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The official e-magazine of Rocky Mountain University of Health Professions



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RMUoHP devotes this issue to those affected by the recent tragedy in Nairobi, Kenya. Our hearts are ever with you.

Editor/Designer: Spencer Healey
Marketing Communication Specialist

Cover photo credit: Bryant Bush
Pictured from left: Dr. Melanie Carlone, Amanda Ellis, Joshua Hall, Melanie Yakemovic, Jacie Saltzman, Jarom Woodbury, Haley Amos



The K.M.T.C

RMUoHP Doctor of Physical Therapy students in front of the Kenya Medical Training College, the only public middle-level health training institution under Ministry of Medical Services in East and Central Africa. Pictured starting from left; Beth Thorpe, Brian Thornock, Jacie Saltzman, Amanda Hicks, Melanie Yakemovic, Jarom Woodbury, Haley Amos, Kelly Clark, Megan Kisner, Dr. Mark Walker, Amanda Ellis, Jessie Balicki, Charley Kramer, Joshua Hall, Justine Whitley, Elizabeth Crew, Kristen Schultz, Dr. Melanie Carlone, Dr. Richard Nielsen.

CLINICAL WORK IN A THIRD WORLD

Fifteen DPT students and three doctors went to the Kenyatta National Hospital and the Nairobi Hospital where they spent three days shadowing physical therapists, learning their evaluation and treatment methods, and teaching them some of their own methods.

What began as an opportunity to watch and learn, became an opportunity to treat patients and share knowledge. At Kenyatta National Hospital (KNH), seven Doctor of Physical Therapy students from RMUoHP were ready to jump into the action. The American DPT students were expecting to shadow the physical therapists in KNH as they evaluated and treated their own patients, but it soon became clear that there was more the Americans could do to help. Aiding with hands-on patient care, such as applying compression stockings and disseminating knowledge about evaluation and treatment methods quickly forced the students to become the teachers themselves. KNH is like no hospital these students have ever been to before. KNH consists of 50 wards, 22 outpatient clinics, 24 theatres (operating rooms) and an Accident and Emergency Department. The total bed capacity of KNH is 1800 (to put this in perspective, the University of Utah hospital in Salt Lake City has 476 beds). Roughly 40 physical therapists work in the hospital that serves as a major clinical rotation site for the three entry-level physical therapy programs in Kenya. The other eight RMUoHP students went to the Nairobi Hospital, where 40 physical therapists are currently in a clinical rotation. In the 63-year history of the hospital, this is the first time they've had physical therapy students in clinical rotations. The Nairobi

On the front lines

"I had to step up... and remember what I'd learned in class and pass on that valuable information. For us it is just another test, but for them it was life changing." - Melanie Yakemovic

Hospital, though smaller than the KNH, still runs 18 wards and treats over 80,000 inpatients and 500,000 outpatients a year. Despite the scope of patient care being much different than it is in the United States, the RMUoHP students noticed important similarities and differences in physical therapy care in Kenya. Second-year DPT student, Brian Thornock, noticed a marked difference in the evaluation methods of the African physical therapists. "I was very much surprised at how much they did know and the techniques they knew, and we were able to make a contribution to their critical thinking and eval-

uation methods. I realize, now, how lucky I am to be in the states and to get a doctoral-level education," said Thornock. Along with Dr. Richard P. Nielsen, president of RMUoHP, Dr. Mark Walker, a DPT professor from RMUoHP and Dr. Melanie Carlone, a graduate of the transitional DPT program at RMUoHP, the students participated in a panel discussion at Nairobi Hospital. Jacie Saltzman, a third-

year DPT student, talked about her experience at the hospital. "We were able to work a lot with the patients themselves - get their history, their information and then work through the whole process of rehabilitation with them and do treatment with them," said Saltzman. Dr. Walker saw the experience as an eye-opener and a confidence builder for the students. "I know (these students) well, and to see them open up from what they were as students and finally say, 'This is why I'm doing this. This is why I want to be a physical therapist.' You just can't get a better education than traveling and seeing the world." Some things about patient care are undeniably similar in the U.S. and Kenya. In both countries the patient comes first, patient education is important and physical therapists are very passionate about learning more and improving the standard of care.



