forward

Physical Medicine and Rehabilitation Patient Helps Expanding Community, Promotes Endurance and World Citizenship

“Life is not always peachy-keen. We’re supposed to learn from trials and share our knowledge in that dash between the time we’re born and the time we die.”

—Karene McLean

On a hot summer day in July 2007, Karene McLean of Sanford, NC proudly wears shorts as he enters a coffee shop near the UNC Amputee Clinic.

“My motorcycle friends used to come by the house to take me out to places like this before I was able to walk,” he remembers. “They treated me the same after I lost my legs, and weren’t ashamed of me. That changed my thinking.”

In Spring 2004, McLean was riding his motorcycle when suddenly he was hit by another driver who did not stop. “I was almost home,” he recalls. “I was left for dead.” Thankfully, however, he survived because a witness called for help.

McLean was fitted for permanent prostheses in-house at the UNC Amputee Clinic in December 2004. Thanks to these new legs, he has regained much of his independence

and confidence, working steadily as a barber, a father of three children, and as an active member of the community mentoring high school students and translating Spanish for Latino neighbors. He may even ride a motorcycle to feel “complete” again, but he respects his family’s hesitation.

His mother, who played a critical role during his trauma, helped him breathe on his own during his 45-day coma and used sand to open and strengthen his hands.

McLean also attributes his recovery to his supportive wife, extended family, customers and friends. He also acknowledges his faith as a major influence in his persistence. “Jesus didn’t let me die,” he says. “I’m here for a reason.”

McLean continues to heal with Physical Medicine and Rehabilitation team members such as Wilder Lafond, who crafted his prostheses, Calvin Wang, PT, Ursula Lavelle, RN, and Michael Y. Lee, MD, MHA. “Dr. Lee was a big influence on my wanting to walk and building my extreme activity level,” he says. “I exercise and lift weights every day.”

McLean’s next goal is to open his own barber shop with a diverse team. “I’d like to have a white co-worker, a

Latino, a woman, and myself,” he says. He also hopes to finish classes to become a professional Spanish translator.

“People walk around with knowledge and don’t share it,” he says. “Life is not always peachy-keen. We’re supposed to learn from trials and share our knowledge in that dash between the time we’re born and the time we die.”

“I want to be open, always flowing,” he adds. “I want to be like a river.”

McLean works out daily to build endurance. He encourages others to follow suit. “I remember this man I met in a wheelchair who couldn’t walk,” he says. “I told him to exercise with weights. I see him now once in a blue moon, but when I do, he’s walking.”



McLean celebrates one of life’s peachy-keen moments: enjoying coffee while out-and-about and inspiring others to give back. He welcomes email to share experiences: madbarber76@hotmail.com

See related clinic stories , p. 2

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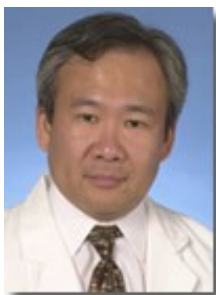
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A Message from the Chair



Dear Patients and Friends,

In the past year we have made considerable progress toward our vision of becoming globally recognized in physical medicine and rehabilitation by the year 2015.

Our residency program received full accreditation status in August 2006. We also recently welcomed several world-class faculty members and a talented team of new residents. Additionally, our visiting international faculty program now includes experts from Slovenia, Colombia, Brazil, Japan and Korea.

In the near future, we are planning a two-week mission to bring our knowledge and experience to countries in

need of rehabilitation care. By training and working with doctors in other regions, we expand the benefits not only to people across the planet, but to our patients right here in North Carolina.

In order to grow in this exciting direction, our team of professionals seeks your ideas and financial support. Please let us know how you would like to help give the gift of rehabilitation medicine to others.

