

VOL. 2 ISSUE 1 · JULY 2023

UVA PM&R

Official Newsletter of the University of Virginia's
Department of Physical Medicine & Rehabilitation

Update from the Chair:

BY DR. ROBERT WILDER

Welcome to our UVA PM&R biannual departmental newsletter! My goal is to keep you updated on the goings on within the department and with the residency program. In the December newsletter I reintroduced you to our faculty and the services they provide. This time, I want to take a few minutes and summarize some recent departmental changes, some past and some in the near future.

We said good-bye to Dr. Geoffrey Smith at the end of April. He accepted the position of Director of Spinal Cord Injury Services at the Mayo Clinic in Minnesota. Dr. Smith has been an important part not only of our clinical and teaching teams but ever more importantly of our departmental family. We wish him, his wife, and children the very best as they start a new chapter in their lives.

At the end of June, we wished Dr. Michael Sheppard well as he left UVA. His wife completed her fellowship training, and they will be moving north towards new opportunities and closer proximity to family. Michael was a valuable member of our residency program and our clinical faculty. We wish him and his family all the best as they embark on this exciting adventure. After 12 years as our Residency Coordinator, Joanne Palmer retired at the end of April. We thank Joanne for all of the time and energy she devoted to our program over the years. She graciously agreed to sign on as temp to help train our new Residency Coordinator, Elena Alba, who started on June 20, 2023.

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"We continue to enjoy teaching our residents and sharing in their successes, led by Program Director, Jeff Jenkins and Associate Program Director, Regan Royer."

DR. ROBERT WILDER

In the last newsletter I talked about how long Dr. Alan Alfano has been in the department and how long he has been the Medical Director of the UVA Encompass Health Joint Venture Rehabilitation Hospital. On July 1, 2023 he will be stepping down from that role and handing it off to Dr. Regan Royer. He will continue to see patients there and will provide program oversight for our Neuro-program.

On the horizon: We are currently recruiting for three open faculty positions; replacements for Drs. Sheppard and Smith and for a director of pediatric rehabilitation services. The UVA/Encompass Rehab Hospital will start a 24 month renovation that will create a 60 bed, all private room facility. Lastly, we are working with Leadership at UVA Health to create a combined adult and pediatric wheelchair clinic.



We continue to enjoy teaching our residents and sharing in their successes, led by Program Director, Jeff Jenkins and Associate Program Director, Regan Royer. This past year several residents had presentations accepted at national assemblies. Our residents had an exceptional performance on the annual SAE this year as well.

Enough from me. Others have things to say. You are all family. Keep in touch and let us know when your travels bring you to Cville!

Bob Wilder
Professor & Chair
Medical Director, The Runner's Clinic at UVA

Update from the Residency Program Director

BY DR. JEFF JENKINS

We graduated a particularly stellar group of senior resident physicians this year. I expect that they will all prove to be leaders in the field of PM&R. Dr. Michael Bova will be headed to New Jersey for his Pain Medicine Fellowship at the Hackensack Meridian JFK Johnson Rehabilitation Institute. Dr. Andrew Clark is headed to private practice in the Richmond metro area, where he will be joining Ortho Virginia. His practice will consist of both electro-diagnostic and outpatient musculoskeletal medicine, with plenty of MSK ultrasound thrown in for good measure. Dr. Cameron Forbes will soon be off to Phoenix, where he will pursue a NASS-recognized fellowship in Interventional Spine and Musculoskeletal Medicine at Barrow Brain and Spine. Dr. Emily Hillaker will pursue her Pediatric Rehabilitation Medicine fellowship at Johns Hopkins University's Kennedy Krieger Institute, where she will have the privilege of learning from another one of our former residents: newly appointed Associate Fellowship Program Director Dr. Bill Ide.

Meanwhile, the scholarly achievements and academic success of our residents attest to the quality of residency training at UVA. Highlights include the following: Jason Guo made an oral case presentation, "Forearm pain in a Tennis athlete: Ulnar Stress Fracture" at the American College of Sports Medicine's 2023 annual meeting.



Chris Chrzan was awarded the ASRA Pain Medicine Best of Meeting Abstract Award in November for his poster presentation entitled, "A Patient-Worn Instrument to Assess Functional Impact of Chronic Pain – A Pilot Study." Emily Hillaker and Michael Bova traveled to Zambia on a global health elective rotation to teach and work with healthcare workers and other rehabilitation professionals in that country. They had their subsequent poster presentation, "Addressing The World Health Organization 2030 Agenda: Efforts in Zambia" accepted for presentation at the AACPD 2023 annual meeting.



These achievements, and all of the other resident posters and publications this year, reflect our continued ability as a training program to attract top candidates. Despite the difficulties of the last residency application cycle, when all interviews were again held virtually, UVA PM&R had another one of our most successful match results ever. Our program continues to attract top applicants by catering to self-directed learners who participate in setting their own goals and objectives for their graduate medical education.

The generous amount of elective time built into the curriculum allows our residents to chart their own academic course within the broad specialty of PM&R. We also continue to rank among the leading PM&R training programs in terms of office-based procedure experience. Our residents typically graduate with spine and MSK ultrasound procedure numbers in the top quartile nationally, and our residents' EMG numbers continue to lead the nation.

Lastly, I would like to echo the sentiments of Dr. Wilder concerning the retirement of Joanne Palmer after 12 years as our residency coordinator. Joanne played many roles over the past dozen years: counselor, record keeper, mediator, master scheduler, call schedule overseer, party planner, pastry chef, caretaker, trusted advisor, and confidante, among many others. Kindness, persistence, honesty, and tireless devotion to the program were her calling cards. Her legacy will be the continued success of the residency training program and our graduates. We will miss Joanne a great deal, and we cannot express enough gratitude to her for returning to assist in the training of our new residency coordinator, Elena Alba, who joined us in June. If you are in the area, please drop in to welcome Elena to our team.



