

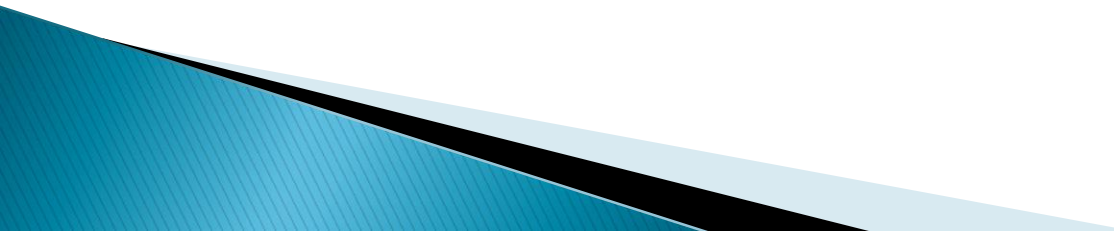


School of Medicine

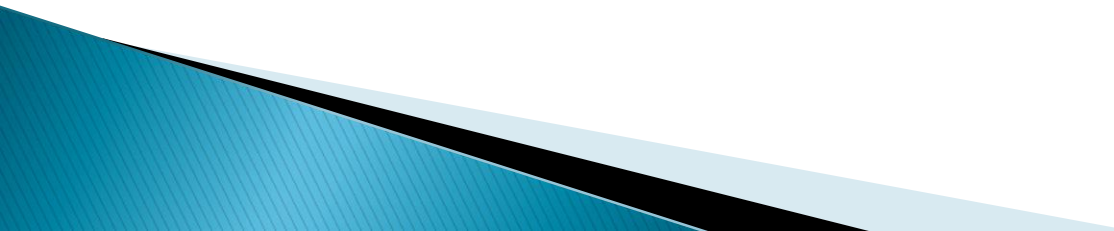
Physical Medicine & Rehabilitation Residency Program

Detroit Medical Center/Wayne State University
Rehabilitation Institute of Michigan
261 Mack Blvd., Room 840
Detroit, MI 48201

Rehabilitation Institute of MI

- ▶ Michigan's largest rehabilitation hospital
 - ▶ 69 bed-inpatient facility
 - ▶ Treats more spinal cord and brain injury patients than any other program in the state
 - ▶ Therapy and Sports Medicine operates at over 30 outpatient sites located throughout southeast MI
- 

Home to innovative programs and research

- Wayne State University PM&R and RIM obtained the Southeastern Michigan Traumatic Brain Injury System Model System (SEMTBIS) grant (5 years for \$2.23 million) once again. Making RIM 1 of only 16 centers of excellence in the country
 - Home to the world-class Center for Spinal Cord Injury Recovery
- 

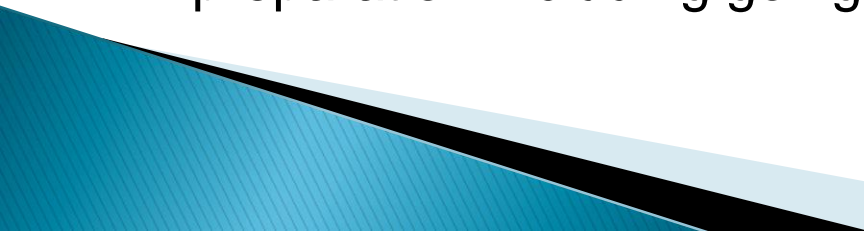
Brasza Outpatient Center



LIVING *without* LIMITATIONS

- ▶ 26,000 sq. ft., state of art, multi-level fitness center
- ▶ Houses specialty programs not offered at other fitness or physical therapy facilities
 - Sports medicine
 - Orthopedic therapy
 - Return-to-work
 - Oncology
 - Women's rehabilitation

