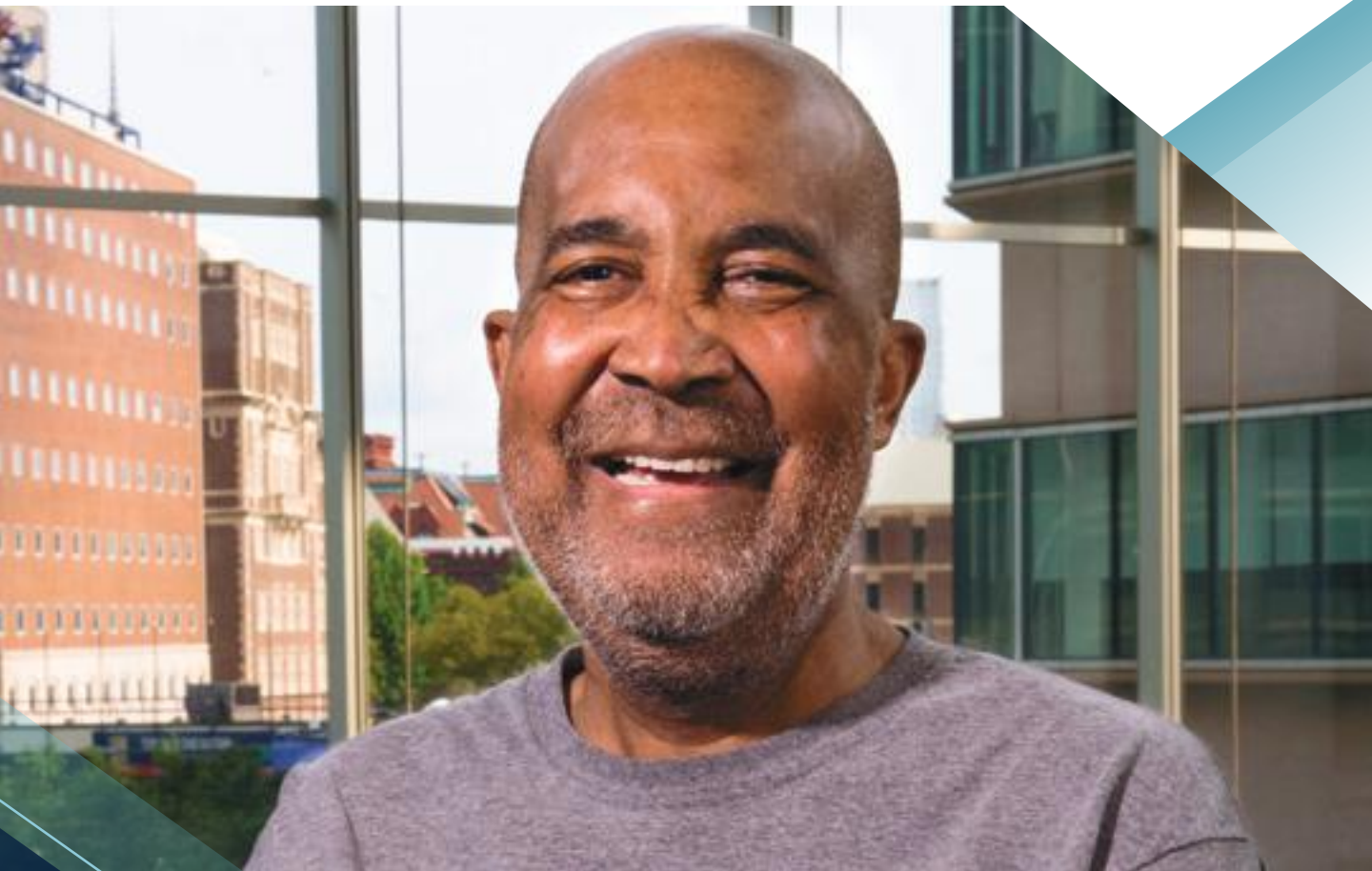


2015 COMMUNITY REPORT



YOUR LIFE IS WORTH PENN REHAB

2015 COMMUNITY REPORT

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On behalf of the employees and patients of Good Shepherd Penn Partners –

THANK YOU

for your continued support and interest in the work we do.

Because of your support, we have been able to help patients to reclaim their lives. Patients like Bethany (page 6) who is pursuing her PhD in England, Eugene (page 2) who is planning a vacation with his wife and Marianne (page 4) who is returning to life at the beach. Each of our patients are special to us and have very unique needs. Our highly trained clinical team are see beyond the disease or medical condition; creating each person with a customized programs to help them achieve their goals.

I want to thank the Good Shepherd Penn Partners Board of Directors, our partners at Penn Medicine and Good Shepherd, staff, donors, volunteers, patients and their families for all that they achieved in fiscal 2015.

We look forward to the continued success in 2016!

ACUTE & SUB ACUTE THERAPY

NEW LIFE AFTER TRANSPLANT: EUGENE'S STORY



At the beginning of 2015, Eugene Wilmore life was full of uncertainty. He had spent the last four years waiting for a double lung transplant, the only option to reverse the damage cause from sarcoid that had progressively weaken his lungs.

After a bout with pneumonia, Eugene was dramatically weakened to the point it would affect the outcome of his impending transplant. “My doctor wanted me to build my strength up, but I couldn’t get enough oxygen for a daily routine,” says Eugene. “So we had to find a place that could help me keep my oxygen levels up while getting physical therapy to build up my body to prepare for the transplant surgery.”

Eugene was admitted to the Specialty Hospital at Rittenhouse to build the strength and stamina needed to undergo transplant. Eugene’s transplant team at the Penn Medicine Institute for Transplantation and the team at the Specialty Hospital worked together to ensure his treatment plan prepared him for transplant surgery. “I was in good hands here because everyone is on the same page about my care,” says Eugene. “The therapists here push you in a good way to keep you improving during therapy.”

In May 2015, Eugene received a double lung transplant at the Hospital of the University of Pennsylvania. Just days after transplant, acute therapists began working with Eugene to begin his road to recovery post-transplant. Eugene continued his rehabilitation through pulmonary outpatient therapy at The Perelman Center. In outpatient, Eugene worked with physical therapist Derek Zaleski, PT, DPT, to recondition his body and adjust to his new lungs.

EUGENE WILMORE, DOUBLE LUNG TRANSPLANT RECIPIENT



“Rehabilitation is an integral part of the recovery process. I developed a level of trust with Eugene that allowed me to push he’s physical capabilities and ultimately achieve the highest level of functional possible” says Derek. “Our well-rounded rehabilitation program, which ultimately improves their ability to perform activities they have not been able to do in months or sometimes years.”

In July 2015, Eugene successfully completed pulmonary outpatient rehabilitation. With a future that is not as uncertain as before, he is ready to return to everyday life.

“It is great to know I’ll be able to go on vacation again, and eventually get back to deep sea fishing with my friends,” says Eugene. “I’m looking forward to this new life after transplant and returning to a normal life with my wife and kids again.”

“For first time in years, I was able to walk through the front door of my house without oxygen. My grandson was concerned and asked where it was. It was great to tell him that Pop-Pop didn’t need to carry it around anymore.”



Penn Presbyterian Medical Center -
Hospital of the University of Pennsylvania

A LANDMARK TRAUMA TRANSITION

On February 4, 2015, our acute therapy teams at Penn Presbyterian Medical Center (PPMC) and The Hospital of the University of Pennsylvania (HUP) were part of landmark trauma center transition. With the trauma center moving to Penn Presbyterian Medical Center, new levels of treatment were added to the campus through the addition of the state-of-the-art Trauma Center and neurologic intensive care unit.

The therapy teams at HUP and PPMC were an integral part of the move; from hours spent cross-training, completing rotations and sharing knowledge to providing input on the new Trauma Center layout, equipment and room functionality

Resources and services were introduced to therapeutic treatment plans to ensure the seamless transition of services to patients. This has included training opportunities for acute therapists at PPMC. Throughout the year leading up to the transition, processes around scheduling, transport, and productivity were refined.

A comprehensive pre-transition education and training plan included a seven month rotation of an occupational therapist (OT) and two physical therapists (PTs) and half day shadowing experiences for the other PPMC therapists at HUP. The plan also included training in complex splinting and specialized equipment, such as the Moveo, in addition to a year of bi-monthly clinical education presented by HUP providers and therapists.

Through the synchronization of care between the two hospitals, patients who were transitioned from HUP to PPMC were able to continue their care seamlessly, including receiving therapy services the day of the move. On the day of the trauma transition, ten patients were transitioned from HUP to PPMC in a four hour timespan. Six patients received PT and OT the day they arrived at PPMC. This quality of care reaches beyond the brick-and-mortar of any specific building.



LONG-TERM ACUTE CARE

A LOT OF LIVING TO DO: MARIANNE'S STORY



MARIANNE WILLIAMS WITH JAYEA WATSON, PT, DPT

During her 43 year career as a nurse, Marianne Williams had plenty of experience helping patients through their hospitalization. After being diagnosed with bladder cancer during a routine physical, Marianne found herself in the role of patient. “Although I am a nurse, it is a different experience as a patient,” says Marianne. “For years I was the one encouraging patients and now am the one being encouraged. It was hard being on the other side.”

Surgeons at the Hospital of the University of Pennsylvania performed complicated abdominal surgery to remove her cancer (including a hysterectomy and artificial bladder). Post-surgery Marianne experienced several complications that left her severely weakened.

Marianne wanted to regain her independence and health to return home, “I’m 68 and have a lot of living to do. Living at the shore, I love summer and have a group of friends that I go to the beach with every day. I wanted to get back to that.” To achieve her goal of returning home, her doctors referred her to the Specialty Hospital at Rittenhouse.

“I needed to relearn how to do everything for myself. I couldn’t even turn over. The staff had to roll me over and roll me back. I was dependent on them to wash, bathe and clean me,” says Marianne. “When I first arrived at the Specialty Hospital, I was so weak and debilitated. I laid there and wondered how I was going to recover when I could not even move.”



AN ACCOMPLISHMENT IN THE BOOKS

*I'm in good shape and home with
the people I love. The Specialty
Hospital gave me my life back.*

The care team at the Specialty Hospital at Rittenhouse worked together to formulate a plan of action that simultaneously worked on managing her complex health conditions with the assistance of the Wound Care Team and building her strength with the therapy team.

