



**EDUCATION**

**CASA COLINA FOUNDATION**

# RESIDENCY PROGRAMS GUIDE THE NEXT GENERATION OF CLINICIANS

A residency is a special rite of passage at Casa Colina. It is a rare opportunity for those who meet the programs' rigorous standards to grow beyond their expectations. Our residents represent some of the nation's best and brightest – new physicians who will specialize in Physical Medicine and Rehabilitation (PM&R) and therapists who will specialize in neurological and orthopedic occupational or physical therapy. ....

From left to right:  
Takuma Shito, PT, DPT, Orthopedic Physical Therapy Resident;  
Nicholas Smith, PT, DPT, CSCS, Movement & Performance  
Physical Therapy Fellow; Karthikeyan Bhuvaneshwaran, D.O.,  
PM&R Resident; Thomas Kim, D.O., PM&R Resident; Katherine Ko,  
Occupational Therapy Resident; Zair Shah, D.O., PM&R Resident;  
Maybel Kyin, PT, DPT, Neurologic Physical Therapy Resident  
Not pictured: Faith J. Rea, PT, DPT, OCS, Movement &  
Performance Physical Therapy Fellow



Dr. Zair Shah observes a spinal cord injury patient using Ekso technology with physical therapist Michelle Herren.

During his Physical Medicine and Rehabilitation (PM&R) residency at Casa Colina Hospital and Centers for Healthcare, Zair Shah, D.O., witnessed something amazing he'd never seen before: a paralyzed patient using a wearable robotic device to walk for the first time after an injury.

Observing the Ekso™ in action – and learning how it can power hip and knee motion to enable a person with spinal cord injuries to stand, walk and turn – has been just one of the highlights of Dr. Shah's residency at Casa Colina. "When I see patients pushing themselves to the max just to walk again, just to use their hands again, just to feel whole again," he said, "it drives me to work harder."

Residency and Fellowship programs at Casa Colina are providing extraordinary experiences and training to new physicians who will specialize in PM&R and to therapists who will specialize in neurological and orthopedic occupational (OT) or physical therapy (PT).

Education is one of the pillars on which the Casa Colina mission is based. "We have made a substantial commitment

of resources to train these residents and fellows. What they learn from us now will impact thousands of patients across the country for decades to come," said Felice Loverso, Ph.D., Casa Colina President and CEO.

In these post-graduate training programs, a resident or fellow may perform as a licensed practitioner while training under the supervision and mentorship of an experienced preceptor.

Before the first residents or fellows could arrive at Casa Colina almost 10 years ago, hospital leadership had to ensure that its physicians, nurses and therapists were prepared to mentor them.

The programs also had to be accredited by several organizations, including the Accreditation Council for Graduate Medical Education (in affiliation with OPTI West Physical Medicine and Rehabilitation Residency), American Occupational Therapy Association, American Osteopathic Association and American Physical Therapy Association. This process involved a multitude of reports and on-site inspections.

### DECADE OF EXPERIENCE

The PT residency is the oldest program at Casa Colina, having launched a decade ago. It is overseen by a team of lead PTs – Stephanie Kaplan, Cathy Timple, Rachel Tran and Andrea Haston – along with specially trained clinicians. New in 2017, the OT residency is supervised by Debra Ouellette and Susie Wong-Okamoto. A PT Fellowship program that focuses on movement and performance was initiated in 2017 in partnership with Azusa Pacific University.

Ross Bogey, D.O., came to Casa Colina in 2016 for the opportunity to build its PM&R Physician Residency Program into one of the best medical education training sites in the western United States. He now directs the program with a team of four other Casa Colina PM&R physicians.

Previously, he was on the teaching faculty at Baylor Institute for Rehabilitation, Kessler Institute for Rehabilitation, University of Texas-Southwestern Medical Center and Rehabilitation Institute of Chicago and was chosen as Teacher of the Year at the latter two programs. During his career, Dr. Bogey has trained more than 300 PM&R residents.

"I took the best elements from those PM&R Residency programs and implemented them here," he said. "I chose those aspects I thought would work well with Casa Colina's strong culture and infrastructure."

The result: Casa Colina was able to launch the program a year ahead of time with the first three physician residents beginning in July 2017. The second residency class at Casa Colina will start July 2018. By July 2019, the program will be completely staffed as an additional three PM&R residents begin their training following their internships for a total of nine residents at any given time.



From left to right: Occupational therapist Katherine Ko with a stroke patient using adaptive driving equipment in the Technology Center. Clinical Director Wendy Wang, OTR/L, provides guidance if needed.

instilled in us since day one at Casa Colina," said PM&R resident Thomas Kim, D.O. "Better patient care is just part of the culture here."

