

Faculty Education & Scholarship Summary Report
July 1, 2018 – June 30, 2019
 Department of Physical Medicine and Rehabilitation
 UNC School of Medicine

Faculty

Joshua Alexander, MD	Michael Ingraham, MD
JM Baratta, MD, MBA (<i>began April 2019</i>)	Angela Lipscomb-Hudson, MD
Christine Cleveland, MD (<i>began November 2018</i>)	Kimberly Rauch, DO
Keturah Faurot, PhD, MPH, PA	Lee Shuping, MD, MPT
William Filer, MD	Raj Telhan, MD, MFA
Susan Gaylord, PhD	Paul Thananopavarn, MD
Mathew Harris, PhD, ABPP(CN)	Karla Thompson, PhD
James Hill, MD, MPH	Tanya Zinner, MD

Bibliography

REFEREED PAPERS

1. Wang C., Li K., Choudhury A. and **Gaylord S.** "Trends in Yoga, Tai Chi, and Qigong Use Among US Adults, 2002–2017", *American Journal of Public Health* 109, no. 5 (May 1, 2019): pp. 755-761. DOI: 10.2105/AJPH.2019.304998 PMID: 30896991.
2. Wang C., Li K, **Gaylord S.** Prevalence, patterns, and predictors of meditation use among U.S. children: results from the National Health Interview Survey, *Complementary Therapies in Medicine*, (2019). <https://doi.org/10.1016/j.ctim.2019.02.004>.
3. Cuthbertson C, Kucharska-Newton A, **Faurot K**, Stürmer T, Jonsson-Funk M, Palta P, Windham BG, Thai ST, Lund JL Controlling for frailty in pharmacoepidemiologic and comparative effectiveness studies of older adults: Validation of an existing Medicare claims-based algorithm. *Epidemiology*, Jul;29(4):556-56.
4. Mayer, Sophie E.; Tan, Hung-Jui; Peacock Hinton, Sharon; Sanoff, Hanna K.; Stürmer, Til; Hester, Laura L.; **Faurot, K**, Jonsson Funk, Michele; Lund, Jennifer L. Comparison of Medicare claims-based measures of poor physical function and associations with treatment receipt and mortality in older colon cancer patients. *Medical Care*, Epub ahead of print 2019 Feb 14. doi: 10.1097/MLR.0000000000001073
5. Harris B, Heine P, Park JY, **Faurot K**, Hopkins M, Rivara A, Jelovsek E, Grotegut C. Are Prediction Models for Vaginal Birth After Cesarean Accurate? *Am J Obstetrics & Gynecology*, Epub ahead of print, 2019 Feb 1. pii: S0002-9378(19)30286-8. doi: 10.1016/j.ajog.2019.01.232

IN SUBMISSION/IN PRESS

6. Gelfman R & **Hill JJ 3rd**. Rehabilitating the Injured/Ill Worker to Maximum Medical Improvement (MMI). *PM&R Clinics of North America* 2018 (in press).
7. McSwain D, **Alexander J**, Curfman A and Herendeen N. Telemedicine: Applications in Pediatric Primary and Specialty Care. A Policy Statement from the American Academy of Pediatrics. *Pediatrics* (in submission).
8. Areson D, **Filer W**, **Harris M**, **Shuping L**. Accuracy of the Scratch Collapse Test for Carpal Tunnel Syndrome in Comparison to Electrodiagnostic Studies. *Hand* (in submission).
9. Kiken L, Peters JR, Bluth K, Rajagopalan R, **Gaylord S.** Predicting mindfulness interventions responses: Roles of baseline mindfulness facets in improvements in psychological mechanisms. *Mindfulness*. (Under review).

10. Wang C, Li KG, **Gaylord S**. Use of Complementary and Alternative Medicine Approaches Among U.S. Children with ADHD: Results from the 2012 and 2017 National Health Interview Surveys. (Submitted to *JAMA Pediatrics*, December, 2018.)
11. Woods-Giscombe C, **Gaylord S***, Li Y, Brintz CE, Bangdiwala SI, Buse JB, Mann JD, Lynch C, Phillips P, Smith S, Leniek K, Young L, Al-Barwani S, You J, **Faurot K**. Mindfulness-based stress management and diabetes risk reduction for African Americans with prediabetes: A mixed-methods, randomized clinical trial to examine feasibility. (Submitted to *Evidence-Based Complementary and Alternative Medicine*, December 27, 2018.) (* co-first-author).
12. Zieff, Gabriel H; Stone, Lee; Frank, Barnett; **Gaylord, S**; Battle, Kate and Hackney, Anthony C. Do Aerobic Exercise and Mindfulness Act Synergistically to Mitigate Psychological Distress in College Students Experiencing High Levels of Stress? *Medicine & Science in Sports & Exercise (under submission)*.
13. Phillips, Kamaira; Brintz, Carrie; Moss, Kevin; **Gaylord, S**. Didgeridoo Sound Meditation for Stress Reduction and Mood Enhancement in Undergraduates. (Submitted to *Global Advances in Health and Medicine*, May, 2019).
14. Brintz, Carrie E; Miller, Shari; Olmsted, Kristine; Bartoszek, Michael; Cartwright, Joel; Kizakevich, Paul; Butler, Michael; Asefnia, Nakisa; Buben, Alex; **Gaylord, S**. Adapting Mindfulness Training for Military Service Members with Chronic Pain. (Submitted to *Military Medicine*, May, 2019.)
15. Wang C., Li K., Choudhury A. and **Gaylord S**. Inequitable and Undisclosed Use of Mind-Body Practices among U.S. Adults: What are the remedies? (Submitted as Letter to the Editor to the *American Journal of Public Health*, May, 2019.)

BOOK CHAPTERS

1. Carneiro K, **Filer W**. Facial Nerve and Blink Studies. In: McLean EMG Guide, 2nd edition. 2019. Visco C, Chu S, Jayabalan P.
2. Lange A, **Gaylord S**. *Homeopathy*. In M. Murray (Ed.) In *Textbook of Natural Medicine* 5th ed. In process for Fall 2019.

PUBLISHED ABSTRACTS

1. Crouch D, Pan L, **Filer W**, Stallings J, Huang H. Comparing Surface and Intramuscular Electromyography for Simultaneous and Proportional Control Based on a Musculoskeletal Model: A Pilot Study. *IEEE Transactions on Neural Systems and Rehabilitation Engineering*, Volume 6, Issue 9, 09/2018; PMID: 30047893.

MEETING ABSTRACTS/POSTERS

1. **Thompson K**, Honvoh G, **Lipscomb-Hudson A**, Gaylord S, Faurot K, and Gaylor-Scott N. Complementary and Alternative Medicine Use among People with Functional Limitations. Poster. American Congress of Rehabilitation Medicine, 10/2018, Dallas, TX.
2. Punzell S and **Ingraham M**. Spinal Cord Stimulation in Scoliosis-Related Biomechanical Back Pain: A Case Report. Poster. American Academy of Pain Medicine. 03/2019, Denver, CO.
3. Boyd M and **Shuping L**. Ulnar Nerve Entrapment in a Powerlifting Athlete Caused by a Hypertrophied Triceps Brachii. Poster. American Medical Society for Sports Medicine. 04/2019, Houston, TX.
4. Lynch C, Honvoh G, Mann JD, Suchindran C, **Gaylord SA**, **Faurot K**. *Assessment of complementary and alternative medicine use among migraine patients in a dietary clinical trial*. Poster presentation, American Public Health Association, San Diego, CA, November 2018. Presented.
5. Thompson KL, Honvoh G, Gaylord-Scott N, **Gaylord SA**, Lipscomb-Hudson A, **Faurot K**. Complementary and alternative medicine use among people with functional limitations. American Congress of Rehabilitation Medicine, Dallas TX, October 2018. Presented.
6. Zieff G, Stoner L, Frank B, **Gaylord S**, Battle S, Hackney A.C. (2019) Do aerobic exercise and mindfulness act synergistically to mitigate psychological distress in high-stress college

students? *Southeast Chapter of the American College of Sports Medicine (SEACSM)*. Greenville, SC, USA. Feb 16-16, 2019. Presented.

