



PRESIDENT'S MESSAGE: HOW TO PARTICIPATE IN RESEARCH

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Medical practice is built on findings from research, they key ingredient of evidence-based medicine - without research, would be be more than modern-day

bloodletters? We know that application of research findings can improve the outcomes of patient care. The results of research can also change what we teach our residents and fellows and even how we get reimbursed. A formal research education paves the way towards a successful career in academic medicine since it provides mentors, equipment/facilities, time to conduct research, and a rich learning environment. But many of us who work in academic institutions are not interested in conducting research or are not able to get additional formal research training, beyond what we may have had as residents/fellows. As academicians, however, we still need to participate in scholarly activities, write papers and chapters, and teach residents as part of the pathway towards promotion. Thus, developing strategies that broaden our research skills may be useful in our academic career even if we are not aiming for a research career per se.

Clinically, new technologies and procedures are learned through hands-on supervision, workshops, educational courses at professional meetings, certification courses, etc. Likewise, research methods can also be learned through meetings, journal clubs, educational courses and by participation in research projects led by other more established faculty. Collaborating with a research team can be a great opportunity to learn not just about data collection and analysis but about the management of a research team. It is also important to have a research mentor if you want to do research. If there are no apparent research opportunities within your own department, consider finding a group outside your department to collaborate with. The NIH, VA, CDC, and DOD sometimes offer requests for proposals that specifically include rehabilitation as a priority, and you may be surprised to find a group within your institution outside your department currently conducting such research. **Remember that you are an expert in exercise as well as function and you have a unique perspective to bring to the table.**

My own clinical research career began after I completed my residency in 1976 and moved more than 2500 miles away for my first job as an attending physician. After a few years of clinical work, I was fortunate to join a federally funded study on the rehabilitation of chronic dialysis patients. My mentor was a PhD sociologist who was a member of our department, and she was conducting a comprehensive assessment of patients who were on dialysis that included exercise *during* dialysis, a novel intervention.

My role included administering nerve conduction studies, analyzing data on fatigue, activity level and depression scores, and developing a set of home exercises. My mentor was teaching me how to do comprehensive rehabilitation research. She continued to assist me even after I moved back to where I had trained and she certainly made a huge impact on my career.

Thus far I have been discussing academic careers but what about physicians in private practice? *Do private physicians publish and conduct research?* Yes, but to a lesser extent than academicians. For example, I have collaborated with a physiatrist who was in private practice, had a research assistant and recruited subjects to a federally- funded study I was conducting. He also helped with the final manuscript publication. Beyond recruiting research participants, or enrolling research participants in a study, private physiatrists can also participate in research by completing surveys as a provider, by reviewing papers, by publishing case reports or retrospective reports of data from charts that can lead to further research and reporting on outcomes using standard measures. Collaboration is key to conducting or reporting research no matter where or how you practice.

I have tried to lay out some of my ideas about the importance of medical research in general and more specifically psychiatric research. The grants the Foundation has awarded have proven to have a high ROI. While these grants are relatively small, they are intended to provide funds for pilot data that will lead to larger grants from federal funding agencies or other sources. I know we have jump-started careers! I have had the honor of meeting investigators whose success in research they said began with pilot grants provided by our Foundation.

We need donations to keep going full steam with our mission. We began a Summit Club that has 64 members who each have committed to donating \$1K a year for 5 years. My goal is to have >100 members by the end of this year. Hopefully you already know all about our Summit Club. Our past president, Bruce Becker,

has recently started a video program for a deep dive into the research proposed by some of our grantees that is sent to Summit Club members. The Foundation also has started an Ascent Club for those physiatrists <45 years of age to get their vital financial support too. The intent of starting these two mechanisms, the Summit Club and the Ascent Club, is to stabilize our funding so that we can better achieve our goals. Please become a member of our Summit Club or Ascent Club and learn about the impactful research that our awardees are conducting.

It's summertime, so you may not even read this message, especially if you are juggling childcare, family vacations, day camps, or extra coverage issues. But, I do hope you will stop and think for a minute that we are all in this boat together. We are a community of like-minded physicians, physiatrists, who work to reduce pain and suffering as well as to improve function and mobility. The future of our specialty is dependent on our united efforts. We can stand united as physiatrists and support the Foundation by [donating today](#). Any amount is welcome, but a sustaining pledge is even better!! I hope to see you at the next Academy meeting in the fall.