During each therapy session, Jayea Watson, PT, DPT worked with Marianne to build up her abilities physically and help her take the steps necessary for her to return to the life waiting for her at home. "My therapist Jayea was my motivation during my recovery. She has this way about her and will not allow anyone to say the word 'can't'," says Marianne. "Even when I doubted myself, she was able to get me walking and standing again. I'll never forget the first day I took three steps. It was like my world opened up"

Marianne was able to return home with her daughter Patty and the friends who have been waiting for her. "Before my recovery at the Specialty Hospital, I figured that there would be no choice but for me to live the rest of my life in a nursing home. But here I am, back at home," says Marianne.

Michael A. Grippi, M.D., Chief Medical Officer for the Specialty Hospital at Rittenhouse, and Associate Professor of Medicine at the Hospital of the University of Pennsylvania, has accumulated a number of academic and professional accolades throughout his 34-year career. In April 2015, he added a unique and fulfilling distinction to his resume: Editor-In-Chief of the 5th edition of Fishman's Pulmonary Diseases and Disorders.

The 2400-page textbook, weighing in at 16 pounds, originated in 1980 under the leadership of Dr. Alfred P. Fishman, a pioneer in the field of pulmonary medicine who passed in 2010. Because of his involvement as co-editor of the textbook's third and fourth editions, Grippi was approached to become Editor-In-Chief and take over a legacy that was created by one of the biggest influencers in his field.

The Editor-In Chief role is a substantial undertaking; Out of the 153 chapters, Grippi wrote six (6) and edited thirty (30). He also reviewed another 100 chapters. Grippi took this opportunity to not only continue to the commitment of excellence that Dr. Fishman had begun, but he also introduced technological advancements to enhance the learning experience for readers. Including QR code integration that allows the hard copy reader to access videos directly from the printed page, rather than have to go to the online version. Throughout the textbook, there are over 60 videos of procedures, CT scans and other interactive experiences that readers can access through QR codes.

"Part of the beauty of electronic text is the linkages you can make. Any of these references now are included in a service called CrossRef, which provides access to the complete paper. Anyone reading the text online can click on the footnote and the reference, which will show the original paper which substantiates what we just said in print," says Grippi.

The 5th edition of Fishman's Pulmonary Diseases and Disorders was made possible through the collaboration of pulmonary disease experts from across the globe. "The most satisfying aspect for me has been to see just how much expertise exists worldwide to produce something like this. The 278 contributing authors are from 12 countries, and over 150 of them are new since the 4th edition. Seeing what the authors came up with and just how knowledgeable they are was a gratifying experience."

INPATIENT

A LIFE INTERRUPTED: BETHANY'S STORY



BETHANY DAHLSTROM, WITH HER MOTHER, SUE DAHLSTROM

SUPPORTING MORE THAN PHYSICAL RECOVERY

We support our patients and their families throughout their entire rehabilitation journey. This includes after discharge, when we continue to provide resources through our monthly support groups. Held at Penn Medicine Rittenhouse, these groups provide information on a variety of topics and offer a supportive environment for individuals who are at any level on their path to full recovery.

- **The Amputee Support Group** provides an interactive forum for individuals to share their ideas and experiences in order to help them return to the activities that they enjoy, as well offering information about adaptations that will allow them to thrive.
- **The Stroke Support Group** at Penn Rehab provides education and encouragement for individuals living with the effects of a stroke.
- **The Spinal Cord Injury Support Group** provides an interactive forum for people to share their ideas and experiences. We focus on creating supportive peer relationships, getting people back into fitness and sports, and providing educational opportunities for individuals with paralysis looking to regain function and independence.
- **The Aphasia Support Group** offers an opportunity to practice speech and language skills in a safe and supportive environment, providing education about aphasia and encouraging socialization among members. The group is open to individuals who have aphasia — newly diagnosed or chronic — and their family members.
- **The Brain Injury Recovery Support Group** offers an opportunity for individuals affected by brain injury to connect in a supportive environment. The group is open to individuals who have brain injuries — newly diagnosed or ongoing — and their family members.

Penn Rehab gave me back my dreams and everything that I wished for and had been working towards before I got sick. It wasn't just one single person. It was the fact that there was a team that became a community for me. And the fact that I had a whole community in one building to support me, that's overwhelming and that's perfect.



At 23-years-old, Bethany Dahlstrom has just started her life as a young adult. But without warning, Bethany received the unexpected diagnosis of Leukemia less than 72 hours after visiting her primary doctor with concerns of fatigue and bruising.

“To feel tired then—boom—you’re in hospital diagnosed with cancer is crazy. You don’t expect that,” says Bethany. “I couldn’t wrap my head around the fact at 23, with all the goals I had in mind suddenly I had cancer.”

Bethany was rushed to the Hospital of the University of Pennsylvania to begin treatment through the Abramson Cancer Center. During her first few weeks of inpatient treatment, Bethany suffered from a series of rare complications including heart failure, liver failure, kidney failure, and collapsed lungs, leaving her near death several times. In order to heal, Bethany was put under sedation for a month and placed on dialysis.

When she woke up from sedation in January of 2015, a terrifying realization was discovered. “After coming out of

sedation, I could not move myself. I was completely immobile and it was a horrible feeling,” says Bethany.

Acute therapists at HUP worked with Bethany to begin the rehabilitation necessary to regain her mobility. Bethany was transferred to Penn Institute for Rehabilitation, to continue the next phase of her recovery. Her mother, Sue Dahlstrom, felt that staying in the continuum of Penn Medicine care was crucial in her daughter’s recovery.

At Penn Rehab, Bethany underwent daily intensive physical and occupational therapy. Julie Parana, MS, OTR/L, empowered Bethany to regain confidence in her abilities.

“In the beginning of recovery, Bethany had a lot of fear trying new things,” says Julie. “But as she progressed and became

stronger through therapy, her confidence level grew. It was great to see her be less afraid and to trust her abilities more.”

Through her stay, Bethany thrived because of the therapeutic alliance formed with the staff. “When I first got to Penn Rehab the team had to use a lift to put me in bed and to put me in a chair,” says Bethany. “But every single day I saw improvements; that pushed me to get up the next day to go back to therapy.”

After 4 weeks of rehabilitation and over 95 days of being hospitalized, Bethany did something that almost seemed impossible weeks prior — walked out independently to return home. Less than a year after being diagnosed, Bethany is now pursuing her PHD at Lancaster University in England.

Our clinicians facilitate patient education and support in the patient education groups including: Pre-Op bone marrow transplant, Post bariatric surgery care, Cancer fatigue management, and Pregnancy and post-partum fitness. In addition to these groups, we offer two support groups focused on transitions in care and level of care.

- **There’s No Place Like Home Support Group** reviews what happens in the discharge process from hospital to home. Patients and caregivers have an open time to talk about getting ready to go home and to share concerns that you might have about going home.

- **The Specialty Hospital Support Group** offers an opportunity for patients and caregivers to discuss what it means to be receiving LTACH level care and ways to cope. Therapy services, chaplain and case managers at the Specialty Hospital at Rittenhouse are in attendance to facilitate conversations.

OUTPATIENT

THE BALANCING ACT OF RECOVERY JESSICA'S STORY



As an emergency room nurse at The Hospital of the University of Pennsylvania (HUP), Jessica Bradley, RN, BA, provided care to countless patients finding themselves in unexpected medical emergencies. But one morning on her way to work, tripped and fell face first onto the sidewalk. She soon found herself on the other side of the patient care.

“When I got to work, it became clear something was wrong,” says Jessica. After an evaluation, Jessica was diagnosed with a traumatic brain injury and concussion as a result of her fall. Jessica was unable to function in her daily life, she couldn’t walk down the steps, or even close her eyes without feeling dizzy.

“The side effects impacted every aspect of my life,” said Jessica. “And I knew that in this condition I wouldn’t be able to function as a nurse. I’ve always been in the position of taking care of other people, and being cared for is a position I never through I’d ever be in.

Jessica sought out treatment at the Penn Medicine Concussion Clinic to begin her recovery. Under the care of Michael Rhee, M.D. and Kelli S. Williams, Ph.D., she was referred to vestibular therapy at Penn Therapy & Fitness. Jessica began twice a week physical therapy sessions at Penn Therapy and Fitness Radnor with Helena Esmonde, PT, DPT.

Using inferred goggles, Helena was able to zero in on eye movements that indicated what areas to zero in on during vestibular therapy. Through a variety eye and head movement exercises, along with work in the Balance Master, Jessica’s symptoms began to decrease.

“As a young person with four children to support, I was constantly worried I would never be able to function normally again. My goals were to close my eyes, to be able to keep my balance while turning my head and walking. They were little things you take for granted,” said Jessica.

“Before my injury I had no idea that vestibular therapy would be able to help concussion and traumatic brain injury.”

Initially, it was a subtle improvement. But as time went on, Jessica was able to walk and go up and down steps without someone holding her hand. She was able to close her eyes without falling. Throughout her rehabilitation, Jessica's care team was able work together during her recovery.

With the combination of physical therapy, home exercise and treatment from her physicians, Jessica began to see the light at the end of the tunnel. Three months after her injury, Jessica was able to return to work with a new perspective of patient care.

“Before my injury I had no idea that vestibular therapy would be able to help concussion and traumatic brain injury. When people think of physical therapy, they think of riding treadmill or exercising. They don't think of balance therapy,” says Jessica. “A lot of the attending physicians will come to me about recommendations for concussions. I tell them about the Penn Concussion Clinic and Vestibular therapy at Penn Therapy and Fitness.”



JOINING OUR TEAM: RASANSKY PHYSICAL THERAPY

In January 2015, Rasansky Physical Therapy joined the Penn Therapy & Fitness family of outpatient therapy sites. Rasansky Physical Therapy has offered outpatient physical therapy for over 33 years. They bring expertise in the treatment of sports, hand and spine-related injuries to the Good Shepherd Penn Partners' 14th location in Bala Cynwyd. This addition continues to better serve our referring partners in southern Montgomery and eastern Delaware counties.

