



SALZBURG WEILL CORNELL SEMINAR ON REHABILITATION MEDICINE

September 17 – 23, 2017

• 34 fellows from 25 different countries and regions
• 8 faculty members from the United States and Austria
• 18 lectures and 6 workshops given by faculty
• 28 interesting cases presented by fellows
• 6 cases selected by faculty to be published in the Online Case Library

This week, the Salzburg Open Medical Institute was pleased to welcome faculty members from one of its oldest partners: Weill Cornell Medicine. The week was lead by course director Dr. Michael O'Dell of Weill Cornell Medicine, and co-course director Dr. Elisabeth Preisinger of Hietzing Hospital and Rosenhügel Neurology Center, who lead a mixed faculty from the USA and Austria.

Rehabilitation falls into two main categories: musculoskeletal and neurological. As such, the fellows came from a number of different fields, and the lectures covered a variety of topics. Fields represented among fellows included rheumatology, pediatrics, orthopedics, and neurology. In their lectures, some doctors focused on mainly musculoskeletal rehabilitation, like Dr. Gerold Ebenbichler on physical agents and manual therapy. Others discussed an intersection of musculoskeletal and neurological, like Dr. Mohammad Keilani and his lecture on brain tumors, or Dr. Leroy Lindsay and his lectures on rehabilitation and pharmacology of acquired brain injuries. Dr. Jaspal Ricky Singh's series on lower back pain, which fellows praised in their course comments. In their comments, fellows also found Dr. Alfred Gellhorn's ultrasound workshop especially relevant and useful for their practices. Similarly, Dr. Othmar Schuhfried's lectures on Multiple Sclerosis and Parkinson's disease received a lot of positive attention in fellow's comments.

One thing consistent across all fellows' comments was the accessibility of the faculty. Fellows consistently felt involved, and free to ask questions. Not only was the faculty friendly, but also incredible eager to help with material and clarify any ambiguous concepts. The strong bond between fellows and faculty was nowhere more clear than on Friday after the graduation dinner, when both groups came together in the lobby to socialize and later explore Salzburg's nightlife. More important than the valuable personal and professional connections made was the knowledge exchanged. All 34 fellows successfully received continuing education credit for their efforts, and six of their presentations were selected by the faculty for publication to the online case library.

The Salzburg Open Medical Institute was pleased to have such eager fellows, and we look forward to hoisting them and their ambitions again in the future. Similarly, we relish the opportunity to continue our relationship with Weill Cornell Medicine, and the outstanding faculty they consistently provide.

Faculty Group Photo, (L-R):

Michael W. O'Dell, MD; Gerold Ebenbichler, MD; Leroy Lindsay, MD
Elisabeth Preisinger, MD; Alfred C. Gellhorn, MD; Jaspal Ricky Singh, MD; Othmar Schuhfried, MD



Group Photo of Faculty and Fellows



SEMINAR DIARY FROM FELLOW

Diary of Joyce Karawa, MD

Bugando Medical Center, Mwanza, United Republic of Tanzania

Receiving an invitation that, I'm selected to attend the AAF/IMO Program: Rehabilitation Medicine seminar was the best news I received on 3rd of July 2017 at night. The arrangement started from that time on. And finally on 16th of September 2017 at 10:20 my journey from Dar-Es-salaam Tanzania to Salzburg Austria began.

I arrived at Schloss Arenberg on 17th of September at around 11: 45 from Munich, on the way I admired the beautiful country side with the green land. It was very beautiful to my eyes as it was my first time in Salzburg. In the evening we had a welcoming reception which was accompanied by a delicious dinner. It was great to meet my fellows who were from different countries together with the Faculty members.

DAY 1 (18th SEPT 2017)

Woke up at 6:30 and prepared myself for the Day one seminar, had a nice breakfast at 7 and at 8 went to the class, there was introduction for each one of us, and we were given a Pre-Seminar test which was exciting. And after the test we started to have our presentations and the first was about Rehabilitation basics, was a good start. There after we had a Tea Break and followed by Presentation about Rehabilitation for Concussion and Post Concussive Care which was very interesting. Followed by update in Stroke Rehabilitation, I was so excited to hear about the updates as we have a lot of stroke cases back in my Country.

We had the first, very delicious lunch in a Schloss Arenberg, after which there was a presentation on rehabilitation and management of brain tumor. Thereafter we had a workshop on evidence based medicine and challenge of rehabilitation research. I was intrigued and motivated on the concept of evidence-based practice and cultivated by interest on research.

