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RMUPDATE

FALL 2014 VOLUME 13 ISSUE 4



"YOU ARE NOT ABLE TO CHANGE
THE WORLD, BUT YOU ARE ABLE TO
GIVE HOPE TO ONE HUMAN BEING."

"OU PA KA CHANJE TOUT BAGAY,
MIN OU KAPAB BAY YON MOUN
ESPWA."

ALBERT SCHWEITZER

ServiceStrong

RMUoHP student Janet Tankersley has visited Haiti three times with the Global Therapy Group and has been awarded the Richard P. Nielsen Student Service Award. She embodies RMUoHP's new core value of Service.

The official magazine of Rocky Mountain University of Health Professions

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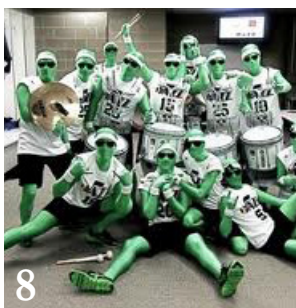
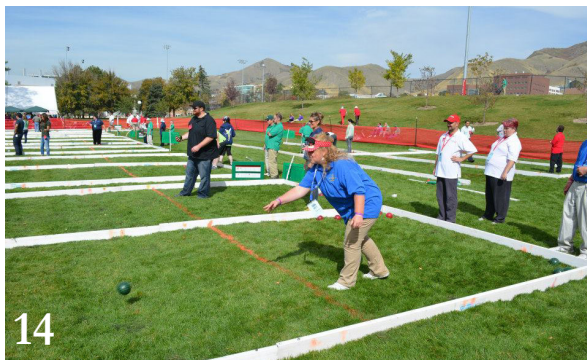
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Magazine Editor/Designer:
Cara Caldwell



Connect with us!



President's Message

The Bounty of Service: Wellness

Service is one of the eight Core Values of Rocky Mountain University of Health Professions. And, it is one of the pillars on which this institution was built. This core value of service is something we uphold and promote among students, faculty, administration and staff. 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 mankind.

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 (or heart) to another person or organization in need. Besides the euphoric intangible highs that we tend to experience when we render service, research has demonstrated that service also provides individual health benefits in addition to social ones. The bounty of service abounds in benefits to the provider as well as the served. 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: Recently research was presented by the Corporation for National and Community Service (CNCS) in a report titled “The Health Benefits of Volunteering: a Review of Research” and demonstrated a strong relationship between service and overall health. The article concludes 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 (Oman et al., 1999; Lum and Lightfoot, 2005; Luoh and Herzog, 2002; Musick et al., 1999) and were 28 percent less likely to die from any cause than their less-philanthropic counterparts. Service has also 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.

Furthermore, a 2013 study in the journal *Psychology and Aging* 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.

The happiness of service: London School of Economics researchers looked at the relationship between service and measures of happiness in American adults and concluded that the longer that people served as a volunteer, the happier they were. 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 dopamine (mood elevating neurotransmitter) when such activities as reading to the elderly, walking a 5K for cancer, or plunking a quarter in the Salvation Army kettle are rendered, 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. 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 life and theirs, will be elevated in many tangible and intangible ways. Serving others can bring about the greatest change for good and wellness, within us.

Richard P. Nielsen, PT, DHSc, ECS
President





On October 23 the Rocky Mountain University of Health Professions Foundation officially opened the doors of its Community Rehabilitation Clinic (CRC), a free rehabilitation and therapy clinic for the uninsured and underserved citizens of Utah County. A ribbon cutting ceremony and open house was attended by RMUoHP President Dr. Richard Nielsen, Provo City Mayor John Curtis and Utah County Commissioner Gary Anderson, among other dignitaries and supporters.

The CRC is the very first of its kind in Utah County and will serve Utah County citizens who have sustained orthopedic injuries, undergone surgical correction of orthopaedic abnormalities (hips, knees, backs, necks, shoulders, hands, etc.) or who, due to complications surrounding age or disability, are in need of physical rehabilitation, but do not have the insurance coverage to be able to afford such treatment.

“There’s an abundance of under-resourced or underserved people in our community who don’t have the means to get the care they need,” said Dr. Richard Nielsen, founding president of RMUoHP. “Often these people lose employment opportunities because they aren’t able to function completely. The goal of the Clinic is to help restore that functionality and improve their quality of life while making them more productive in society,” he said.

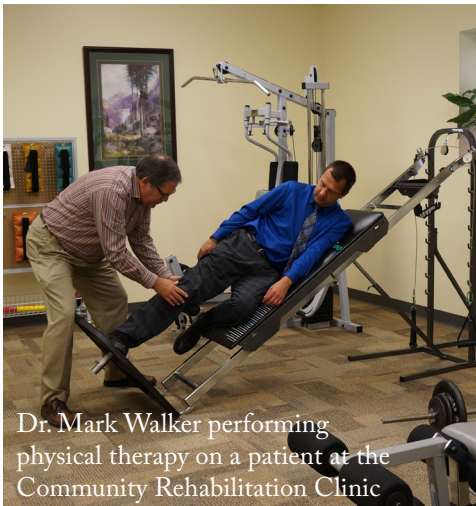
For now, the CRC’s offerings only include physical therapy services, but in the future, it may offer additional services such as occupational therapy and speech-language pathology. Additionally, in 2015, RMUoHP Doctor of Physical Therapy students will be able to volunteer at the Clinic through an optional service learning course and provide care to patients under the supervision of faculty and local community volunteer licensed physical therapists. The CRC will serve



The outside entrance to the Community Rehabilitation Clinic



Dr. Mark Walker performing physical therapy on a patient at the Community Rehabilitation Clinic



Dr. Mark Walker performing physical therapy on a patient at the Community Rehabilitation Clinic



as an opportunity for RMUoHP students to provide service to the local community.