Debra Rasansky, PT, founder and former owner of Rasansky Physical Therapy, continues caring for patients and serves as a spine leader for our outpatient therapy team. Deb brings outstanding clinical skills and will be an asset to both our patients and our therapists. In addition, Jennifer Pomykacz, PT, formerly clinical director for Rasansky Physical Therapy, serves as site manager for our newest location.

An experienced team provides each patient with extensive clinical expertise in a caring atmosphere. Therapists offer personal attention and hands-on treatment, using innovative therapy tools and techniques for patients, including: Precision Manual Therapy, promoting healing in the spine and joints, Graston® Technique, for soft tissue injuries, Primal Reflex Release, to reduce muscle tension and relieve pain, Active Therapeutic Movement, combining neuro-muscular stabilization and spinal re-education and Kinesio Taping, using uses elastic tape to support injured areas

Penn Therapy and Fitness is proud to welcome the Rasansky Physical Therapy team and patients.

OUTPATIENT

A FAMILY AFFAIR CHANDA'S STORY



As a photographer and a mother, Chanda Jones is constantly on the move. However, multiple orthopaedic issues have almost sidelined her from enjoying her passion. Despite facing a number of orthopaedic issues, Chandra's fast paced lifestyle been able to be maintained thanks to Penn Therapy & Fitness.

"Being a photographer is a physical job, and I would not have been able to return to it without the help of therapy," said Chanda. "I need to be able to maneuver my body, bend and stoop to get the best shot. It can be challenging because it requires standing hours at time."

In 2014, after knee replacement surgery, Chanda started at outpatient therapy at Penn Therapy & Fitness Jenkintown. Erin McIntosh, PT, DPT, ATC, worked with her over the course of three months to get her back to her active way of life. "During Chanda's knee replacement recovery, we worked on getting her body to the point where she could return to work and back to the gym again," said Erin. "Through a series of exercises to increase mobility, and her diligence in doing her exercises at home, Chanda was able to reach her goals."

Just several months later, Chanda once again found herself sidelined by a shoulder injury. Pleased with how well her prior recovery progressed, she reached out to Penn Therapy and Fitness Jenkintown for shoulder rehabilitation.

CHANDA JONES AND HER PHYSICAL THERAPIST ERIN MCINTOSH, PT, DPT, ATC



“Erin really empowered me to be successful in my recovery. Being so young, I wanted to function like people my age. Now I am at a point where it is undetectable unless you know me.”

“When I first began therapy with Erin for my shoulder, I wasn’t able to do everyday things like open a bottle,” said Chanda. “Once again she helped me get back to the point where I could function, and we got through it.”

Erin again worked with Chanda to create a treatment plan to return her to the lifestyle she had just reclaimed. “When Chanda returned for her shoulder rehabilitation, her goals related to her life”. says Erin “She wanted to carry her photo equipment bags without difficulty, and return to being on-the-go.”

However this time around, therapy became a family affair when Chanda’s son Justice Jones required rehabilitation after dislocating his shoulder during a college basketball game.

“Before my injury I took things for granted. I never realized all of the things my shoulder was needed for until I couldn’t use it,” says Justice. “I mean every little thing; I could not even get up by myself.”

During therapy sessions, Erin worked with both mother and son to educate them on how their participation was playing an active role in their recuperation. Initially Justice hoped to strengthen his shoulder with physical therapy alone, however surgery was required to return to basketball. He now continues to see Erin to strengthen for post-surgical rehabilitation.

“Physical therapy has given me back the ability to play basketball again. It was the best feeling the world to be able to step back onto the court again,” says Justice. “When my injuries first happened, there were thoughts that I would never play again. But because of Erin, I was able to get that back.”

Thanks to their quality care outpatient rehabilitation through Erin at Penn Therapy & Fitness, both patients are getting back to their passions.



INTERNATIONAL IMPACTS: HAND THERAPY

In 2014, Penn Therapy & Fitness Hand Therapy Team Leader Gayle Severance, MS, OT/L, CHT was awarded the Vargas International Hand Therapy Award from the American Association of Hand Surgery (AAHS). The AAHS provides grants for hand therapists to take part in medical mission trips that emphasize postoperative care of the upper extremity, and offers training to improve patient care and education with health care professionals in those countries. As a Vargas award recipient, Gayle volunteered to with Health Volunteers Overseas (HVO) and spent three-weeks at Komfo Anokye Teaching Hospital (KATH) in Kumasi, the second largest city in Ghana.

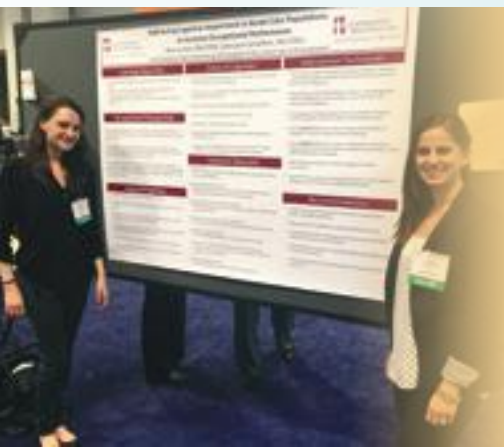
“Rehabilitation programs are relatively new to Ghana Universities. They graduated the first Physical Therapy (PT) class of 13 in 2005 and recently opened an OT program,” shared Gayle in her guest blog post for the American Society of Hand Therapists. “KATH is fortunate to have a staff of 20 PT/PTAs treating on the hospital wards and in their outpatient therapy building. Still, the therapists are overwhelmed in both the numbers and needs of their patients. Access to educational materials and the Internet are limited and unreliable, but they are eager to learn and enthusiastic in wanting to improve their skills.”

Through a collaboration with Peter Trafton, a trauma surgeon and the HVO Ghana project director and HVO volunteer Heather Wood, OTR/L, and CHT, Gayle provided training to therapists at KATH. This type of direct and comprehensive training for clinicians is crucial to patient care because therapy training programs in Ghana are still in very early stages of development. Additionally, Gayle helped evaluate the location to become an upcoming HVO volunteer project site.



RESEARCH

ADVANCING REHABILITATION



The accomplishments outlined in this report showcase the work of our dedicated and talented therapists who strive on a daily basis to contribute new knowledge to the field of rehabilitation. In fiscal year 2015, research and educational presentations were presented by 65 therapists at 23 professional conferences at the state, national and international levels. Five articles were published in peer-reviewed journals and multiple awards and special recognition received. Congratulations to our therapists for an extremely successful fiscal year 2015!

CONFERENCE PRESENTATIONS

PROJECT TITLE	STAFF INVOLVEMENT	TYPE OF PRESENTATION
Proceedings of the 7th World Congress of Biomechanics JULY 6-11, 2014 BOSTON, MASSACHUSETTS		
Identification of Dynamic Trunk Movement Control Impairments in Patients with Non-Specific Low Back Pain Using a Novel Target Acquisition Test	Won Sung, PT, DPT Pemongkon Wattananon, PT, MS Bryan Spinelli, PT, DPT, OCS, CLT/LANA Sheri Silfies, PT, PhD	Research presentation
Can Kinematic Data Collected During Active Forward Bend be Used to Identify Patients with Non-Specific Low Back Pain?	Pemongkon Wattananon, PT, MS Won Sung, PT, DPT Bryan Spinelli, PT, MS, OCS, CLT/LANA Dave Ebaugh, PT, PhD Sheri Silfies	Research presentation
Brazilian Shoulder and Elbow Congress AUGUST 28-30, 2014 BRAZIL		
1. Postoperative Rotator Cuff Rehabilitation 2. Rehabilitation After Shoulder Arthroplasty 3. Roundtable Discussion-Scapular Dyskinesis: Risk Factor or Result 4. Roundtable Discussion-Treatment of Partial Thickness Rotator Cuff Tears: Physiotherapy or Surgery	Marty J. Kelley, PT, DPT, OCS	Education and Roundtable Sessions for the Rehabilitation Section
Examination Algorithm for Scapular Muscle Dysfunction	Marty J. Kelley, PT, DPT, OCS	Education Session for the Surgeon Section
The Mid-Atlantic Shoulder and Elbow Society Meeting SEPTEMBER 19, 2014 WASHINGTON, DC		
Panel Discussion: Acromioclavicular Joint Injuries: To Treat or Not to Treat-That is the Question	Brian Leggin, PT, DPT, OCS	Panel Discussion
Panel Discussion: Dealing With the Failed Cuff-What to do With the 55 y/o With a Massive Cuff Tear Who Can Raise Their Arm? Rehab it, Fix it, Patch it or Reverse it!	Brian Leggin, PT, DPT, OCS	Panel Discussion



The National Lymphedema Network's 11th International Conference

SEPTEMBER 3-7, 2014 | WASHINGTON, DC

Breast Cancer Related Lymphedema and Shoulder Kinematics: Analysis of the Upper Quadrant	Peter Rundquist, PT, PhD Bryan Spinelli, PT, MS, OCS, CLT-LANA	Education session
Case Studies: Gynecological, Torso, Genital	Jane Kepics, PT, DPT, CLT-LANA Bryan Spinelli, PT, MS, OCS, CLT-LANA	Education session
Successful Lymphedema Physical Therapy Intervention in a Complex Morbidly Obese Patient	Robin Kauffman, MSPT, CLT-LANA Stephanie Duzak, DPT, CLT-LANA Bernadette Erickson, PT, CLT-LANA	Poster Presentation

American Society of Hand Therapists 37th Annual Meeting

SEPTEMBER 18-20, 2014 | BOSTON, MASSACHUSETTS

Blocking Orthoses: Design, Indications and Fabrication	Gayle Severance, MS, OT/L, CHT	Workshop
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Limb Loss Education Day

SEPTEMBER 13, 2014 | PHILADELPHIA, PENNSYLVANIA

How to Get Back to a Comfortable Activity Level	Chris Gorrell, PT, DPT Julie Parana, OTR/L	Panel Discussion
New and Innovative Evidence Based Treatment for Parkinson's Disease	Heather Ciani, PT, MS, GCS	Panel Discussion

