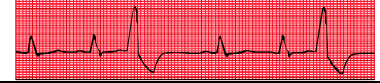


ALUMNI PULSE



UMDNJ-New Jersey Medical School
Department of Physical Medicine
and Rehabilitation
December 2006



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Chair's Corner

I want to wish each of you a happy holiday and a healthy, peaceful and prosperous New Year.

This has been a very difficult year as a result of the negative publicity that UMDNJ has received. The federal monitor is still on campus. The monitor's law firm has charged nearly \$1.6 million for their services through September 2006, while forensic accountants and other consultants have collected an additional \$6.6 million. This has been further complicated by allegations that UMDNJ sought to resuscitate the ailing cardiac surgery program at University Hospital by paying referring physicians about \$5.7 million in illegal kickbacks since 2002. This apparent "Stark violation" has led to the resignation of Dr. Jerrold Ellner, the NJMS chair of Internal Medicine. The entire school is being microscopically analyzed, and in some cases this has been demoralizing for the faculty and trainees. We now have overlapping compliance and ethics processes that make it more difficult to function. Resident lunches on Wednesdays have been eliminated, and we are forbidden from sending out holiday cards. I apologize that we have to use the Alumni Pulse as our only holiday greeting to you.

Our department's two-week mandatory student clerkship has survived the school-wide curriculum revision process. This drawn-out process became frustrating and anxiety-provoking, in part because our department's funding for faculty salaries is now based on our teaching contact hours, among other factors. In the end, our clerkship has been maintained, although the emphasis will need to shift toward chronic diseases. The curriculum committee wants us to add other components in future years, so the clerkship may eventually expand to three weeks and include geriatricians in the didactics and clinical sites. The school may also develop a separate, multidisciplinary musculoskeletal clerkship, which would involve PM&R, Orthopaedics, Rheumatology and primary care physicians who are sub-boarded in sports medicine.

The new wing at Kessler Institute in West Orange is opening in December 2006. When the renovation of the existing patient units is completed in the spring of 2007, this will be a "state-of-the-art" 138-bed facility (see pages 3-4). The Atlantic Health System continues its planned disengagement from our PM&R teaching programs, representing a reduction in our sports medicine and musculoskeletal/spine rotations. We are looking into offering similar training experiences at other sites.

The University Hospital has developed a large budget deficit. This has undermined its financial commitment to our department and made it impossible for us to grow and manage effectively.

The Kessler Medical Rehabilitation Research and Education Corporation (KMRREC) will merge with the Henry H. Kessler Foundation by the end of 2006. This merger should provide for long term financial stability and security for KMRREC beyond my tenure. We will be looking for a permanent location that will be the new home of the merged entity. This decision needs to be made in 2007.

Our annual PM&R Board Review Course is scheduled for April 19-27, 2007 at the Westminster Hotel in Livingston, NJ. This course continues to be very popular and successful.

I would like you to consider giving a generous tax-deductible gift to our Residency Training Fund. We use these donated funds for “extras” that we would not otherwise be able to afford. For example, last year we purchased software for a Web-based resident evaluation system that has dramatically improved the quality of feedback we receive about the performance of our trainees and our faculty. Please make your check payable to “The PM&R Residency Training Fund” and mail it to my Newark address located on the cover page. I would also very much appreciate receiving your nominations for our Alumnus of the Year award for 2007.

Best regards,



Joel A. DeLisa, MD, MS
Professor and Chair

*f*rom the program director...

Greetings all, and happy holidays!

Well, another year is drawing to a close here, marking 18 months since I became Residency Program Director (*time does fly when you're having fun!*). I feel like this program is truly my home, and I continually am striving to improve things for the residents and faculty. The online evaluation system is being used consistently, and is providing us with both the feedback and anonymity that was needed to be an integral part of the residency program. The residents are also

doing a Mini-CEx, which is an evaluation designed to provide a snapshot of a skill (like a joint injection or counseling a family), in addition to the global bimonthly evaluations we are all used to. Hopefully this will give the residents immediate feedback on their performance, allowing continued growth and improvement. As of this upcoming January, R2 and R3 residents will get to take the SAE, which will help give me feedback on the program and residents' progress. The residency is scheduled to have our Institutional Mid-Cycle review in January, and I look forward to showcasing the great program we have in PM&R!

Interviews are well underway, with six of our ten interview days for the season completed. We had 326 applicants this year for seven positions. 159 applicants are from US medical schools, including 48 osteopathic students, and 12 students from UMDNJ (all 3 schools)! We have invited 103 applicants to interview, and will be interviewing through January 3rd.

Planning is in progress for the Annual Board Review Course. This promises to be an outstanding course, and as usual our seniors and fellows will be able to attend the entire course. We invite you to remember that this course may be useful to those of you who are studying for the ABPM&R Maintenance of Certification (MOC) exam. We will send out course brochures to our alumni, as the material covered will help you to prepare for your MOC exam.

Along those lines, as many of you are aware, the American Board of PM&R has started the Maintenance of Certification (MOC) process, which includes tracking yearly CMEs and requiring most diplomates to recertify every ten years by taking a computerized MOC exam (very much like retaking Part I of the Boards). The MOC process also involves conducting Quality Improvement projects. In the future, the ABPM&R plans to add more steps to the MOC process, which will require more physician involvement. The most important thing at this time is to make sure that you are diligently tracking your CME credits, and paying the yearly fee to the ABPM&R for the MOC program. Also, check when your certificate expires, and plan to take the MOC exam before that date. More information about the MOC process is available at www.abpmr.org.

One of the benefits of the elimination of the Atlantic Health System rotations (and the Kessler expansion) is further centralization of the residency. With the addition of a TBI treatment floor at Kessler West, and expansion of the faculty, we will be adding an inpatient resident on the TBI service. This will result in two residents per block doing inpatient TBI, which will be more fun and improve skills in that area.

This rotation replaces the RIMM resident position. At University Hospital we have also added a resident, so there are now two residents doing consults during each block. This new resident position is part-time doing acute SCI and neurosurgery consults, and part-time doing EMGs. This rotation is to replace the Mountainside rotation. We are seeking more involvement in sports and spinal injections at facilities near Kessler, to replace the final two Atlantic positions which will be phased out in July 2008.

Hopefully, you have fond memories of your time spent here in training, and you will consider contributing a financial gift to the residency program. Your contributions allow me to ensure the residency has funds to support resident activities. Even a small donation will help me fund the things that I think are important for the residents. An example of what I would like to use donations for is purchasing more simulation models for injections, or software to teach the six competencies in an interactive manner.

I always like to hear how well this residency prepared you for practice, but even more so I would greatly appreciate your input on what we DIDN'T teach you that you really needed to know. Please feel free to contact me by phone (973) 972-4478 or email garstasv@umdnj.edu to give me your suggestions on how we can ensure that this residency program remains the best in the country!

Again, best wishes for the holiday season, and happy New Year!

Susan V. Garstang, MD
Residency Program Director

Note: for those of you alumni out there who may be seeking a job change, please be aware that I keep every job offer that comes into this office (several per month), from all over the country. I'd be happy to share these with you at your request. Just email or call me with preferred location or job type, and I'll send you the information.

New Expansion of Kessler Institute for Rehabilitation – West Orange
Steven Kirshblum, M.D.

It is with great excitement and anticipation that I announce to the alumni the opening of our new 102,000 square-foot

addition to Kessler Institute for Rehabilitation (KIR) West Orange campus. Groundbreaking for this three-story addition began in May 2005, with our ribbon cutting ceremony held on November 30, 2006. The new addition that is part of an overall \$35 million expansion project will become home to our Spinal Cord Injury and Brain Injury Rehabilitation programs by early 2007.

