



Clinical Center Team Members and Services

Meet the team members at the Western Multiple Sclerosis Center at University of Washington Medical Center. This handout details the broad range of related services available to our patients.

Team Members

George H. Kraft, MD, MS

George H. Kraft, MD, MS, is the director of the Western Multiple Sclerosis Clinical Center and a professor of rehabilitation medicine and neurology (adjunct). He was born in Ohio and received his undergraduate degree from Harvard in 1958, and his medical degree from Ohio State University in 1963. He completed residencies at the University of California, San Francisco in 1965, and at Ohio State University in 1967. He joined the University of Washington faculty in 1969 and has been affiliated with the Western Multiple Sclerosis Clinical Center since its inception.

His research interests include rehabilitation issues in multiple sclerosis (MS), electrodiagnostic medicine and muscle and nerve diseases.

Dr. Kraft's patient care philosophy is one of aggressively managing MS to slow the progression of the disease, to improve function through rehabilitation techniques, and working with patients to enhance their health.

His hobbies include writing. He is the author of the popular book: *Living With Multiple Sclerosis: A Wellness Approach*.

James D. Bowen, MD

James D. Bowen, MD, is the director of neurology services for the Western Multiple Sclerosis Clinical Center, an assistant professor of neurology, and an assistant professor of rehabilitation (adjunct). He was born in Vicksburg,

Mississippi, and spent his early years in New Mexico. He received his BS in chemistry from Eastern New Mexico University in 1977. He received his MD from the John Hopkins University School of Medicine in 1982. He completed two years of residency in internal medicine and three years of residency in Neurology at the University of Washington. He has been affiliated with the Western Multiple Sclerosis Center at UWMC since 1987. He directs the Multiple Sclerosis Research Center at UW.

His research interests include clinical trials of treatments for MS, aging issues in MS, and the immunology, virology and genetics of the disease.

Dr. Bowen says, “To effectively care for people with MS, the physician has to blend a knowledge of medicine, cutting edge scientific advances, patient education and compassion.”

His hobbies include mountaineering, classical guitar and home construction.

Jan Shilling, BSN, CRRN, MSCN

Jan Shilling, BSN, CRRN, MSCN, is the Multiple Sclerosis Clinical Nurse and clinical faculty in the School of Medicine, Department of Rehabilitation Medicine. She is a Seattle native and graduated from the University of Washington in 1974. She has been employed in University of Washington Medical Center since 1974. She is a Certified Rehabilitation Registered Nurse and has been affiliated with Western Multiple Sclerosis Clinical Center since 1990.

She says, “Patient education is the key to providing care to people with multiple sclerosis.”

Her hobbies include skiing, gardening and eating chocolate.

Bobbie Severson, MSN, ARNP

Bobbie Severson, ARNP, is the Western Multiple Sclerosis Center Nurse Practitioner. She received her BS in nursing in 1981 from Seattle University. She attended Seattle Pacific University from 1995 to 1998, and received a masters

degree in nursing and an advanced registered nurse practitioner certification in primary care in adult and family health.

She says, "My philosophy as a nurse practitioner in working with MS patients is to improve quality of life, educate and empower."

She enjoys reading, entertaining, running, and a good cup of coffee.

Claire Yang, MD

Claire Yang, MD, is an urologist with special interest in multiple sclerosis. She treats bladder dysfunction and sexual dysfunction associated with MS. She received her MD degree in 1988 from Vanderbilt University School of Medicine. She completed her urology residency in 1993 at Bowman Gray School of Medicine and completed a fellowship in urology at the University of Washington in 1995. She has been affiliated with the Western Multiple Sclerosis Clinical Center since 1995.

Her patient care philosophy is that true healing occurs at many levels: physical, emotional, intellectual and spiritual. Her research interests include neurology and the pathophysiology of urologic dysfunction in diseases of the nervous system.

Her personal interests include music, ethnic cooking, and taking care of her children.

Raghu Mudumbai, MD

Raghu C. Mudumbai, MD, is an ophthalmologist who specializes in neuro-ophthalmology and treats patients with MS. He's also an assistant professor of ophthalmology at UW. He received his undergraduate chemistry degree and medical degree from City University of New York at Brooklyn. He completed a residency in ophthalmology at SUNY-Brooklyn and fellowships in glaucoma at the New York Eye and Ear Infirmary and in neuro-ophthalomology at the University of Minnesota in Minneapolis.

His patient care philosophy is patient-centered and he is excited to be practicing at a time when recent advances in multiple sclerosis treatment offer real hope to patients.

His personal interests include soccer, running and international politics.