5th Annual PPMC Nursing Perioperative Conference 2014

NOVEMBER 15, 2014 | PHILADELPHIA, PENNSYLVANIA

From the Playground to the Workplace: How Do We Manage Bullying in Healthcare	Jane Oeffner, PT, DPT, MBA	Education Session
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Pennsylvania Physical Therapy Association (PPTA) Conference

OCTOBER 31-NOVEMBER 2, 2014 | LANCASTER, PENNSYLVANIA

Knocking Out Parkinson's Disease: The Role of High Intensity Exercise	Joellyn Fox, PT, DPT	Education Session
Got heart? Evaluation and Differential Diagnosis of Cardiac Disease	Esther Bae, PT, DPT Kelly Butler, PT, DPT, CCS	Education Session
Diagnosis and Management of Cancer Related Fatigue	Sarena Banas, PT, DPT, CLT-LANA Maria Buccafuri, PT, CLT-LANA	Education Session
Outcomes of an Acute Care Patient Mobility Program for Trauma and Orthopedic Patients	Kaila Burklow, PT, DPT Melissa Lesser, PT, DPT Megan Leary, PT, DPT Bevin Journey, OTR/L Laura Schaffner, MS, OTR/L	Poster Presentation

Pennsylvania Occupational Therapy Association (POTA) Conference

OCTOBER 31-NOVEMBER 2, 2014 | KING OF PRUSSIA, PENNSYLVANIA

Recreating and Sustaining a Staff Clinical Education Program in an Acute Care Rehabilitation Department	Malachy Clancy, MOT, OTR/L Laura Schaffner, MS, OTR/L	Short Course
Implementation of a Revised OT Job Site Evaluation Program	Tami Levengood, OTR/L, MSCS	Poster Presentation
Acute Care Occupational Therapy for a Patient with Heroin Induced Leukoencephalopathy	Teresa Melick, MOTR/L Marisa Hart, MS, OTR/L	Poster Presentation

American Society of Reconstructive Transplantation Annual Conference NOVEMBER 21, 2014 CHICAGO, ILLINOIS		
When is Enough, Enough? Managing Responsibilities, Expectations and Outcomes in Hand Transplantation	Gayle Severance, MS, OT/L, CHT	Education Session
Shoulder and Elbow Update 2014 NOVEMBER 21-22, 2014 PHILADELPHIA, PENNSYLVANIA		
Rehabilitation and Outcome of Non-op Management of Rotator Cuff Disease Rehabilitation of Shoulder Girdle Fractures Rehabilitation following Conventional and Reverse Shoulder Arthroplasty	Brian Leggin, PT, DPT, OCS	Education Session
Rehabilitation following Rotator Cuff Repair: When Should We Start and What Do We Do? Guidelines for Rehabilitation of Frozen Shoulder Recognition and Rehabilitation of Scapular Dysfunction	Marty J. Kelley, PT, DPT, OCS	Education Session
A New Approach to the Management of Epicondylitis	John Bellace, PT, CHT	Education Session
Rehabilitation Principles Following Elbow Fracture	Laura Walsh, OT/L, CHT	Education Session
Clinical Examination of the Shoulder and Elbow	Brian Leggin, PT, DPT, OCS	Workshop
Cadaver Anatomy Specimens of the Shoulder and Elbow	Bryan Spinelli, PT, MS, OCS, CLT Wendy McCoy, PT, CHT Laura Walsh, OT/L, CHT	Workshop
Manual Techniques for the Shoulder and Elbow	Marty J. Kelley, PT, DPT, OCS Brian Eckenrode, PT, DPT, OCS Tiffany Prince, PT, DPT, OCS Allison Greene, PT, DPT, OCS	Workshop
Taping Techniques for the Shoulder and Elbow	Jeffrey O'Neill, PT, DPT, OCS Marisa Pontillo, PT, DPT, SCS Gina Serago, PT, DPT, OCS	Workshop
American Association for Hand Surgery Conference JANUARY 21-24, 2015 NASSAU, BAHAMAS		
Soft Tissue Coverage Targeted Reinnervation for UE Prostheses: Motor Control & Sensory Feedback	Gayle Severance, MS, OT/L, CHT	Workshops
Penn Medicine 2015 Advances in Throwing Symposium JANUARY 31, 2015 PHILADELPHIA, PENNSYLVANIA		
Non-Operative Rehab of Shoulder Injuries	Brian Leggin, PT, DPT, OCS	Education Session
Postoperative Instability/SLAP Repair Rehabilitation in the Throwing Athlete	Marty J. Kelley, PT, DPT, OCS	Education Session
Return to Play Algorithms for the Overhead Athlete	Marisa Pontillo, PT, DPT, SCS	Education Session
American Physical Therapy Association's Combined Sections Meeting FEBRUARY 4-7, 2015 INDIANAPOLIS INDIANA		
NMES to the Lumbar Multifidus in Conjunction with Trunk Stabilization Exercises Returns Patient to a High Level of Competition Following an L4-L5 Microdiscectomy	Michael Roberto, PT, DPT Noel Goodstadt, PT, PhD Sheri P. Silfies, PT, PhD	Platform Presentation Orthopaedic Section
Physical Rehabilitation for Patients Pre Lung Transplant at a Long Term Acute Care Hospital (LTACH)	Aaron Thrush, PT, DPT, MPH Julie Skrzat, PT, DPT	Platform Presentation Cardiovascular and Pulmonary Section
Description of Clinical Outcomes and Utilization of Physical Therapy in Patients with Shoulder Disorders	Brian Leggin, PT, DPT, OCS Jennifer Dekerlegand, MPT Bob Labelle, MBA, LAT, ATC	Platform Presentation Orthopaedic Section
Shoulder Dysfunction in Patients Following Surgical Treatment for Lung Cancer	Brandis Johnson, PT, DPT, CLT-LANA	Platform Presentation Oncology Section

Implementation of a Standardized Outcomes Process Across Multiple Outpatient Therapy Practices	Brian Leggin, PT, DPT, OCS Jennifer Dekerlegand, MPT Bob Labelle, MBA, LAT, ATC	Platform Presentation Health Policy and Administration Section
Description of a Peer-Assisted Learning Program to Enhance a 1:1 Model of Clinical Education	Anne Whiting, PT, DPT, MSW Aaron Thrush, PT, DPT, MPH Carol Wamsley, PT, DPT, BS, NCS, CBIS Jillian Stark, PT, DPT, NCS, CBIS	Poster Presentation Education Section
Practical Use of an Outcome Measure to Report on Therapy in a Medical Intensive Care Unit (MICU) Setting	Joe Adler, PT, DPT, CCS Kelly Butler, PT, DPT, CCS Aaron Thrush, PT, DPT, MPH Jen Dekerlegand, MPT Arcadia Students	Poster Presentation Acute Care Section
Change in Function of Patients Hospitalized for Allogeneic Bone Marrow Transplants	Ruba Nacef, PT, DPT Mary Galgon, PTA Jen Dekerlegand, MPT	Poster Presentation Acute Care Section
Use of the Postural Assessment Scale for Stroke Patients in Determining Acute Care Discharge Recommendations	Melissa Lesser, PT, DPT Joseph Borst, PT, DPT Jen Dekerlegand, MPT	Poster Presentation Acute Care Section
Crash, Bang, Boom: Injuries and Rehabilitation of Contact and Tactical Athletes	Marisa Pontillo PT, DPT, SCS Daniel Lorenz, PT, DPT, LAT, CSCS Michael Rosenthal, PT, DSc, SCS, ECS, ATC James Voos, MD	Education Session Sports Section

Pennsylvania Physical Therapy Association's Southeast District (SED) Mini Combined Sections Meeting

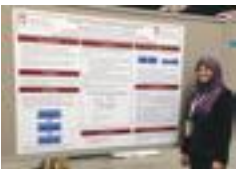
MARCH 21, 2015; PHILADELPHIA, PENNSYLVANIA

Effectiveness of High Velocity Low Amplitude Thrust Manipulation on the Treatment of Symptoms Related to Temporomandibular Disorder: A Systematic Literature Review	Tim Bayruns, PT, DPT, OCS, CSCS Philip Adelizzi, SPT James Casler, SPT Melissa DeFelice, SPT Michael Drusedum, SPT	Poster Presentation
Management of Parkinson's Disease-Update on Current Activity Based Intervention	Heather Cianci, PT, MS, GCS Joellyn Fox, PT, DPT	Education Session
Legislative Issues Update – How to Talk to your Legislator	Claire Peasley, PT, DPT	Education Session
Patient Intervention Through the Continuum for Patients with Parkinson's Disease	Heather Cianci, PT, MS, GCS Joellyn Fox, PT, DPT	Education Session
Outcomes of an Acute Care Patient Mobility Program for Trauma and Orthopedic Patients	Kaila Burklow, PT, DPT Melissa Lesser, Pt, DPT Megan Leary, PT, DPT Bevin Journey, OTR/L Laura Schaffner, MS, OTR/L	Poster Presentation
Use of the Postural Assessment Scale for Stroke Patients in Determining Acute Care Discharge Recommendations	Melissa Lesser, PT, DPT Joseph Borst, PT, DPT Jen Dekerlegand, MPT	Poster Presentation
Description of a Peer-Assisted Learning Program to Enhance a 1:1 Model of Clinical Education	Anne Whiting, PT, DPT, MSW Aaron Thrush, PT, DPT, MPH Carol Wamsley, PT, DPT, BS, NCS, CBIS Jillian Stark, PT, DPT, NCS, CBIS	Poster Presentation

