Physiatry ’21, the AAP’s 2021 all-virtual Annual Meeting, will connect you with powerhouse physiatrists whose research and ideas will help you adapt and innovate. Here are the general sessions we have planned for February 11-13, 2021. Stay tuned for details on our pre-conference workshops, networking activities and more.

Register by December 16, 2020 to save up to $75 and receive a free “AAP From Home Kit” with goodies shipped to your home or work. You will also be entered to win one of two free registrations for Physiatry ’22.

www.physiatry.org/2021
Academic & Research Sessions

How to Build a Resident-Centric Rehabilitation Research Team
Nneka Ifejika, MD, MPH, Annie Abraham, MD, Audrie Chavez, MD, MPH, DaiWai Olson, PhD, RN, Samarpita Sengupta, PhD and Kathleen Bell, MD

The 36-month PM&R residency provides a number of multidisciplinary clinical experiences that yield astute research questions. Hear how one residency created a novel, multidisciplinary Stroke Rehabilitation Resident Research program that mirrors their collaborative clinical care paradigm.

Medical Education within PM&R Residency: A Novel Way to Develop Future Educators
Leslie Rydberg, MD, Aaron Gilbert, MD and Jacqueline Neal, MD, MSE

Discuss a novel Medical Education Track designed to provide formal teaching regarding educational knowledge and skills, with the goal of training residents in basic principles of medical education. You’ll cover medical education topics, a brief demo and examples, and outcomes data after 2 years of implementation.

VA Research Funding Opportunities for Non-Research Faculty
Thiru Annaswamy, MD, Brad Dicianno, MD and Alice Hon, MD

The AAP’s Veterans Affairs Council and Research Committee have teamed up to share the integration of research into clinical medicine and the process for VA grant funding opportunities.

Adaptive Sports Medicine: Clinical Pearls & Research Updates
Andrew Gordon, MD, PhD, Mary Caldwell, DO, Arthur Jason DeLuigi, DO, MHA and Stephanie Tow, MD

Participation in adaptive sports is expanding rapidly on local, national and international levels. Review the spectrum of adaptive sports and get an update on current topics regarding the medical, surgical and rehabilitative care of adaptive athletes in adult and youth populations.

Healthcare Big Data Research: Practical Approach & Integration into GME
Se Won Lee, MD, Eric Aguila, MD and Napatkamon Ayutyanont, PhD

Get an introduction to healthcare big data, availability, applications in PM&R topics, recent publications and ongoing projects using case examples.

Developing Clinical Educators with a Resident Educator Track
Matthew Puderbaugh, DO and Erica Seidel, MD

Hear about the experience and lessons learned of creating a resident educator track within a PM&R program with the intent of providing intensive mentorship and teaching opportunities for residents interested in pursuing careers in medical education.

Advancing Palliative Care Education in PM&R Residency Programs
Dorothy Tolchin, MD, EdM, Craig Blinderman, MD, MA and Forrest Brooks, MD

Discover the need for palliative care education for physiatry residents, present program survey data on the current status of palliative care education, and opportunities for enhancing palliative care education within and across programs.

Using QI Methodology to Develop a Pediatric to Adult Health Care Transition Program
Didem Inanoglu, MD, PhD, Rishi Shah and Ashley McCool, MHA

Discern the pediatric to adult healthcare transition processes with strategies for improvement in clinical settings, evidence and tools/resources for best practices, and opportunities for program development.

Developing Disability Educational Tools for Medical Students
Nethra Ankam, MD, Jeremy French-Lawyer, MPH, CHES, Katherine Goss, MPH, Leslie Rydberg, MD and Margaret Turk, MD

Learn how to develop a novel educational tool that integrates, rather than separates, disability into an existing core curriculum. You’ll experience the development and peer-review process of an existing tool and develop your own with guidance from the Disability Integration Toolkit team.

Lessons Learned from the Physiatric Research Consulting Program
Sabrina Paganoni, MD, PhD, Kathleen Bell, MD, David Morgenroth, MD, Monica Rho, MD, Lumy Sawai Adams, MD and John Whyte, MD, PhD

The Physiatric Research Consulting Program was established in 2014 as a service to help PM&R departments/divisions evaluate their strengths, weaknesses and next steps. Get information about the consulting program, recommendations for when to consider a formal consultation and practical suggestions for beginning to advance research.
Developing an Educational & Leadership Curriculum for Women in PM&R

Monica Verduzco-Gutierrez, MD, Elaine Gregory, MD, Stacey Isidro, MD, Tracey Isidro, MD and Maya Newman, MD

Learn how you can advocate for women physiatrists! Discover strategies to effectively empower women physiatrists, develop a women physiatry group with an educational and leadership curriculum, increase personal resilience, and combat challenges that women face in medicine.

