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Message from the Chairman
by ADAM STEIN, MD, CHAIRMAN

Just a few years ago, Glen Cove Hospital, a full-service community hospital that included a large and regionally recognized inpatient rehabilitation program, was slated to close. The rehabilitation bed complement was cut 33 percent, and the remaining beds were rarely full. Plans for a physical relocation were drawn. Staff was reassigned and morale plummeted. It is, therefore, quite extraordinary to witness the rebirth that has occurred at Glen Cove, both for the hospital and for the rehabilitation program. In recent months bed capacity has risen dramatically, and the daily census regularly approaches 50 patients. There are plans for the conversion of a dormant unit to expand capacity to 60. Among the most critical factors facilitating the enhanced health of the rehabilitation program was the addition of key program leadership. In October of 2015, Dr. Craig Rosenberg was appointed director of Rehabilitation Services of the Eastern Region of Northwell Health. Then, this past February, we welcomed Dr. Adrian Cristian as chairman of Physical Medicine and Rehabilitation at Glen Cove. These two physician leaders have brought a wealth of knowledge, experience and energy that has palpably restored a sense of optimism within the hospital’s walls. Program growth has allowed for the recruitment of an additional physiatrist. Patient satisfaction scores are exceptional; most recently at the 98th percentile nationally, thanks to the extraordinary staff, who provide a caring and empathetic milieu. The physical plant has been upgraded to provide a more modern and appealing environment. It is indeed a new day for Glen Cove Hospital.

Staff and Departmental Highlights

Kevin Trinh, MD, chief resident of Physical Medicine and Rehabilitation, was inducted into the Alpha Omega Alpha Honor Society.

Dr. Trinh was recommended by his program director as someone who has displayed continued academic achievement, leadership, professionalism, service, teaching, research and promise, with special emphasis on commitment and excellence in teaching of medical students.

Nancy Silva-Mullins, MS, PT, physical therapist at Sports Therapy and Rehabilitation Services (STARS), received a Certificate of Achievement in Pregnancy and Postpartum Physical Therapy.

Robin Weiner, MSPT, CEAS I, Syosset Hospital, completed the Back School’s Ergonomics Assessment Certification workshop and earned the designation as a Certified Ergonomics Assessment Specialist.

On March 23 and 24, 2016, the Department of Rehabilitation at Staten Island University Hospital participated in the National Government Services Jurisdiction K, Part A, Mobile Medical Review. The purpose of the onsite visit by the Mobile Medical Review Team was to reach out to inpatient hospital providers, present current information and guidance and facilitate an open forum for discussion. The review noted, “It is evident and appreciated that your facility renders excellent acute rehabilitation services and provides assistance to Medicare patients within your community. We also acknowledge the close collaboration within your professional teams; especially the involvement from hospital leadership, compliance, physicians, therapists, case management, social services and health information management.”

Members of the Rehabilitation Medicine Department at Northwell Health Staten Island Hospital were honored at the Women of Distinction Luncheon.

Members of the Rehabilitation Medicine Department at Staten Island University Hospital — AnnMarie McDonough, Raisa Ginzverg and Sharon Zinke — were honored with the Community Program of Distinction Award for Rebuilding Lives: Returning Back to the Community at the Women of Distinction Luncheon, sponsored by the Staten Island Chapter of New York State Women.

Ronald Nonailada, MPA, OTR/L, was promoted to administrative director of Rehabilitation Services for Plainview and Syosset hospitals. Ron brings more than 10 years of direct patient care and eight years in management within Northwell Health Rehabilitation service line administration. He was instrumental in positioning Northwell Health as a leader in rehabilitation education in the region and sharing his clinical and organizational expertise to numerous clinical programs and health system committees.

Marlene Povilauskas, PT; James Baker, PTA; and Tania Registre, PT, MPT, have successfully completed the Diabetes Champion Program at Plainview Hospital. Marlene, James and Tania will provide advanced diabetes education to patients.
Northwell Health Launches an ACL Prevention Program at Glen Cove High School

The Northwell Health ACL (anterior cruciate ligament) Treatment and Prevention Program was recently introduced to athletes at Glen Cove High School. This program delivers a collaborative team approach, consisting of physical therapists, orthopaedists and athletic trainers offering both pre- and post-injury options.

Members of the Sports Committee at Northwell Health’s Sports Therapy and Rehabilitation Services (STARS), along with the school’s certified athletic trainer, Mike Schmidt, ATC, initiated the program’s launch at Glen Cove High School with a visit to the girls’ lacrosse and softball teams. These athletes were taught proper form and provided a recommended workout that can decrease the likelihood of a noncontact ACL tear. The teams will continue utilizing the program’s instruction throughout their sports’ season, with the assistance of the school’s athletic trainer, to enhance their performance and prevent season-ending injuries.

