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gigabit university | new Nike attire for DPT

# RMUPDATE

SPRING 2014 VOLUME 13 ISSUE 2

# WELCOME HOME

Rocky Mountain University  
officially welcomes you to  
the new campus



EAST BAY TECHNOLOGY PARK

  
**Rocky Mountain University**  
OF HEALTH PROFESSIONS

The official magazine of Rocky Mountain University of Health Professions

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Magazine Editor/Designer:  
Spencer Healey

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# President's Message

# One Degree

Water is extremely hot at 211 degrees, and boils at 212 degrees. Just one degree separates water with limited use from water that has unlimited potential-water that can be used to power great turbine engines and power plants and send space craft to the outer dimensions of galaxies. Just one degree makes the difference.

In 1979, a large passenger jet to Antarctica with 257 people on board left New Zealand on a sight-seeing trip. Unknown to the pilots who had never made this particular flight before, someone had modified the flight coordinates by just two degrees. The error placed the aircraft 28 miles east of where the pilots assumed they were. As they approached Antarctica, the pilots descended to a lower altitude to give the passengers a better view of the landscape. They had no way of knowing that the incorrect coordinates would place them directly in the path of an active 12,000 foot volcano, Mt. Erebus. By the time the instruments sounded the warning, they were too far off course. The aircraft crashed into the side of the volcano, killing everyone on board. Just two degrees made the difference in those people's lives. The margin is ever so small. (DFUchtdorf, Ensign magazine, April 2008)

Let's suppose you were to take off from an airport on the equator with the intent to circumnavigate the globe, but your course is off by one degree. By the time you returned to the same longitude, you would be 500 miles off course. If you wanted to reach the moon, one degree off course would result in you missing the mark by 4760 miles.

Like these small errors in navigation, there are small margins that separate success from mediocrity in life. These can be extremely small.

The margin that separates the number of minutes that Michelangelo, DaVinci, Mozart, Edison, Franklin, Aristotle, Adams, Mother Theresa, Keller and King had in a day from the number of minutes you have in your day is....ZERO! What are you doing with your minutes? Will one degree more effort at what you do and how you spend your time put you on course from mediocrity to greatness?

At Rocky Mountain University of Health Professions, we are constantly trying to identify the "one degree" ways that we can improve our service to our constituents-our students, faculty, staff, and the healthcare community at large throughout the world. This month we are excited to celebrate our new facilities that will allow us, one degree at a time, to become better at making a difference in our mission.

One degree separates success from mediocrity. Are you willing to go the extra one degree and give the extra effort in serving those in your circle of influence on your way to greatness? We are!

212°

Richard P. Nielsen, PT, DHSc, ECS

President



# NEW LOOK ON CAMPUS

## DPT'S NEW PROFESSIONAL ATTIRE



### **DPT program will sport a new look around campus with brand-new, program-specific Nike apparel**

Appropriate professional dress is helpful in achieving several outcomes, including dedication to the process of earning a clinical doctorate and the responsibilities therein, heightened image of the program and university at large, and guiding the personal transformation implicit in becoming a trusted healthcare practitioner. The university and program are proud to continue to assist the doctor of physical therapy students in this journey.

To this end, the university has furnished RMUoHP Nike warm up outfits, RMUoHP t-shirts, shorts and an embroidered white jacket, all customized for the DPT program.

This process was accomplished in a collaborative manner between the students, student services, program leaders and administration. The apparel is top quality and the designs have been enthusiastically received. This initiative reflects the metamorphosis current occurring at RMUoHP as we adapt to our new surroundings and beautiful campus. This is the first time that such a venture has been made possible at the university, and the fourth and fifth cohorts of DPT students are the lucky inaugural recipients.

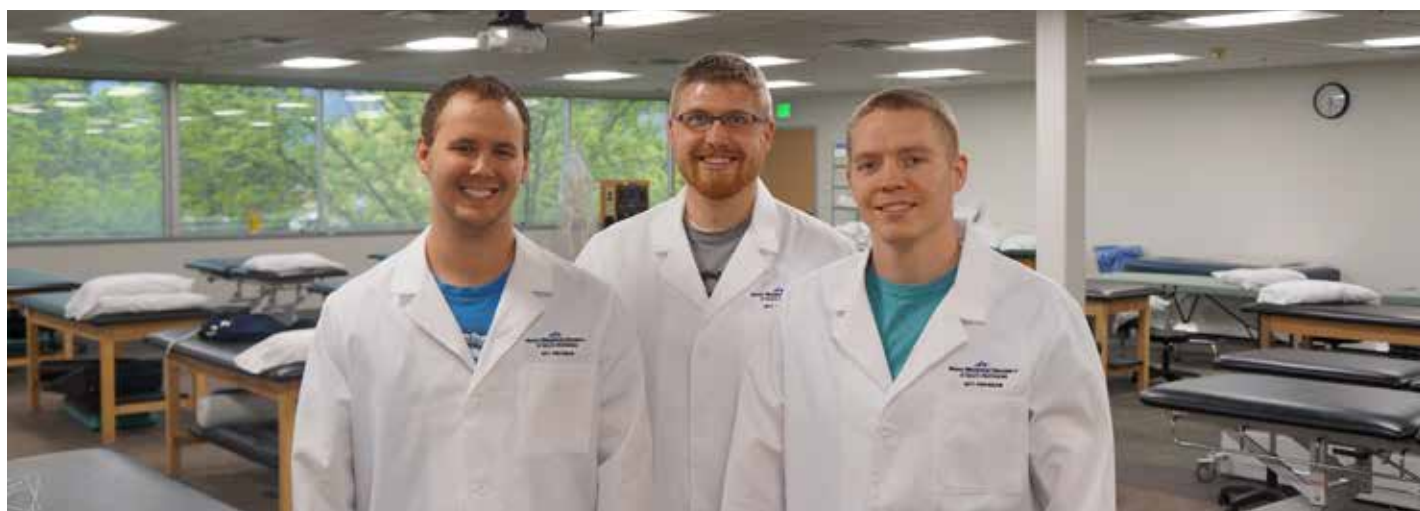


The DPT students will receive new white lab jackets for use in the labs and around campus.