BUILDING A FUTURE FOR EDUCATION IN KENYA

Partnered with the World of Difference Foundation, RMUoHP students got their hands dirty building an elementary school ...



In the Embakasi slums, working alongside the local community, 30 American volunteers tore down the walls of a school to give education a second-chance.

Teaming up with the World of Difference Foundation, RMUoHP DPT students spent many long and hard days carrying sand, mixing cement by hand, hauling stones and tearing down walls as they went about the work of replacing a primary school made of tin sheets with a permanent facility complete with six classrooms, four latrines, a library and a faculty office. The previous building housed 165 students, now the school will accommodate 300 students with room to expand to a second level building. In addition to participating in the manual labor aspect of the project, each team member brought 100 pounds of educational supplies on the mission, all of which was donated to the hospitals and schools where they were working. All in all, 3,000 pounds of school material was donated. Reflecting on the project, RMUoHP University President Richard Nielsen expressed admiration for the team members. "They are an incredible group of dedicated and focused people who are being changed by their selfless service to these under-served and wonderful people," said Nielsen.

Gifts for the children

In a disabled children's rehab center and an orphanage, the team created an unbreakable and unforgettable bond

Perhaps some of the most humbling experiences of the expedition were the special trips made to a disabled children's rehabilitation center and to the Shangalia Orphanage. The rehab center does much with the few resources available. The center supports state-run hospitals with inpatient post-operative care and with outpatient rehabilitation for children who have undergone clubfoot repairs, surgeries to stabilize spina bifida and other congenital deformities. Physical therapy is done on mattresses lined on the floor, braces are made from old salvaged parts, wheelchairs are built from gathered parts. The Shangalia Orphanage is located in a slum district and houses 70 children who have been orphaned. At both the rehab center and the orphanage, the team donated hygiene kits, blankets, medical supplies and toys. They also had the special opportunity to play with the children. Co-founder of the World of Difference Foundation, Jodi Nielsen, was especially fond of the experience. "I think there are special things that happen when our team members have the opportunity to connect with children," said Nielsen. "It's something about the children that really touches our lives."



Welcome to the best state to practice
physical therapy



In the October 2013 edition of *PT in Motion*, Utah came out on top as the best state to practice physical therapy in the United States. With RMUoHP's physical campus in Provo, Utah, this number one ranking is a welcome reminder that the healthcare landscape in this area makes us a prime spot for healthcare education. Coming in well ahead of second-place Colorado, Utah scored an impressive 82.557 points



on a scale that equally weighted categories such as well-being and future livability, literacy and health literacy, employment and employment projections, business- and practice-friendliness, technology and innovation ranking, and PT and student engagement with APTA. "Utah ranked first in future livability. It also ranked first in business- and practice- friendliness. It ranked third in employment and employment projections and a solid 13th in literacy and health literacy. Even its lowest score - 19th in technology and innovation - placed it in the top 40 percent of all states."

How did Utah do in all categories?

1st Overall Ranking
State Well-being and Future Livability
Business Friendly
Population aged 5-14

3rd Employment and Employment Projections

8th APTA-Specific

19th Technology

Master of Science in Health Science Program now accepting International Students

The Master of Science in Health Science program at RMUoHP is now open to international students starting in the Fall 2014 semester. The MSHS program is for bachelor's prepared individuals who are employed as strength coaches, personal trainers, athletic trainers, military personnel, coaches and physical educators (among others) interested in pursuing an advanced degree related to their respective professions.



As a new initiative, this program is offered exclusively online for qualified international students, with an optional on-site visit during the last semester. The 12-month, three-semester program design allows all students to continue their professional work obligations throughout the duration of the program. U.S. resident students will have the option to choose between a Thesis or Non-Thesis (Capstone) track which will require on-campus attendance in the last semester of the program to present and defend a final student project.