7. Zieff G, Stoner L, Frank B, **Gaylord S**, Battle S, Hackney A.C. (2019) Do aerobic exercise and mindfulness act synergistically to mitigate psychological distress in high-stress college students? *American College of Sports Medicine (ACSM) National Conference*. Orlando, FL, USA. May 28-June 1, 2019. (Submitted Oct. 14, 2018).
8. Brintz C, **Faurot K**, Rao S, **Gaylord SA**. Feasibility of a 4-week Adapted Mindfulness Program for Adults with Chronic Pain. Society of Behavioral Medicine National Conference. (Submitted Nov. 9, 2018.)
9. Barnhill J, Roth I, **Faurot K**, Honvoh G, Lynch C, Thompson K, **Gaylord S**. Whole Health at the Center for Rehabilitation Care: An Integrative Health Model. Academic Consortium for Integrative Medicine & Health April 14 -16, 2019 Edmonton, Canada.
10. **Jessica Barnhill, MD¹**, Isabel Roth, DrPH, MS, Gilson Honvoh, MS, Chanee Lynch, MPH, **Kim Faurot, PA, PhD**, Karla Thompson, PhD and **Susan Gaylord, Ph.D**. Applying a holistic curriculum at a rehabilitation center to advance integrative health services. American Public Health Association Nov 2-6 2019 Philadelphia, PA.
11. Chanee Lynch, MPH, Chadd Michael Hearn, BA, **Kim Faurot, PA, PhD³**, Chloe Brown, BS, Zayne Dadressan, BA, **Susan Gaylord, Ph.D**. Process for Creating an Attention-Control Group Curriculum for Mindful Self-Compassion. American Public Health Association Nov 2-6, 2019 Philadelphia, PA. Abstract #450883- Accepted for poster presentation.

NEWSLETTER ARTICLES

PM&R Departmental Newsletter:

1. Thompson, K. Part 1 of Sleep – July 6, 2018
2. Thompson, K. Part 2 of Sleep – July 20, 2018
3. Thompson, K. How to Avoid the Health Risks That Come with Financial Stress – August 16, 2018
4. Gaylord, S. Mindfulness for Managing Stress and Maximizing Resilience – August 30, 2018
5. Thompson, K. 6 Ways Pets Can Improve Your Health – September 28, 2018
6. Thompson, K. New Study Links Mindfulness, Brain Changes, and Pain Sensitivity – October 12, 2018
7. Thompson, K. More Than Cooking... – October 26, 2018
8. Harris, M. Wellness for the Holidays – December 14, 2018
9. Harris, M. Mediterranean Diet – January 1, 2019
10. Faurot, K. Treating your Pain Without Drugs – January 18, 2019
11. Alexander, J. Wheel of Wellness – February 1, 2019
12. Gaylord, S. Intermittent Fasting and Health – February 15, 2019
13. Harris, M. Wheel of Wellness – March 1, 2019
14. Gaylord, S. Humor for Healing and Health – March 1, 2019
15. Alexander, J. Spirituality and Wellness – March 15, 2019
16. Thompson, K. Wheel of Wellness, – March 15, 2019
17. Alexander, J. 12 Wellness Apps to Try – March 29, 2019
18. Hudson, L. How does caffeine affect weight? – April 12, 2019
19. Hudson, L. Culinary Medicine – April 26, 2019
20. Thompson, K. Book review of “How not to die” – June 7, 2019
21. Thompson, K. Do we need more leafy greens? – June 21, 2019
22. Gaylord, S. Wheel of Wellness – June 21, 2019

Grants, Contracts & Clinical Trials

FUNDED

SBIR R43/R44 1R43MD012223-01

Gaylord (PI)

07/11/2017-02/28/2019

Brim Technologies/NIMHD

\$61,626

*Project Title: SBIR: Artificially Intelligent Diabetes Assistant (AIDA) for African Americans with Type 2 Diabetes**Goal: The goal is to build an artificially-intelligent diabetes assistant (AIDA), a chatbot-powered telehealth platform that is designed to provide highly interactive, automated diabetes self-care support to African Americans with type 2 diabetes.**Faculty:***Alexander** Role: Co-I (1% effort)**Gaylord** Role: PI (10% effort)**Faurot** Role: Co-I (8.5% effort)**UNC PM&R Innovation Fund Award**

Lipscomb-Hudson (PI)

10/4/2017-10/3/2018

University of North Carolina

\$10,000

*Project Title: Weight Loss and Lifestyle Medicine (WeLL-Me) Clinical Program**Goal: The WeLL-Me program is designed to assist and teach patients with a body mass index > 30 healthy lifestyle and weight loss approaches to improve their nutrition, physical activity, functioning, quality of life, and mental health.**Faculty:***Lipscomb-Hudson** Role: PI (no salary support)**1R01EB024570-01**

Huang (PI)

08/15/2018 – 08/14/2021

NCSU/NIH

*Title: Error Tolerance in Wearer-Robot Systems**Goal: The objective of this study is to investigate novel fault-tolerant mechanisms, inspired by human motor control principles, to improve the robustness and safety of powered transfemoral (TF) prostheses. We will accomplish our research objectives by pursuing three specific aims: 1) To systematically determine the effects of imposed prosthesis errors on objectively measured walking stability of amputee-prosthesis systems. 2) To systematically determine the effects of imposed prosthesis errors on perceived walking stability in amputees. 3) To demonstrate the capacity of robust lower limb prosthesis control by mimicking human motor control mechanisms.**Faculty:***Filer** Role: Co-I (9% effort)**R00HD091375**

(Cassidy)

NIH/NICHD

*Title: Brain Network Connectivity Measures In Early Stroke Rehabilitation**Goal: This project will use multi-modal neuroimaging (EEG and resting-state fMRI) to derive biomarkers of motor recovery in individuals early post-stroke admitted to an inpatient rehabilitation facility.**Faculty:***Baratta** Role: Consultant (no salary support)**NC TraCS \$2K.**

Faurot, PI

05/15/2019-05/14/2020

"Development of a Novel mHealth Application for Dietary Supplement Tracking--Acquiring Patient Perspectives" Grant # 2KR1151904*Goal: To develop and test an mHealth application for dietary supplement tracking in three patient populations.***Faurot** Role: PI (in kind)**Gaylord** Role: Co-I (in kind)**NC TraCS \$2K. Stakeholder Engagement Voucher** Roth, PI

05/15/2019-05/14/2020

"Engaging Stakeholders in Research on a Telephone-delivered Mindfulness Intervention for Rural, African American Families" Grant # SE1907

Goal: To cultivate stakeholder engagement for our already funded NIH/National Institute on Aging parent grant (which is to develop a telephone-based delivery of a mindfulness-based intervention for rural African American informal caregivers of those with dementia) in rural Wayne and Lenoir counties, NC.

Roth: PI (in kind)

Gaylord Role: Co-I (in kind)

R21 Gaylord, PI 02/01/2019-1/31/2021
NIH \$271,981

Project Title: Easing the Burden of Dementia Caregiving: A Telephone-delivered Mindfulness Intervention for Rural, African American Families

Goal: The project's specific aims are: 1) to determine the feasibility and acceptability of a telephone-delivered mindfulness training intervention (TMT) in decreasing caregiver burden among rural, African American informal caregiving teams of people with dementia; 2) to explore effects of the training on relevant secondary outcomes for both caregiving team members, including emotional regulation; tolerance of uncertainty; emotional and physical health; family conflict within the informal caregiving team; and self-efficacy; 3) to explore comfort with and willingness to adopt technologies (e.g. telephone-based, web-based) to access mindfulness practices and existing caregiving educational resources.

