EXPANDING MEDSTAR NRH NETWORK

Regional Sports Medicine Center in Timonium;
First Comprehensive Pediatric Rehab in Bel Air

The MedStar NRH Rehabilitation Network continues to expand and consolidate its outpatient services throughout the Washington, D.C., and Baltimore region. "We are broadening our reach, as well as bringing together diverse resources to provide more ‘one stop shopping’ for the community,” explains John Brickley, PT, vice president of ambulatory operations and network development.

“We understand that demand for high quality rehab services is growing—and it’s our intention to be well prepared to meet these needs. That means expanding space and capacity at existing centers, establishing new centers, and co-locating therapists and physiatrists with other medical specialists.”

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The newly opened MedStar Health at Timonium is designed to be the region’s premier sports medicine, orthopaedic and spine center and features a large cadre of MedStar NRH rehabilitation experts.
Expanding MedStar NRH Network

The newly opened MedStar Health at Timonium, designed to be the region’s premier sports medicine, orthopaedic and spine center, consolidates services previously provided in several nearby sites. The Lutherville location is now called the MedStar NRH Rehabilitation Network, Lutherville Hand Center and will continue offering hand and upper extremity therapy, along with occupational therapy. This site is located at 1400 Front Ave., Suite 2015, Lutherville, Md.

The new Timonium facility is housed in a more than 45,000 square foot refurbished building and is home to more than 25 medical specialists, including MedStar NRH physiatrists and physical therapists.

“Our physical therapists are housed alongside the sports medicine physicians on the facility’s second floor,” explains Steve Frantz, PT, ATC, clinic director. “The center is very comprehensive—with imaging services including MRIs; 26 exam rooms; and all of the most advanced technology for sports performance evaluation and injury rehab and prevention. In addition, we are providing therapy for the full scope of musculoskeletal problems, such as joint replacement and spinal issues.”

The facility houses a state-of-the-art rehabilitation gym that includes an AlterG® anti-gravity treadmill, for weightless training of lower body injuries. “Our ‘return to play’ program is focused on rehabbing ACL injuries to ensure a safe return to sports activities,” says Frantz. “We not only use the AlterG®, but employ other advanced testing such as hop tests, LESS video recording to analyze body mechanics, and Biodex computerized measuring of muscle strength. The gym also includes a 50-foot throwing lane and our team of 10 PTs includes experts in cycling, running, throwing, orthotics, manual therapy and dry needling,” he adds. “We also provide comprehensive concussion management.”

The Timonium center is also the medical home for a number of professional teams and athletes, club teams and area colleges and high schools. In addition, an ambulatory surgery center with two procedure rooms is scheduled to open this fall.

In addition to full service sports medicine physical and occupational therapy services in the newly completed MedStar Bel Air Medical Campus, MedStar NRH is now offering neuro-rehabilitation services for a range of diagnoses from stroke to post concussion.

In addition, the center is now providing pediatric speech and occupational therapy services—and is MedStar NRH’s first comprehensive outpatient pediatric rehab program.

“Our specialty area is the treatment of children with medically based speech-language, sensory and motor disorders, including children with autism and other congenital disorders,” explains Leigh Root, MA, CCC-SLP, CBIS, clinic coordinator. “Patients are referred from local pediatric practices—and very often find us by word of mouth from parents.”

The facility combines treatment rooms and a pediatric gym equipped with special tools for children with sensory and motor issues, such as a platform swing. The rehab space is adjacent to the new MedStar pediatric primary care offices.

“Many children come to our clinic with limited verbal skills, poor eye contact and reduced fine and gross motor skills,” Root says. “After a thorough assessment we shape the right therapeutic approach for each child,” she adds. “A variety of therapeutic methods are employed to help children, including co-treatments. This is where the speech language pathologist and occupational therapist work concurrently with the child, and is an approach that has been very successful in maximizing outcomes with our clients.”
A new MedStar NRH Network outpatient center opened at Athletic Performance Incorporated—a premier youth sports complex in Anne Arundel County. At the center, located in Gambrills, Md., MedStar NRH is providing a wide range of physical therapy, injury prevention and performance improvement services to athletes, who participate in API youth club sports’ teams. Services are also available to the regional population at large.  

“We also are providing the full scope of orthopaedic physical therapies for non-sports related problems at the site,” explains Lee Koch, PT, clinic director.  

