

Always in Motion

NORTHWELL HEALTH REHABILITATION

SUMMER 2017



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Checking in



Adam Stein, MD, Chairman

The Association of Academic Physiatrists (AAP) is the international organization serving physiatrists focused on education, research and mentorship. At the 2017 Annual Scientific Meeting,

the Hofstra Annual Scientific Meeting, the Hofstra Northwell School of Medicine Department of Physical Medicine and Rehabilitation was highly visible because of our scientific inquiry and service to the organization. Chad Bouton, MS, the Vice President for Advanced Engineering and Managing Director of the Center for Bioelectric Medicine at our Feinstein Institute for Medical Research, delivered an exceptionally compelling keynote address entitled “Neural Bridging: Reconnecting Mind and Body” detailing his groundbreaking work on neural prosthetics in tetraplegia. Ona Bloom, PhD, the Department’s Director of Research, offered a podium presentation of her work entitled “Differential Gene Expression in Persons with Chronic Spinal Cord Injury with Pain”. Our residents and medical students presented a total of five posters during the meeting, four of them

mentored by Susan Maltser, DO, our Chief of Cancer Rehabilitation (see page 7 for complete list).

With regard to organizational service, the Department of PM&R is making major contributions to the AAP as well. Adrian Cristian, MD, MHCM, serves on the Education Committee while Rosanna Sabini, DO is a member of the Leadership Development and Recognition Committee. Matthew Shatzer, DO is a member of the Governance Committee as well as the Residency Program and Fellowship Directors Council. Finally, I stepped into the role of President-Elect of the AAP, a position I will hold for two years.

It is certainly gratifying to witness the national visibility of our faculty and trainees in this critically important organization. We look forward to our continued contribution to the AAP and other national organizations.

Physicians in the news



At the 2017 Association of Academic Physiatrists (AAP) Annual Meeting in Las Vegas, **Adam Stein, MD**, was elected President-Elect of The AAP, which is dedicated to creating the future of academic physiatry through mentorship, leadership and discovery.



On October 1st, 2016, **Rosanna Sabini, DO**, received the “Trauma Hero” award at Southside Hospital’s Trauma Hero Recognition Night.



Sarah Khan, DO, has received her Board Certification in Brain Injury Medicine through the American Board of Physical Medicine & Rehabilitation.



Eric Leung, MD, has received his Board Certification in Pain Medicine through the American Board of Pain Medicine.



Congratulations to **Eduardo Chen, MD**, recent graduate of the Hofstra-Northwell residency program, on being elected by the residents as Teacher of the Year.



Congratulations to **Emily Gray, MD**, who has been elected by her fellow Residents and Faculty to be Chief Resident for the 2017-2018 academic year.

New and notable

Northwell Health Rehabilitation celebrates Physical Therapy Month

In honor of National Physical Therapy Month, the Rehabilitation Departments at LIJ Valley Stream and Staten Island University Hospital organized a month-long physical therapy awareness campaign that engaged both staff and patients alike. Recognizing that there is always room for improvement and added knowledge in the area of wellness, and that an ounce of prevention is worth a pound of cure, the teams set out to celebrate in the best way possible: by making sure that fellow hospital employees, as well as patients and family members, got that much-needed dose of prevention.



A bright future for Glen Cove Hospital

With a new director and a new direction, Glen Cove Rehab has started down the path of modernization and growth, with the goal of becoming a regional destination rehab facility for patients and staff. In addition to growing census from 44 beds to 60 by the end of 2017, Glen Cove is also modernizing and expanding the entire rehab department. Both patients and staff will see tremendous benefits this year and beyond.

New technologies, such as the G-EO Robotic Gait Trainer for floor walking and stair climbing have been acquired. With extended hours and additional therapists, we'll be expanding our outpatient treatment capabilities to have the best care and flexible hours for our patients. We will also be deploying new strategies, initiatives and programs to stay ahead of the curve in the ever-changing health care environment.

Glen Cove Rehab, in conjunction with the Rehabilitation Service Line, is investing in professional development by financially supporting clinical specializations and certifications such as vestibular certifications, Certified Brain Injury Specialists and FEES. These are great opportunities for young therapists and emerging leaders to learn and grow while providing the best patient experience in the region. We're also in the process of achieving CARF certifications in several areas, including all inpatient rehab units.

Glen Cove Rehab will be an exciting place to be throughout 2017 and beyond for top therapists and emerging leaders.



