

Enhancing Health And Function Through Education And Research In The Field Of Physical Medicine And Rehabilitation

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Physiatrist's Voice

NEWSLETTER

AUGUST 2015

PRESIDENT'S **R**EPORT

Michael Creamer, DO



This has been a productive year for the Florida Society of Physical Medicine and Rehabilitation. Membership in the organization has grown from the past year and resident physician involvement is strong and consistent.

We continue to be involved with patient access to prescription drugs. Dr Mark Rubenstein, Secretary, FSPMR, and representing the Florida Medical Association, continues to meet with other organizational representatives to allow for the appropriate dispensing of medications to treat pain and spasticity. We are represented and our presence is known.

Dr Lindsay Shroyer continues to participate in the physician leadership program through the FMA. We expect her continued involvement in this organization to express the unique needs of our physicians and patients.

Our society has participated in all of the State Society meetings coordinated through the FMA. This has allowed our voice to be heard and recognized by other societies and the state representatives.

Dr. Zipper has attended all of the Medicare Carrier Advisory Committee meetings on our behalf. We now have two individuals who will be stepping into this role in the coming year. Dr. Nicholas Henderson and Dr. Matt Willey. Dr. Henderson's practice is focused on subacute rehabilitation and Dr. Willey is an interventional pain specialist employed by Orlando Orthopaedics.

I am also thankful for the support of the residency programs in the state for attendance of meetings, submission of articles to our newsletter, and the continued growth of our field. This year's conference included a case presentation by one of the residents from the Osteopathic Residency Program at Larkin Hospital. This was well received and appreciated by all members and guests in attendance. It is our hope to continue this in the coming years.

Our dues have been increased this year and have resulted in financial stability and will lead to greater opportunities and exposure in the future. I believe it is this organization's role to spread the word regarding our specialty and the services we provide to residents of the State of Florida.

Our Newsletter continues to be a source of information for members and provides current updates and reviews of member activities and research.

The Website is continually updated with future events and links to our sponsors and upcoming meetings.

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THANK YOU TO MEDTRONIC FOR ITS CORPORATE SPONSORSHIP





President's Report

(continued from previous page)

At our annual meeting, the FSPMR membership class of Allied Health Professional for Nurse Practitioners, Occupational Therapists, Physical Therapists, and Physician Extenders has been approved. Many of our members rely on these individuals to support our services and patients. We welcome them into our organization and look forward to mutual support through the years.

We are grateful to our sponsor, Medtronic Neurological, for making this year's dinner and meeting possible. Their ongoing support of our organization is evident through website sponsorship and educational opportunities throughout the year.

The creation of this year's annual conference and our portion of the meeting are in large part due to Dr. Jesse Lipnick's involvement and coordination with the other organizations. Having been privy to the ongoing planning and scheduling of speakers, I am especially grateful for his perseverance. We had standing room only during the lectures that were presented. Next years conference will be larger and more comprehensive.

My thanks also go out to all of the Board members who have volunteered their time for after-hour meetings and ongoing support for the guidance of the organization throughout the year.

Last but not least I am appreciative of Lorry Davis who continues to be the glue holding all of the moving parts together. She coordinates the meetings, acts as a liaison between other state and national organizations, and provides insight to all members. We are all grateful for her presence in this Society.

It is a pleasure to represent the Florida Society of Physical Medicine and Rehabilitation. Thank you for the ongoing support and I look forward to the coming year.

Respectfully Submitted,

Michael Creamer, D.O. President Florida Society of Physical Medicine and Rehabilitation











AUGUST 2015

FSPMR MEMBERSHIP

Matthew D. Imfeld, MD



I hope everyone is having a great summer.

I wanted to give you an update on the membership for FSPMR.

We currently have 68 paid members as compared to 45 last year at this time. We also have 45 unpaid members. There are 8 retired members whose dues are waved. Residents and medical students continue to be free. It has been fantastic to get young physician

input to blend with us old veterans.

