

Nelson Valer Valena, MD
Curriculum Vitae
December, 2010

EDUCATION:

Undergraduate: 1987	University of Michigan Ann Arbor, Michigan Degree: Bachelor of Science
Medical School:	University of Pittsburgh Pittsburgh, PA Degree: Doctor of Medicine
Internship: 1992-1993	Baylor College of Medicine One Baylor Plaza Houston, TX 77030 Transitional Year
Residency:	Baylor College of Medicine One Baylor Plaza Houston, TX 77030 Physical Medicine and Rehabilitation
Fellowship: 1996-1997	Rehabilitation Institute of Michigan Detroit, Michigan Fellowship, Traumatic Brain Injury Physical Medicine and Rehabilitation

AWARDS:

Doctors' Choice Award by Health & Fitness Sports Magazine, one of the top physicians in Houston, 2009

Student Leadership Award, Co-founder of the Student Academic Resource Center, University of Pittsburgh School of Medicine, 1992

Summer Fellowship Scholarship in Physical Medicine and Rehabilitation, University of Pittsburgh, 1989

PROFESSIONAL MEMBERSHIPS:

1992-Present	American Academy of Physical Medicine and Rehabilitation
1992-Present	American Academy of Physiatrists
1992-Present	American Medical Association
1999-Present	Brain Injury Association
1999-Present	International Brain Injury Association
1999-Present	Texas Medical Association
1999-Present	Harris County Medical Society

PUBLICATIONS AND PRESENTATIONS:

Memory Impairment after Brain Injury: Evaluation and Management
Presentation to Houston Area Continuity of Care organization, 2010

Agitation Following Brain Injury: Assessment and Treatment in Rehabilitation
9th Annual Brain Injury Symposium by Alamo Head Injury Association and University Health System, 2010

Time Doesn't Heal All: Traumatic Brain Injuries
18th Annual Educational Seminar by American Association of Legal Nurse Consultants, 2009

Neuropharmacology
43rd Comprehensive Review Course in PM&R by BCM & UTMB, 2009

Rehabilitation Continuum of Care
Presentation at St. Luke's Episcopal Hospital, 2009

Evaluation and Treatment of Memory Deficits after Traumatic Brain Injury
Grand Rounds, Baylor College of Medicine, 2008

Severe Penetrating Head Injury: A Study of Outcomes
Archives of Physical Medicine and Rehabilitation, 2001; 82, 3; 306-310

PM&R: What Is It Anyway?
Presentation to Case Managers and Clinicians, 2000

Mild Traumatic Brain Injury: An Under-diagnosed Epidemic
Presented in AAPM&R, 1999

Impaired Arousal after Brain Injury: Evaluation and Interactions
Grand Rounds, Baylor College of Medicine, 1999

Brain Injury Rehabilitation: The Continuum of Care
Neurosurgery Grand Rounds, Baylor College of Medicine, 1998

Secondary Injury after TBI
Resident Teaching Lecture Series, Baylor College of Medicine, 1998

Post-Traumatic Hydrocephalus
Resident Teaching Lecture Series, Baylor College of Medicine, 1998

Penetrating Head Injury: A Study of Outcomes
American Journal of Physical Medicine and Rehabilitation, 1997; 76, 163

Introduction to Traumatic Brain Injuries
Resident Teaching Lecture Series

Functional Impairment after TBI: Neuroanatomical Correlated
Resident Teaching Lecture Series

Management of Spasticity after CNS Injury
University of Texas Medical Student Lecture Series

Snakes!: Herpetologic Hallucinations in Metabolic Encephalopathy
AAPM&R

Neuropsychological Rehabilitation after Brain Injury

Grand Rounds, Baylor College of Medicine, 1996

Post-Traumatic Headaches

Neurotrauma Conference Presentation, Detroit, Michigan, 1996

Medical Complications after Traumatic Brain Injury

Resident Lecture Series, Rehabilitation Institute of Michigan, 1996

Post-Traumatic Amnesia

Resident Lecture Series, Rehabilitation Institute of Michigan, 1996

Successful Use of Non-articulating Lower Extremity Protheses in a Geriatric Female