“But our primary focus is on sports injury rehabilitation and injury prevention.  

“The site is also serving as the training facility for the Washington Valor, the region’s new Arena Football League Team. MedStar is the official medical team for the Valor—and MedStar Sports Medicine’s Casey Carter, ATC, has been named athletic trainer for the team,” Koch adds.  

The API campus is home to more than 28 youth sports teams representing 10,000 athletes who participate in everything from soccer, golf and lacrosse—to baseball. The facility offers more than 90,000 square feet of space, including indoor and outdoor turf fields, tennis courts, baseball and softball studios and a sports performance and fitness center.  

“At the API campus, we have access to all of the advanced equipment we need to treat injuries, evaluate sport performance and provide strategies to help athletes prevent further injury,” Koch adds.  

The NRH Rehabilitation Network at Olney outpatient center housed in the MedStar Montgomery Medical Center’s adjacent Physician Office Building has expanded therapeutic space located adjacent to MedStar Georgetown Orthopaedic Institute. The center is also furthering expansion of its hand therapy, sports medicine and orthopaedic therapy programming. The outpatient center, which underwent a major renovation less than a year ago, now occupies more than 8,000 square feet of the building.  

“We continue to grow our presence in Olney on the MedStar Montgomery Medical Center campus to best address the growing need for the services we provide in that community,” says Brickley.  

“I believe this speaks well for the quality of care delivered by our team for a broad range of physical therapy, occupational therapy and speech language pathology services and programs.”
Medical Staff News

**Erika Gosai, MD**, joins the MedStar NRH medical team as an inpatient attending physician on the Spinal Cord Injury unit at MedStar National Rehabilitation Hospital. She is serving the needs of patients in the inpatient unit and has a particular interest in spasticity management and wound care and prevention—two areas that are particularly critical to the SCI population.

Dr. Gosai comes to MedStar NRH from the University of Texas - Southwestern, where she completed both her residency in physiatry, as well as a fellowship in Spinal Cord Injury Rehabilitation. She received her undergraduate degree in psychology from Rutgers University, and completed her medical degree and internship in internal medicine at the New Jersey School of Medicine and Dentistry.

**Mana K. Ali, PhD**, is now providing psychological services for MedStar National Rehabilitation Hospital. Dr. Ali recently completed her post-doctoral fellowship in psychology in the department of physical medicine and rehabilitation at Johns Hopkins University School of Medicine.

Dr. Ali received her PhD and master’s degrees in clinical psychology from Howard University, and her undergraduate degree from the University of Maryland. At Johns Hopkins, Dr. Ali provided neuro-psychology services to a variety of patients in both inpatient and outpatient settings.

**Rajat Mathur, MD**, joined the MedStar NRH team providing physiatry services at MedStar Good Samaritan Hospital and at the new MedStar NRH Rehabilitation Network, Bel Air. Prior to his most recent appointment, Dr. Mathur served as an interventional pain specialist at MedStar NRH/MedStar Georgetown University Hospital Spine Center.

Dr. Mathur received his MD from the Medical College of America, and completed his PM&R residency at the MedStar NRH-MedStar Georgetown University Hospital program. He completed a fellowship in pain management at Cooper University Hospital.

**Melita N. Moore, MD**, has joined the MedStar NRH medical team specializing in Sports Medicine at MedStar Union Memorial Hospital in Baltimore. Prior to her appointment, Dr. Moore was the head team physician, Intercollegiate athletics and associate professor, Department of Physical Medicine and Rehabilitation at University of California, Davis, where she completed a sports medicine fellowship in 2009.

She received her medical degree from the Ohio State University College of Medicine & Public Health. She completed her internship in internal medicine at MedStar Union Memorial Hospital and her residency in PM&R at Sinai Hospital of Baltimore.

MedStar NRH-MedStar Good Samaritan Partnership

**MedStar Good Samaritan Hospital**

*In early June, MedStar NRH officially assumed leadership of the inpatient rehabilitation unit at MedStar Good Samaritan Hospital in Baltimore.*

It’s the completion of a lengthy transition to align clinical services and administrative functions under the banner of MedStar National Rehabilitation Network. The busy unit provides comprehensive rehab services for a range of orthopaedic and neurological illnesses including stroke, brain injury and spinal cord injury—and we will soon be adding programs for interventional pain, concussion care and sports medicine. In addition, the MedStar NRH outpatient center at the hospital will continue to grow and diversify during the coming months.

