



The future of physiatry happens here!

Find your spark
at the Association of
Academic Physiatrists
Annual Meeting



Association of Academic Physiatrists

REGISTER NOW TO SAVE AT
WWW.PHYSIATRY.ORG/ANNUALMEETING



FIND YOUR SPARK

Physiatry '24 is the premier event for leaders and rising stars of physiatry and rehabilitation. Ignite your impact for the year to come as we share, discover, and connect at the Association of Academic Physiatrists (AAP) Annual Meeting this February.

The Educational & Social Event of the Year

If there's any in-person physiatry event to attend in 2024, this is it. With an anticipated 1,500+ attendees, 900+ poster presentations, 75+ educational sessions, 50+ exhibitors, and several signature networking events, you can discover groundbreaking science and career-growth at every step of your Physiatry '24 experience.

Get Your Best Rate

Become a member of the AAP and register by December 15, 2023, to enjoy significantly reduced registration rates. You can save up to \$300 by participating in this early bird discount. Join our community at www.physiatry.org/join or renew at www.physiatry.org/renew.

The Latest Details

As we get closer to Physiatry '24, more up-to-date event descriptions, timelines, and a few extra surprises can be viewed on our website at www.physiatry.org.

Get Social

In this increasingly virtual era, more and more physiatrists and PM&R programs are taking to social media. Make sure you're following our accounts to connect and learn! Hear from speakers and presenters, exchange diverse insights and opinions, and stay on top of the event's latest news using **#Physiatry24**, our official event hashtag.



Follow us on:

-  Association of Academic Physiatrists
-  @AAPPhysiatrists
-  aaphysiatrists
-  aaphysiatrists
-  @physiatry
-  Association of Academic Physiatrists

Register Now

- Visit physiatry.org/annualmeeting
- Mail your check (in US dollars)
- Call +1 (410) 654-1000
(credit card payments only)

REGISTER BY DECEMBER 15, 2023 TO SAVE!



The Future of Physiatry Happens Here

On behalf of the Association of Academic Physiatrists (AAP), we are delighted to invite you to the grandest event of the year: Physiatry '24 in Orlando, Florida! What continues to set our AAP Annual Meeting apart is the profound sense of 'family' – this is a remarkable assembly of forward-thinking physiatrists, educators, mentors, researchers, and patient advocates.

Together, we are the spark that will ignite curious minds and shape the future!

The AAP proudly represents a community of over 3,000 passionate professionals in physiatry, united in our pursuit of advancing academic practice, research, and education.

We believe the best medical education happens in person with hands-on and interactive training, opportunities to meet mentors and friends, and experiences to present posters and explore the latest in research and technology. Whether your goal is to refine your clinical skills, drive positive transformation within your institution, or emerge as a dynamic leader in the field, Physiatry '24 has the resources to fuel your growth.

Our vision is to foster a culture where each member and partner feels welcomed, supported by top-tier education and networking, and inspired to achieve individual and common goals as a critical foundation to providing the best care for our patients. This is important now more than ever. We are acutely aware of the current political climate in Florida. We stand alongside our members, residency programs, and rehabilitation hospitals in Florida and have created an Action Plan (page 6) to transform this challenge into an opportunity to elevate our values.

With open arms, we can't wait to welcome back our esteemed colleagues and friends. We promise Physiatry '24 will leave you feeling recharged and glowing from the Florida sunshine, AAP camaraderie, and spirited educational sessions and networking events.

I look forward to seeing you in February!



Miguel Xavier Escalón MD, MPH

Chair, AAP Program Subcommittee

Residency Program Director, Physical Medicine and Rehabilitation

Vice Chair, Associate Professor

Department of Rehabilitation and Human Performance, Icahn School of Medicine at Mount Sinai



EVERY
LIFE-ALTERING
INJURY IS
UNIQUE.
**JUST LIKE
OUR CARE.**

Even after an injury, the human brain has no limitations. The world-renowned physicians, nurses, and therapists at Craig H. Neilsen Rehabilitation Hospital at the University of Utah share the same philosophy of care. As the only hospital in the state accredited by CARF for specialized rehabilitation of life-altering injuries, we're passionate about returning patients to a quality of life many believed was once unimaginable.

To learn more how our
physiatry expertise is
changing lives, visit

uofuhealth.org/neilsenrehab



Welcome to Orlando

Embrace the Sunshine

HELLO, ORLANDO! We are looking forward to our return to “The City Beautiful.” Orlando is one of the most-visited places in the world due to bustling tourism and major attractions, including Walt Disney World Resort. It is also home to the Orlando Magic National Basketball Association team and Orlando City SC of Major League Soccer. The city is a world-class vacation destination packed with things to do and see.

EXPLORE DOWNTOWN ORLANDO Downtown Orlando is an experience in itself. You can discover major cultural sites like the Orlando Museum of Art and Dr. Phillips Center for the Performing Arts, along with world-renowned nightlife, bars, and clubs. We encourage you to support local businesses while in town.

FUN FOR THE FAMILY There is entertainment for your kids and kids-at-heart. In addition to theme parks, take the family to the everglades for an airboat ride. Discover more than 900 animals at the Brevard Zoo. Come captain your own personal catamaran across some of the cleanest waterways in Florida. Even visit Gatorland, the alligator capital of the world!

INDULGE IN RETAIL THERAPY Explore the spectrum of shopping sensations, spanning Orlando’s outlet meccas, Winter Park’s vibrant promenade, and the enchanting realms of Disney Springs and Celebration. Discover a diverse array of retail delights, encompassing high-end labels, quaint local boutiques, and inviting bargains.



HOTEL: ROSEN SHINGLE CREEK

9939 Universal Blvd, Orlando, FL 32819 | (866) 996-6338

Room Rate: \$239 (plus taxes)

Room Reservation deadline: Monday, January 29, 2024

 **AIRPORT: ORLANDO INTERNATIONAL AIRPORT (MCO)**

 **CURRENCY: \$ USD**

 **TIME ZONE: EASTERN DAYLIGHT TIME**



Attendees receive
DISCOUNTS TO
DISNEY WORLD
and other attractions!

We're in this Together

AAP's Stance & Action Plan for Physiatry '24 in Orlando, Florida

The Association of Academic Physiatrists (AAP) strives to be an organization where all members collaborate to support one another and to deliver the best care to vulnerable patients. We are committed to building a community within and around physiatry that is diverse across many dimensions. As an organization working to become more diverse, equitable, and inclusive, AAP members are expected to be open-minded, continue to practice respectful conversations, and create the necessary space where everyone can feel safe to be authentic and open to each other's identities and perspectives.

As we look ahead to our Annual Meeting, Physiatry '24, happening in Orlando in February, the AAP would like to express our extreme disappointment in the harmful legislation surrounding race and LGBTQIA+ rights that continue to grow in Florida. We reject any policies nationwide that discriminate against a person because of their age, race, gender identity, sexual orientation, ethnicity, nationality, disability, professional experience, veteran status, religion, socioeconomic status, education, and many other distinctive characteristics.

AAP acknowledges the policies in Florida are a public health issue and will contribute to persistent inequities that exist in many communities. The state's current politics undermines what AAP represents as an association. We stand in solidarity with our members and residencies programs in Florida. AAP strives to support our members and those they serve by respecting and uplifting unique characteristics, skills, and experiences.

That's why we would like to transform this challenge into an opportunity at our upcoming Physiatry '24 meeting where we will advocate, educate, and take action in a state that needs it the most.

At Physiatry '24 we will cultivate a space for conversations surrounding these difficult topics. AAP is committed to empowering you with information, tools, and resources to call for inclusive policy solutions. We invite you to participate through various formats currently underway:

EDUCATION: Our Diversity and Community Engagement and Public Policy committees have created prominent sessions at Physiatry '24 about challenges our specialty is facing not only Florida — but nationwide — due to disparities. We want to provide solutions and resources you can use back home. Keep an eye out for this icon to help you identify these special sessions.



ADVOCACY: Bring diversity to the table. We invite you to join us in building inclusion at both personal and organizational levels. Learn more about AAP's zero-tolerance policy for discrimination, safe ways to report incidents, and programs and initiatives to create a safer and more empowering learning environment for all physiatrists and patients.

ACTION: At Physiatry '24, we invite you to take part in multiple on-site efforts, such as our postcard campaign where you can write to Florida and your local legislators explaining the importance of promoting equity on a major level. Enhancing cultural competence and reducing bias in healthcare and beyond will remain in the forefront nationwide in the coming years.

Questions and ways you would like to see inclusion promoted at Physiatry '24 can be sent to us at meetings@physiatry.org. Inclusivity is not an end goal, but a commitment to the ongoing process of acknowledging the importance of diversity. We look forward to seeing you in person **February 20-24, 2024, in Orlando, Florida.**

Physiatry '24 offers unbiased, actionable insights on the trends and tools that are shaping our specialty across the country. Take part in educational sessions, lively networking events and spontaneous meet-and-greets.



Visit the Physiatry '24 event website

Schedule at a Glance

TUESDAY, FEBRUARY 20

Residency & Fellowship Program Directors (RFPD) and Program Coordinators Workshop - Part 1

WEDNESDAY, FEBRUARY 21

RFPD & Program Coordinators Workshop - Part 2

Special Interest Pre-Conference Workshops

Sign up in advance for hands-on learning with leading experts in physiatry

Fellowship & Job Fair

Chairs and Administrative Directors Joint Session & Reception

THURSDAY, FEBRUARY 22

Expo Hall open

Educational Sessions

Plenary Speaker

Poster Gallery Reception

President's Reception
(hosted by our AAP President and UT Southwestern!)

FRIDAY, FEBRUARY 23

Plenary Speaker

Expo Hall open

Educational Sessions

Complimentary Lunch in the Exhibit Hall

Poster Gallery Reception

Resident/ Fellow Networking Night

SATURDAY, FEBRUARY 24

RMSTP Scientific Papers

AAP Member Caucus & Awards

Exhibit Hall Open

Educational Sessions

Farewell Social Event (details to come!)

Visit www.physiatry.org/annualmeeting for the most up-to-date schedule and news!