A Case Report, AAPM&R, 1995

The Challenge of Rehabilitation in Persons with HIV

Grand Rounds, Baylor College of Medicine, 1995

Introduction to Spinal Cord Injury

Resident Presentation, Baylor College of Medicine, 1994

Cardiovascular Complications in Spinal Cord Injury

Resident Presentation, Baylor College of Medicine, 1994

Psychiatric Issues in Spinal Cord Injury

Resident Presentation, Baylor College of Medicine, 1994

Rehabilitation in Osteoarthritis

Resident Presentation, Baylor College of Medicine, 1994

REHABILITATION TRAINING:

Fellowship

Brain Injury

- Consultation service in Detroit Receiving Hospital (a Level I Neurotrauma center)
- Inpatient management in an acute rehabilitation brain injury unit
- Outpatient management of mild brain injury patients
- Experience in spasticity management including botox and phenol blocks
- Experience of use in neurocognitive pharmacological interventions
- Participated in ongoing research in the National Institute on Disability and Rehabilitation Research (NIDRR) Traumatic Brain Injury Model System project at Rehabilitation Institute of Michigan
- Medical student and resident teaching (Wayne State University / Detroit Medical Center)

Residency

Brain Injury

- Total of 2 months inpatient and outpatient care at The Institute of Rehabilitation and Research (TIRR)

Spinal Cord Injury

- Total of 6 months inpatient care and 2 months outpatient clinics at the Houston VA and TIRR Hospitals

Consult Service

- Total of 8 months at the Houston VA, Ben Taub General, St. Lukes, Methodist, and MD Anderson Hospitals

General Rehabilitation (Amputee, Orthopedic, Strokes)

- Total of 10 months at the Houston VA, Quentin Mease, St. Lukes, Methodist, TIRR, and HealthSouth Hospitals

Pediatric

- Total of 2 months inpatient and outpatient clinics at TIRR Hospital

EMG/NCS

- Total of 4 months (performed > 200 cases) at Methodist, Quentin Mease, and Houston VA Hospitals

CLINICAL REHABILITATION EXPERIENCE: (Post Graduate)

**Sept. 1997 -
Jan. 1998**

TIRR Post-Polio Clinic

TIRR Lifebridge Subacute Inpatient Service

VA Spinal Cord Clinic

**Jan. 1998 -
Oct. 1999**

Established the Memorial-Hermann Hospital Neurotrauma/ICU Consult Service. Evaluated patients in Neurosurgical and Shock Trauma ICU and facilitated transfers to the appropriate rehabilitation setting.

Attended at Memorial Hermann Hospital Inpatient Service for Brain Injuries, SCI, Post Laminectomies, and Post Brain Tumor Resections.

TIRR Outpatient Brain Injury Clinic

TIRR Outpatient Spinal Cord Clinic

Fellow, Resident, and Medical Student Teaching

**Oct. 1999 -
Nov. 2000**

Medical Director - Health South
Clear Lake Rehabilitation Hospital

Program Director - Brain Injury Program

Corroborated in establishing HealthSouth Chronic Pain Program and Day Program

**Nov. 1999-
Present**

Private practice

**Dec. 2000 -
Jun. 2002**

Rehabilitation Program Director for Select Specialty Hospital

**Dec. 2000 -
Oct. 2003**

Rehabilitation Program Director for Beacon Health Woodlands

Dec. 2002 - Jul. 2007	Consultant for LifeCare Planning, Inc.
Jul. 2004 - Present	Program Director for Texas Brain Injury Institute at Select Specialty Hospital, Medical Center
Aug. 2005 - Oct. 2006	Medical Director for Touchstone Neurorecovery Center
Oct. 2006 - Present	Rehabilitation Program Director – Touchstone Neurorecovery Center
Jul. 2007 - Jun. 2008	Assistant Professor – University of Texas Medical Director – Memorial Hermann Rehabilitation Unit, Houston Medical Center
Jul. 2007 - Present	Co-owner of Medical Life Care Planning, L.L.C.
2007 - Present	Rehabilitation Consultant for Acuity Hospital of Houston (f/k/a Apex Hospital)
Jul. 2008 - Present	Consultant for Memorial Hermann Hospital, Medical Center
Jul. 2008 - Present	Consultant for St. Luke's Episcopal Hospital