STARS Rehabilitation — Moving forward together



STARS Rehabilitation has expanded their services to a new location at 833 Northern Boulevard in Great Neck, NY. Their 2016 Press Ganey mean score for “likelihood to recommend” was 94.4 — the sixth consecutive year they ranked above 94. For the third time in a row, STARS has been ranked above the 96th percentile nationally by Press Ganey for employee engagement, and are the proud recipient of four consecutive Press Ganey Guardian of Excellence Awards.

Transitions of Long Island

Transitions of Long Island received a generous donation of \$25,000. The donation is being used to purchase equipment to assist patients with acquired neurological challenges function and progress more effectively.

Inpatient rehabilitation

The inpatient rehabilitation units at Glen Cove Hospital, Southside Hospital and Staten Island University Hospital – North are proud to have surpassed both the New York State average percentage of patients discharged to community, as well the New York State average in the Functional Improvement Measure (FIM) score, which is a worldwide measure of functional improvement in rehabilitation outcomes.



After tragic accident, a long road leads back to the kitchen

Ever since she made her first dish at four years old, food has been Catherine DiGiovanni's passion.

A graduate of the Culinary Institute of America, she was well on her way to her dream of becoming a chef when a drunk driver crashed into her car in 2010. Given a five percent chance of survival, she miraculously pulled through, waking from a coma days later in North Shore University Hospital. Catherine had suffered a traumatic brain injury, a collapsed left lung, loss of vision in her right eye and a multitude of other injuries. Nearly a dozen surgeries followed, but that was just the beginning of her journey.

After regaining the ability to walk at an inpatient rehabilitation facility, Catherine was then transferred to Transitions of Long Island in Manhasset, part of the Northwell Health Rehabilitation Network, which assists people recovering from neurological injury or illness. At Transitions, the staff worked with her to overcome several physical, cognitive and emotional challenges. "Catherine had a severe traumatic brain injury. The more severe the injury, the more challenging the journey," said Jean Elbaum, PhD, director of Transitions. "She's made a remarkable

recovery given the challenges she has faced." Catherine had a challenging road, and it wasn't always easy, but her drive and determination were among her "ingredients to success".

Also vital to her recovery: a good support system, "good music" and understanding that she would not be the same person she was before that night. "I was so angry at first, that's all I knew. I couldn't even cry", adds Catherine. Dr. Elbaum explains that's part of the process. "Part of our therapy is working with the family, helping them to understand disinhibition (a lack of restraint manifested in disregard for social conventions, impulsivity, and poor risk assessment) can come with TBI and how to react to these emotions."

Now, seven years later, Catherine continues to progress. At 29, she has written a memoir/cookbook, "Mise En Place of Life," created a Facebook page by the same name in which she interacts with others overcoming brain injuries, and is enrolled in a post-baccalaureate teacher certification program at Buffalo

State College intending to one day work with other TBI patients. "Who better to help them get through it than another TBI patient?" Sitting in Dr. Elbaum's office, she beams as she talks about her passion, and advancing her career. "I'm still finding my path but I'm cooking and baking again. At Buffalo State College, I have a 4.0 GPA. I was worried I would have trouble with my memory, but the memory exercises I learned here really help."

She also says being able to talk to other brain injury survivors helped her progress. So, she's inspiring others who've suffered brain injuries by doing what she does best: cook. At a recent event, she showed nearly a dozen TBI patients at Transitions how to make a no-bake s'mores treat. The dessert is one of her childhood favorites. "We're making arrangements to have her come in regularly and work with our patients," said Dr. Elbaum.

"I can't go back into the high-production world of restaurants anymore, but the great thing is I've realized that I'm not at a loss" says Catherine. "I can still find my way in my industry. I still have the power to be creative with food and incorporate that with what has become the biggest part of me, my TBI."



Coming back from a stroke

A young man's story

Ten days after suffering a stroke last January, 29-year-old Joseph Melillo arrived at Phelps Hospital's inpatient rehabilitation unit.