The CRC is located at 587 South State Street in Provo, Utah next to Mountainlands Family Health Center, and is a collaborative effort between the Rocky Mountain University of Health Professions Foundation, The United Way of Utah County, Mountainlands Family Health Center, Community Health Connect, and Intermountain Healthcare. The Clinic's schedule initially is by appointment only, as determined by the available days and times of the pro bono therapists' commitment to the Clinic. As more physical therapists donate their time, a set schedule will be published.

Major support for the build-out and initial operation of the CRC was provided by Utah County (Mountainland Association of Governments CDBG), Provo City CDBG, The Anschutz Foundation, Sorenson Legacy Foundation, Dynatronics Corporation, Kevin C. Scholz Architect, Rocky Mountain Power Foundation, Mountain Land Rehabilitation, Alexander's Print Advantage, S & N Properties and Dr. Mark Walker.



The inside entrance to the Community Rehabilitation Clinic

In concept and function, Service has been an essential element of the University's values since the institution's inception. The founders, who each embody a service-oriented mentality, influenced the culture of RMUoHP through early support of service related to community, healthcare, and education. These initiatives included participation in community service events, financial support for professional leadership service and scholarship, establishment of an annual institutional student service project, a service mission to Kenya and a new "Service

September" for employee participation. Additionally, a service-oriented Community Rehabilitation Clinic was recently created and opened by the Rocky Mountain University of Health Professions Foundation, to better serve the uninsured and underinsured citizens of Utah County. This clinic punctuates RMUoHP's historical commitment to this area, through the natural pairing of service and healthcare.

Furthermore the concept of service-learning, in which service opportunities are coupled with

CORE A History of Service Gives CLIN



Janet Tankersley helping a patient write with a hand splint in Haiti



Jan Reese volunteers with d

educational growth, remains a current and future focus of our educational programs. The development of service-learning courses broadens the richness of the learning experience in purposeful community service and provides the student with a structure to apply the experience to their academic and personal development. To encourage and acknowledge student service, the annual Richard P. Nielsen Student Service Award was created, to recognize exemplary student achievement in the realm of service. You may read more about the latest

recipient of this prestigious award later on in this issue.

It was only recently that RMUoHP's leaders investigated the true cultural impact and, with positive feedback from students, alumni, faculty and other institutional constituents, established Service as a Core Value. Its formal place as a published Core Value, provides the University opportunities to demonstrate measureable commitment, justify and allocate resources, and to ensure the spirit of service at RMUoHP is perpetuated.

Rise to a New Core Value



Disabled children at Courage Reins



DPT students volunteering for the Special Olympics of Utah

SEPTEMBER SERVICE

Mountainland Head Start Preschool

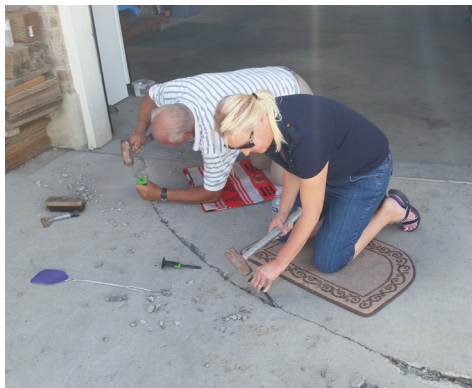
Bethany Greening, RMUoHP's Admissions Coordinator, and Cara Caldwell, RMUoHP's Creative Communications Coordinator, spent their day of service as teachers' aides at Mountain Land Head Start Preschool in Provo. The preschool provides breakfast, lunch and educational experiences for preschool aged children in the low income community. "The kids were so cute and just wanted our attention so badly. We quickly became their little friends and had such a fun time giving them love and helping them learn and have fun together," Caldwell said. "My favorite part of the day was sharing time. A little boy brought in a glass jar, with some sticks in it, and announced he found a leaf bug at his grandma's house. He told the class, "leaf bugs disguise themselves as leaves" and went around holding his leaf bug in his hands, to each of the kids. He cautioned them of the leaf bug biting. The leaf bug was an actually leaf. It was the cutest thing ever," said Greening.



The Greenman Group

HR Manager Heather Goodale spent her day of service re-painting the front door at House of Hope, as well as mending the uniforms for Utah Valley University's performance drumline, "The Greenman Group." Goodale has been their official seamstress for the past four years. Generally Goodale is just sewing the uniforms back together because they fall apart frequently due to hard use. "while it is mostly mending, occasionally I have to do a transplant of a complete hand or foot." Goodale said, "I enjoy this small piece of service I get to do every once in a while. They so much appreciate it because they have no one else; and I am happy to do it for them."

In September, RMUoHP President Dr. Richard Nielsen gifted employees the equivalent of one full work day in which they could provide service within their own circle of influence. The intent of this gift was to allow employees to focus outside of themselves and spend their time providing service that they may not have the time or capacity to do normally. While an official scrapbook will be created, we wanted to share a few of our stories.



Family Time

RMUoHP Manager of Adjunct Faculty Affairs and University Travel Logistics, DeeJay Jenkins, spent her day helping her father patch cracks in his cement driveway. “My father has been legally blind from macular degeneration since he was in his mid-40s. His blindness, however, doesn’t stop him and those who first meet him wouldn’t know he was blind,” said Jenkins. She was able to help her father chisel out the cracks and pour in cement to patch them up. “It felt so wonderful doing this project with him and he appreciated it so much. It was one of my most favorite days- laboring up to my elbows in cement next to my dad- and one I will never forget,” said Jenkins.

Courage Reins Therapeutic Riding Center

Jan Reese, the Director of Instructional Technology at RMUoHP embodies the Core Value of Service by volunteering at Courage Reins Therapeutic Riding Center. Founded in 1998, Courage Reins improves the quality of life for people with disabilities by providing a safe, fun and challenging environment where physical, cognitive, social, and emotional growth occurs through therapeutic riding and other equine based activities. At Courage Reins, they believe that the ability to control a horse as well as one’s own body inspires self-confidence, responsibility and teamwork. As a volunteer, Jan works mostly with small children, and participates primarily as a “lead walker” or “side walker,” assisting clients with therapeutic riding. She also prepares the horses for sessions, helps clients work with the horses, coaches clients in instructor-led classes, and does a variety of other barn chores.