The FMA has just reported Physical Medicine and Rehabilitation's Membership Market Share went from 28 in 2014 to 113 in 2015, demonstrating that our overall membership has significantly increased from last year.

If you have forgotten to pay your dues for 2015, please do so. You can pay on the FSPMR website: http://www.fspmr.org/join-renew-payment.html. It will help FSPMR continue to fight for you on the State and Federal levels. Please remember the cost (\$250) is minimal, as it is less than the reimbursement for one single limb EDX study, one epidural injection, a 2 level facet injection, one new inpatient rehabilitation admission, one new patient evaluation, etc.

It was brought to the FSPMR Board's attention that it may be beneficial for physician extenders to be members of FSPMR as well. They have become an integral part of many practices. The board had a meeting to discuss the pros and cons. A motion to change the bylaws and add a new category called Allied Health Professionals (PAs, ARNPs, nurses, PTs, OTs) was passed unanimously. The Allied Health Professionals dues will be \$125 per year. Please encourage your staff and Allied friends who are involved in PM&R to join.

I hope you have a great rest of the summer and enjoy the fall.

Thanks for your time and attention.

Matthew D. Imfeld, MD Vice President FSPMR



JOIN FSPMR

BENEFITS OF MEMBERSHIP INCLUDE:

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A LINK TO ORGANIZED MEDICINE VIA REPRESENTATION ON THE FLORIDA MEDICAL ASSOCIATION'S SPECIALTY SOCIETY SECTION

CLICK HERE TO JOIN ONLINE

IF YOU PREFERE TO MAIL IN YOUR APPLICATION,

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FSPMR NEW MEMBER CLASSIFICATION

LaMisa S. Rayside, ARNP-BC



I was very pleased when I was notified that Nurse Practitioners and Physician Assistants now have the ability to become members of the Florida Society of Physical Medicine and Rehabilitation. Advanced Practice Practitioners work alongside supervising physicians to diagnose and treat multifactorial ailments that induce pain. As an RN, I was taught that pain is the fifth vital sign. Meaning, pain and its characteristics is as pertinent as the individual's hemodynamics. It is an indicator that there is an underlying condition. Pain does not only impact the patient but family members as well.

Again, I am pleased that the FSPMR acknowledges ARNP and PAs as integral parts of patient

care striving to deliver optimal care and safety to patients. We now have the opportunity to meet with fellow ARNPs and PAs as well as physicians to discuss advancements in physical medicine and rehabilitation and changes that affect the deliver of care.

In closing, I will personally strive to encourage PM&R colleages to join this society in an effort to network with one another resulting in positive outcomes with managing pain.

LaMisa S. Rayside, ARNP-BC Board Certified in Acute Care Central Florida Pain Relief Center Orlando, Florida





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PHYSIATRIST'S VOICE

AUGUST 2015

RESIDENTS SECTION



Aaron Martin, DO University of South Florida PM&R PGY-2

July was once again the beginning of a new academic year, so you know what that means. We had to say goodbye to our two beloved graduating chief residents. Jason Williams DO will be staying in the Tampa area to work in private practice, and Neil Kirschbaum DO will also remain nearby to undergo fellowship training in interventional pain, wellness, and anti-aging medicine at Florida Spine Institute in Clearwater, FL. While we are sad to see them go, we are very excited to welcome three incoming

residents to our family: Morgan Pyne DO from LECOM-Bradenton, Ben Dodsworth DO from LECOM-Erie, and Eric Catlin MD from our own USF College of Medicine. We are confident that they will become assets to our program and our profession.

Construction of the new Polytrauma building at the James A. Haley VA hospital continues to progress. In addition to the beautiful new patient care and rehabilitation areas that are already serving our veterans, the long awaited therapy pool is scheduled to open very soon. Interestingly, this pool includes wheelchair access and integrated underwater treadmills. It is sure to become a highly utilized and appreciated component in the rehabilitation programs of our veterans.

