# Ruskin Institute of Rehabilitation Medicine

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212-263-8830 • www.ruskinstitute.org

WINTER 2011-2012

Capturing the Momentum of Rehabilitation Medicine”

At Rusk, rehabilitation is not just about providing clinical care for individuals with a disability, condition, or injury—it’s about wellness and prevention, the importance of making healthy choices, and raising awareness of the benefits of rehabilitation. This is achieved by developing opportunities for parents and another for coaches on “Concussion: The Invisible Injury.” An awareness campaign was also launched that month, with magazines on the signs and symptoms of concussion distributed to the public for sports and athletic stores in the New York City area.

*Rusk Institute of Rehabilitation Medicine* at NYU Langone Health has produced 25 department chairs at prestigious medical schools across the country, including five current chairs. Rusk residents and faculty also occupy many more vaunted institutions. Congress of Rehabilitation Medicine, and national and international organizations, Rusk residents and faculty also occupy many more vaunted institutions. Our annual PM&R review course, now in its 37th year, has educated more than 800 physicians, coming from 36 states and Canada.

Our faculty have presented at national and international conferences around the country trained in the area of prosthetics and orthotics. Of over 12,000 patients with comorbidities (such as diabetes, hypertension, hyperlipidemia, obesity, and cardiovascular disease), 74% were able to improve their status. Of the 37% of patients who improved on average, 58% of patients reported a positive change in their overall health. The program’s success is evidenced by the steady increase in patient volume, which has resulted in a decrease in the length of stay for patients. In addition, the program has transitioned more

Cardiopulmonary Rehabilitation: Caring For (and From) the Heart

Since the founding of the Joan and Joel Langone’s Cardiac and Vascular Institute and Prevention Center in 1991, Rusk has been at the forefront of advances in the management of cardiopulmonary diseases, offering the largest and most comprehensive cardiac pulmonary rehabilitation and wellness programs in New York’s five boroughs. Rusk’s cardiopulmonary programs provide a comprehensive continuum of care, in a patient-centered environment.

Each patient transitions through care points that begin and end in the community and follow the patient through acute inpatient, outpatient, and wellness phases.

The center utilizes a team-based, collaborative approach, improving connections across disciplines cardiovascular and pulmonary rehabilitation specialists, and lifelong outcomes.

Dedicated to collaboration with NYU Langone’s Cardiovascular Institute and the Division of Pulmonary and Critical Care Medicine, the program has transitioned more

... (continued on next page)
The Howard A. Rusk Professor of Rehabilitation Medicine
individuals with disabilities.
research and disseminating knowledge at meetings all around the globe; their contributions were recognized at our annual
the full continuum of care for people with cardiac disease. I am also proud of the work of my Rusk colleagues conducting
cardiac rehabilitation division continues to lead the way for innovative clinical care, education and research as it serves
Center and its affiliates. The Rusk name—which has been synonymous with the highest quality rehabilitation care for more
in providing world-class inpatient and outpatient physical medicine and rehabilitation (PM&R) care across the Medical
From The Chairman
among the first of its kind in the country—
early adopters of iPad technology, and
education, and access to information.
Physicians and trainees at Rusk early adopters of iPad technology, and
innovative and comprehensive care—
from the first timekeepers to the finest
in multidisciplinary and multi-skilled, with
people who are recovering from brain injury, spinal cord injury, stroke, and amputations.

Top Five at Rusk

1. The Rusk iPad Project: There’s a Study for That

From the construction of the first single

The iPad at the forefront of “teachable moments,” mobile technology, the practice of

The scope of the program broadens in

Bearings the name of a late Rusk professor

The Leaders of Tomorrow: Setting the Education & Training

Committed to the belief that excellence is

Younger than any other organization available—its

Rusk has an illustrious record

attracts exceptionally talented students to pursue careers in physical medicine and rehabilitation.

Top 3

• More than 200 undergraduates trained in

• More than 300 NYU School of Medicine

• More than 400 graduate students training

Rusk has more than 800 physicians on its faculty—more

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PM&R is in many ways the ideal setting to adopt and innovate devices that

PM&R is at the forefront of “teachable moments.” Mobile technology, the practice of

or mobile health, the practice of using

The iPad is at the forefront of “mHealth,”

The perpetual need for

From the construction of the first single

IPAD: What’s in a name?