Hospital of the University of Pennsylvania Safety Fair

MARCH 11, 2015 | PHILADELPHIA, PENNSYLVANIA

Project SIT-UP	Randy M. Dubin, MA, CCC-SLP Nadine Amsterdam, MA, CCC-SLP	Poster Presentation
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Multidisciplinary Approach to Dysphagia and Airway Management MARCH 7, 2015 PHILADELPHIA, PENNSYLVANIA		
Laryngectomy Management Across the Continuum of Care	Meredith Pauly, MA, CCC-SLP Tiffany Hogan, MA, CCC-SLP	Educational Session
The “Why” of SLP Decision Making in Medically Complex Cases	Regina Carr, MA, CCC-SLP Melissa B. Ferdas, MA, CCC-SLP	Educational Session
Infant Driven Feeding Program in the Intensive Care Nursery	Nadine Amsterdam, MA, CCC-SLP Hani Dressler, MA, CCC-SLP	Educational Session
Secretions and Residue and Aspiration, Oh My!	Randy M. Dubin, MA, CCC-SLP	Educational Session
Philadelphia Hand Rehabilitation Foundation 41st Symposium: Surgery and Rehabilitation of the Hand with Emphasis on Trauma MARCH 7-9, 2015 PHILADELPHIA, PA		
Rehabilitation Following Hand Transplantation	Gayle Severance, MS, OT/L, CHT	Educational Session
Hand Transplant Case Study	Laura Walsh, MS, OT/L, CHT	Educational Session
Elbow Fractures	Laura Walsh, MS, OT/L, CHT	Educational Session
Clinical Examination of the Shoulder	Marty Kelley, PT, DPT, OCS Brian Leggin, PT, DPT, OCS	Educational Session
American Occupational Therapy Association’s Annual Conference and Expo APRIL 16-19, 2015 NASHVILLE, TENNESSEE		
Supporting the Roles of Infants and Caregivers with an Infant Massage Program in the Intensive Care Nursery	Lawrence Stevenson, OTR/L Robin Elican-Medeja, MOT OTR/L	Poster Presentation
Rehabilitation of Patients with Lower Limb Amputations	Julie Parana, OTR/L	Poster Presentation
Incorporating Occupational Therapists into a Phase I Acute Care Cardiac Rehab Group	Malachy Clancy, MOT, OTR/L Teresa Melick, MOT, OTR/L	Poster Presentation
Implementation of a Revised OT Job Site Evaluation Program	Tami Levengood, OTR/L, MSCS	Poster Presentation
Addressing Cognitive Impairment in Acute Care Populations to Increase Occupational Performance	Marisa Hart, MS, OTR/L Laura Schaffner, MS, OTR/L	Poster Presentation
Transitioning From Student to Practicing Therapist: Employment Issues and Factors Contributing to Good Clinical Site Fit	Meredith McElroy, MOT, OTR/L	Poster Presentation
Oncology Rehabilitation and Cognition	Laura Schaffner, MS, OTR/L	Buzz Session
Mind Your Brain Conference MARCH 13, 2015 PHILADELPHIA, PENNSYLVANIA		
Patient and Family Education Sessions	Kjisten Robin, MS, OTR/L, CBIS Tami Levengood, OTR/L, MSCS Lisa Rocks, MA, SLP/CCC, CBIS Katherine Tuan, MS, OTR/L, CBIS	Workshops
Mediware Rehabilitation Annual Conference JUNE 8-10, 2015 SCOTTSDALE, ARIZONA		
Data: Output vs. Outcome	Christopher Kauffman, MSPT	Oral Presentation
The 16th Annual Philadelphia Sports Medicine Congress JUNE 19, 2015 PHILADELPHIA, PENNSYLVANIA		
Upper Extremity Functional Testing and Return to Play	Marisa Pontillo, PT, DPT, SCS	Educational Session

AWARDS, HONORS & RECOGNITION

Pennsylvania Physical Therapy Association (PPTA) Acute Care SIG Award

Esther Bae, PT, DPT

The Pennsylvania Physical Therapy Association Acute Care Special Interest Group's award is provided to a therapist for service, clinical excellence, operational support, teaching and research in the area of Acute Care.

Pennsylvania Physical Therapy Association (PPTA) Geriatric Special Interest Group Award **Deb Akers, PT**

The Pennsylvania Physical Therapy Association Geriatric Special Interest Group's award is provided to a therapist for service, clinical excellence, operational support, teaching and research in the area of Geriatric Physical Therapy practice.

Pennsylvania Physical Therapy Association (PPTA) Neurology Special Interest Group Award **Kelly Butler, PT, DPT, CCS**

The Pennsylvania Physical Therapy Association Neurologic Special Interest Group's award is provided to a therapist for service, clinical excellence, operational support, teaching and research in the area of Neurologic Physical Therapy practice.

Pennsylvania Physical Therapy Association (PPTA) Student Leadership Award **Megan Watson, PT, DPT**

The Pennsylvania Physical Therapy Association's Student Leadership Award is provided to a student therapist who demonstrates APTA involvement, community service and leadership.

2014 Pennsylvania Hospital Advocacy Award

Arley Johnson, MS, OTR/L

Awarded to an individual who has partnered with Patient and Guest Relations in the pursuit of patient satisfaction, advocacy and furthering the Penn patient experience.

Invited Keynote Speaker for the 14th Annual Patti Leahy Lecture at the University of the Sciences in Philadelphia

Heather Cianci, PT, MS, GCS

This event raises money for the Patti Leahy Scholarship Fund to assist physical therapy students with clinical education costs. Heather's talk was titled "New and Innovative Evidence Based Treatment for Parkinson's Disease."

Awarded the 2015 Mary Sinnott Award for Clinical Excellence in Acute Care **Joe Adler, PT, DPT, CCS**

This award is provided to honor an outstanding acute care clinician whose major professional involvement and contribution has been in the area of acute care physical therapy.

Awarded the 2014 Vargus International Hand Therapist Teaching Award **Gayle Severance, MS, OT/L, CHT**

The Vargus Award's is awarded to a hand therapist to foster an exchange of educational ideas between therapists in the American Association of Hand Surgery and in a host country to result in improved patient care for upper extremity problems.

Received American Board of Physical Therapy (ABPT) clinical specialization

Kelly Butler, PT, DPT, CCS

Cardiovascular and Pulmonary

Claire Child, PT, DPT, MPH, CCS

Cardiovascular and Pulmonary

Allison Greene, PT, DPT, OCS

Orthopaedic

Carol Wamsley, PT, DPT, BS, NCS, CBIS

Neurologic

Honorees received board specialization at the American Physical Therapy Association's (APTA) Combined Sections Meeting on February 4th, in Indianapolis, Indiana.

Inducted into the 2015 Academy of Certified Brain Injury Specialists

Sara Parker, OTR/L, CBIS

Loren Massimino, OTR/L, CBIS

Andrea Vourtsis, OTR/L, CBIS

Jennifer Cartella, OTR/L, CBIS

Megan Watson, PT, CBIS

Brittany Jemmoua, OTR/L, CBIS

Achieved Certification in Brain Injury Specialization (CBIS)

PUBLICATIONS

Peer Reviewed

Sung W, Abraham M, Plataras C, Silfies SP. Trunk motor control deficits in acute and subacute low back pain are not associated with pain or fear of movement. *Spine J.* 2015 Apr 8.

Pontillo M, Spinelli BA, Sennett BJ. Prediction of in-season shoulder injury from preseason testing in division I collegiate football players. *Sports Health.* 2014 Nov; 6(6):497-503.

Beidas RS, Raciotti B, Barg F, Branas AR, Brown JC, Glanz K, DeMichele A, DiGiovanni L, Salvatore D, Schmitz KH. *J Natl Cancer Inst Monogr.* 2014 Nov; 2014(50):338-45.

Tate L. Prevalence of Scoliosis in a Pelvic Pain Cohort. *J of Women's Health Phys Ther.* Jan/April 2015; 39(1): 3-9.

Thrush A, Hyder AA. The neglected burden of caregiving in low- and middle-income countries. *Disabil Health J.* 2014 Jul;7(3):262-72.

Other Publications

Fazzari E. A collaborative approach to wound care and lymphedema therapy: Part I. *Wound Care Advisor.* May/June 2015; 4(3):30-2.

Cianci, HJ. (2014, 3rd edition). *A Step Ahead: Exercise and Mobility.* In G. Radin & L. Radin (Eds.) *What if it's not Alzheimer's?* Amherst, New York: Prometheus Books.

Cianci, HJ. (2014). *Fitness Counts.* National Parkinson Foundation. Miami, Florida.

Textbooks

Sung W, Bayruns TJ: *Lippincott's Primary Care Orthopedics, 2nd Edition: Chapter 78: "Lumbar Exercises"* page 342 to 346, 2014.

COLLABORATIVE PROJECTS

PROJECT TITLE	STAFF INVOLVEMENT	ROLE IN PROJECT
Lung Transplant Body Composition Study	Laura Friedman, PT Derek Zaleski, PT, DPT	Assisting with data collection
Validation Study of a Lymphedema Assessment of the Breast, Arm and Trunk (LABAT)	Joy Cohn, PT, CLT-LANA Bryan Spinelli, PT, MS, OCS, CLT	Collaborative project with Katie Schmitz (Principal Investigator), Associate Professor in the Department of Biostatistics and Epidemiology, University of Pennsylvania
1. Identifying Isolation of Multifidus Activation with NMES using Near Infrared Spectroscopy 2. Identifying Isolation of Multifidus Activation with NMES using RUSI 3. Analysis of Muscle Activation Patterns in Patients with Aberrant Movement Patterns who Fit a Diagnosis of Movement Control Impairments of the Spine 4. Movement Precision and Control in Patients with Low Back Pain 5. Kinematic Analysis of the Forward Bend Characteristics to Predict Patients with Movement Coordination Impairments of the Trunk 6. Mechanistic Validation of Current Clinical Prediction Rules for Predicting Success with Trunk Stabilization Exercises	Won Sung, PT, DPT	Collaborative studies with Drexel University
The Relationship Between Core Stability and Shoulder Injuries in Athletes	Marisa Pontillo, PT, DPT, SCS	Collaborative study with Drexel University
Pain Outcomes With an Elliptical Regimen (POWER)	Scott Becker, PT	Collaborative study with Dr. Tim Dillingham MD, Department of Physical Medicine and Rehabilitation
Thera-Drive	Carol Wamsley, PT, DPT, BS, NCS, CBIS Aaron Thrush, PT, DPT, MHS	Collaborative study with Dr. Michelle Johnson, Associate Professor in the Department of Rehab Medicine at the University of Pennsylvania
A Phase 2 Randomized, Double-Blind, Placebo-Controlled Efficacy and Safety Study of a RAR -Specific Agonist (Palovarotene) in the Treatment of Preosseous Flare-ups in Subjects with Fibrodysplasia Ossificans Progressiva (FOP) are assessing joint range of motion as one of the outcome measures to determine the drug's efficacy in this rare patient population.	Elsa Amaral, PT Sarah Martyn, PT, DPT Kaila Roberson, PT, DPT Joe Borst, PT, DPT	Collaborative study with Dr. Kaplan, Penn Medicine's Department of Orthopedics.
Risk of Falls after Total Knee Arthroplasty with the Use of Femoral Nerve Block versus Adductor Canal Block; A Double Blinded Randomized Controlled Study.	Chris Hughes	Collaborative study with Dr. Nabil Elkassabany MD MSCE, Department of Anesthesiology and Critical Care
ASPIRE Study	Elsa Amaral, PT Sarah Martyn, PT, DPT	Assisting the Hemophilia Team collect functional outcomes data
Systematic Review of Spinal Cord Injury	Elena Newland, PT, DPT	Collaborative study with Arcadia Students
Functional Outcome Measures for Head and Neck Patients	Meredith Pauly, MA, CCC-SLP Tiffany Hogan, MA, CCC-SLP	Collaborative study with Dr. Steven Cannady from the Department of Otorhinolaryngology
The Mutual Journey: Occupational Therapy Practitioners' Meaningful Experiences of Therapeutic Use of Self	Natalia Stroutinsky Sobotka, MS, OTR/L Erin Spaniol, MS, OTR/L, ATP	Collaborative study with Tamera Keiter Humbert, D.Ed., OTR/L, Associate Professor in the Occupational Therapy Department at Elizabethtown College