Department of PM&R at Wayne State University School of Medicine

- ▶ Educating medical students, residents, fellows, patients and caregivers, and the community for over 50 years.
 - ▶ Unique blend of a university academic milieu, coupled with extensive outpatient musculoskeletal training in a community setting
 - ▶ All graduates will have been trained in the entire spectrum of physical medicine and rehabilitation from traumatic brain and spinal cord injury, to electromyography, to industrial, pain and musculoskeletal medicine
 - ▶ Tremendous opportunities for education, growth and career preparation including going on to a fellowship.
- 

RIM's Clinical Capabilities

- ▶ **Physiatry**
 - ▶ **Neuropsychology**
 - ▶ **Pain Management**
 - ▶ **Electrodiagnostics**
 - ▶ **Rehabilitation nursing**
 - ▶ **Physical therapy**
 - ▶ **Occupational therapy**
 - ▶ **Sports Medicine**
 - ▶ **Aquatic Therapy**
 - ▶ **Therapeutic recreation**
 - ▶ **Speech & Language pathology**
 - ▶ **Social work/Case Management**
 - ▶ **Wheelchair seating**
 - ▶ **Environmental Evaluations**
 - ▶ **Vocational Counseling**
 - ▶ **Prosthetic & Orthotics**
- 

Exoskeletons / Robotics

- ▶ RIM is an industry leader in testing and evaluation of exoskeleton technology
- ▶ Among rehabilitation hospitals, RIM is one of the few institutions to have the privilege of housing 3 exoskeleton systems
 - Ekso – gait training, RIM is the only Ekso Center in MI
 - ReWalk – targeted use for SCI, FDA approved for home and community use
 - REX – world's first hands-free robotic walking device

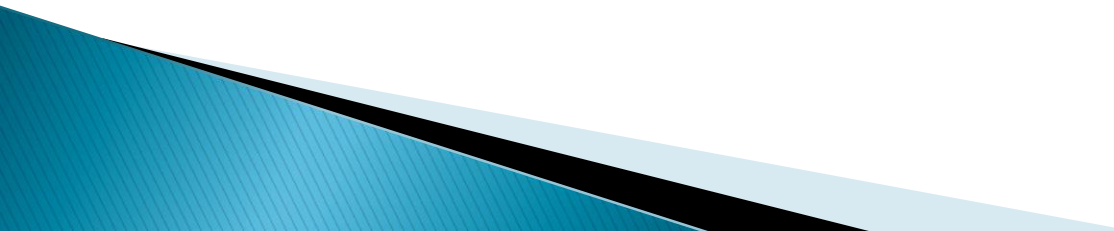


Rewalk

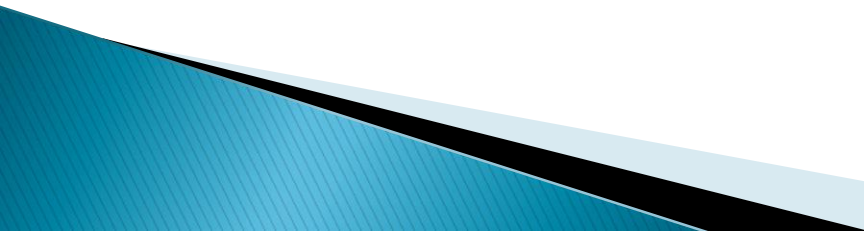
Academic Curriculum

- ▶ **Didactics** - includes courses in physiatric therapeutics, anatomy and kinesiology, EMG, spinal cord injury, traumatic brain injury, pediatric rehabilitation, stroke and more
 - ▶ Tailored to board requirements
 - ▶ 18 month curriculum
- ▶ **Journal Club** – monthly
- ▶ **Grand Rounds** – monthly
- ▶ **Anatomy Course**- 12-week anatomy course, which involves cadaver dissection of the back and limbs, is given once a week February through April to PGY2 and PGY3 residents.
- ▶ **EMG Course** – 8 week (once a week) EMG course taught by 2 voluntary faculty board certified in PM&R and Electromyography
- ▶ **MSK Ultrasound course** - 8 week course during weekly didactics.
- ▶ **P&O Course** – Taught at RIM during weekly didactics.