Paths to Leadership in Clinical & Academic Medicine

Dinesh Kumbhare, MD, PhD, Allison Bean, MD, PhD, Joel DeLisa, MD, Laura Kezar, MD, Carolyn Kinney, MD, Allison Schroeder, MD and Carol Vandenakker-Albanese, MD

This panel of physiatrist leaders will discuss their career trajectories, leadership styles, personal qualities and challenges they’ve encountered along the way to attaining their various positions. Expect lots of interaction and ample opportunity to ask questions!

Physiatry Forward 2021: Public Policy Town Hall

Felicia Skelton-Dudley, MD, MS, Bryan Cave and Chris Rorick

Hear how the AAP’s Public Policy Committee has been working to elevate and advocate for physiatry, learn about their legislative and advocacy initiatives, and share your feedback on issues that are important to you, your academic affiliate, your trainees and your patients.

How to Bring the Power of Agility to Your Brand Positioning

Natasha Davis, MBA-M, BSN-RN

Branding done correctly enhances the performance and efficiency of you professionally and your company. Discover unique and strategic techniques for increasing, improving and retaining profitable visual branding, auditory branding and emotional branding to bring the power of agility to your brand positioning as a physiatrist.

Results of a National Workforce Survey: Where Do You Fit?

Greg Worsowicz, MD, MBA, Danielle Perret Karimi, MD, MBA and Felicia Skelton-Dudley, MS

As the field of PM&R continues to grow in practice diversity, location, type and number of physiatrists, it is often difficult to forecast workforce needs. Review some of the large-scale data on the current status of physiatry, current and future pipeline of trainees, and how demand of some of our services may grow and change in the future.

Best Practices for Administrator & Coordinator Collaborations

Lauren Hanhauser, MA and Mary McDougall, MPA

Improved communication between GME Program Coordinators and Administrators leads to a stronger department. Learn how both sides can bridge the gap between medical education and department administration.

Emergency Planning

Amine Dahab, MHA

Does your team or department have Emergency Planning tools? Enhance your understanding of the Hospital Incident Command System, the importance of planning, staffing and much more in preparation for a crisis.

Targeted Drug Delivery: A Primer for Students, Residents & Educators

Michael Saulino, MD, PhD, Erik Shaw, MD and Joshua Wellington, MD

Targeted drug delivery is a well-established treatment strategy for chronic pain that can be viewed as complex and burdensome. Join this session for a simplified approach to patient selection, procedural details and patient management.

Chemodenervation Across the Lifespan in Spastic Cerebral Palsy

Kelly Heath, MD and Ashlee Jaffe, MD

Chemodenervation is a common treatment modality in the care of spastic cerebral palsy. Learn how to effectively employ this modality across the lifespan of your patient from pediatrics to adult.

Neural Basis of Neurologic Music Therapy

Gerard Francisco, MD, Amy Marroquin, MT-BC, Maegan Morrow, MT-BC and Michael Thaut, PhD

Review the current utilization of music therapy in neurorehabilitation and the evidence-based neurologic underpinning of music therapy. Neurologic music therapists will show you some of the common techniques used, such as melodic intonation therapy, rhythmic auditory stimulation, rhythmic speech cueing, cognitive interventions, and patterned sensory enhancement, among others.

A Community Physiatrist’s Guide to Providing Quality Veteran Care

Dixie Aragaki, MD, Donna Ames, MD and Linda Mona, PhD

Discover the unique issues faced by U.S. Veterans with disabilities and effective strategies for community-based healthcare providers to enhance their cultural competency.
Using Ultrasonography to Screen for Future Tendinopathy: Are We There Yet?
Daniel Cushman, MD, Sarah Eby, MD and Brendon Ross, MD
Increasing research suggests that ultrasonographic evaluation of asymptomatic tendons may identify precursors to injury. Attend this session to hear where we are, where we need to be, and how to utilize this information to prevent injuries.

Bringing Back Benzos in Brain Injury
Heidi Fusco, MD, Prin Amorapanth, MD, PhD, Lindsey Gurin, MD, Brian Im, MD and Jennifer Russo, MD
Benzodiazepines have a negative reputation for use after brain injury. Review the potential therapeutic benefits of benzodiazepines in the context of an under-recognized phenomenon that can occur after severe brain injury: catatonia (a complex psychomotor dysregulation disorder). You’ll hear the clinical presentation and hypothesized pathophysiology of catatonia after brain injury and the approach to treatment.