RESEARCH DAY

On June 4th, 2015, members of Good Shepherd Penn Partners and Penn Medicine's Department of Physical Medicine & Rehabilitation united for the first-ever joint Research Day.

This event was organized by the Good Shepherd Penn Partners Research Committee, an interdisciplinary committee charged with promoting research endeavors, establishing policies and ensuring proper procedures for all research involving Good Shepherd Penn Partners and the Department of Physical Medicine and Rehabilitation patients, staff or facilities.

Timothy R. Dillingham, MD, MS, Chair, Department of PM&R and Chief Medical Officer, Good Shepherd Penn Partners, delivered the event's Keynote Address "Lower Limb Amputations: Epidemiology, Rehabilitation Services Use and Outcomes".

The six podium presentations, moderated by Dr. Michelle Johnson PhD., Assistant Professor, PM&R and Director of Rehabilitation Robotics R&D Lab. were also given during the event, which highlighted the work of Aaron Thrush PT, DPT, MPH, Advanced Clinician II, Won Sung PT, DPT, Spine Team Leader, Brian Leggin PT, DPT, OCS, Lead Therapist, and Kate Temme, MD, Assistant Professor, PM&R and Orthopaedics. Over 150 attendees participated in the event, which showcased an interactive poster session that included 27 posters from clinicians from both organizations.

Good Shepherd Penn Partners is proud partner with Penn Medicine's Department of Physical Medicine & Rehabilitation.



Timothy R. Dillingham, MD, MS
Chair, Department of Physical Medicine and Rehabilitation
Chief Medical Officer and Psychiatrist-in-Chief
Good Shepherd Penn Partners
William J. Erdman, II, Professor of Physical Medicine and Rehabilitation

“We share a culture of scholarly excellence and a commitment to education and research that is fundamental to our practitioners and a promise to our patients.”



AWARDS & RECOGNITION



ORTHOPAEDICS APPOINTMENT

Marty Kelley, PT, DPT, OCS

Good Shepherd Penn Partners is the place to be. The organization has been very supportive, and truly values what we do.

Over the past three decades, Marty Kelley, PT, DPT, OCS has been instrumental in helping patients regain their life and mobility after injury. As an advanced clinician specializing in shoulder rehabilitation, Marty has also influenced the career of countless of therapists through mentorship internationally. His list of contributions also includes 30 publication contributions and over 300 presentations.

In May 2015, Marty was recognized for his outstanding contributions to the orthopaedic rehabilitation community by being appointed Adjunct Assistant Professor of Orthopaedic Surgery at the University Of Pennsylvania Department Of Orthopaedic Surgery. This prestigious appointment was from L. Scott Levin, MD, FACS, Chair, Department of Orthopaedic Surgery at the University of Pennsylvania. During his three year tenure, Marty will be collaborating with the Penn Medicine orthopaedic department through education opportunities for orthopedic residents, contributing to academia and research.

“It’s nice to be recognized as part of the team,” says Marty “Although I’ve always felt part of the team, this is a structured recognition. It’s great.”

Marty began his involvement with Penn Medicine in 1988, when he began collaborating with orthopaedic surgeons at Penn Medicine to provide patient care for sports medicine conditions. Over the years, he has expanded his involvement in the orthopaedic residency program and fostered collegial relationships with surgeons, treating patients at various locations throughout the health system.

“Over the years, rehabilitation has become much more of an integral part of medicine. I know many of the physicians within the Penn Medicine community are happy we [therapists] are here.”

In addition to patient treatment, Marty has played an active role in shaping the careers of students in the orthopaedic residency program, and by mentoring other therapists at his site location at Penn Therapy & Fitness University

City and beyond. Marty has also played an integral role in contributing to a workplace that encourages staff to continue expanding their expertise.

“I’ve been fortunate to have great mentors in both physical therapy school and clinicians that I’ve collaborated with throughout my career. I like seeing clinicians develop and grow through the mentorship process.” says Marty, “Whether it is an individual who is experienced or the younger therapist who needs education and mentorship – we need to transfer information to one another. We have therapists who want to learn and expand their horizons. We can go to each other and say, ‘how are you treating this kind of patient?’”

As Marty continues to serve as a leader in the orthopaedic community, he looks forward to continuing to treat patients at Penn Therapy & Fitness alongside his colleagues.

NURSING RECOGNITION

Four Good Shepherd Penn Partners nurses were recognized as award recipients at the 2015 Penn Medicine Clinical Excellence awards, which a part of the Clinical Advancement Recognition Program (CARP). CARP is designed to recognize all clinical nurses for their contributions to quality patient care, as well as their clinical knowledge and professional achievements.

Larissa Elaine Peale, BSN, PCCN, RN has been selected to receive the Lillian Brunner Award. This award is given to nurses who demonstrate the highest quality of patient care and exhibit excellent clinical judgment that is based on critical priorities and evaluating the patient’s response to care. These nurses re-frame clinical situations and actively include other health care team members in the development of an appropriate plan.

Crystal St. Forte, BSN, RN has been selected to receive the Rosalyn J. Watts Award. This award acknowledges nurses who consistently establish therapeutic relationships with patients and their families that are characterized by individualized care. These nurses know their patients in a way that incorporates religious, spiritual, ethnic and cultural beliefs into the delivery of care.

Susan George, BSN, RN has been selected to receive the Dorothy Bodorf Award. This award recognizes the importance of leadership skills as a component of nursing practice at the point of direct care. Clinical leadership is exemplified by the nurses’ abilities to work through others to achieve better patient outcomes and contribute to a positive and encouraging environment for practice.

Stan Kumiega, BSN, CCRN, RN has been selected to receive the Helen McClelland Award. This award is given to nurses who exhibit an attitude of clinical inquiry that integrates evaluation and utilize research and/or evidence into the delivery of care to patients. These nurses are committed to a spirit of life-long learning that draws on reflective practice as a way of building expertise.

EMPLOYEES OF THE MONTH

Each month, employees on the Rewards and Recognition Committee gather to review nominations for Good Shepherd Penn Partners’ Employees of the Month Program. The program recognizes staff members that consistently go above and beyond what is expected of them in their position. The goal is to thank them for what they do and encourage them and their co-workers to continue to strive for excellence.

JANUARY.....	Rebecca Golden
FEBRUARY	Joyce Paragas
MARCH	Maegan Kyser
APRIL	Kelly Butler
MAY	Brigette Wright
JUNE	Brian Costin
JULY.....	Jacinta Williams
AUGUST.....	Carolyn Brant
SEPTEMBER	Allison Hemphill
OCTOBER	Jessy Koshy
NOVEMBER	Robert Wise
DECEMBER.....	Bryant Reddy



DEDICATED SERVICE AWARDS EMPLOYEES

At our annual Dedicated Service Awards in January 2015, we honored 85 employees reaching 35, 25, 15, 10 and 5 years of service milestones in calendar year 2014.



35 YEARS

Marion Conneen
Occupational Therapist, Pennsylvania Hospital



25 YEARS

Delores Jones
Patient Service Representative, Pennsylvania Hospital

15 YEARS

Timothy Bayruns, Physical Therapist, University City/Cherry Hill
Michael Denny, Physical Therapist, Pennsylvania Hospital

10 YEARS

Linda L. Armington, Patient Service Representative, University City
Michael Beadle, Patient Service Representative, Radnor
Stanley Carn III, Hospital Aide, Hospital of the University of Pennsylvania
Joy Cohn, Physical Therapist, Perelman Center for Advanced Medicine
Kelly Conway, Occupational Therapist, Penn Presbyterian Medical Center
Marguerite Fontanez, Physical Therapist, Penn Presbyterian Medical Center
Susan George, Registered Nurse, Penn Institute for Rehabilitation Medicine
Rebecca Golden, Physical Therapist, Cherry Hill
Grace Honabach, Registered Nurse, Penn Institute for Rehabilitation Medicine
Joan Levicoff, Outpatient Therapy Site Manager, Pennsylvania Hospital
Asma Abdul Malik, Therapy Aide, University City
Stephanie Muntzer, Physical Therapist, Radnor
Hermine Porter-Bell, Office Supervisor, University City
Kathy Talvitie, Regional Outpatient Site Manager
Radnor/Media/Valley Forge/Jenkintown/Arcadia
Jose Uribe, Physical Therapist, Penn Presbyterian Medical Center

