

Spring 2023

THE UNIVERSITY OF NORTH CAROLINA SCHOOL OF MEDICINE
DEPARTMENT OF PHYSICAL MEDICINE AND REHABILITATION

Improving health, function, and well-being.

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Our mission is to improve the health, function, and well-being of people across North Carolina and beyond through excellence in patient care, education, research, and innovation.



Brain Injury Medicine

UNC PM&R Faculty Receive Certification in Brain Injury Medicine

Three UNC PM&R faculty members recently achieved certification in Brain Injury Medicine (BIM) by the American Board of Physical Medicine & Rehabilitation. As certified BIM specialists, our faculty provide enhanced treatment and managed care plans to restore the health and function to patients with brain function disorder.

A brain injury's impact on patients can lead to cognitive, behavioral, physical, sensory, and medical challenges. UNC PM&R's Board-Certified Brain Injury Medicine specialists are uniquely qualified to identify and address these challenges.



Dr. Mina Gayed, DO, focuses on moderate to severe traumatic brain injuries including disorders of consciousness, spasticity management, and neuro-rehabilitation of individuals with acquired brain injuries. Dr. Gayed practices at the UNC Acute Inpatient Rehabilitation Center at

UNC's Hillsborough Hospital campus and at the UNC Center for Rehabilitation Care.



Dr. Lee Shuping, MD, MPT, leads the Carolina Concussion and Mild TBI Clinic, which offers a team approach to managing concussions and post-concussive syndrome in an out-patient setting.



Dr. Paul Thananopavarn, MD, UNC Inpatient Rehabilitation Center Medical Director, specializes in the rehabilitation of medically complex patients. He provides Brain Injury consultations for patients at UNC hospitals in Chapel Hill, inpatient and subacute rehabilitation centers, and at the UNC Center for

Rehabilitation Care.

The UNC Center for Rehabilitation Care is located at 1807 Fordham Blvd, Chapel Hill, NC 27514. To make an appointment, call 984-974-9747. Referrals can be made through EPIC or UNC CareLink.



2022 Faculty Retreat

In November of 2022 our faculty and leadership team convened for our Annual Faculty Retreat. This year's retreat was held over two days at the UNC Rizzo Conference Center. The Rizzo Center is located on a 28-acre wooded environment that inspires reflection, learning, and group discussions.

Among topics discussed was our Five-Year Strategic Plan. Leadership summarized the past five years in our department and highlighted our significant growth during this period. Since 2018, we've increased our faculty by 50%, increased our revenues and volumes by 30%, doubled our research faculty, and expanded our residency program from 3 to 4 residents per year.

Our invited guest, Dr. X. Carmen Qadir, served as facilitator for our faculty retreat. Dr. Qadir gathered feedback from attendees to help in the development of a plan to maximize our department's strengths and further professional development.

We're excited to implement the new ideas and strategies that were generated from our strategic-planning focused discussions.





Research Round Up

Research Development is a strategic priority for our five-year plan. We are focused on innovative pilot projects, clinical research, and collaboration with a variety of stakeholders. Some of our current projects include:

Research Fellowship in Complementary and Alternative Medicine

NIH NCCIH T32 grant was recently renewed for its fourth consecutive 5-year cycle. This grant provides research training for postdoctoral and pre-doctoral research fellowships in Complementary and Integrative Healthcare (CIH).

Scaling-up Integrative Pain Management in Federally Qualified Health Centers

Dr. Isabell Roth, received our first NIH K01 award which seeks to develop strategies to effectively integrate Integrative Medical Group Visits into community health centers.

Stress Management Intervention Leveraging Electronic Health Records (SMILE) for racial and ethnic populations during the COVID-19 pandemic

This NIH NIMHD R01 award will investigate the effectiveness and sustainability of mindfulness-based interventions implemented via a digital health platform and examine associations between COVID-19 related stress and mental health outcomes, resilience and HRV.

NC Collaboratory Long COVID study

Partnership among Dr. JM Baratta, Co-Director, UNC COVID Recovery Clinic, Infectious Disease, and UNC Gillings has led to funding of \$150,000 from the NC Collaboratory for a year-long longitudinal study of Long COVID in North Carolinians.

