Introduction
The cancer rehabilitation newsletter brings you information on team efforts within our department. Here are the updates on program highlights, achievements, collaboration, publications, and research.

Leadership Members
The Cancer Rehab Program at Michigan Medicine is led by the following clinicians:

Dr. Sean Smith, MD
Dr. Cody Andrews, MD
Dr. Nicolette Gabel, PhD, ABPP
Christine Magnant, PT, DPT
Carole Dodge, OTRL, CHT
Geeta Peethambaran, PT, CLT, CEEAA
Katie Rogers, OTR, CLT, LANA
Kynthia Marinkovich, OTR, CLT, NTMC
Christopher Lucido, PT, DPT, OCS
Gomati Kanphade, PT, PGDR
Allegra Adams, PT, DPT, WCS

Special thanks to Kathy Konosky for her tireless efforts and passion to help get the program started. None of this would be possible without her.

Mission Statement
"Michigan Medicine Physical Medicine and Rehabilitation Department OT/PT Division strives to provide quality cancer rehabilitation from time of diagnosis to end of life as symptoms develop due to disease process or treatment effects (immediate effects, long term effects, and late effects)."

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INTRODUCING - MCORE

MOBILE CANCER ONCOLOGY REHABILITATION PROGRAM (MCORE)

The Mobile Comprehensive Oncology Rehabilitation Evaluation program, or MCORE, was created by Michigan Medicine’s Department of Physical Medicine and Rehabilitation to provide a more aggressive physical rehabilitation for cancer patients. Our goals are to improve therapy exposure to inpatients, prevent debility, provide inpatient rehabilitation services, and to improve performance status. We want to lower hospital length of stay, reduce the risk of falls, and improve access to rehabilitation services to restore function, improve independence, and reduce pain. A recipient’s entire health-care team — including a rehabilitation medicine physician (or physiatrist) who specializes in cancer rehabilitation, as well as a physical and occupational therapist — evaluates patient progress and adjusts the plan to maintain the required intensity without going beyond what a patient can tolerate.

MCORE therapists devote more time to patients and create individualized plans to help with the intensity of the program. And they can hold sessions in a patient’s hospital room if recipients are too weak to travel to the rehab area. In addition to more intense and individualized therapy, another benefit to patients in the MCORE program is being included in MCORE rounds. After patients demonstrate progress with MCORE, the MCORE team is able to recommend that a transition into Michigan Medicine’s Inpatient Rehabilitation Unit to continue progressing towards their goals, and eventually discharged to their home.

A story highlighting MCORE was featured on UofM Health’s blog. You can access the full story here: https://healthblog.uofmhealth.org/cancer-care/mobile-cancer-rehab-program-helps-patients-get-stronger

OUR GOALS ARE TO IMPROVE THERAPY EXPOSURE TO INPATIENTS, PREVENT DEBILITY, PROVIDE INPATIENT REHABILITATION SERVICES, AND TO IMPROVE PERFORMANCE STATUS.
The Cancer Rehabilitation leadership team rolled out a 3-part Cancer Competency. The intent of the cancer competency was to provide basic education and competency to the entire OT/PT staff, to learn about the cancer, statistics, diagnosis, treatment, precautions, red flags, and value of rehabilitation services. Cancer Rehabilitation is a rapidly growing specialty area and this competency will be a foundation to be built upon in developing more specialized staff expertise for specific cancer populations. Our goal to have every therapist complete the competency and provide feedback.

Launched an initiative in recruiting staff at Mott hospital for the Oncology Rehabilitation Program.

Established the most appropriate outcome measures to be utilized with varied age group and cancer diagnoses. Also developed a pediatric cancer evaluation form.

Developed an educational brochure and informational flier to be posted in pediatric patient rooms.

An OT/PT flier was added to the pediatric oncology new patient binder to help educate patients and families on the rehab services available.

Chemoneuropathy handout was developed for pediatric oncology.

Preparing and organizing "Pediatric Cancer Rehabilitation Through The Continuum", in collaboration with the Ohio State University, to be held on May 16, 2020 at Michigan Medicine.

