The Point

the PM&R Alumni Newsletter

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CELEBRATING 15 YEARS AS A DEPARTMENT!

Gone GREEN.

The Point
is available in electronic format only.

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search facebook for University of Pittsburgh Physical Medicine & Rehabilitation Residency
2014 Residency Program Graduates and their Destinations

1 to r:
Justin Berthold, DO: opening private practice with concentration on musculoskeletal medicine
Thomas Burnett, MD: opening private practice offering neuromusculoskeletal care
James Crownover, MD: Sports Medicine Fellow at the University of Tennessee, Knoxville
Robert Donlan, DO: Sports Medicine Fellow at the University of Florida, Gainesville
Jessica Berry, MD: Spinal Cord Injury Fellow at The University of Pittsburgh (UPMC)
Patricia Bornhorst, DO: Sports Medicine Fellow at Geisinger Medical Center,
Natasa Miljkovic, MD: Assistant Professor, Department of PM&R, Vanderbilt University
Beth Stepanczuk, MD: Assistant Professor, Department of PM&R, University of Pittsburgh
Erin Murdock, MD: Pediatric Rehabilitation Medicine Fellow at the University of Pittsburgh (UPMC)
Lisa Huynh, MD: Spine Medicine Fellow at Stanford University
Nicholas Weber, DO (missing from picture): Sports Medicine Fellow, Sinai Hospital of Baltimore

2014 Fellows

Joy Perkey, MD
Brain Injury Medicine
WellSpan Surgery and Rehab

Brandon Snead, MD
Musculoskeletal Sports and Spine Medicine
Private practice, Henderson, NV

Christine Cleveland, MD
Assistant Professor
University of Pittsburgh
Dept. of PM&R
Justin Berthold, DO
Excellence in Residency
Excellence in Resident Mentorship

Erin Murdock, MD
Excellence in Pediatric Rehab Medicine

Robert Donlan, DO
Excellence in Administration

Lisa Huynh, MD and Nicholas Weber, DO
Excellence in Pain Medicine

Prakash Jayabalan, MD, PhD ('15)
Excellence in Musculoskeletal, Sports and Spine Medicine

Shaun Darrah, MD ('16)
PGY3 Rising Star Award

Eric Helm, MD ('12)
Assistant Professor Excellence in Teaching Award

Eric is a graduate of our residency program and completed the Pain Fellowship UPMC Department of Anesthesiology in 2013.

Eric Helm and wife, Amanda Stapleton
Lenny was finally able to sit down with me after a faculty business meeting at the end of a long day. Due to the rapid expansion of the department in the last 5 years, these meetings are sometimes the only way faculty can catch up with each other. He has been busy working to develop the Department of Physical Medicine and Rehabilitation at UMPC St. Margaret for many years.

I met Lenny when he was a resident and really got to know him as he assumed his mantel as an attending. Mature and professional, he always appeared calm and unflappable. He has not changed much over the years in appearance or manner.

He came to the United States when he was 7 years old. His father was an Internist and mother was a nurse. He always knew that he wanted to be a doctor, but he also liked to teach. To help him decide his path he taught second graders for two years after college. From that experience, he decided that he would rather teach adults.

Below are some highlights of our conversation

**BL:** What made you decide to choose Physical Medicine and Rehabilitation as a specialty?

**LC:** I was doing an internship at Cabrini Hospital in NYC after graduating from the University of the Philippines Medical School. I became acquainted with a PMR attending and found out more about rehab. After learning the diversity of diagnosis and population that were seen in the rehab specialty, I became more interested especially the inpatient area. After completing the Internal Medicine residency, I noticed a residency spot in UPMC PMR residency program. It was the only PMR residency program I applied to. I have always maintained my interest in inpatient rehab care because I enjoy the medical management and I get to see more immediate results from the rehabilitation interventions. I feel that I get to know the patient better by seeing them every day.

**BL:** What would you consider your greatest professional accomplishment so far?

**LC:** Maintaining my interest and passion for my job. I have no regrets about my career choices. If I cannot sustain that enthusiasm for my patients and my job, then that is when I will retire.

**BL:** What would you consider your greatest personal accomplishment?

**LC:** Being a dad to my son by doing things together with him. I am also fortunate enough to be married for a long time to a good woman. She prioritized her life and decided to be a stay at home mom even though she was a physician herself. This gave me the opportunity to focus on my job responsibilities which enabled me to assist in the expansion of inpatient rehabilitation at UPMC St. Margaret Hospital.

**BL:** Tell us a little of what your responsibilities are now.

**LC:** I am the Inpatient Medical Director at a soon to be 26 beds general Rehabilitation Unit at UPMC St. Margaret’s Hospital. Other than responsible for inpatient care, I also oversee service lines to provide optimal patient care throughout rehab care.

**BL:** What are your interests outside of medicine?

**LC:** I became interested in photography after the birth of my son. I bought a digital camera, taught myself through the Web and started taking pictures of my son. He is my favorite subject.