The new building was designed and constructed over an 18-month period to create a leading edge rehabilitation environment that features two dedicated patient floors, one for brain injury and one for spinal cord injury rehabilitation. We will also have a specialized dual diagnosis (concomitant SCI and BI) unit, as well as continue with a ventilator dependent program. Each floor will have state-of-the-art therapy gyms equipped with advanced treatment technologies. The 96 beds in this new wing will have private and semi-private rooms, with the latest bedside technologies to manage and monitor care. In addition, built-in lifts to assist staff and ensure the safe transfer of patients out of bed have been incorporated into many of the rooms. Each room will have a private bathroom and each floor will have day rooms, lounges and patio areas.

The second phase of the construction project, expected to be completed in April 2007, includes renovations to the existing patient wings (old East and West wings at the West Orange campus) and therapy gyms. Once completed, Kessler - East Orange facility will be transitioned to the West Orange campus. At this time, the Kessler West facility will have a total capacity of 138 total beds.

From the resident perspective, the new building will have a brand new resident suite that includes two bedrooms, a private bathroom with a shower, a lounge and a study area. As Kessler East Orange will close, the residents rotating on the brain injury services will be together at the same facility with the residents rotating on the SCI, stroke, amputee and general rehabilitation services.

I am thrilled about the newness of the structure. I am even more excited at the opportunity to bring together our SCI and TBI programs with the dedicated team of professionals and educators (i.e. physicians, nurses, and therapists) in all of our specialty areas, where we can best meet the needs of our patients – and enhance the recovery of all of the individuals we serve. As our founder Henry H. Kessler wrote... “*An institution is built not merely of brick and mortar. Its strength lies in people – qualified, dedicated people with vision and imagination, as well as understanding and compassion.*”

New Main Entrance



Kessler Institute Maintains #2 Ranking

The Kessler Institute for Rehabilitation has again been ranked # 2 in the nation among rehabilitation hospitals in the recent edition of [US News and World Report](#). The Rehabilitation Institute of Chicago was ranked first in the nation, the University of Washington at Seattle was ranked #3, the Mayo Clinic was ranked #4 and The Institute for Rehabilitation and Research (Houston) was ranked #5.

Developments at UMDNJ

By this issue we were hoping to report to you that the University of Medicine and Dentistry of New Jersey had turned the corner on its management problems and was reestablishing its reputation and trust in the eyes of the people of New Jersey. While there have been a few positive developments, such as the appointment of several new board members with outstanding reputations for integrity, these have been overshadowed by damaging media coverage of ongoing allegations of mismanagement, fraud and criminal prosecutions. As reported in the last issue, a year ago the University executed a “[deferred prosecution agreement](#)” and a “[monitor agreement](#)” with the federal government in order to avoid criminal prosecution. Since then the on-site federal monitor has engaged an extensive team of auditors, attorneys and forensic investigators who have been working diligently to uncover various types of misconduct.

Thus far the monitor’s findings have fallen into several broad categories. First, the University has been accused of using a variety of inappropriate tactics aimed at unduly influencing the political process. These have ranged from excessive expenditures on lobbying firms and political consultants, to the institutionalization of political patronage in hiring decisions, to the employment of key politicians in “no show” jobs. Secondly, the auditors have found numerous examples of potentially illegal financial transactions, such as double-billing insurance programs, falsifying federal cost reports, upcoding certain hospital diagnoses and offering salaries to community-based physicians in exchange for patient

referrals. Thirdly, there have been various examples of abuse of financial perquisites by senior officials. These have ranged from petty abuses of expense accounts, to inappropriately lavish travel accommodations, to fraudulent claims for UMDNJ’s reimbursement of personal expenses. One official had to be forcibly restrained by the FBI from shredding incriminating documents in his office. Underlying many of these disclosures have been the common themes of waste, negligence, mismanagement and corruption.

Several UMDNJ board members have resigned, many under pressure from Gov. Corzine, and the Governor has appointed several replacements, including new UMDNJ board chairman Robert J. Del Tufo, Esq. Under pressure from the federal monitor, several senior executives and academic leaders at UMDNJ have either been dismissed or have resigned, including the Dean of UMDNJ’s School of Osteopathic Medicine, the Senior VP for Academic Affairs, a senior associate dean, several vice presidents and several financial executives. Many of these terminations have involved allegations of financial or ethical misconduct. Currently the University has interim deans leading all three of its medical schools, an interim President and a variety of key administrative posts that have also been filled with temporary appointees. National searches have been initiated for many top positions, but some strong candidates will foreseeably be discouraged from applying until UMDNJ’s proposed consolidation with New Jersey’s other public universities has been resolved.

The [most recent report](#) on UMDNJ by the federal monitor discloses that community-based cardiologists have been receiving compensation that is excessive in relation to the tangible services they have been providing to UMDNJ. Because these individuals have also been referring their patients to University Hospital, this arrangement was determined to violate the Stark II guidelines. As a result of these investigations, the chair of the NJMS Department of Medicine has resigned from his leadership positions and has been placed on administrative leave. Up until this point, although there have been numerous disclosures of misconduct at UMDNJ, none have directly involved clinical programs within academic departments. UMDNJ’s board of trustees has appointed a committee to investigate the newest disclosures about payments to community based cardiologists in order to induce referrals. This committee will be expected to closely evaluate the role played by top administrators in this arrangement.

PM&R Clerkship Will Continue

As many of you will recall, since 1991 our department has offered two-week medical student clerkship in PM&R that has been mandatory for all students. This has placed us among the small handful of PM&R departments nationwide that have anchored a solid place within their curriculum through such mandatory clerkships. Over the past year, our clerkship has been jeopardized as the school's curriculum has been extensively revised. This threat has been spearheaded by a handful of curriculum administrators who have been pressing for a consolidation of the PM&R curriculum with other larger specialties, and from some other NJMS departments that may have benefited by assimilating the PM&R curriculum. Underlying these threats were two major factors. First, the school has been completing a systematic, comprehensive overhaul of its curriculum, in order to better align its academic programming with the measurable student competencies that our graduates will need in their future medical practices. Secondly, the Dean's office has continued its implementation of "mission-based budgeting," a set of formula-driven tools that allocate funds to each department based on its classroom contact hours and other tangible services to the school. Without these funds, a department cannot pay salaries to its faculty. Together, these factors inspired some chairs and deans to pursue an expanded teaching role for their own specialties at the expense of others. Our clerkship director and co-director, Dr. Patrick Foye and Dr. Peter Yonclas, have attended innumerable meetings over the past year where they made repeated PowerPoint presentations emphasizing the reasons for continuing our clerkship. These discussions, recommendations and counter-proposals at NJMS have occurred within a complex array of committee jurisdictions that are not uncommon within academic medicine.

Recently the NJMS Faculty Council, which is the governing body of the faculty, has confirmed that the PM&R clerkship will continue as a mandatory two-week rotation during AY 2007-2008. This commitment has been made with the understanding that we must incorporate additional material into the curriculum on chronic disabilities, chronic pain and palliative care. We will also be required to increase the number of clerkship sessions from 10 per year to 12 per year.

At some point in the future, our clerkship may even need to expand to three weeks, and we may also become involved in developing a separate, interdisciplinary clerkship in musculoskeletal medicine in conjunction with specialties such as Orthopædics, Rheumatology and Family Medicine. We are relieved that the importance of rehabilitation medicine has been reaffirmed within the NJMS curriculum.