Pictured from left to right: Ben Weiss, Kelson Richards, Trent Laird



The new apparel features three new alternate logos designed as sporty alternates to the university's main logo.



# TERMINAL DEGREE DEBATE

## D S c v s P h D

### Should you get a Doctor of Science or a Doctor of Philosophy? Dr. Malissa Martin weighs in on the topic...

Recently, Rocky Mountain University of Health Professions (RMUoHP) has received various inquiries from potential students concerning the difference between the Doctor of Science (DSc) and Doctor of Philosophy (PhD) degree designators. To assist individuals in developing a more informative understanding of why RMUoHP awards the DSc degree, we offer the following insights from an article published in *Studies in Higher Education*.

The Doctor of Science (DSc) degree is awarded in recognition of contribution to knowledge in a particular subject or discipline. It is a terminal degree that focuses on developing research professionals vs professional researchers (as with the PhD). While PhD research is related to a topic within a field of study, the DSc aims at making a contribution to the knowledge of professional practice. Therefore DSc research is applied research or an original investigation performed to produce new knowledge with practical intentions and objectives. An individual pursuing a DSc degree would conduct research related to their own field of professional practice. Examples of this include: an athletic trainer testing the efficacy of the Functional Movement Screen (FMS) to predict or prevent injury in various athletic populations, a physical therapist researching return to play guidelines for an Anterior Cruciate Ligament (ACL) rehabilitation program or an exercise professional testing the efficacy of two different resistance training programs on muscle hypertrophy.

DSc clinical inquiry begins with a problem in professional practice that needs investigation and resolution, while the starting point for the PhD is a perceived gap in the literature. Both degrees integrate theory and practice, but the DSc intends to make a research-based contribution to professional practice while the PhD contributes to theory, expanding the physical laws or rules of reasoning around existing theory. As such, admission to a DSc degree program routinely requires experience in clinical practice while professional experience is not normally required for PhD programs.

In summary both the DSc and PhD are terminal academic degrees. The major difference between a DSc and PhD is the research focus. The PhD degree aligns with making significant original contributions to knowledge in a particular discipline while the DSc degree aligns the original contribution with knowledge of professional practice. Both achieve the degree requirements through an approved curriculum and research dissertation.

Characteristic	Doctor of Science	Doctor of Philosophy
Career Focus	Develop research professionals	Develop professional researchers
Domain of Research Topic	Research contribution to professional practice	Research any topic within field of study
Research Type	Applied	Basic
Research Focus	Topics related to professional practice	Perceived gaps in the literature of a subject matter
Research Starting Point	Problem in professional practice that needs investigation and resolution	Literature review to identify a gap
Intended Learning Outcomes	Original contribution to knowledge of professional practice	Original contribution to knowledge in particular discipline
Integration of Theory and Practice	Making research-based contribution to professional practice	Making contribution to theory expanding the physical laws/rules of existing theory

# NAMING CAMPAIGN

## New Campus Naming Rights Opportunity

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The RMUoHP Foundation is seeking individuals, practice groups, organizations, alumni or interested parties for participation in the naming rights campaign for our new campus in Provo, Utah. Select areas of the new campus are now available for naming through donation: the Learning Resource Center, the Research Lab, the Physical Therapy and Physician Assistant skills labs, the two main lecture halls, the anatomy/cadaver lab, and a student recreation center.

Find out how your tax deductible donation to the Rocky Mountain University of Health Professions Foundation could also acknowledge you on the donor WALL OF HONOR in the front portion of the University lobby. For additional information or interest, please contact Penny Boothe at [pboothe@rmuohp.edu](mailto:pboothe@rmuohp.edu) or Vic Morris at [vmorris@rmuohp.edu](mailto:vmorris@rmuohp.edu).

Thank you for considering this wonderful opportunity to leave a legacy, in which your name will be identified with a specific vital University function, for years to come.

---

## KEN-YA RUN?

JULY 19, 2014  
UTAH LAKE STATE PARK

### Registration Fees:

**\$25 per entry on or before June 19**

**\$29 per entry from June 20-July 9**

**\$35 per entry from July 10-July 18**

Each year World of Difference coordinates an expedition to Kenya where volunteers will work side by side with local community members in the slums to build schools, paint, teach and specialize in community development. Since World of Difference is a 501(c)(3) not-for-profit IRS approved foundation, they are not able to make a profit from those who participate in this expedition. Our organization is dedicated to enhancing the lives of underprivileged children through construction of schools and health education. These donations will assist doctoral students in physical therapy (DPT) at Rocky Mountain University of Health Professions (RMU) in traveling to Kenya to work in hospitals. These students will spend part of this expedition treating patients in need and the other part building schools for the underprivileged children. Thank you for your willingness to consider this donation for the benefit of our friends in Kenya.





# ON THE AIRWAYS

## DNP Student Hosts ReachMD Radio Show



Mimi Secor (right) with her former co-host on the Partners in Practice radio show. Secor is back on the air this summer.