According to Dr. Flanagan, who was recently

results may be published in

We have spent the last decade enhancing our curriculum to develop in our college students to physicians in practice, in our

Our educational mission broadens in

The iPad is at the forefront of “mHealth,”

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Other recent tablet initiatives at Rusk,

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Steven R. Flanagan, MD

individuals with disabilities. As the Rusk transformation unfolds over the coming year, I look forward to sharing more about the transition to our newest

John G. Gianutsos Award Ceremony this past fall, named for Rusk’s esteemed, late director of research. The awards were named in 2009 by Dr. Michael H. Bushnik, PhD. “Receiving a John G. Gianutsos award was very special to me,” said the recipient who is contributing research advancements and scholarly work. The evening also celebrated publication of a landmark text on rehabilitation—Medical Aspects of Disability—Fourth Edition. As a nod to the field of rehabilitation while acknowledging the quality and quantity of students who have come through our programs in the past decade.

From the Chairman

Exciting developments are underway at Rusk in 2012.

In the coming months, we will expand to new, state-of-the-art facilities as part of NYU Langone Medical Center’s broader mission to become a premier academic medical center by fostering innovation in providing world-class care and advanced physical medicine and rehabilitation (PM&R) care across the medical spectrum. This transformation, led by a dedicated team of physicians, nurses and other healthcare professionals, over the next six decades—will continue to improve our rehabilitation services as we move into facilities that better reflect the evolution of our programs.

I look forward to sharing with you more of our latest work in the coming edition of Rusk. You will learn of our iPad initiative, displaying Rusk’s potential to harness new technologies for the enhancement of patient care and professional education.

Top Five at Rusk

The iPad is at the forefront of “mHealth,” with promising improvements in patient care. As technology continues to advance, today’s physicians navigate through the lens microscope to the advent of functional

The Rusk iPad Project: There’s a Study for That

From the construction of the first single- lens microscope to the advent of functional

Rusk Research: 3rd Annual John G. Gianutsos Awards Ceremony

Bearing the name of a late Rusk professor and Rusk faculty member for 30 years, the 3rd Annual John G. Gianutsos Awards Ceremony was held at Rusk Rehabilitation on April 19, 2012. Recipients of these internal honors are recognized for excellence in academic, peer-reviewed research, and see a source of pride for Rusk, where enhancing research productivity and educational initiatives is a major focus of the organization and to its leadership.

Bestows a John G. Gianutsos Award is a testament to the hard work and dedication

Pain care is one of the top four challenges facing healthcare today. As today’s physicians navigate through the lens microscope to the advent of functional

The Leaders of Tomorrow: Setting the Education & Training

Supported by the belief in the resilience of children, MacFarlane’s work has achieved national and international recognition. He is a member of the New York Academy of Medicine, the American Geriatrics Society, and the American Academy of Neurology. He is also the current President-elect of the American Academy of Physical Medicine and Rehabilitation. In recognition of his creative spirit, his empathy for patients and his vision for the future of PM&R, he has been named to the PM&R Hall of Fame. The diversity and quality of education and training at Rusk and the long-standing tradition of recognizing research advancements and scholarly work amongst colleagues and peers to contribute to clinical

We have spent the last decade enhancing the environment for medical education by broad-based training incorporating all aspects of the field. As we reach across the entire span of Rusk’s clinical and educational programs, our faculty can harness the multidisciplinary approach employed by our physician and allied health specialists to our students trained in PM&R, in addition to those from other schools around the country.

By educating and training the leaders of tomorrow, Rusk offers its unique position in the field of rehabilitation while assuring its legacy. Our capacity to prepare successive generations of physicians and physiatrists for all careers is evident in the quality and quantity of students who have come through our programs in the last decade.

Rusk researchers have published in excess of 400 medical students rotating from other schools around the country.

More than 300 NYU School of Medicine residents trained in PM&R, in addition to over 410 medical students rotating from other schools around the country.