Continuing Interest in Merging UMDNJ With Rutgers & NJIT

A new task force of the New Jersey Legislature has begun to reconsider a [four-year-old proposal](#) from the previous "Commission on Health Science, Education and Training" to restructure Rutgers and the University of Medicine and Dentistry of New Jersey. The current task force, known as the "Legislative Task Force on Higher Education and the Economy," is co-chaired by state Sen. Raymond Lesniak, D-Union, and Assemblyman Wilfredo Caraballo, D-Essex/Union. Collectively, Rutgers, UMDNJ and NJIT have more than 60,000 students, 25,000 faculty and staff members, and 786 buildings across the state. Early indications are that the Rutgers University leadership may now be more supportive of a merger than they were in 2002, particularly as it relates to a merger between the Robert Wood Johnson Medical School and Rutgers. The new task force is expected to release its final report in late 2007.

Stewardship Review of PM&R Is Delayed

All chairs at the UMDNJ-New Jersey Medical School, like those at many of the nation's other medical schools, are required to undergo a periodic evaluation of their leadership ability as it is reflected in their department's overall performance. Dr. DeLisa last underwent an evaluation of his stewardship in 2000, so he was expected to undergo another evaluation in 2005. At NJMS this review is performed in several phases, starting with an internal review by faculty members from within the department. Under the chairmanship of Dr. John Bach, a "PM&R Self-Study Committee," after waiting for instructions from the Dean's office but receiving none, compiled an extensive database and submitted its report to the Dean in April 2006. The Dean then selected Dr. Robert Weber (SUNY-Upstate Medical University) and Dr. Elliott Roth (RIC/Northwestern) as external reviewers. Subsequently the governing committee of the NJMS faculty agreed that these two reviewers should be joined by a third external reviewer who should be acceptable to both the Dean and to Dr. DeLisa. Dr. DeLisa has provided three additional names of candidates to the Dean for his consideration, but thus far no response has been received from the Dean. It is unlikely that this site visit will be scheduled until 2007.

Annual PM&R Board Review Course

The 2007 board review course has been scheduled for Thursday, April 19, 2007 through Friday, April 27, 2007 at the Westminster Hotel located at 550 West Mount Pleasant Avenue, Livingston, NJ 07039. This will be the 19th year

this course has been offered, and up to 80 Category I CME credits will be available to qualified registrants. This has grown to become the nation's largest and most comprehensive review course in the field of physiatry. Further information is available from the KMRREC Education Department at (973) 243-6812, or jsemidev@kmrrec.org.

Plaque Commemorating Dr. Nadler

A bronze plaque commemorating Dr. Scott Nadler (residency class of 1994, sports medicine fellowship 1995) has been mounted on a stained wood backing and permanently installed in suite 3100 of the Doctors Office Center in Newark, New Jersey where Dr. Nadler practiced. In a medium known as "bas-relief," the cast bronze plaque is positioned where it is seen by any faculty member, resident, medical student, patient, support staff member or visitor who enters the suite. The inscription on the plaque reads:

In affectionate memory of

Scott F. Nadler, D.O.

Professor of Physical Medicine and Rehabilitation

UMDNJ-New Jersey Medical School

1991 - 2004

In honor of his outstanding contributions to the field of musculoskeletal medicine as a teacher, clinician,



investigator, mentor and colleague
Dedicated by the PM&R faculty,
trainees, alumni and staff

No Holiday Cards This Year

Based on a new ruling by the NJMS Dean's Office, departments have been prohibited from distributing holiday cards this year using either UMDNJ or faculty practice funds. We ask our alumni for your understanding of this

situation.

Dr. Jacqueline Wertsch to Receive 2007 NJMS Teacher of the Year Award in PM&R

Jacqueline J. Wertsch, M.D., has accepted our department's invitation to come to New Jersey in June 2007 to present several lectures to our trainees and receive the PM&R Teacher of the Year Award. Currently Dr. Wertsch serves as Professor of Physical Medicine and Rehabilitation and Director of the fellowship program in electromyography at the Medical College of Wisconsin. She received her medical degree from the Medical College of Pennsylvania, and then completed her residency in physical medicine and rehabilitation at RIC/Northwestern. She subsequently completed a fellowship in clinical neurophysiology at the Medical College of Wisconsin. She has received more than 17 years of continuous extramural funding for her research from the Department of Veterans Affairs and/or the National Institutes of Health. In 2003 she received the Distinguished Researcher Award from the American Association of Electrodiagnostic Medicine. Dr. Wertsch has agreed to conduct an EMG workshop for the residents on Tuesday afternoon, June 5, 2007. She will present two lectures on Wednesday, June 6th on topics that will be determined.

UMDNJ Introduces New "Ethics" Guidelines

The State of New Jersey has rolled out a new set of ethics guidelines for all State agencies that impose new limits on faculty and resident activities. Many of these guidelines were developed to regulate New Jersey's casino industry, race tracks and similar State-supervised activities. In an attempt to comply with these new guidelines, we have been forced to eliminate residents' lunches provided by drug companies at the Wednesday didactics, due to the possible conflict of interest such meals are believed to engender. New forms have been developed requiring UMDNJ faculty to obtain written permission before they can serve on committees, write board exam questions, hold offices in professional organizations and perform similar activities for organizations outside of UMDNJ. Other new forms require approval before faculty may attend any meeting, conference, seminar, speaking engagement, symposium, training course, groundbreaking, ribbon-cutting, meal, open house, cocktail party, fundraiser, holiday party or social function. These approvals are required even if the faculty member plans to be on vacation during the time of the event. The University officials who are charged with reviewing these approvals have become severely backlogged, which has begun to exert a deadening effect on many academic activities at UMDNJ.

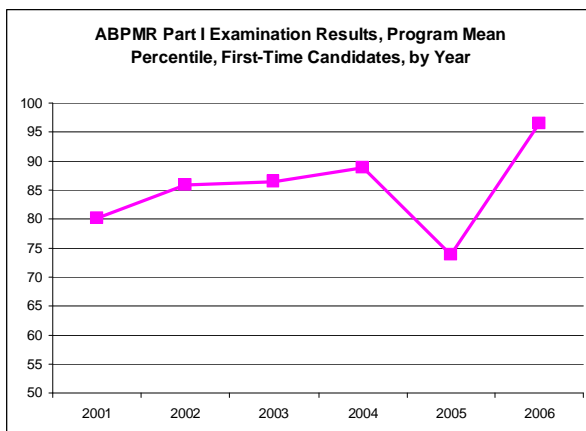
Arbitrary limits have been placed on reimbursement for out-of-pocket faculty expenses, even for travel and dues that are paid with non-

UMDNJ funds generated through the faculty practice. In some cases auditors have retroactively denied travel expenses incurred by faculty, if cheaper modes of transportation or accommodation were subsequently determined to have been available. Many types of faculty honoraria have been prohibited, and those that are still allowed must be deposited into centrally-controlled accounts. These new restrictions have damaged morale on the part of our faculty and trainees, just as they have in other UMDNJ-based departments. To address these concerns, the NJMS Dean together with other deans has attempted to secure an "academic exemption" to these new regulations, but thus far the State's Ethics Commission has declined to change its policies.

ABPMR Exam Scores

The residency class of 2006 did very well on Part I of the ABPMR exam. Seven graduates (70%) scored above the 95th percentile nationally, and 9 graduates (90%) scored above the 90th percentile nationally. The lowest-scoring graduate ranked in the 88.6th percentile nationally. The "program mean percentile" was 96.5%, an overall outcome that may be the highest of any PM&R program in the U.S. The GME Committee attributes these favorable outcomes to the continuing enthusiasm and dedication displayed by the PM&R faculty. Our "program mean percentile" for the past several years is shown on the graph below.