260+ inpatient beds
across **12** units

Top ranked for NIH funding

75 renowned faculty members

80+ outpatient locations

4 ACGME-accredited fellowships,
1 innovative spine care fellowship

Ranked **4th** by Doximity for
best rehabilitation residency
program in the country

**BEST
HOSPITALS**

U.S. News & WORLD REPORT

REHABILITATION
2023-2024

UPMC Mercy, is nationally
ranked **#7** in rehabilitation
by *U.S. News & World Report*

UPMC REHABILITATION INSTITUTE

*Advancing the science and practice
of physical medicine and rehabilitation.*

Learn how our team constantly evolves to
ensure that our patients receive the best in physical
medicine and rehabilitation: **UPMC.com/Rehab.**

UPMC | **REHABILITATION
INSTITUTE**



What's in it for You

Over 1,500 AAP members are expected to attend the psychiatry event of the year. Whether you're looking to build a stronger network, delve deeper into research and academia, meet demands with cutting-edge treatments and technology, or move up the career ladder: **IT ALL SPARKS AT PHYSIATRY '24.**



REGISTER TODAY TO:

- ❶ **CUT COSTS** with our *early bird discount that can save you up to \$300*
- ❷ **REUNITE** with your colleagues and make new psychiatry friends for life
- ❸ **TAKE HOME** practical ideas, solutions and collaborations that will boost your network & career
- ❹ **BE INSPIRED** and prepared for the road ahead
- ❺ **ENJOY** the Florida sunshine, palm trees, Walt Disney World, and more

Visit www.psychiatry.org/annualmeeting to view our early bird prices, networking opportunities, and events to look forward to in person.



MAKE CONNECTIONS THAT MATTER

SPONSOR, EXHIBIT, ADVERTISE

The world's most influential leaders and rising stars in psychiatry will come together for the AAP's Annual Meeting. Showcase your first-class organization among this captivated audience who are eager to network, collaborate and expand.

Aligning your brand with Psychiatry '24 is a guaranteed way for you to develop a reputation for your organization in the psychiatry community. Prominent placements fill quickly, so contact us today to learn more about exhibit space and custom sponsorships.



↑
**Sponsorship, Exhibitor
and Advertising Opportunities**



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Carolinas Rehabilitation



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**Ranked #9 Nationally
and the Top Ranked Rehab
Hospital in the Southeast Region.**

David L. Conlan Rehabilitation Center

Transformative Care at Its Best

Our regional footprint offers 4 adult rehab hospitals and 1 dedicated pediatric unit, 10 physician physical medical and rehabilitation clinics, and 32 outpatient therapy sites. Here's what to know:



Scan to take a virtual tour of
our new Rehabilitation Hospital.



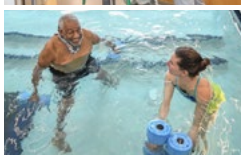
**Only rehabilitation hospital in the United States
admitted to the World Rehabilitation Alliance** of the
World Health Organization (WHO).



13 CARF-accredited programs, including Stroke, Cancer,
Amputation, Brain Injury and Spinal Cord Injury.



Nation's first rehabilitation hospital to be an AHRQ
designated Patient Safety Organization for EQUADRSM.



Robust academic medical center with a PM&R Residency,
Brain Injury and Cancer Rehabilitation Fellowships, and one of
the region's largest PM&R research programs.

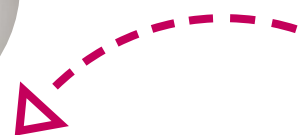


Next generation academic health system is being created
by Atrium Health and its combination with Wake Forest Baptist
and the Wake Forest School of Medicine, slated to open 2025.

**Visit us
at booth
#218**

Plenary Speakers

These thought leaders are bringing their big ideas that will influence your research, education, practice and career.



DeLisa Lecture

THURSDAY, FEBRUARY 22, 2024
9:30AM - 10:30AM

LEVENT ÖZÇAKAR, MD

Professor at Hacettepe University Medical School, Department of Physical and Rehabilitation Medicine, Ankara, Turkey
Founder of Turkish Musculoskeletal Ultrasound Study Group,
Founder of Ultrasound Task Force of ISPRM, Founder of Turkish Multidisciplinary Ultrasound Society

AI as an Ally: The Intersection of the Human Physiatrist and Artificial Intelligence

Description: The use of artificial intelligence (AI) in medical and imaging sciences has skyrocketed - for clinical practice and research alike. The wide and promising spectrum also includes its utility in musculoskeletal ultrasonography (US) which is already well incorporated into physical medicine and rehabilitation (PM&R). Although new several implications are being introduced, they are still in their infancy within neural networks as well as human intelligence.

Dr. Özçakar will explore the basic definitions for AI, a summary of relevant literature on AI & US, and a few novel projects that are in the works. Metaphorically, the contribution of the sous chef (AI and/ or US) and the role of the master chef (clinician) will be highlighted in the kitchen of physiatry.

FRIDAY, FEBRUARY 23, 2024
9:30AM - 10:30AM



JOAN REEDE, MD, MS, MPH, MBA

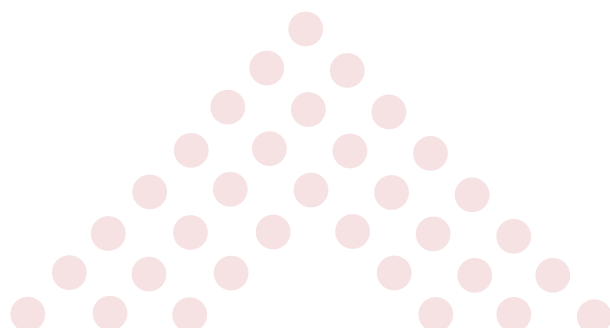
Dean for Diversity and Community Partnership and Professor of Medicine, Harvard Medical School

Championing Diversity and Social Justice

Description: Dr. Reede has a lifelong passion for and experience with mentoring and supporting diversity in the biosciences. She is Harvard Medical School's first Dean for Diversity and Community Partnership.

While at HMS, Joan created more than 20 diversity and leadership-focused programs, including founding the HMS Minority Faculty Development Program and the Biomedical Science Careers Program. Before joining Harvard, she served as the medical director of a Boston community health center and worked as a pediatrician in community and academic health centers, juvenile prisons, and public schools. She has held a number of advisory roles including serving on the Health and Human Services Advisory Committee on Minority Health and the Secretary's Advisory Committee to the Director of NIH. She is a member of the National Academy of Medicine (part of the National Academies of Sciences, Engineering, and Medicine) and has received numerous awards reflecting her far-reaching and varied accomplishments.

Dr. Reede will share advice and inspiration drawing from nearly 30 years of experience in creating and leading programs that increase recruitment, retention, and advancement of underrepresented minority faculty, trainees, students, and staff.



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- Cutting-edge solutions
- Lowest hospital readmission rate in the country
- Community engagement through Adaptive Sports & Education



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REHABILITATION
MONTEFIORE HEALTH SYSTEM



Who will you meet at Psychiatry '24?



Signature Networking Events

Access to the events is included in your registration fee!

RFPD Cocktail Reception

TUESDAY, FEBRUARY 20, 4:30PM - 6:00PM

Following the RFPD workshop, join with your friends from PM&R residency programs across the country for hors d'oeuvres, cocktails, and company. Thank you to our event sponsor Merz for their longstanding support!

Fellowship & Job Fair

WEDNESDAY, FEBRUARY 21, 5:30PM - 7:00PM

This is one of our most popular events! Looking for a new challenge or weighing different career paths? Speak to more than 50 institutions recruiting for a variety of open positions, including fellowships.

President's Reception

THURSDAY, FEBRUARY 22, 6:30PM - 8:00PM

Kick off Psychiatry '24 at our President's Reception (in the Expo Hall), hosted by AAP's President, Karen Kowalske MD, and sponsored by UT Southwestern! Mix and mingle with peers and mentors across the country as you enjoy an exciting, brightly themed venue, hors d'oeuvres, cocktails, great company, and even a few surprises.

Poster Gallery Receptions

THURSDAY, FEBRUARY 22, 5:00PM - 6:30PM

FRIDAY, FEBRUARY 23, 5:00PM - 6:30PM

Discover cutting-edge research studies and case reports as you interact with psychiatry residents and leading researchers. With over 900 posters being presented, you are sure to walk away with new ideas and collaborations.

Junior Faculty Council Speed Networking Event (Junior Faculty Only)

FRIDAY, FEBRUARY 23, 2023, 5:00PM - 6:30PM

We invite Junior Faculty Members to come socialize and connect over happy hour. This speed networking event will be a unique opportunity featuring physicians ranging from mid-career to senior mentor participants. Please join us for Happy Hour as we rotate a few times throughout the hour to gather wisdom from various individuals with different perspectives.

Resident & Fellow Networking Night (RSVP required)

FRIDAY, FEBRUARY 23, 2024, 7:00PM - 9:00PM

Location and details will be released online soon.

MSC Quiz Bowl (Medical Students Only)

FRIDAY, FEBRUARY 23, 2023, 6:30PM - 8:00PM

Location and details will be released online soon.



LEADING THE WAY IN INNOVATION AND RESEARCH

Ranked as one of the nation's best rehabilitation hospitals by *U.S. News & World Report*, UAB Rehabilitation is leading the way in meeting the needs of individuals with disabilities through compassionate care, cutting-edge research, and training the next generation of professionals.

Our research is anchored by three long-standing, federally funded NIDILRR programs:

UAB Spinal Cord Injury Model System

Funded since 1972, the UAB SCIMS remains the longest continuously funded system in existence. UAB is 1 of 18 SCI Model Systems around the country.



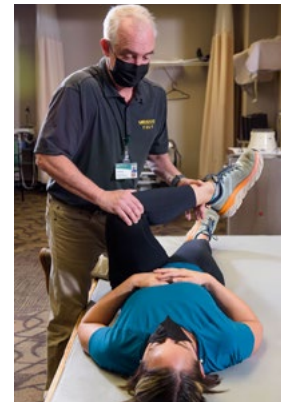
National Spinal Cord Injury Statistical Center

Continuously funded since 1983, NSCISC is the world's largest and longest active SCI research database. It's also the world's most extensive source of available information about the characteristics and life course of individuals with traumatic SCI.



UAB Traumatic Brain Injury Model System

UAB is 1 of 16 national TBI Model Systems located throughout the U.S., which has been funded since 1988.



UAB disability and rehabilitation research is also funded by major federal agencies such as NIH, DoD, and CDC.

UAB MEDICINE.

The University of Alabama at Birmingham

To learn more about UAB Rehabilitation, visit uab.edu/medicine/physicalmedicine.

Other Opportunities to Connect & Collaborate

This is a unique opportunity to meet physiatry and rehabilitation experts from around the world — and we're helping you create those career-building connections with these organized events.

