

The official magazine of Rocky Mountain University of Health Professions

RMUPDATE

FALL2015VOLUME14ISSUE4



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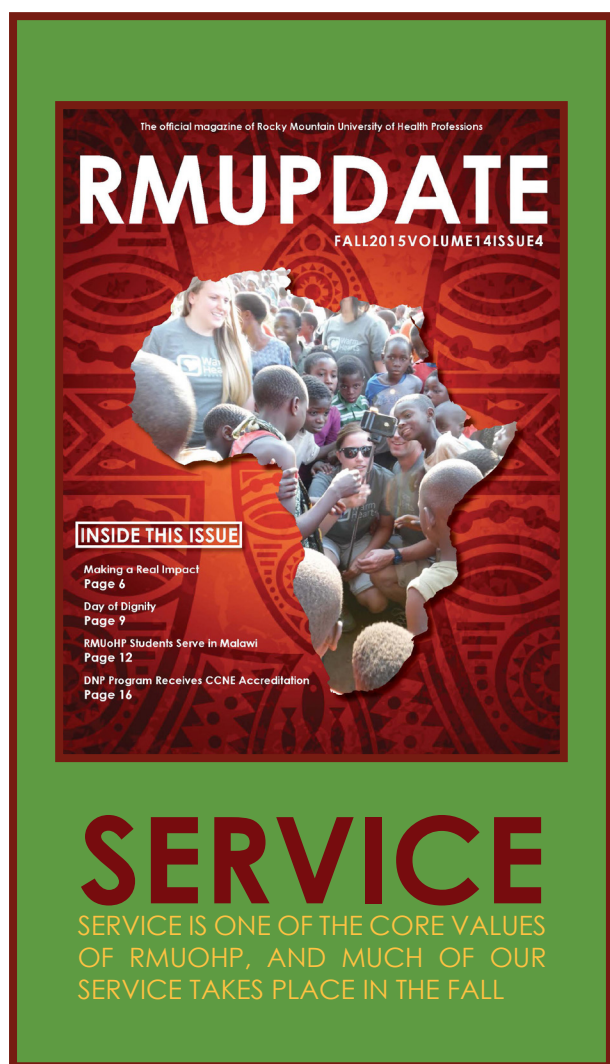
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FEATURES

CALENDAR OF EVENTS

2015 ASHA CONFERENCE	DENVER, CO	NOVEMBER 12-14
THANKSGIVING HOLIDAY (CAMPUS CLOSED)	PROVO, UT	NOVEMBER 25-27
LEARNING DESIGN IN HEALTHCARE EDUCATION CERTIFICATE INFO SESSION	ONLINE	DECEMBER 1
REGISTRATION BEGINS FOR SUMMER 2016 SEMESTER	ONLINE	DECEMBER 5
SUTURING WORKSHOP WITH DR. DAVID M. CLAYTON	PROVO, UT	DECEMBER 9
DPT 4 COMMENCEMENT	PROVO, UT	DECEMBER 11
MSHS PROGRAM INFO SESSION	ONLINE	DECEMBER 17
LAST DAY OF FALL SEMESTER	PROVO, UT & ONLINE	DECEMBER 18
WINTER BREAK (CAMPUS CLOSED DECEMBER 24-JANUARY 1)	PROVO, UT	DECEMBER 19-JAN 3
TUITION DUE, WINTER 2016 SEMESTER	ONLINE	DECEMBER 21
WINTER 2016 SEMESTER CLASSES BEGIN	PROVO, UT & ONLINE	JANUARY 5
WINTER 2016 RMUUPDATE SUBMISSION DEADLINE	ONLINE	JANUARY 25
WINTER ADD/DROP DEADLINE	PROVO, UT & ONLINE	JANUARY 26
ATIA CONFERENCE	ORLANDO, FL	FEBRUARY 3-6
DSC AT 2 ONSITE DATES	PROVO, UT	FEBRUARY 11-15
DSC HPW 2 ONSITE DATES	PROVO, UT	FEBRUARY 12-15
DSC CE 2 ONSITE DATES	PROVO, UT	FEBRUARY 14-15
OTD 27 ONSITE DATES	PROVO, UT	FEBRUARY 17-20
APTA COMBINED SECTIONS MEETING	ANAHEIM, CA	FEBRUARY 17-20

PRESIDENT'S MESSAGE

THE HEALTH AND HAPPINESS OF SERVICE

Mahatma Gandhi once said, “The best way to find yourself is to lose yourself in the service of others.” Most of us who have incorporated service into our lives can understand with great clarity what Gandhi meant as we have personally experienced the art of finding ourselves through losing ourselves in serving humankind. Service is one of the eight Core Values of Rocky Mountain University of Health Professions, and one of the pillars on which this institution was built and upon which it operates and one that we uphold and promote among students, faculty, administration and staff.

At one time or another in our lives, most of us have experienced the intangible benefits of helping or serving another. These could include such feelings as pride, satisfaction, and accomplishment in stepping outside of our busy lives to lend a helping hand to another person or organization in need. Furthermore, research has demonstrated that service also provides individual health and social benefits. Service blesses those who provide it as well as those who receive it. Gordon B. Hinckley once said, “...One of the great ironies of life is this: he or she who serves almost always benefits more than he or she who is served.” (Standing for Something: 10 Neglected Virtues That Will Heal Our Hearts and Homes).

The health of service: In a recent report titled “The Health Benefits of Volunteering: a Review of Research,” research was presented by the Corporation for National and Community Service (CNCS) that demonstrated a strong relationship between service and overall health. The article concludes that over the past two decades a growing body of research indicates that those who serve as a volunteer have, 1) lower mortality rates, 2) greater functional ability, and 3) lower rates of depression later in life than those who do not volunteer. Findings also indicate that those who serve about 100 hours per year are most likely to exhibit positive health outcomes and were 28 percent less likely to die from any cause than their less-philanthropic counterparts (Oman et al., 1999; Lum and Lightfoot, 2005; Luoh and Herzog, 2002; Musick et al., 1999). Similar health findings were reported in the *Journal of Psychology and Aging* which revealed that adults over the age of 50 who reported serving as a volunteer at least 200 hours annually (about four hours per week) were 40 percent less likely than non-volunteers to have developed hypertension four years later. Comparisons of the health benefits of volunteering for different age groups have also shown that older volunteers are the most likely to receive greater

benefits from volunteering, whether due to a higher incidence of illness or because volunteering provides them with physical and social activity and a sense of purpose at a time when their social roles are changing. Service has been shown to lessen symptoms of chronic pain or heart disease. A 2013 review of 40 international studies suggests that service can actually add years to your life—with some evidence suggesting as much as a 22 percent reduction in mortality. And a recent *JAMA Pediatrics* journal study showed evidence that cholesterol levels of high school students dropped after providing service to younger kids once a week for two months.