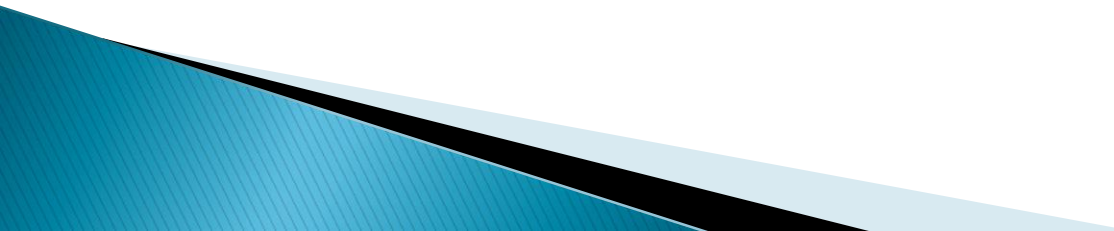
Academic Curriculum cont.

- ▶ Research Project and Practice Improvement Project
 - ▶ Everything saved as Portfolios
 - ▶ Annual Self Assessment Exam in PM&R
 - ▶ Annual Self Assessment Exam in EMG as a PGY3 and PGY4
 - ▶ Conferences as venues to present – AAPM&R, AAP, ASCIP, ASIA, ACRM, etc.
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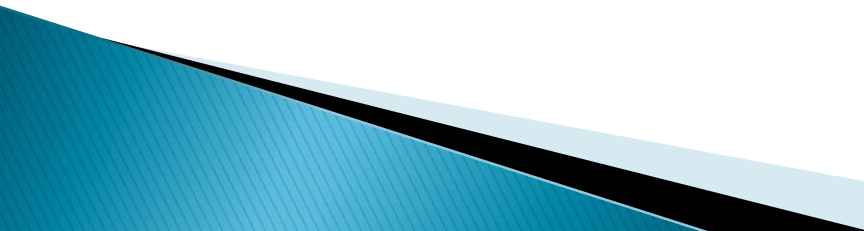
Rotations

- TBI (3)
 - Stroke (3)
 - SCI (3)
 - General Rehab (3)
 - Pediatric Rehab (2)
 - Consults (3)
 - EMG1 (2)
 - EMG2 (1)
 - Advanced
Outpatient (5)
 - Prosthetics & Orthotics (1)
 - Pain (1)
 - PT/OT/SLP/Therapeutic
Rec (1)
 - Neuro Outpatient (2)
 - MSK Outpatient (1)
 - Sports Medicine (1)
 - Rheumatology Outpatient (1)
 - Electives (3)
- 

Sample Electives

- ▶ Palliative Medicine
 - ▶ Neurology
 - ▶ Pain Clinic DRH
 - ▶ Neuro-Radiology
 - ▶ Ultrasound
 - ▶ Neurosurgery
 - ▶ Orthopedics Clinic
 - ▶ Research
 - ▶ Outpatient Pediatric
- 

Evaluation Methods

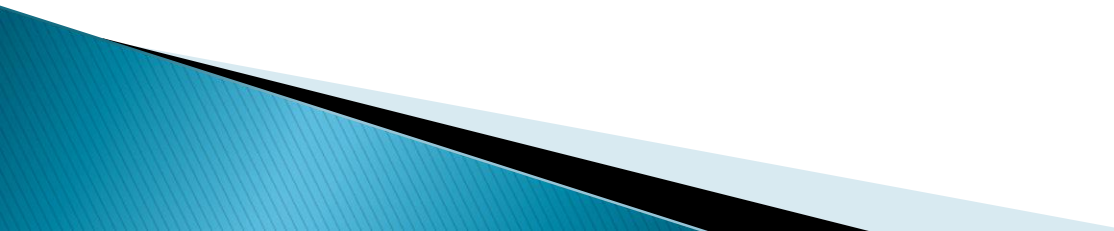
- ▶ Milestone review twice a year
 - ▶ Meet with mentor briefly each month
 - ▶ Real time feedback on each rotation from the attending
 - ▶ Formal written evaluation at the end of each rotation
 - ▶ Therapy and Nursing complete an evaluation on the inpatient resident
 - ▶ Residents turn in 1-2 RO&CA's a month (Resident Observation & Competency Assessment)
- 