NEW CAMPUS NEW POSSIBILITIES

It is official. By next spring, Rocky Mountain University of Health Professions will have a new home. The university will be moving from its current location to the East Bay district in Provo, Utah. The RMUoHP campus move to the new East Bay location has been met with genuine interest and excitement. The relocation involves much more than simply moving furniture and office equipment. The staff at Rocky Mountain University see the campus move as both a physical and symbolic transformation. Their sentiments on this include:

“Moving to the East Bay campus will give RMUoHP an opportunity to serve and teach more healthcare professionals in a more student and staff friendly environment.” - Penny Boothe, Office Manager/Executive Administrative Assistant



“I can describe it in one word, “Room!” Having extra rooms for our on-site classes as well as lots of space for students to collaborate, study, and gather will be wonderful!” - Jan Reese, Director of Instructional Technology

“The move to the East Bay campus is what’s right for RMU!... The new campus with all of its features inside and outside will benefit our students the most; however, as an employee of RMU, I am very grateful to be alongside our students to enjoy the same amenities.” - Bryce Greenberg, Director of Admissions

Bigger, better and more beautiful

Technically speaking, the current campus constitutes approximately 28,000 square feet and the new building will double the square footage to 56,000, as well as be distributed over two stories. Thus the University’s new location is well positioned to accommodate its expanding current programs and new programs, such as the Physician Assistant program which will commence in 2015. Convenient and abundant parking areas adjoin the new campus location, which is also in proximity to local hotels and accommodations.



Students may look forward to expanded common areas, gathering spaces and study rooms, state-of-the-art classrooms, a larger learning resource center, a cadaver lab, and the convenience of more facilities right on campus. For example, on campus is a sizable, upscale cafeteria adorned with a festive jukebox reproduction!