Mimi Secor, a student from the Doctor of Nursing Practice program is relaunching her national ReachMD NP hosted radio show, Partners in Practice. The program airs on iHeart Radio and is available online, via podcasts and handhelds. Secor's interviews start airing this summer and will feature weekly shows. The innovative series seeks to provide insight into issues experienced by advanced practice healthcare clinicians as they deliver a broad range of medical services to a diverse population.

"The goal of my program is to showcase nurse practitioners and how they are helping to meet worldwide healthcare needs," said Secor. "My internal passion is to make NPs more visible nationally, so I am very excited about the program and the opportunity to interview NPs from across the country and the world."

The show recently conducted interviews in Chicago, which will be available on the Partners in Practice webpage in the coming weeks.

"The show does have a covert objective," said Secor. "I also hope to provide coaching to NPs on how to become more media savvy so that they can be more successful in their media interactions."

ReachMD currently has approximately 500,000 listeners and increasingly includes both nurse practitioners and consumers. Stay tuned for new episodes of Partners in Practice here.

**Listen  
Here**



*Mimi is a nurse practitioner, national speaker and consultant. She has worked for 37 years as a Nurse Practitioner specializing in women's health and is currently working at Newton Wellesley ObGyn in Newton, Massachusetts and is a full-time Doctoral student at Rocky Mountain University in Provo, Utah.*





# ELEVATING THE UNIVERSITY

People at RMU are doing amazing things...

## Dr. Martin to Receive NATA Award

In June RMUoHP's Dr. Malissa Martin, associate dean of faculty development and assessment, will be honored by the National Athletic Trainer's Association with the 2014 Professional Development Excellence Award. The award is given to those who have gone above and beyond in providing professional development to advance the athletic training profession and recognizes tireless contributions to the industry. Formerly the Continuing Education Excellence Award, any NATA member may submit an individual for nomination. Candidates were evaluated on different criteria including creative works, volunteer service related to continuing education, and speaking.

## The Fabulous Dr. Jessica Egbert

RMUoHP's own Dr. Jessica Egbert was recently featured in Utah Valley Magazine's Fab 40 spotlight, a recurring section highlighting Utah Valley's "most fabulous folk who have added color to the community with their strokes of genius." Dr. Egbert, who has been with the university for more than 12 years, has been an influence to both the university and the community, serving as the board chair of the American Red Cross Mountain Valley Chapter and on the board of directors for Utah Valley Chamber of Commerce. Dr. Egbert's contributions have helped RMUoHP become the university it is today. See the article here: [Fab 40 Jessica Egbert pg. 30](#)



## Kevin Ballard inducted into AANP fellows

Dr. Kevin Ballard, DNP, APRN (DNP, RMUoHP 2012) was recently selected for Induction as a Fellow of the American Association of Nurse Practitioners. Dr. Ballard's areas of concentration were Evidence-based clinical practice and Health Policy. He is on the Board of Directors of AANP as the region 5 Director. He also serves as the BoD liaison to the Political Action Committee. Dr. Ballard practices at Sanford Clinic in Thief River Falls, MN in the Orthopedic, Sports and Occupational Medicine Clinic. He was instrumental in the establishment of both the Sports Medicine and Occupational Medicine service lines. Dr Ballard is the founder of MN NP a statewide NP professional organization and a member of the MN APRN Coalition. He has been active in the legislative efforts for full practice authority in MN. Dr. Ballard recently joined the faculty of RMUoHP in the DNP and FNP programs.

# Compassion In Leadership

Restoring compassion at the bedside  
begins with compassionate leadership

by Donna Stewart

**I**n nursing, the word “compassion” conjures the image of a nurse at a bedside caring for a patient. If we ask a new graduate nurse why they wanted to become a nurse, most would say: “I decided to be a nurse because I want to help people or make a difference in someone’s life.” Nurse leaders are integral to preserving the vision and passion of new nurses while balancing the real-world organizational demands of productivity, budgets and other externally imposed mandates. Such realities inherently conflict with the very things that we were so passionate about in the beginning of our careers. Opportunities abound as we determine how we balance the needs of the organization while remaining true to patient satisfaction and the natural needs of the profession; without compassion in the latter, the first would not be possible.

Nurse administrators in magnet hospitals draw upon two leadership styles to achieve magnet designation: transformational and authentic leadership. As nursing leaders, it is time to look inward and rejuvenate our passion for nursing while embracing authentic transformations in the work place. Now may be the best time to push back on the “business” of nursing; not to abandon transformation and authentic leadership and all it has accomplished, but to bring compassion alongside the leadership styles. Failing to do so places the professional under undue attack and threatens more than 100 years of nursing heritage. Compassionate leaders are emotionally intelligent; they know how to manage



their moods, show sincere feelings, be mindful and have the courage to say what they feel. We as leaders must stay hopeful in spite of encroaching government mandates and have open discussions with our teams. Through compassion, nurses can stay connected and remain positive in the current healthcare environment. Compassion at the bedside will only be realized if leaders embrace compassion as part of routine leadership.

Evidence-based leadership is a new concept being examined. In a study of British office workers results found that workers with compassionate supervisors had a 30% lower risk of heart disease. Good leadership was also associated with 27% reduction in sick leave and 46% reduction in disability claims. In the same study, employees with good leaders were 40% more likely to report lower levels of anxiety and depression (Williams, 2012). Compassionate leadership makes good business sense.