More than 200 undergraduate students trained in the Health Career Preparation Program.
From The Chairman

The Howard A. Rusk Professor of Rehabilitation Medicine
Steve R. Flanagan, MD

individuals with disabilities. As the Rusk transformation unfolds over the coming year, I look forward to sharing more about the transition to our newest research and disseminating knowledge at meetings all around the globe; their contributions were recognized at our annual Center and its affiliates. The Rusk name—which has been synonymous with the highest quality rehabilitation care for more than six decades—will continue to represent our rehabilitation services as we move into facilities that better reflect the

Top Five at Rusk

The Rusk iPad Project: There’s a Study for That

From the construction of the first single-molecule microscope to the advent of functional MRI, profound advances in healthcare have revolutionarily improved the way we practice medicine. The potential need for medical records to be stored in an efficient manner reaches new heights. Rusk has taken on this challenge by building a research project that allows for the efficient storage of medical information.

The iPad at the forefront of “teachable,” mobile practice, the option to provide care is magnified by improving physician-patient communications. The Rusk iPad early adopters of iPad technology, and introduce a comprehensive study—among the first in the kind in the country—to understand the implications of the tablet in everyday use.

The multi-disciplinary nature of physical medicine and rehabilitation and the spirit of innovation behind patient care at Rusk, we are uniquely well positioned to examine the value of technology for our field.

Divided in three phases, this study examines the efficacy of this tool in medicine-clinical settings. Research began by surveying practitioners and hospital staff on the use of mobile devices and how they felt about technology’s potential in their care lines. Phase One found that the majority of patients use an iPad and multitudes who found this mode of patient education to be more effective than traditional methods. Phase Two further confirmed this improved self-awareness, and 91% reported improvement in the accuracy of information. Indicators were also very strong that using the device improved work for communication (85%) and board and post-rounds education among fellow professionals, and demonstrating digital patient education. 100% responded in the positive. Results of the peer on clinician attitudes towards mobile devices were published in , while complete results from Phase I were recently presented at the prestigious medical conference.

The scope of the program broadens in Phase II, which examines how physicians can mirror the multidisciplinary approach used by broad-based training incorporating all aspects of medical care. How can we reach across the entire span of Rusk’s clinical services for our educational staff can mirror the multi-dimensional approach employed by our faculty in the realms of medicine?

The evening also celebrated publication of the book, *Laughter at the Core*. PM&R. July 2011; 3:678-680. The award-winning book addresses the need to have training sessions every day.

The Leaders of Tomorrow: Setting the Education & Training

Committed to the belief that education is the foundation to a life well-lived, Rusk has embarked on a distinguished history of training health professionals, therapists, and other professionals in rehabilitation.

Rusk has an illustrious record of training over 800 physicians—more than any other organization available to its highly capable and confident professionals. Our proud tradition of recognizing exceptional students is attributable to a longstanding reputation as a leader and to having the visibility to align education with the interests of our students.

We have spent the last decade enhancing efforts for young physicians, sending our students to colleges students experience in practice, or as they develop leadership roles, to stay current in clinical practice. Contributing expertise to Rusk’s vision and extends to all disciplines. Our educational resources are accessed by broad-based training incorporating all aspects of medicine and the arts. The awardees are recognized.

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Bearing the name of a late Rusk professor of rehabilitation medicine, the annual John G. Gianutsos Awards recognize and promote research. The awards were named in 2009 by Dr. Gianutsos and the Rusk Research team, exemplifying the transdisciplinary and multispecialty collaboration that Rusk, as the premier rehabilitation hospital, has fostered for decades.

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Cardiopulmonary Rehabilitation: Caring For (and From) the Heart

Since the founding of the Joan and Joel Smilow Cardiopulmonary Rehabilitation and Prevention Center in 1991, Rusk has been at the forefront of advances in the management of cardiopulmonary diseases, offering the largest and most comprehensive programs in New York's tri-state area. Rusk's cardiopulmonary programs provide a complete continuum of care, in a patient-centered environment.

Each patient transitions through care points that begin and end in the community and follow the patient through acute inpatient, outpatient, maintenance and wellness phases. The center utilizes a team-based, collaborative approach, improving connections across disciplines (cardiovascular and pulmonary rehabilitation specialists, allied health, mental health) to develop a comprehensive care plan for each individual.

Developed in collaboration with NYU Langone's Cardiac and Vascular Institute and the Division of Pulmonary and Critical Care Medicine, the program has transitioned more than 12,000 patients with comorbidities (such as diabetes, hypertension, hyperlipidemia, obesity, heart failure, stroke, peripheral vascular disease, and emphysema) from treatment or surgery back into their communities through the care of cardiopulmonary disease. In 2011, our program was responsible for 27% of regional and 5% of national acute inpatient cardiopulmonary rehabilitation discharges, with an average length of stay of 41.1 days. This cardiopulmonary outpatient program, which has been certified by the American Association of Cardiovascular and Pulmonary Rehabilitation since 2005, has a completion rate of 80%, and an 82% completion rate for the cardiac exercise improvement training program for the period of 2000 to 2009.

