After recovering from a severe spinal injury, a patient now works to inspire and mentor others going through similar journeys.
Susan Maltser, DO recently completed Northwell Health’s Physician Leadership Development Program, a two-year program that provides top performing physicians with the skills to excel in the clinical realm and lead the transformation of care. Participants leave the program with both a readiness to advance their careers and the skill set necessary to assume highly-visible leadership positions. In order to participate in the program, individuals must be nominated by their site or service line leaders. Eligible nominees need to demonstrate the ability to provide excellent service and the potential to lead the organization in transforming the delivery of care. We congratulate Dr. Maltser on this fine accomplishment.

On July 1, 2018, the Department of Physical Medicine and Rehabilitation will celebrate ten years as an independent academic department at the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell. These ten years have been characterized by impressive growth. When I arrived in July of 2008, accompanied by Matthew Shatzer, DO, the new Residency Program Director, we joined a group of six other employed physicians. We now number 22 such physicians who provide care to patients in Nassau, Suffolk, Manhattan, Queens and Westchester Counties. These physicians possess board certification in a wide range of medical subspecialties, including Spinal Cord Injury Medicine, Brain Injury Medicine, Pain Medicine, Pediatric Rehabilitation and Electrodiagnostic Medicine, allowing treatment of patients with all forms of severe disabilities as well as disorders of the musculoskeletal system. Through our participation in Northwell Health’s Rehabilitation Service Line, we have driven the genesis of expanding multidisciplinary programs in Spine Care, Concussion and Cancer Rehabilitation which are led by Jason Lipetz, MD, Rosanna Sabini, DO and Susan Maltser, DO, respectively. We are fortunate to be able to refer our patients to the Service Line’s outstanding therapy staff which is located at multiple Northwell Health hospitals as well as our many STARS locations throughout the region. Additionally, Glen Cove Hospital is well positioned to become a major regional rehabilitation center and maintains an inpatient census of over 60 patients daily.

Our Residency Training Program in PM&R is beginning its 50th year of resident education and is celebrating a particularly strong year in which our graduating residents have each matched to highly competitive fellowships. The Residency Program has now been joined by our first fellowship, in Brain Injury Medicine, under the stewardship of Rosanna Sabini, DO, the inaugural Program Director. Our academic faculty at the Zucker School of Medicine provide education in every year of the student curriculum and we are one of the only schools in which every student participates in a significant clinical experience in PM&R.

We also enjoy a thriving relationship with colleagues at the Feinstein Institute for Medical Research, which has culminated in a major Department of Defense grant thanks to the stellar efforts of Ona Bloom, Ph.D., our Director of Research.

While we have accomplished much, we have much more to do in order to reach the level of the finest PM&R departments nationally. We look forward to achieving this goal in the next decade and will continue to update you on our progress.

**Physicians in the news**

Michael Nicoletti, MD has joined Northwell Physician Partners Department of Physical Medicine and Rehabilitation. His primary hospital affiliation is Lenox Hill Hospital and he will be seeing patients on an outpatient basis at both Lenox Hill and Lenox Health Greenwich Village. Dr. Nicoletti specializes in sports medicine, interventional and non-interventional spine care, rehabilitation and prevention of musculoskeletal injuries, ultrasound guided joint, muscle and tendon injections, and regenerative medicine. Dr. Nicoletti completed his residency in physical medicine and rehabilitation at State University of New York Health Science Center - Brooklyn and then completed a fellowship in spine care and sports medicine at The Hospital for Special Surgery.

Adam Stein, MD, Chairman

Susan Maltser, DO
In the community....

Preventing High School Seniors for the Workforce

Staten Island University Hospital’s Department of Rehabilitation has partnered with Project Search, a one-year, school-to-work transition program available to high school seniors with intellectual disabilities. Twelve seniors with intellectual disabilities from the NYC DOE Hungerford High School are being educated on the hospital’s campus via mentorship and work experience opportunities. Teachers and staff provide guidance to help students learn job readiness skills and transition into post-graduation life. This initiative reflects the dedication of his rehabilitation team to maximize the health and independence of these students, so they can live proudly and independently in their community. For more information, visit projectsearch.us.

STARS Rehabilitation joins Plainview Hospital’s Joint Replacement Education Class

Plainview Hospital’s Total Joint Replacement Pre-Op Education Class is preparing patients with what to expect during an inpatient stay and the recovery process of the joint replacement continuum of care. Joining the hospital’s team of nurses, case managers and social workers are physical therapists from Northwell Health STARS Rehabilitation, whose goal is to help patients understand the benefit of outpatient therapy and the part it plays in recovery.