- Developed an informational flier on cancer rehabilitation to provide to patients and conferences attended by PMR faculty and staff.
- Developed an educational and informational flier on chemotherapy induced peripheral neuropathy (CIPN).
- Geeta Peethambaran completed a yearlong "Integrative Oncology Scholars Program" in April 2019.

Monique Alofs, OT, CLT, LANA

The application for the OT Cancer Rehab/Lymphedema fellowship was accepted by the American Occupational Therapy Association (AOTA) in September 2019 and the first fellow, Monique Alofs OT, CLT, LANA, started in October 2019.

- Sozo, a cutting-edge technology bioimpedance device, was added in the Burlington OT site. This is used to detect and measure pre-clinical lymphedema.
- A Biodex balance trainer was added at Med Rehab to assist in objectively measuring balance and fall risk and provide a treatment tool to allow for better tracking of progress and greater activity engagement in therapy. This is primarily used with CIPN patients to improve balance.

Dear all,

As you may know, this week marked the University of Michigan’s sixth annual Giving Blueday. Donors made over 15,000 gifts to the University of Michigan totaling nearly 4.2 million dollars. I am pleased to tell you that our preliminary numbers show that we had 40 donors contribute nearly $2000 dollars to the Kathy Konosky Fund, which supports continuing education opportunities for therapists in the field of Cancer Rehabilitation. I am even more excited to share that, out of Michigan Medicine’s 95 featured funds, the Kathy Konosky Fund had the FIFTH HIGHEST number of donors! Go PM&R!!! If you did not get a chance to give on Giving Blueday, but would still like to support the Kathy Konosky Fund, you may still do so. Emily Fogelsonger will send a follow up email to this email with a link. If you are looking for other ways to support the PM&R this holiday season, I encourage you to reach out to our Emily, our development colleague. Thanks, all!

Edward A. Hurvitz, MD
Professor and Chair
PHYSICIAN HIGHLIGHTS

- The first cancer rehabilitation physician fellow, Dr. Michael Fediw, graduated and started in the Cancer Rehabilitation Program at UT-Southwestern.

- Started "Palliative Rehabilitation", which is a five day program focused on training the family. The first patient in this program had great positive reviews.

- Dr. Sean Smith chaired the AAPM&R’s cancer rehabilitation member community, the cancer rehabilitation physician consortium.

![Graph depicting the cancer rehab consults per month. Since MCORE started, we have seen an upward trend in the number of consults.]

Collaborations

- With the women's health team, starting the very first residency program at Michigan Medicine.

- With plastic surgery to develop a lymphedema treatment protocol for pre- and post-micro surgical patients, including lymphovenous anastomosis and lymph node transplant procedures.

- With University of Michigan PT school, Flint, for clinical research.

- With speech and language pathology and the Department of Otolaryngology, for head and neck cancer patient care.

- With Ohio State University and Nationwide Children’s Hospital in Ohio for the yearly cancer symposium.

- With a global health physical therapist, stationed in Kurdistan, Iraq, in establishing a cancer rehabilitation program.

Philip Chang, D.O. (Cancer Fellow)

Dr. Chang attended medical school at the Michigan State College of Osteopathic Medicine. He completed a fellowship in hospice and palliative care at Montefiore following his residency in PM&R at SUNY Downstate. He is currently glad to be back at the University of Michigan where he completed his undergraduate studies for a fellowship in cancer rehabilitation.

Geeta Peethambaram, Carole Dodge, Karen Hock, Katie Rogers, and Matt Ban at the Michigan Medicine - Ohio State University collaboration in 2019

Shown above is the Canton team who won the annual OT/PT Pink Challenge.