Fellowships Obtained:

- ▶ **Pain** – DMC; Univ of MI; Virginia Commonwealth Univ.; Beth Israel, NY; Washington Univ.; CA
 - ▶ **SCI** - Harvard Univ.; Stanford Univ.; Univ. of Pittsburgh; Johns Hopkins
 - ▶ **TBI** - UT Southwest
 - ▶ **Spine** - Portner Clinic, Hawaii
 - ▶ **Sports Med & Interventional Spine** – Phoenix, AZ; Novi, MI
 - ▶ **Sports Med** – Univ. of South Florida; Virginia Tech
 - ▶ **Cancer Rehab** – MD Anderson, TX
 - ▶ **Pediatrics** – University of Michigan
- 

Outreach

Residents volunteer to take part in various RIM activities:

- ▶ Sports physicals for local high schools
 - ▶ Medical support/sideline staff
 - ▶ TBI awareness presentation
 - ▶ Living Without Limitations Camp Retreat
 - ▶ Wheelchair basketball
 - ▶ Hand Cycling
 - ▶ Community geriatric awareness
- 

RIM Faculty



Lawrence J. Horn, M.D.
Department Chair & Professor
Residency Program Director
Director of SCI Outpatient
Faculty – Neurological Outpatient Rotation

Lawrence J. Horn, M.D. joined the staff at Rehabilitation Institute of Michigan in 2005 and then joined the staff of Wayne State University Physician Group in 2007 in the Department of PM&R at Wayne State University School of Medicine. He graduated with his medical degree from Northwestern University Medical School, Chicago, IL. He completed his residency in PM&R and a fellowship in traumatic brain injury. He is the department's Chair and a Professor at Wayne State University School of Medicine and serves as the Program Director for the PM&R Residency Program. He has published many articles and book chapters.

Board Certified:

American Board of Physical Medicine and Rehabilitation

Specialty Interests:

Traumatic Brain Injury

Spinal Cord Injury

Spasticity

Therapeutic Botulinum Toxin Injections



Lourdes Alfonso, M.D.
Director of Inpatient Spinal Cord Injury Service
Assistant Professor (Clinical)

Lourdes Alfonso, M.D. joined the physiatry staff at Rehabilitation Institute of Michigan in 2002 and then joined the staff of Wayne State University Physician Group in 2007. She serves as an Assistant Professor in the Department of PM&R at Wayne State University School of Medicine. Dr. Alfonso graduated from the University of the East Ramon Magsaysay Memorial Medical Center in the Philippines. She completed her residency in PM&R at SUNY Health Science Center in Brooklyn, NY, where she served as chief resident. Dr. Alfonso completed her fellowship training in spinal cord injury medicine at the Medical College of Virginia, McGuire VA Medical Center in Richmond, VA. She serves as the Associate Program Director for the PM&R Residency Program for WSU School of Medicine.

Board Certified:

American Board of Physical Medicine and Rehabilitation
Subspecialty in Spinal Cord Injury Medicine



Maria Humayun, D.O.
Assistant Professor (Clinical)
Director of Inpatient Stroke Service

Maria Humayun, D.O. joined the psychiatry staff of Wayne State University Physician Group in 2013. She serves as an Assistant Professor in the Department of Physical Medicine and Rehabilitation at Wayne State University School of Medicine. Dr. Humayun graduated from Michigan State University School of Medicine with her medical degree and completed her residency at the University of Cincinnati College of Medicine. She currently serves as the Medical Director of Inpatient Stroke and TBI.