Faculty:

Gaylord Role: Co-I (15% effort)

Faurot Role: Co-I (10% effort)

UNC PM&R Innovation Award Gaylord, PI 08/2018-06/2019
\$30,000

Project Title: Whole Health at the Center for Rehabilitation Care: An Integrative Health Model

Goal: To test the feasibility and acceptability of the Personal Health Inventory and Whole Health model approach at the UNC Center for Rehabilitation Care, including piloting the implementation health self-efficacy groups, assessing utilization and interest in CAM modalities among adult PM&R patients, and developing patient and provider education in CAM and integrative health modalities.

Gaylord Role: PI

Barnhill Role: Co-PI

Faurot Role: Co-I

Thompson Role: Co-I

R21/R33 MH100250 (Penn, PI) 04/04/2014-03/31/2019
National Institute of Mental Health \$18,460

Project Title: Targeting Stress Reactivity in Schizophrenia: Integrative Coping Awareness Therapy

Goal: To develop/ test mindfulness & positive psych intervention for stress reactivity in early schizophrenia.

Faculty:

Gaylord Role: Co-I (7.5% effort)

1 R34 AT008822-01A1 Gaylord, PI 09/01/2016- 08/31/2019
NCCIH \$150,677

Project Title: Making Friends with Yourself: A Depression Prevention Program for Adolescents

Goal: The primary goal of this research project is to refine and test the feasibility and acceptability of an innovative depression-prevention program, "Making Friends with Yourself" (a developmentally appropriate

adaptation for adolescents, based on the adult Mindful Self-Compassion program), in comparison to an attention-control program, "Taking Care of Yourself" (involving education and discussion on healthy lifestyles), with adolescents who are experiencing subsyndromal depression.

Faculty:

Gaylord Role: PI (15% effort)

Faurot Role: Co-I (9% effort)

T32-AT003378 (Mann/Gaylord (PIs) 07/01/2017-06/30/2022
NIH \$464,764

Project Title: Research Training Fellowship in Complementary and Integrative Healthcare

Goal: The goal of this T-32 Research Fellowship is to cultivate well-trained, independent researchers for leadership in investigating efficacy, effectiveness, safety and mechanisms of action of complementary therapies and integrative health-care approaches.

Faculty:

Gaylord Role: MPI (No Salary Support)

1 R61 MH110027-01A1 (Dichter, PI) 02/01/2017-01/31/2019
National Institute of Mental Health \$135,468

Project Title: Development of A Novel Transdiagnostic Intervention for Anhedonia

Goal: The goal of this experimental therapeutics trial is to validate Behavioral Activation Treatment for Anhedonia in a transdiagnostic sample of anhedonic patients first with 7T fMRI and then with a randomized clinical trial.

Faculty:

Gaylord Role: Co-I (15% effort)

W81XWH-15-2-0059 (Faurot/Mann, PI) 01/01/2018 –
12/31/2018

HJF for the Advancement of Military Medicine \$142,965

Project Title: Targeted Alteration in Omega-3 and Omega-6 Fatty Acids for Post-Traumatic Headache (Nutrition for PTH).

Goal: The purpose of this multi-site study is to evaluate the efficacy of a high omega-3/low omega-6 dietary intervention (the H3-L6 Diet) vs. a Control Diet in reducing headache pain and improving function in soldiers, veterans and military healthcare beneficiaries with post-traumatic headache (PTH). In addition, the study will examine the effects of the diet interventions on anti-nociceptive and pro-nociceptive lipid mediators derived from omega-3 and omega-6 fatty acids.

Faculty:

Faurot Role: Site Lead PI, Data manager, Internal monitor (22% effort)

R01- AT007813-04 (Mann) 09/30/2013 – 05/31/2019
(includes no-cost ext.)

NCCIH \$463,748

Project Title: Clinical and metabolic effects of altering n-3 and n-6 fatty acids in migraine (RCT).

Goal: RCT to test causal relationship between migraine activity & amount/prop of PUFA foods.

Faculty:

Gaylord Role: Co-I (17% effort) (25% effort in no cost extension)

Faurot Role: Project Manager (28.8% effort) (20.4% effort in no cost extension)

CLINICAL TRIALS

16-01878 (Lipscomb-Hudson) 08/30/2016-08/29/2018
 Wake Forest University Health Sciences \$14,105
Project Title: COMprehensive Post-Acute Stroke Services (COMPASS) Study RELATED 4100614
Goal: The purpose of this pragmatic study is to investigate whether implementation of a comprehensive post-acute stroke service model that integrates Early Supported Discharge (ESD) and Transitional Care Management (TCM) for stroke survivors improves functional outcomes post-stroke, reduces caregiver stress, and reduces readmission rates
Faculty:
Lipscomb-Hudson Role: PI (No Salary Support)

AbbVie, Inc (Kaufer) 01/04/2016-06/01/2019
 \$9651.03
Project Title: A Phase 2b, double-blind, randomized, placebo-controlled study of RVT-101 in subjects with dementia with Lewy Bodies (DLB)
Goal: To assess the effects of RVT-101 versus placebo on global function as measured by the Clinician's Interview-Based Impression of Change Plus Caregiver Input (CIBIC+) after 24 weeks of treatment
Faculty:
Harris Role: Technical Staff (No Salary Support)

SUBMITTED

PCORI (Blatt) 01/01/2018-12/31/2020
 Improving Healthcare Systems \$364,978
Project Title: Comparison of telemedicine-based with traditional on-site childhood cancer survivorship clinics
Goal: The purpose of this study is to compare the use and impact on quality of life (QoL) for patients and families of two comprehensive care coordination programs—a telemedicine-based “Clinic” with a traditional on-site University-based clinic-- in managing children and adult survivors of childhood cancer. The goal is to engage primary and subspecialty health care providers (HCPs) in integrating local and tertiary center survivorship care.
Faculty:
Alexander Role: Telemedicine Consultant (2% effort)

1R21HD095139-01 (Kamper) 04/01/2018 – 03/31/2020
 NCSU/NIH
Title: Improving Dexterity in Children with Cerebral Palsy by Training Finger Individualization
Goal: The goal of this project is to examine the efficacy of a novel training paradigm to improve fine control of the impaired hand in children and young adults with cerebral palsy. To accomplish this we propose two specific aims: 1) Explore the neural correlates of diminished finger individuation and its rehabilitation; 2) Use intensive training of finger individuation to improve manual dexterity
Faculty:
Alexander Role: Co-I (6% effort)

R01 (Proposal 19-5337) Hu (PI) 03/01/2020-02/28/2025
 BME/NCSU
 Title: Neural Mechanisms of Impaired Finger Independence in Stroke Survivors
 Goal: Spatial muscle activation patterns in the upper limb (intrinsic and extrinsic finger muscles) will be evaluated using high-density surface EMG recordings in stroke survivors and age-matched controls. Then, using a new technique called event-timing coherence analysis, these activation patterns will be mapped to spinal, subcortical and cortical levels of control in order to better understand normal and maladaptive

activation patterns in the patient with stroke-related hemiparesis. We will also analyze individual motor units to determine if there is evidence of axonal reinnervation following stroke. Through these findings, we hope to establish a theoretical foundation that can provide guidance for the development of centrally or peripherally targeted rehabilitation strategies to maximize hand functional recovery of stroke survivors.

Faculty:

Filer Role: Co-I (5% Effort)

R01 Huang (PI) 01/01/2020-12/31/2024
BME/NCSU

Title: Real-time direct control of a powered prosthetic ankle using surface electromyography.

