

THE NEW YORK SOCIETY OF PHYSICAL MEDICINE AND REHABILITATION

2017-2018 REVIEW NEWSLETTER



[2017-2018 NYSPMR EXECUTIVE BOARD]

President: Antigone Argyriou, MD
President-Elect: Laurentiu Dinescu, MD
Treasurer: Paulinder Rai, DO
Program Director: Salvador Portugal, DO
Workshop Co-Chairs: Nick Beatty, DO & Leroy Lindsay, MD

Communication Co-Chairs: Jennifer Gomez, MD & Richard Chang, MD, MPH
Chair of Executive Committee/Past President: Emerald Lin, MD
Resident President: Wade Johnson, DO
Resident Vice President: Teresa Bianchi, DO

[A MESSAGE FROM THE PRESIDENT]

It is an exciting time for the field of PM&R with innovative treatments and an increased awareness of the physiatrist's role in medicine contributing to the evolution of our specialty.

Since its founding in 1921, the New York Society of PM&R has been dedicated to the advancement of our medical specialty. We are proud to continue this legacy by providing educational lectures and practical workshops, hosting networking and social events including an Annual Career Fair, and taking part in legislative work to advocate on behalf of all physiatrists. Our Annual Research Night in June will award a first place winner with a Research Grant of \$1,000. We also offer leadership opportunities for medical students, residents, fellows and attending physicians.

On behalf of the New York Society of PM&R, I would like to thank all the members who volunteered their time to the Society this past year. Our success is a direct result of your collaborative efforts! This Newsletter serves to highlight some of our greatest moments this year.



My goal for the upcoming year is to help improve and expand the services we offer to our members. If you have any suggestions on how we can better serve your needs, or to learn how you can become more involved through our leadership opportunities, kindly email us at nysocietyofpmr@gmail.com.

The Society will take a break over the summer and we will resume our program in September. Please remember to renew your membership dues over the summer. I look forward to seeing you all in September!

- **Antigone Argyriou, MD**

[MEMBER SPOTLIGHT]

NAHEED VAN DE WALLE, MD

*An interview with Dr. Van De Walle
By Dr. Vera Tsetlina*



Could you give a little background about yourself?

I finished my residency in 1982, and soon after that, I joined inpatient unit at Albert Einstein as an Assistant Director. It involved a lot of teaching and mentoring of Medical students and residents, which has always been a passion of mine. At present I am serving as a Clinical Assistant Professor at NYU Rusk Department of Rehabilitation.

How did your interest in rehabilitation start?

When I came to the States I was introduced to the chairman of the rehabilitation program where I subsequently did my residency, I knew nothing about Rehabilitation Medicine at that time. I was offered a book that was written by the Chairman about taking care of patients with amputations. It highlighted the wonderful ways in which a Psychiatrist can care for patients with major disabilities. It made me aware of the interventions which I could not have imagined or that were not available in other parts of the world and which could restore the function and self-esteem of an individual whose life was drastically changed because of a major impairment. It was simply fascinating. Since that time Rehabilitation Medicine has been a passion of mine and will continue to be so.

What is your area of interest?

Initially I was assigned to inpatient rehabilitation, outpatient and specialty clinics. Over the years, geriatric population has been the focus of my attention. It is both satisfying and frustrating to care for this population. With aging of the baby boomers and rapidly changing demographics, we are entrusted with the care of people who have growing needs and shrinking resources. My hope is that our future generation of younger Psychiatrists will better understand and train to take care of this demographic group.

Which major changes in the field of PM&R have you observed during the years?

Over the years there have been major changes in the healthcare delivery system which has in turn had a negative impact on the recipients of care, the patients. Early on in my career the emphasis was on patient doctor relationship, on mutual trust and respect through delivery of best possible care. Over the years, there has been some corrosion of that trust for many reasons. The emphasis has shifted from quality to quantity of care. Rising cost of health care has triggered drastic cuts in availability of care and the litigious nature of our society has compounded those problems. Still we cannot lose perspective and hope. We must continue to provide the best possible care to our patients despite the changing environment. One way to do that is to stop feeling like a victim of change but to become enthusiastic advocates for our patients and our profession and bring about changes that have a positive impact. Not an easy task but also not impossible.

[IN MEMORIAM]

IRVIN KOTKIN, MD

1946-2017

It is with profound sadness that we inform our members of the passing of Dr. Irvin Kotkin in June 2017. Dr. Kotkin was the Treasurer of the New York Society of PM&R and a NYSPMR member since 1979. He was very active and served our society in different positions throughout the years, including President from 1997 to 1999, Chair of the legislative committee and CAC member. Dr. Kotkin completed his residency training at Rusk Institute where he served as Chief Resident. He was on staff at the Mount Sinai School of Medicine from 1983 to 2013, where he was actively involved with the resident training program. He maintained a private practice in Floral Park, Long Island, NY, where he specialized in the non-surgical management of neuromusculoskeletal problems.