The results of Part II on the ABPMR exam (oral) have also been reported for the residency class of 2005. One member of that class was reported to have failed Part II of the board examination. This is only the second time in 18 years that a



graduate from our program has failed this oral exam. To address this outcome, our teaching faculty will be placing greater emphasis on conducting a practice oral exam at the conclusion of each rotation.



FACULTY & ALUMNI NEWS

Faculty Accomplishments and Awards

Eric L. Altschuler, M.D., Ph.D., Instructor of PM&R, is one of only eight young psychiatrists in the U.S. to be selected to participate in the Association of Academic Psychiatrists' Program for Academic Leadership 2007. The goal of this three-year program is to prepare promising academic psychiatrists for leadership roles within their Department, Medical School, and the field of PM&R.

Dr. Altschuler has also received extensive publicity in connection with a study of the 1918 influenza epidemic. Following release of a story in the *Star-Ledger*, he received over 400 telephone inquiries from across the country. Dr. Altschuler has also received renewed coverage of his innovative use of mirror therapy for patients with stroke or amputations, including a live broadcast on a public television affiliate.

Joel A. DeLisa, M.D., M.S., Professor and Chair, was elected as Chair-Elect of the Council of Academic Societies at the Association of American Medical Colleges. He will serve in that role until the AAMC annual meeting in November 2007. At that time he will become Chair of the CAS and serve until the November 2008 annual meeting. The CAS consists of representatives from 96 academic societies and represents the faculty at academic medical centers within the AAMC.

John DeLuca, Ph.D., Professor, has been appointed to the Clinical Advisory Committee of the Greater North Jersey Chapter of the National Multiple Sclerosis Society.

Susan V. Garstang, MD, Assistant Professor of PM&R, UMDNJ-NJMS, presented at a workshop on Acupuncture and Stroke Rehabilitation at the Integrative Health Options Conference on October 20-21, 2006 at the New Jersey Medical School.

Todd Linsenmeyer, M.D., Professor of PM&R, was selected to present the annual Alpha Omega Alpha lecture at UMDNJ-New Jersey Medical School on November 15, 2006 at 5:00 pm. The title of Dr. Linsenmeyer's lecture was

“Overcoming Challenges Following SCI: a Physician’s Perspective.”

Gerard A. Malanga, MD, Associate Professor of PM&R, UMDNJ-NJMS, has been selected by Castle Connolly Medical Ltd, as a 2006 New York Metro Area “Top Doctor.”

Todd P. Stitik, MD, Professor of PM&R, UMDNJ-NJMS, was the guest speaker at the NJAALNC Educational Meeting on September 20, 2006 held at The Rutgers Club in New Brunswick, NJ.

Dr. Stitik also presented on "Nonpharmacologic Approaches to Osteoarthritis" at the Summit meeting held on August 5-6, 2006, hosted by the Institute for Clinical Care.

Dr. Stitik has also been selected as a member of a working group to develop North American Guidelines for Joint Replacement Rehabilitation. As a member, Dr. Stitik will be participating in the North American research project to develop national practice guidelines for hip and knee replacement rehabilitation.

The following faculty members presented at a symposium on “Pain: From Bench to Bedside and Beyond” on October 27, 2006 at UMDNJ-New Jersey Medical School:

- **Eric L. Altschuler, M.D., Ph.D.,** Instructor, lectured on the topic “Gastrointestinal Pain”
- **Patrick M. Foye, M.D.,** Assistant Professor, lectured on “Coccydynia (Coccyx Pain): Treatments”
- **Todd P. Stitik, M.D.,** Professor, lectured on “Osteoarthritic Pain”

Faculty Grants

John DeLuca, Ph.D., Professor of PM&R (co-investigator) and Bharat B Biswal, Ph.D. (PI), “Cerebral Blood Flow and BOLD Changes in TBI using fMRI,” NIH, August 2, 2006-July 31, 2010, total costs \$1.4 million.

Gail F. Forrest, Ph.D., Assistant Professor. “Stand Retraining Combined with Functional Electrical Stimulation in Incomplete Spinal Cord Injury: Neuromuscular and Bone Density.” New Jersey Commission on Spinal Cord Research, \$388,309 over 2 years, starting December 15, 2006.

David S. Tulsky, Ph.D., Associate Professor, has received a renewed grant for five years for the Northern New Jersey Spinal Cord Injury System (NNJSCIS). This grant is

provided from the National Institute on Disability and Rehabilitation Research. It is a joint effort among the Kessler Medical Rehabilitation Research and Education Corporation, Kessler Institute for Rehabilitation and UMDNJ-University Hospital. This is one of 14 such model systems in the country. The current grant cycle runs from September, 2006 – September 2011 and totals \$2,287,085 over the five years (\$457,417 per year).

Alumni Award

Steven J. Page, Ph.D. (postdoctoral appointee, class of '00 and former Assistant Professor at NJMS) has received the Deborah Wilkerson Early Career Award in Rehabilitation Research from the American Congress of Rehabilitation Medicine. While a trainee in our department, Dr. Page was mentored by **Mark Johnston, Ph.D.,** Professor, and **Sue Ann Sisto, Ph.D.,** Associate Professor.

Publications

Anna Barrett, M.D., Associate Professor of PM&R, has guest edited a special issue of the Journal of Rehabilitation Research and Development with Dr. Leslie Gonzalez Rothi centering on treatment innovations in cognitive and motor post-stroke rehabilitation.

Barrett AM, et al. Cognitive rehabilitation interventions for neglect and related disorders: moving from bench to bedside in stroke patients. *J Cogn Neurosci.* 2006 Jul;18(7):1223-36.

“Accuracy of Predicting Bladder Stones Based on Catheter Encrustation in Individuals with Spinal Cord Injury.” Mark A. Linsenmeyer, **Todd A. Linsenmeyer, M.D., Professor,** Department of Physical Medicine and Rehabilitation, UMDNJ-NJMS, et al. *J. Spinal Cord Med.* 2006;29:402-405.

“A Natural Setting Behavior Management Program for Persons with Acquired Brain Injury: A Randomized Controlled Trial.” George J. Carnevale, PhD, Vera Anselmi, PhD, **Mark V. Johnston, PhD, Professor of PM&R,** UMDNJ-NJMS, Kim Busichio, PhD, Vanessa Walsh, PhD. *Arch Phys Med Rehabil,* Vol 87, October 2006.

“Occupational Low Back Pain.” **Todd P. Stitik, MD, Associate Professor of PM&R,** UMDNJ-NJMS, Chang MY, Nadler, SF. *Clinics in Occupational and Environmental Medicine,* 5(3):545:69.

“Osteoarthritis and Therapeutic Exercise.” **Sue Ann**

Sisto, MD, Associate Professor of PM&R, UMDNJ-NJMS; Gerard Malanga, MD, Associate Professor of PM&R, UMDNJ-NJMS. *Am J Phys Med Rehabil*, 2006;85.

“Rehabilitation of Basketball Injuries.” Gerard A. Malanga, MD, Associate Professor of PM&R, UMDNJ-NJMS, Gary P. Chimes, MD, PhD (former Resident of PM&R). *Phys Med Rehabil Clin N Am*, 17 (2006); 565-587.

“Use of Medications in the Treatment of Acute Low Back Pain.” Gerard A. Malanga, MD, Associate Professor of PM&R, UMDNJ-NJMS; Robin L. Dennis, MD. *Clin Occup Environ Med* 5(3) 643-653.

Gerard A. Malanga, MD, Associate Professor of PM&R, UMDNJ-NJMS is the Guest Editor for a special issue of Clinics in Occupational and Environmental Medicine on Low Back Pain published by Elsevier Saunders, 2006.