AAP Member Caucus

SATURDAY, FEBRUARY 24, 7:00AM - 8:00AM

Come together with your fellow AAP members and leadership to discover what we've accomplished over the past year, and what's on the horizon. Stay for our Awards Ceremony to help us honor deserving rock-star physiatrists.

Special Interest Meet-Ups

THURSDAY, FEBRUARY 22 - SATURDAY, FEBRUARY 24

Keep an eye out for special meet-ups throughout the meeting including our DEI event, new member/ conference buddy gatherings, Ask-a-Researcher pop-up booth and more!



Exhibit Hall Refreshments & Lunch

Get to know institutions and organizations that are offering innovative programs, services and products for physiatry and rehabilitation. From all-day beverage services to a signature lunch, we're making it easy for you to improve education and patient care.

Demonstration Pods

Stop by our Demonstrations Pods in the Exhibit Hall during morning and afternoon refreshments break Thursday, February 22 - Saturday, February 24. Grab a snack and experience hands-on learning and innovations brought to you by our amazing sponsors.

Breakfast & Lunch Symposia

Fill your stomach and your mind at one of our sponsored breakfast or lunch symposia! Topics and times will be announced. Space is limited, so keep an eye out for opportunities to reserve your spot.



Pre-Conference Workshops & Sessions



This is the best way to light a spark to your Psychiatry '24 experience. Add any workshop(s) to your conference registration to reserve your spot. Additional fees apply!

Residency & Fellowship Program Directors (RFPD) and Program Coordinators Workshop

- Two Day Event

TUESDAY, FEBRUARY 20, 2024

1:00PM - 5:00PM

WEDNESDAY, FEBRUARY 21, 2024

8:00AM - 12:00PM

PRICE: \$250 for AAP members/ \$450 for non-members

A staple at the AAP Annual Meeting, this workshop unites program directors and coordinators across the country. Join us to learn and grow your programs with the best and novel practices.

DAY 1

Pertinent updates and discussion including ACGME, ABPMR, Recruitment Subcommittee, QI Subcommittee, and RFPD Business Meeting.

Plan to stay for our RFPD Networking Happy Hour!

DAY 2

An interactive workshop designed for programs directors will be led by specialists in legal guidance and remediation of residents and faculty. Through case-based learning and discussion, take away best practices for guiding difficult challenges in residency programs to successful outcomes.

Roundtable lunches will be provided following the workshop.



Resident, Fellow & Medical Student Bootcamp

WEDNESDAY, FEBRUARY 21, 2024

8:00AM - 12:00PM

PRICE: \$5 with your resident, fellow, or medical student registration

Experience hands-on exposure to psychiatric procedures – for only \$5 with your resident, fellow or medical student registration! You will rotate through separate stations led by expert PM&R faculty and gain skills that will help you excel in your PM&R training and career. The stations will include ultrasonography, electromyography and spasticity management. At the end of this workshop, you will have better hands-on knowledge of how to perform basic procedures and identify common psychiatric procedures. *This event often sells out so reserve your spot when you register!*



Medical Education in Psychiatry: Building Teaching Skills

WEDNESDAY, FEBRUARY 21, 2024

1:00PM - 5:00PM

PRICE: \$149 for AAP members/ \$199 for non-members

Benjamin Seidel, DO, Idris Amin, MD, Patrick Kortebein, MD, Nitin Jain, MD, MSPH, Robert Irwin, MD, Aaron Yang, MD, Ashlee Bolger, MD, MEd

This course is designed to teach essential medical education knowledge and skills that will allow psychiatrists to become strong teachers, mentors and medical educators. This will be an interactive, hands-on workshop with small group activities, discussions, and experiences to demonstrate the importance of active learning techniques to promote audience engagement. Topics will include adult learning theory to frame the different educational approaches. We will also look at teaching skills in different settings, how to give a lecture, feedback, and mentorship. Participants will examine their own teaching styles and experiences. You will be able to apply the information from the course to develop new methods of teaching in different settings.

Musculoskeletal Ultrasound: A to Z (With Some Letters Missing)

WEDNESDAY, FEBRUARY 21, 2024

1:00PM - 5:00PM

PRICE: \$149 for AAP members/ \$199 for non-members

Amit Bhargava, MD, MS, Mark Hurdle, MD, Jonathan Kirschner, MD, Mooyeon Oh-Park, MD, MS, Allison Schroeder, MD, Adam Lewno, DO, Tricia Prince, DO, MS

The Musculoskeletal Ultrasound session is exclusively geared towards chairpersons, program directors who for those who wish to become more familiar with the function of diagnostic ultrasound, its limitations, and its capabilities. Through didactics and interactive portions, you will learn keys to performing a diagnostic ultrasound of joints of upper and lower limb. This course is designed to shorten the learning curve for health professionals interested in developing expertise in MSK ultrasound. Clinicians will be able to recognize normal anatomy, common pathologies, and critically evaluate the images.



ADDITIONAL FEE!

Add any workshop to your conference registration to reserve your spot.



2024 Spasticity Master Course Workshop

WEDNESDAY, FEBRUARY 21, 2024

1:00 PM - 6:00 PM

PRICE: \$149 for AAP members/ \$199 for non-members

Sheng Li, MD, PhD



This course is designed for clinicians who wish to learn advanced knowledge and new development in spasticity management. Through interactive didactic lectures, the attendees will learn new development in botulinum toxin therapy, non-spasticity signs of upper motor neuron syndrome, neuromechanics and neural engineering approaches in spasticity assessment and management; the attendees will be familiar with new development in spasticity management, cryoneurolysis and updates in phenol neurolysis. Participants will receive ample hands-on training time on ultrasound-guided nerve blocks with phenol and cryoneurolysis.

Department Chair and Administrative Director Meet Up

WEDNESDAY, FEBRUARY 21, 2024

7:00PM - 7:30PM

Chair Council Business Meeting

7:30PM - 8:30PM

Chairs and Administrative Directors Joint Session

PRICE: Free for chairs and administrative directors with paid meeting registration

Joseph Herrera, DO, Lori McKenna, MA, OTR/L

RETENTION STRATEGIES

This session will focus on comprehensive physician retention strategies. Through discussion-based exercises, participants will explore various approaches to retain valued physicians within the organization. By delving into effective strategies, we aim to enhance our understanding of how to best support and engage our medical professionals for long-term success.

8:30PM - 10:00PM

Reception for Chairs and Administrative Directors





Hackensack
Meridian Health

JFK Johnson Rehabilitation Institute

A LEADER IN PROVIDING EXPERT REHABILITATION CARE



NATIONALLY RANKED IN REHABILITATION BY U.S. NEWS & WORLD REPORT

- Nearly 50 years of providing quality rehabilitation to obtain optimal function and independence

SPECIALIZED PROGRAMS

- Amputee
- Brain Injury and Concussion
- Cardiopulmonary Disorders
- Neuromuscular Disorders
- Pain Management and Sports Medicine
- Parkinson's Disease
- Stroke and Spasticity Management
- Spinal Cord Injury

ACCREDITATION COUNCIL FOR GRADUATE CONTINUING MEDICAL EDUCATION (ACGME) PROGRAMS INCLUDE:

- Physical Medicine & Rehabilitation Residency Program
- Brain Injury Medicine Fellowship
- Pain Medicine Fellowship



ACCREDITED BY



JFKJohnson.org | 732-321-7050 | Edison, NJ



JFK Johnson Rehabilitation Institute



@JFK Johnson

Design Your Physiatry '24 Experience



Physiatry '24 will feature powerhouse speakers and presentations that showcase the latest research and off-the-press information about clinical care, administration, and more. Keep an eye out for these icons that will help you identify areas of interest.



Academic

Discover the best practices and latest trends in educational curricula, career development and more.



Research

Discover the best practices and latest trends in PM&R research, funding, and more.



Clinical

Take real-world scenarios to practice with our clinical track, bringing you the sought-after topics in patient care.



In-Training

Trainees and rising stars, learn critical career development skills from your peers and leaders in the specialty.



Administration

Find insights on building ongoing success for your program, department, institution, and the future of the specialty worldwide.



International

These sessions dive into education, research and leadership opportunities in academic physiatry on an global level.



Diversity, Equity, and Inclusion

We are highlighting DEI at Physiatry '24 in Florida! Explore organizational frameworks and initiatives to promote the fair treatment of all people, particularly groups who have been underrepresented or subject to discrimination.

BUILD YOUR PERSONALIZED AGENDA

View the latest updates, browse sessions
and speakers, and more at
www.physiatry.org/annualmeeting.

Earn up to 25 AMA PRA
Category 1 Credits™!

FROM RESEARCH TO REAL LIFE

At the MetroHealth Rehabilitation Institute we have one simple mission: to help patients who have experienced significant illnesses or injuries regain as much physical and cognitive function as possible.

Our standing as a leading academic medical center—with the most National Institutes of Health research funding in the nation among medical school-affiliated departments—allows us to apply emerging and innovative treatments to advance rehabilitation.

As a part of MetroHealth's mission, we make clinical trials accessible to more people. And, because that research is backed by a transdisciplinary team dedicated to patients' physical, mental, and emotional well-being, it's no wonder MetroHealth is sought after by people recovering from strokes, traumatic brain injuries, and spinal cord injuries—both here in Cleveland and around the nation.

Learn more at metrohealth.org/rehabilitation



Going the Extra Mile

Para-athlete and Guinness World Record holder, Adam Gorlitsky, is part of a clinical trial at the MetroHealth Rehabilitation Institute to have a functional electrical stimulation device implanted.



MetroHealth Rehabilitation Institute



Educational Sessions

Sessions will be held from Thursday, February 22, 2024 to Saturday, February 24, 2024.

Specific times and dates will be announced soon and can be accessed through our Physiatry '24 event site. Sessions below are categorized by track theme.



Advising the Advisor: An Update on Helping Students Create a Holistic Residency Application

Ravi Kasi, MD, Leslie Rydberg, MD, Carley Sauter, MD, Ashlee Bolger, MD, MEd, Laura Malmut, MD, Sarah Eickmeyer, MD, Nethra Ankam, MD

Medical Student Advisors, this session is for you! Join us to learn recent changes to ERAS applications, explore the impact of Program Signaling, Geographic Preference, Supplemental Application (Meaningful Experiences), and transition of the Step 1 score to pass/fail on the Holistic Review employed by most programs. Recommendations will be given and experiences shared to help guide MS3 students on their year-long journey leading to Match Day. This session is based on data gathered from surveys from NRMP/ ERAS and program directors. While this session will be partially didactic, there will be interactive group discussions involving sample applications, student scenarios, and more.