The happiness of service: The longer that people served as a volunteer, the happier they were, suggested London School of Economics researchers who looked at the relationship between service and measures of happiness in American adults. Compared with people who never provided service, the odds of being “very happy” rose 7% among those who served monthly and 12% for people who served every two to four weeks. Among weekly volunteers, 16% felt “very happy”—a hike in happiness comparable to having an income of \$75,000–\$100,000 versus \$20,000, according to the researchers. The “reward center” of your brain produces the mood elevating neurotransmitter, dopamine, when engaged in such activities as reading to the elderly, walking a 5K for cancer, or plunking a quarter in the Salvation Army kettle, creating what researchers call a “helper’s high.” One study found that people who completed five small acts of kindness (like helping a friend, visiting a relative, or writing a thank-you note) one day a week for six weeks experienced a significant boost in overall feelings of well-being and happiness/contentment. Sonja Lyubomirsky, PhD, a psychology professor at the University of California, Riverside said, “Each act [of service] has a cumulative effect. The more nice things you do, the more people will respond positively toward you, and the better you’ll feel.”

It has been said that you don’t have to go out of your way to serve another, you can simply do it on your way. May you look for those small and simple random acts of kindness and service that you might provide someone in your circle of influence, on your way through your busy life. By so doing, your health and happiness (and theirs) will be elevated in many tangible and intangible ways. Serving others can truly bring forth the greatest change for good and wellness within us.

Richard P. Nielsen, PT, DHSc, ECS
President



RMUoHP DAY(S) OF SERVICE

INSPIRED BY THE UNITED WAY DAY OF CARING, RMUoHP PRESIDENT GIFTS RMUOHP EMPLOYEES ONE DAY TO SPEND SERVING IN THE COMMUNITY.



FLOOD CLEANUP

Early in October, South Carolina experienced a 1000 year flood event that had devastating effects. Almost 20 people lost their lives and countless families lost their homes. On Friday, October 16 OTD Co-Program Director Dr. Melissa Sweetman went to Columbia, SC (about an hour away from where she lives) to assist Samaritan's Purse- a faith-based organization that assists in times of need- with the flood clean-up.

Dr. Sweetman spent 9 hours on a job-site, helping remove the damage from the flood. The particular home she was in was built on a 4' crawl space and still had about two feet of water inside the house. The entire first floor had to be gutted. Since it had been two weeks since the flood, most of the floors appeared dry on the surface. However, as they ripped out the original hardwood floors, they found puddles of water between the subfloor and the wooden planks. The back side of the flooring was covered in black mold. The sheetrock was also still wet and molded, all appliances and cabinets in the kitchen were ruined, and of course so was the furniture.

This home was filled with priceless antiques and

World War II relics (the husband was a 90 year old veteran). The homeowners struggled to let these items go and were hopeful that some of them could be saved. The crew moved the furniture outside to a tarp in the front yard the previous day and many of the legs and drawers were warped and are unlikely to be salvageable. Dr Sweetman spent Friday ripping out 50 year old hardwood floors, tearing off sheetrock, demolishing a tile bathroom, pulling nails from subfloors, carrying boxes of salvageable papers and dishes up to the second floor, dragging downed limbs to the street for pick up, and rolling countless loads of debris in a wheelbarrow to the street for trash pick-up all while wearing a special facemask and gloves to protect her from the black mold. Most importantly, she helped console a distraught homeowner who was watching thirty people completely demolish the house she has lived in for more than 25 years.

"It was an incredibly humbling and prayer-filled experience and though my body is still terribly sore, bruised, and scratched, I'd do it again in a heartbeat," Sweetman said.

FOOD BANK

DNP Faculty member Dr. Sharon Dingman participated in the RMUoHP service day by volunteering with Sigma Theta Tau International Honor Society at the Catholic Charities Food Bank in Ogden, Utah on October 24.



REAL IMPACT MISSION: GUATEMALA

DNP ALUMNA DR. BARBARA SPENCER AND CURRENT DNP/FNP STUDENT MAGGIE ALLEN TRAVEL WITH REAL IMPACT MISSIONS ON A MEDICAL SERVICE TRIP

In July, DNP program alumna Barbara Spencer, DNP and current DNP/FNP student Maggie Allen joined 30 medical professionals and student volunteers from all over the country on Real Impact Missions' Summer 2015 10-day medical mission and service trip to Guatemala City, Guatemala. Real Impact Missions (RIM) is a faith-based group that organizes short mission and service trips for individuals and groups who want to provide medical clinics, promote educational initiatives and provide disaster relief all over the world.

Allen went on two previous trips with RIM, and told classmates about the group's need for more nurses and nurse practitioners to come on this year's medical mission trip during their last winter and spring onsite visits.

"This is something that I am very passionate about," Allen said, "I've done mission trips my whole life, but [being able to go on] medical mission trips is a big reason [for deciding] to become a Nurse Practitioner in the first place. [I wanted] to be able to help underprivileged people who have no access to medical care, and do it for free."

Like Allen, Dr. Spencer noted that a mission trip had always been on her list of things to do, but she had never actively sought it out. When Allen mentioned during the DNP program's winter and spring 2015 onsite visits that her RIM medical team was looking for another nurse practitioner to go on the trip, it was the perfect opportunity to make the dream happen.

Allen's first medical mission trip with RIM was during

the summer of 2014 as an RN before she had begun the clinical work in the DNP program. "That was really good for me, because as a student I was just soaking everything up," Allen said. This year, she returned as a member of the larger team of medical staff which allowed her to get a lot more hands-on experience. "This trip was a lot more involved for me," Allen continued, "I felt more confident because I had been in clinic and had seen a lot of the stuff before, so it was a very inspiring for me to be able to move forward from one year to the next."

The team was stationed in Guatemala City for the 2015 trip, and each day they drove out to small villages 1-2 hours outside the city to provide medical services. For many of the villages they visited, medical service missions are the only time the people ever receive medical treatment, so many people begin lining up in the early hours of the morning. The medical staff was equipped with medical supplies, antibiotics and medications donated from their own clinics and community members. They also had an ultrasound machine and were able to fit people for glasses.

Spencer worked with three physicians and a team of nurses to treat the villagers, and throughout the trip she noticed that many of the people displayed some of the same chronic conditions that are prevalent in the United States, like hypertension, gastrointestinal problems, diabetes and depression in the women. It struck her that many of the women had never had another woman to talk to about their depression or gynecological problems and she found it



rewarding to be able to help them.

