A Legacy of Leadership and Caring

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Dear Friends,

The associates at Marianjoy are dedicated to providing exceptional, innovative physical rehabilitation with a compassionate and caring spirit. In this issue of Marianjoy Matters we pay tribute to two or our senior physicians who have embodied this attitude of caring for more than 30 years.

Noel Rao, MD and Vasilios Stambolis, MD have left their distinctive mark on the field of physical medicine and rehabilitation as researchers, educators, and practitioners. They have provided solid leadership during their tenure at Marianjoy, and we are stronger today as a result of their contributions.

Their legacy of compassion and innovation will continue through the service we provide every day to those patients who come to us for their rehabilitation care. All of us at Marianjoy are eternally grateful for their decades of service.

Please join us in wishing these two extraordinary physicians all the best.

Sincerely,

Kathleen C. Yosko
President, Marianjoy Rehabilitation Hospital

From Left to Right: Kathleen Yosko, President, Marianjoy Rehabilitation Hospital; Dr. Noel Rao, Residency Program Director; Dr. Vasilios Stambolis, Medical Director of the Spinal Cord Injury Rehabilitation Program; and Dr. Jeffrey Oken, Vice President of Medical Affairs, Marianjoy Rehabilitation Hospital
The physicians of the Marianjoy Medical Group have maintained a long-term commitment to the training and education of future Physical Medicine and Rehabilitation (PM&R) physicians. For more than 20 years, Marianjoy has hosted its own accredited PM&R medical residency training program. In 1994, Marianjoy became the first teaching hospital in DuPage County, Illinois and the only community-based medical training program in the area. Since that time, more than 75 PM&R physicians have graduated from the Marianjoy Residency Program and gone on to serve as leaders in the rehabilitation field. Physician training at Marianjoy is done in an applied manner, focusing on providing medical residents the hands-on training and experience they require to become effective and competent practitioners.

According to Dr. Noel Rao, the long-time Residency Program Director, “Residents come to our program expecting to learn the techniques they will need as physicians. At Marianjoy, we also show them how to harness the compassionate and caring spirit that lies within them in order to keep the needs of the patients first.”

Beyond the Medical Residency Program, clinicians from Marianjoy also lead their respective fields in supporting the education needs of current and future nurses and therapists. Students come to Marianjoy to train as part of ongoing partnerships with a number of universities from across the country. Further, the Marianjoy Professional Learning Institute offers ongoing continuing education for area clinicians. These courses allow clinicians to earn continuing education credits required to maintain their skills and licensure. They also demonstrate the role Marianjoy clinicians play in their various disciplines. Nurses and therapists from across the rehabilitation industry view Marianjoy as a center of innovative care and are eager to learn from its best practices. “While other programs merely train clinicians, at Marianjoy, we prepare them to carry out the real-world roles they will play in treating patients,” says Dr. Rao. This distinction highlights the practical and applied nature of the education provided to physicians, clinicians, and nurses at Marianjoy.

Every day, researchers at Marianjoy work to advance the understanding of Physical Medicine and Rehabilitation. Along with their commitment to education, the physicians and clinicians at Marianjoy continue to lead the industry through ongoing applied research designed to advance clinical outcomes and improve the quality of life for those patients served.

Marianjoy Director of Research and Outcomes Susan Brady, DHEd sums up the organizational research philosophy by saying, “Working as a team, we strive to create evidence-based solutions to the practical challenges patients face in the rehabilitation setting.” As a result, research at Marianjoy is seamlessly integrated into patient care and resident/clinician education. Researchers serve as mentors to students from undergraduates through doctoral students and medical residents. The results of this ongoing scholarship are found in new approaches to rehabilitation treatment and protocols.

Researchers at Marianjoy collaborate with internal clinicians, as well as leading experts from other renowned institutions, to test and refine best practices in rehabilitation. These collaborations have led to more than $1 million in grant-funding over the last decade for investigator-initiated programs developed at Marianjoy.

This commitment to research has led to the recognition of physicians and clinicians from Marianjoy as subject matter experts in a number of clinical areas, including swallowing, brain injury, stroke, chronic pain management, and musculoskeletal, to name but a few. Evidence of the success of these endeavors is found in the more-than-200 peer-reviewed publications and presentations developed by authors and researchers from Marianjoy.
1983 was an important year in the history of Marianjoy Rehabilitation Hospital. Two young physiatrists, Noel Rao, MD and Vasilios Stambolis, MD, joined the medical staff of the hospital. In the more than thirty years that have elapsed, these two physicians have served as living examples of the caring spirit found at Marianjoy.