“Corticosteroid Injections for Osteoarthritis.” Todd P. Stitik, MD, Professor of PM&R, UMDNJ-NJMS; Ajay Kumar, MD, (former Instructor of PM&R, UMDNJ-NJMS); Patrick M. Foye, MD, Assistant Professor of PM&R, UMDNJ-NJMS. *Am J Phys Med Rehabil* 2006;85(Suppl):S51-S-65.

“Orthotics and Assistive Devices in the Treatment of Upper and Lower Limb Osteoarthritis.” Peter P. Yonclas, MD, Instructor of PM&R, UMDNJ-NJMS; Robert R. Nadler, CPO; Mariann E. Moran, MBA, OTR, CHT; Karen L. Kepler, DO, PhD, Assistant Professor of PM&R, UMDNJ-NJMS; Elena Napolitano, MD, Clinical Assistant Professor of PM&R, UMDNJ-NJMS. *Am J Phys Med Rehabil* 2006;85(Suppl):S82-S97.

“Osteoarthritis - Epidemiology, Risk Factors, and Pathology.” Susan V. Garstang, MD, Assistant Professor of PM&R, UMDNJ-NJMS; Todd P. Stitik, MD, Professor of PM&R, UMDNJ-NJMS. *Am J Phys Med Rehabil* 2006;85(Suppl):S2-S11.

“Osteoarthritis and Psychiatry.” Todd P. Stitik, MD, Professor of PM&R, UMDNJ-NJMS; *Am J Phys Med Rehabil* 2006;85(Suppl):S1.

“Does the Scoring of Late Responses Affect the Outcome of the Paced Auditory Serial Addition Task (PASAT)? Julie Balzano; Nancy Chiaravalloti, PhD, Assistant Professor of PM&R, UMDNJ, New Jersey Medical School, Jean Lengfelder, PhD, Assistant Professor of PM&R, UMDNJ-New Jersey Medical School; Nancy Moore; John DeLuca, PhD., Professor of PM&R, UMDNJ-New Jersey Medical School. *Archives of Clinical Neuropsychology*

21(2006): 819-825.

“Chaperonin 10 for Rheumatoid Arthritis.” RE Kast, Eric L. Altschuler, M.D., Ph.D., Instructor of PM&R. *Lancet*;368:1962 (December 2, 2006).

The following posters were presented at the AAPM&R meeting:

“A Randomized Double-Blinded Crossover Trial of Acromioclavicular Joint Intra-Articular Sodium Hyaluronate for the Treatment of Chronic Shoulder Pain Due to Acromioclavicular Joint Osteoarthritis” presented by Todd Stitik, MD, Professor, Lisa Schoenherr, BA, CCRC, Research Assistant; Charles J. Buttaci, DO, PT, Resident; Patrick M. Foye, MD, Assistant Professor; Peter P. Yonclas, MD, Assistant Professor; Jong H. Kim, MD, PhD, et al. Department of PM&R, UMDNJ-NJMS.

“Use of Fluoroscopic Feedback to Increase Acromioclavicular (AC) Joint Palpation Accuracy” presented by Joshua A. Levy, DO, Resident; Todd P. Stitik, MD, Professor; Mark Lee, MA; Patrick M. Foye, MD, Assistant Professor; Lisa Schoenherr, BA, CCRC, Research Associate, Department of PM&R, UMDNJ-NJMS.

“Pharmacotherapy of Osteoarthritis.” Todd P. Stitik, MD, Professor of PM&R, UMDNJ-NJMS; Eric L Altschuler, MD, Instructor of PM&R, UMDNJ-NJMS; Patrick M. Foye, MD, Assistant Professor of PM&R, UMDNJ-NJMS. *Am J Phys Med Rehabil* 2006; 85(Suppl):S15-S28.

“Viscosupplementation (Biosupplementation) for Osteoarthritis.” Todd P. Stitik, MD, Professor of PM&R, Joshua A. Levy, DO (former Fellow of PM&R, UMDNJ-NJMS). *Am J Phys Med Rehabil* 2006;85 (Suppl):S32-S50.

“Vitamin D Deficiency – Implications in the Rehabilitation Setting.” Kelly M. Heath, MD, Resident of PM&R, UMDNJ-NJMS; Elie P. Elovic, MD, Associate Professor of PM&R, UMDNJ-NJMS. *Am J Phys Med Rehabil* 2006;85:916-923.

“What is the American Physiatrist’s Role in the International Physical Medicine and Rehabilitation Organization?” Joel A. DeLisa, MD, MS Professor and Chair of PM&R, UMDNJ-NJMS. *Am J Phys Med Rehabil* 2006;85:935-937.

Trainee Awards

Sarah Blowe, a NJMS summer research student under the supervision of **Eric L. Altschuler, M.D., Ph.D.**, Instructor, has received the third place award in the Summer Student Research Program Poster Day for her abstract "Distinct Binding Mechanisms for Visual Properties in the Human Brain."

Gerald T. Voelbel, Ph.D., Instructor and postdoctoral appointee, has been awarded a Postdoctoral Stipend Supplement of \$5,000 by the Office of Postdoctoral Affairs at UMDNJ. This award is made as a supplement to his NIH F32 grant which commenced in August 2006.

Akshat Shah, M.D., SCI fellow and 2006 graduate of our PM&R residency program, has received the Earl C. Elkins Award from the American Board of Physical Medicine & Rehabilitation for achieving the highest score in the nation on Part I of the PM&R board exam. This marks the fifth time that a graduate of our residency training program has received this national honor. No other program in the U.S. has had more than three of its graduates receive this award. Dr. DeLisa has thanked the PM&R faculty and trainees for collectively fostering a commitment to scholarship that made Dr. Shah's achievement possible. He has also congratulated Dr. Shah for his outstanding performance on this rigorous exam.

JenFu Cheng, M.D. informs with us that he has upcoming exhibit of about 40 photos that will be displayed at Children's Specialized Hospital from December 2, 2006 through January 28, 2007. The photos are from his travels during six-month hiatus last year. Dr. Cheng traveled through many wonderful countries including Costa Rica, Thailand, Cambodia, Bhutan, Italy. Here are links to the official announcements:

<http://www.pbase.com/jenfu/image/70691220/large>

<http://www.jenfucheng.com/> (click on Fees/more info and click on the CSH-exhibit announcement PDF link).

Access to the hospital for viewing the photos is available on all days.

Please feel free to contact Dr. Cheng at JCheng@childrens-specialized.org if you have questions.

UMDNJ PM&R Postdoctoral Alumni Updates

Nancy D. Chiaravalloti, Ph.D. graduated from the fellowship in 2001 and is currently the Associate Director of

the Neuropsychology and Neuroscience Laboratory at KMRREC and Assistant Professor of Physical Medicine and Rehabilitation at the UMDNJ - New Jersey Medical School. Dr. Chiaravalloti focuses her research on cognitive rehabilitation in neurological illness and functional neuroimaging of neurologically impaired populations. Since completing her post-doctoral research fellowship at the University of Medicine and Dentistry of New Jersey-New Jersey Medical School/Kessler Medical Rehabilitation Research and Education Corporation in Neuropsychology and Neuroscience, has received numerous grants to support her work in both cognitive rehabilitation and neuroimaging. Her funding sources include the National Institute of Health, the National Multiple Sclerosis Society, and the National Stroke Association. She has authored over 2 dozen academic publications and has made over 3 dozen presentations of her work at national and international conferences.

Bruce Diamond, M.Ed., Ph.D., former fellow in Neuropsychology and neuroscience, has recently been awarded tenure in the Department of Psychology, William Paterson University, Wayne, NJ.