During the trip, Allen helped teach the staff how to run the pharmacy, which she had done the previous year, and she also worked with Spencer as a Nurse Practitioner and the three other nurses to triage and diagnose patients and provide medications. Even though Allen was the only one who was still in school to be a Nurse Practitioner, it didn't hold her back from participating equally with the other practitioners. "They were all seasoned nurses," Allen said, "But I felt very confident in the skills that I've learned from one year to the next [in the DNP program], so that was inspiring."

Allen was also able to work closely with a trauma surgeon during the trip, and he trained her to help with small procedures like removing lipomas and growths. Although surgery is not a huge field for Family Nurse Practitioners, Allen wanted to improve her suturing and other procedural skills. The surgeon taught her good techniques, helped her further her skillset and gave her confidence to provide better care. She will be following the same surgeon to complete some of her clinical hours before she finishes the DNP program this April.

Spencer also felt added confidence on the trip that resulted from her studies in the DNP program at RMUoHP. "Even though I was a practicing NP for more than 11 years, the recent educational experience was beneficial especially as it related to transcultural nursing," Spencer said. During the "Theoretical Foundations of Nursing" class, she was

introduced to the theories of Madeleine Leininger, a nurse, educator and theorist whose work related to human care and cultural differences. "Studying the theories of Dr. Leininger allowed me to approach my practice thoughtfully in light of cultural differences," Spencer said. One of those major cultural differences she experienced on the trip was a language barrier, but even though she didn't speak Spanish, Spencer was still able to communicate enough nonverbally and through interpreters to treat the people's health issues. "I thought it was amazing that I could provide the same type of healthcare for the patients, despite the fact that I didn't speak Spanish," Spencer said. "I found that we all, at some level, spoke the same language when it came to gestures, smiles, body language and various facial expressions." At one point they were even in a village where some of the older people spoke a Mayan dialect, so they had interpreters that interpreted the Mayan dialect into Spanish, and then Spanish interpreters who interpreted the Spanish to English.

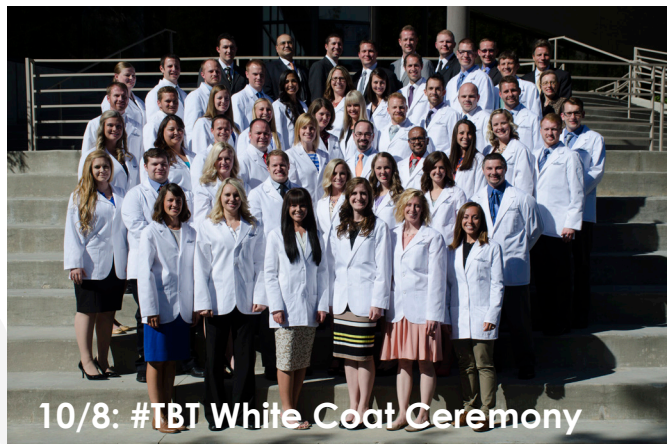
Overall, the trip was very rewarding for both Spencer and Allen. Although it was emotional at times for Spencer, she definitely wants to do it again. "I have to go back," she said, "Now it's something that I have to do every year." In 2016, both Spencer and Allen are excited to work together again with RIM in Nicaragua. Find out more about the 2016 trips at realimpact.com.



#PAWEEK

October 6-12 was national Physician Assistant week, sponsored by the American Academy of Physician Assistants, and we celebrated the week with our PA 1 cohort! The celebration included a PA Program luncheon sponsored by PA faculty members, as well as a student-run social media campaign. We participated with individual PA students in a photo contest that explored our physical location right next to the beautiful mountains, service opportunities like the Day of Dignity event for the homeless in SLC on October 11, collaborating with our DPT student colleagues as partners in medical practice, our recent White Coat Ceremony and RMUoHP school spirit. The social media campaign was highly successful, attracting the attention of the AAPA and local government as PA students tweeted at (and got re-tweeted by) the Provo City Mayor and other local leaders. Our PA students also created their own hashtag (#rmuohPA) which they can use to identify themselves on social media from now on.

10/6 #myview/#WhereIPractice



10/8: #TBT White Coat Ceremony



10/7: #MyHealthcareColleagues



10/9: #MyPAProgram

PA STUDENTS SERVE IN SLC DAY OF DIGNITY



On October 11, 16 PA students and two faculty members from our PA program participated in Islamic Relief USA's Day of Dignity event at Pioneer Park in Salt Lake City. The event, also hosted by United in Service for Humanity, brought more than 200 Utah residents from more than 25 local organizations together to provide various services and referrals for refugees and homeless and underserved people in the area.

RMUoHP PA students volunteered with other medical professionals to provide glucose and blood pressure screening, as well as nutrition education for those in attendance. One student even helped translate for some Spanish-speaking participants. All in all, it was a rewarding experience that these students will not likely forget!



Here's what our students had to say about the experience:

"I was talking with one man and he was asking about Rocky Mountain University of Health Professions. I informed him that it was located in Provo, Utah and he was just so surprised that we would want to travel an hour to come help him. It really touched me because it helped me to remember that small gifts of time on my part show a lot of love towards someone who probably isn't used to having people care about him. I loved the experience because it brought everything I am learning in the classroom to life. There are people now that match what I am learning in my textbooks." **Jordan Lythgoe**

"It was great to interact with other health care professionals and students and community members and represent Rocky Mountain University [of Health Professions]. I'm looking forward to our University participating in coming years. I had the opportunity to teach several people about living healthier lives and as I did, I incorporated much of what I learned in class a few weeks ago to better connect with and teach the people I saw." **Lauren Stanford**

"We found a patient through the screening that had stage 2 hypertension and a blood glucose level of 586! We arranged transportation to the local emergency room. Hopefully because of this she avoided DKA or death." **Carrie Davidson**

"Great experience. This was very humbling. I was impressed to see so many people who were living without a lot of "necessities" who were still so worried about their health. It goes to show that everyone worries about their health, no matter what other they face daily and a little reassurance can be very comforting. When talking with an older gentleman, he told me that a simplistic life, void of conglomeration of material distractions, is a happy stress free life. I can see a lot of truth to that. Many of the patients expressed how hungry they were and were extremely protective of their belongings, worried that they might get stolen. In general, everyone was happy to receive care. It offered reciprocity as I felt humbled to assist and desired to help even more." **Jesse Perkins**

DPT SERVICE LEARNING COURSE

STUDENTS PROVIDE MEANINGFUL SERVICE

For the second time since the inaugural service-learning initiative began this summer, students from the Doctor of Physical Therapy (DPT) program are providing meaningful service to patients in the RMUoHP Foundation's Community Rehabilitation Clinic (CRC) and incorporating that service into their academic learning experience. Balancing an already busy schedule, five DPT students (Margaret Blair, Evan Burgess, Kade Erickson, Kyle Martinos, and Steven Oswald) are enriching their professional and personal development while simultaneously enhancing their critical thinking skills and capacity for reflective practice. More importantly, those they serve at the CRC mutually benefit from the quality care provided to them by the students under the supervision of a licensed physical therapist. Evan Burgess reflected on the reciprocal relationship. "The opportunity to serve this population at the CRC builds skills critical to physical therapy and allows us to advocate on their behalf throughout the healthcare community." This balanced and reciprocal emphasis is the critical difference and distinguishing characteristic of service learning.