For more details, please call (516) 719-2512.

North Shore University Hospital’s Safe Patient Handling and Mobility Committee promotes a workplace culture of safety

Nurses and patient care associates are currently at an increased risk of injury with patient handling tasks due to an aging workforce, increasing obesity population and greater numbers of acutely ill patients. Studies have shown that utilizing mechanical equipment instead of manual patient handling has positive results for patients and leads to dramatic declines in healthcare worker injury rates. North Shore’s Safe Patient Handling and Mobility Committee provides comprehensive education to frontline staff on safe mobilization techniques when utilizing this mechanical equipment. Through the use of designated “coaches,” the committee conducts equipment training, initial and annual competencies, patient handling hazard assessments, incident reviews and recommendations for corrective actions. The program benefits healthcare workers by reducing injury rates and worker’s compensation costs. Patients’ quality of care is also improved through a decrease in falls, injuries and length of hospital stays.

On December 20, 2017 volunteers from STARS delivered donated toys, games, arts and crafts, and stuffed animals to the Child Life and Creative Arts Therapy Program at Cohen Children’s Medical Center. These items were donated during a month long toy drive held throughout all STARS locations.

Staten Island Hospital Rehabilitation receives a visit from Congress

On October 6th, Congressional Representative Dan Donovan visited the inpatient unit at Staten Island University Hospital. Congressman Donovan represents Staten Island and parts of South Brooklyn in the 11th Congressional District of New York in the U.S. House of Representatives. Patients and staff spent the day discussing with Rep. Donovan the need to preserve access to this vital service of inpatient rehabilitation in the tumultuous legislative process in Washington. An intensive inpatient rehab program provides the patient the time required to strengthen and heal, and to gain the functional ability to go home safely. Every person’s comments underscored the value and absolute necessity of an intensive inpatient treatment program immediately following their recent surgery or traumatic injury or stroke.

Parkinson’s support group – connecting patients, caregivers and community

Northern Westchester Hospital’s Outpatient Rehabilitation Department launched a Parkinson’s Support Group, aimed at creating an environment where patients can share their triumphs, offer encouragement and seek advice. Since September 2017, the monthly meeting has hosted speakers covering topics such as Medication, LSVT BIG & LOUD, and Care & Share. Additionally, Northern Westchester Rehabilitation Services, provided a Wellness and Exercise program for patients with movement disorders and their caregivers, giving them the opportunity to exercise together and improve their strength, flexibility and cardiovascular fitness.

For more information, call (914) 458-8761.

On October 23, 2017, the STARS Oncology Rehabilitation team attended BRA Night, the Breast Reconstruction Awareness Event at North Shore University Hospital, offering information and support to patients and families affected by breast cancer and surgery.
SMALL STEPS TOWARD GIVING BACK

After recovering from a severe spinal injury, a patient now works to inspire and mentor others going through similar journeys.
A serious spine injury at South Jamesport beach left 26-year-old James Burke paralyzed when he was nearly cast off into Peconic River after slipping off a trampoline raft head-first into shallow water. “I instantly felt a numbness throughout the body. I was face up, floating out to sea,” explained Mr. Burke. “I couldn’t move my arms, couldn’t move my legs.”

Mr. Burke fractured his cervical vertebrae and injured his spinal cord, immobilizing his lower extremities. Following a reconstructive surgery to restore some feeling in his lower body, Mr. Burke worked extensively to begin regaining skills necessary for independent living. Still though, even through rehab, Mr. Burke struggled to adapt to his injury. “When it first happens, you just feel — not worthless — you just feel like you’re not yourself. I was eager to get to STARS (Sports Therapy and Rehabilitation Services) to have them take it up to the next level and keep pushing me.”

Doug Griffin, a physical therapist at STARS East Meadow, worked with Mr. Burke to set up a plan for his recovery. “When he came to us, we focused on trunk stability, standing tolerance and gait training,” explained Mr. Griffin. “Eventually he was able to do some of it on his own.”

Mr. Burke’s positive attitude and unwavering support system has fueled his inspiring rehabilitation journey. “I had a great group around me that supported me the entire time,” said Mr. Burke. His support system was out in full force at his wedding in September 2016, where he was able to walk down the aisle with the help of prosthetics.

