

NEW YORK-PRESBYTERIAN REHABILITATION MEDICINE

Affiliated with Columbia University College of Physicians and Surgeons and Weill Cornell Medical College

INSIDE FALL 2008

Group Therapy

2 Study shows benefits of group cognitive therapy for MS patients.

Department Updates

4 Updates from the Hospital's Department of Rehabilitation Medicine.

SAVE THE DATE

Symposium 2009: Stroke Rehabilitation

May 1-2, 2009
New York City

For more information on Rehabilitation Medicine services, visit nyrehabmed.org

RESOURCES FOR PROFESSIONALS

- Webcasts
- CME Activities
- Medical Presentations
- Specialty Briefings
- Newsletters

Visit nyp.org/pro

Musculoskeletal Education for Residents

Traditionally considered synonymous with sports-related injuries in healthy adults, the scope of "musculoskeletal medicine" has grown to include a variety of soft tissue disorders in the pediatric, geriatric, and disabled populations. This transition has prompted the Department of Rehabilitation Medicine at NewYork-Presbyterian Hospital to refine its approach to resident education, according to Nancy E. Strauss, MD. "One of my goals as Residency Director is to identify the best educational experience possible. The scope of Physical Medicine and Rehabilitation is very wide. Even though musculoskeletal medicine represents one part, it really crosses all aspects of the specialty," Dr. Strauss said. "It's critically important that residents receive very strong musculoskeletal training in order to excel in any area in our field." Besides rotations at NewYork-Presbyterian Hospital/Weill Cornell Medical Center and NewYork-Presbyterian Hospital/Columbia University Medical Center, residents also receive musculoskeletal training at the world-renowned Hospital for Special Surgery and Memorial Sloan-Kettering Cancer Center in New York City, among others.

Technology

The Department of Rehabilitation Medicine at NewYork-Presbyterian/Weill Cornell acquired its musculoskeletal ultrasound equipment in early 2008 and has initiated resident training and education using the system. "We are training the next generation of physiatrists to use technology that has been developed over the past several years, allowing for a greater understanding of pathology and treatment options," explained Andre Panagos, MD. "Our residents graduate with an excellent knowledge of



Rehabilitation medicine residents serve as members of medical support teams at the New York City Marathon.

anatomy and biomechanics. It is quite exciting to involve residents in the huge paradigm shift of musculoskeletal care and to translate this understanding into phenomenal patient treatment outcomes."

Conference Presentations

In May 2008, 4 Rehabilitation Medicine residents from the Hospital were selected for platform presentations at the annual meeting of the American College of Sports Medicine in Indianapolis. Zinovy Meyler, DO, presented a case of musculocutaneous mononeuropathy sustained during weightlifting. Other topics discussed by the residents included cases of a long thoracic nerve palsy in a competitive swimmer, suprascapular neuropathy in an ultimate Frisbee player, and an anomalous L3, inferior

see **Residents**, page 3

Joel Stein, MD, Takes Reins as Rehab Chief

With a strong background in the scientific inquiry of stroke recovery, particularly the use of exercise, robotics, and virtual reality to facilitate recovery of function, Joel Stein, MD, is well positioned to lead the research efforts of the Department of Rehabilitation Medicine at NewYork-Presbyterian Hospital into the next frontier. As the new Chief of Rehabilitation Medicine, Dr. Stein will work closely with current Interim Department Chairs Michael

W. O'Dell, MD, at NewYork-Presbyterian Hospital/Weill Cornell Medical Center and Nancy E. Strauss, MD, at NewYork-Presbyterian Hospital/Columbia University Medical Center, and joins the staff after spending 16 years at Spaulding Rehabilitation Hospital in Boston and as a member of the Harvard Medical School faculty. Having attended Columbia University as an undergraduate, and completed

see **Stein**, page 3

Study Shows Benefits of Group Cognitive Therapy in MS

Persons diagnosed with multiple sclerosis (MS) face many cognitive challenges, including remembering new information, recalling names, and organizing their thoughts. Preliminary research findings from the Department of Rehabilitation Medicine at NewYork-Presbyterian Hospital/Weill Cornell Medical Center suggest that those same patients can learn to effectively cope with and adapt to their situation, according to Joan Togliola, PhD, OTR/L, and Kerri Fitzgerald, MA, OTR/L.