"Our program continues to attract top applicants by catering to self-directed learners who participate in setting their own goals and objectives for their graduate medical education."

DR. JEFF JENKINS

"Dr. Warwick has additionally taken on the role of Thread Leader for the UVA School of Medicine's pre-clerkship Disability Curriculum and is involved in several committees and initiatives across the health system aimed at improving healthcare access and equity for patients with disabilities."

- MICHAEL WARWICK,
MD

Faculty Spotlight: Dr. Michael Warwick, MD



Title: Assistant Professor

Clinical Practice: Neuro-rehabilitation, neuromuscular medicine including electrodiagnostic testing, spasticity management including chemodenervation, inpatient rehabilitation

Department: Physical Medicine and Rehabilitation

Dr. Warwick is primarily involved in the care of patients with complex neurologic and rehabilitation needs such as stroke, brain injury, spinal cord injury, cerebral palsy, multiple sclerosis, and other congenital, inherited, and acquired disorders, diseases, and injuries of the central and peripheral nervous system. He also performs electrodiagnostic testing to assist in the diagnosis and management of conditions such as carpal tunnel syndrome, radiculopathy, plexopathy, and peripheral neuropathy. Additionally, he is currently helping to co-manage the inpatient Spinal Cord Injury service at UVA Encompass Health Rehabilitation Hospital and frequently fills in for other inpatient services on an as needed basis. Dr. Warwick has additionally taken on the role of Thread Leader for the UVA School of Medicine's pre-clerkship Disability Curriculum and is involved in several committees and initiatives across the health system aimed at improving healthcare access and equity for patients with disabilities.

Dr. Warwick was born and raised in Covington, VA, a small town two hours southwest of Charlottesville. He attended the University of Virginia's School of Architecture, graduating at the top of his class, and briefly pursued a career in design before finding his true calling in helping others, particularly those with disabilities. After graduating from medical school in 2018, Dr. Warwick completed his PM&R residency training at UVA and was fortunate to join UVA faculty in 2022. Outside of work, you can find Dr. Warwick running through the streets of Charlottesville or exercising at the YMCA in the wee hours of the morning. He also enjoys spending time with his family in Charlottesville and Staunton, watching sports, going to the beach, and cheering on the Hoos!

Resident & Faculty Presentations: Q.I. Projects & Research

Q. I. Projects

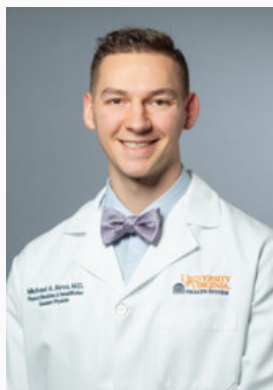
- *Falls at UVA Encompass Health.* **Cameron Forbes, MD and Emily Hillaker, DO**
- *Falls at UVA Encompass Health.* **Andrew Clark, MD**
- *Anatomy/Cadaver Lab Attendance.* **Emily Hillaker, DO and Cameron Forbes, MD**

Research Presentations

- **Bova, M.,** Miller, E., Skoglund, B., Hananel, A., Kohan, L. Safety and Efficacy of Fluoroscopically Guided High-Intensity Focused Ultrasound for Sacroiliac Joint Denervation: A Cadaveric Study Report. Poster presented at: 2022 American Society of Regional Anesthesia and Pain Medicine 21st Annual Pain Medicine Meeting; November 17-19; Orlando, FL
- **Bova, M.,** Dunne, P., Miller, S.; Crowned Dens Syndrome: A Case of Osteomyelitis Mimicry. Poster presented at: 2022 American Academy of Pain Medicine Annual Meeting; 2022 March 17-20; Scottsdale, AZ
- **Bova, M.,** Tu, J., Chang, A., Weppner, J. Delayed onset neurologic deterioration following traumatic brain injury. Medicine Case Reports and Study Protocols: October 2021 - Volume 2 - Issue 10 - p e0167
- **Hillaker, E** "Metronidazole-Induced Neurotoxicity: A Case Report" Published in Medicine: Case Reports and Study Protocols in January 2023
- **Hillaker, E, Bova, M** "Addressing The World Health Organization 2030 Agenda: Efforts in Zambia" Poster presentation accepted for AACPDPM 2023 annual meeting
- **Hillaker, E** Actigraphic and Sleep Log Measures in Moderate-to-Severe Traumatic Brain Injury: Identifying Discrepancies in Total Sleep Time" Published in PM&R December 2022
- **Guo, J** "Forearm pain in a Tennis athlete - Ulnar Stress Fracture" Poster presentation accepted for ACSM 2023

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- JEFF JENKINS, MD



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New Residents:

PGY-2:



Reid Collis, MD
Washington University
in St. Louis



Angela Ryck, MD
Tufts University
School of Medicine

PGY-1:



Colin Mahoney, MD
Eastern Virginia
Medical School



Dylan McCaleb, MD
University of Virginia
School of Medicine

Upcoming Projects & Support

The “pandemic years” have been very difficult for our department, which has translated into funding problems for our residency program. The two major impacted areas have been the decrease in book money and the increase of travel expenses, which has resulted in residents spending more of their own money. In an effort to alleviate these concerns, we would like to establish a fund that will support the residency program by funding the purchase of books and travel costs. Our hope and vision has always been to provide as much institutional support to our residents as possible. This is your chance to help make that goal a reality.

The link below will take you to the UVA Medical Alumni Association and Medical School Foundation page where you can make a donation to PM&R’s residency program. All gifts, no matter the amount, will be used to support the growth and development of our program.