Board Certified:

American Board of Physical Medicine and Rehabilitation

Specialty Interests:

Stroke Rehabilitation

Therapeutic Botulinum Toxin injections



Zainab Naji, M.D.
Director of General Physical Medicine and Rehabilitation

Zainab Naji, M.D. joined the psychiatry staff with the Detroit Medical Group at Rehabilitation Institute of Michigan (RIM) in 2016. She received her medical degree from American University of the Caribbean School of Medicine. Her PM&R residency was completed at Schwab Rehabilitation Hospital/University of Chicago Hospital. While there she was the Managing Editor of the publication *Rehab in Review: The Surveillance Journal for Rehabilitation Professionals*. She is the attending in charge of the general musculoskeletal inpatient service. She is also fluent in Arabic.

Board Certified:

American Board of Physical Medicine and Rehabilitation

Specialty Interests :

General Musculoskeletal

Acute Care Rehab Management

Stroke Rehab



Michael Ajluni, M.D.
Director of Inpatient Traumatic Brain Injury

Michael Ajluni, M.D. joined the physiatry staff at the Rehabilitation Institute of Michigan in 2011. He received his medical degree from Wayne State University School of Medicine and went on to complete his residency at Marianjoy Rehabilitation Hospital in Wheaton, Illinois. He is the Medical Director of Inpatient Brain Injury and in addition he sees patients clinically.

Board Certified:

American Board of Physical Medicine and Rehabilitation
Subspecialty Traumatic Brain Injury

Specialty Interests :

Botox injections for spasticity
Musculoskeletal injuries



Ali Bitar, M.D.

Vice President of Medical Affairs

Chief-of-Staff at Rehabilitation Institute of Michigan

Outpatient Clinic – General MSK, amputee, baclofen pump management

Specialist-in-Chief for Physical Medicine and Rehabilitation for the Detroit Medical Center and Vice President of Medical Affairs, Dr. Bitar also serves as an Assistant Professor in the Department of PM&R at Wayne State University School of Medicine. He received his residency training in PM&R at Sinai-Grace Hospital in Detroit, and completed his medical studies at the Medical School of Sousse in Tunisia, where he also earned a degree in orthopedic surgery. Dr. Bitar has participated in numerous research studies presented in France and Europe. Dr. Bitar is fluent in French and Arabic languages, as well as English.

Board Certified:

American Board of Physical Medicine and Rehabilitation

American Assoc. of Neuromuscular and Electrodiagnostic Medicine

Specialty Interests :

General Musculoskeletal

Neuromuscular and Stroke Rehab

Back & Neck Pain

Pain Management

Spasticity Management (including botox injections and ITB pump management)

Sports Medicine

Amputee Services

Electromyography (EMG)



Syed R. Ahmed, D.O.
Assistant Professor (Clinical)
Faculty - Consult Service & MSK Outpatient

Syed R. Ahmed, D.O. joined the psychiatry staff with Wayne State University Physician Group in 2012, and serves as an Assistant Professor at Wayne State University School of Medicine. Dr. Ahmed graduated from New York College of Osteopathic Medicine in Old Westbury, NY and completed his residency training at Thomas Jefferson University Hospital in Philadelphia, PA. He also completed an Interventional Pain Fellowship at the Utah Center for Pain Management and Research in Provo, UT. He works in various outpatient clinics and performs EMG and fluoroscopic injections in addition to running the consult service.

Board Certified:

American Board of Physical Medicine and Rehabilitation

Specialty Interests:

Musculoskeletal Medicine
Interventional Pain
Electrodiagnostic Medicine



Mahmoud Sabbagh, M.D.