Dr. Wes McWhorter, DPT program director, believes opportunities such as these enhance the academic quality of the DPT Program. "The capacity to serve the medically underinsured and improve health quality is an integral part

of what we teach students in the DPT program. Partnering with the service-learning course team contributes to meeting the expectations we have set for students and for those of us in the PT profession."

This initiative supports the University's vision "to advance the quality, delivery and efficacy of healthcare" and its core value of service. Additionally, the efforts are consistent with the American Physical Therapy Association Code of Ethics (2010) that establishes the expectation that the delivery of pro bono service to those who are economically disadvantaged, uninsured, or underinsured is an ethical responsibility of physical therapy professionals. Margaret Blair acknowledges that expectation. "At the CRC we are able to influence the access barrier for our uninsured patients. By providing universal, continuous, affordable, and high-quality rehabilitation services for all of our patients regardless of their income, race, gender, or citizenship, we are positively affecting their health status in an ethical manner."

RMUoHP Provost Dr. Hani S. Ghazi-Birry states, "RMUoHP's service learning course initiative, lead by Drs. Pennington and Clawson, has contributed to enhancing the quality of academic experience of those physical therapy students that have/are enrolled in the course.

The course allows the students to be actively engaged in patient-centered service activities at the Foundation's Community Rehab Clinic as well as participating in service centered learning, thought and discussion. This initiative has created tangible inroads in allowing the academic infrastructure to support the university core value of service, in measurable and meaningful ways. Students' feedback has strongly supported the course learning objectives, and strength in teaching, allowing us to evolve the scope of future service-learning opportunities to best serve the needs of the community and our students."

Registration in the service-learning course at the CRC is available each semester. Growth plans include the potential to engage students from other academic programs in this life-changing experience.



STUDENT SERVICE PROJECT:

KIDS ON THE MOVE HAUNTED HALF



Rocky Mountain University of Health Professions first year Doctor of Physical Therapy and Physician Assistant students joined together for their Annual Student Service Project on Saturday, October 31 2015. The first year students worked together and selected to assist 'Kids On The Move' (KOTM) through a community volunteer opportunity called 'The Haunted Half'. 'Kids On The Move' provides service throughout Utah County to children with special needs and to assist families. Their mission is to support the development of young children, through three main programs: Early intervention, Early Head Start and the KOTM Autism Center.

The 2nd Annual Haunted Half was held in Provo Utah, where participants and volunteers dressed up in their Halloween costumes. The Half Marathon began at 8:45 a.m., the 5K at 9:30 a.m. and the Kids Run (1/2 mile for kids 12 and under) was at noon. The race started in Provo Canyon, South Fork and finished at the University Mall located in Provo Utah. RMUoHP students assisted in various volunteer positions including, but

not limited to: participant folder packing preparations, award set up, food preparations and set-up, drink and food stations, staging area assistance, event set-up and event clean-up. The 2nd Annual Haunted Half was a collaboration of effort by 'United Way of Utah County', 'Runtastic Events', and 'Kids On The Move' organizations.

The event was a large community success for KOTM, due to the service efforts of the Rocky Mountain University of Health Professions first year Doctor of Physical Therapy and Physician Assistant students. The students who volunteered dedicate their time to provide service to the community, which is a Core-Value of Rocky Mountain University of Health Professions.



MALAWI 2015

DPT STUDENTS EMBODY THE RMUOHP CORE VALUE OF SERVICE AS THEY TRAVEL TO MALAWI TO BUILD A SCHOOL AND PARTICIPATE IN CLINICAL ROTATIONS.



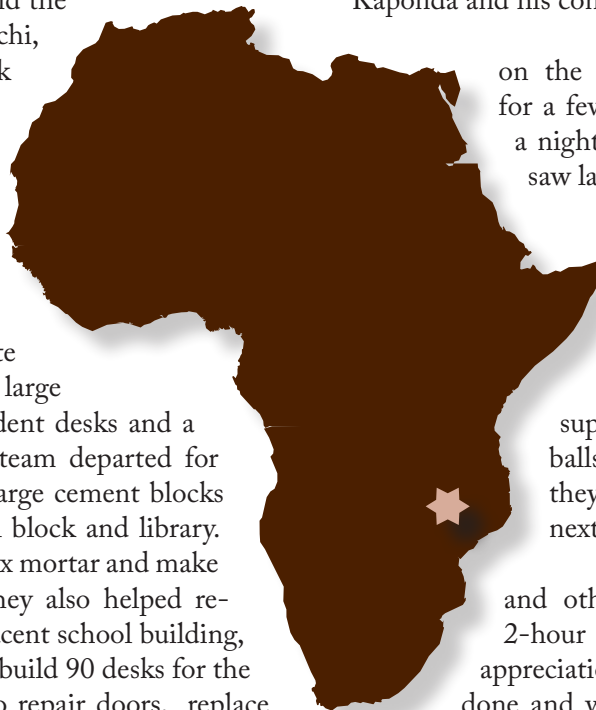
In August, a group of 20 RMUoHP DPT students and community members traveled in conjunction with the humanitarian foundation [World of Difference](#) and the Warm Hearts Foundation, to Mangochi, Malawi to participate in a three-week learning and service expedition. The team arrived in Malawi on August 14 and, under the direction of team leaders President Dr. Richard P. Nielsen and his wife, Jodi, began their service by assisting with the construction of a large primary school. The school will accommodate 225 students and includes two large latrines (with eight stalls each), student desks and a library. Several months before the team departed for Malawi, local workers constructed large cement blocks that would become the main school block and library. The volunteers helped the masons mix mortar and make sure they had enough materials. They also helped re-cement a cracked floor in an old adjacent school building, stack bricks for the new latrines and build 90 desks for the new classrooms. They also helped to repair doors, replace the roof, stain new trusses with insecticide for the old school building and whitewash the exterior. The group also brought with them 2,000 pounds of educational supplies to help stock the school. When they weren't working on the construction of the school, the students and volunteers were able to engage with the

local children and adults- singing songs, dancing, playing soccer or other games and learning the native language. The project was finished by the local native in-country director Chimwemwe Kaponda and his construction team within the next few weeks.