Saving Antiquities for Everyone

Financial Aid Officer Maria Sager did her volunteer work online- for Saving Antiquities for Everyone (SAFE). SAFE is a coalition of professionals in communications, media and advertising working alongside experts in the academic, legal and law enforcement communities to make the public aware of the vulnerability of ancient sites, monuments and artifacts, and to take action to ensure the preservation of cultural heritage. After contacting the organization, headquartered in New York City, Sager was asked to edit SAFE’s monthly newsletter as well as an interview with Dr. Simone Muhl who runs the “Endangered Heritage Sites in Iraq” website. Sager shared, “As an undergrad, I majored in English and minored in History, so this task was right up my alley of strengths and interest. And, boy! I am hooked!” She enjoyed herself so much that she has continued editing for SAFE even after the September service challenge ended.

SAFE

**SAVING ANTIQUITIES
FOR EVERYONE**

12 Days of Hope



House of Hope
Serving Utah Families Since 1946

As a major service initiative leading into the holiday season last year, the Activities Committee adopted the House of Hope for its service project. The project was spearheaded by Karley Nelson, who helped construct a month long university-wide Christmas project. The university teamed up with The House of Hope, a facility that provides additional recovery and behavioral health services to women and their children, and provided them with the 12 Days of Christmas.



Each day, the university constituents collected and delivered items such as toys, games, warm winter clothing, and personal hygiene items.

One of the days was spent at the House of Hope, singing yuletide songs and decorating Christmas stockings and ornaments with the women and children. As a University, nearly 900 items were donated to the House of Hope. The facility expressed deep gratitude for our service and the ability to provide a Christmas to all of the women and children at their facility. It is our hope that we can continue to serve the women and children at the House of Hope not only during the holiday season, but year-round, by donating clothing, blankets, food, toys, and especially, our time.

House of Hope is a non-profit organization providing substance use disorder treatment, education, and prevention services throughout Utah since the 1950s. House of Hope's mission is to provide addiction recovery, and behavioral health services that help reclaim and rebuild lives, strengthen families, instill accountability, and promote personal growth.

Top Right: RMUoHP staff members sorting items for day 10 of the 12 Days of Giving

Bottom Left: The 12 days of giving categories





Make a World of Difference

Engage in the 2015 Annual Rocky Mountain University sponsored international humanitarian service expedition to Africa!

Join us for a three week, life changing opportunity in Africa as we build a primary school for the underserved and participate in third world clinical rotations in hospitals and clinics with counterparts in your specialty. Space is limited, but is open to all interested parties.

For details contact Penny Boothe (pboothe@rmuohp.edu).

Dates: Depart from USA 13 August; Return to USA 30 August 2015.

*Considerations of health and safety are highest priority and will determine the final African destination.

To view videos from the 2013 expedition, visit <http://rmuohp.edu/university/videos/>



Spread the Word

REFER A FRIEND



How can you help others discover Rocky Mountain University of Health Professions?

As an alumnus or student, you are a powerful resource for discovering qualified applicants because you have the necessary insight and firsthand experience to identify individuals who will be successful in our programs.

If you know someone who might be interested, please complete our online referral form located at rmuohp.edu/refer (or click 'Refer a Friend' above to get to the form). A small goodwill gift will be provided as a thank you for 'sharing the RMUoHP message.'

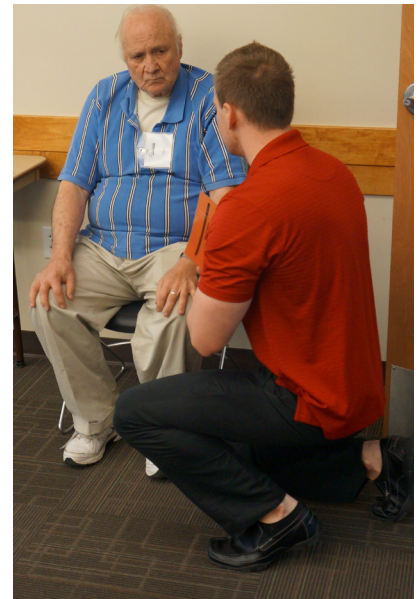
As always, we appreciate each and every referral and your continued support! Your participation in helping to promote RMUoHP Programs is critical to our success.

STEPPING ON

According to the Utah Department of Health, every day an average of eight Utahns age 65 and older will be hospitalized for injuries caused by a fall. Falls are the leading cause of injury-related death among older adults in Utah.

To combat this issue, students from the Doctor of Physical Therapy (DPT) program began assisting with a fall reduction program called Stepping On in December of 2013, and are assisting again this year with the same program, under the supervision of DPT faculty member Dr. Kaiwi Chung-Hoon. The 7-week program is sponsored by the Utah Department of Health in various areas across the state and focuses on empowering older adults to carry out health behaviors that reduce the risk of falling.

RMUoHP students provide instruction on strengthening and balance activities in addition to performing functional tests like the Five-Times-Sit-to-Stand Test and Timed Up and Go Test. The program is an opportunity for students to serve in the community while practicing the didactic and clinical skills they are learning in the classroom.



DPT 4 Student Alex Moore helps an elderly woman with a balance test



"It has a lot of impact I think on those that participated as it helped build confidence in our abilities as future clinicians. Best part of all? No other school is doing this sort of thing with their students this early in the program. Knowing our faculty trusts us that much and wants to push us to be the best DPT students around the country I think really shows what this program is about."

Steven Robert, DPT 5



"The Stepping On program is a multifaceted program that taught the elderly different skills from ambulating with assistive devices to strengthening and balance exercises. The program allowed a group of RMUoHP students to go out in the community and work one on one with the elderly. This opportunity not only gave students research experience, but also helped students work on their clinical skills. Being able to participate in programs like this, as a student, has been very helpful in developing the experience needed to become a well educated DPT." **Nicolea Jones, DPT 5**



"The Stepping On program was a fulfilling experience to know I was making a difference in someone's life. I was able to take the tools I learned in the classroom and apply those skills to a patient. I'm excited to continue using my skills to help enhance the aging population's quality of life."