“The busy unit’s mission is simply to provide patients and their families the best rehabilitation care with the same multidisciplinary approach that the network has brought to care for the last 30-plus years. This positive approach allows patients to return to their highest levels of independence as they possibly can,” says John Rockwood, MedStar NRH President.

“The alliance with MedStar Good Samaritan is a natural fit for both entities as Good Sam’s inpatient rehabilitation unit has been continuously awarded with the Commission on Accreditation of Rehabilitation Facilities since 1971 and for its stroke rehabilitation program for the past 10 years.”

Looking to the future, the unit will undergo a renovation to add 49 beds – 43 of them private rooms. Patient rooms will be renovated to provide more space in the Unit’s main room and the bathroom, as well as the auxiliary gym space.
Peter Turkeltaub, MD, PhD, Receives Prestigious Honor

At just the beginning of what will no doubt be a long career—Peter Turkeltaub, MD, PhD, has been recognized with one of the most prestigious awards in behavioral neurology.

Dr. Turkeltaub, director of the MedStar NRH Aphasia Clinic and of the Cognitive Recovery Lab at Georgetown University, is the recipient of the 2017 Norman Geschwind Prize for excellence awarded by the American Academy of Neurology (AAN). The annual award is made to early-career scientists who have made significant contributions to the field.

Dr. Turkeltaub’s research focuses on stroke-induced aphasia, an impairment of language that affects the ability to read, write and understand or express speech. He is the principal investigator for several clinical research studies testing new interventions to improve aphasia recovery.

A graduate of the Georgetown University School of Medicine, Dr. Turkeltaub went on to the University of Pennsylvania for residency and a fellowship in neurology and cognitive neurology. “At Penn, I studied under Dr. H. Branch Coslett,” he says. “He was my mentor. But an entire generation ahead of me was trained by Norman Geschwind. It’s a special privilege to receive this award named in his honor, and I’m very grateful to the AAN for this recognition of my work.”

MedStar NRH Neuroscience OT Residency Nation’s First

The new MedStar NRH Neuroscience Occupational Therapy Residency Program earned top marks during its first site visit by the American Occupational Therapy Association—the national accrediting organization. The residency program is the first of its kind in the nation, and was developed to provide practicing OTs with advanced training in the care of patients with neurological issues such as stroke, brain injury, spinal cord injury, ALS, MS and Parkinson’s disease.

The program has been designed to provide residents with a wide-ranging experience during the course of one year. “We established four components of study under the mentorship of experienced practitioners that include clinical care, teaching, advocacy and research,” explains Amanda Gahlot MS, OTR/L BCPR, part of the team that developed the curriculum.

“Residents spend time at MedStar NRH, MedStar Washington Hospital Center and MedStar Georgetown University Hospital in both inpatient and outpatient settings. They also have involvement in clinical research, and exposure to advocacy and leadership through community outreach activities,” she says.

In addition, through MedStar NRH’s long-held partnership with Trinity Washington University, residents will also experience teaching in the school’s occupational therapy assistant program and its OT master’s program.

A collaborative team worked together to design the residency curriculum. Pictured left to right are: Lisa Simmons (Trinity Washington University), Julianne Angel (MedStar WHC OT Mentor), Kristen Mastony (MedStar NRH OT Mentor), Amanda Gahlot (MedStar NRH OT Neuro Residency Coordinator), Sophie Leeds (OT Resident), Neepa Shah (MedStar NRH OT Neuro Residency Administrative Director), and Caroline Brandel (OP Mentor MedStar Georgetown).
MedStar NRH Wins Prestigious Five-Year NIH K12 Grant

A joint MedStar NRH-Georgetown University program has been awarded a five-year, $3.5 million grant to provide seed money to promote the career development of the next generation of academic rehabilitation clinician-scientists.

One of just four networks nationwide to receive the K12 award, the MedStar NRH-Georgetown program is the only one in the nation designed to foster the independent research of a multidisciplinary group of researchers who will develop the treatments of the future.

These scholars will include individuals with any advanced neurorehabilitation-related degree including MD or MD/PhD physicians (neurologists, neurosurgeons, geriatricians, physiatrists) as well as physical therapists, occupational therapists, speech language pathologists, bioengineers, and others.