Goal: Commercially available powered prostheses for the lower limb utilize pre-programmed pattern generators based on common movement patterns such as walking or stair-climbing. Unfortunately, this control strategy struggles to adapt to less-common or multidirectional tasks often encountered by lower limb amputees. This study will test a direct myoelectric control strategy of a powered ankle prosthesis and measure the cognitive load of such a control strategy. We will also test this control strategy for both cyclical and non-cyclical tasks in comparison to existing methods of motor control.

Faculty:

Filer Role: Co-I (15% Effort)

R01 Huang (PI) 03/01/2020-2/28/2025
BME/NCSU

Title: Modulation of a Powered Knee Prosthesis using a novel Reinforcement Learning-based tuning system and Visual Biofeedback

Goal: The objective of this study is to implement a novel machine learning strategy (Reinforcement Learning) to tune a powered-knee prosthesis for subjects with a unilateral above knee amputation. Effects on gait metrics (biomechanics, symmetry, perceived effort) will be measured for prosthetic and intact limbs. Subsequently, a visual biofeedback system will be employed to train subjects in the use of the device, with the goal of additional improvement in gait biomechanics.

Faculty:

Filer Role: Co-I (10% Effort)

R01 (NIH # R01HD101602) Sharma (PI) 04/01/2020 to 03/31/2025
BME/NCSU

Title: Adaptive Coordination of Functional Electrical Stimulation with a Powered Exoskeleton to Improve Sitting-to-Standing in People with Paraplegia

Goal: The long-term goal of the research program is to enable people with spinal cord injury (SCI) to stand and walk by using a hybrid exoskeleton technology that combines functional electrical stimulation (FES) with a lower-limb powered exoskeleton. The central objective in this application is to validate new controllers that adapt to day-to-day and inter-person variabilities in muscle responses, optimize coordination between FES-assist and the exoskeleton based on a user specific muscle fatigue and recovery model, and assess the ability of the controllers to reduce FES-induced muscle fatigue by using ultrasound imaging as a sensing modality.

Faculty:

Cleveland Role: Co-I (5% Effort)

NIH UG3/UH3 (Asher—UNC primary)
\$458,901 (direct) (Year 1 – planning year)

Title: Carolina Alliance to Study Acupuncture for Back Pain in Older Adults—Phase 1, Feasibility: Pragmatic RCT to test effectiveness of mindfulness training to improve pain and function in a chronic low back pain population

Submitted March 15, 2019.

Faculty:

Faurot Role: Co-I (Co-author of proposal) (25% effort Y1; 30% Yrs 2-3; 40% effort Yr 5)

NIH UG3/UH3

(Gaylord—subaward to Boston Medical Center*)

\$109,999 (direct) (Year 1 subaward – planning year)

Title: Group-based mindfulness for patients with chronic low back pain in the primary care setting

Goal: Pragmatic RCT to test effectiveness of mindfulness training to improve pain and function in a chronic low back pain population

Submitted February 8, 2019.

Gaylord Role: PI (10% effort Y1; 20% Yrs 2-5)

Faurot Role: Co-I (5% effort Y1; 20% Yrs 2-5)

(Morone (Lead PI – Boston Medical Center; **Gaylord** (UNC Site PI)).

R01

(Giscombe (Lead PI); Gaylord (PI)

NIH

\$ 349977 (year 1, direct)

Title: The HARMONY Study – A culturally relevant, randomized controlled stress management intervention to reduce cardiometabolic risk in African American women.

Goal: To test a culturally tailored mindfulness-based diet and exercise intervention vs. a conventional diet and exercise intervention for African American Women with cardiometabolic risk.

Submitted February 2, 2019.

Faculty:

Gaylord Role: PI (20% effort in year one)

Faurot Role: Co-I (10% effort in year one)

R21-AT010026

(Frohlich)

NIH

\$150,000

Title: Physiological Mechanism of Action of Transcranial Photobiomodulation of Prefrontal Cortex for Modulating Top-Down Control of the Autonomous Nervous System

Goal: The objective of this application is to study if tPBM can decrease neuronal activity in the rPFC and thereby modulate the stress response.

Submitted in November 2018.

Faculty:

Gaylord Role: Co-I (5% effort)

OTHER RESEARCH ACTIVITIES

Alexander

Advisor on IRB – “Transition of Youth with Cerebral Palsy”

Co-Investigator on IRB – “Hand Motor Control in Individuals with Cerebral Palsy”

Cleveland

Co-Investigator – “Mental health services needs of individuals with spinal cord injury” (with Dr. Blaise Morrison) (IRB Number: 19-1338)

Co-Investigator – “Educational needs of mental health providers with an interest in providing clinical services to survivors of spinal cord injury” (with Dr. Blaise Morrison) (IRB Number: 19-0990)

Faurot

Research on Statistical Analysis on the Association between Nutritional Factors and Key Health Outcomes (funded by a gift to the department)

Systematic Review: Mind-body Interventions for Opioid-treated Pain (with Eric Garland and team)

Systematic Review: Interventions for Cancer-related Cognitive Impairment (with Zev Nakamura, Aaron Piepmeier, Jeffrey Scott Weffel, and Gilson Honvoh)

Research on Brief Mindfulness Intervention for Chronic Pain, with Carrie Brintz (PI on TraCs \$2K; Fautot, Co-I).
Filer

Independent Research Monitor – “A Modular Multi-DOF Prosthetic Wrist and Low-Level Autonomous Control for Ease-of-Use”

Co-investigator – “Efficacy of scratch-collapse test in dx of Carpal Tunnel Syndrome (supervising Dr. Areson)
Gaylord

Research on Brief Mindfulness Intervention for Chronic Pain, with Carrie Brintz (PI on TraCs \$2K; Gaylord, Co-I).

Systematic Review: Mind-body Interventions for Opioid-treated Pain (with Eric Garland and team)

Research on Mindfulness and Exercise for Dept. of Exercise Physiology (Interventionist for Gabriel Zieff, PI, for his master’s thesis research).

Data Safety Monitoring Committee, November 2018 and May 2019, Serenity Study/Mindfulness for Hypertension.

Harris

Lead investigator – "Use of the Structured Inventory of Malingered Symptomatology (SIMS) in a Neuropsychological Patient Population" (IRB Number: 19-1587)

Hill

Data Safety Monitoring Committee (Nutrition for Lumbar Radiculopathy)

Lipscomb-Hudson

Patient recruitment – Whole Health for Life Model Study

Rauch

Patient recruitment – GPS Community Study for Adults with CP

Shuping

Patient recruitment – Nutrition for Lumbar Radiculopathy Study

Patient recruitment – Acute/Better Back Care Studies

Co-investigator – Efficacy of scratch-collapse test in dx of Carpal Tunnel Syndrome (supervising Dr. Areson)

Co-investigator – Utilization of opiates in AIR setting (with Dr. Francis)

ASSM/AANEM poster – Triceps hypertrophy as a cause of ulnar entrapment (In development, with Dr. Boyd and Tyler Washburn, MS1)

Thompson

Co-investigator – Whole Health at the CRC model study (with Dr. Gaylord)

Lead investigator – “Interest in and Utilization of Complementary and Integrative Medicine in a Rehabilitation Population” (part of the Whole Health grant) (IRB Number 18-2420)

Co-Investigator – “Mental health services needs of individuals with spinal cord injury” (with Dr. Blaise Morrison) (IRB Number: 19-1338)

Co-Investigator – “Educational needs of mental health providers with an interest in providing clinical services to survivors of spinal cord injury” (with Dr. Blaise Morrison) (IRB Number: 19-0990)

Co-Investigator – “Describing cognitive and psychological functioning in former professional American football players” (with Dr. Merz) (IRB Number: 17-2754)

Co-Investigator – “Memantine for Prevention of Cognitive Decline during Adjuvant or Neoadjuvant Chemotherapy in Patients with Breast Cancer” (with Dr. Zev Nakamura – K2 grant)

Presentations

National Presentations (solicited)

2018 “Adaptation of Mindfulness Training to Treat Chronic Pain in the Military.” In Progress Review (IPR) for NIH-VA initiative on Non-Pharmacological Approaches to Managing Pain and Co-Morbid Conditions in U.S.