Dr. Rao has worn many hats during his time at Marianjoy, serving as the vice president of Medical Affairs, the director of the Physical Medicine and Rehabilitation Medical Residency Program, and a practicing physician actively caring for the needs of patients. Throughout his tenure, he has provided administrative and clinical leadership for the hospital and its various clinics to ensure the medical teams provide the highest quality care in the most compassionate manner possible. He has also been a mentor, teacher, and role-model to dozens of residents and has played a major role shaping the field of Physical Medicine and Rehabilitation. In addition, he has been a prolific researcher, partnering with physicians, therapists, and researchers to continually advance both the art and science of rehabilitation care. The success of his efforts can be seen in the dozens of peer-reviewed papers he has published, as well as the numerous academic research posters and presentations he has delivered during his career.

Dr. Stambolis has also enjoyed a fruitful career filled with accomplishments benefitting patients and clinicians alike. During his tenure, he has been a tireless advocate for the delivery of post-acute rehabilitation care across multiple settings. Dr. Stambolis has been a driving force in the creation of sub-acute rehabilitation delivered in skilled nursing facilities. He delivered one of the first clinical presentations in 1985 outlining the potential this level of care could have for patients. Additionally, Dr. Stambolis led the Spinal Cord Injury program at Marianjoy, treating patients who have experienced a wide range of spine conditions.

In early 2015, Dr. Rao stepped down as vice president of Medical Affairs—a role he held for more than 10 years. This fall, he will be transitioning the leadership of the Residency Program as well. He will continue to serve patients by maintaining his outpatient practice at the Marianjoy Clinic in Wheaton. Dr. Stambolis is retiring and moving onto the next phase of his life. Over the last three-plus decades, these two physicians have led with a steady manner, clinical expertise, and innovative spirits. Through their wisdom and guidance, they have helped their colleagues, other clinicians, and administration at Marianjoy to navigate a great deal of change in the way patients are cared for in the rehabilitation setting. Their legacy represents the model for how clinicians can truly live the values upon which Marianjoy was founded.
Next Generation of Leadership

With the transition of Dr. Rao and retirement of Dr. Stambolis comes the opportunity for a new generation of physician leaders to emerge and place their unique mark on the care and education provided at Marianjoy.

Anjum Sayyad, MD will be taking on the role of Residency Program director in the fall of 2016. Dr. Sayyad has been a member of the Marianjoy Medical Group since 2011, serving as director of the Brain Injury Program. Since her arrival, she has been a tireless advocate for the advancement of clinical education for physicians and other clinicians. As Residency Program director, Dr. Sayyad has said her goal “is to provide the best possible training experience for new physicians, while continuing to foster the learning culture Dr. Rao has established here at Marianjoy.” In addition to her position with the Residency Program, she will continue to maintain an active inpatient and outpatient clinical practice, as well as engage in ongoing research initiatives.

Steven Bou, MD joined Marianjoy in July of 2016 and will be stepping in to support the Brain Injury Program. He recently completed a fellowship in brain injury medicine from Wayne State University in Detroit, MI, following a PM&R residency at Case Western Reserve in Cleveland, OH. Dr. Bou notes he is “looking forward to the opportunity to work with the patients, clinicians, and other physicians at Marianjoy, due to the organization-wide commitment to delivering patient-centered care in a team environment.”

Both Dr. Sayyad and Dr. Bou have demonstrated the clinical acumen and leadership qualities needed to take on these key roles. Through their leadership, Marianjoy will continue to stand as a leader in physician education, clinical quality, and innovation in rehabilitation care.
In his career spanning nearly four decades, Dr. Noel Rao has been a transformational figure both at Marianjoy and within the field of Physical Medicine & Rehabilitation (PM&R). As a compassionate practitioner, pioneering researcher, steadfast leader and clinical educator, Dr. Rao has made an impact on patient care that is profound and far-reaching.

Perhaps the most symbolic measure of his influence are the physicians from around the United States who can draw their professional lineage to Dr. Rao. He has been a mentor to aspiring PM&R physicians since the 1970s.

At Marianjoy alone, over 75 resident physicians have benefitted from Dr. Rao’s leadership and instruction. Many more learned about the specialized treatment of patients with disabilities during Dr. Rao’s faculty appointments at Rush University and the University of Wisconsin. These physicians carry Dr. Rao’s wisdom with them as they treat patients at hospitals and clinics throughout the country.

