



**KU** DEPARTMENT OF  
REHABILITATION  
MEDICINE  
**The University of Kansas  
Medical Center**

*Quarterly Newsletter*

As we exit the holiday Season, the KU Residency Program has wrapped another year of interviews and let me tell you that the applicants are all superstars! It was wonderful to meet and talk with so many outstanding medical students from across the country. Now the most challenging aspect of the match process is to rank all of these fantastic individuals. We can't wait to see who matches here at KU!



**Birthday Celebrations**

- **Khulan Sarmiento** PGY3 – 10/06
- **Namrata Raut** Assistant Professor – 11/09
- **McCasey Smith** Assistant Professor – 11/11
- **Megan Clark** Assistant Professor – 11/25
- **Allyson Lenz** Nurse Practitioner – 12/01
- **Daniel Mok** PGY2 – 12/14



**Faculty  
Feature**

In my practice I try to take a holistic and whole person approach. I view each person as more than just a collection of symptoms and body parts that may become injured or diseased. This approach to patient care means that I try to learn how to integrate the patient into the health care process as a partner, as well as working with my patient in establishing functional goals and how we can achieve those goals together.

My practice consists of Sports Medicine and Interventional Spine, with my overall goal for each of my patients is to decrease pain and improve overall function so that they can have a higher quality of life. I use a multifactorial and multidisciplinary approach in my treatments, to include therapeutic modalities, medications, and interventions with both ultrasound andamp; fluoroscopic guidance to all levels of the spine, as well as all joints of the musculoskeletal system.

**Allison Blough - PGY4**

Dr. Blough was born in central Kansas and spent time growing up in rural upstate New York, the South Bronx, and Hong Kong before returning to Kansas for college. She graduated from Bethel College with a BA in Psychology and then attained a Master's in Social Work from the University of Kansas. Prior to returning to the University of Kansas to pursue her pre-medicine coursework and then her medical degree, she worked for several years as a Crisis Mental Health Therapist. Within PM&R, as in her prior career in Social Work, she finds enjoyment in forging meaningful relationships with patients and in practicing medicine aimed at enhancing quality of life for those she serves. Her interests include general PM&R in an inpatient and outpatient setting and Cancer Rehabilitation. Outside of medicine, she enjoys gardening, estate sales, cooking, soap making, and spending time outdoors with her husband, Justin, and their Australian Shepherd, Violet May.

**John  
Alm,  
DO, MHA**

*Assistant Professor, Program Director, & Vice Chair*



**Resident  
Spotlight**

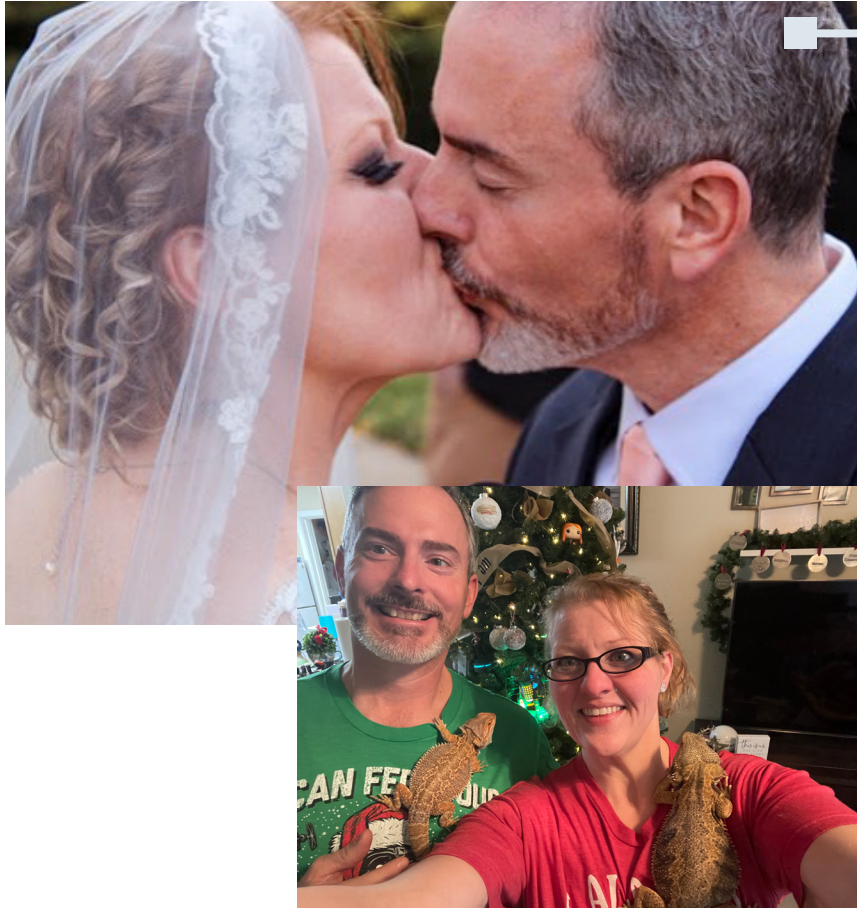
**KUdos**

*I want to give a HUGE shout out to Sara, Elizabeth, and Jaci for all the effort and work you three did for our Christmas Party! Thank you all so much!!!It would have not been the event it was without you!*

*I want to give KUDOS to Dr. Alm, Sara, Victor, and Kerry for putting time and effort into keeping me up to date with resident events, conferences, and other departmental opportunities during our monthly Social Media meetings!*

*Dr. Mian, The whole team really appreciates how you took the time to listen to a patient this morning (almost 45 minutes!) Certainly not the best 45 minutes of you day, but you really deescalated the situation and helped he and wife feel heard. Thank you!*

*Dr. Alm and Dr. Arickx would like to thank all faculty, residents, and staff who assisted with our busy interview season this year!*



**Congrats,  
Sara**

In late October our Residency & Fellowship Coordinator tied the knot with her partner, Ben.

Sara and Ben met at a church singles game night and bonded over their shared interest in bearded dragons, (since Sara had recently adopted her bearded dragon, Norbert), and their mutual love of fandoms such as Marvel and Harry Potter. They both enjoy working out and spending time with their families.

We are so happy for you, Sara! Best wishes to you and your husband, Ben!

**Thank You**

To keep up to date with all current events and important dates please follow our social media channels or go to our [website](#).

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