This prevention program emphasizes:
• proper warm-up and cooldown;
• strengthening (core, lower extremities);
• flexibility;
• balance and proprioception;
• plyometrics and agility drills; and
• proper jumping and landing techniques.

We’ll help you heal. For more information about our ACL Prevention and Treatment Program, call the Sports Medicine Hotline at 516-321-7522.

Northwell Health and the New York Lizards Team Up For a Winning Season

Northwell Health and the New York Lizards have entered into a two-year partnership providing both orthopaedic and physical therapy services. With seven Sports Therapy and Rehabilitation Services (STARS) locations throughout Long Island and Queens, the team of sports therapists will work with Northwell Health sports medicine orthopaedists to employ a comprehensive, multidisciplinary approach to the treatment and prevention of sports-related injuries.
It is vital that patients who are cared for at Transitions of Long Island receive quality therapies, comprising state-of-the-art technology in all multidisciplines.

To assist in the rehabilitation of dysphagia (swallow disorder), our speech therapists utilize a combination of traditional therapy with neuromuscular electrical stimulation (NMES) and/or deep pharyngeal neuromuscular stimulation (DPNS). The handheld VitalStim provides NMES for both swallow and facial weakness. A newer generation of the VitalStim, known as the Experia unit, provides traditional NMES, high volt and sEMG (biofeedback). In addition, all therapists are certified in LSVT, a rehabilitation approach for voice disorder that is common in Parkinson’s disease. Over the past year, the LSVT Companion software has been used to assist patients in achieving their goals.

The Occupational Therapy Department offers a variety of state-of-the-art technology, including Saebo and Bioness devices. Saebo offers a variety of devices to promote neuromuscular re-education, reduce spasticity and reduce pain. Bioness devices provide electrical stimulation to regain functional use of a hand during meaningful activities of daily living. Upper extremity robotic therapy using interactive motion technologies can be used to improve range-of-motion and reduce shoulder subluxation.

Also in keeping up with the advance in technology, both the Occupational Therapy and Speech Therapy Departments utilize computer programs and tablet applications to complement the therapies provided for communication, cognition, speech and oral motor skills.

In the Physical Therapy Department, cutting-edge technology, along with traditional therapy, offers the most effective and customized treatment plans. The Bioness L300 (functional electric stimulation) facilitates proper gait patterns while providing increased ankle stability and improved mobility. We also offer the Anklebot (robot-assisted therapy) to remediate foot drop through intensive and actively assisted ankle ranges of motion while improving paretic ankle control to increase gait speed and reduce compensations. The BioSway is an instrumented platform with a touchscreen display that emphasizes specific movement patterns and encourages proprioception and motor control to improve overall balance. The Synapsys — a video Frenzel system — allows for improved vestibular evaluations and observation of eye movements and nystagmus to more accurately determine the origin of vestibular dysfunctions. The physical therapists at Transitions also utilize segmental vibration therapy to facilitate a specific motor response and/or reduce spasticity.

Transitions offers a compassionate and dynamic team that specializes in neurorehabilitation. Our team uses state-of-the-art technology and evidence-based practice to allow clients with complex injuries to reintegrate to meaningful roles. We are grateful to our former clients and their families who have made significant donations to the department.
BRAIN INJURY EVENT CONNECTS PATIENTS, FAMILY AND HOSPITAL STAFF

by BETTY OLT

Recognizing National Brain Injury Awareness Month in March, health care experts at Northwell Health Glen Cove Hospital hosted a free event, bringing together brain injury survivors, family members, advocacy groups and vendors to share health tips and provide community resources.

Held in the hospital’s Pratt Auditorium, the gathering provided a supportive environment for visitors and former patients to connect with hospital staff members and other brain injury survivors, which can be difficult for people experiencing cognitive and mobility issues. Participants informally met one-on-one with therapists, physicians and other clinicians from the hospital’s Brain Injury Rehabilitation Program. Brain injury survivors shared their personal stories, including ways to empower their peers, such as using smartphones to help with memory loss and distractions. Also on hand were representatives from the New York Brain Injury Association and the Head Injury Association.

The hospital’s Brain Injury Rehabilitation Program treats patients with traumatic and nontraumatic brain injury, stroke, brain tumors, brain hemorrhage and other conditions. It is the only New York State—designated, hospital-based, adult brain injury rehabilitation center in Nassau County.

Connect with the Brain Injury Support Group
For more details, call Merav deGuzman, certified brain injury specialist and Recreational Therapy Supervisor, at 516-674-7696.