Heath A. Demaree, Ph.D. former fellow in Neuropsychology and neuroscience, was awarded the Case Western Reserve University J. Bruce Jackson, M.D., Award for Excellence in 2005 for excellence in undergraduate mentoring and was promoted to Assistant Professor of Psychology in the College of Arts and Sciences of Case Western Reserve University, Cleveland, Ohio.

Lana Tiersky, Ph.D. former fellow in Neuropsychology and neuroscience, was promoted to Associate Professor at Fairleigh Dickinson University last year and is up for tenure review this coming year. Her first sabbatical is planned for next semester and she plans to work on a TBI treatment grant.

Gerald T. Voelbel, Ph.D. a current fellow in Neuropsychology and neuroscience, was awarded a National Research Service Award (F32) from NIH/NIND entitled "Functional Near Infrared Spectroscopy of Mild TBI." Dr. Voelbel also received the University of Medicine and Dentistry of New Jersey Postdoctoral Stipend Award.

Karen J. Nolan, Ph.D. current fellow in the Human Performance and Movement Analysis Laboratory, was awarded the NIH Loan Repayment Program (LRP) for clinically oriented research through the National Institute of Arthritis and Musculoskeletal and Skin Diseases to evaluate the effects of ankle foot orthotics during walking in hemiplegic stroke patients using an innovative foot pressure

technology in combination with kinematics and kinetics.

Recent Fellows Presentations/Publications of current fellows

Gerald Voelbel, PhD:

Voelbel, G.T., Chiaravalotti, N., & DeLuca, J. (In press). Functional Neuroimaging in Multiple Sclerosis. In F.G. Hillary and J. DeLuca (Eds.), *Functional Neuroimaging in Clinical Populations*. New York: Guilford Press.

Voelbel, G.T. (In Press). Functional Near-Infrared Spectroscopy: Shining light on an emerging neuroimaging technique. American Psychological Association, Division 40 News Letter.

Voelbel, G.T. (In Press). New Funding Awarded to Study Executive Dysfunction in Recent Mild Traumatic Brain Injuries with Functional Near Infrared Spectroscopy. KMRREC Innovations, Fall, 2006.

Arango, C.J., Balzano, J., Merritt, N., **Voelbel, G.T.**, Cuetos, F., & DeLuca, J. The Usefulness of Self Generation to Improve Learning and Memory in Hispanics. Paper presented at the International Neuropsychology Society annual meeting, Zurich, Switzerland, 2006.

Arango, J.C., Merritt, N., Balzano, J., **Voelbel, G.T.**, Lengenfelder, J., Rogers, H.L., & DeLuca, J. Influence of Acculturation on Hispanics' Neuropsychological Test Performance. Paper presented at the International Neuropsychology Society annual meeting, Zurich, Switzerland, 2006.

Gaudino-Goering, E.A., DeLuca, J., **Voelbel, G.**, Goverover, Y., Moore, N B., & Halper, J. Using the MSFC to predict Performance of Complex Activities of Daily Living in MS. *Journal of the International Neuropsychology Society*, 12(S1), 133. Paper presented at the Annual International Neuropsychology Society meeting, Boston, MA 2006.

Locascio, G., Silva, K., **Voelbel, G.T.**, Hendren, R., and Bates, M.E. Corpus Collosum Area Differences in Children with Autism, Asperger's Disorder, and Bipolar Disorder. *Journal of the International Neuropsychology Society*, 12(S1), 73. Paper presented at the Annual International Neuropsychology Society meeting, Boston, MA 2006.

Karen J. Nolan, PhD:

Nolan, K.J., Galang, N.F.G., & Elovic, E.P. Gait Assessment After Tibial Nerve Block Using Pedobarography: a Case Series. *Archives of Physical Medicine and Rehabilitation*, 87(11): E14, 2006. Poster presented at the Annual American Academy of Physical Medicine and Rehabilitation meeting,

Honolulu, Hawaii, November 2006.

Nolan, K.J., Hillstrom, H.J., Sisto, S.A., & Elovic, E.P. *Evaluating Ankle Foot Orthotics (AFOs) in Hemiplegic Stroke Patients using Pedobarography*. *Archives of Physical Medicine and Rehabilitation*, 87(10): E9, 2006. Paper presented at the Annual American Congress of Rehabilitation Medicine meeting, Boston, Massachusetts, September 2006.

Galang, N.F.G., **Nolan, K.J.**, & Elovic, E.P. *Objective Assessment of Changes in Gait Using Pedobarography, While Walking After Botulinum Toxin Injections in Walking in the Management of Equinovarus Deformity: A Case Study*. Poster presented at the Annual Archives of Physical Medicine and Rehabilitation meeting, 2006.

Nolan, K.J., Hillstrom, H.J., Sisto, S.A., & Elovic, E.P. Plantar pressure measurements to evaluate ankle foot orthoses in hemiplegic stroke patients: A pilot study. Paper presented at the EMED Scientific Meeting, Bavaria, Germany, July 2006.

Nolan, K.J., Simone, L.K., Hillstrom, H.J., Sisto, S.A., & Elovic, E.P. Feasibility of Dynamic Pedobarography to Evaluate Ankle Foot Orthotics Following Brain Injury. Poster presented at the Annual Rehabilitation Engineering & Assistive Technology Society of North America, Atlanta, Georgia, June 2006.

John, S.T., Doppalapudi, H., Elovic, E.P., Simone, L., & **Nolan, K.** Quantification of functional change after temporary chemoneurolytic intervention in ankle spasticity. *American Journal of Physical Medicine and Rehabilitation*: Daytona Beach, Florida, 85(3): 253, March 2006. Paper presented at the Annual Meeting of the Association of Academic Physiatrists, Daytona Beach, Florida, 2006

Karen Hwang, EdD:

Winner, Evelyn Heady Award for Outstanding Dissertation 2006 for dissertation "Attachment, Disability, and Romantic Relationships", presented at the 2006 Rutgers University Graduate School of Education Convocation, May 18, 2006.

Margaret Schmitt, PhD:

Schmitt, M.M., Ness, T.J., & Richards, J.S. (September, 2006). Development of Neuropathic Pain During the First Year Following Spinal Cord Injury. Poster presented at the 20th Annual Conference of the American Association of Spinal Cord Injury Psychologists and Social Workers in Las Vegas, Nevada.

Schmitt, M.M., Elliott, T.R., & Porter, C.A. (August, 2006).

Problem-solving skills, negative affectivity and adjustment in blind veterans. Poster presented at the 114th Annual Convention of the American Psychological Association (Division 22) in New Orleans, Louisiana.

Nitin Moholkar, PhD:

Moholkar, N.M., Farley, C.T., Is the Leg Most Spring-Like at the Preferred Hopping and Running Frequencies?, American Society of Biomechanics Meeting, Blacksburg, Virginia, September 2006

Edwards, W.T., Gade, V., **Moholkar, N.M.,** Tung, D., Nakappan, S., Sway Induced Motion On An Oscillating Platform, American Society of Biomechanics Meeting, Blacksburg, Virginia, September 2006

Edwards, W.T., Gade, V., **Moholkar, N.M.,** & Tung, D., Balance Pattern Response to Whole-Body Frequency Sweeps, American Congress of Rehabilitation Medicine 83rd Annual Meeting and American Society of Neurorehabilitation 13th Annual Meeting, Boston, Massachusetts, September 2006.