Truly compassionate leaders have the power to move nursing departments to greatness because they empower and support the art and science of nursing. Moving a nursing department from good to great will dispel fears of others thinking we have no business mindedness or backbone. We as compassionate leaders know how to be effective and drive positive changes in nursing practice. Empowered nurses provide quality care in an effective, efficient manner if they are supported and respected for their ideas. Demonstrating compassion for the nursing staff and understanding the very difficult and cumbersome job they do every day is an essential component to inspire excellent, safe, quality care.

The trend for empowerment of nursing leaders to follow their passion and demonstrate compassionate leadership is now a global initiative. In June a delegate of nurse leaders from Houston, Texas will be speaking at the University of Chester in the UK about compassion in nursing. I am honored to be a part of this delegation and present a workshop on the topic: Compassionate Leadership. The Compassion and Caring in the Clinical Environment: A Global Healthcare Conference is the fifth in the series related to nursing education at the global level. This year's conference has been developed to address putting "caring and compassion" back into the basics of nursing; both at the bedside and in the boardroom. It is through education and collaboration such as this that nursing will become empowered to provide compassionate, quality care in a changing healthcare environment.

## References

Williams, R. (2012). Why we need kind and compassionate leaders. Psychology Today. from <http://www.psychologytoday.com/blog/wired-success/201208/why-we-need-kind-compassionate-leaders>

*Donna J. Stewart is a recognized nursing leader with more than 20 years of experience. Well-known for her dedication to leadership training and mentoring for emergent leaders in healthcare, she is currently active in training and leadership development in both the hospital setting for staff and in the university setting for nursing students. Donna is a founding member of the steering committee credited for developing the Global Nursing Conference series, which was designed to provide a global perspective on nursing practice, education and leadership. The seminars rotate between universities in the United Kingdom and the United States.*





# PA Program Progress

## The 2014-2015 application cycle is officially open

Investigating the feasibility of establishing a physician Assistant (PA) program at Rocky Mountain University of Health Professions has occurred in three phases, over a number of years, with contributions from multiple individuals.

Phase 1 included internal exploration and an initial feasibility study. In 2008, the RMUoHP Board of Trustees approved moving forward with further investigation and development of a PA program and this was followed by a feasibility study conducted in 2011 by a reputable PA educator demonstrating market support for a PA program in Provo, Utah, and need for an increasing number of PA practitioners to meet health-care demands.

Phase 2 consisted of a second external consultant who conducted an additional feasibility study to validate findings of the first study as well as investigate topics specifically highlighted within the Accreditation Review Commission on Education for the Physician

Assistant (ARC-PA) feasibility study guide. A PA Program Advisory Board was constructed and a program implementations timeline was established.

Phase 3 included 1) hiring a qualified program director and qualified medical director, 2) establishing a Program Development Committee (PDC), 3) establishing PA program core values, mission, vision, and goals, 4) obtaining approval to move forward with program plans from regional accrediting body, 5) hiring additional key PA program faculty and staff, and 6) reorganization and engagement of PA Program Advisory Board.

In parallel with these steps, a new program webpage has been added to the university website <http://rmu-ohp.edu/physician-assistant/>, the final feasibility study has been completed, and the 2014-2015 application cycle is now officially open and we are in the process of receiving applications via the centralized application hub, [CASPA](#)!

Master of Physician Assistant Studies

Education Model

Residential Program with clinical assignments predominantly in Utah and the surrounding west.

Program Dates

Priority Deadline: September 1, 2014  
Final application deadline: November 1, 2014  
Inaugural Class begins: June 1, 2015 pending achieving Accredited-Provider status

Graduate Program Director:

David Payne, PA-C

Click here to access our dedicated PA program website with additional information and interactive features.

Physician Assistant Studies

RMUoHP-PAP will educate outstanding physician assistant clinicians, equipped to handle the challenges of practicing medicine in a multifaceted and complex health care system. Our program will emphasize a holistic patient-centered care approach educating students not only in the foundational domains of medical knowledge and patient care, but also in:

# PROGRAM UPDATES

## MSHS Concentration Track in Rehab Science

The Master of Science in Health Science has added a new concentration track in rehabilitative science. The track is suited for individuals who have a desire to advance their knowledge focusing on evidence-based approaches to athletic training, physical therapies, injury prevention and recognition, and other areas of health care.

The MSHS (Rehabilitative Science) prepares researchers, educators, and leaders in the area of rehabilitation science to contribute to the development of rehabilitation practice, research, and policy. The central element of the program is the completion of a thesis or capstone project that incorporates best practice/research and knowledge in the area of rehabilitative science. Evidence based concepts in sports nutrition, exercise physiology, sports injury prevention, diagnosis and management provide a complimentary foundation. The curriculum is designed to increase the student's abilities to identify best practice built on evi-

dence-based decision-making. The teaching course affords students an interactive environment focusing on learning design for groups and individuals as a clinician and preceptor/clinical instructor.

The Master of Science in Health Science (Rehabilitative Science) program provides the opportunity for each student to become a leading practitioner in Rehabilitative Sciences.

The MSHS  
program will  
officially run for the  
Summer 2014 and  
Fall 2014 semesters

## MSHS RECEIVES RECOGNITION FROM NSCA

The Master of Science in Health Science program at Rocky Mountain University of Health Professions has met the criteria recommended for acceptance into the National Strength and Conditioning Association Education Recognition Program (ERP). The NSCA ERP recognizes accredited academic institutions for their educational programs that have met, and continue to meet, educational guidelines recommended by the NSCA.