Volunteer Art Project Brings Joy to Brain Injury Patients

Quentin Palone, 17, had been working as a junior volunteer with the Recreational Therapy Department at Northwell Health Glen Cove Hospital’s Acute Rehabilitation Unit since his freshman year of high school. He approached Merav deGuzman, supervisor of Recreational Therapy, wanting to use his drawing talent with the patients. Together, they came up with the Happiness Is ... Project to meet the functional goals of rehab while providing a positive psychosocial outcome.

The recreational therapists worked with traumatic brain injury and stroke patients to express what their meaning of happiness is in as much detail as possible. Quentin would then create a drawing depicting their expression. Without fail, every patient smiled when they saw what Quentin had created. Then, to reinforce the meaning of happiness, the patient was assisted by the recreational therapist to transfer the picture with carbon paper to a fabric square and paint it. Twenty squares were combined in a mural that hangs on the Acute Rehabilitation Unit to inspire all patients to remain positive during their journey to recovery. Quentin said the Happiness Is ... Project combined his lifelong love of drawing with his interest in helping people. At a press conference at Glen Cove Hospital, Dr. Adam Stein, chairman of Physical Medicine and Rehabilitation, said, “Quentin, I understand that you are interested in becoming a physician. It is apparent that you have already exhibited the skill to listen to a patient’s heart; therefore, I present you with this stethoscope and encourage you to follow your dream.”

For more information on the Recreational Therapy Department at Northwell Health Glen Cove Hospital, call 516-674-7696.
RESIDENCY UPDATE

BY MATTHEW SHATZER, DO
RESIDENCY PROGRAM DIRECTOR

Kevin Trinh, MD, chief resident in Physical Medicine and Rehabilitation, was inducted into the Nu Chapter of the Alpha Omega Alpha National Honor Society at Hofstra Northwell School of Medicine. Dr. Trinh was one of three residents within the health system to receive this honor. The letter of nomination for Dr. Trinh concluded with the following summary statement: “Kevin Trinh has distinguished himself during his residency with a dynamic combination of scholarship, professionalism, service and leadership. He will leave the Department of PM&R stronger and more cohesive. He is a gentleman in the finest sense and a role model for his peers.” Election to the Alpha Omega Alpha National Honor Society is one of the highest honors achievable in medical education.

The graduating class of 2016 has matched several residents into very competitive fellowships. Dr. Trinh will continue his training at Loma Linda University, having been accepted to a fellowship in pain medicine. Eddie Papa, DO, matched for a pain medicine fellowship at the University of Michigan, while Madouna Hanna, DO, has accepted a fellowship in sports and musculoskeletal medicine at Rutgers University.

Tom Lione, DO, will succeed Kevin Trinh as he assumes the role of chief resident for the academic year 2016-2017, as elected by a combined vote of the residents and faculty. Tom’s genial good nature, can-do attitude and excellent interpersonal skills made him a natural for the position.

PUBLICATIONS


SEEKING PARTICIPANTS FOR STROKE REHAB RESEARCH STUDY

Researchers at the Feinstein Institute for Medical Research are conducting a study to see if noninvasive spinal stimulation can reduce muscle spasticity and improve hand function after stroke.

Adults who have suffered a stroke and have residual hand weakness and spasticity are invited to participate in this research study. There is no charge to participate.

To learn more, please contact Johanna Chang, MS, CCC-SLP, the clinical research coordinator, at 516-562-3646 or jchang14@nshs.edu. Bruce T. Volpe, MD, is the principal investigator.

ACTIVE RESEARCH


➔ “Robots Paired with tDCS in Stroke Recovery.” B. Volpe (PI) et al. IRB#12-102B.

➔ “Systemic Biomarkers in Patients Undergoing Epidural Steroid Injection (a Pilot Study).” S. Quraishi (PI) et al. IRB #12-163B.


➔ “The Role of HMGB-1 in Chronic Stroke.” B. Volpe (PI) et al.
On January 26, 2016, Ronald Combs, DPT, presented “Multi-Modal Approach to the Care of the Older Adult” during Nursing Grand Rounds at North Shore University Hospital in Manhasset, NY.

At the Annual Scientific of the Association of Academic Physiatrists from February 16-20, members of the Hofstra Northwell School of Medicine presented the following posters:

- E. Chen, MD; K. Trinh, MD; E. Gray, MD; and C. Rosenberg, MD, presented “Oncological Etiology of Hip Pain Without History of Cancer: Case Report.”

- T. Lione, DO, and S. John, MD, presented “May-Thurner Syndrome: A Rare Cause of a Common Problem.”

- D. Sutton, MD, and O. Baez, MD, presented “Clinical and Electrophysiological Features of Non-Traumatic Bilateral Anterior Compartment Syndrome in a Patient with Sickle Cell Trait.”