**Chantel Myers
DPT 5**



The Roots of Our Success

As a result of departmental initiatives and relevant findings from the most recent Strategic Planning summit, Enrollment Management has moved forward with the creation and oversight of a Graduate Student Ambassador (GSA) program. This program is guided by our Engagement Coordinator and Admissions Advisor, Erik Kubina, who has been instrumental in moving the initiative forward.

“The GSA program is tremendous opportunity for our current students to serve to our prospective students and applicants. We’re excited about the program because it gives our ambassadors the opportunity share their Rocky Mountain University experience!” said Kubina.

The creation and maintenance of the GSA program also supports the University Core Value of Service. The objectives of the ambassador program are multi-fold: to nurture graduate development, to extend the student-centered culture, and ultimately to promote student relationship building.

The ambassador program design is based on a University-wide construct, with program specific applications. The process for selection is both selective and prestigious. The initial main functions of the Ambassadors are to engage prospective students, respond to prospective and admitted student inquiries, eventually offering facility tours, contributing to social media content, conference booth appearances, and being featured on respective degree program webpages.

We’d like to recognize our current Ambassadors. Thank you for your service!



Brad Schoenfeld
PhD: HPW



Rick Howard
DSc: HPW



Joy Urda
PhD: HPW



Lindsey Ingle
PhD AT



Jennifer Rogers
PhD AT



Jannette Watts
DNP



Ashley Roberts
DNP



Michelle Devita
DNP



Tom Franek
PhD AT



Kennetha Mentor
SLP



Becky Throneberry
OTD: APM



Suny Faradj-Bakht
OTD: Education



Sara Villarreal
OTD: Education



Amber Heape
SLP



Niqueka Sims
SLP

DPT 5 students measuring
the Bocce Ball Arena



Special Olympics: Fall Classic

RMUoHP's DPT 5 class volunteered in the Bocce Ball arena at the Utah Special Olympics Fall Sports Classic Oct. 18

Each year, the residential students at RMUoHP choose a service project in which the whole class participates. This year, the DPT 5 cohort of students chose to volunteer at the second day of the Special Olympics of Utah's 2014 Fall Sports Classic on October 18 at the University of Utah in Salt Lake City.

An outstanding number of more than 40 students and spouses volunteered to assist at the event (which earned them free lunch from The Pie Pizzeria). Although the students are in a full-time graduate program and have many responsibilities outside the classroom, each volunteer made the choice to spend a Saturday using their skills to better the lives of those with intellectual disabilities. Volunteers are the backbone of the Special Olympics of Utah, and RMUoHP students worked alongside volunteers who came from all across the state of Utah to support their disabled friends and family members. The students assisted mostly with the Bocce Ball event. They were involved with court officiating, athlete attending, assisting with the final awards ceremony, and cleaning up the Bocce ball arena.

A majority of the athletes that participated in the Fall Sports Classic were teenage and older and came from all over the state of Utah. Nearly 800 athletes who have intellectual disabilities, along with Unified Sports teams from Utah, competed for the Utah Special Olympics state titles not only in Bocce Ball, but in Aquatics and Basketball as well.

"[Volunteering with] the Special Olympics allowed the students to be connected with the community. Just by seeing their smiling faces made the whole experience worthwhile. You couldn't help but feel joy when they would jump up down with excitement every time they scored a point. I can't wait for the next opportunity to provide service to the community."

Chantel Myers, DPT 5



89% of respondent participants indicated that this project increased their understanding of problems and challenges other people face in society.

Special Olympics participants competing in Bocce Ball



This experience motivated **100%** of respondent participants to continue to volunteer.



DPT 5 student preparing the arena for participants



Special Olympics participant preparing to shoot the ball



Special Olympics participants competing in Bocce Ball



100% of respondent participants would recommend Utah Special Olympics again.

"I really enjoyed my volunteering experience with the Special Olympics of Utah service project. This is the second time that I have had this opportunity. I was able to volunteer for SOUT with Vivint a few years ago when I worked there and both experiences were great! The reason I pursued Physical Therapy as my occupation is because I love making positive changes in the lives of others. I loved seeing the excitement on the athletes' faces as they had a chance to be involved and do something so meaningful to them!"

Jesse Jessup, DPT 5

Student Service:

Janet Tankersley PT, DPT, PCS

Recipient of the Richard P. Nielsen Student Service Award



Janet receiving her award from Dr. Sandra Pennington



Janet with President Nielsen and Dr. Pennington



Janet with President Nielsen

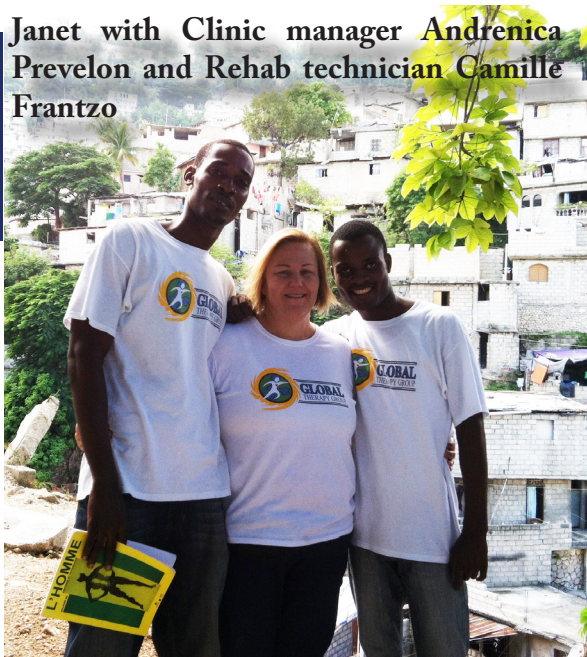
The Richard P. Nielsen Student Service Award is the highest honor an RMUoHP student may receive for distinguished service to the university, community, or his/her profession. Specifically this prestigious award evaluates service activities such as committee membership, leadership, volunteerism, philanthropic endeavors, professional engagement and advocacy.