With warm regards,

Michael Y. Lee, MD, MHA
Professor and Chair



DEPARTMENT OF
PHYSICAL MEDICINE
AND REHABILITATION

*Michael Y. Lee, MD, MHA
Professor and Chairman*

Joshua J. Alexander, MD
Associate Professor

George Atkinson, MD
Assistant Professor

Lisa Blankenship, MD
Assistant Professor

Susan A. Gaylord, PhD
Assistant Professor

Patricia C. Gregory, MD
Assistant Professor

Vicki Kowlowitz, PhD
Associate Professor

Cara O'Connell-Edwards, PhD
Assistant Professor

Jongbae Park, KMD, PhD
Assistant Professor

Karla L. Thompson, PhD
Assistant Professor

Heather Walker, MD
Assistant Professor

Tanya E. Zimmer, MD
Assistant Professor

Susan Evers, MPH, CHE
Administrator

The University of North Carolina
At Chapel Hill
Campus Box 7200
Chapel Hill, NC 27599-7200
919-966-5164

Amputee Clinic

Patients at the amputee clinic at the UNC Department of Physical Medicine and Rehabilitation are exposed to a continuum of care unlike any other facility in the area.

Not only are patients treated to make sure their wounds heal appropriately, but they are fitted with

prostheses created on site. During their time at the clinic they also go through rehabilitation and training to ensure they can use their new prostheses.

By providing proper care and management, our specialists reduce secondary complications and get patients as fully functioning as

possible.

The clinic is conveniently located off campus on Fayetteville Road in Durham, NC.

For more information or to make an appointment by a doctor's referral, call Stephanie Harper at 919-806-3910.

UNC Hospitals Rehabilitation Center Update

Our UNCH Inpatient Rehabilitation Center continues to be in line with the national average in areas such as length of stay, efficiency, functional independence measures, and discharges to the community.

The rehab team treated 605 patients from April 2006 to March 2007, with an average length of stay at 13.7 days.

The top diagnoses were stroke (19.1 percent), replacement of joints of the lower extremities (12.4 percent), and patients recovering from transplants and long term illnesses (12.4 percent).

In a recent patient survey, 90 percent of persons served were satisfied with the overall care given at the center.

"To date, 77 percent of our patients achieve sufficient independence to be discharged home," says Mike Hartge, RN, CRRN, PPS Coordinator. "This indicates we're serving patients and their needs well."



New Faculty

We welcome four new faculty members to our team.

George J. Atkinson, MD, returns to UNC as one of our former residents. Recently practicing at the Carolinas Rehabilitation Center in Charlotte, NC, he specializes in general and cancer rehabilitation. Prior to his residency with us, he graduated from Baylor College of Medicine in Houston, TX.

Heather W. Walker, MD, joins as a specialist in spinal cord and

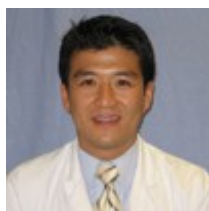
neurological rehabilitation. Dr. Walker completed her fellowship training in spinal cord injury medicine at the Kessler Institute for Rehabilitation. She trained in physical medicine and rehabilitation at the University of Pittsburgh following graduation from the University of Kentucky College of Medicine.

Cara F. O'Connell-Edwards, PhD, joins as a new psychologist. Dr. O'Connell-Edwards received her degree in clinical psychology from West Virginia University. She com-

pleted a predoctoral internship at Duke University and postdoctoral fellow in the Department of Psychiatry and Behavioral Science at Duke University Medical Center.

Jongbae Park, KMD, PhD, joins the department as a research faculty member, and also will help in the clinic with acupuncture treatments. Dr. Park comes from the Osher Institute of Harvard Medical School where he was involved in the Center for Integrative Medicine. He received his Korean medicine de-

gree as well as a PhD from Kyung Hee University. He also earned a PhD in medical sciences from the University of Exeter, UK.



Andrew Yu, MD
Chief Resident 2006-07



Ashley McCowen, MD



Joseph Martellotto, DO

Graduating Class of 2007

This year our three graduating residents received awards for their contributions.

Andrew Yu, MD, will be continuing his medical education at the University of Michigan as a pain fellow. He received a resident of the year award for administration to honor

his leadership as chief resident for 2006-2007.

Ashley McCowen, MD, will be joining a private practice in Phoenix, AZ, where she has accepted a fellowship position in sports and interventional spine. She received a resident of the year award for

inpatient clinical service.

Joseph Martellotto, DO, will be joining the Mayo Clinic in Phoenix, AZ. He received a resident of the year award for outpatient clinical service.