Military Personnel, Veterans, and their Families (AT14-003,004,005). National Center for Complementary and Integrative Health, Bethesda, MD. 07/2018. (Gaylord)

2018 "Introduction to Neuroprosthetics," American Association of Neuromuscular and Electrodiagnostic Medicine, Washington, D.C. 10/2018. (Filer)

2019 "Medical clearance after traumatic brain injury", American College of Occupational & Environmental Medicine (ACOEM) American Occupational Health Conference, Anaheim, CA. 05/2019. (Hill)

2019 "Diagnosis and Management of Non-Sports Related Concussion (nSRC): An Interdisciplinary Approach" *Accepted as a 4-hour symposium to be given*, American Congress of Rehabilitation Medicine, Chicago, IL. 11/2019. (Shuping)

Presentations (Invited)

Cleveland

"AD, Bowel, and Bladder Dysfunction in SCI Rehab Patients – Part 1," Lecture at the Rehabilitation Nursing Retreat, Chapel Hill, NC, 02/2019.

"AD, Bowel, and Bladder Dysfunction in SCI Rehab Patients – Part 2," Lecture at the Rehabilitation Nursing Retreat, Chapel Hill, NC, 02/2019.

Faurot

Moderator for "Epidemiology of Stress", American Public Health Association, San Diego, CA, 11/2018.

Filer

"Effective Feedback in Teaching and Academics" Grand Rounds Lecture to UNC Department of PM&R, Chapel Hill, NC, 07/2018.

"Case Presentations," Lecture at UNC's September 8th mTBI and nSRC Symposium, Chapel Hill, NC, 09/2018.

Gaylord

"Mindfulness for Preventing Burnout and Enhancing Resilience." UNC Medical Student Wellness Week - Keynote speaker. Chapel Hill, NC, 03/2019.

"Mindfulness for Wellness and Management of Cardiac Disease." UNC Meadowmont Wellness Center. Invited Speaker. UNC-CH Cardiac Support group. Chapel Hill, NC, 04/2019.

Harris

"Evaluation and Treatment of Cognitive, Behavioral and Emotional Manifestations," Lecture (with Amber Corbin, SLP) at UNC's September 8th mTBI and nSRC Symposium, Chapel Hill, NC, 09/2018.

"Modules for Self-directed Learning in Clinical Education," UNC Academy of Educators' Evening of Scholarship, 04/2019.

Hill

"Sports Related vs Non Sports Related Concussion, Comparing and Contrasting," Lecture at UNC's September 8th mTBI and nSRC Symposium, Chapel Hill, NC, 09/2018.

"Occupational Health Update: Long Term Care Facilities", Statewide Program for Infection Control & Epidemiology (SPICE), 03/2019.

"Occupational Health Update", Statewide Program for Infection Control & Epidemiology (SPICE), 04/2019,

"Evaluation and Treatment of BSL-3/Select Agent Exposures," Advanced BSL3 Work Practices and Procedures, Eagleson Institute, 05/2019.

"Exercise vs. Training: Where does Fitness 'Fit'?" Fire Chief Medical School, Columbia, SC, 06/2019.

"Pain and Disability," Lecture to UNC Pain Fellows, Chapel Hill, NC, 04/2019.

Hudson

"Weight Management: Weight Loss and Lifestyle Medicine (WeLL-Me) Program," Lecture at Piedmont Health Services of Carrboro, NC, 04/2019.

Ingraham

“Clinical Approach to Spine/Pain Medicine and Private vs. Academic Pain Practice” Grand Rounds Lecture to UNC Department of PM&R, Chapel Hill, NC, 04/2019.

Shuping

“Medical Management and Evaluation of Concussion,” Lecture at UNC’s September 8th mTBI and nSRC Symposium, Chapel Hill, NC, 09/2018.

“Medicine and Pharmacology of Concussion,” Lecture at UNC’s September 8th mTBI and nSRC Symposium, Chapel Hill, NC, 09/2018.

“Case Presentation,” Lecture at UNC’s September 8th mTBI and nSRC Symposium, Chapel Hill, NC, 09/2018.

“Medical Management and Pharmacology of Concussion/mTBI” UNC School of Nursing Center for Lifelong Learning, Chapel Hill, NC 02/2019.

Telhan

“General PM&R,” Grand Rounds Presentation at National Rehabilitation Hospital, Washington, DC, 03/2019.

Thananopavarn

“Introduction to Rehabilitation and Post-Acute Care in the U.S.” Chinese Visiting Scholars in Rehabilitation at UNC Hospitals, Chapel Hill, NC, 03/2019.

“Trauma Rehabilitation and Post-Acute Care,” UNC Acute Care Surgery Conference, Chapel Hill, NC, 04/2019.

“The PM&R Consult: Adding Value to Rehabilitation Care,” UNC Department of PM&R Grand Rounds, Chapel Hill, NC 06/12/2019.

Thompson

“Hot topics for Stroke Survivors,” lecture presented at the UNC Comprehensive Stroke Center Second-Annual Stroke Survivor & Caregiver Event, Chapel Hill, NC, 11/2018.

Teaching Activities

FORMAL SEMESTER COURSES

Faurot

PUBH 741 – Quantitative Methods for Healthcare Professionals

PASC 736/806 – Evidence-based Medicine I & II—Fall and Spring Semesters of 2018-2019

DPET 831—Quantitative Methods for Clinical Research—Spring 2019

Gaylord

PMED 452 – Fieldwork in Alternative and Complementary Therapies – Fall and Spring Semesters of 2018-2019

PMED 450/250 – Principles and Practices of Alternative and Complementary Therapies of Fall 2018

FMED APS 401 – CAM Selective (7 blocks out of 12 each year) – Fall and Spring Semesters of 2018-2019

PMED 601 – Mindfulness and Self-Compassion for Caring Professions – Spring Semester of 2019

Harris

EDUC 763: Biological Basis of Development and Behavior

Shuping

PMED 401: Introduction to Physical Medicine and Rehabilitation

PMED 401 B: Science of Medicine Selective: Introduction to Physical Medicine and Rehabilitation

PMED 401 03: Fourth Year Student Advanced Clinical Selective: Introduction to Physical Medicine and Rehabilitation

Telhan

MTEC121: Social and Health Systems 1 and Social and Health Systems 2. Dr. Telhan holds a Secondary Appointment in UNC’s Social Medicine Department as an Assistant Professor, responsible for 14 students and teaches 12 sessions per semester, covering topics including: medical humanities, literature, bioethics,

healthcare policy, and leadership.

MTEC 304: Social and Health Systems 4 is a required course for all Application Phase medical students based at the Chapel Hill campus of the UNC School of Medicine. It is a year-long course that provides a setting in which students can reflect on and discuss aspects of the practice of medicine that they will encounter in their clinical experiences, but may not otherwise be a part of the formal curriculum in the clinical clerkships. The course includes three component content areas: (A) Clinically Relevant Basic Science, (B) Population Health, and (C) Critical Reflection, Inter-professional Education (IPE), Advanced Communication Skills and Ethics (RICE).

HSS SOCM Scholarly Selective: 3rd and 4th Year Medical Student Advanced Humanities Selectives.

OTHER

Alexander

“Caring for the Child with Disabilities,” Pediatric Capstone Lecture, UNC School of Medicine, Chapel Hill, NC, 03/2019.