Sylvia Lucas, MD, PhD

Sylvia Lucas, MD, is Clinical Professor of Neurology at UWMC. She is founder and director of the Headache Center and is clinical faculty in the Western MS Center. She graduated from the University of Washington with a BS in Pharmacy, a PhD in neurophysiology from the Department of Physiology & Biophysics, and an MD from the School of Medicine. Dr. Lucas did her neurology training at The New York Hospital-Cornell Medical Center and the Memorial Sloan-Kettering Cancer Center and was Chief Resident in Neurology at The New York Hospital.

She is a member of the American Academy of Neurology, the American Headache Society, the International Headache Society, and the Consortium of MS Centers. Her research interests are in headache and multiple sclerosis. She currently is on the board of trustees of the Washington Chapter of the National MS Society and an ad hoc reviewer for the journals *Headache* and *Cephalalgia*.

Related Services and Staff

These related services are available at the Western Multiple Sclerosis Center. A brief description of each follows:

Neurology

Neurologists are doctors who specialize in the diagnosis and treatment of diseases affecting the nervous system. They oversee diagnostic evaluations of patients suspected of having MS. After a diagnosis is made, they provide treatment for the underlying disease. This includes medications to slow the disease and treatments to help the symptoms of the disease.

Rehabilitation

Rehabilitation doctors (physiatrists) specialize in the management of disability problems arising from MS. This includes medications to slow the progression of the disease and treatments to help the symptoms of the disease. The rehabilitation specialist oversees and coordinates a team of professionals to optimize the function of patients with MS.

Nurse Practitioner (ARNP)

Nurse practitioners have additional clinical training and education that qualifies them to diagnose and treat medical conditions with the supervision of a doctor. They are able to perform physical examinations and assessments, prescribe medications, order tests, make referrals, and educate. They often assist by following patients after testing or changes in medications, or when a patient notes a change in their condition.

Nurse Specialist (CRRN)

Nurse specialists have special training in particular diseases. They assist doctors in educating patients, talking about medical issues with patients and by following test results. They are a link between the doctor and nurse practitioner. Most telephone contact with the clinic is through the nurse specialist.

Psychology

Psychologists assist in the management of emotional, behavioral and thinking issues linked with diseases. They use evaluation and treatment techniques such as:

- Neuropsychological testing to evaluate areas of cognitive loss. This testing is useful in documenting the extent and areas of cognition affected. This information is often needed for disability documentation and for planning treatment.
- Psychological counseling is used to help patients adjust to a disease, learn ways to cope and relax or to treat depression.
- Family counseling is used to help families and couples adjust to living with a chronic illness.

Physical Therapy

Physical therapists provide services to those who have impairments, functional limitations, disabilities or changes in physical function and health status from injury, disease or other causes. Physical therapy uses a combination of exercise and practical skills training to help clients with activities such as walking, transfers, choosing proper equipment and setting up conditioning programs. The programs address such issues as muscle weakness, limited range of motion, balance and coordination deficits, and impaired sensation. Some of these services include:

- Strengthening programs – to establish exercise programs to increase strength.
- Stretching and range of motion programs – to increase flexibility.
- Mobility evaluations – to find out the best approach to maintaining mobility including bracing, canes, walkers, wheelchairs, electric wheelchairs or scooters.
- Equipment evaluations – to find out what equipment is needed in the home to optimize mobility and safety.
- Use of physical treatments for muscle stiffness or pain – ultrasound treatments, heat, stretching or transcutaneous nerve stimulation.

Occupational Therapy

Occupational therapists provide services to those who possess or are at risk for impairments, activity limitations or participation restrictions in doing the activities of daily living including leisure skills, work and other productive activities due to injury or illness. They use a combination of exercise and practical skills training to improve independence, time management, and the safety and efficiency of performing daily tasks. They also make and recommend equipment and assistive devices. Their programs address training in fine motor skills, use of compensatory techniques and adaptive devices, modifying

the work and social environment, protecting joints, and assessments related to daily activities and equipment. Some of these services include:

- Strengthening programs – to establish exercise programs to increase arm/hand strength.
- Equipment evaluations – to find out what equipment is needed in the home to optimize safety. Many of these evaluations are done in the home.
- Equipment evaluations for specific tasks – to find out what equipment is needed to complete specific tasks such as writing, eating, cooking, dressing, etc.
- Driving evaluations – evaluations for safety and to assess the need for vehicle modifications for patients with disabilities.
- Energy conservation – teaching methods of conserving energy in patients with weakness or fatigue.