Multiple challenges faced Joe and his new rehab team. He was completely flaccid and unaware of his right side, as well as unable to speak and morbidly obese. "It was a fight for Joe's life to bring him back to us, and the commitment of the Phelps staff to his successful recovery was nothing short of miraculous," says Joanne Melillo, his mother. "They worked overtime and gave it everything they had. Everyone, from the doctors, to the nursing staff, to the team of therapists, to the hospitality

reps and janitorial staff, treated us like family. They always made us feel comfortable and cared for, which was amazing, considering we had dozens of friends and family members visiting every day." When Joe finally left the inpatient rehab unit in early April, he was able to dress himself with minimal help, walk with a small quad cane with only one person at his side and even negotiate a flight of stairs

with minimal assistance. He was able to read and comprehend short paragraphs and engage in functional conversation. He could even text messages back to friends and family who were concerned about him. The day Joe left the unit, an entourage of hospital staff congregated in his room for pictures with him and his mom, each one sharing a personal anecdote or funny story about just how far he had come. It was a very emotional farewell for everyone. After an additional sub-acute stay, Joe required further rehabilitation to more fully regain his mobility. His mother's first thought was Phelps' outpatient services, so she made an appointment to bring him in for an outpatient rehab evaluation. The day Joe returned for his appointment, he was met by a pleasant surprise.

"A group of nurses, therapists, technicians and hospitality staff who had taken care of me while I was an inpatient came out to the parking lot to greet me. It was really exciting to be around the people who had influenced me so much and helped me get so far," says Joe.

Joe continues to make gains with the outpatient physical, occupational and speech therapists at Phelps to this day, including exercise sessions in the hospital's aqua-therapy pool. It is still a thrill for the therapists to see him walking into the hospital by himself, knowing that they each played a part in his recovery. "With the love and support of family and friends, and my girlfriend who stuck by me through everything, I just had to keep going," says Joe. He is now making plans to get married and create a family of his own. "I thank God for every day, He kept me alive. And through some of the worst times, the team at Phelps was there every step of the way. They've given me all the tools I need – the rest is up to me."



Educational updates

Medical education update

Three students from the 2017 class at the Hofstra Northwell School of Medicine chose a career in Physical Medicine and Rehabilitation and successfully matched in the following residency training programs:

- Arline Edmond – Rutgers New Jersey Medical School/Kessler Institute for Rehabilitation
- Shina Satoh – Montefiore Medical Center/ Albert Einstein College of Medicine
- Perry Zelinger – New York University School of Medicine/Rusk Institute

In addition, Perry was the recipient of the Department of PM&R Award for his academic excellence and his leadership of the PM&R Student Interest Group, while Arline was elected to the school's chapter of the Gold Humanism Society.

As a result of the 2017 Match, the following newly graduated physicians will be joining our Physical Medicine and Rehabilitation Residency Training Program in July, 2018:

- Edward Degerman – Albert Einstein College of Medicine
- Samuel Jacob – New York Institute of Technology College of Osteopathic Medicine
- Catherine Jameson – New York Institute of Technology College of Osteopathic Medicine
- Carly Rothman – New York Institute of Technology College of Osteopathic Medicine

Active research

- **Weber KT, Alipui DO, Sison C, Bloom O, Quraishi S, Overby C, Levine M, Chahine N.** Serum levels of the pro-inflammatory cytokines IL-6 vary based on diagnoses in individuals with lumbar intervertebral disc diseases. *Arthritis Research and Therapy*, 2016 Jan. 7;18 (1):3. PMID: 26743937

Grants

- National Institutes of Health (NIH) 1R01AR069668-01 (PI: Dr. Nadeen Chahine, Dr. Bloom, Co-Investigator) Mechanobiology of Inflammation in the Intervertebral Disc Direct Costs: \$2,106,250 Dates: 09/5/2016-03/31/2021

- US Dept. of Defense Contract W81XWH-15-1-0614 (PI: Dr. Ona Bloom) Biomarkers of Spontaneous Recovery from Traumatic Spinal Cord Injury Total Costs \$1,676,895.00 Dates: 09/30/15-09/29/18
- NY State Spinal Cord Injury Research Board, DOH01-ISSC16-2016-00018 (PI: Dr. Ona Bloom) Institutional Support for SCI Research, round 6 Direct Costs \$242,500 Dates: 3/1/17-2/28/22

Publications

- **Maltser S, Wisotzky E, Khanna A, Hanrahan N, et al.** Scope of Practice in Cancer Rehabilitation, *Current Physical Medicine and Rehabilitation Reports* (2017), 5: 55. doi:10.1007/s40141-017-0144-y
- **Papatheodorou A, Stein A, Bank M, Sison C, Gibbs K, Davies P, Bloom, O.** High-Mobility Group Box 1 (HMGB1) is Elevated Systemically in Persons with Acute or Chronic Traumatic Spinal Cord Injury, *Journal of Neurotrauma*, 2016 Sept. 27 PMID: 27673428
- **VanPatten S, Sun S, He M, Cheng KF, Altiti A, Papatheodorou A, Kowal C, Jeganathan V, Crawford J, Bloom O, Volpe B, Grant C, Meurice N, Coleman T, Diamond B, Al-Abed, Y.** Amending HIV drugs: a novel small-molecule approach to target lupus anti-DNA antibodies. *Journal of Medicinal Chemistry*, 2016. Oct. 13; 59(19) 8859-8867 PMID: 27603688