The concept of looking at group cognitive treatment began with an earlier study in patients with systemic lupus erythematosus (SLE); Dr. Togliola and Ms. Fitzgerald were co-researchers. The study looked at an 8-week psychoeducational group intervention for 17 patients with SLE and self-reported cognitive dysfunction. They found that 100% of these patients improved their metamemory and memory self-efficacy (*Neurology* 2005;65[8]:1325-1327). Given similarities in the cognitive dysfunction profile with SLE, Dr. Togliola and Ms. Fitzgerald initiated a similar study for patients with MS, where 43% to 70% of patients experience cognitive decline.

With the end point of enhancing quality in MS, Dr. Togliola and Ms. Fitzgerald recently completed the first phase of their pilot study, MINDFUL (Mastering the Intellectual Navigation of Daily Functioning and

Undoing Limitations). Funded by a grant from the New York-based Katy Curtin Multiple Sclerosis Foundation, the study was designed to determine whether patients with MS would benefit from learning various cognitive strategies in a group setting. Therapy is typically offered on a one-to-one basis. Over an 8-week period, 7 individuals with MS met weekly to identify their symptoms, review cognitive lapses, set goals, role-play, and use strategies to enhance their functional memory. The clinicians provided instruction in a number of cognitive rehabilitation exercises and measured changes over time in working memory, executive functioning, and information-processing speed. A variety of outcomes measures were used including the Memory Self-Efficacy Questionnaire, Multiple Sclerosis Neuropsychological Screening Questionnaire, and Beck Depression Inventory. Participants rated their experience and predicted future use of their new skills using a 5-point Likert scale. Although a full analysis will occur after the second phase is completed, all 7 participants expressed that they were likely to implement the strategies and all would recommend the program to a friend.



Kerri Fitzgerald, MA, OTR/L, co-authored the MINDFUL study on group therapy.

“Participants described a new sense of self-confidence and self-control following participation in MINDFUL,” noted Ms. Fitzgerald. “They gained a better understanding of their new ‘cognitive selves.’ Participants described an improved ability to cope and accept these cognitive changes and embraced new strategies to help them combat individual cognitive challenges. The group materials

increased their ability to stay a step ahead of their symptoms and anticipate or prevent problems. Participants are now able to experience hopefulness instead of helplessness.”

In the post-study survey, said Ms. Fitzgerald, one participant summarized the group’s experience, stating that the program was “far superior because it included practical exercises, strategies to achieve specific goals, and homework assignments. Everyone in the group is working to improve their awareness and to reframe instead of complaining of being helpless.” The second phase of the study is scheduled to begin in fall 2008. For more information, visit nyprehabmed.org.

Contributing faculty for this article:
Kerri Fitzgerald, MA, OTR/L; Joan Togliola, PhD, OTR/L

Contributing Faculty

The following is a list of the doctors and clinicians quoted in this issue of the *NewYork-Presbyterian Rehabilitation Medicine* Newsletter. For more information on their work, please contact them at the e-mail addresses listed.

NewYork-Presbyterian Hospital

Columbia College of Physicians and Surgeons

Lee Goldman, MD
Dean
lgoldman@columbia.edu

Nancy E. Strauss, MD
Interim Psychiatrist-in-Chief
Director of Residency Training in Physical Medicine and Rehabilitation
Associate Clinical Professor of Rehabilitation Medicine
nes2@columbia.edu

Weill Cornell Medical College

Antonio M. Gotto, Jr., MD
Dean
dean@med.cornell.edu

Michael W. O'Dell, MD
Chief, Clinical Services
Department of Rehabilitation Medicine
Professor of Clinical Rehabilitation Medicine
mio2005@med.cornell.edu

Andre Panagos, MD
Director, Interventional Psychiatry
Assistant Professor of Rehabilitation Medicine
anp2013@med.cornell.edu

Joan Togliola, PhD, OTR/L
Lecturer in Rehabilitation Medicine
Associate Professor and Program Director
Graduate Occupational Therapy, Mercy College
jtogliola@mercy.edu

NewYork-Presbyterian Hospital

Herbert Pardes, MD
President and Chief Executive Officer
pardesh@nyp.org

Joel Stein, MD
Chief, Rehabilitation Medicine
Professor of Rehabilitation Medicine

Kerri Fitzgerald, MA, OTR/L
Manager, Occupational Therapy
kam9018@nyp.org

Zinovy Meyler, DO
Chief Resident, Rehabilitation Medicine

continued from **Residents**, page 1

articular process ossicle as the cause of back pain in a gymnast. The opportunity to discuss cases with the panelists, physicians, and others was extremely rewarding, Dr. Meyler said. “It is great to be offsite and meet the experts in the field, network and exchange ideas.”