The Noel Rao Resident Research Fund
In honor of Dr. Rao’s passion for educating the next generation of physiatrists, the Marianjoy Foundation has established the Noel Rao Resident Research Fund. This initiative will support the scholarly efforts of current and future resident physicians in the Marianjoy Residency Program, whose research prepares them for impactful careers and advances the science of rehabilitation.

For more information about the Noel Rao Resident Research Fund, call 630.909.7509 or visit Marianjoy.org to make a contribution.

Above: As chief resident in the Marianjoy Residency Program, 2014 graduate Dr. Abhi Reddy was supported to pursue research interests that led to a fellowship at Cleveland Clinic.

Dr. Abhi Reddy
Franciscan Physician Network
Indianapolis, Indiana
2014 Graduate of the Marianjoy Residency Program

“This may be cliché, but not only was Dr. Rao a great program director, physician and mentor, but he is an even better human being as it relates to his humility, compassion and empathy.

I wouldn’t be in the position I am today without Dr. Rao’s belief in me as medical student applicant, to a resident, and finally chief resident at Marianjoy. No one can have success without having the right people come along at crucial turning points in life and I see Dr. Rao as one of those crucial people in my professional life that I will forever remember.

The opportunities for research and scholarship through the Noel Rao Resident Research Fund will help residents gain a better understanding of our field and also broaden their horizons. It will encourage progressive thinking in finding new and better ways to treat our rehab patients. At Marianjoy, the ample opportunity to conduct research in the form of various abstracts and case studies definitely helped me to obtain a fellowship at Cleveland Clinic.”
Planned Giving Society Recognizes Donors with Foresight

Beginning in 2016, the Marianjoy Foundation will acknowledge the generous donors who have included Marianjoy in their estate plans as members of The Barta Society. This prestigious society honors individuals who have confirmed a planned gift to Marianjoy. Common planned gifts include bequests and gifts from qualified retirement plans. Members of The Barta Society may choose to direct their planned gift to a specific program or the hospital’s greatest need.

The Barta Society commemorates Sister Virginia Mary Barta, the foundress of Marianjoy. Recognizing the need for specialized services for children and adults with disabilities, Sr. Barta championed the development of a healing sanctuary in the Chicago suburbs. In 1972, Sr. Barta’s vision was realized when Marianjoy Rehabilitation Hospital opened its doors on the Wheaton Franciscan Sisters’ campus in Wheaton, Illinois.

Members of The Barta Society share in Sr. Barta’s vision that physical rehabilitation requires healing for the whole person: mind, body, and spirit. Donors in The Barta Society receive special recognition opportunities at the hospital and are invited to an annual luncheon to connect with other visionary donors and receive exclusive updates from Northwestern Medicine. All donors who confirm their giving plans are honored as lifetime members of The Barta Society.

The Marianjoy Foundation can assist donors in the planned giving process. Individuals who have included Marianjoy in their will or estate planning should please consider contacting the Foundation so they can be acknowledged as members of The Barta Society and share their philanthropic intentions.

Become a charter member of The Barta Society. Call 630.909.7509.

The woods await you for the 2016 Marianjoy Foundation Gala on Saturday, November 5, 2016. The evening will begin at 6:00 p.m. with cocktails and hors d’oeuvres, and continue on into the night until the clock strikes midnight. It promises to be a charmed evening, all in the spirit of supporting the innovative technology and pediatric programs at Marianjoy Rehabilitation Hospital.

SAVE-THE-DATE

Saturday, November 5, 2016
Embassy Suites Naperville, 6:00 p.m. – Midnight
ABOUT MARIANJOY  Marianjoy Rehabilitation Hospital is a state-of-the-art facility with 127 beds for inpatient and subacute rehabilitation care. Marianjoy offers inpatient rehabilitation programs in stroke; brain and spinal cord injury; musculoskeletal and neuromuscular disorders; and pediatrics. Our Wheaton campus features uniquely designed accessible gardens, a labyrinth, a chapel, and a meditation room. Marianjoy maintains an extensive network of inpatient, subacute, and outpatient sites, as well as physician clinics throughout the Chicagoland area and is now part of Northwestern Medicine.

Tellabs Center for Neurehabilitation and Neuroplasticity

Experience the future of rehabilitation technology at Marianjoy! Marianjoy is one of a select few clinical facilities in the nation to feature a wide range of the latest rehabilitation technology featuring virtual reality, robotics, and biofeedback.

For more information, visit Marianjoy.org.