PCORI Award: Comparing Cognitive-Behavioral Therapy versus Mindfulness-Based Therapy for Autistic Adults

Dr. Susan Gaylord, Director of UNC PM&R's Program on Integrative Medicine, joins Brenna Maddox, PhD (UNC Dept of Psychiatry) and Micah Mazukek, PhD

(University of Virginia) in a collaborative study of mental health interventions for adults with autism. This study will compare the effectiveness of CBT versus Mindfulness therapy for mental health conditions such as depression and anxiety among autistic adults.

ASSET: Assisting Stroke Survivors with Engineering Technology

UNC PM&R's first Rehabilitation Engineering Research Center is multi-institution collaboration funded by National Institute on Disability, Independent Living, and Rehabilitation Research. The \$4.6 M, 5-year project will develop six separate but interrelated rehabilitation engineering projects to improve functioning of stroke survivors with chronic impairments.

Optimizing Pain Treatment in Medical Settings Using Mindfulness (OPTIMUM)

A supplement for group-based mindfulness for patients with chronic low back pain in the primary care setting. The OPTIMUM clinical trial allows for the formation of a Community Advisory Board, focus groups with participants in both control and intervention conditions, and qualitative interviews with multi-level stakeholders.

HARMONY Study

Dr. Susan Gaylord and Dr. Kim Faurot lead the mindfulness diet research for HARMONY, a culturally relevant, randomized controlled stress management intervention to reduce cardiometabolic risk in African American women.

Project B.R.E.A.T.H.E. (Brothers, Reclaiming, Emotional, Awareness, Tranquility, Healing & Existence)

A collaboration with the University of Connecticut Health Center which focuses on disrupting racialized stress, trauma, and problematic substance use in young adult black men.



2023 POSTER PRESENTATIONS

Assessment of Physiatry Consult Practice Models and the Inpatient Rehabilitation Admission Process at Academic Institutions in the United States

Wednesday, February 22, 2023

5:00 PM – 6:30 PM

Nevin Vijayaraghavan, DO, Paul Thananopavarn, MD, John M. Baratta, MD, Thomas A. Petruska, MS

Neuralgic Amyotrophy After COVID-19 mRNA-1273 Vaccination: A Case Report

Friday, February 24, 2023

11:45 AM – 1:15 PM

James H. Lau, MD, Eben Alexander, IV, DO, Jung Huh, BS, Steven Gershon, MD

Rare Case of SRP Positive Polymyositis in the Setting of Acute Inpatient Rehabilitation

Friday, February 24, 2023

11:45 AM – 1:15 PM

Marina Kodsí, DO, Lee Shuping, MD, Carly Watson, BA, Jan Lee, MSc

Schmorl's Node Resulting in Fibrocartilaginous Embolus: A Rare Cause of Non-Traumatic Thoracic Spinal Cord Injury in a Pediatric Patient

Friday, February 24, 2023

11:45 AM – 1:15 PM

Kaitlyn DeHority, MD, Kaila Yeste, DO, Christine A. Cleveland, MD

2023 SESSIONS & WORKSHOPS

Pre-conference Workshop: Resident Bootcamp

Tuesday, February 21, 2023

8:00 AM – 12:00 PM

Katie Bartolo, MD, et al

E&M 2023 Coding Changes/Challenges

Wednesday, February 22, 2023

8:00 AM – 9:00 AM

Aaron Olsen, MBA

Working Forward 2.0 - Advocating for Your Residents and Your Program

Thursday, February 23, 2023

8:15 AM – 9:15 AM

Thomas A. Petruska, MS

A Look Back at CLER: Quality and Safety

Thursday, February 23, 2023

11:45 AM – 12:15 PM PST

Thomas A. Petruska, MS

The Sports-Pain Continuum: A Spectrum of Practice

Thursday, February 23, 2023

2:00 PM – 3:00 PM

Steven Siano, MD, Taylor Riden, DO



We had a great time at AAP!