Motor Nerve Stimulation for Musculoskeletal Pain in the Clinical Setting
Richard Wilson, MD, MS, Patrick Crago, PhD and Chong Kim, MD
Peripheral motor nerve stimulation is an approved treatment for pain that should be in your toolbox of physiatrists. Discover the evidence of efficacy, mechanism of action and approach to clinical deployment of peripheral motor nerve stimulation.

Navigating the Storm: Evidence in PSH in Pediatric Brain Injury
Mi Ran Shin, MD, Justin Burton, MD, Didem Inanoglu, MD, PhD and Olga Morozova, MD
Diagnosis and management of patients with paroxysmal sympathetic hyperactivity (PSH) or dysautonomia can be challenging. Review the updated diagnostic criteria to diagnose PSH in pediatric patients, translate knowledge gained into your clinical practice, and formulate strategies to take a leadership role in management of the patients and education.

Understanding Neuromuscular Plasticity of Spastic Muscles After Stroke
Sheng Li, MD, PhD and Yingchun Zhang, PhD
Learn about the neuromuscular changes in spastic muscles after stroke, their effects on motor performance and recovery, an innovative neuro-engineering approach to detect innervation zone and activation volume, and botulinum toxin injection.

Cascade of Disability in Breast & Gynecologic Cancer: Assessment, Prevention & Treatment
Adrian Cristian, MD
Physical impairments are very common in breast cancer and gynecologic cancer and can lead to a cascade of disability that can have a profound effect on quality of life. Learn about how to identify those at risk, prevention strategies to minimize physical impairments, activity limitation and participation restrictions, and effective treatment strategies.

The Future of Osteoarthritis Management: Understanding Disease Biomarkers
Prakash Jayabalan, MD, PhD, Joana Barroso, MD and Thomas Schnitzer, MD, PhD
Understand and recognize the concept of biological markers in osteoarthritis (OA) and their value as diagnostic and prognostic instruments. You’ll also learn about the role of biomarkers of joint structure and the brain in OA pain and their use in assessing treatments.

Evaluation of Cervical Spine Pain & Correlation with Injection Procedures
Amit Bhargava, MD, Michael DePalma, MD, Zacharia Isaac, MD, William Micheo, MD and Rajeev Patel, MD
Axial neck pain is a common problem observed in the clinical setting. Discover the anatomy, biomechanics and differentiation of neck and shoulder pain, axial neck pain and cervical radiculopathy.

COVID-19 Sessions
Educational Innovation in PM&R: The Time is Now
Emily Kivlehan, MD, Mary Dubon, MD, Matthew Haas, MD, Laura Malmut, MD and Leslie Rydberg, MD
The COVID-19 pandemic thrust learning delivery under the microscope and forced academic leaders to reassess current models. Discover innovative strategies being utilized by PM&R institutions across the country, such as e-learning, simulation and mastery learning for procedures, and emotional intelligence-based concepts for self-evaluation.

Disability Inclusion in Pandemic Planning: Lessons Learned from COVID-19
Dorothy Tolchin, MD, EdM, Cheri Blauwet, MD, Benjamin Tolchin, MD, MS and Ellen Weinstein, JD
COVID-19 has enhanced our understanding of how to successfully include people with disabilities in pandemic planning. Hear presenters from three large academic hospital systems share ethical, legal, and practical lessons learned, including case studies and debate to highlight common challenges encountered and approaches to addressing them.
Best Practices to Mitigate Burnout & Promote Wellness in the Age of COVID-19
Lyn Weiss, MD, Josh Alexander, MD and David Steinberg, MD, MMM
In academic medicine, PM&R Chairs are in a prime position to positively influence their organizations and their faculty in mitigating burnout. Hear best practice feedback provided from a national survey of PM&R Chairs and the impacts of COVID-19 on PM&R departments and faculty through the prism of burnout and wellness.

Neurological & Psychological Manifestations with COVID-19
Rosanna Sabini, DO and Kristen Demertzis, PhD
In this session, hear case presentations that illustrate the wide spectrum of neurological and psychological symptoms associated with COVID-19 in the acute care hospital setting. You’ll also learn about indications for early rehabilitation.

Ethics & Impact of COVID-19 on an Inpatient Pediatric Rehabilitation Unit
Abigail Case, MD and Sarah Evans, MD
COVID-19 created rapid and constantly evolving recommendations for safety on the pediatric inpatient rehabilitation unit. Explore the difficult ethical questions that were considered essential, debates on the good of the public health vs. the good of the patient, complex considerations, and clinical care changes that could possibly affect short- and long-term outcomes.