5 YEARS

Keith Aker, Physical Therapist
Penn Presbyterian Medical Center
Danielle Akes, Certified Nurse Assistant
Specialty Hospital at Rittenhouse
Farrah Alexis, Respiratory Therapist
Good Shepherd Penn Partners
Daniel Alma, Physical Therapist
Pennsylvania Hospital Acute
Dylan Apatoczky, Physical Therapist
Penn Presbyterian Medical Center
Rodrigo Baguia, Registered Nurse
Penn Institute for Rehabilitation Medicine
Elizabeth (Marcinek) Barnes
Speech Language Pathologist
Ilin Bayhon, Registered Nurse
Specialty Hospital at Rittenhouse
Carolyn Brandt, Supervisor Nurse
Specialty Hospital at Rittenhouse
Eileen Britton, Outpatient Marketing Liaison
Camille Burton, Registered Nurse
Penn Institute for Rehabilitation Medicine
Chalea Butler, Certified Nursing Assistant
Penn Institute for Rehabilitation Medicine
Ilir Budo, Respiratory Therapist
Good Shepherd Penn Partners
Serrona Carlyle, Certified Nursing Assistant
Penn Institute for Rehabilitation Medicine
Sunyoung Cho, Registered Nurse
Penn Institute for Rehabilitation Medicine
Charlotte Colbert, Unit Secretary
Penn Institute for Rehabilitation Medicine
Danielle Collins, Respiratory Therapist
Good Shepherd Penn Partners
Ashlee Cooper, Patient Service
Representative, University City



Sukona Davis, Unit Secretary
Penn Institute for Rehabilitation Medicine

Tina Davis, Certified Nurse Assistant
Specialty Hospital at Rittenhouse

Gregory DeAntonio, Occupational Therapist
Penn Institute for Rehabilitation Medicine

Rasheen Edwards, Certified Nurse
Assistant, Specialty Hospital at Rittenhouse

Robin Elican-Madeja, Occupational
Therapist, Pennsylvania Hospital Acute

Daniel Finnegan, Registered Nurse
Specialty Hospital at Rittenhouse

Ida Fischer, Respiratory Therapist
Good Shepherd Penn Partners

Lindsay Furlong, Occupational Therapist
Penn Institute for Rehabilitation Medicine

Cheryl Gaines, Certified Nursing Assistant
Penn Institute for Rehabilitation Medicine

Tashia Haywood, Certified Nurse Assistant
Specialty Hospital at Rittenhouse

Rajvinder Hoojan, Registered Nurse
Specialty Hospital at Rittenhouse

Eunjoo Kim, Registered Nurse
Specialty Hospital at Rittenhouse

Jessy Koshy, Registered Nurse
Penn Institute for Rehabilitation Medicine

Stephen Leonetti, Registered Nurse
Specialty Hospital at Rittenhouse

Carlo Mabilog, Physical Therapist
Pennsylvania Hospital Acute

Francesca Magri Savage
Physical Therapist, University City

Sara Mahoney, Occupational Therapist
Penn Institute for Rehabilitation Medicine

Ramiro Maldonado, Physical Therapist
University City

Susana Mallari, Registered Nurse
Penn Institute for Rehabilitation Medicine

Annemarie McCann, Physical Therapist
Penn Presbyterian Medical Center

Lam Thi Nguyen, Registered Nurse
Penn Institute for Rehabilitation Medicine

Geumim Oh, Registered Nurse
Specialty Hospital at Rittenhouse

Jeffrey O'Neill, Physical Therapist
Weightman Hall

Kathryn Orme, Physical Therapist
Penn Presbyterian Medical Center

Jisuk Park, Registered Nurse
Specialty Hospital at Rittenhouse

Kwanghee Park, Registered Nurse
Specialty Hospital at Rittenhouse

Sara Parker, Occupational Therapist
Penn Presbyterian Medical Center

Meredith Pauly, Speech Language
Pathologist, Pennsylvania Hospital Outpatient

Talisha Ravenell, Certified Nurse Assistan
Specialty Hospital at Rittenhouse

Lucretia Ricks, Certified Nursing Assistant
Penn Institute for Rehabilitation Medicine

Carole Rosen, Physical Therapist, Radnor

Patricia Scapellati, Speech Language
Pathologist, University City

Karen Sheridan, Registered Nurse
Specialty Hospital at Rittenhouse

Callie Smart, Certified Nurse Assistant
Specialty Hospital at Rittenhouse

Roslyn Spence, Registered Nurse
Penn Institute for Rehabilitation Medicine

Stacey Solomon, Physical Therapist
Hospital of the University of Pennsylvania

Tracey Squire, Certified Nurse Assistant
Specialty Hospital at Rittenhouse

Lawrence Stevenson, Occupational
Therapist, Pennsylvania Hospital

Jamie Thomas, Registered Nurse
Penn Institute for Rehabilitation Medicine

Aaron Thrush, Physical Therapist
Specialty Hospital at Rittenhouse

Andrea Vourtsis, Occupational Therapist
Penn Presbyterian Medical Center

Desiree Walker, Unit Secretary and
Transportation Scheduler
Penn Institute for Rehabilitation Medicine

Cherelle Whitfield, Respiratory Therapist
Good Shepherd Penn Partners

Zena Whittington, Patient Service
Representative, Weightman Hall

Laura Wolf, Registered Nurse
Penn Institute for Rehabilitation Medicine

Patrice Wright, Patient Care Unit Clerk
Specialty Hospital at Rittenhouse

Mehe Yoon, Registered Nurse
Specialty Hospital at Rittenhouse

COMMUNITY BENEFIT

HEALTH PROFESSION EDUCATION

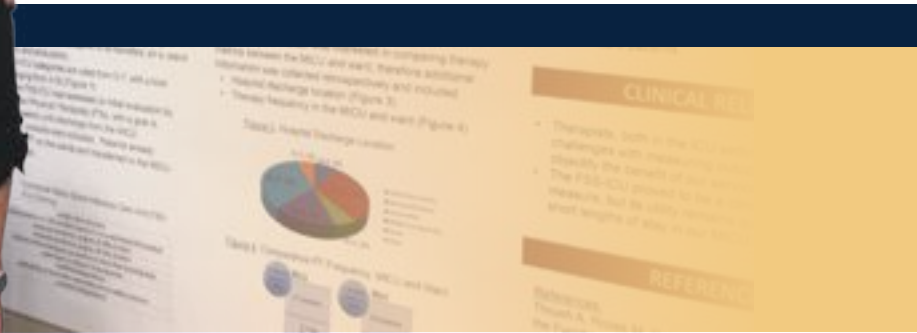


“Working with students is just another extension of our progression where we can educate the new generation of therapists we will be working with in the future.”

Good Shepherd Penn Partners has a culture of educational excellence. With our staff of clinical specialists, adjunct faculty, advanced degrees and staff presence at many national conferences — education is fundamental to our practitioners and a promise to our patients.

Through our orthopedics and women’s health physical therapy residencies, students have the opportunity for mentorship from a variety of therapists with diverse backgrounds and experience. Through 35 hours of work training, plus 10 hours of mentorship per week, residents are given the opportunity to build a solid foundation for their rehabilitation career. Residents work alongside our therapy teams to gain exposure and clinical knowledge. Because of our large program offering, exposure to special interest groups and the ability to clinically observe areas associated to our partnership with Penn Medicine enhances the learning experience.

Physical therapy students are able to gain experience through our acute care internship at the Hospital of the University of Pennsylvania. The goal of the acute care internship is to develop clinicians who demonstrate excellence in clinical decision making, clinical care and an awareness of research opportunities in the adult acute care setting. The pre- and post-graduation educational model is unique to acute care learning/mentoring, which includes opportunities to work through rotations in the academic medical institution.





MULTIPLE COMMUNITY ACTIVITIES

Tiffany Prince, MPT, DPT, OCS, CCE program coordinator for Good Shepherd Penn Partners feels that the program is beneficial for both students and seasoned staff.

“As therapists we are educators to our patients and their families. Working with students is just another extension of our progression where we can educate the new generation of therapists we will be working with in the future,” says Prince. “It is a program that our staff are passionate about.”

A hand on experience also allows students to take their education outside of the classroom and into the treatment rooms where they will be in the near future.

“The program allows students to translate what they learned in class and apply it reality so they can see the diagnosis they learned about while doing the things they have learned about on patients,” says Prince. “The knowledge of being able to problem solve and multitask makes it a real work experience for them. After graduation they can translate what they learned to a clinical position because they have had the one on one interactions and have experienced the multitasking involved as a therapist.”

Good Shepherd Penn Partners is committed to being an active member in the communities that we treat throughout the Delaware Valley region. Our employees voluntarily donate their time to provide education and support during various events during the year. They are able to provide education, resources and service information, but most importantly serve as a representation to the excellence in quality care associated with GSPP.

In FY 2015, we were involved with community events such as:

- » **American Heart Association Walk**
- » **The Jean Feldman Conference**
- » **The Radnor Run**
- » **Penn Medicine’s Mind Your Brain Symposium**
- » **Penn Medicine’s Cancervention**

As an organization, our employees provided hours of service through community benefit outreach. This includes educational lectures, health fair participations, and community events.

“Actively participating in our community with our various projects and programs allows us to address potential issues before they become debilitating problems.”

– Sean P. Loughlin, MSPT, OCS



2015 ANNUAL GALA

On May 9, 2015, GSPP held The University City Cocktail Gala to benefit education throughout rehabilitation. Over 150 employees, former patients, supporters, partners and friends of GSPP attended the event, which took place at Penn Therapy & Fitness University City.

During the evening, former Penn Rehab patient Bethany Dahlstrom shared her experience and the impact rehabilitation had on recovery from cancer treatment. Guests were also treated to delicious food catered by Garces Trading Group, and participated in a silent auction of exclusive Perry Milou art prints. Because of the generosity of our community, over \$28,750 was raised. On behalf of the entire organization, thank you to everyone who made the 2015 Gala a success.





NATIONAL VETERANS WHEEL CHAIR GAMES

In August 2014, Good Shepherd Penn Partners had the honor of serving as a Platinum Sponsor for the 34th National Veterans Wheelchair Games. The event, which took place in Philadelphia, is a program through The Department of Veterans Affairs (VA) and Paralyzed Veterans of America. Veterans had the opportunity to participate in 18 different sporting events over the span of ten days.

Employees from Good Shepherd Penn Partners and Penn Medicine’s Institute of Rehabilitation Medicine served as sports leads for the event, assisting in the coordination of programs throughout the ten day games.