As the 2014 award recipient, Dr. Janet Tankersley's participation and leadership demonstrates a tremendous level of institutional, community and international service. At Rocky Mountain University of Health Professions, Janet was quick to contribute to the graduate student council as a representative of the PhD in pediatric science cohort, serving both as a member and as a Secretary. As a faculty member in the entry-level Doctor of Physical Therapy (DPT) program at Georgia Regents University, she has willingly and skillfully served on institutional, college and department level committees, as well as been engaged in clinical practice at the Children's Hospital of Georgia. Janet has also held regional and state level positions within the Physical Therapy Association of Georgia.

In fact, a nominating colleague suggests, "She is the type of person that clearly has the best interest of others (students, faculty, patients, family members) in mind. This is an important quality of a servant leader."

Her healthcare and advocacy projects richly reflect a compassionate servant-leader. She has created and served as coordinator for a PT pro-bono clinic at Christ Community Health Services since July 2012, allowing for early clinical immersion of physical therapy students over four semesters within the DPT curriculum. This partnership has given access to physical therapy for hundreds of patients in the local community who otherwise would not be able to receive services.

Since 2011, Janet has traveled three times to Haiti to serve the people of Frères and Pétion-ville as a volunteer for Global Therapy Group (GTG). In April, on the latest of her two week-long tours, two DPT students were given the opportunity to travel and work in the GTG clinic with her and another faculty member. Now, this elective experience will be offered every year for GRU DPT students. These visits have involved pro-bono physical therapy evaluation, treatment, education and community outreach for the people of Haiti. During their visits, extremely positive meetings with leaders and educators at Université Notre Dame d'Haïti and Haitian physical therapists and physicians have allowed them to continue taking steps for the development of graduate physical therapy education. As an extension of this work, the groundwork for the future of professional physical therapy education in Haiti has now been laid. Her service in Haiti led a colleague to describe her commitment in this way: "She has embraced this mission with the same compassion, determination, sense of purpose, and clarity she brings to every aspect of her work and life."



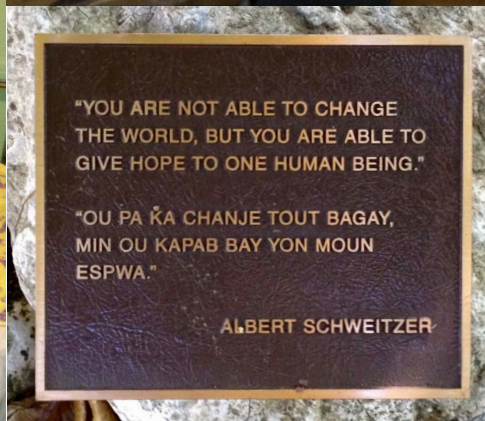
Janet with Clinic manager Andrenica Prevelon and Rehab technician Camille Frantzo



Janet and a patient with a hand splint she made him for writing at the Global Therapy Clinic in Haiti.

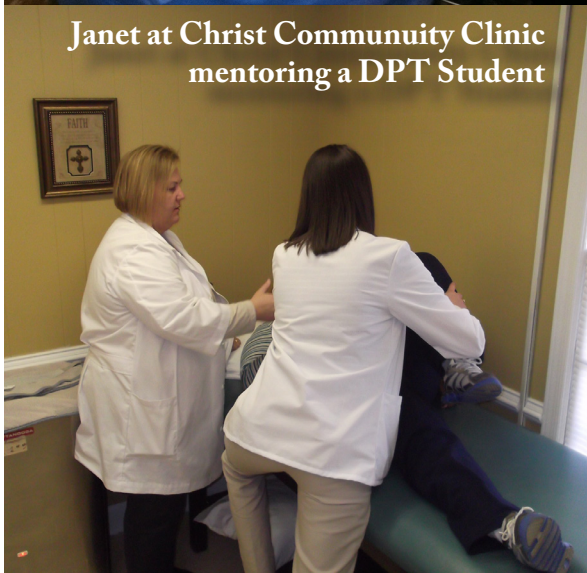


Janet with a baby at the Haitian Community Hospital



Janet with Andrenica Prevelon

Mountains beyond mountains in Furcy, Haiti.



Janet at Christ Community Clinic mentoring a DPT Student





Rocky Mountain University
of Health Professions
Certificate Programs

Become a designer
of learning.



POST-GRADUATE CERTIFICATE LEARNING DESIGN IN HIGHER EDUCATION

This 6-course, online certificate is designed to provide a foundational basis to those individuals seeking employment or advancement in higher education, community education and clinical education settings. The program provides a holistic evidence-based approach to course design, curriculum development, instructional delivery and assessment of learning both in didactic and clinical education learning environments.



Course Design



Curriculum Development



Instructional Delivery



Assessment

Contact Info: Dr. Malissa Martin, EdD, ATC | Director

mmartin@rmuohp.edu | 801.375.5125

<http://rmuohp.edu/academics/continuing-education/learning-design-certificate/>

NEW FNP Certificate Program



Rocky Mountain University
of Health Professions

A Post-Graduate Family Nurse Practitioner (FNP) Certificate Program has been developed for RNs with a master's (or higher) degree in nursing, or a health related specialty, who wish to expand their nursing practice to the role as a FNP. Like our existing BSN to DNP/FNP program, graduates will be eligible to take national certification exams and petition their state Board of Nursing for licensure as an advanced practice nurse. This program does not lead to a Doctor of Nursing Practice degree. More information is available at <http://rmuohp.edu/academics/family-nurse-practitioner-certificate-program/>.



2014 ASHA Convention

Rocky Mountain University of Health Professions was well represented at the 2014 American Speech-Language-Hearing Association (ASHA) Convention held in Orlando, FL, November 20 – 22nd. The theme of this year's event was "Science. Learning. Practice. Generations of Discovery."