Cleveland

“Introduction to SCI Rehab,” Lecture to the Visiting Scholars, UNC Department of Physical Medicine and Rehabilitation, Chapel Hill, NC 03/2019.

“ASIA Exam in the SCI Population,” Lecture to UNC Rehabilitation Therapy Staff, UNC Healthcare, Chapel Hill, NC, 03/2019.

Filer

“Medical and Pharmacological Management of Traumatic Brain Injury” Lecture To Consultation-Liaison Psychiatry Fellows, Chapel Hill, NC 10/24/2018.

“Ulnar Neuropathy” Lecture for UNC Neurology Residents and Neuromuscular Fellowship, Chapel Hill, NC, 11/21/2018.

“Introduction to Electromyography and Nerve Conduction Studies.” Lecture for UNC Anesthesia Pain Fellowship Program, Chapel Hill, NC, 04/30/2019.

“Orthotics for Neuromuscular Gait Disorders” Lecture for UNC Neurology Residents and Neuromuscular Fellowship, Chapel Hill, NC, 05/29/2019.

Gaylord

“Mindfulness Training for Health Professionals – A Workshop.” For BATA/MBCT research project (Moria Smoski/Gabriel Dichter, PIs). Frank Porter Graham Child Development Center, Chapel Hill, NC. 11/2018.

“Mindfulness for Pain Management.” Four-week (8-hour) course for patients with chronic pain at CRC (with Carrie Brintz), Chapel Hill, NC, 07-08-2018.

“Mindfulness for Pain Management” Four-week (8-hour) course for patients with chronic pain at CRC (with Carrie Brintz), Chapel Hill, NC, 07-08-2018.

Shuping

“Introduction to Physical Medicine and Rehabilitation” lecture to PMRIG (medical students), 10/2018.

Thompson

“Psychology and Traumatic Brain Injury,” lecture presented to UNC/CRH pre-doctoral psychology interns, Chapel Hill, NC, 11/2018.

“Neuropsychology,” lecture presented to UNC Geriatric Medicine fellows, Chapel Hill, NC, 02/2019.

“Neurodegenerative Disorders,” for course CRMH 704, Chapel Hill, NC, 02/2019.

“Mini-Mental Status Exams,” lecture presented to the UNC Geriatric Medicine fellows, Chapel Hill, NC, 03/2019.

“Neuropsychological Evaluation: Overview and Applications” lecture presented to the Psychiatry Consult-Liaison Fellows, Chapel Hill, NC, 03/2019.

“Neuropsychological Evaluation: Case Presentation,” lecture presented to the Psychiatry Consult-Liaison Fellows, Chapel Hill, NC, 03/2019.

Zinner

“Education on Neuro Examination,” 1-on-1 Teaching APP’s, 10/2018.
 “Neurogenic Bowel and Bladder,” Teaching RRNCC Nursing Staff, 04/2019.
 Various Medical Topics Relating to Subacute Care, Pre-Med Student Shadow, 05/2019.

Professional Service

National and Regional Organizations

AMDA – The Society for Post-Acute and Long-Term Care Medicine

Member (*Thananopavarn*)

Member (*Zinner*)

American Academy of Clinical Neuropsychology (AACN)

Member (*Harris*)

American Academy of Pediatrics

Chair, Section on Telehealth Care (*Alexander*)

Member, National Task Force on Pediatric Practice Change (*Alexander*)

American Association of Neuromuscular & Electrodiagnostic Medicine

Symposia Committee Member (*Filer*)

Course Director (2019), Assistive Technology for Gait Disorders (*Filer*)

Co-Course Director (2019), Neuroprosthetics (*Filer*)

American College of Occupational & Environmental Medicine

Task Group, ACOEM Guidelines for the Medical Evaluation of Law Enforcement Officers (*Hill*)

American Congress of Rehabilitation Medicine (ACRM)

Member (*Thompson*)

Task Group, Complementary and Integrative Rehabilitation Medicine (*Thompson*)

Academic Consortium for Integrative Medicine & Health

Member, Research Working Group (*Faurot*)

Member, Steering Committee (*Gaylord*)

Member, Research Committee (*Gaylord*)

Member, Policy Committee (*Gaylord*)

Association of Academic Physiatrists

Member, Chair's Council (*Alexander*)

Member, Abstract Reviewer at the 2019 Annual Meeting (*Alexander*)

Member, Program Committee (*Hill*)

Member, Rehabilitation Medicine Scientist Training Program (*Hill*)

Member, National Online Residency Curriculum Committee (*Filer*)

Member, Residency and Fellowship Program Director Council (*Filer*)

Regional Mentor (*Shuping*)

American Public Health Association

Executive Committee Program Planning Co-Chair, Treasurer, Section Councilor, Section on Integrative,

Complementary, and Traditional Health Practices (*Faurot*)
Member, Sections on Food and Nutrition, Epidemiology (*Faurot*)
Member, NC Public Health Association (*Faurot*)
Member, Sections on Integrative Complementary and Traditional Health Practices; Environment; and Alcohol and Substance Abuse (*Gaylord*)

Evidence-based Complementary and Alternative Medicine Journal
Editorial Board (*Faurot*)

Foundation for Physical Medicine and Rehabilitation
Member, Pediatric Advisory Committee (*Alexander*)

International Neuropsychological Society (INS)
Member (*Harris*)

Journal of Comparative Effectiveness Research
Ad Hoc Reviewer (*Faurot*)

NIH NCCIH Study Section
Ad Hoc Reviewer (*Faurot*)
Grant Review Panelist (*Gaylord*)

North Carolina Academic PM&R
Host, Annual Conference (*Alexander*)

North Carolina Integrative Medical Society
Member of Outreach Committee (*Gaylord*)

PM&R Journal
Ad Hoc Reviewer (*Faurot*)

Sports Neuropsychology Society
Member (*Thompson*)

SPROUT-CTSA Collaborative Telehealth Research Network
Member for 2019-2024, Advisory Committee (*Alexander*)

UNC-Chapel Hill Organizations

Alexander
Chair, PM&R
Chair, Concussion Symposium Planning Committee, PM&R
Medical Director, UNC Center for Rehabilitation Care
Director of Pediatric Rehabilitation, UNC SOM and NC Children's Hospital
Host and Mentor, UNC BME Students' Capstone Project, UNC/NCSU
Member, Wellness Committee, PM&R
Member, Dean's Advisory Committee, UNC SOM
Member, Faculty Physicians Board, UNC Hospitals
Member, Search Committee for Chair of Neurology, UNC SOM

Member, Standards 1&2 Subcommittee of the UNC School of Medicine LCME Accreditation Process, UNC SOM
 Member, UNC Inpatient Rehabilitation Leadership Committee, UNC Hospitals
 Member, Hillsborough Hospital Planning Committee
 Member, Hillsborough Hospital Design Committee
 Member, Residency Program Evaluation Committee, PM&R
 Member, Space Committee, PM&R
 Member, Promotions Committee, PM&R
 Member, Diversity and Inclusion Committee, PM&R
 Member, Spine Center Executive Committee, UNC Hospitals
 Member, Medical Staff Executive Committee, UNC Hospitals
 Member, Hillsborough Tower II Steering Committee, UNC Hospitals
 Member, Spina Bifida Family Conference Planning Committee, Neurosurgery and PM&R

Baratta

Medical Director of Stroke Rehabilitation, PM&R
 Member, Rehab Administrative Committee, UNC Hospitals

Faurot

Assistant Director, Program on Integrative Medicine
 Member, PM&R Wellness Committee
 Member and Coordinator, PM&R Research Committee

Filer

Program Director, PM&R Residency Program
 Facilitator, Grand Rounds, PM&R
 Member, Clinical Competency Committee, PM&R
 Member, Education Leadership Committee, PM&R
 Member, Graduate Medical Education Committee, UNC Hospitals
 Member, Peer Coaching Program, UNC Center for Faculty Excellence
 Member, Concussion Symposium Planning Committee, PM&R
 Member, Program Evaluation Committee, PM&R
 Member, Rehab Administrative Committee, UNC Hospitals