The entire group was also able to go on the African Wilderness Safari Mvuu Camp for a few days. They did a walking daytime safari, a nighttime safari and a water safari, where they saw large families of elephants drinking from the river's edge, close ups of crocodiles and hippos and other wild animals.

At the close of the trip, most of the group was able to go and visit some orphanages and other schools in the Mangochi area to donate educational supplies and athletic gear including soccer balls, jump ropes and jerseys. One of the schools they visited is a potential site for a future project next summer as well.

The local school teachers, village leaders and other community members put together a 2-hour send-off ceremony showing their deepest appreciation and love to our team for what they had done and what they had brought to the community, including heart, love, teachings about relationships and the physical labor provided by each on the project. It was an intense and meaningful celebration of several weeks of hard work, and a very emotional goodbye.





The Daily Herald covered the trip in two articles about the students' experience preparing for and traveling to Malawi.

You can find the articles at <http://goo.gl/rs4MEq> & <http://goo.gl/aL4FyY>.

MALAWI STUDENT EXPERIENCES

In addition to helping build the school and the African Safari, our DPT students were also able to travel to Blantyre, Malawi where they participated in clinical rotations at Queens Hospital and at the University of Malawi College of Medicine, under the direction of RMUoHP alumna and faculty member Lisa DePasquale, PT, DSc, ECS. As part of the academic experience, our DPT students presented case studies to the Malawian Physiotherapy students and faculty and in turn, had the Physiotherapy students and in Malawi present case reports to them. The experience was very meaningful to each of the students who participated, and each had their own take on how the experience changed them.



Visiting Africa to do a humanitarian trip has always been a dream of mine and in the top three items of my bucket list. I was able to accomplish that lifelong dream through RMUoHP and President Nielsen. Dr. Nielsen told us before we left that we wouldn't be the same person when we returned home and I can say that is a 100% accurate. Africa was a life changing experience that I will never forget. The Malawians taught me several things. They taught me that through love, you can accomplish anything. They taught me that pure joy and happiness can be found even if you have nothing, and they taught me that you only live once, so capture those memories and moments.

While doing our clinical observations in Queen's hospital I felt like we were in a refugee camp. It felt like

something you see out of the movies; there were sick people everywhere, people constantly praying, and no adequate technology. Sharing information and our education with the students and interns over there was great. They wanted to do everything to increase their knowledge and expand physical therapy in Malawi and throughout Africa. We are still in contact with some of the interns- friendships can last no matter how far apart you may be. Looking back I think the people of Malawi helped me more than I helped them. Ghandi said, "The best way to find yourself is to lose yourself in the service of others." This was an experience I would never trade for anything, and that I would love to do again. When you lose yourself in the service of others you find out who you can become. You can make a world of difference through small and simple acts.

-Chantel Myers, DPT 5 student



Africa

was an amazing experience. I was able to experience so much and I'm grateful for the people I met and everything I was exposed to.

Before I went, I had no idea how much this trip was going to impact my life. I was able to work for 2 1/2 weeks in Malawi helping to build a school building and shadow at a hospital. I think my favorite part of the expedition was meeting and working with the people. A lot of the people didn't speak English we couldn't verbally communicate with each other, but they still taught me about their culture. The kids that would come to the worksite and help us work and teach us their games. They loved spending time with us and I loved working and playing with them during our breaks.

Our team was also amazing. Everyone that came over was excited to go and help serve. It was a great group to be around and work with. Everyone was so happy to work and serve.

Going to Malawi really taught me that the world is bigger than what it was to me before I went. Before my world was Utah and the United States. Going to Malawi showed me there is a bigger world out there and I can help to make it a better place. The people in Malawi are just like me. Their lifestyle might be different than mine, but they have the same needs that I do. It opened my eyes to the opportunities I have here in the states and what I can do to help people outside of the US.

-Nikki Rogers, DPT 5 student



Going to Blantyre, Malawi to observe the physical therapists working at Queens Hospital was an incredible opportunity for us because we were able to see how the medical professionals there were able to be flexible with limited resources. While we were there we also had the opportunity to meet with the students of the current bachelors PT program. Initially we thought that we would be teaching them because we had two presentations, but there was such a great discussion that we went away with a greater understanding of their education and knowledge. After being separated from the group for a few days we were all excited to see the rest of the group. One of my favorite moments was when we returned back to the school. The second the bus came into view the children ran after us and surrounded the bus when we came to a stop. As the students from RMUoHP stepped off the bus one at a time you could hear the children scream our names. That was the moment I realized the extent of our impact on these children. You could feel the unconditional love that the people of Malawi had for our group. So many of these children have left a lasting impression on me and I believe that a part of my heart is still in Malawi. Saying goodbye was one of the hardest things that I have done in a long time.

-Nicolea Jones, DPT 5 student

DNP PROGRAM RECEIVES CCNE ACCREDITATION

RMUoHP is pleased to announce that the Doctor of Nursing programs and FNP Certificate program have received accreditation from the Commission on Collegiate Nursing Education (CCNE), as reflected in the following official notification:

The Doctor of Nursing Practice program and post-graduate APRN certificate program at Rocky Mountain University of Health Professions is accredited by the Commission on Collegiate Nursing Education, One Dupont Circle, NW, Suite 530, Washington, DC 20036, 202-887-6791. (<http://www.aacn.nche.edu/ccne-accreditation>).

CCNE is recognized by the U.S. Department of Education to accredit nursing programs at the baccalaureate, master's, and doctoral levels, including programs offering distance education. The Commission serves the public interest by assessing and identifying programs that engage in effective educational practices. Accreditation by CCNE is an indication of confidence in the ability of the educational institution to offer a program of quality, deserving of public approbation.

Help us celebrate this milestone by congratulating the program directors, nursing faculty and academic leadership involved in this achievement!

"Accreditation by CCNE is the recognition of nine years of development and continuous improvement of the DNP and FNP programs at RMU. The last three years of preparing the myriad accreditation documents and hosting an on-site evaluation seem a blur. The dedication and efforts of the nursing faculty and staff are now realized in this significant achievement." **DNP Program Director Marie-Eileen Onieal, PhD, MMHS, RN, CPNP, FAANP**

"We are pleased to be recognized and look forward to providing excellent educational opportunities for registered nurses." **FNP Track Director Janet Noles, PhD, RN, FNP-BC, FAANP**



SPREAD THE WORD, SPREAD THE VALUE

ANNOUNCING THE NEW ALUMNI SCHOLARSHIP PROGRAM

RMUoHP is adding value to our popular Spread the Word program with the addition of our Alumni Referral Scholarship. We will now honor students you refer with a \$500 Alumni Scholarship, awarded in your name.