Presentations

- On September 21, 2016, **Brittany Garrett, PT, DPT**, and **Rena Wiseman, OT**, presented “Wellness and Balance” at the Senior Wellness Fair in Chappaqua, NY.
- On September 22, 2016, January 17, 2017 and January 25, 2017, **Asha Jacob, DPT, WCC**, presented community lectures in Ozone Park, NY, Howard Beach, NY and Merrick, NY on bone health and fall prevention.
- On October 8th, 2016, **Rosanna Sabini, DO**, presented “When to call it? Concussion in Boxing and now...MMA” at the New York Athletic State Commission Boxing Physician Symposium.
- On October 8, 2016, **Sarah Todd, PT, DPT, CLT**, presented “Oncology Rehabilitation” at Dominican College in Orangeburg, NY.

- On October 20th, 2016, **Sarah Todd, PT, DPT, CLT**, presented “Injury Prevention in the Youth Athlete” at the Young Athlete Symposium in Pleasantville, NY.
- On October 21, 2016, **Adrian Cristian, MD**, presented “Disability” to the undergraduate Public Health Class in the School of Public Health at Tulane University.
- On October 21, 2016, **Susan Maltser, DO**, presented, “Head and Neck Cancer Rehabilitation” at the American Academy of Physical Medicine and Rehabilitation in New Orleans, LA.
- On October 22nd, 2016, **Rosanna Sabini, DO**, presented “Concussion Management” during Family Medicine Academic Day at Hofstra Northwell School of Medicine.
- On October 24, 2016, **Michele Comen, OT, CHT**, presented “Common Knitting Injuries: Prevention and Treatment Strategies” at the Chappaqua Knitting Group in Chappaqua, NY.
- On November 3rd, 2016, **Rosanna Sabini, DO**, presented “Current Concussion Management Guidelines: How Much Do You Know?” at the 66th Annual Cortland Recreation Conference, SUNY Cortland, NY.
- On November 15, 2016, **Ona Bloom, PhD, Katie Gibbs, DO, Peter Gregersen, MD, Paige Herman**, and **Ilya Korsunskiy, PhD**, presented “Transcriptional profiling of circulating leukocytes in persons with chronic spinal cord injury” at the Society for Neuroscience (SFN) Annual Meeting, Session: Inflammatory Mediator Function in Models of Neurodegeneration.
- On November 17th, 2016, **Rosanna Sabini, DO**, presented “Sports and Concussion” at Brentwood High School Medical Career Day.
- On January 12, 2017, **Carol Bruno-Amico, PT, Shiri Cantor, PT, Brittany Garrett, PT, DPT, Emily Hoult, PT, Liezl Punzalan, PT, DPT, Marty O’Brien, PT**, and **Rita Rourke, PT**, presented “Ergonomics” at Northern Westchester Hospital Safety Day in Mount Kisco, NY.

Team news

Shannon M. Clearwater OTD, OTR/L, CHT, CEAS II, supervisor of rehabilitation services at Phelps Memorial Hospital and Asha Roy, OTD, OTR/L, CWcHP, CEAS, have both received their Doctor of Occupational Therapy (OTD).

Carey Otterstedt, OTR/L, CBIST, has been promoted to administrative director of rehabilitation services for the Department of Rehabilitation at Glen Cove Hospital.

Monica Metri, DPT, WCC, CEAS, has been promoted to director of rehabilitation services for the Department of Rehabilitation at Long Island Jewish Valley Stream.

Lisa Henselder, DPT, has been promoted to supervisor of the Outpatient Rehabilitation Department at Northern Westchester Hospital.

Juliann Wolf, MA, CCC-SLP, received the Recognition for Outstanding Professionalism, Honorable Character, High Standards of an Allied Health Professional from the Long Island Jewish Valley Stream Medical Staff.

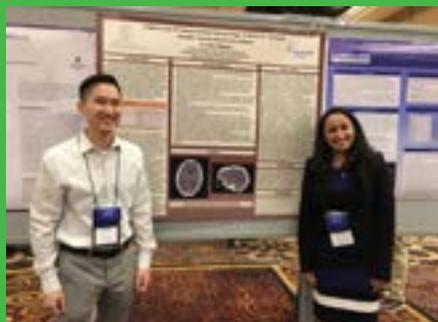
Andrea Kleess, DPT, WCC, DWC, OMS, has been promoted to clinical administrative director of hospital operations at Long Island Jewish Forest Hills.

