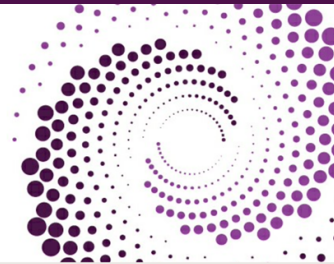


UPMC

LIFE CHANGING MEDICINE

Department of Physical Medicine
and Rehabilitation



In Partnership with University of Pittsburgh

PM&R Spring Newsletter 2022

A Message from the Director



Dear Alumni,

After two years of virtual conferences, we finally had the opportunity to meet in person for the Association of Academic Physiatrist annual conference in New Orleans this month!

Like new buds in spring, we are all slowly peeking out from the COVID-19 topsoil to feel sunny hope on our faces again. During this crisis, many people showed kindness and resiliency. This strength of spirit is also continuing to help us weather the conflict in Afghanistan and Ukraine. Our department members support friends, family, and colleagues impacted by these conflicts and hope their loved ones find safety. We mourn for the ones that have been lost.

The last few years have reset priorities for many. We have learned that there will always be personal or societal crises to endure, so it is important to enjoy respite by spending time with friends, colleagues, and family.

Best,
Betty Liu
Director of Alumni Relations

PM&R Alumna Named One of "Top 100 Women in Medicine"

Betty Liu recently sat down with alumna Dr. Vicenta Gaspar-Yoo to talk about her career and work-life balance.

Dr. Gaspar-Yoo was named amongst the "Top 100 Women in Medicine" in December 2021 by online group Women We Admire. She is the first female

President of the Allegheny Health Network Allegheny Valley Hospital and was noted for her acute direction of health care delivery and for spearheading changes that impact patient outcomes.

[Read More](#)



Diversity and Inclusion Committee

The Department of Physical Medicine and Rehabilitation is committed to the promotion of equity and inclusion at every level of practice.

Our 15-member committee, which includes faculty members and residents, advocates for initiatives that support diversity and inclusion. This team strives to ensure both the University of Pittsburgh and UPMC honors commitments to include all cultures, gender identities and sexual orientations, abilities, races, and ethnicities.

Faculty members include Allison Bean, Brad Dicianno, Lee Fisher, Wendy Helkowski, Max Hurwitz, Jessica Jarvis, Amy Letteri, Betty Liu, Gwen Sowa, and Jerrold Yeo.

Resident members include Jessica Beardsley, KV Deshpande, Isaiah Levy, Merna Naji, and Deklerk Ngankam.

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Rehabilitation Institute Research Day

Registration is now open for the 18th annual Rehabilitation Institute Research Day on June 22, 2022!

[Register Now](#)

We are excited to host the following distinguished keynote speakers:



2022 Brenes Lecture: Stroke Recovery Program: An Innovative Model for Healthcare Delivery

Sara Cuccurullo, MD

Chair, Physical Medicine and Rehabilitation,
Rutgers RWJ Medical School
Medical Director and VP for the JFK Johnson
Rehabilitation Institute



2022 SHRS Lecture: Prioritizing Rehabilitation as an Essential Service: An Opportunity for Improving Health Equity and Population Health

Janet Prvu Bettger, ScD, FAHA

Associate Professor, Co-Director, Duke Clinical and Translational Institute (CTSA) Pilots Accelerator Core Director, Duke-Margolis Center for Health Policy

[Learn more about the event by clicking here.](#) A continental breakfast and lunch will be served during the event.

Match Day 2022

We are thrilled to announce the UPMC PMR class of 2026.

We look forward to seeing their contributions to our program and the field of Physiatry. Congratulations!

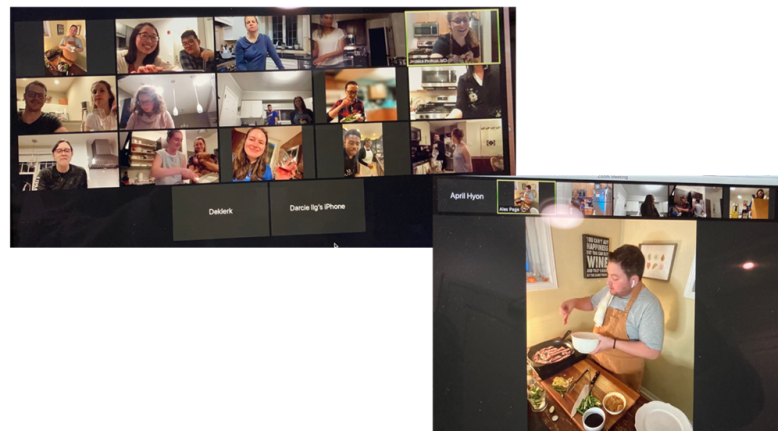
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What's Happening: Residency Life



Earlier this year, the department hosted events to show appreciation for our residents and to create opportunities for faculty members to actively engage with residents. In February, the department held a "Thank a Resident Day" event followed by a Zoom cooking class in March.

Last year, residents and faculty members partnered with the Birmingham Free Clinic to create volunteer opportunities. The program is still a success as it is a PGY-4 run clinic in an interdisciplinary setting with PT/OT and students from many different disciplines. Residents are obtaining valuable experience from joint injections to prosthetic evaluations.



First Annual PMR Fair

On February 17, 2022, the department hosted its first annual UPMC PMR Fair!

We welcomed Director of the Spinal Cord Injury Medicine Fellowship Amanda Harrington for a brief talk followed by interactive breakout sessions led by our residents.

Students received hands-on experience with musculoskeletal ultrasound, electrodiagnostic studies, assistive devices/wheelchairs, and neurotoxin injections! We were thrilled to see many first and second-year medical students getting early exposure to physiatry.

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