Attending - RIM Pain Rotation

Mahmoud Sabbagh, M.D. joined the psychiatry staff with the Detroit Medical Group at Rehabilitation Institute of Michigan (RIM) in 2015. Dr. Sabbagh completed his residency at RIM with his fellowship in pain medicine at Detroit Receiving Hospital. He is primarily working in the outpatient clinic and consulting pain patients at RIM. Dr. Sabbagh performs large and small joint injections, facet joint blocks, nerve blocks, transforaminal epidural injections, radiofrequency ablations of lumbar, thoracic and cervical spine, and intrathecal pain pump management

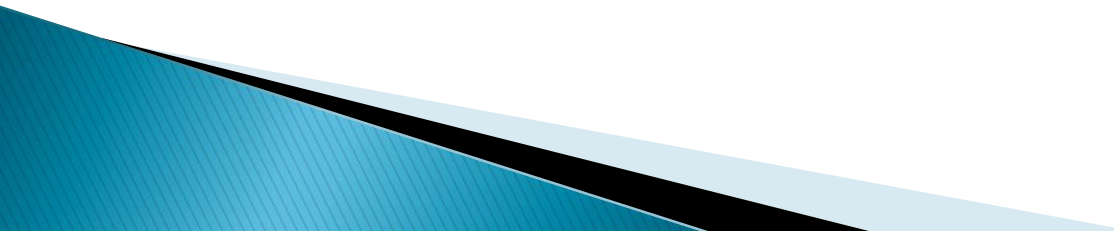
Board Certified:

American Board of Physical Medicine and Rehabilitation
Subspecialty in Pain Medicine

Specialty Interests:

Pain Medicine – Acute, Chronic and Cancer
Interventional Pain Procedures

Benefits

- ▶ Health Insurance
 - ▶ Dental insurance
 - ▶ Long-term disability insurance
 - ▶ Liability insurance
 - ▶ Educational Stipend -- \$3120/year
 - ▶ Free Gym at Brasza Outpatient Center
 - ▶ GME pays for lab coats, licenses and SAE exam
- 

Library Access/Resources

- ▶ DMC Online Library Services and DMC Hospital libraries (RIM, Children's Hospital, Huron Valley Sinai, Sinai Grace)
- ▶ Access to Wayne State University's Shiffman Medical Library including Up-to-Date
- ▶ In-House Library and Librarian for literature access/research

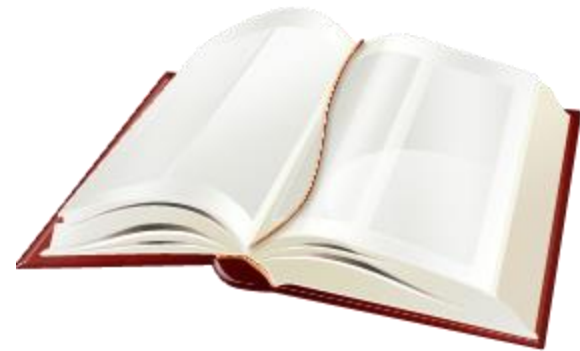


Leave of Absence/Time Off Policy

- ▶ 20 days off per year vacation (July 1- June 30)
 - Submit 30 days in advance
 - More than 5 consecutive days off require approval 4 months prior to time off.
 - Distributed throughout the year and not on a single rotation or calendar month
- ▶ Sick time
 - More than 3 days in a row require a physicians note
- ▶ Leave of Absence
 - Per ABPM&R if a resident is absent from training for more than 30 days yearly, the time will be added to the training end date.

Step 3 – Program Requirement

- ▶ Please make sure you pass Step 3 before starting our program.
- ▶ We want you to focus on training when you start with us.



Nicotine-Free Hiring Policy

In order to promote a healthier workforce, and to further the Detroit Medical Center's commitment to wellness, the DMC aims to employ nicotine-free personnel. This policy became effective on July 2012. As such, the **Detroit Education and Research will not hire resident and fellow applicants who use or test positive for tobacco or nicotine products in any form commencing the 2014/2015 academic year.** This policy shall apply to all residents and fellows including resident physicians, dentists, and podiatry.

Utilization of nicotine includes all tobacco products which create a positive nicotine test, including but not limited to: cigar, cigarette, pipes, nicotine patches, nicotine gum, and e-cigarettes (electronic cigarette) which provide doses of nicotine by way of a vaporized solution.