Multidisciplinary Research Focused on One Issue

“Our grant, which is the first for the department of rehabilitation medicine at Georgetown University, has been designed to attract faculty-appointed rehab clinicians across disciplines focused on a single issue—disabling chronic neurological disorders,” explains Alexander Dromerick, MD, MedStar NRH chief research officer, who serves as program director with Barbara Bregman, PhD, professor of Neuroscience and Rehabilitation Medicine.

The MedStar NRH/Georgetown program, named the Neurorehabilitation and Restorative Neuroscience Training Network (NRNTN), also includes an executive committee from among the nation’s most successful translational neuroscience/neurorehabilitation investigators with a track record of interdisciplinary research training. “We’re creating a community of scholars and mentors focused on approaching these diseases and injuries from many angles,” Dr. Dromerick adds.
The program has three critical goals:

1. To provide outstanding research training and mentorship for clinical scholars in neurorehabilitation
2. To create a community of scholars
3. To prepare rehabilitation clinician investigators for sustained and productive academic careers in neurorehabilitation

**Career Development and Networking**

“The program provides more than money,” says Dr. Bregman. “These young faculty members will have access to a nationally respected group of mentors and other scholars—an environment that encourages an exchange of ideas among clinicians and researchers from across the U.S. and across disciplines, from basic science to clinical trials.”

Grantees and mentors will meet at least twice a year, once at the American Society of Neurorehabilitation and another spring meeting held at a major institution. “As the network grows the meetings will become a fertile ground for a cadre of hundreds of scientists—and a way to jump-start new interventions for neurorehabilitation,” says Dr. Dromerick.

“It’s more than exchanging ideas about research, it’s also a way to develop teaching skills, understand the importance of donor relationships and learn how to juggle the many responsibilities that come with pursuing an academic career,” says Dr. Bregman.

Grantees are required to have a faculty appointment and be supported by a strong institutional commitment to neurorehabilitation. Four awards will be made in the first round of funding for two years of support. The grantees may come from any institution in the country—and from any discipline as long as the research is focused on disabling neurological conditions.

“We hope to award our first grants sometime this fall,” says Dr. Bregman.

“The program will help ultimately set the stage for the translation of basic and clinical research into the mechanisms underlying recovery of function after central nervous system injury,” says Dr. Dromerick. “The bottom line is to improve the quality of life of individuals with CNS injury and disease.”

**RESEARCH CENTER RE-MODEL OPENS NEW FUNDING AVENUES**

A new partnership between MedStar NRH and the MedStar Health Research Institute is revamping administration of the Christoph Ruesch Research Center. Alex Geboy takes over administrative duties from Rahsaan Holley, OT, who ably served in this role for the last five years, juggling administrative responsibilities with his active role in clinical research at MedStar NRH.

Geboy will be overseeing administration of the MedStar NRH research programs, as well as stroke research at MedStar Washington Hospital Center—much of which is done in conjunction with MedStar NRH.

“The new model for the research center opens up the possibility of more funding and more MedStar network-wide collaborative efforts,” says Geboy. “It’s an opportunity to develop a long term strategy for growth.”

“During Rahsaan’s tenure in this role, several large efforts bore fruit including numerous grants in SCI, the development of the successful StrokeNet center and the creation of the Center for Brain Plasticity and Recovery. During this time we have received more than $18 million in funding, and our researchers are publishing nationally with more than 40 papers in the last year alone,” says Dr. Dromerick. “Happily he will continue to be with us—expanding his role in clinical care and research, while working to complete his PhD.”

“I am also delighted to welcome Alex as the administrator of a restructured MHRI Scientific Center, one that combines rehabilitation and clinical neuroscience research across MedStar. Alex has served in a program manager role for the last five years in Infectious Disease at MedStar Washington Hospital Center and across MedStar Health. We are excited by the new perspective and skills he will bring to the Research Division,” Dr. Dromerick adds.
One of the Nation’s Best Rehabilitation Hospitals for a Reason

MedStar National Rehabilitation Hospital has been at the forefront of rehabilitation medicine for the past 30 years. Our mission of Adding Life to Years® has not only propelled the growth, but also allowed us to take on some of the nation’s most complex cases. Driven by our use of the latest technology, our research partnership with Georgetown University School of Medicine, and our nationally recognized Education and Residency program, MedStar National Rehabilitation Hospital continues to strive to provide industry leading inpatient care.