Gaylord

Director, Program on Integrative Medicine
 Director, UNC Mindfulness-Based Stress and Pain Management Program
 Member, UNC School of Medicine Well-Being Committee
 Co-Director/Member, PM&R Wellness Committee
 Member and Chair PM&R Research Committee

Harris

Member, Wellness Committee, SOM
 Member, Rehabilitation Patient and Family Advisory Board, UNC Hospitals
 Member, Passing the Torch, UNC Academy of Educators, UNC SOM
 Member Concussion Symposium Planning Committee, PM&R

Hill

Medical Director, Occupational Health, UNC Chapel Hill
 Associate Medical Director, Occupational Health, UNC Hospitals
 Director, Quality Improvement, PM&R
 Certifying Medical Authority, Biosurety Program, UNC Chapel Hill
 Member, Clinical Competency Committee, PM&R
 Member, Education Leadership Committee, PM&R
 Member, Program Evaluation Committee, PM&R
 Member, Emergency Threat Assessment Response Team, UNC Chapel Hill

Member, Clinical Occupational Exposures Subcommittee for Students, UNC Chapel Hill
 Member, Environment, Health and Safety Leadership Team, UNC Chapel Hill
 Member, Clinical Safety Committee, UNC Chapel Hill
 Member, Controlled Substances Assessment Team (CSAT), UNC Hospitals
 Member 2018-2020 Accreditation Working Group, Curricular Management, Evaluation, and Enhancement Standard, Liaison Committee on Medical Education (LCME), UNC SOM
 Member, Concussion Symposium Planning Committee, PM&R

Hudson

Co-Chair, Diversity and Inclusion Committee, PM&R
 Director, Weight Loss and Lifestyle Medicine (WeLL-Me) Program, UNC Chapel Hill
 Member, UNC Hospital Weight Management Clinical Advisory Committee
 Member, Search Committee for OB/Gyn Chairman, UNC School of Medicine
 Member, Total Well-Being Advisory Board, UNC Chapel Hill
 Member, Faculty Search Committee for Pediatric Rehabilitation and Neuro-Rehabilitation positions
 Member, Interdisciplinary Stroke Committee, UNC Hospitals
 Member, Clinical Competency Committee, PM&R
 Member, Program Evaluation Committee, PM&R
 Member, Rehab Administrative Committee, UNC Hospitals
 Member, Wellness Committee, PM&R

Rauch

Associate Program Director, PM&R
 Facilitator, Journal Club, PM&R
 Member, Program Evaluation Committee, PM&R
 Member, Education Leadership Committee, PM&R
 Member, Rehab Administrative Committee, UNC Hospitals
 Member, Clinical Competency Committee, PM&R

Shuping

Director, Medical Student Education, PM&R
 Medical Director, Carolina Concussion Clinic, PM&R
 Associate Medical Director, Occupational Medicine, UNC Chapel Hill
 Faculty Advisor, UNC SOM PM&R Interest Group, UNC Chapel Hill
 Advisor, Medical Student Career Advisor, UNC Chapel Hill
 PM&R Career Advisor, UNC Chapel Hill
 Co-Director, Concussion Symposium, PM&R
 Member, Infection Control Committee, UNC Hospitals
 Member, Program Evaluation Committee, PM&R
 Member, Rehab Administrative Committee, UNC Hospitals
 Member, Faculty Search Committee for Neurorehabilitation and Pediatric Rehabilitation positions, PM&R

Telhan

Advisor, Larry Keith Advisory College, UNC Office of the Dean of Student Affairs
 Member, Advisory Board for Literature, Medicine & Culture, UNC SOM
 Member, Admission Committee, Master's in Literature, Medicine & Culture, UNC SOM
 Member, Course Planning and Curriculum Development Committee, Department of Social Medicine
 Member, Interventional Access Committee, UNC Hospitals
 Member, Program Evaluation Committee, PM&R
 Member, Clinical Competency Committee, PM&R
 Member, Passing the Torch, UNC Academy of Educators, UNC SOM

Than

Medical Director, Acute Inpatient Rehabilitation Center, UNC Hospitals

Medical Director, UNC-Rex Rehabilitation and Nursing Care Center of Apex
 Member, Clinical Competency Committee, PM&R
 Member, Program Evaluation Committee, PM&R
 Member, Credentials Committee, UNC Hospitals
 Member, Utilization Committee, UNC Hospitals
 Member, Academy of Educators, UNC SOM
 Member, Rehab Administrative Committee, UNC Hospitals

Thompson

Director, Psychological Services and Neuropsychology Program, PM&R
 Co-Chair, Wellness Committee, PM&R
 Member, School of Medicine Wellbeing Committee
 Member, Program Evaluation Committee, PM&R
 Member, Concussion Conference Planning Committee, PM&R

Zinner

Medical Director, Subacute Rehab Services, Rex/UNC
 Member, Lean Six Sigma Pain Project, RRNCC (July 2018-January 2019)
 Member, QAPI Committee, RRNCC
 Member, Transitions of Care, Rex/RRNCC
 Member, Osteoporosis Prevention Performance Improvement, RRNCC
 Member, Antibiotic Stewardship Committee, RRNCC
 Member, Medicare Readmissions Committee, RRNCC
 Selected Member, Leadership Advanced Series Program 2018-2019, UNC Center for Faculty Excellence
 Mentor and Advisor, Senior Project Engineering Program, UNC/NC State BME

Honors

Alexander

“Outstanding Service in Innovation,” Section on Telehealth Care, Section Forum Management Committee, America Academy of Pediatrics Annual Leadership Forum, 03/2019.
 “Top Doctor” in Physical Medicine and Rehabilitation, Castle Connolly Medical Ltd., 11/2018, 02/2019.

Hill

“Top Doctor” in Physical Medicine and Rehabilitation, Castle Connolly Medical Ltd., 11/2018.

Ingraham

Teaching Excellence Award, UNC Physical Medicine and Rehabilitation, 06/2019.

Lipscomb-Hudson

Carolina Care Excellence Award, UNC Health Care and UNC Faculty Physicians, 03/2019.
 Educational Module of the Year Award, UNC Physical Medicine and Rehabilitation, 06/2019.

Shuping

Carolina Care Highlight, UNC Healthcare Newsroom, 07/2018.

Appendix A – Departmental Teaching Summary by Faculty

Rotation Directors

Alexander

Pediatric Rehabilitation (Director)

Baratta

Inpatient Rehabilitation (Co-Director)

Cleveland

Spinal Cord Injury (Director)

Filer

Electrodiagnostic Medicine (Co-Director)

Inpatient Rehabilitation (Co-Director)

Lipscomb-Hudson

Inpatient Rehabilitation (Co-Director)

Rauch

Inpatient Rehabilitation (Co-Director)

Outpatient Clinic Rehabilitation (Director)

Shuping

Electrodiagnostic Medicine (Co-Director)

Outpatient Clinic Rehabilitation (Director)

Telhan

Spine Clinic (Director)

Thananopavarn

Inpatient Rehabilitation (Co-Director)

Subacute Rehabilitation (Co-Director)

Zinner

APP Education (Director)

PA Education (Co-Director)

Subacute Rehabilitation (Co-Director)