Dr. Kotkin was an active member of the Medical Society of the State of NY since 1985, serving as PM&R delegate for the New York State Medicare Advisory Committee from 2000 to 2017 and the delegate for the Queens County from 1991 to 2017. Throughout the course of his career, Dr. Kotkin has shown relentless commitment and dedication to the field of PM&R. For many years, he devoted his time to advocate on behalf of the field of Physiatry, taking multiple trips to Albany to speak to state legislators.



If there was one word that could summarize Dr. Kotkin it would be, inspirational. He was a leader as a physiatrist and as an advocate. His elegance and demeanor when lobbying for the medical profession and our patients guided many politicians and he was awe inspiring to watch in action. He devoted his life to making a difference and he succeeded. He was an incredible friend, mentor and colleague to us in the field and his passing is an incredible loss. Dr. Kotkin is survived by his wife Nanci and children Sean, William, and Tara.

[LEGISLATIVE UPDATE]

By Richard Chang, MD, MPH

As a member of the AAPM&R's Health Policy and Legislative Committee, I had the opportunity to meet with elected officials and staff members of Congress on the annual Advocacy Day at Capitol Hill this past February. At each meeting, I discussed the importance of physiatry as a specialty dedicated to the care of diverse patient populations. In addition, I had the opportunity to emphasize the importance of Medicare regulatory relief for physiatrist and preventing physician burnout; defining AAPM&R's health care reform principles; advocating for passage of federal sports medicine licensure clarity law to provide sideline coverage across state lines; and preserving protections granted by the Americans with Disabilities Act of 1990.

[2017-2018 HIGHLIGHTED EVENTS]

A look at some of the great work we accomplished this year

[WORKSHOPS]

April 2018

Board Review Prep Course Workshop

March 2018

MSK Ultrasound series - Knee

January 2018

Cutting Edge Concepts in Amputee Care: A Hands-on Lower Extremity Prosthetics and Orthotics

December 2017

MSK Ultrasound Series - Shoulder



(L to R) Dr. Patrick Dolan, Dr. Lin Lin Wang, Dr. Anthony Ezemba & Dr. Jeffrey Okada (Team Captain)

[RESIDENT REHAB BOWL]

Congratulations to our 2018 rehab bowl champions, **SUNY Downstate!**

[LECTURER SPOTLIGHT]

STANLEY A. HERRING, MD

April 2018 Lecture

Youth Sports Concussions: Addressing the Ones That Persist

In April, we were honored to host renowned speaker Dr. Stanley Herring. Dr Herring is the Cofounder and Senior Medical Advisor of the University of Washington Medicine Sports Health & Safety Institute and the Co-medical Director of UW Medicine Sports Concussion Program. Dr Herring gave a riveting talk on the persistence of sports related concussion in the young patient. He shared with our members the updates and lessons learned from the 5th International Consensus Conference on Concussion in Sports held in Berlin, Germany. Dr. Herring's lecture highlighted what options we, as physiatrists, should consider when treating a young patient with persistent concussive symptoms.



(L to R) Drs. Salvador Portugal (Program Dir.), Emerald Lin (Former Pres.), Stanley A. Herring and Antigone Argyriou (President)

[LECTURE SERIES]

A special thanks to all of our outstanding lecturers this year

February 2018

Connected Health: Integrating Mobile App Software and Wearable Monitors to Enhance Practice

Speaker: Matthew N. Bartels, MD, MPH
Montefiore Medical Center

January 2018

Female Athlete Triad

Speaker: Ellen Casey, MD
Hospital for Special Surgery

December 2017

Rational Approach to Regenerative Medicine

Speaker: Christopher J. Visco, MD
Columbia University Medical Center

November 2017

Lifestyle Medicine- Exploring the Role of Nutrition in the Cancer Rehabilitation Prescription

Speaker: Jonas M. Sokolof, DO
Memorial Sloan Kettering Cancer Center

October 2017

Tension Myoneural Syndrome

Speaker: Ira Rashbaum, MD
New York University Langone Medical Center

We welcome all members that would like to become more involved
in our society!

If you wish to become more involved and take advantage of our leadership opportunities, we encourage you to stay for the Executive Board Meeting after our CME lectures in the Fall. The Executive Board will be appointing members who show interest and demonstrate commitment to several key positions during our Executive Board Meetings!

NYSPMR Monthly Meetings held at the NYU Langone Center on the first Wednesday of each month:

NYU Langone Medical Center and School of Medicine
Smilow seminar room
550 First Avenue
New York, NY 10016

Email: nysocietyofpmr@gmail.com

Website: www.nyspmr.org

Follow us on Social Media:

Facebook: [@NYSPMR](#)

Twitter: [@NYSPMR](#)

Instagram: [@NYSPMR](#)