Finally we had a final presentation of the day about OMI/AAF.

DAY 2 (19TH SEPT 2017)

The day had a couple of presentations including physical agents in rehabilitation medicine, Foot drop/pull/stuck...a new look, manual therapy, Rheumatology for the physiatrists and also presentations from fellows (I also did a presentation on this day). For me, I was more interested in all but Foot drop had a particular interest especially due to new technology involved in the management. The use of functional electrical stimulation (FES) in different conditions causing foot drop/ foot stuck, etc.

We had a memorable group photo with the faculty.

DAY 3 (20TH SEPT 2017)

In this day we had presentation on rehabilitation of impairments in multiple sclerosis / Parkinson's disease followed by the role of physiatry in the acute care hospital. Finally, we had updates on neuropharmacology in acquired brain injury. Rehabilitation in Parkinson's and multiple sclerosis were more interesting for me.

In the afternoon, I had an opportunity to visit a few tourist places around the Salzburg city including Hellbrunn as it was a free Afternoon.

DAY 4 (21ST SEPT 2017)

We had lectures on lumbar spine stenosis: A clinical syndrome, the upper limb: A clinical focus on MSK injuries and rehab, treatment of tendinopathy, low back pain and prevention tips. Then it was followed by ultrasound workshop on shoulder joint. Low back pain prevention tips were especially interesting because it touched different areas on diet and exercises to be done. Later at night we enjoyed a music concert which was instrumental.

DAY 5 (22ND SEPT 2017)

This was Friday where we had presentation on core stability and exercises, osteoarthritis of the spine: facets of joints. Then we attended different sessions in groups; ultrasound workshop on knee joints, anatomy of knee and finally had a post-seminar test.

There was a farewell reception and graduation dinner later that night. Certificates were given to different groups and I also received my certificate of participation.

2am 23RD September

I started my journey back home through Munich and Zurich. Salzburg was great and this seminar has been very beneficial to me and I wish to attend more of these to expand my knowledge and exposure on rehabilitation services to improve care and services to the needy at my place of work.

SEMINAR DIARY FROM FELLOW

Diary of Valentyna Zhdanova, PhD, MD

The State Institution Romodanov Neurosurgery Institute, Kiev, Ukraine

17.09 - 23.09.2017

17 September, Sunday evening

It was my second visit to Schloss Arenberg (I also visited Salzburg Weill Cornell Rehabilitation Medicine Seminar 14 - 20 April 2013) and I was pleased to see Salzburg is beautiful at any time of the year.

Full of impressions about Salzburg and tired after the flight I found Schloss Arenberg very nice. After welcome reception we enjoyed dinner and were introduced to other participants. There have been 34 fellows from 25 countries (The United States, Austria, Mexico, Tanzania, Mongolia, Turkey and many others). The mixture of an enthusiastic group of fellows and a warm, inviting faculty helped nurture the development of new relationships between the participants. The atmosphere in Schloss Arenberg was friendly. There was an instantaneous sense of collegiality and friendship that would only grow as the week went on.

18 September, Monday

I easily woke up at 6 am. After breakfast the seminar started. We gave short information about ourselves. Course Director Michael O'Dell, MD and Co-Course Director Elisabeth Preisinger, MD introduced the aim and goals of the whole seminar. Pre-seminar test has been actively discussed because of multiple-choice questions.

After coffee break the first lecture of Leroy Lindsay, MD was dedicated to *Rehabilitation for Concussion & Post-Concussive Care* and was real introduction to the whole course. The next lecture of Dr. Michael O'Dell *The Update in Stroke Rehabilitation* was really important for me and these lectures seemed to complete each other.

Lunch.

We listened to the lecture by Mochammad Kellani, MD *Rehabilitation & Management of Brain Tumor*, for me (as I work in Neurosurgery hospital) it was especially important, because there was a lot of information useful for Ukrainian and the circumstances we work in.

The next workshop: *Evidence Based Medicine & the Challenges of Rehabilitation Research* by Dr. Michael O'Dell was sharing their experiences; it was very important for the participants.

After lectures the fellows started their case presentations. The mixture of the two forms of learning – lectures and cases – allowed for both a theoretical and concrete approach to covering Rehabilitation Medicine. Sessions devoted to case presentations, which provide a great opportunity to discuss particularly difficult and unusual cases from around the world. Interesting discussions were after fellow's speech. Mine was 14th, and I must say I was a little nervous, but friendly and kind position of Dr. Michael O'Dell, gave me confidence.