Community Service

For the past several years rehabilitation medicine residents have volunteered to lead and serve on medical support teams for the New York City Marathon. This year, 14 of the 24 Rehabilitation Medicine residents volunteered. “There are many, many challenges to holding an event and providing medical support and logistics for over

35,000 participants from all over the world. The preliminary session (lead by medical directors experienced in international sporting events) is one part of orientation,” Dr. Meyler said, who served as a medical team captain. “It’s such a multi-faceted experience as a leader of a medical team. You’re leading residents, nurses, physical therapists and sometimes non-medical volunteers. You have to teach them, as well as direct them, and supervise them. The marathon staff guides you through it, and it’s a great experience.”

Visiting Professors

A final important aspect of residency training is the opportunity to interact with experts in musculoskeletal medicine. “Although Grand Rounds at Weill Cornell is designed for the entire Department

including therapists and nurses, it provides a great chance for our residents to spend one-on-one time with leaders in our specialty,” said Michael W. O’Dell, MD. “Over the past few years, residents have had the opportunity to meet with and learn from well-known musculoskeletal physiatrists such as James Rainville, MD, Stanley Herring, MD, Paul Pasquina, MD, and Andrew Haig, MD.”

As a testament to their multifaceted training, the 2008 graduates have landed competitive fellowship positions in programs in musculoskeletal medicine and interventional spine care at the Hospital for Special Surgery, UMDNJ-Kessler, Cleveland Clinic, and Beth-Israel (New York), among others.

Contributing faculty for this article:
**Nancy E. Strauss, MD; Michael W. O’Dell, MD;
Andre Panagos MD; Zinovy Meyler, DO**

continued from **Stein**, page 1

his rehabilitation residency at NewYork-Presbyterian/Columbia, Dr. Stein looks forward to contributing to an outstanding clinical and academic system.

“With his distinguished record at Spaulding, and his reputation in stroke rehabilitation, Dr. Stein will build a terrific bridge between his research interests and the new directions of this Department, particularly in the area of regenerative medicine and stem cell research,” noted Lee Goldman, MD, Dean, Columbia University College of Physicians and Surgeons.

Taking a multipronged approach to advancing the Department in its research, academic, and clinical efforts, Dr. Stein is excited by the number of opportunities for collaborations within and outside of the Department and 2 medical colleges—Columbia University College of Physicians and Surgeons and Weill Cornell Medical College. Physicians at NewYork-Presbyterian are taking a lead role in stem cell and regenerative medicine research, and are already in the process of submitting grant applications to New York State, which has made resources available to facilitate growth in the study of these areas.

“As techniques are developed for restoration of neurologic function, perhaps by the implantation or stimulation of stem cells in the brain, we’re going to need the right exercise and training techniques to incorporate these cells into the central nervous system in a functional way,” Dr. Stein said. “We can’t expect to sprinkle stem cells on the

brain and have them take root. It’s going to involve a rigorous and well-thought-out training program that involves exercise and other modalities. I’m very excited about the interface of these areas, which are nearly unexplored.”

His leadership philosophy characterizes rehabilitation medicine as a “team sport,” Dr. Stein said. “It is an activity that relies on a team of practitioners and on collaborative care models, rather than on going it alone. I think in a medical center such as this one, it creates huge opportunities to build bridges to other departments and working together, rather than in isolation.”

Part of that teamwork will involve partnerships with orthopedics, neurology, and neurosurgery, as well as internal medicine, to develop larger and more substantial clinical services programs for the inpatient, outpatient, and consultation services, particularly in the areas of stroke, back, spinal, and sports medicine rehabilitation. Dr. Stein also envisions a more substantial effort in the development of pediatric rehabilitation, especially in working with Morgan Stanley Children’s Hospital of NewYork-Presbyterian/Columbia and strengthening the Department’s ties to Blythedale Children’s Hospital in Valhalla, NY, for which it provides additional rehabilitation services.