Be A Maker Space Update

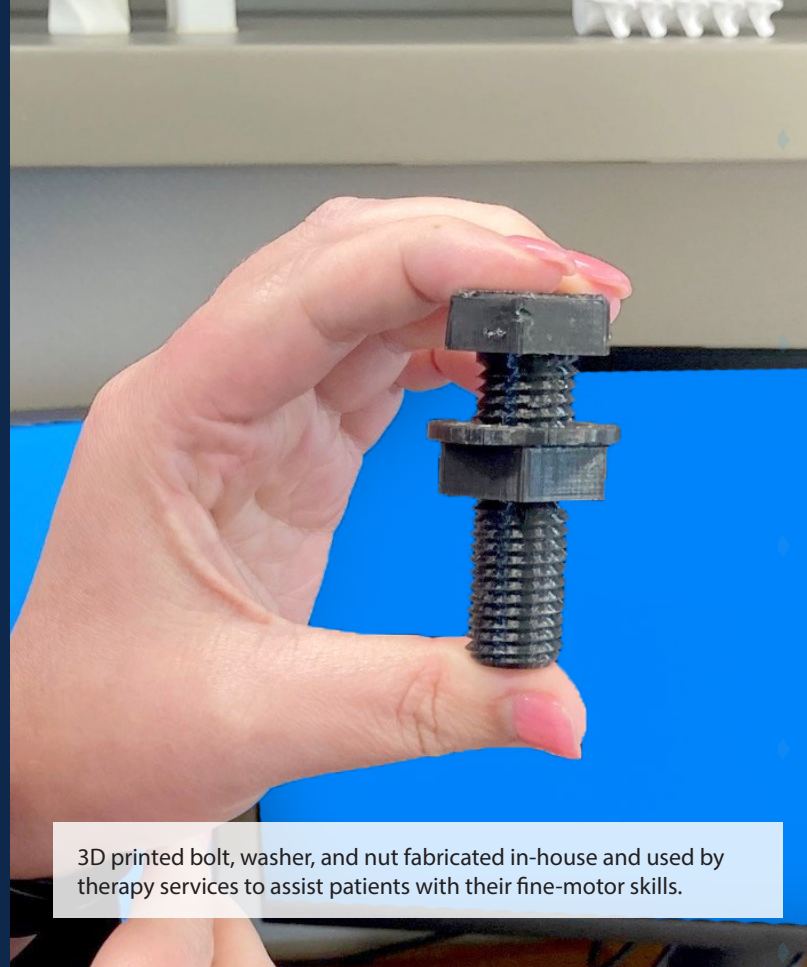
Progress on the Hillsborough Hospital campus Maker Space is moving along. Equipment is currently being installed along with safety protocols.

The lab is staffed by students from the Department of Biomedical Engineering. The department is a joint program shared between UNC-Chapel Hill and NC State University. The curriculum is offered on the UNC-Chapel Hill campus, but students can elect to take any number of classes at NC State.

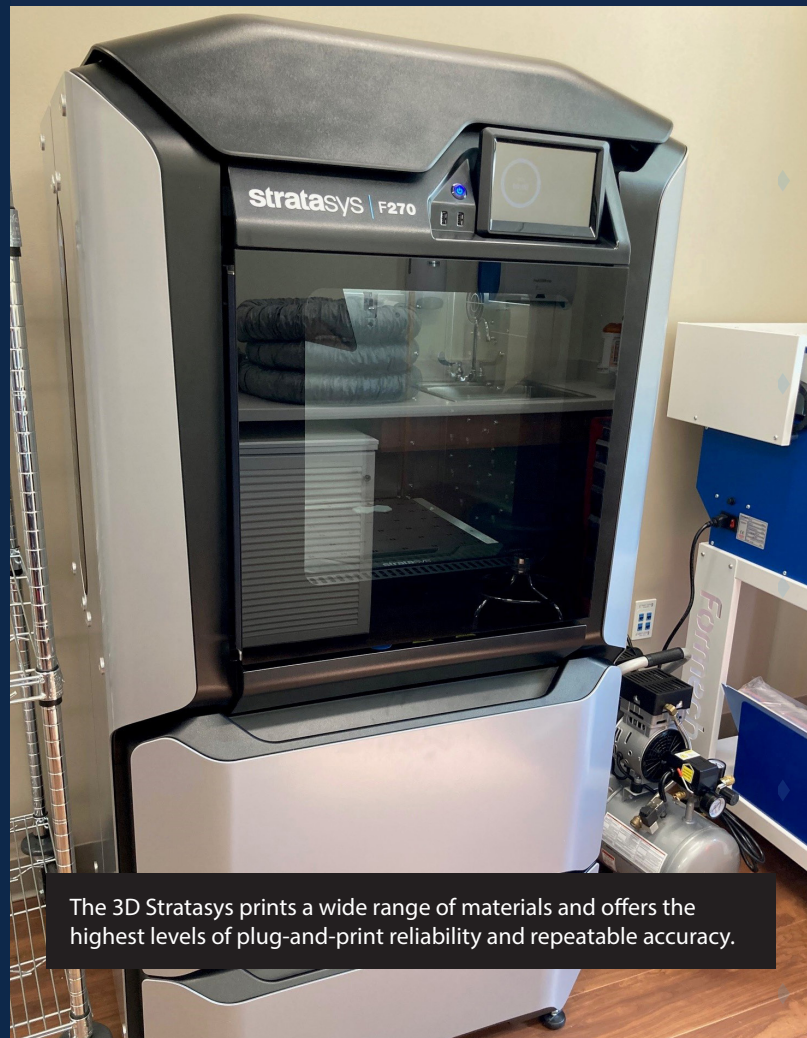
All new lab users must complete the UNC BeAM 101 training. From there, the answer to the world's problem could be just at our fingertips!