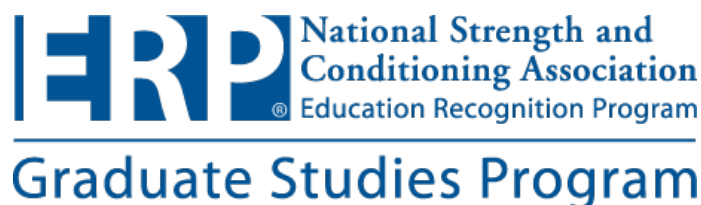
The recognition is given on a three-year basis and gives RMUoHP the opportunity to host an Exam Prep LIVE event, designed to provide students a review course containing the most relevant CSCS and NSCA-CPT exam content. Students will be able to use the course to prepare for the NSCA exams.

"Being recognized as a graduate program that has met the educational guidelines as recommended by the NSCA for Sports Performance is very exciting for the MSHS program and RMUoHP," said Dr. Daniel Dodd, graduate program director for the MSHS program at the university. "The NSCA is the leading authority on strength and conditioning/sports performance and this relationship will further solidify our growth as a leading graduate program in

strength and conditioning and in sports performance. The impact of this recognition is invaluable to our students as they progress in the field and continues to bridge the gap between science and application."

This type of recognition is in line with the university's goals and core values.

"The NSCA is recognized for bridging the gap between science and practice which is consistent with the university's mission," said Dr. Sandra Pennington, Provost at RMUoHP. "The university appreciates the association with such a respected, nationally-recognized organization."





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](mailto:mmartin@rmuohp.edu) | 801.375.5125

[www.rmuohp.edu](http://www.rmuohp.edu)



# — FALL SCHOLARSHIPS —

Scholarship opportunities are available for the 2014 Fall Semester. Don't miss your chance to get extra money for your education! Application deadline for all scholarship is **August 13, 2014**.

- DNP Advancing Knowledge Scholarship - \$3,000 award
- OTD Advancing Knowledge Scholarship - \$3,000 award
- tDPT Advancing Knowledge Scholarship - \$2,000 award



## **The Core Value Scholarship:**

- This scholarship will be awarded to a graduate student starting an RMUoHP program in September of 2014, who best embodies the university core values.
- \$2,000 scholarship
- The scholarship funds will be disbursed in two equal installments in the student's first two semesters of attendance
- For more information, please click [here](#).

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## UPCOMING CONFERENCES

There are a lot of great conferences coming up,  
we hope to see you there!

**ACSM 61st Annual Meeting in Orlando, FL**  
**May 27 – 31**

**Partnering with NSCA in booth 112/114**

**AANP 2014 National Conference in Nashville, TN**  
**June 17 – 22**  
**Booth #702**

**65th NATA Clinical Symposium & AT Expo in Indianapolis, IN**  
**June 26-28**  
**Booth #511**

**37th Annual NSCA National Conference and Exposition in Las Vegas, NV**  
**July 9 – 12**  
**Booth # 615**

A photograph of a woman with long blonde hair, wearing a black long-sleeved shirt and black pants, walking away from the camera on a concrete sidewalk. To her left is a landscaped area with yellow and purple flowers. In the background is a modern building with large glass windows and concrete pillars. The scene is bright and sunny. A solid yellow vertical bar is on the left side of the image, and a yellow diagonal shape is at the bottom.

welcome

MOVING O



e to our new campus



EAST BAY TECHNOLOGY PARK



**ROCKY MOUNTAIN UNIVERSITY**  
**OF HEALTH PROFESSIONS**

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N UP



# MOVING ON UP

## A beautiful new campus and an exciting next chapter for Rocky Mountain University of Health Professions

In the last week of April 2014, the University relocated to newly remodeled facilities in the East Bay Technology Park. The new location provides 56,000 square feet of space and includes seven classrooms, three skills labs, an anatomy/cadaver lab, a research lab, five mock patient exam rooms, two students lounges, eight study rooms, several conference and small group meeting rooms, 42 offices, two large multipurpose rooms, multiple storage areas, and an expanded learning resource center.

The primary classrooms include state of the art audio/video capabilities, hi-speed internet access, and floor electrical outlets built to accommodate student laptops and other electronic devices. The largest skills lab includes 25 professional grade examination tables (with room to expand to 30 tables), 18 of which have auto-

mated raising and lowering capabilities. This lab also includes technology enabling skills demonstrations to be projected for easy viewing. The anatomy/cadaver lab is dedicated to advanced anatomical instruction, and will be managed by an experienced anatomy lab manager and newly hired assistant professor of anatomy. Finally, the conference and small group meeting rooms will be used extensively for various pedagogical methodologies, including problem-based, case-based, and team-based learning.

There are many functional suites, each comprising five to eleven dedicated offices for university program and departmental personnel including: administration, enrollment management, physician assistant program, physical therapy program, finance, academic support, university research, Library and Resource Center, post-pro-



fessional faculty and support staff. Additionally faculty can gather and meet in a variety of new meeting spaces and lounges.

RMUoHP continues to expand its offering of high-quality medical and healthcare information resources through its Library and Resource Center (LRC). The LRC includes both the physical library and resource

"More space for everyone; a campus where students can truly experience the best of healthcare education."



center on campus as well as the University's online learning resources. The LRC is now home to several new study/private meeting rooms plus numerous study carrels.

The new location is very accessible to the interstate, and within walking distance to established area hotels, eateries and shopping. The new facilities also offer considerable space for parking. Additionally students will have access to the types of amenities afforded by increased campus grounds, large open green spaces, outdoor-style café tables, soccer fields, outdoor volleyball and basketball courts, as well as a fitness center and access to a full service cafeteria.