On the research front, we are excited to be participating in an upcoming large, long term, multi-center study through the VA called the Chronic Effects of Neurotrauma Consortium. This study will have 1,100 participants in total, and aims to investigate the chronic sequelae and comorbidities of mild traumatic brain injury. Given the current void of case control studies and large, prospective longitudinal datasets regarding the long term effects of mild TBI, this study will certainly deepen our understanding of how mild TBI truly affects the brains and lives of our veterans in the years following their injury.

Some of our residents were fortunate enough to attend the Florida Academy of Pain Medicine Integration and Innovation 2015 Annual Scientific Meeting in June. They truly enjoyed the experience, and learned a great deal. We are all looking forward to attending FSPMR affiliated events in the future, as they are very informative and enjoyable.

As one can see, it is an exciting time to be involved with USF PM&R. We look forward to keeping the FSPMR community updated on the current status of and events at the University of South Florida PM&R residency program. If any FSPMR member would like to speak to our residents about a topic of interest in their field, or would like to support our program in any way, please contact our program director Gail Latlief, DO at gail.latlief@va.gov.



PHYSIATRIST'S VOICE

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AUGUST 2015

G R A D U A T M E D I C A E D U C A T I O

at Larkin Community Hospita

RESIDENTS SECTION



Amir Mahajer, DO UNIVERSITY FSPMR Member PM&R Chief Resident, Nova Southeastern University College of Osteopathic Medicine Consortium for Excellence in Medical Education

The Nova Southeastern University College of Osteopathic Medicine-Consortium for Excellence in Medical Education/Larkin Physical Medicine and Rehabilitation residency program is proud announce the inaugural graduation for the class of 2015 Physical

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Medicine and Rehabilitation physicians, who are now Board-Eligible under the American Osteopathic Association (AOA) a new member organization of the Accreditation Council for Graduate Medical Education (ACGME). On the seventh day of June, 2015 at Nova Southeastern University the graduating residents walked to celebrate the completion of their residency training to join the ranks of the nations Osteopathic Physiatrists. Last years Chief Residents Jason Georgekutty, DO and Ali Malik, DO have been accepted into exciting fellowship training programs. Dr. Malik will be starting a Sports and Spine fellowship at Mount Sinai Beth Israel Medical Center in New York. While Dr. Georgekutty will join University of Texas Health Science Center San Antonio/Audie L. Murphy VA Hospital, as a Brain Injury Medicine/Polytrauma

Fellow. Drs. Curt Ladd, Cheryl Mejia, Ekram Mohsen and Sandra Sandhu are glad to be entering a variety of private clinical settings including inpatient, outpatient and mixed practices along the east coast of the United States.

In addition to the success of the graduating class, Steven Ritucci Jr, DO of the class of 2017 was selected as the only resident presenter at the Florida Society of Physical Medicine and Rehabilitation (FSPMR) Annual Meeting in Orlando Florida. He presented a case report on an atypical presentation of autonomic dysreflexia, that was managed at West Gables Rehabilitation Hospital, a part of Select Medical with the Medical Director Jose Vargas, MD. This past year the residents had a plethora of posters that were accepted and presented at both state and



national conferences and several distinguished residents had the honor of bringing home awards for best scientific posters. Also, the Osteopathic physiatry residents continue with a strong national leadership presence on the Resident Council of the American Osteopathic College of Physical Medicine and Rehabilitation (AOCPMR) for three years in a row, even assisting in the Interventional Musculoskeletal Ultrasound Course in San Antonio Texas, a part of the AOCPMR Mid Year Meeting.