Good luck to our graduating class!

New Residents

The four-year residency program was established to develop medical school graduates into outstanding practicing physiatrists.

We are honored to have two new chief residents: **Anand Gandhi, MD**, a graduate of Creighton University School of Medicine, and **Scott Horn, DO**, a graduate of Des Moines University.

Dr. Gandhi is interested in spine,

sports medicine and acupuncture. Dr. Horn is specializing in sports medicine and musculoskeletal medicine.

Joining the program as first-year residents are **Elizabeth Gursuk, DO**, from Edward Via Virginia College of Osteopathic Medicine, **Hannah Messer, MD**, from Medical University of South Carolina College of Medicine, and **Justin Scruggs, MD**,

also from Medical University of South Carolina College of Medicine.

Additionally, we welcome a new second year resident, **Christie Campbell, DO**. Dr. Campbell graduated from Nova Southeastern University College of Osteopathic Medicine, and completed her transitional year at New York College of Osteopathic Medicine, Union Hospital.

Opportunities to Give

We strive to provide patient-centered care while educating residents and the next generation of physiatrists to become world renowned leaders in the field of physical medicine and rehabilitation.

In order for us to continue to educate young physiatrists and

provide a continuum of patient care, we must constantly improve our own knowledge of rehabilitation. We accomplish this mission by philanthropic donations. Any amount helps our patients reach new goals and live more fully.

You may give a gift of cash,

check, credit card, stock, or a planned gift. All donations are tax deductible to the extent allowable by law. For more information, please contact Nicole Pratapas, director of development, at 919-619-6176 or nicole_pratapas@med.unc.edu via email.

Our Mission Towards International Health

During the next year the department will focus on establishing a partnership to supply medical care to individuals in third world countries who do not have access to rehabilitation services.

“As a leading program in physical medicine and rehabilitation it is our duty to provide healthcare on a global scale to citizens who have

physical impairments and disabilities which are not treated by their own local healthcare providers,” said Michael Y. Lee, MD, MHA, department chair.

The department’s goal is to establish relationships with centers and visit annually for one to two weeks. The Department will send one faculty member and three residents

to run a clinic and participate in the care.

The estimated cost for this project will be \$20,000 annually plus medical supplies.

To donate to this endeavor, contact Nicole Pratapas, director of development, at (919) 619-6176 or nicole_pratapas@med.unc.edu via email.

“As a leading program in Physical Medicine and Rehabilitation it is our duty to provide healthcare on a global scale to citizens who have physical impairments and disabilities which are not treated by their own local healthcare providers.”

—Dr. Michael Lee

Awards and Accomplishments



This year has been a phenomenal year for the department. Here are a few of the highlights.

Joshua Alexander, MD, received a grant for \$550,000 from the Rex Endowment in support of the TelAbility program’s Wake Area Telehealth Collaborative Helping (WATCH) project.

The Complementary and Alternative Medicine (CAM) program received a T32 research fellowship grant as well as two National Institute of Health R21 grants supporting mindfulness in irritable bowel syndrome (IBS) and craniosacral therapy in migraine.

Dr. Michael Lee, MD, MHA, department chair, was selected as an American Council on Education (ACE) fellow. He will be mentored by Robert Shelton, president of the University of Arizona. In addition, Dr. Lee was

picked as one of the “2007 Best Tar Heel Doctors” in Physical Medicine and Rehabilitation by *Business North Carolina* magazine, as reported in the July issue.

Patricia Gregory, MD, received an Echo Grant to research patient preferences to rehabilitation at the time of stroke, as well as to help identify the information patients receive regarding rehabilitation options. Dr. Gregory also was picked as one of the “2007 Best Tar Heel Doctors” in Physical Medicine and Rehabilitation by *Business North Carolina* magazine, as reported in the July issue.

Lisa Blankenship, MD, was one of eight faculty members selected from across the nation for the Program on Academic Leadership (PAL), a three-year program for promising psychiatric academic faculty created to enhance their leadership role.

The Rehabilitation Reader

Questions or Comments?
Contact Jennifer Satinsky, MA
satinsky@med.unc.edu