Equipment includes:

- ULS Laser Cutter
- Stratasys 3D Printer
- Ultimaker 3D Printer
- Formech Vacuum Forming Machine
- Tool center
- Sewing machine



3D printed bolt, washer, and nut fabricated in-house and used by therapy services to assist patients with their fine-motor skills.



The 3D Stratasys prints a wide range of materials and offers the highest levels of plug-and-print reliability and repeatable accuracy.

UNC PM&R Grand Rounds Presentations 2022

January

Mobility, Factors and Facilitators and Falls Risk with Hip Fracture Focus

Dr. K Rao Poduri, MD

Professor of Neurology & PM&R
University of Rochester
Professor of PM&R
University of Central Florida

February

Acute Management of Pediatric Stroke

Casey Olm-Shipman, MD, MS

Medical Director
UNC Neurosciences Intensive Care Unit Associate
Director
UNC Institute of Healthcare Quality Improvement

April

Rheumatic Musculoskeletal Disease for the Non-Rheumatologist

Ellen Amanda Snyder, MD

Assistant Professor
Division of Rheumatology, Allergy, and Immunology
UNC School of Medicine

May

Sports Medicine Fellowship Training: What It Is and Where It's Going

Joshua Berkowitz, MD, FACP, FAAP, CAQSM

Assistant Professor of Orthopaedic Surgery,
Internal Medicine, and Pediatrics
UNC School of Medicine

June

Understanding and Navigating Microaggressions

Stephanie Brown, PhD

Director of Strategic Initiatives
Office of Diversity, Equity, and Inclusion
UNC School of Medicine

Sherry Wallace

Executive Director of Engagement and Inclusion
UNC Kenan-Flagler Business School

August

Pediatric Limb Deficiencies/Differences and Child Amputees

Anna D. Vergun, MD

Associate Professor of Pediatric Orthopaedics
Division Chief Pediatric Orthopaedics
UNC School of Medicine

September

An Update on Nonsurgical Treatment for Lumbar Spinal Stenosis

Maryam Jowza, MD

Assistant Professor
Department of Anesthesiology
UNC School of Medicine

Matt Mauck, MD, PHD

Department of Anesthesiology
UNC School of Medicine

November

DVT, PE, Anticoagulation, Thrombophilia: 2022 Update

Stephan Moll, MD

Professor
Division of Hematology
UNC School of Medicine

December

Infectious Diseases Primer for PM&R Providers

Nikolaos Mavrogiorgos, MD

Associate Professor of Medicine
Medical Director, Carolina Antimicrobial Stewardship
Program
Division of Infectious Diseases
UNC School of Medicine



We're hiring!

**Interventional Spine Psychiatrists
General Academic Psychiatrist**

For more information: go.unc.edu/UNCPMRCareers



Make a Gift

For more information on how to support the Hillsborough Hospital project and the Department of Physical Medicine and Rehabilitation, please contact **Martin Baucom**, (919) 445-4222 or email martin_baucom@med.unc.edu.

You may also make a gift online here: go.unc.edu/dpmr

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UNC Department of Physical Medicine and Rehabilitation