At the AAPM&R Annual Assembly the residents were well represented both in numbers and scientific poster presentations and even assisting in two workshops that were very well received. This year we are thrilled to present five workshops that have been accepted. With multiple levels from beginner to intermediate, the hands-on training in these workshops are excellent opportunities for those with no prior training in manipulative medicine to those looking to better hone their manual medicine skills. This years workshops include:

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RESIDENTS SECTION

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Basics of Manual Manipulation In Physiatry: Start Here! Gina Benaguista DeSipio, DO; Arthur Deluigi, DO; Kristin Garlanger, DO; Julie Lanphere, DO; John Lavelle, DO; Amir Mahajer, DO; Shounuck Patel, DO; Jonas Sokolof, DO; Samuel Yoakum, DO (Director)

Manual Manipulation And Home Exercises To Compliment Common Injection Procedures. Gina Benaquista DeSipio, DO; Arthur Deluigi, DO; Kristin Garlanger, DO; Julia Iafrate, DO; Julie Lanphere, DO; Amir Mahajer, DO; Shounuck Patel, DO (Director); Jonas Sokolof, DO; Samuel Yoakum, DO

Manual Manipulation in the Inpatient Setting: From the ICU to the Acute Rehab Floor. Gina Benaquista DeSipio, DO; Arthur Deluigi, DO; Kristin Garlanger, DO; Julie Lanphere, DO; John Lavelle, DO; Amir Mahajer, DO; Shounuck Patel, DO; Jonas Sokolof, DO; Samuel Yoakum, DO (Director)

Manual Manipulative Medicine: A Structural Examination For Lower Back Pain. Gina Benaguista DeSipio, DO; Arthur De Luigi, DO; Kristin Garlanger, DO; Julie Lanphere, DO; Amir Mahajer, DO (Director); Shounuck Patel, DO; Jonas Sokolof, DO; Ronald Tolchin, DO; Samuel Yoakum, DO

Manual Manipulation for Post-Concussive and Whiplash Syndromes: Headache and Neck Pain, Anxiety, and Temporomandibular Joint Dysfunction. Vivek Babaria; Gina Benaquista DeSipio, DO (Director); Arthur De Luigi, DO; Kristin Garlanger, DO; Julie Lanphere, DO; Amir Mahajer, DO; Shounuck Patel, DO; Samuel Yoakum, DO

The 2015-2016 academic year will be a new first for the residency program which will bolster a full roster of PM&R residents for a total of twenty-four talented individuals. The Program Director, Jose J. Diaz, DO, and the Chief Residents, Jeffrey Compas, DO and Amir Mahajer, DO, goals are to continue building the residency program as one of the best in the nation, offering a unique opportunity with integrated osteopathic principles and practice in physical medicine and rehabilitation residency training. The residency program spans South Florida from West Palm Beach VA Medical Center in the Department of Physical Medicine and Rehabilitation Services to The Center of Advanced Orthopedics at Larkin in South Miami under the direction of Ramon Cuevas, MD and Carlos Lavernia, MD respectively. In addition to the many strong outpatient clinics and inpatient settings that the residents are currently training in we are exhilarated by the addition of our new inpatient rehabilitation facility and excellent training at St. Anthony's Rehabilitation Hospital with the Medical Director Daniel C. Carney, DO. We are in the process of expanding that to also include two other acute care hospitals that are part of the Catholic Health Services system, St. Catherine's East and West.

As the newest physiatry residency training program in the State of Florida we are constantly striving for excellence which includes developing new relationships with Florida's Physiatrists for both clinical and didactic exposure. If you would like to learn more about opportunities to become an Assistant Clinical Faculty or present a lecture in your field of expertise, you or your staff may contact the PM&R Chief Residents or the Department of Graduate Medical Education at Larkin.





UPDATE ON PRESCRIPTION DRUG ACCESS ISSUE

Mark Rubenstein, MD



In a previous FSPMR newsletter, I outlined the issues related to prescription drug access. The pill mill crisis over the last 5-6 years has largely abated due to a coordinated effort between legislators, government enforcement and regulatory agencies, physicians, pharmacists, and overall awareness of the topic. Unfortunately, the increased attention to the overdose, prescription drug abuse, and drug diversion issues has led to a public health crisis involving drug access.