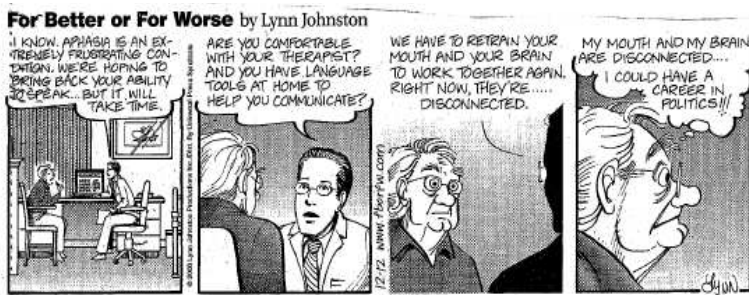
Daniel Kim, M.D. (Class of '03) shares with us that he has recently joined Metrocrest Orthopaedics and Sports Medicine in Carrollton, Texas. The group's website is at <http://www.metrocrest.com/>



Congratulations to **Daniel Kim, M.D.** and his wife on the birth of their daughter, *Kristin*, in September 2006.



Jessica Kalmar, Ph.D. congratulations on the birth of her 2nd child. Jessica is a former fellow in Neuropsychology and Neuroscience.



**Tale of Two 4th Century Saints:
Saint Nicholas and Saint Cyrille**
John R. Bach, M.D.



The New York Dutch brought with them the tradition of Sint Klaas [sic] when they settled in America. The modern version of Santa Claus is the product of cartoonist Thomas Nash who characterized Santa in a Harper's Weekly cartoon in the 1860s. Santa Claus is a corruption of the name Saint Nicholas.

One of the types of tokens issued by the church was the **Boy Bishop** token. These lead tokens were issued in conjunction with the Festival of Saint Nicholas. The story of this festival includes echoes of the Roman festival known as *Saturnalia*, a child-Bishop from third century Anatolia, elements of Halloween, and our modern-day Santa Claus.

In the late third century A.D. a boy named Nicholas was born in Patara, a city of Lycia in Anatolia, modern day Turkey. Nicholas did not play like other children but would go to church and converse with the elders. His uncle, a bishop in the area, ordained him a priest at an early age. While still young his parents died, leaving him a sum of money. Nicholas spent the money on feeding the hungry, clothing the poor, and taking care of widows and orphans. Nicholas became known as a protector of children and a secret giver of gifts.

One story tells how over three nights he gave three bags of gold to a man who had lost all of his money. To avoid starvation the man had planned on selling his three daughters into prostitution. These gifts were used for the daughters' dowries and saved them from a life as prostitutes. The three bags of gold were left on the man's doorstep, or, in some versions of the story, they were dropped down the chimney.

While on a pilgrimage to Jerusalem and on his return trip, Nicholas was able to calm violent storms and save the crew and passengers of the ships he was on. While in Jerusalem, he cured the sick. He wanted to stay in Jerusalem, but an angel of the Lord came and told him to return to Patara. On his return he was made the Bishop of Myra, a city in Turkey.

In 303 CE, the Emperor Diocletian issued edicts against Christianity. Assemblies of Christians for the purpose of worship were prohibited. Churches and sacred books were to be destroyed. Christian clergy were required to sacrifice to pagan gods or be placed under arrest. Many Christians died for their beliefs.

Nicholas was imprisoned. While he was in prison, Diocletian retired, and Constantine eventually became Emperor. Constantine issued the Edict of Milan in 313 AD. The Edict ended the persecution of the Christians and gave Christianity a legal status in the Roman Empire. Nicholas returned to Myra and resumed his duties as bishop. He may or may not have been at the council of Nicea in 325, depending on the source on which one relies. He died on December 6th – again, the year varies with the source – his death year being given as 330, 345 or 352. When he died he was obviously no longer a young boy, and he is depicted with white hair and beard.

Nicholas is the patron saint of children, mariners, merchants, travelers, pawnbrokers, and bakers. Clearly he is the patron saint of children due to his concern for them and his giving of gifts to children. It became a tradition to give gifts on St. Nicholas Day since the 12th century. Likewise he is the patron saint of sailors due to his ability to calm violent seas. As to the merchants and bakers, medieval guilds could pick which saint they wanted to represent them. Often the guilds picked more than one saint. Bakers are listed with seven patron saints and merchants with four. He is also the patron saint of Russia and Greece. In medieval times he was the patron saint of the Kingdoms of Naples, Sicily, and Lorraine.

The cult of Saint Nicholas stems from Emperor Justinian I (b. 483, Emp. 527-565) who built a church in his honor in Constantinople. He was popular in the early Greek and Russian churches. By medieval times he became popular throughout Europe. His grave-site in Myra was revered for many years, and worshipping at his grave was said to cure visitors of their illnesses. It was visited by Germanicus and Agrippina in 18 CE. Myra was also the spot where the Christian mythmaker Paul was transferred under arrest to a ship bound for Rome. Myra was also a transfer site for grain shipments from Egypt to Rome.

In 1087, Saint Nicholas appeared in a dream to a priest in the city of Bari, Italy. The Saint told the priest that the area around Myra had been attacked by a barbaric tribe and was now completely desolate. The Saint said he no longer wanted to stay in such a place and instructed the priest to come and take him away. Immediately the city and its merchants sent three ships to Myra to claim the body of Saint Nicholas.

Inside the coffin was a sweet smelling ointment flowing from the saint's body. This ointment is known as *Manna di Saint Nicola* and is said to still flow from his body. While this is the official story, it is just as likely that Italian merchants saw an opportunity to seize a Saint's relics. Muslim forces had invaded the area around Myra, and the Byzantine government was in a weakened state. Saint Nicholas was ripe for the picking. Pilgrimages and relics were very popular in the medieval world. Having a relic or Saint's body would put your church on the map of pilgrimage destinations. With the body of Saint Nicholas, Bari had a well known and very popular Saint to display. Bari was a center of pawn brokering. Nicholas was often pictured holding the three bags of gold he gave to the man to save his daughters. In some depictions the bags were gold balls. This is the origin of pawnbrokers being represented by three gold balls.

On December 6th, the festival day of Saint Nicholas, in large monastic and scholastic communities, a Boy Bishop was chosen from the monastery school or cathedral choir. These students were often studying for the priesthood. The Boy Bishop was dressed in bishop's robes, and his fellow choirboys or students were dressed as priests. The actual bishops and priests took on the roles of choir and altar boys. As with Saturnalia, the Roman festival was held on December 25th and this is the reason that Christmas is celebrated on December 25th. On that day the world was turned upside down. The Boy Bishop presided over all ceremonies and offices until Holy Innocents day, December 28th. If a boy died while he was acting as Boy Bishop, he would be buried with the full honors of a bishop granted to him.

The purpose of the festival was to impress on the children the honor and dignity of the holy orders, along with a love of pranks and subversion of the normal order of authority. During the festival the Boy Bishop could declare holidays and treats as well as call for sweets and gifts to be distributed.

On Holy Innocents day the complete service was given over to the Boy Bishop and the other boys. After giving a proper sermon, the Boy Bishop and his entourage would call at homes, singing songs and giving blessings, in the expectation of receiving entertainment and gifts of money.

The fame of St. Nicholas spread throughout the world during the Middle Ages and thousands of churches were dedicated to him. He was made the patron saint of Greece and Russia, among other countries. His legends were first collected and published in the 10th century by Metaphrastes. A church was built in his honor in Constantinople by Justinian I (527-565 CE).

Over the years the practice of electing a Boy Bishop spread from cathedrals and monasteries to colleges, schools and parish churches with large choirs. The practice became more raucous and disorderly. Eventually, the religious aspect was overcome by the trick-or-treat aspect. The high-jinx of the Boy Bishop and his followers grew out of hand. Church officials throughout Europe came to view the festival as a mockery of religion. Many ecclesiastical councils tried to abolish the festivals, but they were too popular to be suppressed. Henry VIII ended the custom in England in 1512, saying it was a distraction from real worship. His Catholic daughter, Mary Tudor, revived it, but, under Elizabeth I and the Protestant Reformation, it was put to an end again. In Europe the custom continued in some areas until 1799, as in Germany. In recent years, some English parishes have revived the custom.