**BL:** What advice would you give to new physicians entering the field of PMR?

**LC:** I would tell them to keep an open mind about what is available in the field. Experience all subspecialties until you find one that grabs your interest. Medicine is hard so love what you do.
The aim of physical medicine has always been to do something for human fellowship rather than to embrace totally the role of being somebody

Gil Brenes, 11/6/2012

The Brenes Lecture honors Dr. Gil Brenes’ dedication, leadership, contributions, and grace in service to the spinal cord injury community and rehabilitation medicine.

Just a few years ago we opened up our research day to include other rehabilitation departments in the university. Undergraduate students through post doctoral fellows from bioengineering, rehab departments in the School of Health and Rehabilitation Sciences, McGowan Institute of Rehabilitation Medicine, HERL, and other departments and university institutions now participate making this one of the busiest days of the academic year. This year we received over 60 abstracts from students nearly, but not quite, overwhelming our faculty judges.

The inaugural Brenes Lectureship was presented to Kristjan Ragnarsson, MD.

Gil Brenes, MD, assistant professor and attending physician (St. Francis ’96) worked tirelessly in the spinal cord injury community and was a much loved teacher, friend, and colleague to many. This honor will be presented to physiatrists who show a deep commitment to their patients and to the practice of rehabilitation medicine. Our alumni are welcome to nominate a colleague they feel exemplifies these commitments.

Send nomination letters to Mary Synnott, at synnottm@upmc.edu.

To contribute to the Brenes Lecture fund checks should be made out to:
“the University of Pittsburgh Department of PM&R Brenes Fund”
and mail to:
The University of Pittsburgh Brenes Lecture Fund
Medical and Health Sciences Foundation
3600 Forbes Avenue at Meyran, Suite 2084
Pittsburgh, PA 15213
ATTN: Samuel McCrimmon
We are proud to announce ACGME accreditation in
Brain Injury Medicine Fellowship and Sports Medicine Fellowship.

We now offer ACGME accredited Fellowships in: Brain Injury Medicine, Sports Medicine, Spinal Cord Injury Medicine, and Pediatric Rehabilitation Medicine

Brain Injury Medicine Fellowship Highlights
- training at Level1 Trauma Centers, UPMC Mercy and UPMC Presbyterian/Shadyside
- exposure to acute care and inpatient rehabilitation
- participate in athletic concussion clinics
- Neuro rotations including ophthalmology and surgery
- opportunities to attend TBI conferences

Dr. Camiolo Reddy is the Medical Director of the UPMC Rehabilitation Institute Brain Injury Program and the Medical Director of the UPMC Rehabilitation Network (comprised of over 170 inpatient rehabilitation beds at eight locations) and the UPMC Rehabilitation Institute at Mercy Hospital. She is an alumnus of both our residency program (2006) and brain injury fellowship (2007).

Sports Medicine Fellowship Highlights
- training centered at the world renowned UPMC Center for Sports Medicine
- Collegiate level sports medicine management including sports concussion clinics
- Musculoskeletal ultrasound diagnostic and interventional training
- Interventional spinal Training
- Electives in EMG procedures and MSK Research

Dr. Woods completed our residency in 2010 while serving as Academic Chief and holds the distinction of being the first sports medicine fellow of this program she now directs. She is board certified in Physical Medicine and Rehabilitation and holds specialty certification in Sports Medicine.

Welcome back to Matthew Maxwell, MD.

Dr. Maxwell (’13) returned to the department as an assistant professor on August 1, 2014. He spent the intervening year as a Sports Medicine Fellow at Allegheny General Hospital. He rejoins PM&R as an attending and faculty of our newly accredited Sports Medicine Fellowship.

CONGRATULATIONS

Dr. Gwen Sowa, MD, PhD is the 2014 winner of the AAPMR PASSOR Legacy and Lectureship Award.

Prakash Jayabalanan, MD, PhD (’15), Academic Chief Resident, chosen to present during the “Best Neurological Rehabilitation Research Podium Presentations”
The annual Wheelchair Wash & Tune-Up, sponsored by the SCI model system and UPMC RI was held on June 5 at UPMC Mercy. Special guest was Dan McCoy, Para Olympian Sled Hockey Gold Medalist, Sochi and member of the Pittsburgh Mighty Penguins Sled Hockey Team.

Lee Tempest, PMR data coordintator, SCI Model System, Dan McCoy, and Brian McCormick, National Spinal Cord Assoc (NSCIA) Pittsburgh Chapter President. Lee and Brian are co-facilitators of the SCI Support Group, part of the SCI model system. For more information: www.upmc-sci.pitt.edu.
On August 2, 2014, Team GB participated in the Pittsburgh sprint triathlon.

The team honors our late Dr. Gil Brenes (GB), and included seven current residents and attendings.

**Team GB1** consisted of Neilly Buckalew, MD ('15) (swimmer), Julie Lanphere, DO (cyclist, attending), and Shanti Pinto, MD ('16) (runner).

**Team GB2** included Adam Lewno, DO ('17) (swimmer), Eric Helm, MD ('12) (biker) and Adam Susmarski, DO ('17) (runner).

Gary Galang ('04) competed as an individual in the sprint triathlon. He also designed the TEAM GB t-shirt.

Team GB2 was the winning relay team with a time of 1:11:45. Diane Erdelack, Dr. Brenes' wife, was there to cheer the team to victory. We hope to make this an annual tradition among the residents and attendings.