Many of us as physicians have been involved in combatting the pill mill problem, and now we are similarly called upon to help resolve the issues of analgesic supply for legitimate patients. Pain societies have developed updated guidelines for

prescription analgesics. In the previous newsletter I discussed a stakeholder meeting that the Florida Medical Association coordinated in October of 2014. At that meeting I explained that the 3 main pain related societies in Florida (FSPMR, FAPM, and FSIPP) along with the State Attorney's Office, Drug Enforcement Agency (DEA), Pharmacy wholesale and retail chains, and others discussed the current problems and concerns. The outcome of that statewide telephone conference was the agreement to meet centrally in Florida to reach some conclusions to solve the drug access issue. After a Board of Governors meeting of the FMA in February, the State Surgeon General recognized the problem as a public health issue and agreed to coordinate the meeting. Since the Department of Health and the Surgeon General have rule-making authority, we decided at the FMA level to have them coordinate the shareholders meeting.

On June 9, 2015, the Board of Pharmacy convened a public meeting in Orlando, FL. Invited to speak were pharmacists, physicians, and patients as well as other interested parties. Two physicians were added to the Board for that meeting to represent the interests of pain practitioners and other physicians in the State. I attended the meeting as Chair of Ethics and Judicial Affairs for the FMA, while Dr. Larry Dalton similarly did same for FSIPP. The meeting was attended by all members of the Board of Pharmacy, as well as suppliers (wholesalers), and corporate attorneys from CVS and Walgreens. Noticeably absent from that meeting was the DEA. The audio transcript of that three hour meeting is available on the State Department of Health website (Board of Pharmacy meetings are public). Several independent physicians testified in the public forum at that meeting including at least one physiatrist.

The outcome of that meeting included public awareness of the supply problems. A second convening is scheduled at the next Board of Pharmacy meeting in August (Deerfield Beach). Interested parties are welcome to attend and give testimony if so desired. We anticipate that the DEA will be present at that meeting as we attempt to find reasonable solutions to the drug access issue.

While pain societies, wholesalers, and pharmacy chains, and drug manufacturers do not have any rule making authority, they have also been collaborating on the issues. Stakeholder organizations representing the "spectrum of medical and pharmacist care, as well as the supply chain – manufacturers and wholesale distributors" met on 10/2/13 and multiple additional times in 2013 and 2014. Communications among stake holders resulted in the development of a consensus document which

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UPDATE ON PRESCRIPTION DRUG ACCESS ISSUE

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"detailed the challenges faced by all involved, highlighting red flag warning signs for health care practitioners to detect diversion, misuse, and abuse of controlled substance medications, and identifying aberrant behavior indicators." The challenges identified have tried to balance the physicians' responsibility to provide direct and appropriate patient care with the pharmacist's corresponding responsibility doctrine outlined by the DEA. Various national organizations including the American Academy of Family Physicians, the American Medical Association, the American Pharmacists Association, the American College of Emergency Physicians, the American Society of Anesthesiologists, CVS, Walgreens, Rite Aid, Purdue Pharma, Cardinal Health, and others formulated the "Stakeholders' Challenges and Red Flag Warning Signs Related to Prescribing and Dispensing Controlled Substances" document. Noticeably absent from this list was the AAPMR, despite the statistics that physiatrists are the largest prescribing organization of Hydrocodone in the country. I do note that the AMA recognizes the importance of including the AAPMR in conversation since they have been working with our national organization in the issues of drug abuse and access.

It was clear from the most recent Board of Pharmacy meeting that the supply of controlled substances is being limited and

controlled by wholesalers, presumably under direction from the DEA. Pharmacy chains have their own sets of internal guidelines which further complicate the access issue. Continued collaborative meetings in the coming months should help to further define the crisis and in turn lead to productive solutions.