Being Better Allies to Women



Lyn Weiss, MD, Anne Felicia Ambrose, MD, Monica Verduzco-Gutierrez, MD, Erika Trovato, DO, MS, Carmen Terzic, MD, PhD, Mooyeon Oh-Park, MD, MS, Allison Bean, MD, PhD, Allison Schroeder, MD, Preeti Raghavan, MBBS, Alethea Appavu, DO, Heidi Prather, DO, Nneka Ifejika, MD, Danielle Perret Karimi, MD, Gwendolyn Sowa, MD, PhD, Sara Cuccurullo, MD

Gender disparities in medicine exist, despite efforts to abolish them. A JAMA article from 2021 found that only 18.5% of department chairs were women, despite making up well over 40% of the physician workforce. Both men and women can help promote women in academic medicine. This course will focus on identifying the issues and developing ways to mitigate gender disparities. The goal is to help promote women to reach their maximal potential.



Building the Foundation: Establishing a Trajectory for Success in Academic Medicine Through Formal Resident Mentorship



Adam Lamm, MD, MA, Faye Chiou Tan, MD, Nancy Moreno PhD, David Weinfeld, MD

Mentorship is key to long-term success in medicine. By receiving guidance from influential mentors, an individual can develop a residency portfolio. This process involves employing similar principles to those used by academic faculty members. The resulting portfolio becomes a crucial asset for achieving academic promotion. Through focused, goal-driven mentorship in residency the skills needed for academic success can be learned and developed early in training.



Building the Physical Medicine and Rehabilitation Workforce: Strategies for Providing Early Exposure and Mentorship for College and Medical Students

Alissa Totman, MD, MPH, Ravi Kasi, MD, Dorothy Tolchin, MD, EdM, Carley Sauter, MD

Recent data has shown that medical students are more likely to pursue training in PM&R if they have early exposure to the specialty. However, many students do not have access such opportunities. This session explores the landscape of programs that provide early exposure to PM&R. We will highlight examples of successful mentoring and educational opportunities from the speakers' own institutions and provide an opportunity for participants > attendees to participate in interactive small group sessions. You will brainstorm and design strategies to expand opportunities for meaningful PM&R exposure for students in their own institutions.



Climbing The Academic Ladder as an Underrepresented Minority in Medicine and/or LGBTQIA+ Community



Sima Desai, MD, Monica Verduzco-Gutierrez, MD, LaTanya Lofton, MD, Jason Edwards, DO



This moderated presentation aims to give voice to rehabilitation professionals of color, the LGBTQ+ community, and to their powerful allies. We will discuss ongoing approaches from personal experiences and evidence-based practices aimed to diversify ways to provide mentorship, career development opportunities, education, exposure, recruitment, retention, and training for health care professionals.



Developing a Medical School Disability Curriculum Facilitated Through PM&R



Brittany Snider, DO, Steven Kirshblum, MD, Dorothy Tolchin, MD, EdM, Nethra Ankam, MD, Leslie Rydberg, MD

Training medical students in caring for persons with physical disabilities is of utmost importance. PM&R departments are ideal for taking a leadership role in this type of education. We'll look into how a curriculum can be developed by PM&R to meet school requirements and disability education and share different tools to enhance it.



Development and Presentation of a Universally Applicable Global Health Curriculum for Physical Medicine & Rehabilitation Trainees and Practitioners



Amy Mathews, MD, Hannah Steere, MD, Elana Hartman, MD, Kaile Eison, DO, Marla Petriello, DO, Christopher Parnell, DO

Dive into the benefits of global health education in medical training and the status of global health programs in PM&R residencies. Facilitated discussion will highlight the opportunities and challenges in implementing global health education. This session will propose educational ways to support global health interests. Participants will negotiate the steps in creating an appropriate, needs-based curriculum that can be used and adjusted to the specific objectives of their program.



Diversity and Inclusion in Medicine: Disability Matters!

Allison Kessler, MD, MSc, Dorothy Tolchin, MD, EdM,
Leslie Rydberg, MD, Glendaliz Bosques, MD



Join us for an interactive session focusing on health care disparities for people with disabilities (PWD), the bias towards PWD within medicine, and the barriers that exist for PWD to attend medical school. We will also discuss Disability Equity and Inclusion initiatives that can be used in advocacy. This session will combine brief didactics with small group discussion and brainstorming.



Don't Fear the Peer: Strategies to Win Peer-to-Peer Conversations



Amanda Harrington, MD, Kelly Crawford, MD,
Michael Kryger, MD, Kirk Lercher, MD

Physiatrists often complete peer-to-peer discussions with insurance companies on behalf of patients. Navigating discussions can be challenging and frustrating. Adequate and strategic preparation prior to the peer-to-peer conversations can lead to success. This session will highlight methods to aid in successful discussions.



Guided Reflection in Residency Training: A Practical Approach to Enhance Teaching and Learning

Scott Campea, MD, Audrey Leung, MD, Alicia Seeds, MD

Self-reflection is a metacognitive process that can be guided and used to facilitate learning. This presentation will provide an overview of guided reflection and how it can be used in medical education. After sharing a theoretical framework describing guided reflection, we will summarize relevant literature on its use in graduate medical education. We will then include examples of how guided reflection has been integrated into our residency training program, including:

- 1) facilitating resident generation of learning plans
- 2) optimizing professional behaviors.



Make Learning Stick: Increasing the Influence of Your Educational Material

Amy Mathews, MD, Kelly Health, MD, Jennifer Russo, MD,
Jeremy Hartman, MD

We will review changes in learning preferences from Millennials to GenZ and explore how we can incorporate accessible adaptations to current teaching methods to be influential educators. We will provide exposure to a variety of teaching methods and tools that can be incorporated into inpatient and outpatient teaching environments to help make your teaching stick!



Strategies for Success: Maximizing Efficiency and Productivity in Academic Psychiatry

Allison Schroeder, MD, Karen Kowalske, MD,
Monica Rho, MD, John Norbury, MD, Michael Munin, MD,
Alethea Appavu, DO, Allison Bean, MD, PhD

We will look at ways to optimize efficiency and productivity in academic medicine. The Eisenhower Productivity Matrix will be used to teach you how to avoid the "urgency trap" and organize your academic priorities. Hear tips and tricks to improve your clinical efficiency, enhance bedside and didactic teaching, develop a research and academic team, and integrate personal and professional goals. Although this session has been designed particularly for junior faculty, trainees and even more senior faculty are certain to take away useful ideas that will improve their careers.



Thanks for the Feedback - Now What?



Erica Seidel, MD, Matthew Puderbaugh, DO, Brionn Tonkin, MD, Ovuokerie Addoh, MD, Tonera Chiume, MD,
Sarah Mahasin, MD

Have you ever received feedback from your attending and wondered what to do next? Maybe you agreed with their feedback but weren't sure how to improve on the area they identified. Maybe you disagreed with their feedback and wondered if you could just ignore it. Maybe you were told to "read more" and had no idea where to start. This session will cover a method for processing feedback, developing a response, and conversation tips for clarifying vague or unhelpful feedback. There will be opportunities to role play and practice your new skills during the session.



From Local to Global: Scaling Up Student-Led Advocating for and with People with Disabilities



Margaret Turk, MD, Nethra Ankam, MD, Lydia Smeltz,
Nora Newcomb, Andrew Nowak, Ellese Lupori, Lisa Gong,
Dianna Nguyen



Medical students can be strong advocates for and in partnership with people with disabilities. Students will share impactful strategies for advocating along the continuum from the local to international level, with a specific focus on scalability. Attendees will leave empowered to return home from Psychiatry '24 with tangible steps and a plan in mind to grow their advocacy.



A Patient and Family-centered Approach to Cancer Rehab Education

Subha Hanif, MD, Meagan Smith, DO

This session will provide framework for cancer physiatrists to use to develop patient and family support services at various institutions. This unique experience will allow us to share what challenges we faced during the development of the workshops and what session/topics were popular and allow others to learn from them.



The Next Step: Integrating Diversity, Equity, Inclusion, and Belonging Principles into Your Institution



Cynthia Racine, MD, Francis Lopez, MD, MPH, Ying Zhu, MD, Diana Molinares MD, William Mosi Jones, MD, Benjamin Nguyen, MD

This is a workshop for training and educational programs to engage in discernment as it relates to recruitment and retention. Guided self-discovery will investigate how effective the current DEI principles are manifested throughout institution policies and procedures. The goal is identifying practical approaches to take back and apply for meaningful change.



Educational Techniques in Neuromodulation

Michael Saulino MD, PhD, Erik Shaw, DO, Hemant Kalia, MD, MPH



Neuromodulation is becoming an increasingly popular modality utilized by physiatrists to address several clinical problems including pain, spasticity, mood disorder, and others. This session will provide an educational blueprint for program directors to inculcate the principles of neuromodulation into their respective curriculums. A trio of highly experienced clinicians will review the educational methodology of intrathecal drug delivery, peripheral nerve stimulation and spinal cord stimulation.



Exploring the Potential Applications of Artificial Intelligence (AI) in Medical Education and Practice: A Critical Analysis for Academic Physiatry Educators



Justin Weppner, DO, Sara Raiser, MD, William Ide, MD

We will explore the potential applications of AI in medical education and practice with a critical analysis specifically tailored for academic physiatry educators. We will cover three key themes, including the use of AI as an educational aid, for administrative tasks, and for clinical applications. Our discussion will highlight both the benefits and potential pitfalls of incorporating AI into practice. Attendees will leave with a deeper understanding of how AI can enhance the field of physiatry, as well as the skills and knowledge needed to implement these technologies in their work.



Best Practice Model for Pediatric to Adult Health Care Transition

Didem Inanoglu, MD



Explore the gaps in defining a sustainable transition model from pediatric to adult healthcare despite recognizing its benefits. We'll propose a best practice model for aging patients with early onset disability. We'll cover the current landscape and recent literature on program advantages. Discover the skills required for seamless, coordinated, developmentally appropriate, psychosocially sound, and comprehensive care. We'll address challenges from both patient/family and provider perspectives. The session concludes with a challenging case discussion, fostering interactive learning for success in medical and leadership roles, enhancing career prospects. Participants will be encouraged to share experiences as well.