A special thank you to the project manager on this university initiative, Dr. Ghazi-Birry, for leading the architectural and construction production of this large-scale university transformation.





# Master of Physician Assistant Studies

## Become a Preceptor



A PA student can  
enrich your practice

Share what you know...

Give back to the profession

Shape future  
healthcare providers

### Preceptor Incentives



Preceptors can attend a free Board Review Course offered at RMUoHP.



Access to RMUoHP's Online Medical Library, including resources such as UpToDate.com and AccessMedicine.com



Preceptors receive official title as "Adjunct Clinical Faculty of Rocky Mountain University of Health Professions."



Preceptors can qualify for AAFP or AAPA Category 1 CME for time preparing and teaching clinical students.



Preceptors can receive tuition benefits for RMUoHP's doctoral programs.

### Clinical Rotations

Physician assistant students participate in more than 1500 hours of clinical experience during their rotations, with an emphasis on primary care in ambulatory clinics, physicians' offices and acute/long-term care facilities. Rotations include: family medicine, internal medicine, rural or underserved primary care, hospital medicine, pediatrics, women's health, emergency medicine, psychiatry, general surgery and an elective.

### Our University

Rocky Mountain University of Health Professions is a regionally accredited graduate and post-professional university with a reputation for exceptional, high quality, rigorous healthcare education programs. We have a diverse student body and alumni from all 50 states as well as a stellar and nationally respected faculty representing healthcare practice, research and education throughout the country.



[preceptor@rmuohp.edu](mailto:preceptor@rmuohp.edu)



801.375.5125



[pa.rmuohp.edu](http://pa.rmuohp.edu)



# Publications

Congratulations to all RMUoHP students, alumni and faculty on their professional and personal achievements

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# STEPPING ON

## DPT Students Work with the Elderly in Fall Prevention Program

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.



In a community service effort, students from the Doctor of Physical Therapy program have been assisting with a fall reduction program called Stepping On. The 7-week program, being implemented by the Utah Department of Health in various areas across the state, focuses on empowering older adults to carry out health behaviors that reduce the risk of falling.

**“It offers us a chance to apply skills we are learning in the classroom and to help members of the Provo community become healthier and more mobile.”**

RMUoHP students will be involved for three weeks of the program, where they will 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 the students to serve in the community while practicing didactic and clinical skills learned in the classroom.

Working in real life scenarios with elderly adults allows the students to improve their bedside manner skills and learn how to effectively instruct patients within an allotted time constraint, skills that DPT faculty member, Dr. Kaiwi Chung-Hoon, feels are essential.

Dr. Chung-Hoon has been involved in the Stepping On program since December of 2013. In February of 2014, 22 DPT students volunteered to





assist with the program. Utah County Health Department coordinators said they were so impressed with the RMUoHP DPT students and the professionalism that was demonstrated that they have invited the students back to assist with the program in May.

Jonathan Packer and Lori Thompson, both students from DPT Cohort 4, said they were able to see real results in the participant they worked with.

“The gentleman I worked with, Harry, was really able to get more mobile,” said Packer. “When he started the program he had already suffered a fall and was at risk of another fall, but after six weeks he tested in the best category with low risk of having

another fall.”

Dr. Chung-Hoon believes his students will come away from the program better prepared for future clinical settings where they will be working with their own patients under similar conditions.

“The program was a great opportunity for the DPT students to get involved with the community,” said Josef Mielke, another student from cohort 4. “It offers us a chance to apply skills we are learning in the classroom and to help members of the Provo community become healthier and more mobile.”

### ***Pictured***

*Far left pg. 22: Lori Thompson assists elderly woman in functional test. Bottom pg. 22 Alex Moore helps elderly woman with balance test. Top right: Dr. Chung-Hoon speaks to the class. Bottom top left: Diane Dewitt does exercise with elderly couple. Bottom left: Gregory Hyde takes a woman's pulse.*





# Gigabit Connected

## University Selected to Receive Gigabit Google Fiber Connection at No Cost

Rocky Mountain University of Health Professions is one of 25 organizations that have been selected to become part of the Google Fiber Community Connections Program.

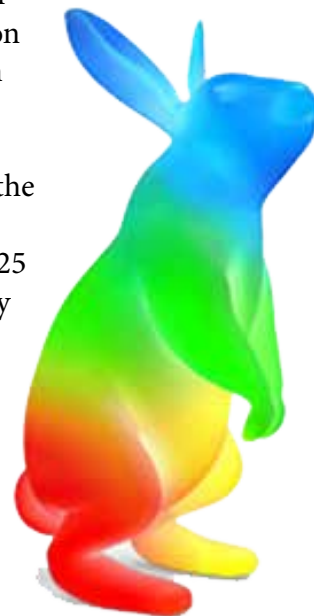
In the new location at East Bay, university students, faculty and staff will get to enjoy the high speeds of Google's much-touted internet connection that, as of the publishing of this article, is only available in three cities in the U.S.

Last summer Provo City announced that it would be the second city in the nation to receive Google Fiber and ever since the excitement has been building. Last August Provo City announced that it would be selecting 25 deserving organizations to become part of the Google Fiber Community Connections Program, an initiative to give schools, libraries, community centers and other public facilities free access to gigabit internet connections.

Provo City made its selections for the Community Connections Program based on which organizations that had need for high speed internet, need for financial assistance, ability to enhance the community, ability to reduce poverty and dependence, potential to create jobs and/or support entrepreneurship, and dedication to create educational opportunities and increase the quality of life.