Our state society remains integrally involved in this issue, and we welcome input and involvement from all. If you experience individual issues of drug access problems such as a pharmacy refusing to fill a prescription for a legitimate patient, please consider making a formal complaint to the Board of Pharmacy. These complaints are logged and identified by the Board. The Surgeon General pays close attention to these complaints. It is through that avenue that the State can identify a crisis and intervene most effectively.

The FMA continues to closely monitor the situation, and will continue to advocate for our patients and physicians due to the mission of the organization: Helping Physicians Practice Medicine. I encourage all of you to be involved in this process to help preserve the integrity of our profession and provide for our patients.

Respectfully submitted, Mark Rubenstein, MD Secretary FSPMR A BUOS VOLUME AND A REDICING TATO A REDICING T

PHYSIATRIST'S VOICE

AUGUST 2015

2015 FMA Meeting July 31, 2015 President's Update of the Annual FMA Meeting

Our organization was represented by myself, Drs. Mark Rubenstein and Lindsay Shroyer at the annual Florida Medical Association meeting in Orlando. Dr. Mark Rubenstein spoke on the current laws regarding low THC marijuana. He was also involved in ongoing legislative issues. Dr. Lindsay Shroyer is congratulated for completing the Physician



Leadership program through the FMA. She received her certificate on Saturday. She will continue to be an excellent resource for our organization in the coming years. We are grateful for her efforts and participation in the FMA and our organization.

I attended the Specialty Society Section meeting on Friday, July 31. The meeting involved a review of the Equal Participation by FMA delegates resolution. This provides for additional delegates from the individual specialty societies to represent our interests. Additional topics included the office surgery rule, continued

funding for the neurological injury fund, and treatment for partners who have been affected by chlamydia but are not active patients of the physician. Continued discussion included encouragement of political action committee support by FMA members. We also discussed the designation of "doctor" for allied health professionals. Concern was voiced that they are representing themselves as physicians. The discussion included moving forward with legislation that would accurately identify them to the public as non-physicians who hold a doctor degree.

The evening and daily events were well attended. I would encourage all members to participate in the upcoming FMA events and continue to become involved in our organization, the FMA, and support lobbying efforts to maintain our ability to provide care to the residents of Florida.

Respectfully Submitted,

Michael Creamer, D.O. President Florida Society of Physical Medicine and Rehabilitation









AUGUST 2015

DATES TO SAVE

For complete details and links go to: http://www.fspmr.org/events.html



Workers' Compensation Educational Conference and 27th Annual Safety & Health Conference August 23 – 26, 2015 Register Now »

August 23 - 26, 2015 The Orlando World Center Marriott



2015 Annual Meeting Integrative Pain Care for the 21st Century Sept 25-27, 2015 | Orlando, Florida



AAPM&R's 2015 Annual Assembly October 1 - 4, 2015 Bostom, MA



OCTOBER 17-21 | ORLANDO

OMED 2015, October 17-20, 2015. Orlando, Florida Program Chairs: Michael Creamer, DO, FAOCPMR and Amir Mahajer, DO AOCPMR Program Theme: Functionality Across the Ages: A Special Focus on the Geriatric Population.

Musculoskeletal Ultrasound Course 2016 January 14 - 17, 2016. Breckenridge, Colorado Course Director: Scott J. Primack, DO, FAOCPMR The focus of the course will be entirely on MSK ultrasound of the foot and ankle.



Job Opportunities

For complete details go to: http://www.fspmr.org/jobs.html

Posted 7/16/2015 Seeking a Pain Physician For the following time frame – Aug 7 to Sept 21

Posted 6/1/2015 <u>Physiatrist for Cutting Edge Post-Acute Service</u> Jacksonville, FL

Posted 5/11/2015 Interventional Pain Management Naples, FL

Posted 4/20/2015 Skilled Nursing Facility Practice Opportunity Jacksonville, FL



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