Hot Topics and Town Hall with the Public Policy Committee



Nethra Ankam, MD, Felicia Skelton, MD, MS, Holly Pajor, DO, Danielle Perret Karimi, MD, Christopher Rorick, MPA

Join members of the public policy committee and representatives from the AAP's lobbying firm in discussing breaking policy updates and the advocacy work the committee has done on issues impacting your practice, research, and academic institutions. The committee also wants to hear about the issues that are important to you.



Inside the World of Healthcare Administration: What Do You Do All Day?

Mohammad Agha, MD, MHA, Mooyeon Oh-Park MD, MS, Gregory Worsowicz MD, MBA

In this session, we will have a Chief Medical Officer of a rehabilitation hospital and a Medical Director of an acute care hospital discuss their roles and responsibilities in healthcare leadership. This will be moderated by a former PM&R chair and longtime leader in the field. Our goal is to shed light on their responsibilities and how their work impacts their organizations and patients.



Stuff You Should Know - Demystifying the CCC by Discussing How Residents are Evaluated by Three Different Residency Programs



William Niehaus, MD, Monica Rho, MD, Sara Cuccurullo, MD, Miguel Escalon, MD, MPH

Come learn from three top tier PM&R programs and see how they utilize resident feedback to provide information to their program's Clinical Competency Committee (CCC). This should help demystify the CCC and allow medical students and residents "see behind the curtain" on how some residency programs operate.



Happy Physiatrists and Happier Patients - Making the Electronic Health Record Work for You!



Danielle Perret Karimi, MD, Avniel Shetreat-Klein, MD, PhD, Richard Riggs, MD, Gavriil Ilizarov, DO

This introductory clinical informatics session aims to equip physiatrists with essential tools necessary to actively participate in designing and improving electronic health records. Physiatrists can play a crucial role in highlighting how technology impacts patient care and identifying unique challenges faced by our patient population. This course will cover the fundamentals of clinical informatics tailored to physiatrists and explore ways for them to collaborate effectively with clinical informatics teams. Having a grasp of clinical informatics benefits organizations by promoting reliability, enhancing care delivery models, efficiency, and value, prioritizing patient-centered care, and mitigating burnout.



Physician Advocacy: The Career Advocacy Story of Dr. Bruce Gans & An Update on Patient Access to the Inpatient Rehab Facility



Danielle Perret Karimi, MD, Bruce Gans, MD, Christopher Rorick, MPA

Physician advocacy is an important career pathway for academic physiatrists. This course will teach the unique role of physicians in healthcare advocacy, provide instruction on advocacy strategy and the importance of long-term relationships with legislators and staff, and help learners understand how to influence policy outcomes. This session will highlight the inspiring advocacy story of Dr. Bruce Gans, who has devoted his career to improving patient care. His career milestones and lessons learned will be revealed. His public policy leadership has resulted in legislative changes that aim to improve patient access to Inpatient Rehabilitation Facility (IRF) - level care.



Setting Goals for the Early Career Academic Physiatrist

Aaron Yang, MD, Ashlee Bolger, MD, MEd, Prakash Jayabalan, MD, PhD, Jennifer Soo Hoo, MD



Do you recall setting career goals as a trainee or are you currently in training and thinking about what your academic career could look like? Goal setting may be common in training but what happens after you finally have the job you thought you wanted? This panel brings together four academic physiatrists in their mid-careers who will share how their goals evolved over time.



Federally Designated Rehabilitation Innovation Centers: Setting Higher Standards in Rehabilitation Research and Patient Care

Rhonda Abbott, PT, FACHE, Nancy Paridy, JD, LLM, John Rockwood, Frederic Warner, JD, Ross Zafonte, DO

In 2003, President Joe Biden signed into law a legislation passed by Congress, named "The Dr. Joanne Smith Memorial Rehabilitation Innovation Centers Act of 2022." This Act requires the Centers for Medicare and Medicaid Services (CMS) to designate a group of rehabilitation facilities which set the standard for clinical care and research innovation across the country as Rehabilitation Innovation Centers. This interactive panel discussion will feature leaders of some of the facilities exhibiting the criteria of Rehabilitation Innovation Centers under the Act; namely MedStar National Rehabilitation Center, Shirley Ryan AbilityLab, Spaulding Rehabilitation, and TIRR Memorial Hermann. After presenting the goals and components of the Rehabilitation Innovation Centers Act, and the planned activities of the centers, the panel of speakers will entertain questions from the audience.



Partnering with Our Community Physicians: VA Systems of Care All Physicians Should Know



April Pruski, MD, MBA, Ronald Shin, DO, Nandita Keole, MD, Cynthia Racine, MD

The VA model of care can be elusive and difficult for community physicians to understand and partner with. However, many veterans receive care in the community

due to misconceptions of the VA or wait times to see a VA provider. There are formalized systems of care in the VA where qualifying Veterans can receive care that is financially covered with minimal cost to the Veteran for medical care, therapy services, and equipment. In this session, community providers can learn about the formalized systems of care in the VA and service connection for various diagnoses. After this session, community providers will be able to articulate special programs and equipment available as well as any gaps in community care to optimize Veteran care and wellbeing. A Q&A session will be offered to review information and provide an opportunity for collaboration.



Building Assessment of Current Status of Stroke Rehabilitation Based-on WHO STARS Framework



Mooyeon Oh-Park, MD, MS, Heakyung Kim, MD, Jamie Ott, DO



Annually, 12.2 million strokes occur globally, with a one in four chance of experiencing a stroke after the age of 25. While progress has been made in acute stroke treatment, it remains a leading cause of severe disability. Stroke rehabilitation demand is ongoing, but practices vary due to healthcare policies, infrastructure, workforce, and awareness. In response to these challenges, the World Health Organization (WHO) introduced 'Rehabilitation 2030' in 2017, highlighting the unmet need for rehabilitation services. As part of this initiative, the WHO created the Systematic Assessment of Rehabilitation Situation (STARS), a standardized health system assessment for evaluating existing rehabilitation services. This course will provide insights into the healthcare systems and science behind stroke rehabilitation in different countries.



Bridging Efficacy and Access Gaps in Chronic Stroke Rehabilitation

Preeti Raghavan, MD, MBBS, Ryan Roemmich, PhD, Lou Awad, PT, PhD

This session will discuss the development and FDA-approved translation of digital technology solutions to address walking impairment outside the clinic to address efficacy and access gaps in chronic stroke rehabilitation.



Challenges and Opportunities in Managing Chronic Spasticity in Uninsured and Underinsured Patients

Merrine Klakeel, DO, Amy Mathews, MD, Marissa Marcotte, MD, Surendra Barshikar, MD, MBA, Fatma Gul, MD

We will review the opportunities and challenges associated with providing long-term spasticity management to uninsured and underinsured patients in a large, urban, academic hospital. The challenges discussed will include the lack of resources, limited translation services, lack of transportation and many others. We will present the solutions we utilize to address these healthcare delivery challenges allowing us to provide long term spasticity management using multiple treatment modalities.



Collaborative Approach to Trouble Shooting Intrathecal Baclofen Pumps When Patients Cross Multiple Healthcare Systems

Juliet Zakel, MD

What happens when an unfamiliar patient who has an intrathecal baclofen pump shows up in your hospital system unexpectedly? This session will quickly review the evidence-based medicine and best practices for troubleshooting intrathecal baclofen pumps. The primary focus of the session will discuss how multiple health care systems (MetroHealth, Cleveland Clinic, University Hospitals, and Louis Stokes Cleveland Veterans Affairs Hospital) came together to create a City-Wide Best Practice for coordinating care, managing, and troubleshooting intrathecal baclofen pumps.



Disorders of Consciousness Family Education Materials: A Useful Resource for Clinicians

Shanti Pinto, MD, Brooke Murtaugh, OTD, OTR/L, CBIST, BT-C, Kathryn Farris, OTR/L



This session will describe the work of an interdisciplinary team that developed a freely available, comprehensive educational document for caregivers of persons with disorders of consciousness (DOC). In this session, we will first summarize the goals of the project including the results of the initial focus groups that helped guide the development. Presenters will provide an overview of the content and organizational structure as well as describe the multi-staged process taken to critically review the material. Finally, and most importantly, we will provide physiatrists information about how to access the materials to provide to caregivers of those with DOC.



Evaluation of Neck Pain and Non-surgical Management

Amit Bhargava, MD, MS, William Micheo, MD, Zacharia Isaac, MD, Michael DePalma, MD

Neck pain is common and may be due to multiple conditions. It may be responsible for debilitating pain and may affect quality of life. Clinical features and non-surgical treatment of cervical spine pain will be discussed. Practical techniques for examination and treatment will be discussed and presented.



From Vitamin A to Zinc: Review of Vitamins and Minerals in TBI

Matthew Puderbaugh, DO, Brionn Tonkin, MD



Recent clinical practice guidelines (CPGs) have advocated for the supplementation of minerals (zinc, magnesium) to prevent worsening outcomes in Traumatic Brain Injury (TBI). There is also new evidence to suggest vitamin supplementation (Vitamin D) can also be beneficial in moderate to severe TBI. This session will focus on the role of essential vitamins and minerals in the neurohomeostasis and pathology of TBI and its sequelae. It will also review the evidence to support CPGs and how physiatrists can institute these measures at their institutions in conjunction with nutrition and trauma teams.



Image-Guided Pain Interventions in Spinal Cord Injury: The Frontiers of Future

Nimish Mittal, MD, MS, Paul Winston, MD

This session will discuss the clinical manifestations and pathogenetic mechanisms of spasticity and central neuropathic pain in spinal cord injury. The rationale, indications, patient selection, and methodology of nerve cryoneurolysis for spasticity, paravertebral nerve block (PVNB) and peripheral joint denervation will then be discussed. Speakers will walk through detailed case scenarios accompanied by visual images and sono-anatomy videos with needle guidance. The guest speakers are renowned experts in image-guided pain management who have published articles in peer-reviewed journals on these procedures.



Impact of COVID-19 Pandemic on Access to Health Care Among Disabled Patients in the United States

Marjorie Morales, MD, Anne Felicia Ambrose, MD, MS, Anupama Kurra, MD



Did your disabled patients experience disproportionate challenges during the pandemic? In this talk, we explore the nationwide Centers for Disease Control and Prevention (CDC) survey to learn how disabled people struggled with access to healthcare and about the shift in major cardiovascular events during the pandemic. Additionally, we illustrate our specialty's efforts and limitations in accommodating this population's needs during trying times.