Director of Admissions, Bryce Greenberg, and Program Director, Dr. Kenneth Simpson, were on hand with support from several of our first year Doctor of Clinical Science (ClinScD) in Speech-Language Pathology students. This is the premier annual event for speech-language pathologists, audiologists, and speech, language, and hearing scientists. With nearly 12,000 attendees this is one of our largest conferences in 2014.



[Check back for updates on this and future conferences in our next issue.](#)

UPCOMING CONFERENCES

Come say hello at our upcoming conferences!



APTA CSM: Indianapolis

Feb 4-7, 2015 Booth #1332



AOTA: Nashville

April 16-19, 2015 Booth #1028



Nurse Practitioners:

192,000

solutions to strengthening
health care for America

Nurse Practitioners are leading the charge – providing high quality, personalized health care that patients want and America needs.

National NP Week
November 9-15, 2014



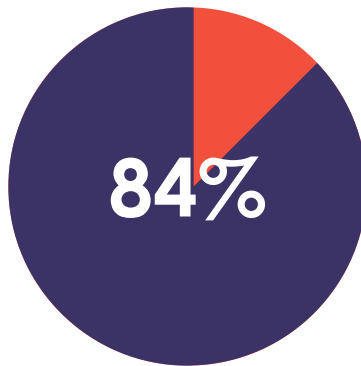
We celebrated #NPWeek and
AOTA Member Appreciation week
November 9-15! #OThanks to all
of our OTDs and NPs out there!

Checking in on SLP

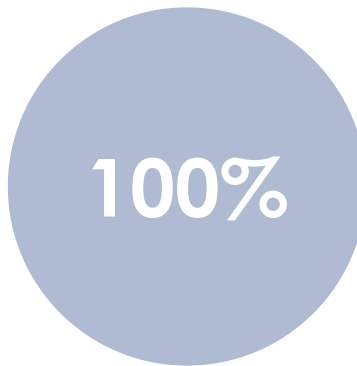
Our first cohort of Speech-Language Pathology (SLP) students has almost finished their first year of courses at RMUoHP! What do they think of the program so far? In the opinion of the current student survey respondents, nearly all agree that a clinical doctorate degree in SLP will have a 'major positive impact' on leadership skills. We did a short survey to find out what else they think about the program. Check out their answers below!



100% of current student survey respondents 'strongly agree' that it will be advantageous to hold a clinical doctoral degree in Speech Language Pathology for their professional growth and development.



84% of current student survey respondents 'agree' or 'strongly agree' that they feel both professionally and academically challenged as a student.



100% of current student survey respondents are likely or very likely to recommend the Clin-ScD program to a friend or colleague.



100% of current student survey respondents 'agree' or 'strongly agree' that holding a clinical doctorate degree will enhance the prestige of the profession of Speech Language Pathology.

From the Office of Financial Aid:

The thought of repaying your student loans can be daunting—but it certainly doesn't have to be! While we encourage that you contact your loan servicers directly, the Federal Student Aid website has TONS of information about repayment options. Visit <https://studentaid.ed.gov/repay-loans#loan-servicers> to learn about repayment plans, loan consolidation and much more.

As always, you can email financialaid@rmuohp.edu with any questions!



Check out our SLP Testimonial video with current SLP student Amber Heape! Visit <http://youtu.be/PbyVbelvgXs> to see the full video.



ELEVATING *the* UNIVERSITY

People at RMUoHP are doing amazing things!

Faculty Awards & Recognition

- Dr. David Fairbanks, Medical Director of RMUoHP's developing Physician Assistant program, was named Medical Director of EagleMed Air Medical Transport on September 29.

Student Awards & Recognition

- Doctor of Nursing Practice student Mimi Secor, interviewed Dr. Loretta Ford as part of an interview on the history and challenges of nurse practitioners. Dr. Ford is the founder of the current nurse practitioner movement and the interview may be heard at <http://goo.gl/7yaLIx>.
- Doctor of Physical Therapy 4 student Justin Clifford deadlifted at the USPA Phoenix Europa Fitness Expo, pulling 755.1 lbs in the men's 275 lbs weight class, single ply division, setting a new Utah state record in his division. He already holds the Utah state record in the men's 275 lbs weight class, raw division at 705 lbs, which he set in Orem in June.
- Doctor of Physical Therapy 3 student Nick Hartley qualified for The Boston Marathon and will be racing there in April 2015.
- Doctor of Clinical Science in Speech-Language Pathology 1 student Elaine Rau received the Award for Continuing Education from the American Speech-Language Hearing Association in December 2013.

Alumni Awards & Recognition

- Doctor of Science in Physical Therapy-Advanced Neurology alumnus Marcia Thompson and Doctor of Philosophy in Orthopaedic and Sports Science alumnus Paul Ullucci, are both new faculty members at Fresno State.
- Doctor of Science in Health Science-Athletic Training alumnus Michele Monaco was recently elected as secretary of the Eastern Athletic Trainers Association (EATA).
- Doctor of Occupational Therapy alumnus Cindy Ivy was made an adjunct faculty member in the Doctor of Occupational Therapy program at Northern Arizona University in October.
- Transitional Doctor of Physical Therapy alumnus Debra Alviso was re-appointed as the President of the Physical Therapy Board of California by Governor Edmund G. Brown in March. She has served on the board since 2006.
- Doctor of Occupational Therapy alumna Julie Leidel (Belleville, MI) was recently featured around minute 17 in a video through A Wider World on the Occupational Therapist's role in home modifications. Check out the video here: <http://goo.gl/2Hxj6C>.

Fall Publications

Congratulations to all RMUoHP students, alumni and faculty on their professional and personal achievements.
Citations in italics are in press.

2014 DISSERTATIONS

- 1 Baron, K. A. (2014). Changing to Concept-Based Curricula: The Process for Nurse Educators RMUoHP Dissertation.
- 2 Reisch, R. (2014). Overactive bladder in female graduate and health professions students: prevalence, effect on quality of life, and risk factors. RMUoHP Dissertation.
- 3 Rodriguez, M. (2014). Mexican American Adolescents' Knowledge of Health Issues. RMUoHP Dissertation.
- 4 Sternburgh, L. E. (2014). The Effects of Sit-Stand Equipment and Hourly Prompting on Occupational Sitting Time. RMUoHP Dissertation.
- 5 Ullucci, P. A. (2014). Dehydration reduces posterior leg and trunk flexibility and increases stiffness in male collegiate age runners. RMUoHP Dissertation.