Didactic Block Responsibility

Alexander

Pediatric Rehabilitation Module, 3 weeks

Filer

Intro to Rehab, 4 weeks

Bone Joint and Connective Tissue, 3 weeks

Brain Injury, 2 weeks

Workshops (Anatomy, PE, US), 7.5 weeks

Gaylord

Complementary and Alternative Medicine Module, 2 weeks

Hill

Professionalism/Business/Quality Improvement, 3 weeks

Occupational Medicine and Burn, 2 weeks

Research, 2 weeks

Lipscomb-Hudson

Stroke, 3 weeks

Neuro Rehab (MS, Parkinson's, Gillian-Barre), 3 weeks

Rauch

Orthotics, 3 weeks

Prosthetics, 3 weeks

Case Presentations and Oral Board Reviews, 2 weeks

Shuping

Sports Module, 3 weeks

Modalities Module, 3 weeks

Workshops (Anatomy, PE, US), 7.5 weeks

Telhan

Spine and Pain, 3 weeks

Thananopavarn

Geriatric Medicine, 3 weeks

Integrative Medicine, 2 weeks (Co-director)

Cancer and Cardiac Rehab, 2 weeks

Zinner

Importance of Pressure Relief and Proper Transfer Techniques, Ongoing to CNA's

Lectures Given to UNC PM&R Residents

Alexander

08/02/2018 – "Introduction to Pediatric Rehabilitation"

08/02/2018 – "Typical Development"

08/09/2018 – "Cerebral Palsy"

08/09/2019 – "Spina Bifida"

08/16/2018 – "Brain Injury"

08/16/2018 – "Neuromuscular Disorders of Childhood"

Cleveland

11/15/2018 – "ASIA Exam"

12/20/2018 – "Complications of SCI (Orthostatic Hypotension, AD, HO, Fxs, OP, DVT, Bowel)"

Filer

07/05/2018 – "Introduction to Rehab"

07/12/2018 – "Introduction to Rehabilitation Medicine (Rehab Procedures)"

07/26/2018 – "Knee Anatomy and Exam"

10/25/2018 – "Distal Lower Extremity Musculoskeletal Ultrasound Workshop"

11/08/2018 – "Spasticity"

11/21/2018 – "Ulnar Neuropathy"

11/29/2018 – "Lower Extremity Nerve Ultrasound"

01/24/2019 – "Hand/Wrist Anatomy and Exam"

03/28/2019 – "Ultrasound and Injection Technique"

06/27/2019 – "Introduction to Rehab"

Hill

09/20/2018 – "Occupational Medicine and Burns"

09/27/2018 – "Occupational Medicine and Burns"

10/11/2018 – "Occupational Medicine and Research"

10/18/2018 – "Occupational Medicine and Research"

Hudson

- 08/30/2018 – “Oral Board Neurorehabilitation Cases”
 02/07/2019 – “Stroke Rehabilitation from a Medical Perspective”

Rauch

- 10/10/2018 – Journal Club Moderator: “Dose-Response Effects of Tai Chi and Physical Therapy Exercise Interventions in Symptomatic Knee Osteoarthritis.” Lee et. al.
 11/01/2018 – “Oral Board Review”
 01/09/2019 – Journal Club Moderator: “Risk Factors for Readmission after LE Amputations in PE.” Vogel.
 01/31/2019 – “Oral Board Review”
 02/13/2019 – Journal Club Moderator: “Platelet-Rich Plasma Versus Hyaluronic Acid Injections for the Treatment of Knee Osteoarthritis: Results at 5 Years of a Double-Blind, Randomized Controlled Trial” Di Martino, et al.
 04/10/2019 – Journal Club Moderator: “Compounded Topical Pain Creams to Treat Localized Chronic Pain: A Randomized Controlled Trial”
 05/08/2019 – Journal Club Moderator: “Heading in soccer increases serum neurofilament light protein and SCAT3 symptom metrics”
 05/08/2019 – Journal Club Moderator: “Percutaneous peripheral nerve stimulation for the treatment of chronic neuropathic postamputation pain: a multicenter, randomized, placebo-controlled trial”
 05/27/2019 – “Oral Board Review”
 05/30/2019 – Journal Club Moderator: “Efficacy of Whole-Body Vibration Board Training on Strength in Athletes After ACL Reconstruction: A Randomized Controlled Study”
 06/12/2019 – Journal Club Moderator: “Tau PET in Former NFL players”
 06/13/2019 – “Orthotics Part I”
 06/20/2019 – “Orthotics Part II”

Shuping

- 08/23/2018 – “Foot and Ankle Anatomy and Exam”
 09/01/2018 – “Concussion” (*Given to residents and PM&R Interest Group Students)
 09/27/2018 – “Proximal Lower Extremity US”
 01/03/2019 – “Introduction to Modalities”
 01/10/2019 – “Therapeutic Exercises and Board Review”
 01/17/2019 – “Modalities Workshop”
 02/28/2019 – “Shoulder and Elbow Anatomy and Exam”
 04/04/2019 – “Sports I”
 04/11/2019 – “Sports II”
 04/18/2019 – “MSK SAE Review”
 04/25/2019 – “Proximal Upper Extremity MSK/Ultrasound”
 05/09/2019 – “Brain Injury Concussion”
 05/20/2019 – “Distal upper extremity MSK ultrasound”

Thananopavarn

- 11/08/2018 – “Intro to Spinal Cord Injury (Demographics, Outcomes, Acute Mgt., Syndromes)”
 03/07/2019 – “Physiology of Aging, Geriatric Assessment, and Falls”
 03/14/2019 – “Medicare and Post-Acute Care/SNF Rehab”

Thompson

- 07/19/2018 – “Physician Wellness & Burnout”
 05/16/2019 – “Physician Wellness & Burnout”

Zinner

03/21/2019 – “Delirium and Osteoporosis”

Mentorship Responsibilities

To UNC PM&R Residents

Filer

3 PGY-1's (Riden, Vijayaraghavan, and Yeste)

Hudson

1 PGY-3 (Franklin)

1 PGY-4 (Francis)

Ingraham

1 PGY-2 (Sainburg)

Rauch

1 PGY-4 (Lambertus)

1 PGY-2 (Truong)

Shuping

1 PGY-4 (Law)

1 PGY-2 (Patel)

Telhan

2 PGY-3's (Boyd and Punzell)

1 PGY-4 (Areson)

To Others

Faurot

Doctoral Dissertation Committee member, Henry Zhang, Epidemiology, UNC Gillings School of Global Public Health

Mentor for T32 Predoctoral Fellow, Gilson Honvoh

Mentor for T32 Postdoctoral Fellow, Jacob Hill

Mentor for T32 Postdoctoral Fellow, Vanessa Miller

Co-mentor for T32 Postdoctoral Fellow, Isabel Roth

Research Mentor for Resident Simonne Francis

Research Mentor for Resident Greg Franklin

Mentor for T32 Predoctoral Fellow, Ray Antonelli (July/August 2018)

Mentor for T32 Postdoctoral Fellow, Nicholas Wise (July 2018)

Mentor for Visiting Scholar, Jinyoung Park

Mentor for Physician Assistant students (Capstone papers)

Gaylor

Mentor for T-32 Postdoctoral Fellow Carrie Brintz

Mentor for T-32 Postdoctoral Fellow Jessica Barnhill

Mentor for T-32 Postdoctoral Fellow Christine Lathren

Mentor for T-32 Postdoctoral Fellow Isabel Roth

Program mentor/co-mentor for All six post-doctoral fellows, along with Doug Mann.

Mentor for Visiting Scholar, Dr. Claudia Wang, PhD, July-Sept., 2018

Mentor for post-doctoral fellow Dr. Jeffrey Proulx, PhD, Oregon State University on his NIH NCCIH K99/R00 award on Mindfulness to manage diabetes in Native Americans.

Reader for Physician Assistant Student. Jeremy Jones (Reiki capstone paper).

Mentor for Psychiatry Resident, Madison Piotrowski, MD (Research Track – Project: Lifestyle Medicine)

Mentor for Zachary Boggs, 2nd Year Medical Student, on Medical Student Wellness Committee