Interventional Treatments for Refractory Knee Pain

Behnum Habibi, MD, Gustaf Van Acker, MD, PhD, Chong Kim, MD, Vladimir Suric, MD

We will discuss interventional treatment options for knee pain (e.g., osteoarthritis, patellofemoral syndrome, post-surgical knee) including but not limited to corticosteroid use, hyaluronic acid use, nerve blocks, peripheral nerve stimulation, and dorsal root ganglion stimulation.



Leveraging the Value of Physiatry: The Impact of Acute Care Consultation Services

Patrick Kortebein MD, Sarah Welch DO, MPH, Jonathan Whiteson, MD

As experts in functional evaluation and rehabilitation, physiatrists are able to optimize patient care across all health care settings. A less recognized opportunity for physiatrists to showcase their expertise is in the acute care hospital. They can offer valuable insights into the management of rehabilitation and determining post-acute care plans for patients dealing with disabling conditions. This session will discuss the role and purpose of the PM&R acute hospital consultation service and provide specific examples for participants to emulate that benefit not only for patients but health care systems.



Lifestyle Medicine in Cancer Patients and Survivors

Adrian Cristian, MD, MHCM, Yuliya Linhares, MD

Lifestyle medicine principles can improve the health and quality of life for cancer survivors. This course provides an overview of how lifestyle modifications can be utilized by physiatrists to improve the health of cancer survivors.



Maximizing Botulinum Toxin (BoNT) Therapy in Spasticity Management: Innervation Zone-guided Injection, Early Intervention and Central Effects

Sheng Li, MD, PhD, Manuel Mas, MD, Jean Woo, MD

In this session, we will discuss the most recent evidence on factors to maximize the treatment of botulinum toxin injections, including innervation zone-guidance, early injection for post-stroke spasticity and central mechanisms of BoNT and its clinical implication.



Mindfulness and Meditation in the Rehabilitation Setting

Madhur Batra, MD, MS, Jamie Key, DO

Join us for an educational and experiential review of how mindfulness and meditation can be useful in the rehabilitation setting, both inpatient and outpatient.



Post Traumatic Headache: The Latest Insights, Innovations and Treatments

Miriam Segal, MD, Blessen Eapen, MD, Jacob Koffer, MD



The last few years have been a boom for headache medicine with new insights and treatments, including a cadre of new drugs. While the U.S Food and Drug Administration has yet to approve a single drug for the treatment of post traumatic headache, physiatrists have always treated this with a variety of medications intended for other headache disorders. This is an update on the recent scientific insights in post-traumatic headache, including a summary of new pharmacologic and non-pharmacologic treatments and how to implement them.



Quality in EMG: What's In It For Me?

Chrissa McClellan, MD, Peter Grant, MD, Nandita Keole, MD

This session will be a discussion about the recent history of fraud, waste, and abuse in electrodiagnostics leading up to the drastic cuts in reimbursement. We will explore efforts by the AANEM to improve electrodiagnostic standardization and quality with a lab accreditation process. We will present interactive experiences describing the benefits and perspectives of accreditation from physiatrists in different settings including private practice, VA system, and academic institution.



Safety Considerations in Cancer Rehabilitation: Literature Updates

Jegy Tennison, MD



Come explore the latest literature findings on vital safety-related topics such as bone metastases rehabilitation, falls, and transition of care. With an increasing number of publications on these subjects, it is crucial to address the safety needs of cancer patients who experience dynamic medical complexities and require frequent and complex transitions throughout their rehabilitation. Discover how ensuring safety throughout their rehabilitation journey can prevent complications and reduce healthcare costs.



Stiff Knee Gait After Stroke: Mechanisms, Assessment and Management

Sheng Li, MD, PhD, Daniel Moon, MD, MS, MBA

Stiff knee gait is common after stroke, but is clinically challenging to assess and manage. A theoretical framework is provided to understand pathomechanics of gait disorders. This framework is further used to analyze stiff knee gait in clinical cases. The application of instrumented gait analysis in stiff knee gait will be presented through clinical cases.



Structure-based Medical Acupuncture: New Perspective on an Ancient Technique

Chi-Tsai Tang, MD, Devyani Hunt, MD, Heidi Prather, DO

Acupuncture can be more compatible with Western medicine theories of practice if it is viewed through the lens of structure, specifically as a way to modulate the myofascial system. Participants will learn about the structure of fascia and myofascial meridians. Structure-based medical acupuncture is rooted in anatomy, with treatments formulated based on physical examination, and improvements in pain expected immediately. The session will include case presentations with panel discussion, and a live demonstration.



The Art of Manipulation: How to Integrate Osteopathic Manipulative Medicine (OMM) to Rehabilitation Practice

Nathan Badillo, DO, Nina Tamayo, DO, MS, MPH, Yein Lee, DO, Iris Tian, DO, Gina Benaquista DeSipio, DO

This session is designed to explore the various ways osteopathic manipulation can be used in physiatric practice through the work of leading osteopathic women physiatrists. We will highlight the performing arts, women's health, neurorehabilitation and pain management subspecialties, discuss the importance of implementing OMM in our treatment plans, and provide hands-on opportunities to learn noninvasive techniques that can be added as adjunct therapies to your practice.



The Science(?) of Physician Decision-Making in Post-Acute Care Patient Placement



Bruce Gans, MD, Robin Hedeman, MHA, Joel Stein, MD, Michael Stubblefield, MD, Peter Thomas, JD

Rehabilitation physicians make expert judgments daily to admit patients to a rehabilitation hospital or unit (RHU). These decisions are commonly disputed before and/or after patient care has been delivered. This session will review the history of how the current admission criteria were developed, the nature of disputes and how resolution is attempted. In addition, three different examples of current research to establish decision support approaches will be discussed; one for an uncommon condition (cancer), one for a common condition (stroke) and one that is independent of the patient's diagnosis. Input from the audience will be sought and encouraged.



Translating Research and Quality Improvement Into High Quality Rehabilitative Care: A Case Study



Jonathan Bean, MD, MPH, Rebekah Harris, DPT, PhD, Taarika Ashcroft, DPT

It is critical that PM&R can lead in generating innovative models of care that provide a meaningful return on investment. This was especially important during the COVID-19 pandemic when there was a greater reliance on telehealth modes of care. Both clinical research and quality improvement methods are tools that can facilitate this process successfully. This session will describe the development of a model of care known as "Live Long Walk Strong" that targets the prevention of functional decline among older adults with frailty and high fall risk. It will highlight experience within healthcare systems serving both civilians and veterans, applying both traditional and telehealth models of care to establish a successful model of geriatric rehabilitative care. The lessons learned have relevance to providers from all levels of background and training.



Transplant TRIVIA: Afraid? It's Time for a Change of Heart



Laura Malmut, MD, Sarah Eickmeyer, MD, Leslie Rydberg, MD, Kim Barker, MD

Afraid of transplant rehabilitation? Find your guts. It's time for a change of heart. Audience members will compete using the free game-based learning platform, "Kahoot!" to test their knowledge on topics related to transplant rehabilitation. Transplant rehabilitation topics covered will include medication management, medical complications, exercise physiology, functional impairments, and therapeutic rehabilitation. The goal of this activity is to promote audience engagement and knowledge retention of topics learned during this session.



Ultrasound Evaluation of Nerves of Lower Limb - Workshop

Amit Bhargava, MD, MS, Mooyeon Oh-Park MD, MS, Mark Hurdle, MD, Allison Schroeder, MD

Musculoskeletal sonography is becoming an important part > solution for evaluating and managing joint, nerve and soft tissue disorders. This course is designed to shorten the learning curve for health professionals interested in developing expertise in MSK ultrasound of peripheral nerves of lower limb. The course will familiarize clinicians with key techniques used to perform MSK examinations of peripheral nerves. Clinicians will learn to recognize normal anatomy, common pathologies, and critically evaluate the images of peripheral nerves of lower limb.



Uncovering Covert Consciousness: Demystifying a New Clinical Entity

Jennifer Russo, MD, Neil Jasey, MD, Rachel Murray, MD, Jing Lin, MD, Lindsey Gurin, MD

Covert Consciousness is the presence of retained consciousness not apparent on standard behavior-based assessments. It includes entities such as locked-in syndrome, disorders of motivation such as akinetic mutism and catatonia, and impairments in motor control such as those from severe upper motor neuron syndrome. In this session, we will introduce the concept of covert consciousness, review the literature describing this clinical entity and other associated terms, and discuss the various methods under investigation to better identify retained consciousness in brain-injured patients.



Understanding and Treating Chronic Dizziness After Mild Traumatic Brain Injury (TBI)

Dmitry Esterov, MD, DO, Erica Bellamkonda, MD, Billie Schultz, MD, Emily Hines, MD

Explore several etiologies of chronic dizziness after mild TBI through unique case presentations and examples of different treatment strategies.



Updated American Congress of Rehabilitation Medicine Diagnostic Criteria for Mild Traumatic Brain Injury



Victoria Whitehair, MD, Min Jeong Graf, MD, Kathleen Bell, MD

The diagnostic criteria for mild traumatic brain injury (mild TBI) published by the American Congress of Rehabilitation Medicine (ACRM) in 1993 has guided clinical practice and research over the past 30 years. In 2023, the Mild TBI Task Force of the ACRM Brain Injury Special Interest Group released an update for these diagnostic criteria. This informative session will describe the rationale for the update and the methodologies used to develop the criteria, present the updated consensus diagnostic criteria for mild TBI, and demonstrate application of the criteria through case presentations. The material is designed to be appropriate for all audience levels.



The Intersection of Palliative Medicine and Cancer Rehabilitation

Kim Barker, MD, Andrea Cheville, MD, Naomi Kaplan, MD, Dorothy Tolchin, MD, EdM

Cancer rehabilitation and palliative medicine share a focus on optimizing quality of life for both patient and family, utilizing interprofessional approaches to address a range of physical, psychosocial, and spiritual symptoms. While cancer rehabilitation has historically focused on restoration of function across illness and survivorship and palliative medicine has focused on optimizing function in the setting of persistent serious illness, patients with cancer can often benefit from involvement of clinicians from both fields across the trajectory of their cancer experience. This session will use a hybrid didactic and case-based approach to advance participants' understanding of when and how to engage cancer rehabilitation specialists, palliative clinicians, or both in the care of patients living with cancer.



Pediatric Pain

Heakyung Kim, MD, Chaitanya Konda, DO

Pediatric pain is an increasing population with a specialized need for physiatry treatment. In this presentation, we will discuss pain in the pediatric setting that intersect with various patient populations encountered in pediatric rehabilitation. This includes TBI, SCI, Musculoskeletal pain, Amplified pain syndromes, functional neurological disorder (FND), and pain in children with childhood onset disability such as cerebral palsy. By reviewing the causes, treatment modalities, and rehabilitative outcomes, we can help enhance our role as physiatrists in pediatric pain and improve outcomes for these patients.