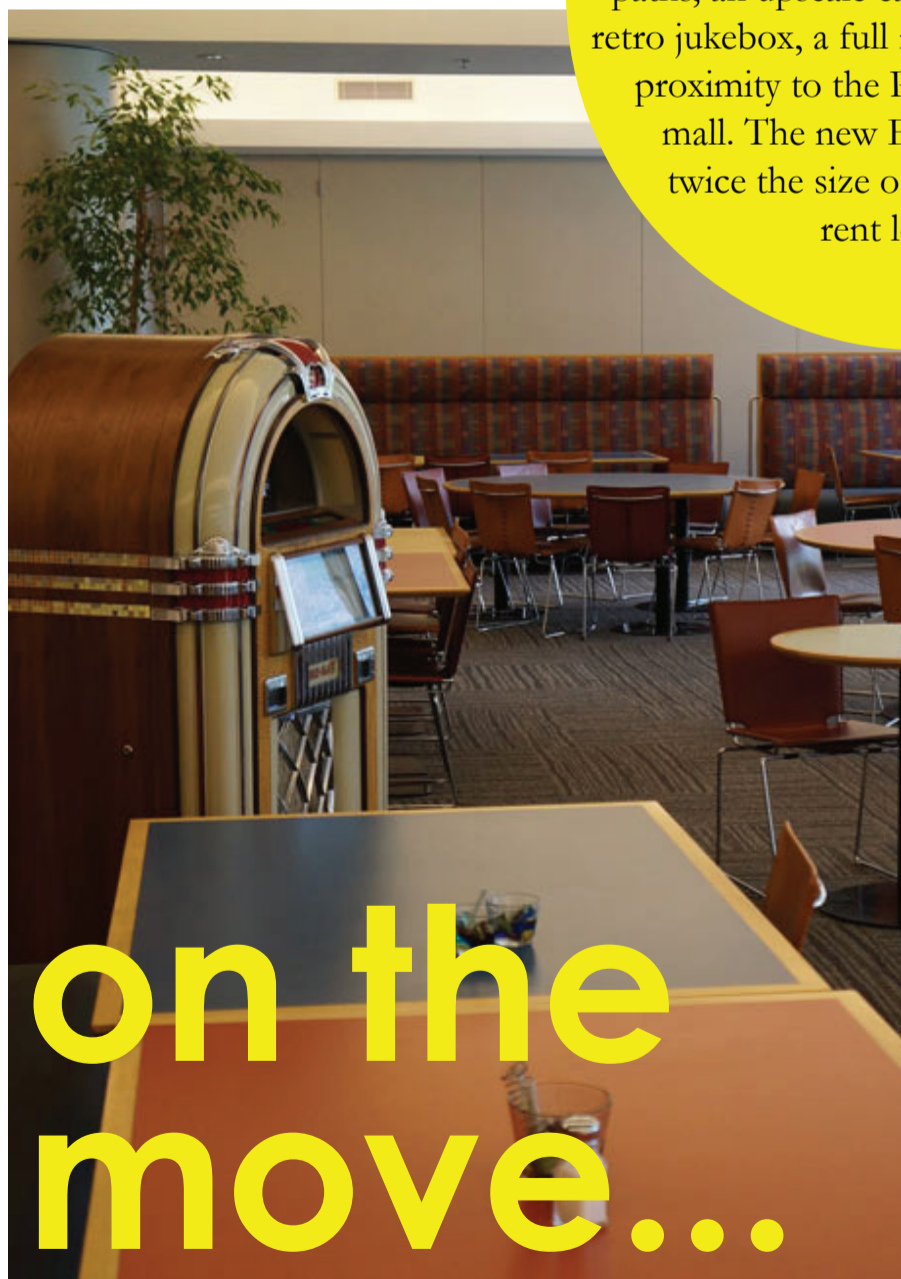
All the extras

In addition to the on-campus dining option, another 11,000 square feet is dedicated to a large fitness center to enhance student well-being and conditioning. Sprawling green space surrounds the new location, broadening the campus experience with outdoor recreation, including well-planned walking paths, basketball and volleyball courts, and soccer fields.



56,000 ft²

Sprawling green space, basketball and volleyball courts, soccer fields, walking paths, an upscale cafeteria complete with retro jukebox, a full fitness center and close proximity to the Provo Towne Centre mall. The new East Bay campus is twice the size of RMUoHP's current location.



on the move...



spring 2014

DPTs Host Open House for local Universities

Pre-PT students from BYU, UVU and WSU invited to campus

RMUoHP faculty, staff and students rolled out the red carpet for physical therapy undergrads.

For three nights in three weeks this month, the Doctor of Physical Therapy program at RMUoHP showed what sets this university apart from the rest by hosting a special open house night for the pre-PT students from three local universities. Deciding on a graduate program is a major decision for students and their families, so it only makes sense that they want to know all they can about the schools and those who would run their program.

Students from Brigham Young University, Utah Valley University and Weber State University were invited to separate events where they were treated to a night of food and face-to-face interaction with program faculty, current DPT students, admissions experts and various administrative staff. Graduate Program Director Dr. Wes McWhorter, University President Dr. Richard Nielsen and Provost Dr. Sandra Pennington were also on hand to meet the students. The special treatment was well received by the guests and the chocolate fountain was a big hit!



Above left: Students from WSU. Above right: Dr. Nielsen, Dr. Pennington and Dr. Hani Ghazi-Birry. Bottom: Jamie Patterson (DPT 4) and Steven Sorensen (DPT 4) chat with WSU students.

Advancing Knowledge, One Scholarship at a Time

For the first time in the history of RMUoHP, the Doctor of Nursing Practice and Doctor of Occupational Therapy programs will be offering scholarships to incoming students. The new Advancing Knowledge scholarships will go a long way toward helping promising new students afford a quality education at our university. The first scholarship funded by the university was a \$4,000 award available to a student from the newest DNP cohort and the award will be available in the future for incoming cohorts. The OTD program will announce new scholarships as enrollment dates approach for 2014. "We want to give back to our students, especially those who go



above and beyond in their profession and education," said Dr. Erin Nosel, associate vice president of enrollment management. "This award is another great way for us to invest in our students and invest in the future of healthcare professions." According to Forbes magazine, higher education costs have been increasing at a rate of 7 percent per year. That, added to the rising cost of living and an unknown financial landscape, mean that students need more avenues to fund their graduate and post-professional studies. RMUoHP hopes that the new Advancing Knowledge Scholarships can be one of those avenues.