After dinner I and my new friends from Lithuania, Bulgaria, Kazakhstan and Czech Republic had promenade in historical center of Salzburg. Despite the fact that it was raining all the time, we were in a good mood and admired the magnificent scenery of the evening of Salzburg.

19 September, Tuesday

Tasty breakfast followed by the lectures given by *Physical Agents in Rehabilitation Medicine* by Gerold Ebenbichler, MD and *Foot-Drop/Pull/Struck: A new Look* by Michael O'Dell, MD helped me understand more precisely the measurements of outcomes and treatment results. Discussion with Dr. Ebenbichler continued also outside the lecture hall.

After coffee break the next lectures *Manual Therapy* by Gerold Ebenbichler, MD and *Rheumatology for the Physiatrist* by Elisabeth Preisinger, MD were very interesting and informative. The lecture Dr. Preisinger provided good insights into treatment and rehabilitation of rheumatologic patients.

Lunch. Group photo with Faculty.

Case presentations and interesting discussions after every fellow's speeches, however sometimes questions of Dr. Michael O'Dell were provocative.

This evening me and my new friends visited Salzburg Festival Concert (Salzburg castle) - Golden Hall, where we enjoyed immortal melodies of Mozart and Strauss.

20 September, Wednesday

The lectures *Rehabilitation of Impairments in Multiple Sclerosis* and *Rehabilitation Management of Parkinson's Disease* by Othmar Schuhfried, MD were exciting.

After coffee break the next lectures by Leroy Lindsay, MD *The Role Physiatry in the Acute Care Hospital* and *Update on Neuropharmacology in Acquired Brain Injury* were more significant topics for me.

This day we had free afternoon and it was a good chance to see Salt Caves. The oldest salt mines in Austria are located near the town of Hallne. Hallne is known as the center of salt extraction and as the birthplace of the famous melody of "Quiet Nights" by Franz Xaver Gruber.

The trip was informative and fun.

21 September, Thursday

We listened with great interest to *Spinal Stenosis: A Clinical Syndrome* lecture by Jaspal Singh, MD and *The Upper Limb: A Clinical Focus on MSK Injuries and Rehabilitation* by Alfred C. Gellhorn, MD.

After coffee break there was insightful lecture *Treatment of Tendopathy* by Alfred C. Gellhorn, MD. And *Low Back Pain and Prevention Tips* by Jaspal Singh, MD. It was really great, additional thanks for informative and interesting case presentations and discussion.

Lunch and cheerful conversation.

Workshop Fellow's Case Presentations by Dr. Michael O'Dell & Dr. Gellhorn, and it was a stimulus for further professional growth and gave me confidence to improve patient management and treatment even more.

Ultrasound Workshop 1: The Knee. Ultrasound was a pearl of this day. We learned to apply this method, and also looked at the structure of our knee joints using the ultrasound device.

In the evening, we had a great concert of chamber music in Schloss Arenberg. Listen to the beautiful music of Vivaldi, Rachmaninov, Mendelssohn, Mozart.

22 September, Friday

Dr. Jaspal Singh delivered a lecture *Core Stability and Exercise* and focused on the newest ideas in Rehabilitation. The last lecture was by Dr. Gellhorn *Osteoarthritis of the Spine: the Facet Joints*. It was informative, interesting case presentation and discussion and he used his extensive expertise to present the most up-to-date knowledge in this field.

After coffee break was the next *Ultrasound Workshop 2: The Shoulder*. We continued to learn to apply this method, and also looked at the structure of our connections of shoulder, using ultrasonic device.

Together, the lectures, cases presentations, and workshops amounted to a comprehensive approach to teaching. We wrote the post-seminar test more confidently. The Seminar was a stimulus for further professional growth and gave me confidence to improve patient management and treatment even more.

At the Graduation Dinner fellows received their diplomas and awards, posing for photos with each other and the faculty. It is remarkable that the contacts and friendships made over a short 5-day period will almost certainly endure and lead to lifelong professional relationships.

Tomorrow is departure. Come back to our families, work and daily duties.

I am grateful to Faculty and Administration of Schloss Arenberg for this wonderful week. Thank you to the American Austrian Foundation. I can imagine that it takes a great deal of work to organize these seminars every year and for that I express my gratitude. I'd like to thank you again for the wonderful possibility to attend Salzburg Medical Seminars on Rehabilitation Medicine, especially for the updated medical information and skills, new professional contacts and wonderful impressions about Austria.

Sincerely,

Valentyna Zhdanova