Beyond Urology: Nephrological Health in Persons with Spinal Cord Disorders

Laura Hobart-Porter, DO, Rachel Millner, MD

Did you ever feel like there was more to renal health than urologic management? Do you want to stop renal failure before it starts? Stop one of the leading causes of death for our spinal cord patients. Join us as we explore common pitfalls and how to avoid them. We will discuss more accurate assessments of renal function, optimal blood pressure management, and transition care. Learn how to empower your patients by teaching them about renal health.



Tips for Success on the Part I PM&R Exam and ABPMR Town Hall

Vu Nguyen, MD, Gerard Francisco, MD, Carolyn Kinney, MD, Sherilyn Driscoll, MD

PM&R physicians will provide an overview of the computer-based Part I PM&R exam to participants and offer tips for success. In addition, ABPMR Board directors will provide updates on certification issues from initial exam to continuing certification, longitudinal assessment (LA), and subspecialties.



Scientific Paper Presentations

Discover the latest and greatest in physiatry research at our Scientific Paper Presentation sessions during your time at Physiatry '24. These sessions are organized by topic and presented throughout the meeting.



PM&R Boards Part II (Oral): Tips for Success from the ABPMR

Christopher Garrison, MD

Learners will describe the ABPMR Part II examination process and explain the general content areas of each vignette domain.



Residents Lead the Way: Leadership Case Studies from Idea to Implementation

Karen Barr, MD, Wendy Helkowski, MD, Kristen Milleville, MD, Michelle Eventov, MD

Just as we can improve clinical skills by discussing cases, leadership skills can be improved by analyzing successful leadership behaviors and features of settings that support leadership development. This session will analyze several resident driven projects that were implemented in our department and the leadership skills that led to them being successful.



The Medical Student Council Presents: The Power of Mentorship and Networking

Andrew Nowak, Lydia Smeltz, Dianna Nguyen, Daniel Persson, Matthew Lee, Sahil Shah, Elver Ho, Valerie Bresier, Bernardo Gonzalez, Lisa Gong, Selena Lugosi, Ethan Wilson, Jennifer Ra, Ellese Lupori, Gillian Mathews

A panel held by the AAP Medical Student Council will speak about how students can find mentorship from each committee's discipline and discuss recommendations to assist others in finding mentorship. The audience will engage through pre-determined, thought-provoking questions directed at the panelists, as well as a Q&A section. Following the panel, a networking event with residents, fellows, and attendings representing various career avenues in physiatry will take place. This will allow students to meet potential mentors in a structured and non-intimidating manner and learn about the career options in physiatrist. Students will get a firsthand opportunity to use their new networking skills to meet potential mentors.



You May be a Researcher: Finding a Career Path that Fits

Karen Barr, MD, Kathleen Bell, MD, David J. (DJ) Kennedy, MD, Brendan McNeish, MD

It can be challenging to know how to: move beyond case reports and other introductions to the scholarly process, how to build upon smaller projects to create impactful work, or options for levels of research involvement. A panel of faculty who participate in various levels and types of research project and have taken different paths in their career journey will discuss how they were able to start with small feasible projects and build upon them, how they found mentors, what skills they needed to acquire along the way, and how they were able to integrate this into their other responsibilities. They will discuss the rewards of participating in research and why adding in research may be an antidote to burnout.

CONCURRENT PROGRAMS

These signature AAP programs will have ongoing workshops and sessions designed for this year's participants.

PROGRAM FOR ACADEMIC LEADERSHIP (PAL)

Leadership training directed by William Bockenek, MD, CPE and John Chae, MD, ME. Visit physiatry.org/PAL to learn more.

REHABILITATION MEDICINE SCIENTIST TRAINING PROGRAM (RMSTP)

Research training directed by Michael Boninger, MD and John Whyte, MD, PhD. Visit physiatry.org/RMSTP to get involved.

PROGRAM COORDINATOR SESSIONS

Thursday, February 22 and Friday, February 23

8:00am - 5:00pm

As always, our Program Coordinators Council is creating a schedule filled with hot topics to help navigate this new era of residency management. These sessions will feature coordinator levels from beginner to advanced and with exciting group events coming soon. We will have breakouts and networking opportunities throughout Physiatry '24.

ADMINISTRATIVE DIRECTORS COUNCIL SESSIONS

Thursday, February 22 and Friday, February 23

8:00am - 5:00pm

These sessions are dedicated to Administrative Directors for presentations, information sharing and the business meeting:

- **Case Study: Compensation and Incentive Plans**

Zachary Bechtle, DBA, MHA

- A look into the mechanics, implementation, and revision of one institution's faculty compensation plan. This will include key takeaways and lessons learned. Survey data from peer institutions was also incorporated.

- **Lessons Learned in Research Administration**

Yelena Sionova

- Understanding supporting research endeavors and growth through a departmental research infrastructure.

- **Implementing a Transitions Care Management Program**

Yelena Sionova, Jonathan Whiteson, MD

- We will dive into the benefits of Transitions Care Management program and its implementation/expansion.

- **Incorporating Advanced Practice Providers for Program Growth**

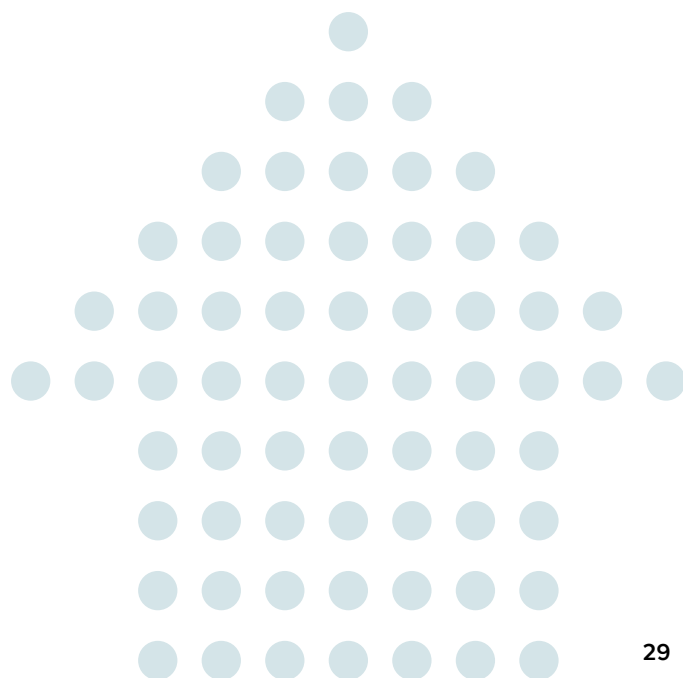
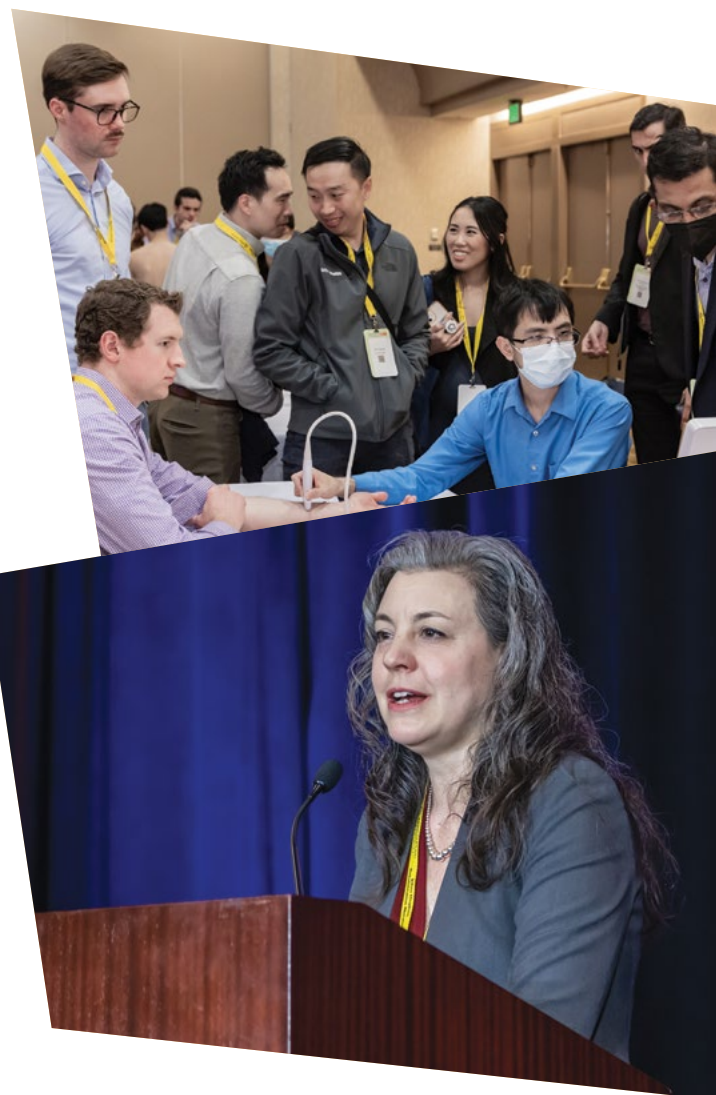
Yelena Sionova, Jonathan Whiteson, MD

- This will be an overview of APP's in outpatient setting - how they're utilized, goal setting and reporting structure.

- **Department Administrative Structures**

Anna Rogers

- A review of organizational structures within Physiatry departments, including our roll up leaders and staff. A discussion of challenges and best practices for organizing teams and work to maximize administrative director time to partner with chair to innovate and strategize.





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Health PEI is hiring.



Find opportunities for Physiatrists on Prince Edward Island! Comprehensive benefits, return-in-service grants (up to \$100,000 CAD), and reimbursement of moving expenses (up to \$10,000 CAD) are available.

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Prince Edward Island (PEI) is Canada's smallest province with a renowned reputation for arts, culture, and innovation. PEI boasts more than 600 miles of shoreline, with over a hundred popular beaches, acres of gentle farmland, National and Provincial parks, and an island-wide trail system. Individuals and families from 90 different cultures have chosen to call this island 'home.'