Melissa Mancuso, PT, MS, CPST, has been promoted to manager of rehabilitation services at Cohen Children's Medical Center of New York.

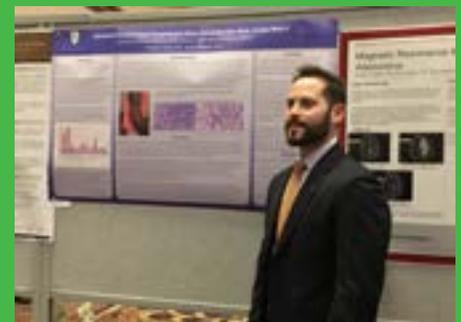
On February 9 and 10, 2017, at the Association of Academic Physiatrists 2017 Annual Meeting in Las Vegas, Nevada, the following were presented:



- **Katie Gibbs, DO**, and **Susan Maltser, DO**, presented the poster “An Uncommon Presentation of Chemotherapy Induced Peripheral Neuropathy: A Case Report.”
- **Chad Bouton, Director of Bioelectric Medicine at the Feinstein Institute** and Keynote Speaker, presented “Neural Bridging: Reconnecting Mind and Body.”
- **Ona Bloom, PhD**, presented “Differential Gene Expression in Persons with Chronic Spinal Cord Injury with Pain.”



- **Veronica Chehata, MD**, and **Eduardo Chen, MD**, presented the poster “A Rare Case of Subarachnoid Hemorrhage in Behçet’s Disease Despite Normal Brain Vasculature: A Case Report.”
- **Komal Patel, DO**, and **Susan Maltser, DO**, presented the poster “Severe Back Pain Progressing to Acute Inflammatory Demyelinating Polyneuropathy as Symptoms of Undiagnosed Lyme Disease.”



- **Thomas Lione, DO**, and **Susan Maltser, DO**, presented the poster “Metastatic Breast Cancer Presenting as Upper Extremity Skin Rash: A Case Report.”
- **Viven Solomon, medical student, Hofstra Northwell School of Medicine**, and **Susan Maltser, DO**, presented the poster “Baroreceptor Failure following Chemotherapy for Neck Cancer: A Case Report.”

Praise for early intervention physical therapy team at Phelps

The following email praising Phelps's Early Intervention services was sent to Michael Glennon, senior administrative director of Ancillary Services:

My name is Dr. Elizabeth Patsy Bobde. I have been a pediatrician in a private practice in Westchester County for close to 20 years. I'm writing this email, however, as a first-time mother and grateful local resident of your amazing Early Intervention Physical Therapy Team, better known to you as Puja (Agarwal) and Ava (dela Cruz).

Let me briefly share our story. Yashwini is our only child. She was born after many years of fertility issues and miscarriages. She was born at 26 weeks, weighing only 1 pound, 11 ounces at Westchester Medical Center in February 2015. Yashwini spent four months in the neonatal intensive care unit (NICU) of Maria Fareri Children's Hospital. While in the NICU, she endured heart surgery and multiple episodes of not breathing. She came home after four months in the hospital, miraculously, with no signs of the effects of her prematurity. Her outcome is nothing short of a miracle.

As a result of her micro-preemie history, she automatically qualified for early intervention services, along with the multitude of services offered along with it, helping us ensure that none of her (developmental) milestones would be

missed. Physical therapy was approved and I chose to bring her to Phelps Memorial Hospital, which is close to our home.

Both Puja and Ave have been her therapists, guiding her along her transition from neonate to baby to toddler. She is 19 months old and continues to thrive as though her premature life never existed. It is baffling to me, both as a mother and a pediatrician. I am speechless every time Yashwini meets her milestones on target despite her medical history.

Even with my many years of experience, Ava and Puja have taught me so many things on which Yashwini's success continues to build upon. I cannot say enough wonderful things about the two of them. Everyone who is part of your team has been so helpful and kind.

Yashwini's success story is known by many, and your physical therapy team is definitely a part of her success story. I write this email, both as a mother and a physician. In an atmosphere where the community hospital is a dying breed, your physical therapy department and staff are the exceptions. They are not only experts in their field, but they give Phelps the sense of community that is being lost in medicine today. I thank them and you for that.