DNP Scholarship Recipient Ginger Jendro

RMUoHP and the Doctor of Nursing Practice Program is pleased to announce Ginger Jendro as the recipient of the inaugural 2013 Doctor of Nursing Practice Advancing Knowledge Scholarship.

The DNP Advancing Knowledge Scholarship is awarded to a student who displays a continuous goal of advancing not only his/her own knowledge in health professions, but also the knowledge of others in the field. The student must possess a sound academic record and must maintain a 3.0 grade point average each semester of enrollment in the DNP Program. The student must also demonstrate service to the health profession and community.

August 2013 Commencement Ceremony

Graduates

97

Programs

5

After years of hard work, 97 graduates donned cap and gown to participate in the August 2013 Commencement Ceremony ...



The August 2013 graduating class with faculty and administration

In front of friends, family and their fellow students, 97 graduates walked across the stage to receive their diplomas, their reward for years of hard work and sacrifice.

The August 2013 commencement ceremony was held in honor of 44 Doctor of Occupational Therapy graduates, 18 Doctor of Physical Therapy graduates, 18 Doctor of Nursing Practice graduates and 17 Doctor of Philosophy and Doctor of Science graduates. The event was held at the beautiful Covey Center for the Arts in Provo, Utah and was well attended by those who came to support the newest group of health professionals from RMUoHP.

Dr. Roger W. Hite, RMUoHP Board of Trustees chair, a well-known hospital administrator and national author, was the keynote speaker for the ceremony. Hite,

who has a PhD in communication from the University of Oregon, served as executive vice president and chief operating officer for Dominican Hospital in Santa Cruz, Calif. for 25 years.

Other speakers of note were RMUoHP University President Dr. Richard P. Nielsen, University Provost Dr. Sandy Pennington and alumni speaker Dr. Kelly Potteiger. During the ceremony, the Hartgrave's Award for Excellence in Teaching was presented to Dr. Tom Cappaert, a core research faculty member in the RMUoHP Doctor of Science in Health Science program. Dr. Phil Plisky, an assistant professor in the University of Evansville's Doctor of Physical Therapy program and residency director for ProRehab and the University of Evansville's Sports Residency Program, was also acknowledged for receiving the Outstanding Alumnus Award.



Pictured bottom left: Graduate with family. Top right: Dr. Roger Hite. Bottom right: Dr. Hani Ghazi Birry, Dr. Tom Cappaert and Dr. Malissa Martin.



2 NEW PROGRAMS

Master of Science in Physician Assistant Studies Doctor of Clinical Science in Speech-Language Pathology

The University is poised to extend its academic footprint and is developing two programs, a post-professional Speech-Language Pathology (SLP) program leading to a Doctor of Clinical Science (ClinScD) and a Physician Assistant (PA) program leading to a Master of Science in Physician Assistant Studies. Consistent with the University mission, both programs meet the institution's strategic priorities and objectives and will be a welcomed addition to programming. RMUoHP has an opportunity to successfully launch these programs because of proactive leadership, an excellent record of establishing health programs, and galvanizing community support for strategic initiatives.

Speech-Language Pathology Program (SLP)

With only a handful of programs of this type available, the 34-credit curriculum of the post-professional SLP program is open to Master's-prepared Speech-Language Pathologists with an unencumbered license and is anticipated to begin in May 2014. The program will require the awarding of a new degree at RMUoHP, the ClinScD degree, as it is most consistent with the profession and the outcomes of the program. The program terminates with a capstone project and a comprehensive exam and will utilize the limited-residency model of on-campus and distance delivery. No specialty accreditation is required for the program but nationally recognized standards and competencies for speech-language pathologists were used to inform the curriculum.

As with other health-related disciplines, the need for a post-professional clinical doctorate in SLP centers around three factors: the need for advanced clinical skills and specialization, parity with other disciplines, and an option for expanded career ladder. The program focuses on developing scientifically-trained and clinically-experienced master pa-

thologists as leaders and change agents by providing broad knowledge of social, political, and economic forces at work in society. Graduates of this program will increase their contribution to healthcare through the knowledge and skills developed through active use and integration of research and concepts of evidenced-based practice, clinical quality improvement, organizational development, leadership, and advocacy.