Being able to work together outside of the rehabilitation allowed the partnership to be experienced by community members similar to our patient population. Elena Newland, DPT, served as the Assistant to the Event Chair, felt that it was a wonderful way to collaborate with other local healthcare providers.

“This was a great way to give back to the community through supporting veterans. It is important for the spinal cord injury patient population to remain active, so being able to assist with brining adaptive fitness and sports to veterans was great,” says Elena. “Through our participation, we were able to develop relationships and open new lines of communications to other healthcare providers of ways to collaborate on patient care.”

The National Veterans Wheelchair Games, presented annually by the Department of Veterans Affairs (VA) and Paralyzed Veterans of America, are open to all U.S. military veterans who

use wheelchairs for sports competition as a result of spinal cord injury, certain neurological conditions, amputations or other mobility impairments, and are focused on providing therapeutic, holistic treatments through adaptive sports.

Dan Riley, Chief Operating Officer served as the chair for the bowling event. “It was amazing to see how many veterans with varying disabilities were able to come together and be supportive of one another,” says Dan. “It was a really good experience to be able to partner with the colleagues at Good Shepherd Penn Partners to support the VA.”

Through our participation, we were able to develop relationships and open new lines of communications to other healthcare providers of ways to collaborate on patient care.

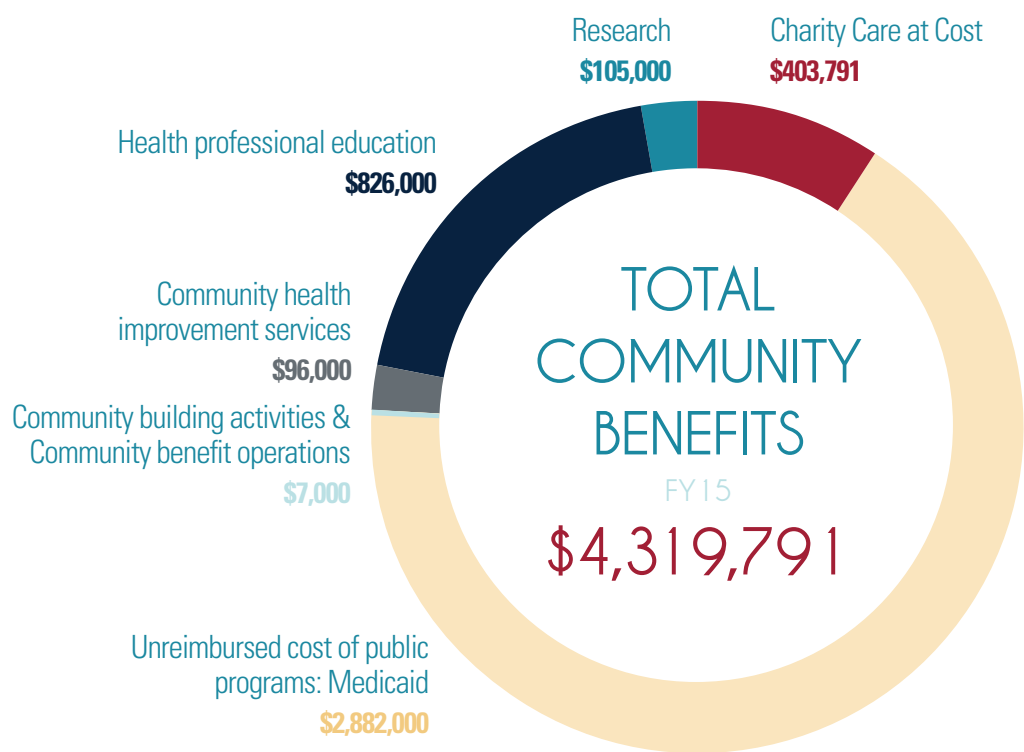
CARING FOR THE COMMUNITY

BY THE NUMBERS



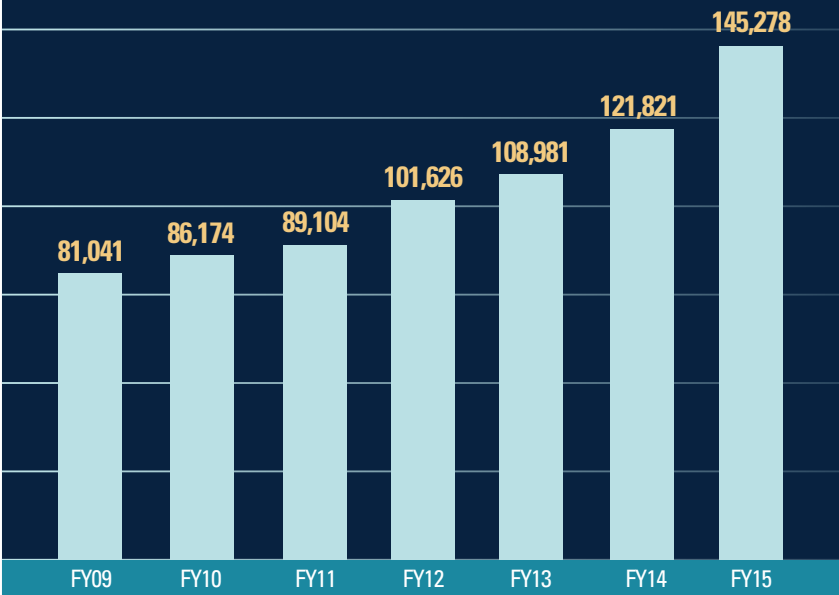
“Caring for the community is just one part of how Good Shepherd Penn Partners lives our vision of “partnering to realize life’s potential”.

We are proud of our nurses, therapists, administration and support staff who volunteer their time to those in need at our locations and beyond. These activities include providing care to patients who are unable to afford their care (Charity Care) and activities to support the boarder community including as research, health professions education and community health improvement services. This past year, these components represented over 4.3 million dollars of the value provided to and for the community.





OUTPATIENT VISITS



FINANCIALS

Good Shepherd Penn Partners continues to see growth and a strong financial outlook.

Total unrestricted revenues and other support	
FY14	\$79,881,593
FY15.....	\$84,666,499

Total Expenses	
FY14	\$70,359,094
FY15.....	\$73,030,682



Good Shepherd Penn Partners EMPLOYEES

FY14	718
FY15.....	746

LOCATIONS

I kept telling my daughter that Mommy was going to be alright and that Mommy was going to be home soon. Penn Rehab helped me keep that promise to my daughter.

-JANET LEWIS, FORMER PENN REHAB AND PENN THERAPY & FITNESS PATIENT

INPATIENT REHABILITATION



Penn Institute for Rehabilitation Medicine

1800 Lombard Street
Philadelphia, PA 19146
☎ 877.969.7342

Specialty Hospital at Rittenhouse

1800 Lombard Street
Philadelphia, PA 19146
☎ 877.969.7342

ACUTE THERAPY LOCATIONS

Hospital of the University of Pennsylvania

3400 Spruce Street
Philadelphia PA 19104
☎ Hospital Operator: 215.662.4000

Penn Presbyterian Medical Center

51 N. 39th Street
Philadelphia, PA 19104
☎ Hospital operator: 215.662.8000

Pennsylvania Hospital

800 Spruce Street
Philadelphia PA 19107
☎ Hospital Operator: 215.829.3000

SKILLED/SUB ACUTE THERAPY LOCATIONS

Penn Center for Continuing Care

51 N. 39th Street
Philadelphia, PA 19104
☎ 215.662.9403

Penn Center for Rehabilitation and Care

3609 Chestnut Street
Philadelphia, PA 19104
☎ 215.386.2942



Janet Lewis with Sabrina Mele, PT, DPT

OUTPATIENT THERAPY

PHILADELPHIA

**Penn Therapy & Fitness
Pennsylvania Hospital**

330 S. 9th Street, First Floor
Philadelphia, PA 19107
☎ 215.829.7767

Penn Therapy & Fitness Perelman Center

3400 Civic Center Blvd., 1st Floor
Philadelphia, PA 19104
☎ 215.662.4242

Penn Therapy & Fitness Rittenhouse

1800 Lombard Street, First Floor
Philadelphia, PA 19146
☎ 215.893.2500

Penn Therapy & Fitness University City

3737 Market Street, Suite 200
Philadelphia, PA 19104
☎ 215.349.5585

Penn Therapy & Fitness Weightman Hall

235 S. 33rd Street
Franklin Field complex
Philadelphia, PA 19104
☎ 215.615.4402

PENNSYLVANIA SUBURBS

**Penn Therapy & Fitness
Arcadia University**

Health Science Center, Suite 102
450 South Easton Road
Glenside, PA 19038
☎ 215.572.4060

**Bala Cynwyd:
Rasansky Physical Therapy**

2 Bala Plaza, Suite IL 47
Bala Cynwyd, PA 19004
☎ 610.668.1048

Penn Therapy & Fitness Jenkintown

500 Old York Road, Suite 230
Jenkintown, PA 19046
☎ 215.886.0414

Penn Therapy & Fitness Media

605 W. State Street, Suite 101
Media, PA 19063
☎ 610.565.1041

Penn Therapy & Fitness Radnor

250 King of Prussia Road, Suite 2C
Radnor, PA 19087
☎ 610.902.2300

Penn Therapy & Fitness Valley Forge

1210 West Swedesford Road, 3rd Floor
Berwyn, PA 19312
☎ 610.644.4645

Penn Therapy & Fitness Yardley

777 Township Line Road, Suite 180
Yardley, PA 19067
☎ 215.968.0145

NEW JERSEY SUBURBS

Penn Therapy & Fitness Cherry Hill

409 Route 70 East
Cherry Hill, NJ 08034
☎ 856.216.0047

**Penn Therapy & Fitness
Woodbury Heights**

1006 Mantua Pike, Suite B
Woodbury Heights, NJ 08097
☎ 856.686.8270

OUR MISSION

Create world-class patient-centered rehabilitation and post-acute care services by defining evidence-based practice and fully integrating care throughout the continuum.

OUR VISION

Our vision is **Partnering to realize life's potential.**







GOODSHEPHERD
PENN PARTNERS

Official Therapy Provider for  Penn Medicine

1800 Lombard Street | Philadelphia, PA 19146

 877.969.7342 pennpartners.org