The center is committed to academic translational research and to community engagement, evidenced in its alliance with the Joan and Joel Smilow Cardiopulmonary Rehabilitation and Prevention Center at NYU Langone's Institute of Community and Economic Engagement. In these endeavors as in the daily treatment of patients, the Center is dedicated to the belief that healthy living requires the education, commitment and cooperation of patients, families, health professionals and community members.

For 20 years, Rusk Institute of Rehabilitation Medicine has been at the forefront of advances in the management of cardiopulmonary disease.

A unique hands-on clinical experience for parents and another for coaches on "Concussion: The Invisible Injury." An awareness campaign was also launched that month, with meetings on the signs and symptoms of concussion distributed to the public for sports and athletic stores in the New York City area. Rusk is currently working with the Jamaica Plain Sports & Entertainment Complex, Rusk pediatric physical therapist Sukhov, MD, and Marie Briody, PhD, a senior pediatric psychologist, conducted a lecture (March 2011) centered on educational lectures held at the New York City tallest building.

At Rusk, rehabilitation is not just about providing clinical care for individuals with a disability, condition or injury— it is about wellness and prevention, the implementation of making healthy lifestyle changes in all aspects of our patient's lives. Rusk’s unique collaborative relationships with community-based organizations to provide educational seminars, athletic and community events in which Rusk is invited to speak. These events are supported by our invited, with guest Rusk faculty and staff, offering a series of seminars that focus on concussion prevention and awareness.
At Rusk, rehabilitation is not just about providing clinical care for individuals with a disability, condition, or injury—it’s about wellness and prevention, the importance of making healthy choices, and living a healthy lifestyle. As the 37-year-old 225-bed rehabilitation hospital, Rusk is a leader in ongoing relationships with community-based organizations to provide educational seminars, interactive health screenings, and enriching activities in diverse populations. Significant efforts by our inpatient, outpatient, and community rehabilitation staff have been very successful.

Stroke Injury Awareness Month (March 2016) centered on educational lectures held at the renowned Chelsea Piers Sports & Entertainment Complex. Rusk pediatric physical therapist Renalda Galano, MD, and Marie Birdy, PT, wind down patients physically, concludes a lecture for parents and another for coaches on “Concussion. The Invisible Injury.” An awareness campaign was also launched that month, with messages on the signs and symptoms distributed to the public in stores and athletic stores in the New York City area.

Living Successfully with Stroke” was Rusk’s Stroke Awareness Month (May 2015) event for survivors, caregivers and loved ones. The event consisted of an educational lecture on stroke recovery processes and a powerful panel where stroke survivors shared what it meant to them to live successfully after a stroke. An open house of Rusk’s Motor Recovery Laboratory was also part of the event allowing community attendees to learn about Rusk’s latest research. Rusk patients and stroke survivor guest speakers addressed a “packed house,” and the event was deemed a remarkable success.

Rusk’s third year celebrating Rehabilitation Awareness Week (September 10-16, 2011) was to make stroke awareness more familiar to educational, informational, and social events for the community and healthcare professionals.

A multidisciplinary team of Rusk pediatric rehabilitation professionals traveled to the Bedford Central Presbyterian Church in Brooklyn to speak directly to the community about head injury in children.

The NYU Langone Amputee Support Group hosted its annual employment education, rehabilitation community and social event at a sightseeing cruise ship in Manhattan’s waters.

At NYU Langone’s Institute of Community Health and Research and in the creation of 2000 to 2009.

Rusk added clinical services to its full range of inpatient and outpatient rehabilitation programs in New York’s tri-state area.

Each patient transitions through care points that begin and end in the community and follow the patient through acute inpatient, outpatient, and wellness phases.

The center is dedicated to academic translational research and to community engagement, service in the community.

The center has participated in over 100 outreach studies during the past two decades to promote population health health and has conducted further research under grants from the American Heart Association, the Langeloth Foundation, and the American Heart Association. The center’s mission is to improve the quality of life for individuals with disabilities and to enhance the community’s awareness of disabilities.

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