RMUoHP was selected as one of "The Golden 25" and will be looking forward to Google Fiber connections this summer. Anyone on campus will be able to enjoy internet speeds up to 100 times faster than traditional high-speed internet.

Google fiber



# RMU Co-Founder Inducted into Utah Tennis Hall of Fame

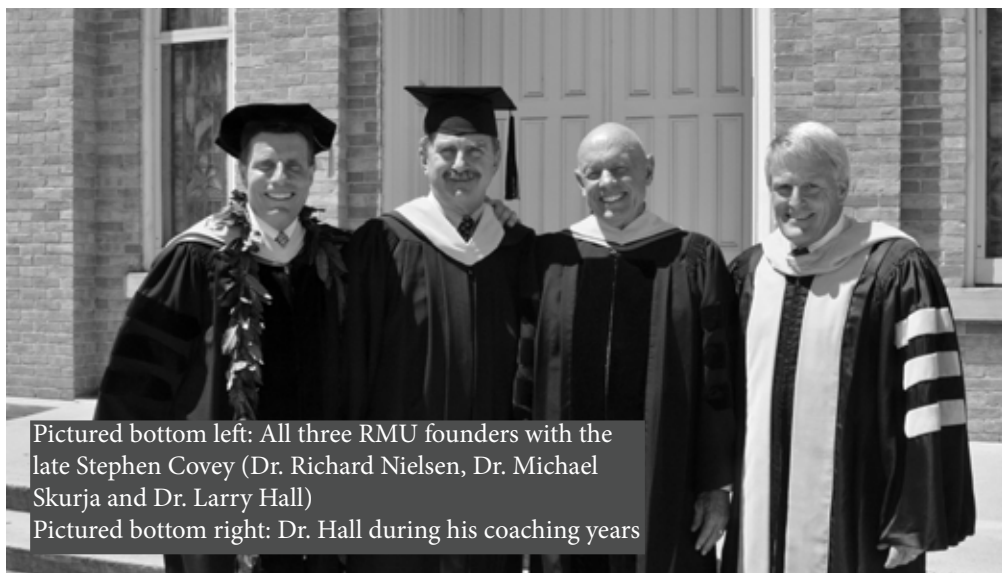
Dr. Larry Hall, one of the co-founders of Rocky Mountain University of Health Professions, was inducted into the Utah Tennis Association Hall of Fame on March 5.



Dr. Hall, who is currently serving as director of student wellness at Brigham Young University, was one of the three founders of RMUoHP along with Dr. Richard P. Nielsen and Dr. Michael Skurja, Jr. He also serves on the RMUoHP Foundation board.

The Hall of Fame inductee is a well-known name in Utah Tennis for his illustrious playing and coaching career.

When asked about his recent induction into the Utah Tennis Association Hall of Fame, Dr. Hall said, "The older I get – the better I was!"



Pictured bottom left: All three RMU founders with the late Stephen Covey (Dr. Richard Nielsen, Dr. Michael Skurja and Dr. Larry Hall)  
Pictured bottom right: Dr. Hall during his coaching years



## Alumni & Students Networking Breakfast

[Click to find out more](#)

You are cordially invited to attend a networking breakfast provided by RMUoHP for alumni and students at the AANP Conference in Nashville and at the NATA in Indianapolis.

**June 17 @ AANP**

**June 25 @ NATA**



# Don't Put Me In, COACH

Sports fan Dr. Marie-Eileen Onieal contemplates the safety of players of all ages in the wake of a growing body of knowledge about the effects of concussion.

*This article originally appeared in [Clinician Reviews](#) on May 23, 2013. Piece used with permission.*