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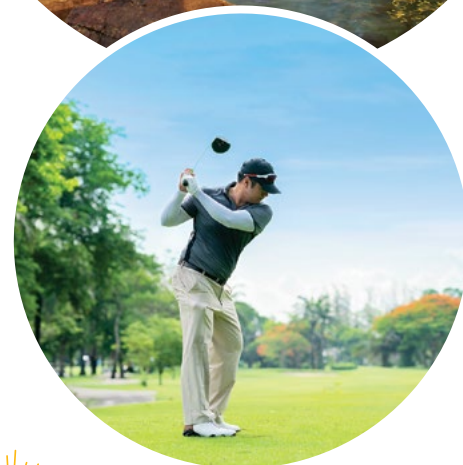
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Come for the Meeting, Stay for the Magic

Since we're steps away (*11 minutes, to be exact*) from Walt Disney World, we want you to enjoy the magic for yourself! Come relax and have fun with your colleagues, attendees, and family by visiting Disney's theme parks, world-class shopping, and fabulous dining.

As a *Physiatry '24* attendee, you have access to discounted theme park tickets prior to our Annual Meeting. Visit www.mydisneygroup.com/aap2024/ to learn more and grab tickets today!

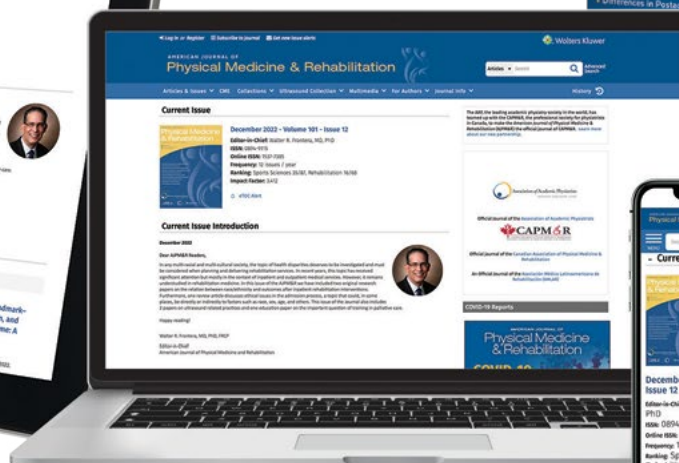
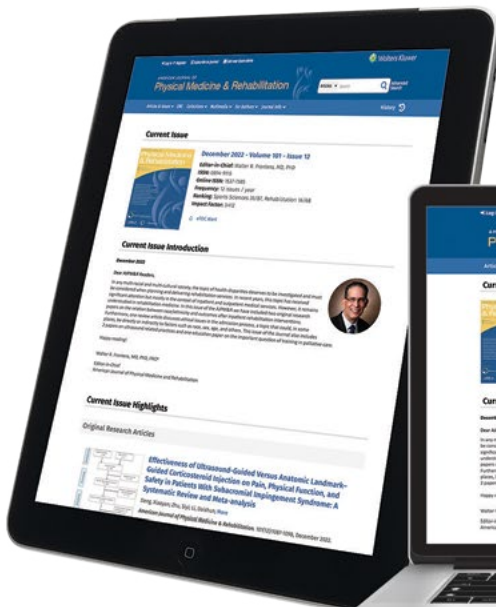
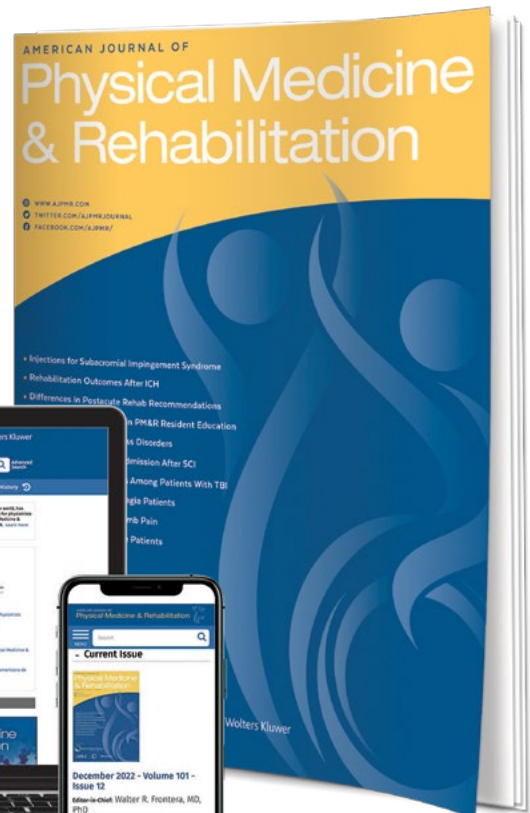


PLEASE NOTE: Walt Disney World tickets purchased through this discount are only valid up to seven days before, during, and seven days after *Physiatry '24*.

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Editor-in-Chief
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Register by December 15, 2023 to save up to \$300!

Registration Pricing

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Join our community for the best rates at www.physiatry.org/join or renew at www.physiatry.org/renew.

Physiatry '24 Attendee Categories	Early Bird (By December 15)		Standard	
	AAP Members	Non-Members	AAP Members	Non-Members
Physician	☐ \$795	☐ \$1,095	☐ \$945	☐ \$1,245
Resident/ Fellow	☐ \$540	☐ \$690	☐ \$690	☐ \$840
Medical Student	☐ \$295	☐ \$390	☐ \$350	☐ \$450
Health Professional/ Researcher	☐ \$575	☐ \$675	☐ \$725	☐ \$825
Administrative Director	☐ \$515	☐ \$615	☐ \$615	☐ \$715
Program Coordinator	☐ \$515	☐ \$615	☐ \$615	☐ \$715
Emeritus	☐ \$290	☐ \$290	☐ \$290	☐ \$290
RFPD Workshop ONLY:	☐ \$450	☐ \$630	☐ \$450	☐ \$630
* Please note: this is for those who wish to attend the workshop ONLY. You must to select your attendee category AND the workshop below if you wish to attend conference sessions, as well.				
One-Day ☐ Tues ☐ Wed ☐ Thur ☐ Fri	☐ \$300	☐ \$450	☐ \$475	☐ \$635
International	☐ \$575	☐ \$675	☐ \$725	☐ \$825
Industry	☐ \$1,000	☐ \$1,000	☐ \$1,000	☐ \$1,000

Pre-Conference Workshops	AAP Members	Non-Members
Residency & Fellowship Program Directors (RFPD) Workshop	☐ \$250	☐ \$450
Resident, Fellow & Medical Student Bootcamp	☐ Price: \$5 with your resident, fellow, or medical student registration	
Medical Education in Physiatry: Building Teaching Skills	☐ \$149	☐ \$199
Musculoskeletal Ultrasound: A to Z (With Some Letters Missing)	☐ \$149	☐ \$199
2024 Spasticity Master Course Workshop	☐ \$149	☐ \$199
Department Chair and Administrative Director Meet Up	☐ Free for chairs and administrative directors with paid meeting registration	

Guest Package ☐ \$225 per person

Prices will increase on site at Physiatry '24. Maximize your savings by registering ahead of time!

Registration Total:

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Your Badge Information

Please include all information, name, degree, institution, city and state EXACTLY as you would like it to appear on your badge.

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☐ Check if you or a guest require special assistance. Please explain: _____

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Registration Information



Member: This category is designed for AAP members who are not suspended or expired, or who are purchasing a membership at the time of registration. Please check that all memberships are current before sending in registration forms. If you are unsure of your membership status or category, please call 410-654-1000 or email meetings@physiatry.org. **IF REGISTERING ONLINE, YOU MUST LOG IN TO RECEIVE AAP MEMBER DISCOUNT.**

Resident/ Fellow/ Medical Student: These packages are for residents, fellows and medical students only.

Guest: Our guest package includes all attendee meals and breaks, and entrance to the plenary sessions, Job Fair, and Exhibit Hall. This package cannot be used for a colleague or doctor — it is intended for a guest, spouse or family members only. Participants and guests will not be allowed into the main hall without a name badge.

Your Registration Includes: Access to plenary and educational sessions, Job Fair, select meals and coffee breaks, networking events, and the Exhibit Hall! Pre-conferences have additional fees, so be sure to add them to your total when registering.

A Few Things to Note



- Full payment is due at the time of registration.
- Online registrations receive immediate confirmation; mailed registrations will be sent a confirmation within 10 days of receipt. If you do not receive a confirmation within 10 days, please call the AAP's office at +1 (410) 654-1000.
- All information must be accurately provided. Any registrations with information left blank will not be processed.
- We prefer receiving cancellation and refund requests with ample notice. AAP will honor refund requests for any reason as long as they are submitted in writing before January 2, 2024. A processing fee of \$75.00 will be applied. Requests made after this deadline will not be accepted. Please send all refund requests to jfossett@physiatry.org by January 2, 2024.
- By registering for Physiatry '24, you give permission to the AAP to use all photos and videos with your likeness taken during educational sessions, networking events and other conference activities.

Venue & Hotel Information

★ Rosen Shingle Creek

Orlando International Airport



Book Your Room Now!

Physiatry '24 will be hosted at the Rosen Shingle Creek. Orlando International Airport is 18 minutes away from the hotel. Flight prices, times, and layover will vary depending on the airline. At our Annual Meeting, you'll be just minutes away from amazing theme park rides and entertainment, countless restaurants, art galleries, shops, and more. Discounted room rates of \$239 per night are reserved for our attendees. You must book your room early to guarantee availability.

Room reservations can be made directly with Rosen Shingle Creek by calling the toll-free number 1-866-996-6338 or locally at 407-996-6338. In doing so, please request the group rate for AAP Meeting 2024. Reservations must be secured for at least one night guestroom and tax at the time of booking with either credit card, cash or check payment. The deadline is 5:00 PM EST on Monday, January 29, 2024

Complimentary WiFi and access to a fitness center are included in your room rate.

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Rates cannot be changed for guests who do not identify their affiliation at the time their reservation is made. All rooms are subject to availability. Once the block is full, no additional rooms will be available, so please book early. Thank you, in advance, for staying in rooms at our conference hotels as it helps the AAP offset the costs of meeting space and other costs associated with the meeting (from tables and chairs to power, air/heat and lighting)! Please help us keep registration fees down by making your reservation through our dedicated link or calling the hotel and requesting the AAP discounted rate!

The AAP does not use a third-party housing company nor will anyone from the AAP contact you to reserve your room. Anyone claiming to represent the AAP requesting to reserve your room or offer you a lower prize is fraudulent and should be reported.



Corporate office - AAP

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