To confer this scholarship you need only supply those friends or colleagues with your name, program and cohort. The prospective student will be required to provide this information during the application process to receive the scholarship. As an alumnus, you may refer as many students as you wish, and to any of the following programs: Doctor of Nursing Practice, FNP Certificate Program, Doctor of Science in Health Science, Doctor of Occupational Therapy, Doctor of Clinical Science in Speech-Language Pathology, Master of Science in Health Science and Pediatric Transitional Doctor of Physical Therapy.

NOTE: An email was sent to all alumni on November 9, 2015, with each individual's name, program and cohort identified **as it relates to our records**. If you did not receive this email or your records need to be updated due to a name change, etc., please contact us with your updated information.

Each prospective student is required to provide this information within the first few questions of the application process to qualify for the scholarship.

For full details, requirements and deadlines, please see <https://rmuohp.edu/students/graduate-scholarships/alumni-referral-scholarship/>



Spread the Word

Your participation in helping to promote RMUoHP Programs is critical to our success. University alumni and students are a wonderful resource for qualified applicants. You have the necessary insight and first-hand experience to identify individuals who have the ability to be successful in our programs. We value your referrals and participation is easy! If you know someone who might be interested in our program, please refer them by completing the [online form](#). A small goodwill gift will be provided as a thank you for 'sharing the RMUoHP message.'



UNIVERSITY UPDATES



RMUOHP JOB OPENINGS

CONCENTRATION TRACK DIRECTOR DOCTOR OF SCIENCE IN HEALTH SCIENCE NEUROLOGIC REHAB

Rocky Mountain University of Health Professions, a private institution located in Provo, Utah, invites applications for a Concentration Track Director (CTD) of the Neuro-Rehabilitation Program of the Doctor of Science (DSc) in Health Sciences. This is a part-time adjunct (independent contractor) position where the CTD does not need to be on campus for the most part. The DSc in Health Science has five concentration areas: athletic training, health/wellness promotion, human/sports performance and neuro-rehabilitation. The CTD position is primarily responsible for coordination and management of the neuro-rehabilitation track. The CTD reports to the Program Director (PD) of the DSc Health Sciences Program and works collaboratively with admissions, marketing and faculty in the recruitment of faculty, curriculum development and delivery of the neuro-rehabilitation specialty courses, program assessment and student recruitment. View the full job description at <https://goo.gl/RsWjPl>.

View all available positions at rmuohp.edu/employment.

UNIVERSITY REBRAND

The university is undergoing a rebranding initiative under the direction and with the assistance of Saxton Horne Communications, a full-service advertising agency. The process involves interviewing university students, staff, faculty, administration, alumni and prospective students, to identify critical university assets, determine customer perspectives, market perceptions and core organizational desired traits. Importantly, this structured discovery process in addition to market analysis, allows Saxton Horne to develop a strong brand platform, identifying and demonstrating an embodiment of university attributes, highlighting those

elements that make our university different and more desirable than competing institutions. Ultimately, this process will allow the university to maintain a fresh and relevant brand, to the millennial generation in particular. As a strategic outcome of developing a cohesive messaging platform, core attributes are utilized to drive the creative design, and ultimately new logo creation. A new color scheme, new typography and new style guide will accompany the new university logo. The brand release will happen in stages, first an internal roll-out, followed by an external roll-out, extending through 2016 to full implementation.



NEW DSc TRACK: NEURO REHAB

Over the next five to ten years, the need for physical and occupational therapy services is expected to grow as the elderly population increases and baby boomers become more at risk for strokes, and other neurological impairments such as Parkinson's disease, Alzheimer's and spinal cord injury.

The RMUoHP DSc concentration in Neurologic Rehabilitation is designed to create an educational pathway for physical and occupational therapy professionals to help meet this need!

Now accepting applications for the inaugural Summer 2016 Cohort!

FIND OUT MORE:

rmuohp.edu/lp-neuro | 801.375.5125 | dsc@rmuohp.edu

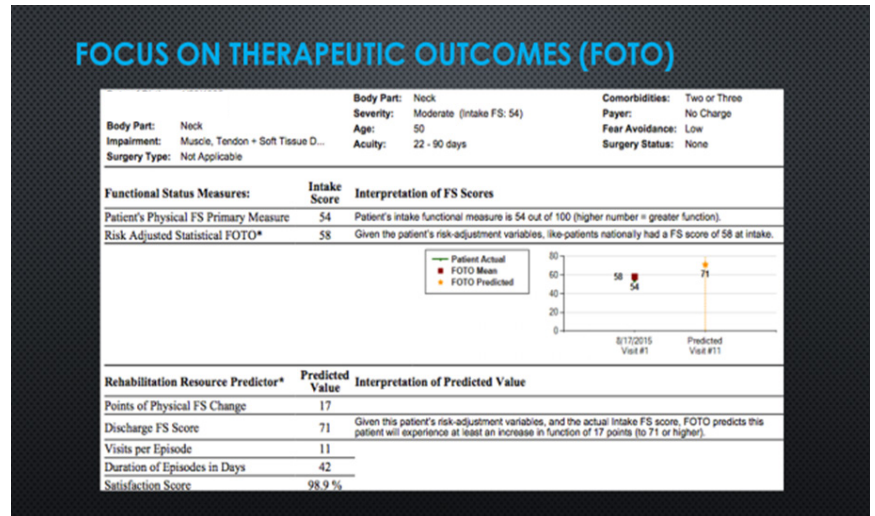
FOUNDATION UPDATE

CRC EMBRACES NEW TECHNOLOGY: FOTO

The Community Rehabilitation Clinic (CRC) recently received an in-kind donation of a web-based patient assessment system called Focus on Therapeutic Outcomes (FOTO) which allows the CRC's volunteer physical therapists to measure the progress of each patient and quantify the success of treatment for the clinic.

The program measures three functional statuses for each patient: the patient's initial functional status at admission, the patient's predicted goal status, (which uses risk adjustment factors to ensure accuracy and allow for comparison to national comparative and functional limitation reporting) and finally, the patient's discharge functional status that tracks the level of improvement at discharge and throughout the treatment process. Each of these statuses are communicated with a number between zero and 100. This system allows the CRC to track each individual patient's progress more thoroughly. It also makes it possible to more accurately measure success for the clinic as a whole, by comparison to other similar clinics.