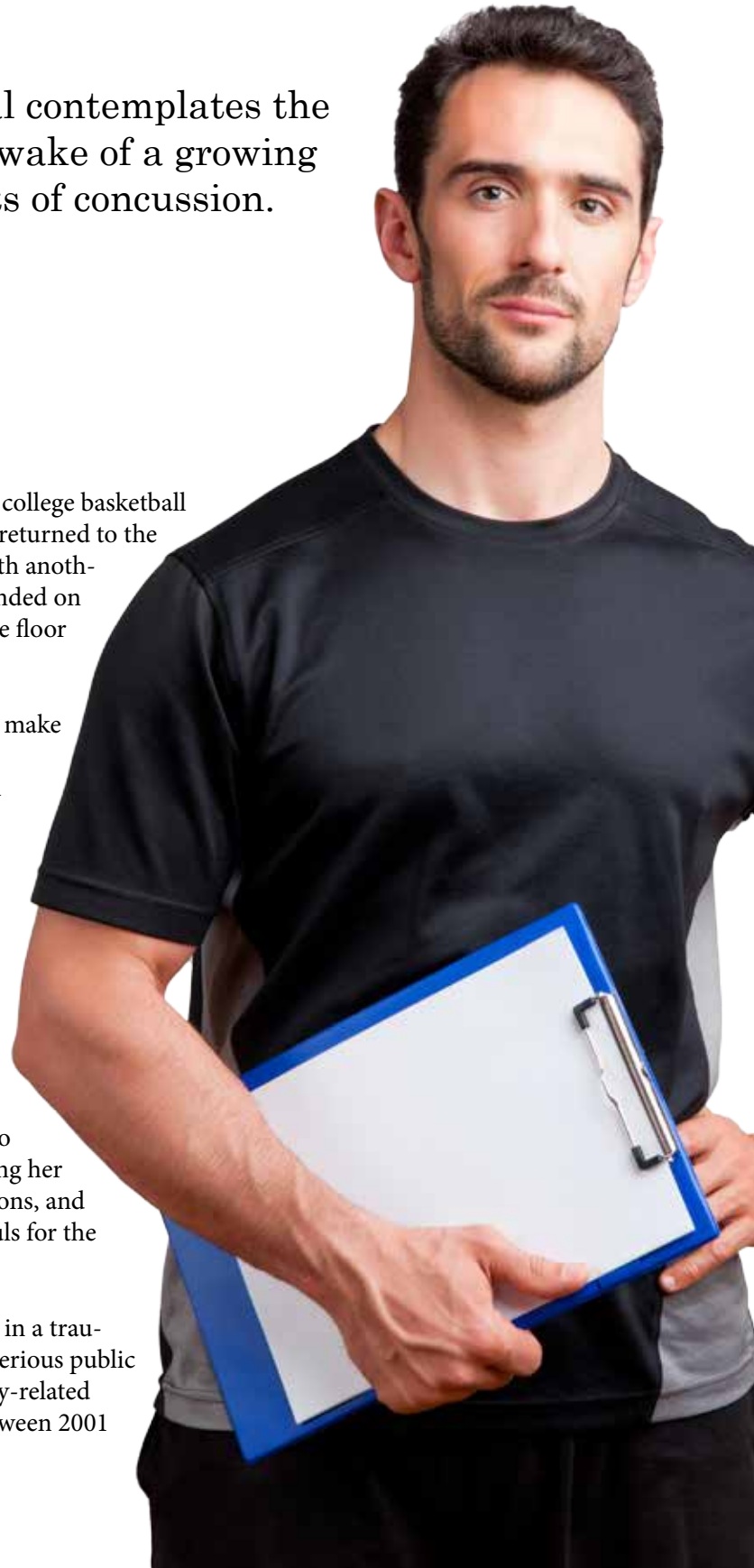
by Dr. Marie-Eileen Onieal

**O**n a recent Friday afternoon, I was watching a college basketball game on television. Seconds after the players returned to the court from a time-out, one player collided with another, knocking him backward. The opponent landed on his back, hitting his head so hard it bounced up and hit the floor again.

Lying somewhat still, he held his head as though trying to make it stop moving. Moments later, he was assisted to his feet, insisting he was fine, but the referee sent him to the bench for evaluation—despite resistance from the player and his coach. The coach continued to pressure the referee, who firmly stood his ground. Zoom in: Player sitting on the bench, undergoing a neurologic evaluation. Even through the TV, it was evident the player was unable to hold his gaze through the visual field process. Score two points for the referee!

In another game, on a different day with different teams, a similar event occurred: A player fell, banged his head, and was obviously stunned. Yet he was allowed to return to play. His mother came out of the stands protesting, insisting her son was hurt. The referee and coach dismissed her objections, and she was ushered back to her seat by security. Technical fouls for the coach and referee!

While not every bump, blow, or jolt to the head will result in a traumatic brain injury (TBI), nonetheless, TBI has become a serious public health issue, contributing to one-third (30.5%) of all injury-related deaths. An estimated 1.7 million TBIs occur annually; between 2001





and 2005, nearly 208,000 emergency department visits for concussions and other TBIs related to sports and recreational activities were reported per year.<sup>1,2</sup>

Recently, we have begun to recognize that even the seemingly “benign” head injuries athletes sustain during play are not without some complications—short term as well as long term. In the past two or three years, researchers have started to focus on and explore the effects of “subconcussive” blows to the head, with unanticipated results.

In a 2010 study of high school football players, researchers from Purdue University identified a previously unknown category of athletes who, despite having no clinically observable signs of concussion, showed measurable impairment of neurocognitive function (primarily visual working memory) on neurocognitive tests, as well as altered activation in neurophysiologic function on MRI.<sup>3</sup> As a result of this and additional studies, repeated minor “bumps” are now viewed through a different lens—even the mild ones can take their toll, impeding language processing or motor skills.

The May 2012 suicide of Junior Seau, a former professional football player who sustained repeated blows to the head during his career, was a further wake-up call. It has become increasingly clear that the blows to the head sustained by players in a variety of sports and recreational activities require more serious attention—and we need to address it earlier in an athlete’s career (amateur or professional), not once the irreparable damage is done.

The first law to address concussion management in youth athletics was passed in Washington State in May 2009. By 2012, 42 additional states and the District of Columbia had passed similar laws.<sup>4</sup> The intent of these “Return to Play” laws is to reduce the impact of youth sports and recreation-related concussions, and their tenets can extend to our college and professional athletes.

The long-term effects of repeated blows to the head have only begun to surface. We need to be diligent in recognizing and preventing TBI in all athletes, because doing so can prevent further brain injury or even death. Arm yourself with information; the CDC Web site is an excellent resource ([www.cdc.gov/concussion/sports/index.html](http://www.cdc.gov/concussion/sports/index.html)).

Finally, a message to all coaches and parents, athletes, and health care professionals: Getting your “bell rung” in a sports event should not be taken lightly. It must be recognized as the serious and potentially dangerous occurrence it is. So, don’t put him in, coach—he may not be ready to play!

*Marie-Eileen Onieal, PhD, MMHS, RN, CPNP, FAANP*

*Dr. Onieal is one of the founders of the American Academy of Nurse Practitioners (AANP) and a past president of that organization. Since 2010 she has served as the Program Director for the Doctor of Nursing Practice program at RMUoHP.*



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# RMUPDATE

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Make sure to be in the next issue...

[newsletter@rmuohp.edu](mailto:newsletter@rmuohp.edu)

## 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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