

Nneka L. Ifejika, MD, MPH, FAAPMR  
Member-at-Large

**Tell members a little bit about yourself.**

**Your practice**

My practice is a combination of inpatient consultant and outpatient care as a cerebrovascular physiatrist and stroke outcomes research. I am the section chief of Stroke Rehabilitation at UT Southwestern Medical Center and a professor in three departments – Physical Medicine and Rehabilitation, Neurology and Population and Data Sciences.

**Your life outside of work**

Outside of work, I enjoy spending time with my extended family and friends, gardening and travel. I'm also into sustainability – particularly in the fashion and furniture industries. Most items that are placed in the trash or on the curb can find a second life through consignment, thrifting, antique and resale outlets.

**What accomplishments/honors are you particularly proud of that you would like to share with members?**

I'm honored to be part of amazing teams that improve the lives of patients with cerebrovascular disease. My life pretty much changed when I joined the UTHealth Stroke Team and continues to evolve here in Dallas at UT Southwestern. Without the team, I wouldn't be here.

**What have you advanced in your local community outside of or in conjunction with your medical practice?**

We participate in community engagement protocols as part of our Joint Commission Comprehensive Stroke Center certification. In 2021, we published a paper in JMIR detailing the results of two large-scale events. 2,774 health screenings were completed over 12 hours, averaging four health screenings per minute. Twenty multimedia placements using the Stomp out Stroke webpage, social media, #stompoutstroke, television, iQ radio and web-based news reached approximately 850,000 people in the Houston area.

**What special skills or unique attributes do you bring to the Board?**

As a former chair of the Health Policy and Legislation Committee, I've worked with the Board of Governors on issues that are pertinent to the AAAPM&R membership including telehealth, reimbursement, scope of practice, administrative burden and regulatory relief. Advocacy for what is important to our *members* remains at the forefront of my service to the Board.

**What is a current or future challenge to the Academy or the specialty that you look forward to addressing as a Board Member?**

Protecting our field from overlap from specialties juxtaposed to psychiatry is an active challenge. We have such a diverse and robust skill set, which has its pros and cons. It is imperative that we unite under the broad umbrella of PM&R. This is our home. We must look after it.

**What have we not asked you that you think members should know about you?**

Wow. I guess I want members to know that I'm just getting started (smile).