2014 CAPSTONES

- 6 Abimbola, E. H. (2014). Evaluation and Implementation of Psychopharmacology Clinical Practice Guidelines for Borderline Personality Disorder. RMUoHP Capstones
- 7 Ackman, D. (2014). Improving Patient Care through Effective Communication and Conflict Resolution: Training using a Team STEPPs Approach. RMUoHP Capstones
- 8 Bemis, H. M. (2014). Development of an E-Mentoring Orientation Program. RMUoHP Capstones
- 9 Bostic, L. A. (2014). Implementation of Substance Abuse Prevention Education. RMUoHP Capstones
- 10 Bradshaw, L. (2014). Beyond Professional Practice: Teaching Nursing Students to Care. RMUoHP Capstones
- 11 Brinkman, B. (2014). Prevention of Hospital-Acquired Pressure Ulcers RMUoHP Capstones
- 12 Cumbee, P. A. (2014). Implementing an Evidence-Based system Change for Timely Referrals to a Chronic Kidney Disease Clinic. RMUoHP Capstones
- 13 Delosreyes, A. (2014). Impact of an Established Online Module on Nursing Students' Perceptions on Incivility RMUoHP Capstones
- 14 Fritz, L. (2014). Evolution to EBP: A Journal Club Initiative. RMUoHP Capstones
- 15 Herrera-Erdem, O. (2014). Promoting Grading Consistency of Nursing Care Plans. RMUoHP Capstones
- 16 Mayer, L. (2014). Impacting Multiple Sclerosis: Personal Trainer Fitness Program. RMUoHP Capstones

- 17 Montalmant, F. (2014). A Provider Educational Intervention to Improve Psychiatric Advance Directives Completion Rate. RMUoHP Capstones
- 18 Nagai, S. (2014). Assessing Nursing Students' Perceptions of a Jeopardy!® Game Teaching Method RMUoHP Capstones
- 19 Nyarunda, C. (2014). Impact of Hendrich II Fall Risk Assessment Tool Initiative on Nurses' Perception of Fall Prevention RMUoHP Capstones
- 20 Tegan, A. (2014). Impact of an Education Module on Nursing Staff Perceptions on Bedside Reporting. RMUoHP Capstones

ALUMNI and FACULTY Fall 2014 Publications

- 21 Alentorn-Geli E, Mendiguchia J, Samuelsson K, Musahl V, Karlsson J, Cugat R, Myer GD (2014). Prevention of anterior cruciate ligament injuries in sports-Part I: Systematic review of risk factors in male athletes. *Knee Surgery, Sports Traumatology, Arthroscopy*, 22(1), 3-15. doi: 10.1007/s00167-013-2725-3
- 22 Alentorn-Geli E, Mendiguchia J, Samuelsson K, Musahl V, Karlsson J, Cugat R, Myer GD (2014). Prevention of non-contact anterior cruciate ligament injuries in sports. Part II: systematic review of the effectiveness of prevention programmes in male athletes. *Knee Surgery, Sports Traumatology, Arthroscopy*, 22(1), 16-25. doi: 10.1007/s00167-013-2739-x
- 23 Frownfelter D, Stevens K, Massery M, Bernardoni G (2014). Do abdominal cutouts in thoracolumbosacral orthoses increase pulmonary function? *Clinical Orthopaedics & Related Research*, 472(2), 720-726. doi: 10.1007/s11999-013-3281-3
- 24 Harper MG, Durkin G, Orthoefer DK, Powers R, Tassinari RM (2014). ANPD technology survey: The state of NPD practice. *Journal for Nurses in Professional Development* 30(5), 243-247. DOI: 10.1097/NND.0000000000000106
- 25 Kreiswirth EM, Myer GD, Rauh MJ (2014). Incidence of injury among male Brazilian jiu-jitsu fighters at the world jiu-jitsu no-gi championship 2009. *Journal of Athletic Training*, 49(1), 89-94. doi: 10.4085/1062-6050-49.1.11
- 26 Myer GD, Smith D, Foss KDB, DiCesare CA, Kiefer AW, Kushner AM, Thomas SM, Sucharew H, Khoury JC (2014). Rates of concussion are lower in National Football League games played at higher altitudes. *Journal of Orthopaedic & Sport Physical Therapy*. doi: 10.2519/jospt.2014.5298
- 27 Myer GD, Heidt RS, Waits C, Finck S, Stanfield D, Posthumus M, Hewett TE (2014). Sex comparison of familial predisposition to anterior cruciate ligament injury. *Knee Surgery, Sports Traumatology, Arthroscopy*, 22(2), 387-391. doi: 10.1007/s00167-013-2822-3
- 28 O'Brien VH, McGaha JL (2014). Current practice patterns in conservative thumb CMC joint care: Survey results. *Journal of Hand Therapy*, 27(1), 14-22. 10.1016/j.jht.2013.09.001

29 Powell RK, von der Heyde RL (2014). The inclusion of activities of daily living in flexor tendon rehabilitation: A survey. *Journal of Hand Therapy*, 27(1), 23-29. doi: 10.1016/j.jht.2013.09.007

30 Qadir R, Duncan SF, Smith AA, Merritt MV, Ivy CC, Iba K (2014). Volar capsulodesis of the thumb metacarpophalangeal joint at the time of Basal joint arthroplasty: a surgical technique using suture anchors. *Journal of Hand Surgery American Oct*;39(10),1999-2004. doi: 10.1016/j.jhsa.2014.07.045. PMID: 25257488.