Physician Assistant Program (PA)

The PA program, still in the development phase, brings a third program leading to an entry-level degree to the University and is anticipated to admit its inaugural class in 2015. As with the Doctor of Physical Therapy program and the Doctor of Nursing Practice Family Nurse Practitioner track, this program creates future healthcare providers. The passage of the Patient Protection and Affordable Care Act in 2010 creates opportunities for PAs and other health professionals to close the gap between access to care and patient demand.

Currently, there is only one other PA program in the state of Utah, which has more applicants than available seats. It is anticipated that the program will require the successful completion of approximately 122 semester credits. Although program specifics will be facilitated by the program director, the first five semesters are planned with didactic content followed in the remaining semesters by clinical experiential learning. During the clinical experience, plans are to return the students to campus on their call back days for end of rotation exams, student presentations, advisement, and additional lectures. Moreover, The Physician Assistant curriculum is a traditional full-time program.

Both programs have been approved through University channels with approval from the Northwest Commission on Colleges and Universities pending.

Proven Track Record

RMUoHP has an opportunity to successfully launch these programs because of proactive leadership, an excellent record of establishing health programs, and galvanizing community support for strategic initiatives.

Upcoming... **eDPT Commencement Ceremony**
December **13** 2013 @ the Provo Library

Fall 2013 Spotlights

CONGRATULATIONS TO ALL RMUOHP STUDENTS, ALUMNI
AND FACULTY ON THEIR PROFESSIONAL AND PERSONAL
ACHIEVEMENTS

*All RMUoHP affiliated authors are denoted in bold

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The following is a partial list of additional publications, presentations and achievements. A complete list of dissertations can be accessed from our library database.

Dr. Shane McClinton, PT, DPT, OCS, FAAOMPT, CSCS successfully defending his PhD dissertation proposal on October 1, 2013. His research involves a randomized clinical trial exploring two different management options for plantar heel pain. The study protocol Comparison of Usual Podiatric Care and Early Physical Therapy Intervention for Plantar Heel Pain: A Parallel-group Randomized Clinical Trial Protocol is currently in review with Trials which is an open access, peer-reviewed, online journal that encompasses all aspects of the performance and findings of randomized controlled trials. His committee chair is Dr. Timothy Flynn; committee members include Dr. Thomas McPoil, and Dr. Bryan Heiderscheit.

Thomas Franek (Athletic Training Ph.D.): "Athletic Training Students Transfer of Learning during Their Clinical Education Experience: A Grounded Theory Study"

Scott Freedman (Orthopaedic and Sports Science Ph.D.): "Immediate Effects of Kinesio Taping on Pain, Function, and Predictors of Effectiveness in Patients with Patellofemoral Pain Syndrome"

Chayla Harris Gaines (Health Promotion and Wellness, Ph.D.): "The Association between BodyAge® and the Perceptions of Wellness among Employees of a Worksite Wellness Facility"

Michael Locke Ettinger (Health Promotion and Wellness, Ph.D.): "Identifying Determinants to Predict Intention to Complete a Health Risk Assessment: A Questionnaire Development and Implementation"

Jason Curtis (Health Promotion and Wellness, Ph.D.): "Winning the Challenge": The Interaction of Conscientiousness and Perceived Autonomy"

Navpreet Kaur (Orthopaedic and Sports Science Ph.D.): "Effects of Lower Extremity and Trunk Muscle Recruitment on Serratus Anterior Muscle Activation in Healthy Male Adults"

Kunal Bhanot (Orthopaedic and Sports Science Ph.D.): "Hip and Trunk Muscle Activity during the Star Excursion Balance Test in Healthy Adults"

HPW cohort 5 student, **Elissa Held-Bradford** has been inducted into the National Multiple Sclerosis Society's 2012 Volunteer Hall of Fame for Health Professionals.