“Dr. Stein will be instrumental in helping to develop further the merged Departments



Joel Stein, MD, will revitalize research efforts in the Department of Rehabilitation Medicine.

of Rehabilitation Medicine at the Hospital,” said Antonio M. Gotto Jr., MD, Dean, Weill Cornell Medical College. “Since 2000, when the Departments merged, we have been working to expand the clinical faculty and to integrate the administration at both sites. I am confident that with Dr. Stein’s leadership, we will be able to achieve these and many other goals.”

Having served in Boston as interim chair of the rehabilitation medicine departments at Partners Healthcare (Harvard, Spaulding, Massachusetts General, and Brigham and Women’s Hospital), Dr. Stein recognizes the challenges that taking on such a role can provide. “Drs. O’Dell and Strauss have done a wonderful integration of the two departments,” acknowledged Herbert Pardes, MD, President and CEO of NewYork-Presbyterian Hospital. “They have done an excellent job as interim heads. With Dr. Stein, we will have a great leader with two superb associates, and they will combine to create one very strong program. We did a national search, and Dr. Stein is a superb clinician with an outstanding investigational background. He comes from a very good system, is an expert in his field, and is very well suited for this leadership position.”

Contributing faculty for this article:
**Lee Goldman, MD; Antonio M. Gotto Jr., MD;
Joel Stein, MD**

Department Updates

Rehabilitation Medicine Named to *U.S. News & World Report* List

For the seventh consecutive year, The Department of Rehabilitation Medicine has been named among the best in the country by *U.S. News and World Report*. NewYork-Presbyterian Hospital was number 6 among the thousands of hospitals ranked. Many thanks to our physicians, therapists, nurses, and staff who continue to provide the finest in patient care, education, and research.

Visiting Professorships

The Department of Rehabilitation Medicine at NewYork-Presbyterian Hospital/Weill Cornell Medical Center has announced the 2008-2009 Peter Jay Sharp Foundation Visiting Professors in Neurological Rehabilitation. This year's honorees include John Whyte, MD, PhD, Director of the Moss Rehabilitation Research Institute, Lynne Turner-Stokes, MD, the Herbert Dunhill Chair of Rehabilitation at King's College-London, and Michael Boninger, MD, Professor and Interim Chair in the Department of Rehabilitation Medicine, University of Pittsburgh School of Medicine.

Columbia Faculty Collaborate on Research

Rehabilitation Medicine faculty Nancy E. Strauss, MD, and Brenda Mallory, MD, are collaborators on 2 NewYork-Presbyterian Hospital/Columbia University Medical Center-based Clinical

and Translational Science Awards, given by the National Institutes of Health. Working with several other faculty, Dr. Strauss is looking at Gravity-Neutral Orthotic Design for severely disabled children with Spinal Muscular Atrophy. Dr. Mallory is working with the Department of Neurology and others on the Acute Stroke Collaboration with Early Neurorehabilitation Treatment (ASCENT).

Weill Cornell Sponsors Conferences

On April 4-5, more than 170 physicians and therapists attended Symposium 2008: Advances in Stroke Rehabilitation—Innovations for Practice held at NewYork-Presbyterian/Weill Cornell. An outstanding slate of nationally known experts in stroke rehabilitation covered topics related to symptom management, regulatory issues, and motor recovery, among others. Symposium 2009 will be held May 1-2. Registration information will be available after November 15, 2008 at nyprehmed.org.

On May 10, NewYork-Presbyterian/Weill Cornell also sponsored

Multiple Sclerosis: A Rehabilitation Update highlighted by keynote speaker George Kraft, MD. Physicians and therapists presented on the use of functional electrical stimulation, management of spasticity, and management of cognitive, visual, and vestibular symptoms in the setting of multiple sclerosis. The conference was sponsored in part by the Katy Curtin Multiple Sclerosis Foundation.



Symposium 2008 panelists: Joseph M. Hidler, PhD, John Krakauer, MD, Susan Ryerson, PT, PhD, Thomas Watanabe, MD, and John Chae, MD.



NEWYORK-PRESBYTERIAN REHABILITATION MEDICINE

Affiliated with Columbia University College of Physicians and Surgeons and Weill Cornell Medical College

Important news from the Department of Rehabilitation Medicine at NewYork-Presbyterian Hospital—at the forefront of advances in rehabilitation technology, pain management, and musculoskeletal care.

NewYork-Presbyterian Hospital
525 East 68th Street
New York, NY 10065

NONPROFIT ORG.
U.S. Postage PAID
Permit No. 37
Utica, NY