Renfree KJ, Odgers RA, Ivy CC (2014). Comparison of extension orthosis versus percutaneous pinning of the distal interphalangeal joint for closed mallet injuries. *Annals of Plastic Surgery* 2014 Aug 20. [Epub ahead of print] PMID: 25144418

31 Ribeiro AS, Avelar A, Schoenfeld BJ, Ritti Dias RM, Altimari LR, Cyrino ES (2014). Resistance training promotes increase in intracellular hydration in men and women. *European Journal of Sport Science* 14(6), 578-85 [Epub 2014 Jan 28] doi: 10.1080/17461391.2014.880192

32 Ribeiro AS, Romanzini M, Schoenfeld BJ, Souza MF, Avelar A, Cyrino ES (2014). Effect of different warm up procedures on resistance training exercises performance. *Perceptual and Motor Skills Aug*; 119(1): 133-45 doi: 10.2466/25.29.PMS.119c17z7. PMID 25153744

33 Ribeiro AS, Avelar A, Schoenfeld BJ, Trindade MCC, Ritti-Dias RM, Altimari LR, Cyrino ES (2014). Effect of 16 weeks of resistance training on fatigue resistance in men and women *Journal of Human Kinetics* 42; 165-174

34 Schoenfeld BJ, Contreras B, Sonmez GT, Willardson JM, Fontana F (2014). Muscle activation during low- versus high-load resistance training in well-trained men. *European Journal of Applied Physiology* December 2014 114(12):2491

35 Schoenfeld B (2014). Author's reply to Steele and Fisher: "Scientific rigor: A Heavy or light load to carry?" The Importance of maintaining objectivity in drawing evidence-based conclusions. *Sports Medicine*, 44(1), 143-145. doi: 10.1007/s40279-013-0112-3

36 Wagner J, Olson K (2014). A Novell treatment tool to address soft tissue dysfunction. *Journal of Hand Therapy*. doi: <http://dx.doi.org/10.1016/j.jht.2014.10.005>

37 Weuve C, Pitney WA, Martin M, Mazerolle, SM (2014). Experiences with workplace bullying among athletic trainers in the collegiate setting. *Journal of Athletic Training* 49(5): 696-705 doi: <http://dx.doi.org/10.4085/1062-6050-49.3.16>

38 Weuve C, Pitney WA, Martin M, Mazerolle, SM (2014). Perceptions of workplace bullying among athletic trainers in the collegiate setting. *Journal of Athletic Training* 49(5): 706-718 doi: <http://dx.doi.org/10.4085/1062-6050-49.3.13>

39 Secor, M. (2014). *Advanced Health Assessment Of Women: Clinical Skills And Procedures*, Second Edition (3rd ed.). Springer Publishing Company LLC.

2014 FACULTY PRESENTATIONS

40 Tim Flynn presented on "Use of Validated Patient Reported Outcome Measures to Assess Fellowship Education, Clinical Decision-

Making, Mentorship, and Professional Implications of Advanced Training" at the International Federation of Orthopaedic Manipulative Physical Therapists Teachers Meeting in Utrecht, Netherlands, in September. He also presented on the topic of "Clinical Reasoning: Integrating Trigger Point Dry Needling within an Evidence-Based Framework" at the American Academy of Orthopaedic Manual Physical Therapists' Annual Meeting in San Antonio, TX on October 26. He will also be presenting as the University of Nevada Las Vegas Distinguished Lecture Series Lecturer which brings the most eminent physical therapy researchers, educators, visionaries, to UNLV for student and community lectures in November.

41 Misti Timpson presented PBE data (problem based evidence) from a 10 site TBI study in internationally in Toronto at the American Congress of Rehabilitation Medicine. She and her colleagues have a special edition of archives of physical medicine and rehabilitation coming out in the spring of 2015 which includes all of the papers from the study. A small group of the researchers were also granted a PCORI grant for further data analysis.

42 Dr. Loriann Helgeson presented at the Utah Occupational Therapy Association conference on "Exploring the relationship between contemporary occupational therapy and the foundational principles of practice" on October 25.

43 Kathleen Ennen presented at the Concurrent Oral Session at the 2014 NGNA Convention on October 3 on "Differentiating Atypical Presentation of Common Acute and Chronic Illnesses in Older Adults." in San Antonio, TX. She also participated in an Atypical Presentation of Illness podium presentation" as part of the 2014 National Gerontological Nursing Association [NGNA] Pre-Convention Half-Day Program entitled "Geriatric Syndromes: Your Patient is Demonstrating WHAT Symptoms?" on October 1 in San Antonio, TX.

2014 ALUMNI PRESENTATIONS

44 Doctor of Occupational Therapy-Pediatric Science student Anjali Sane presented on "Play: A forgotten occupation in schools today?" at the OT4OT Conference November 3.

45 Advanced Neurology DSc alumna Dr. Mary Massery presented the Neuro and Pediatric track at the Utah Physical Therapy Association (UPTA) 2014 Annual Conference on October 10-11.

46 Doctor of Occupational Therapy-Hand Therapy alumnus Cindy Ivy presented a poster on "Dorsal, Lateral, and Volar Approach to PIP Surface Replacement Arthroplasty, Surgical and Therapy Perspectives" in an instructional course at the ASHT/AAHS Combined Meeting in Boston. She also presented another poster on "Systematic Literature Review: What is the most effective treatment protocol for conservative management of trigger finger?" at the ASHT Annual Meeting in Boston.

47 Doctor of Philosophy in Orthopaedic and Sports Science alumnus Becca Reisch presented her dissertation work at the Annual Meeting of the International Continence Society in Rio de Janeiro Brazil in October.

48 Doctor of Occupational Therapy alumnus Dr. Joseph Wells recently presented with a colleague at the World Federation of Occupational Therapists (WFOT) 16th International Congress (Japan) on "Doctoral entry into the profession: What's happening in the United States of America and what are the international implications?"

RMUPDATE

FALL2014VOLUME13ISSUE4

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! We have created an online submission form to simplify the process.

Share your story with RMUoHP: <http://rmuohp.edu/story-submit/>

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Special Thanks...

To all those who contributed to this issue. Your efforts make this publication possible! Also thank you to those who provided photos.

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