Optimizing Cancer Rehabilitation Services in the Age of COVID-19
Michael Stubblefield, MD, Tiffany Kendig, PT, DPT and Ashish Khanna, MD
Understand the principles and practice of integrating telemedicine and telerehabilitation into the comprehensive care of cancer survivor in the age of the COVID-19 pandemic. You’ll also learn about identification of patients likely to benefit, the type of services that can be provided, and efficacy and safety issues.

Delirium Care During COVID-19: Role of Physiatrists & Creative Solutions
Moojeon Oh-Park, MD, MS, Julieanne Shulman, PsyD, Erika Trovato, DO and Peter Yonclas, MD
Meet experts with a track record of publication in delirium care in both ICU and acute rehabilitation settings and hear their perspectives on the scope and impact of delirium, tools of evaluation, and innovative interventions under the restrictive environment of care due to COVID-19.

Resident, Fellow & Student Sessions

Beyond the Case Report: Maximizing Scholarly Activity During PM&R Training
Allison Bean, MD, PhD, Brad Dicianno, MD, Maryam Hosseini, MD and John-Ross Rizzo, MD
Get a roadmap to successfully engage in scholarly research projects during clinical training. These expert faculty will provide tips on project design, mentorship and publication.

PM&R Boards: Tips for Success from the ABPMR

PART I
Kim Van Brunt, Carolyn Geis, MD and Lawrence Robinson, MD
Are you nearing the end of residency and starting to prep for the PM&R boards? You’re not alone, and the ABPMR is here to help. From helping you decipher the Part I Examination Blueprint, to the latest exam research, to evidence-based study methods, ABPMR leaders and exam volunteers will cover what you need to know as you prepare for the first step to board certification: the computer-based, multiple-choice Part I Examination.

PART II
Kim Van Brunt, Christian Custodio, MD, Chris Garrison, MD, MBA and Jeffrey Johns, MD
As the final step to successful board certification in PM&R, the ABPMR Part II Examination can loom large in candidates’ imaginations. Get an inside look and your questions answered from ABPMR leaders and volunteers at the ABPMR Part II Examination, a mock oral exam, and points of performance.

Your First Job: Searching, Signing & Starting
Timothy Tiu, MD, Sima Desai, MD, Jason Edwards, DO, Joseph Herrera, DO, Sameer Kapasi, MD, Natasha Mehta, MD, Chané Price, MD and Monica Verduzco-Gutierrez, MD
A diverse faculty will provide information and tips on navigating the process of life after residency. Whether you plan on pursuing an academic or private position, you will learn invaluable information.
Early Career Physician Financial Wellness
Kuntal Chowdhary, MD, Daniel Cushman, MD, Michael Guthrie, MD and Colton Hickman, DO
Get an introduction to and your questions answered about broad financial topics, such as budgeting, investing and insurance, specifically tailored to residents and fellows entering the workforce as early career physicians.

Fellowship Roundtable
Meet Fellowship Directors in various subspecialties and hear their insights on the application process, what to expect as a fellow, different paths you can take post-fellowship, and strategies for successfully matching into the fellowship of their choice.

Hot Topics Roundtable for Residents & Fellows
Participate in roundtable discussions covering pressing issues and hot topics in physiatry. You’ll get professional networking across the nation and the opportunity to discuss how respective programs address “hot topics” and allow for discussion to optimize the learning environment.

Managing the Ambulatory Wave: Multidisciplinary Outpatient COVID-19 Survivorship
Anna Agranovich, MA, PhD, Emily Brigham, MD, MHS, Laurie Fitz, PT, CLT, Soo Yeon Kim, MD, Ann Parker, MD, PhD and Preeti Raghavan, MD
Ask a Resident Physician: Q&A about Residency Life & More
Tiffany Lau, MD, Amy Park, MD and Safwan Zar, MD
#NY/NJ Strong: Rehabilitation through COVID-19
Anne Felicia Ambrose, MD, MS, Leslie Bagay, MD, Sara Cuccurullo, MD, Heidi Fusco, MD and Susan Maltser, DO

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Telemedicine in Rehabilitation as the New Normal: Opportunities from COVID-19
Anne Felicia Ambrose, MD, Matthew Bartels, MD and Sayed Wahezi, MD

Implementability of Clinical Practice Guidelines in Rehabilitation
Thiru Annaswamy, MD and John-Ross Rizzo, MD

Tele-Cancer Rehabilitation
Adrian Cristian, MD and Susan Maltser, DO

COVID-19 Reflection on Leadership & Lessons Learned
Amine Dahab, MHA and David Storto

Clinical Guidelines on Exercise & Manual Therapy Interventions for Mechanical Low Back Pain
John Alm, DO, James Eubanks, MD, Vinny Francio, MD and McCasy Smith, MD

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Farha Ikramuddin, MD, MHA

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