Dr. Coleby Clawson, the CRC's director, indicated that to date, the Clinic has served more than 140 underserved patients from Utah County with more than 800 visits. This has provided a community benefit of over \$118,000 based on Medicaid fee schedule rates. In 2016, the Foundation hopes to bring in at least four new volunteer therapists and increase the number of patient visits to 2,000 for the year. With the use of the new FOTO tech, the CRC hopes to also see an average improvement/change in function of 15 points on the FOTO functional status score scale, and a patient compliance rate of 80%.



DONATE ON #GIVINGTUESDAY



With the holidays fast approaching, the RMUoHP Foundation asks you to participate in #GivingTuesday on Tuesday, December 1, 2015 by making a donation to support the CRC and future student scholarship opportunities. The Rocky Mountain University of Health Professions Foundation is a 501(C) (3) charitable organization and your donation however big or small, is tax deductible. Please visit <http://rmuohp.edu/foundation/invest-in-healthcare-change/> to donate.

INTERPROFESSIONAL EDUCATION COMMITTEE

RMUoHP WILL IMPLEMENT INTERPROFESSIONAL ELEMENTS INTO CURRICULUM

For the first time at RMUoHP, in response to new Provost initiatives, an interprofessional education and practice (IPE/IPP) task force was assembled to learn more about IPE, with the primary goal of preparing health professions students for deliberately working together with the common goal of building a safer and better patient-centered health care system and secondarily goal to develop a curriculum and like activities that support programmatic accreditation requirements with respect to interprofessional education & collaborative clinical practice.

The timing of this task force and its mission is furthered enhanced, as it relates directly to the new research initiatives that were discussed at the Research Visioning Conference (see article below). For definitional clarity, IPE is an educational approach in which two or more disciplines collaborate in the learning process with the goal of fostering inter-professional interactions that enhance the practice of each discipline.

Such interdisciplinary education is based on mutual understanding and respect for the actual and potential contributions of the disciplines.

Ultimately interprofessional collaborative practice involves respective professions learning from and about each other through comparisons of roles, responsibilities, powers, duties and perspectives in order to promote integrated service. The two hour kickoff meeting included insights from content experts Dr. David Pole and Dr. Tony Breitbach, from the Center for Professional Education and Research at St. Louis University, as well as introductory comments from Executive Vice President of Academic Affairs and Provost, Dr. H.S. Ghazi-Birry. The IPE Task Force is being chaired by Dr. Sharon Dingman, and task force members include: Dr. Wes McWhorter, Dr. Ann Hoffman, Mr. David Payne, Dr. Melissa Sweetman, Dr. Malissa Martin, Dr. Erin Nosel, Dr.

Ken Simpson and Dr. Anmy Mayfield. Collaboration among health professionals is the key to positive patient outcomes. Each member of the healthcare team has been trained with specific knowledge and skills, which allow them to do what they do best. Coming together as a team will bring specific strengths of each discipline to focus on the care of the patient and will supplement any weaknesses of other teammates. The ideal place to initiate such transformations in healthcare is in the education of our students. If healthcare professionals are trained to perform as interdisciplinary teams working together, taking advantage of the skills and knowledge of their teammates, the change can be implemented when these students graduate and enter their chosen profession. With such an approach, individuals entering the workforce will do so with the mindset that collaboration among all healthcare practitioners is the patient care model standard.

INAUGURAL RESEARCH VISIONING CONFERENCE

RMUOHP MOVES TO PROVIDE MORE COLLABORATION IN FACULTY RESEARCH



Rocky Mountain University of Health Professions held its first Research Visioning Conference (RVC) on October 23rd, with a welcome reception dinner the evening prior, with comments by the University Provost &

Executive Vice-President of Academic Affairs, Dr. H.S. Ghazi-Birry. The conference members comprise research-focused and research-experienced individuals from the University, alumni, board of directors and local constituents. The RVC opened with words of welcome by the Vice-President of University Research, Dr. Brent Alvar, followed by words of inspiration from University president and co-founder, Dr. Richard P. Nielsen. The agenda was centered around facilitating group discussion through a SOAR (strengths, opportunities, aspirations and results) activity, to develop a strategic plan for our evolving research vision and mission. Topical discussions centered around identifying organizational research strengths, research readiness potential, existing opportunities, various disciplines and multi-level collaborations, and enabling a culture of research. The tenor was enthusiastic support of new research initiatives at RMUoHP as well as practical discussions on the pathway forward. The conference outcomes will be summarized by the office of research, used to guide and drive future and ongoing research initiatives.

ELEVATING *the* UNIVERSITY

PROFESSIONAL ACHIEVEMENTS

OTD alumnus Dr. Sean O'Halloran recently accepted a job with Bloomington MN Public Schools as the Director of Assistive Technology.

Several OTD alumni, including Dr. Michele Johnson, Dr. Choi Chio, Dr. Anjali Sane and Dr. Sonia Paquette (who is also the Work & Health OTD Track Director) were all recently invited to become members of the ACOTE Roster of Accreditation Evaluators for entry-level OTD programs.

PhD AT alumni Drs. Kim Keeley and Kelly Potteiger were recently appointed to the Board of Certification Evidence Based Practice Review Panel. This panel reviews application for EBP continuing education programs.

DNP Faculty member Dr. Sharon Dingman, acting in her role as a board member of the UONL and UNA introduced the UNA board members participating in the Education Transformation Meeting in SLC on November 3 and 4. The Campaign for Action and Robert Wood Johnson Foundations asked the Utah Action Coalition for Health to host a national nursing meeting in Utah to focus on RN education progression initiatives.

PhD HPW Student Rachel Larson, MS, CSCS coordinated the NSCA Arizona State Clinic where both HSP Program Director Dr. Brent Alvar, and current PhD HPW student Nick Winkleman presented

AWARDS

OTD alumna Dr. Susanne Higgins was recently named as the Illinois Occupational Therapy Association's Occupational Therapist of the Year.

RMUoHP Professional Recruiter Mark Dimond received a Platinum MarCom award for his DPT program recruitment presentation and an Honorable Mention for Sara Stephenson's OTD Program Testimonial Video.



RMUoHP Creative Communications Coordinator Cara Caldwell received two Gold MarCom awards for the Summer 2015 RMUupdate.

¹marcomawards.com

MarCom Awards¹

are granted by the Association of Marketing and Communication Professionals (AMCP), honoring outstanding creativity and achievement in marketing, communications, advertising and public relations worldwide.