Speech Therapy

Speech language therapists provide services to those with disorders of communication, cognition, verbal and written language, voice, speech production and swallowing due to injury or disease. If needed, therapy is offered to improve function or teach compensations in these areas. Speech language therapists also evaluate and provide training in the use of communication devices. Some of the services provided include:

- Evaluation and treatment of speech and language difficulties to improve communication.
- Management of equipment used to assist with communication (computers, amplifiers, nonvocal communication devices, etc.).
- Evaluation and treatment of swallowing and feeding difficulties.

- Testing to assess areas of cognitive (thinking and memory skills) dysfunction.
- Training in compensatory strategies to improve function in those with cognitive (thinking and memory skills) loss.

Psychiatry (MD)

Psychiatrists are specialists in the use of medications to treat the emotional aspects of diseases. This may include anxiety, depression, emotional swings (lability) or behavioral disturbances. They work closely with psychologists and other members of the treatment team.

Social Services

Social workers assist patients in addressing their social needs. This includes help in obtaining funding through insurance, social agencies or disability funding sources. They help obtain funding for rehabilitation services including home aides, equipment, treatments, etc. and help coordinate these services. They may also counsel families to help them adjust to the presence of multiple sclerosis in their lives.

Vocational Services

Vocational counselors offer a range of counseling and consultation services to address complex vocational issues. The counseling staff views each client as a unique individual with a unique set of needs. Services are provided using a team approach or are available separately. Services include:

- Comprehensive vocational assessments to help people remain in the workforce when possible.
- Achievement, aptitude, and interest testing to find out which employment areas are best.
- Counseling for personal, social, educational, vocational, and independent living concerns.
- Vocational planning based on evaluations of physical capacities and job analysis.

- Training in pre-employment and job search skills and placement services.
- Coordinated return-to-work services, including job development and job placement.
- Identification of community resources.
- Rehabilitation case management.

Orthotics

Our prosthetics and orthotics specialists custom make ambulation aids, braces and special equipment to improve patients' function. Our facilities include an Assistive Technology Clinic with a clinical engineer to modify or custom-make equipment as needed.

Electrodiagnostic Testing

These tests are available to assist with diagnosing disease or to document the severity of disease.

- Electromyography (EMG) uses needles inserted into muscles to measure the health of the muscle or to measure the health of the nerve supplying the muscle.
- Nerve conduction studies (NCS) use small electric currents to find out how well peripheral nerves transmit signals. These nerves are those in the limbs (not the brain or spinal cord).
- Somatosensory evoked potentials (SEPs) use small electric currents to measure how well signals are transmitted up the spinal cord and through the brain and help identify abnormalities due to MS in the spinal cord and brain.
- Visual evoked potentials (VEPs) use a checkerboard pattern on a video screen to measure how well signals are transmitted in the visual system.

- Brainstem evoked potentials (BEPs) use clicking sounds given through headphones to measure how well signals are transmitted through the hearing system.

Neuroimaging

University of Washington Medical Center has a comprehensive neuroimaging program. We are capable of performing state of the art computerized axial tomography (CAT) scans and magnetic resonance imaging (MRI) scans. In addition to our clinical machines, we also have an MRI scanner dedicated to research. The research MRI machine does MR spectroscopy and other special imaging techniques. Nuclear medicine imaging facilities, angiography and positron emission tomography are also available.

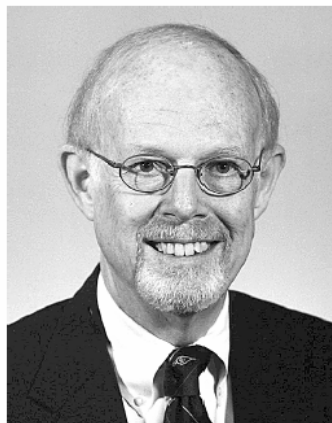
Neurosurgery

Skilled neurosurgeons are on staff and available for consults. We work closely with them to treat symptoms that respond to surgical techniques. Some of these include treatment of trigeminal neuralgia, placement of intrathecal pumps for management of pain or spasticity, and ablative or deep brain stimulation procedures for movement disorders.

Neuro-ophthalmology

Our ophthalmologists and neuro-ophthalmologists are available for consults. They specialize in the diagnosis and treatment of eye diseases, especially as they relate to neurological diseases.

Clinical Center Team Members



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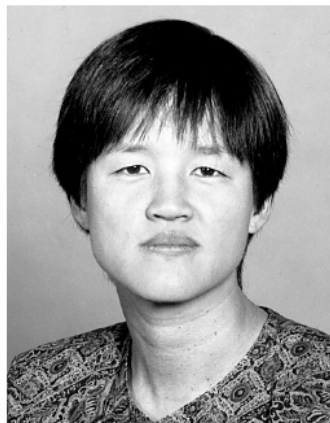
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Questions?

Call 206-598-3344

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC Clinic staff are also available to help at any time.

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