Beyond time working with patients, all residents and fellows must complete a rigorous educational curriculum and explore other growth opportunities. Some of these opportunities at Casa Colina typically might not be available to a new graduate, such as teaching undergraduates, conducting groundbreaking clinical research

and publishing their work in scientific publications.

"What an amazing feeling to reflect upon the challenges I overcame and the knowledge I gained during my residency," said occupational therapist Katherine Ko, who graduated from the Casa Colina program. "With the thoughtful guidance of my mentors, I developed a solid foundation for evidence-based practice and patient-centered care that I hope to pass along to future generations."

For the mentors, helping new clinicians to mature and embrace the field of rehabilitation medicine is exciting. "It's like parenting," Dr. Bogey said. "It's very satisfying to train someone well and know they'll spend the next 20 or 30 years following in your footsteps."

"In the end," added Kaplan, "we feel certain we can put our residents and fellows anywhere inside or outside Casa Colina, and they're going to thrive."

### FACING NEW CHALLENGES

Residents and fellows in the physical and occupational therapy programs undergo a year of intensive training, devoting long hours to participating in neurological and orthopedic OT and PT sessions. "We want them to develop knowledge at a faster pace by working with seasoned mentors," Kaplan explained.

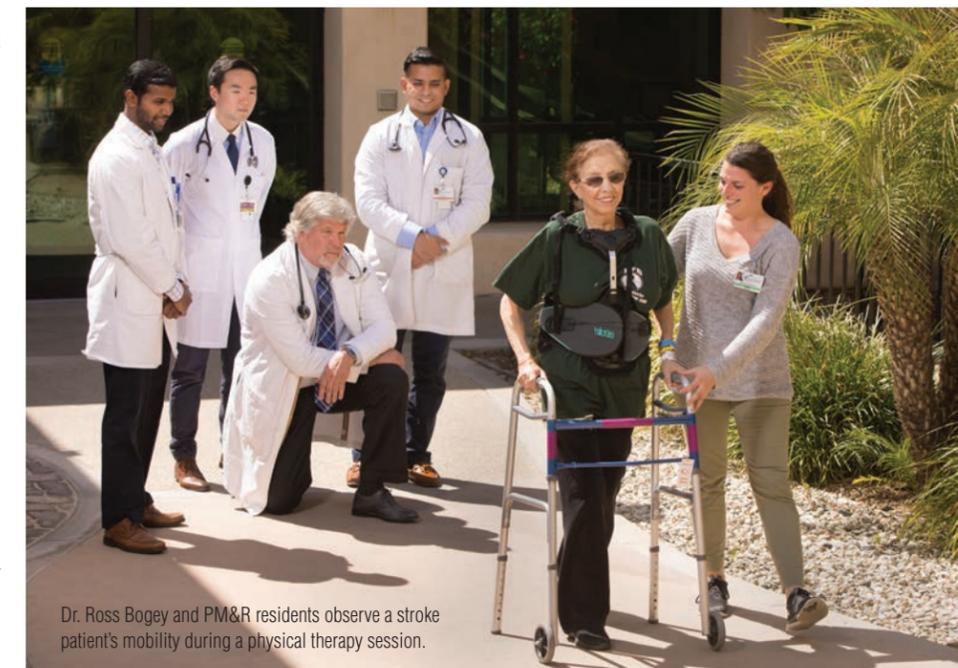
Physician residents spend three years in training, divided into 18 two-month clinical rotations, each focusing on different rehabilitation subspecialties. The residency is nothing if not eventful. As one of the nation's top rehabilitation hospitals, Casa Colina gives PM&R residents the opportunity to see an extremely broad spectrum of patients. During the week, they accompany staff physicians on their rounds plus participate in on-call coverage.

"In my first two months shadowing a Casa Colina physician, I was already exposed to patients with musculoskeletal issues, West Nile Virus, encephalitis and patients considered medically complex with multiple conditions," said PM&R resident Karthikeyan Bhuvaneshwaran, D.O.

In addition, Casa Colina has made arrangements with other area hospitals, enabling PM&R residents to gain experience in other settings, such as Chino Valley Medical Center, Children's Hospital Los Angeles and San Antonio Regional Hospital.

### PUTTING PATIENTS FIRST

Above all, residents and fellows in every program quickly learn that at Casa Colina, everyone – doctors, nurses, therapists – must put patients first. If someone needs a glass of water, meds or help getting to the bathroom, it's everyone's job. "This philosophy was



Dr. Ross Bogey and PM&R residents observe a stroke patient's mobility during a physical therapy session.