Now, Mr. Burke works for STARS, empowering others to regain control of their lives in the face of spinal injury. “Just by seeing James’ determination and hard work during his rehabilitation, we felt he would be the right person to help develop this program,” said Mr. Griffin. Through the Strive for Wellness program, Mr. Burke works closely with patients with neurological impairments or spinal cord injuries in a safe, accessible place to exercise. “Seeing other guys come in and helping them out is absolutely fulfilling — if they’re in a wheelchair or have a neural disability, when they see me, they can relate a little more and I can offer them my best advice.”

For more information, call (516) 393-8942.
In 2017, the Department of Physical Medicine and Rehabilitation received over 400 applications for the residency program. The quality of the candidates has been extremely impressive. I would like to thank the faculty and residents for the time they took to meet all of the candidates who were invited to interview.

Nadia Zaman, DO has been elected by her fellow Residents and Faculty to be Chief Resident for the 2018-2019 academic year.

Raisa Bakshiyev, MD has been elected by the residents as Teacher of the Year. This is a well deserved honor. It is extremely impressive how energetic Dr. Bakshiyev has been in teaching the residents during her first year.

Congratulations to our graduating residents on their outstanding success in securing quality, ACGME accredited fellowships:

Katie Gibbs, DO
Rutgers New Jersey Medical School/Kessler Institute for Rehabilitation
- Spinal Cord Injury Medicine

Emily Gray, MD
Icahn School of Medicine at Mount Sinai
- Sports Medicine

Cosmo Kwok, MD
University of Colorado - Pediatric Rehabilitation

Komal Patel, DO
Donald and Barbara Zucker School of Medicine at Hofstra/Northwell - Brain Injury Medicine

The Department of Physical Medicine and Rehabilitation will host their Annual Academic Day on June 13, 2018 at Donald and Barbara Zucker School of Medicine at Hofstra/Northwell. The graduating class will be presenting their scholarly works and William Scelza, MD, Associate Clinical Professor at the University of Colorado School Of Medicine and Spinal Cord Injury Medicine Fellowship Program Director will be presenting.

Active research

- Using a Bidirectional Neural Bypass to Restore Motor and Sensory Function in Tetraplegia (IRB# 17-0840). Chad Bouton, Adam Stein, Raj Narayan, Ashesh Mehta, Richard Ramdeo, Malgorzata Straka, Theodoros Zanos, Kevin King, John Ciancibello, Subash Padmanaban

- Evaluating Neuromuscular Stimulation for Restoring Hand Movements (IRB# 17-0070). Chad Bouton, Adam Stein, Richard Ramdeo, Malgorzata Straka, Theodoros Zanos, Timir Datta, Todd Levy, Stavros Levy, Kevin King, John Ciancibello

- Gastrointestinal Microbiome after Spinal Cord Injury (IRB# 17-0714). Ona Bloom (PI), Adam Stein, Matthew Bank, Ashley Chory, Michael Gallo, Annemarie Glazer, Jared Huston, Camille Pinpin

- Biomarkers of Spontaneous Recovery from Traumatic Spinal Cord Injury (IRB# 14-612). Ona Bloom (PI), Adam Stein, Matthew Bank, Jared Huston, Jamie Ullman, Christine DeMers, Annemarie Glazer, Rajani Juloorrru, Paige Herman, Michael Gallo, Ashley Chory, Camille Pinpin, Frank Lombardo, Douglas Griffin, Michael Grossman, Jay Yelon, Elisa Szydziak


- STRIVE for Wellness Research Outcomes (IRB# 16-842). Ona Bloom (PI), Adam Stein, Andrew Beaufort, James Burke, Ashley Chory, Frank Lombardo, Michael Gallo, Douglas Griffin, Camille Pinpin, Cristina Sison

- Spinal Cord Injury Research Registry Protocol (IRB# 17-0573). Ona Bloom (PI), Ashley Chory

- The Return Pilot - Taking Northwell’s one off Amphibious prosthetic leg
and working to produce it for more patients (IRB# 17-0948). Ona Bloom (PI), Anthony Oreste, Ashley Chory, Michael Gallo, Todd Goldstein, Joseph Seldin, Veronica Chehata

– Observational analysis of a customized ankle-foot orthosis to treat genu recurvatum in adults with hemiparetic stroke (IRB# 17-0884): Anthony Oreste (PI), Ona Bloom, Calvin Chen, Nadia Zaman, Cristina Sison, Ashley Chory

– Prospective Analysis of patient outcomes, satisfaction, spinal diagnostics and interventions at Northwell Interdisciplinary Spine Center (IRB# 17-0950). Jason Lipetz (PI), Ona Bloom, Andrew Notaro, Ashley Chory


Grants


– Ona Bloom, PhD (PI) has an ongoing grant, “Biomarkers in adult and pediatric traumatic spinal cord injury” from the New York State Spinal Cord Injury Review Board. Total grant: $168,414.