EARLY CAREER LEADERSHIP COUNCIL SELECTED

Congratulations to the six outstanding young individuals selected for the Foundation's new Early Career Leadership Council:

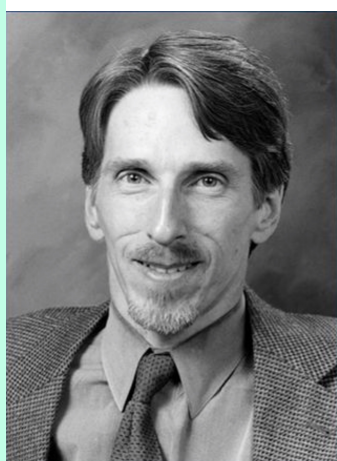
- **Kuntal Chowdhary, MD**, Clinical Sports Medicine Fellow, New York Presbyterian Hospital and Clinical Fellow, Columbia University Irving Medical Center
- **Sol M. Abreu-Sosa, MD**, Assistant Professor, Rush Medical College
- **Nicole B. Katz, MD**, PM&R Resident, Spaulding Rehabilitation Hospital/Harvard Medical School
- **David J. Kohns, DO, MPT, CSCS**, Assistant Professor, University of Michigan Dept. of PMR
- **Amanda Lindenberg, MD**, Pediatric Rehabilitation Medicine Fellow, UTSW
- **Jennifer Russo, MD**, Assistant Professor, Kessler Institute of Rehabilitation

Goals for the Council include: Engaging younger physiatrists in the activities of the Foundation; Serving as a conduit between PM&R departments and the Foundation; Advising the Board of Directors on the interests and concerns of up-and-coming physiatrists; Managing events that are geared toward the younger physiatric population (ie, the Rehab 5k); and Overseeing Foundation social media

content. Participants will also be mentored for future Foundation leadership positions, and will have a meaningful experience for their CV.

PLAN TO JOIN US THIS FALL

We hope you sign up for the Rehab 5k Run/Walk & Roll taking place on Friday, November 19 in New Orleans! The event will start at 6:30 AM from the parking lot next to Canal Place and run along the riverfront. Start assembling your team for the **Residency Program Challenge** now! Prizes will be offered for the Most Money Raised (this is a fundraiser for physiatric research!); Fastest Team (average time of top 3 runners); Largest Team; and Most Team Spirit (based on social media posts) There is a \$100 team participation fee. We'll start taking registrations in May - visit the ["Special Events"](#) page on our website, or contact Phyllis Anderson at panderson@foundationforpmr.org or call 847-737-6062. **See you in The Big Easy!**



NEW NIESHOFF SCI REHABILITATION RESEARCH FUND

The Foundation of PM&R, with the Nieshoff family, has set up a fund to encourage spinal cord injury research in honor of Dr. Edward Nieshoff. Dr. Nieshoff graduated from The Medical College of Ohio (MCO) in 1991. He

completed the entire 4-year curriculum and subsequent training after he suffered a spinal cord injury at the C6 level in 1978.

He was subsequently accepted into his first choice of post-doctoral training at the Physical Medicine and Rehabilitation residency program at Wayne State University, which he completed in 1995. Over the span of three decades, Dr. Nieshoff went from Staff Physician on the Spinal Cord Injury Service at the Rehabilitation Institute of Michigan (RIM) in Detroit, to Director, Spinal Cord Injury Outpatient and Research Programs at RIM.

Dr. Nieshoff – now retired - enjoyed a robust career in the field of Physical Medicine and Rehabilitation as a clinician, author, researcher, and principal investigator for numerous grants and clinical studies and trials. He exemplifies the potential for success of people with disabilities. A fund has been set up in his name to encourage spinal cord injury research that will improve the quality of life for others.

Click on the button below to contribute to this worthy cause so Dr. Nieshoff's legacy and life work will carry on to future generations. You can also mail a check to: Foundation for PM&R, Attn: Nieshoff Fund, 9700 W. Bryn Mawr Ave., Suite 200, Rosemont, IL 60018. Please indicate "Nieshoff" on the memo line so we can apply your contribution accordingly. Thank you!

SUPPORT THE FOUNDATION:
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REPORT FROM A GRANT RECIPIENT: CRISTINA SARMIENTO, MD

2022 Gabriella Molnar Pediatric PM&R Research Grant, "Growing Pains: A Mixed Methods Approach to Understanding the Transition of Care Needs of Adolescents and Young Adults with Cerebral Palsy in a Pediatric Rehabilitation Clinic"

Our project is going very well. We have finished our qualitative analysis and are working on our quantitative data collection. Based on the qualitative data alone, we have so much rich information and are finishing up our first draft of the first manuscript. We anticipate several manuscripts from the qualitative data as well as at least one additional manuscript that combines the qualitative and quantitative data.

We also submitted an abstract to the 2023 American Academy of Cerebral Palsy and Developmental Medicine (AACPDMD) Annual Assembly which was accepted for a free paper presentation. It was also nominated as one of the top 10 free papers, and was nominated for AACPDMD's 2023 Gayle G. Arnold Award for

Excellence!

***HELP US SUPPORT RESEARCHERS LIKE DR.
SARMIENTO WHO ARE PROVING THE VALUE OF
PHYSIATRIC CARE - DONATE NOW!***

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