FALL 2015 PRESENTATIONS

DISSERTATION DEFENSES

ATHLETIC TRAINING:

Braun, T. M. (2015). "Epidemiological Aspects of Community Associated Methicillin Resistant Staphylococcal aureus (CA-MRSA) Infections within northeastern intercollegiate and High School Athletics."

Dorrel B. (2015). "Evaluation of the Functional Movement Screen as an Injury Predication"

Warren, K. L. (2015). "Minority Enrollment and Retention in Athletic Training Programs: an Exploratory Study"

Kicklighter, T. H. (2015). "A Holistic Investigation of Clinical Reasoning in Athletic Training"

HEALTH PROMOTION WELLNESS:

Held Bradford, E. (2015). "Engagement in Gait- and Balance-Enhancing Behaviors in Persons with Multiple Sclerosis after Out-Patient Physical Therapy"

Urda, J. L. (2015). "Effects of Common Interventions at the Workplace on Sedentary Behavior, Physical Activity and Perceived Wellness"

NURSING:

Reveles, K. (2015). "A Qualitative Descriptive Study of Women in a Transitional Living Facility"

Spencer, C. S. (2015). "Sleep Issues in Children Adopted From China: A Qualitative Study"

ORTHOPEDIC SPORT:

McCormack J. (2015) Eccentric Exercise versus Eccentric Exercise and Astym in the Management Insertional Achilles Tendinopathy: a Randomized Control Trial

Heick J. (2015) Investigating the Psychometric Properties of the King-Devick Test in Healthy 14-24 Year Olds

PRESENTATIONS

DPT faculty member Dr. Ann Hoffman presented at the UPTA Conference on "Cerebral Palsy Assessment Tools and Classification" on October 3.

DPT 5 students Amelia Long, Jennifer Divis and Brian Knutson presented their poster entitled "Exemplifying the Core Values of RMUoHP through Service-Learning" at the UPTA Conference from the Service-learning course at RMUoHP on October 3.

DPT 5 students Austin Andrus and Tayler Comley presented at the UPTA conference on "Early service learning opportunities for physical therapy students with older adults: A unique partnership with community-based falls prevention programs" on October 3.

DPT Faculty members Dr. Jeff Lau, Dr. Kaiwi Chung-Hoon, Dr. Wes McWhorter, Dr. Paul Stoneman and Alex Moore presented a poster at the UPTA Conference entitled "Early service learning opportunities for first and second year physical therapy students: A collaborative partnering with community based falls prevention programs" on October 3.

MSHS Program Director Dr. Ethan Kreiswirth, presented on "Head Up - Integrating Corrective Exercises for Patient Wellness" at a California Chiropractic Association seminar on October 17-18.

Anatomy faculty member Dr. Jessica Immonen presented a breakout session for anatomy faculty at the American Association of Clinical Anatomists Regional Meeting in SLC on October 17 on "Implementing the Sony Action Cam® and Camtasia® software to supplement dissection--based anatomy in DPT programs" on October 17.

OTD faculty member Denise Miller presented at the OTAC conference in the Grassroots Advocacy Training for the OT Profession and Student track on "The OT Practice Act: What You Need to Know about OT Regulation in California." She also presented on "Implications of the Affordable Care Act for Occupational Therapy in Health and Wellness, Productive Aging, and Population Health Arenas." on October 22.

OTD Alumnus Dr. Ernie Escovedo presented at the OTAC conference on "Enhancing Occupation-Based Care with Physical Agent Modalities" on October 22.

OTD Aging track director Dr. Kitsum Li and Kristin Myers Presented On "Mild Cognitive Impairment In Heart Failure Affects Care Transition," "Bridge/Adapt: Transfer from Computer Remediation to Functional Skill," and "The Lifestyle-Integrated Functional Exercise Program for Older Adults." at the Occupational Therapy Association Of California 39Th Annual Conference on October 24 and 25.

OTD alumna Dr. Angela R. Baker presented at the OTAC conference on "Implementing LGBTQIA Cultural Competence in Diversity Education" on October 24.

DSc AT Program Director Dr. Malissa Martin presented at Northwest Missouri State University on "Becoming a Designer of Learning" on November 2. She currently serves as a consultant for the Professional Master's Program in Athletic Training. She also gave a presentation and workshop at Barry University in Miami, FL on November 4 on "Creating Collaborative Connections" for the Barry University Center of Interdisciplinary Scholarship.

OTD alumna Dr. Anjali Sane presented at the ILOTA Conference on "Sensory Strategies to Support Inclusion," and "Inclusion: Occupational Therapy Perspective" on November 5.

Dr. Sharon K. Dingman (DNP Faculty) presented at the Sigma Theta Tau International 43rd Biennial Convention on "Nurse Caring Enhancements of The Caring Model (R) (TCM)" on November 6.

PhD HPW student and NSCA Rocky Mountain Regional Director Nick Winkelman, MS, CSCS, "D, presented a session entitled "Coach Like a Caveman- How the Environment Shapes Our Movement." at the NSCA Arizona State Clinic on November 7. DSc HSP track director Dr. Brent Alvar also presented a session about the NSCA Tactical Strength and Conditioning Program at the same clinic.

PhD Nursing alumni Dr. M. Anne Longo presented a clinical poster at the Sigma Theta Tau International 43rd Biennial Convention on "Using an Instructional Design Model to Develop a Framework to Guide Leadership in Nursing Education" on November 7.

PhD AT alumnus Dr. Greg Myer presented at the "Addressing mTBI from the Inside" event in New York City, on a breakthrough mTBI prevention device on November 17.



FALL 2015 PUBLICATIONS

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Bailey, L.B., **Shanley, E.**, Hawkins, R., Beattie, P.F., Fritz, S., Kwartowitz, D., & Thigpen, C.A. (2015). Mechanisms of Shoulder Range of Motion Deficits in Asymptomatic Baseball Players. *The American Journal of Sports Medicine*, 43(10), September 24.

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Ithurburn, M.P., **Paterno, M.V.**, Ford, K.R., & Schmitt, L.C. (2015). The Impact of Various Measures of Quadriceps Strength on Landing Mechanics in Young Athletes after ACL Reconstruction: Implications for Second ACL Injury Risk. *Conference Paper August 2015: American Society of Biomechanics (ASB), Columbus Ohio*.

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RMUPDATE

FALL 2015 VOLUME 14 ISSUE 4

Make sure to be in the next issue...

The RMUpdate is your publication, here to share your story. If you have published an article, presented a poster or have other great news to share with the RMUoHP community, please share your story! **The deadline to submit content for the Winter 2016 RMUpdate is Monday, January 25.**

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Special Thanks...

To all those who contributed to this issue. Your efforts make this publication possible by providing articles, photos and feedback!