The festival associated with St. Nicholas took on aspects of the Roman *Saturnalia* with the world turning upside down – choirboys became bishops and bishops became choirboys, just as during the Saturnalia when slaves were freed and bosses worked. The festival was dedicated to the young, and its tradition of giving gifts gave Europe the basis for modern-day Santa Claus – Jolly Saint Nick, an old man with a white beard – an interesting figure whose story is accompanied by an interesting series of tokens. References to the festival are found from the reign of Edward I (1272-1307). Lacking evidence of supposed miracles, the church stripped Nicholas of his sainthood in 1969.

Alumni of stout heart who wish to read the story of St. Cyrille may obtain this from Dr. John Bach at bachjr@umdnj.edu. The editors caution that Dr. Bach's views may appear to be heretical or incendiary to some readers.

Answers to Trivia Exam on the PM&R Residency Program

In our last issue we offered a free PM&R Department golf shirt to the first five alumni who correctly answered at least 80% of the following questions. Unfortunately there were no winners to this contest, so these questions were obviously too challenging. For our next trivia exam, we are considering sending golf shirts to 100% of our alumni **except** those who submit answers that contain 80% incorrect responses! But while we are working up the cost of that next plan, here are the excruciatingly correct answers to last issue's trivia exam.

1. What is the official name for our PM&R residency program?
 - a. Kirshblum's Kids at the Kessler Korral
 - b. UMDNJ-New Jersey Medical School Program in Physical Medicine and Rehabilitation**
 - c. Kessler Institute for Rehabilitation Program in Physical Medicine and Rehabilitation
 - d. Residency Program in Physical Medicine and Rehabilitation at Kessler/UMDNJ
2. At which facility was this residency program initially based?
 - a. The College of Medicine & Dentistry of New Jersey
 - b. Kessler Institute for Rehabilitation
 - c. Veterans Administration (East Orange)**
 - d. Martland Hospital (Newark)
3. Which two faculty members were named valedictorians of their high school and college classes, respectively?
 - a. Dr. Kirshblum/Dr. Adler
 - b. Dr. Fantasia/Dr. Benevento
 - c. Dr. Bach/Dr. Stitik**
 - d. Dr. Malhotra/Dr. Fellus
4. When was our PM&R residency program first accredited?
 - a. April 18, 1775
 - b. December 7, 1941
 - c. September 19, 1955**
 - d. September 21, 1958
5. How many residents in all classes underwent training in our program during academic year 1986-1987?
 - a. 7**
 - b. 10
 - c. 14
 - d. 18
6. Following the site inspection of this program by the Residency Review Committee in September 1986, which one of the following items was NOT listed as a formal deficiency?
 - a. Faculty teaching and scholarly involvement are inadequate
 - b. There is inadequate formal education in the program
 - c. There is an inadequate formal system for evaluating residents and faculty
 - d. Resident duty hours are excessive**

7. What year was the cardiac rehabilitation program established at the VA-East Orange facility, and who was its first program director?

- a. 1969, Dr. Alan Weigand
- b. 1973, Dr. Angeles Flores**
- c. 1977, Dr. Arthur Cytryn
- d. 1981, Dr. Melvin Goldberg

8. Which two residents were invited to present papers at the annual meeting of the NJ Society of PM&R on February 8, 1992?

- a. Dr. Ronald Tolchin and Dr. Wing Chau
- b. Dr. Lisa Krivickas and Dr. Kevin O'Connor
- c. Dr. Kathleen Francis and Dr. Gerard Francisco
- d. Dr. Irving Haber and Dr. John Chae**

9. Who was the first resident to graduate from this residency program?

- a. Luba Stefaniwsky, M.D.**
- b. Seymour Pedinoff, D.O.
- c. Michael Sutula, D.O.
- d. Joseph Pedicini, M.D.

10. Where was our department's first Annual Review Course in PM&R held?

- a. Tara Sheraton, Parsippany, NJ
- b. Ramada Hotel, East Hanover, NJ**
- c. Kessler Conference Center, West Orange, NJ
- d. Wilshire Grand Hotel, West Orange, NJ

11. What year was the Kessler Institute for Rehabilitation founded?

- a. 1892
- b. 1938
- c. 1948**
- d. 1950

12. What was the total bed capacity of the VA-Lyons facility at its historical zenith?

- a. 662 beds
- b. 800 beds
- c. 900 beds
- d. 1170 beds**



13. In what year was Dr. Joel DeLisa's first professional article published?

- a. 1978**
- b. 1979
- c. 1980
- d. 1981



14. Which faculty member won our department's first Annual Teaching Award in 1988?

- a. Dr. Steven Kirshblum
- b. Dr. Angeles Flores
- c. Dr. Richard Katz
- d. Dr. Martin Diamond**



15. Who was the first winner of the New Jersey Medical School National Teaching Award in Physical Medicine and Rehabilitation in 1988?

- a. Barbara deLateur, M.D.
- b. George Kraft, M.D.
- c. Frederic Kottke, M.D., Ph.D.
- d. Justus Lehmann, M.D.**

16. Who was this residency training program's first director?

- a. Dr. Luba Stefaniwsky
- b. Dr. Charles Brooke**
- c. Dr. Richard Sullivan
- d. Dr. Gary Clark

17. How many graduates from this program have won the Elkins Award?

- a. 2
- b. 3
- c. 4
- d. 5**

18. How many annual board review courses has our department sponsored?

- a. 12
- b. 15
- c. 18**
- d. 20

19. Which of the following “rising stars” is **not** a graduate of this residency program?

- a. Leighton Chan, M.D., M.P.H., M.S.**
- b. John Chae, M.D., M.E.
- c. William Bockenek, M.D.
- d. Andrea Cheville, M.D.
- e. Lisa Krivickas, M.D.



20. How many of our residents obtained Ph.D.s concurrently with their residency training?

- a. 0
- b. 1
- c. 2**
- d. 3

21. What is the length of time applicable to our residency program's current accreditation term from the ACGME – RRC?

- a. 5 years
- b. 4 years**

- c. 3 years
- d. 2 years

22. Since 1989, how many of our alumni who have taken Part I of the certifying board exam in their year of graduation have failed on their first attempt?

- a. 0**
- b. 1
- c. 2
- d. 3

23. Dr. Henry H. Kessler was board certified in which of the following specialties?

- a. Internal medicine



- b. Neurology
- c. Orthopaedic surgery**
- d. Physiatry

24. Dr. John Bach does **not** collect which of the following?

- a. Coins
- b. Stamps**
- c. Wines
- d. Grandfather clocks

25. Approximately how many physiatrists are currently board certified by ABPMR?

- a. 6,500 – 6,999
- b. 7,000 – 7,499
- c. 7,500 – 7,999
- d. 8,000 and over**



ATTENTION ALUMNI!!

PLEASE FILL OUT THIS SHEET TO LET YOUR FELLOW ALUMNI KNOW WHAT YOU ARE DOING. IF THERE HAVE BEEN ANY RECENT DEVELOPMENTS IN YOUR JOB OR PERSONAL LIVES, WE'D LOVE TO HEAR FROM YOU

NAME _____

ADDRESS _____

MARRIAGE/BIRTH OF CHILDREN _____

JOB _____

ACADEMIC APPOINTMENT _____

AWARDS _____

PUBLICATIONS _____

RESEARCH PROJECTS _____

OTHER INFORMATION/NEWS _____

PLEASE RETURN SHEETS TO:

**MICHELE BROWNE, RESIDENCY PROGRAM ASSISTANT
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