Kelly Conway poster presentation: <http://www.doctorsofnursingpractice.org/documents/ConwayPosterPDF.pdf>

Timothy W. Flynn, PT, PhD, OCS, FAAOMPT, was the invited lecturer for a workshop entitled Manipulative Management of the Cervical & Thoracic Spine sponsored by the German Manual Therapy Federation (Deutschen Föderativen Arbeitsgemeinschaft Manuelle Therapie) in Dresden, Germany. He was also invited lecturer for a workshop entitled Do the Right Thing & Do it Now. Spinal Manipulation in the Management of Low Back Disorders sponsored by the Italian Interprofessional Technical and Scientific Association of Physiotherapy, in Sienna, Italy.

Lessons from the Serengeti

Jambo Sana!

Jambo is “hello” in Swahili. But adding the word “sana” to the end of these expressions (such as welcome) means “very special” and “honorable” hello. Having just recently returned from my “other home” in Africa, I am still ripe from the experiences that are running through my veins.



While in Africa I was once again exposed to many incredible animals that taught me many lessons about life. The cheetah taught me about focus as she selects her prey from amongst the herd of gazelle she stalks. She goes after a particular one, never taking her eye off of it even as the herd scatters from her attack. The elephant, at 13 feet tall, weighing over 30,000 pounds and eating up to 495 pounds of grass per day taught me about being consistent, steadfast and immovable, never deviating from the tasks they are about. The Plover bird taught me

about how something small and simple can have profound outcomes and how this tiny bird can affect change and direction - even in a herd of oncoming elephants. By merely flapping its wings in the elephants' faces, the Plover bird can cause them to change direction and avoid stepping on her eggs. The wild (and domesticated) donkey taught me about how being yoked to a common cause with another donkey can allow the two of them to haul 3,000 pounds versus the 1,000 pounds that each of them can haul individually if they were not yoked together. The crocodile taught me about being patient in the process as she waits under the water for days for the migrating wildebeest coming across the Mara River from Tanzania. The lion, in his role as king of the jungle, taught me once again about the importance of being proud, strong, loyal and valiant in your callings, knowing anything he sets his mind to can be accomplished. And finally the Giraffe (Twiga), which taught me about being a quiet, gentle peacemaker and an animal that has no enemies.

An animal with no enemies

“Being quiet and gentle and a peacemaker like the giraffe will attract others experiencing chaos in their lives to seek peace they can find in you.”

I believe that we can learn great lessons about life from the animals of the Serengeti. As we go through life, we can focus like the cheetah on going after whatever we desire to accomplish in this life, not being distracted by unimportant and trivial matters. We can move on course in a steadfast manner like the elephant, boldly and with a mission. We can affect change and influence the path

or journey through lives of others like the Plover birds' influence on a herd of wild elephants. If we yoke ourselves with those of like minds and values, we can produce powerful outcomes like the wild (and domesticated) donkey being yoked to another donkey to demonstrate that the whole is greater than the sum of the parts. Being patient in this life (good things come to those who wait) like the crocodile will bring great opportunities to us if we recognize the importance of timing in our decisions. Being strong and valiant and loyal in our plans, vision and values like the mighty and powerful lion as he stands grounded and settled in his calling will allow us to gain credibility, stature and respect from those with whom we work and associate. Being a quiet and gentle peacemaker, like the giraffe, will attract others experiencing chaos in their lives to seek a peace that they can find in you.

Asante sana. Asante is “thank you” in Swahili. Adding the word “sana” adds the greatest dimension of thanks one can express by saying “very, very much thanks”. Asante sana for choosing to affiliate with Rocky Mountain University of Health Professions. Asante sana for all that you do to represent this institution. Asante sana for all you do to perpetuate this institution in your circles of influence. Asante sana for the service you render to mankind. It has been said that we don't need to go out of our way to serve another, we simply can do it on our way. As you continue on your way through your personal and professional journeys, may you take heed to those lessons taught unassumingly by the incredible animals of Africa.

With Respect and Appreciation,

Richard P. Nielsen, PT, DHSc, ECS
President



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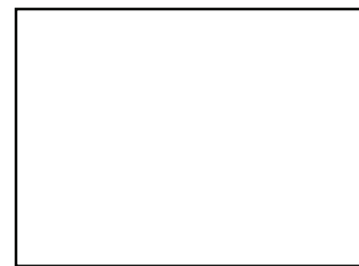
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