The Ann Arbor breast cancer walk was on October 19th, 2019 at Washtenaw community college. Our team raised $641 for the event. Our team included from left to right: Brendan Cloonan, Sue Shomsky (breast cancer survivor), Alyssa Cloonan, Jen Carrol, Todd Sass, and Britt Michel.
Grants:

- **Nicolette Gabel PhD** and **Sean Smith MD** are co-investigators on NCCN grant, looking to improve care coordination in patients with brain metastases (PI: Aki Morikawa)

- **Sean Smith MD** is a Co-Investigator on an R21 evaluating neuropathic post-mastectomy pain (PI: Dave Brown)

Peer-reviewed manuscripts:


- M. E. Brassil MD, A. Cheville MD, J. Y. Zheng MD, **S. Smith MD** et al; Top Ten Tips Palliative CareClinician should know about Physical Medicine and Rehabilitation J. Palliat. Med: 2019

- G. Spill MD, T. Vente DO, J. Frader MD, **S. Smith MD** et al; Futility in Rehabilitation PMR 11(4): 420–428, 2019

- N. Gabel PhD, D. Altshuler MD, E. Briceno PhD, **S. Smith MD** et al; Health Related Quality of Life in Adult Low and High Grade Glioma Patients using the National Institutes of Health and Patient Reported Outcomes Measurement Information System (PROMIS) and Neuro-QOL Assessments Front Neurol 10(212):1–8, 2019. PMC6428723


- C. Andrews MD, **S. Smith MD**, M. Kennel, S. Schilling PhD, C. Kalpakjian PhD; The Association of Performance Status and Disease Severity in Patients with Chronic Graft-versus Host Disease Arch Phys Med Rehabil 100(4): 606–612, 2019. 50205083

- Huang MH, PhD, Blackwood J, PhD, Godoshian M, DPT, Pfizer L, PhD; Predictors of falls in older survivors of breast and prostate cancer: A retrospective cohort study of surveillance, Epidemiology and End Results – Medicare Health Outcomes Survey Linkage. Journal of Geriatric Oncology. 2019;10(1):89–97


Abstracts/Posters:

- K. Raser PA-C, D. Markstrom PharmD, **S. Smith MD** et al; Effects of Methylphenidate and Duloxetine on Neurotoxicity in CAR-T: A Case Study, Transplantation & Cellular Therapy Meetings of ASBMT and CIBMTR, Houston, Tx, Biology of Blood and Marrow Transplantation, 25, 3, S355-S356, 2019

- Huang MH PhD, G Peethambaran PT, CLT. Poster presentation, MPTA fall conference “Risk Prediction, Perceptions, Circumstances, and Consequences of Falls in Older Cancer Survivors”

- Does Participation in Physical Therapy Student-Run Free Clinics Relate to Altruism, Social Responsibility, and Cultural Competency Post Graduation? A Pilot Study. Monica Godoshian, PT, DPT, Amy Yorke, PT, PhD, NCS Department of Physical Therapy, University of Michigan Flint, USA Corresponding Author: Monica Godoshian, PT, DPT

Presentations:

- **S. Smith MD** – New Generation Patient Reported Outcome Measures to Enhance Physiatric Practice and Research: Putting PRO into Practice, Two Examples, International Society of Physical and rehabilitation Medicine, June 2019, Kobe, Japan

- **S. Smith MD** – Evaluation and Management of musculoskeletal Disorders in Cancer Patients: Safety Considerations for Interventional Pain Procedures in Cancer Patients, International Society of Physical and Rehabilitation Medicine, June 2019, Kobe, Japan

- **S. Smith MD** – Rehabilitation in Upper Quadrant Disorders in Breast Cancer Patients, University of Michigan Comprehensive Cancer Center Contemporary Issues in Multidisciplinary Breast Cancer Management, September, 2019, Plymouth, MI


- **C. Andrews MD** – Developing a Cancer Rehabilitation Program, Association of Academic Physiatrists, February 2019, Puerto Rico

- **C. Dodge OT** – Radial Forearm Free flaps, presented at Cancer Rehabilitation Through the Continuum Treatment Options for Head and neck Cancer, James Ohio State University, May 2019

- **Matt Ban OT** – Facial Reanimation, presented at Cancer Rehabilitation Through the Continuum: Treatment options for Head and Neck Cancer, James Ohio State University, May 2019

- **Matt Ban OT** – Facial Neuromuscular Retraining Patient Case Presentations, Michigan Medicine Mid-Western Facial Nerve Conference, September 2019