– Ona Bloom, PhD (co-I, Chahine-Pi) is part of an ongoing grant, “Mechanobiology of inflammation in the intervertebral disc” from the National Institutes of Health. Total grant: $1,760,000.

– Ona Bloom, PhD (PI) has an ongoing grant, “Biomarkers of Spontaneous Recovery from Traumatic Spinal Cord Injury” from the Department of Defense. Total grant: $1,675,895.

Publications


– Persons with Chronic Spinal Cord Injury Have Decreased NK Cell and Increased TLR/Inflammatory Gene Expression. Journal of Neurotrauma, 2017. Paige Herman, MS, Adam Stein, MD, Katie Gibbs, DO, Ilya Korsunsky, PhD, Peter Gregersen, MD, Ona Bloom, PhD.


Presentations


– Anne Marie McDonough, BSN, MPH, FACHE, Senior Director of Rehabilitation Medicine, Staten Island Hospital Rehabilitation Unit. Implementing A Trauma Peer Support Network in Your Rehab Hospital. Presentation at AMRPA Fall Conference, October 23-25, 2017.

**Correction from previous issue: On June 27th, Marc Carino also presented with Lauren Boyarsky.

Team news

Andrea Kleess, DPT completed and received the degree of MBA of Health Management Services from Hofstra University.

Rachel Gioia, DPT has been promoted to Senior Therapist of the Department of Rehabilitation at Long Island Jewish Medical Center and appointed co-chair of the Safe Patient Handling Committee.

Hannah Dishman, MOT, OTR/L, CEAS has been promoted to supervisor of rehabilitation services for the Department of Rehabilitation at Syosset Hospital.

Ronald Nonaillada, MPA, OTR, Administrative Director, Rehabilitation Services at Plainview/Syosset Hospitals, was awarded the 2017 Leadership Award at Plainview Hospital.

Melissa Jensen, MA, CCC-SLP is now Senior Speech/Language Pathologist at Transitions of Long Island.

Kathryn Mirra, PhD, ABPP is now Senior Neuropsychologist at Transitions of Long Island.

Amy Morganstern, MS, PT and Ann Marie Panagos, SLP received the Patient Care Services Hospital Hero Award from North Shore University Hospital.

Michael Silverman, PT, MBA, Director of Rehabilitation and Wellness at STARS Northern Westchester Hospital was featured as a contributor in the December 2017 issue of SHAPE magazine.

The Department of Physical Medicine and Rehabilitation reached the 70th percentile nationally for Press Ganey’s Likelihood to Recommend Patient Experience metric. We congratulate the departments’ leadership, physicians and each staff member on a job well done.
STARS Rehabilitation – Moving forward together

Northwell Health STARS (Sports Therapy and Rehabilitation Services) has expanded their services to include two new locations: STARS Bayside, located at 3629 Bell Boulevard, Lower Level, is the second STARS site to open in Queens and features a state-of-the-art gym and experienced, caring staff who all use the latest rehabilitation techniques.

The second new location now open is STARS Eisenhower Park (located inside the Northwell Health Ice Center at Eisenhower Park) a 4,000-square-foot, state-of-the-art sports physical therapy facility. This new location is part of a ten year agreement that names Northwell Health STARS Rehabilitation as the Official Physical Therapy Provider of the New York Islanders Practice Facility. This new location will focus on sports and orthopaedic care and will be visible to the 90 plus youth and adult hockey teams that call the rink their home. STARS clinicians will be available to support the Islanders’ medical team while also treating members of the community who are suffering with musculoskeletal or other sports injuries. This new partnership adds to STARS’ current sports portfolio which includes Hofstra University, the New York Lizards Major League Lacrosse Team and a growing inventory of high school athletic training contracts.

For more information or to schedule an appointment, visit Northwell.edu/STARS or call (888) Rehab-03.