All offers of employment will be contingent upon a negative DMC Occupational Health Services test for cotinine (a marker of nicotine use) administered as part of the pre-employment health screen.

Any applicant, who currently smokes tobacco, otherwise uses nicotine containing products, or who has a positive test for cotinine shall not be hired. Testing positive is a failure to meet the conditions of employment and a violation of the Detroit Education and Research Graduate Medical Education employment contract and match agreement. **Applicants who test positive for cotinine will not be allowed to start in their program; they may be retested in 90 days, but programs will not be obligated to hold the position for the applicant.**

What will my work-life balance be like?





- RIM was on a Times Square billboard in New York 2013 for being awarded the Magnet® designation for excellence in nursing from the American Nurses Credentialing Center.
- Only rehab hospital in MI to achieve this and 3rd in the country



Campus Martius
Ice rink Downtown Detroit



Detroit Institute of Arts

Detroit is fun to play and live in.

<http://www.visitdetroit.com/>

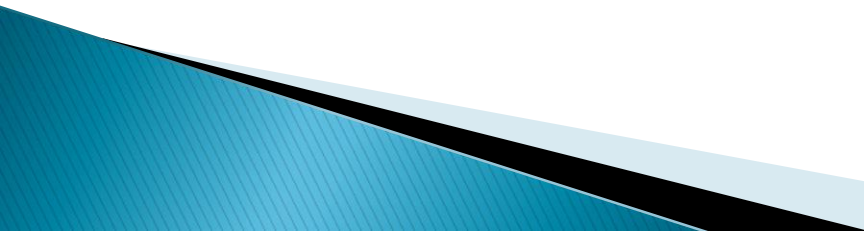
<http://midtowndetroitinc.org/>

Community

- ▶ City's cultural center, which includes:
 - Detroit Institute of Art Museum
 - Detroit Historical Museum
 - Museum of African-American Art
 - Michigan Science Center
- ▶ Detroit's theater district
 - Music Hall
 - Fox Theater
 - Michigan Opera Theater
 - Fisher Theater
 - Masonic Temple
 - Second City – comedy theater
 - Orchestra Hall, home of the renowned Detroit Symphony Orchestra is adjacent to RIM and the DMC.
- ▶ Detroit has a diverse assortment of five-star restaurants.



Sports & Entertainment

- ▶ Comerica Park – Detroit Tigers baseball
 - ▶ Ford Field – Detroit Lions football
 - ▶ Little Caeser's Arena – Detroit Red Wings hockey; Detroit Piston's basketball; Concerts
 - ▶ Casinos – Greektown, MGM Grand, & Motor City
 - ▶ Many restaurants in Greektown, Mexican Town, Midtown, Eastern Market, Cork Town, Hart Plaza
 - ▶ Take the tunnel or bridge to Windsor, Canada
- 

Resident Council



Together we are stronger

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+ Residents

+ Applicants

Anonymous Feedback

Council News



30
SEP
2017

Hello Autumn! Things to do in Detroit this Fall

Comments : 0

New to Detroit? Ready to see this amazing city and all that it has to offer? Follow the link below for a list of things to do, places to be and fun events around Metro Detroit this autumn. Calendar of Events Fall 2017

Submit an Agenda Item

Celebrate a Life Event

Upcoming Events

5:30pm DMC Running Club

Thursday, October 12

5:00pm Resident Council Meeting

Tuesday, October 17

5:30pm DMC Running Club

Tuesday, October 24

+ Google Calendar

Places to go in Michigan

- ▶ Moving to: www.midtowndetroitinc.org/live
- ▶ <http://www.michigan.org/Places-to-Go/Locations/Southeast/Default.aspx>

Websites:

- ▶ <http://www.pmr-rim.med.wayne.edu/residency-program.php> – Program Website
- ▶ www.rimrehab.org – DMC/RIM site
- ▶ www.dmc.org/gme – DMC/GME site

Places to go in Michigan



Great Place to Work & Play