- K. Trinh, MD, and M. Shatzer, DO, presented “Hemiplegia from Toxic Leukoencephalopathy due to Intrathecal Administration of Methotrexate.”

- C. Martin, MS2, S. Khan, DO, and M. Shatzer, DO, presented “Ritalin as a Therapeutic Agent for the Treatment of Increased Impulsivity and Decreased Attention in Patients with Frontal Lobe Damage.”

- J. Pereira, MS2, and S. Khan, DO, presented “Rehabilitation Challenges in Patient with Posterior Reversible Encephalopathy Syndrome.”


- D. Lee, MS2, S.W. Lee, M. Bartels and G. Syrkin presented “Unusual Case of Infectious Diskitis in a Patient Presenting with Radiculopathy.”

- On February 23, March 1 and April 5, 2016, StephanAnn Santoro, PT, presented a series of lectures at the Jewish Community Center in Staten Island for Stepping On, a program to help older adults reduce their fall risk.

- On March 12, 2016, the Northwell Health Department of Orthopaedics hosted the fifth annual CME-accredited conference titled “All Things Sports: Advances in Prevention, Performance and Preservation” in Woodbury, NY. Some of the featured topics were “Golf Form and Fitness: It’s an Easy Game," presented by Nina DePaola, MHA, PT, vice president of the orthopaedic and rehabilitation service lines; “Upright or Upwrong? How Can We Prevent Back Problems?” presented by Jason Lipetz, MD, chief of spine, physical medicine and rehabilitation; “How to Make a Difference in Preventing Falls: Building Balance” presented by Jim Megna, PT, MS, NCS, associate executive director of Southside Hospital. One of the highlights of the conference was a clinical vignette titled, “How to Manage the Difficult Patient – A Multidisciplinary Approach," which featured panelists Daniel Vaknin, MA, PT, assistant vice president of the Northwell Health Outpatient Network, and keynote speaker, Kevin Wilk, PT, DPT.

- On March 18, 2016, Melissa Dukofsky, MA, LCAT, LMHC, BC-DMT, NCC, presented “Embodied Mindfulness for Stress Management” at the Stroke Survivor and Caregiver Support Group at North Shore University Hospital in Manhasset, NY.

- On March 30, 2016, the Northwell Health Rehabilitation Network hosted a Rehabilitation Lecture Series titled “Musculoskeletal Sarcomas: Treatment and Rehabilitation Methods.” This event featured musculoskeletal oncology orthopaedist Howard Goodman, MD, as well as chief of cancer rehabilitation Susan Maltser, DO. The physicians took a collaborative approach to educate the audience of multidisciplinary specialists on the emerging topics and trends related to advancements in surgery and the rationale between amputation versus limb salvage. The audience engaged the physicians in discussion related to the wide range of therapies offered by the rehabilitation team and how best to maximize the patients’ function to regain independence, reduce stress and maintain the energy needed to participate in meaningful daily activities.
Brain Injury Recovery Is a Marathon, Not a Sprint

By Allison Muscatello, LMSW Facilitator, Structured Day Program
Kathryn Mirra, PhD, ABPP, Neuropsychologist
Jean Elbaum, PhD, Director, Transitions of Long Island

Traditionally, most brain injury survivors continue their “race” at Transitions of Long Island for multidisciplinary outpatient neurorehabilitation after their acute and/or subacute care stay at inpatient facilities. Many of our patients make excellent gains in their restorative program and after several months or years are typically able to be discharged back to home, community, school and work responsibilities.

There are some, however, who need continued long-term support services once their restorative treatment ends, given the nature and severity of injury. This is where Structured Day Program and Post-Rehabilitation (PREP) services come in. This program, also housed at Transitions of Long Island, is facilitated by a licensed master social worker, supervised by the program director, Jean Elbaum, PhD, with collaboration from our Neuropsychology Department, as well as outstanding graduate-level trainees from various disciplines including social work, psychology, behavioral health and rehabilitation counseling, and neuropsychology interns. Daily group sessions focus on cognitive stimulation, socialization, coping skills and prevocational readiness.

Transitions also provides regular activities centering on art, music, yoga and recreation.

A monthly wellness series offers an opportunity for continued education, collegiality and support to promote continued successful reintegration and address adjustment to changes and the challenges that arise. These sessions are open to current and former clients and their families, as well as to those in the community who have sustained an acquired brain injury.

From peer support, to providing much needed respite for families, to sharing “outside of the box” strategies to help increase overall independence, postrehabilitation services foster successful reintegration and improved quality of life. Many consider this aspect of care as their “second family,” and may continue receiving these services for years to come. This leg of the race is an essential part to reaching the finish line.