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DNP alum Dr. Maria Kidner takes her passion for nursing education to Rwanda for a year-long teaching project with Human Resources for Healthcare



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RMUPDATE

The official magazine of Rocky Mountain University of Health Professions



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Magazine Editor/Designer:
Cara Caldwell

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President's Message

Limitless Possibilities

Over the past few weeks I have spent a great deal of time reading about the Apollo missions, specifically Apollo 11. I have come away from these readings understanding why it might be a fair comment to say that the Apollo 11 was, indeed a miracle mission.

On 25 May 1961, President John F. Kennedy announced the dramatic and ambitious goal of sending an American safely to the moon and back before the end of the decade before a special joint session of Congress. To the hundreds of millions who heard his speech, this notion seemed impossible. This historic speech set in motion a crew of scientists and engineers— a total workforce of 350,000 people from around the world, which has yet to be duplicated. President Kennedy saw the possibilities in 1961, and driven by that vision, on 20 July 1969 those possibilities become reality as Neil Armstrong and Buzz Aldrin both stepped foot on the moon's surface. In just more than 8 years, a possibility seen by one person became a reality witnessed by the entire world.

The journey covering 480,000 miles roundtrip from earth to moon and back was planned to the very second, with foreknowledge of the exact second when the lunar landing module (called Eagle) carrying Neil Armstrong and Buzz Aldrin would touch down on the moon. While Armstrong and Aldrin sat on the moon's surface, commander Michael Collins orbited the moon awaiting the return of the lunar module (Eagle) for exactly 21.5 hours, while the team waited for the calculated and exact moment that Eagle would need to blast off from the moon's surface in order to reunite with the command module in its orbit. The mission, in a way, was uneventful because of compliance to the laws of energy, physics, gravity, engineering and astronomy— all of which acted precisely and exactly in concert for the entire Apollo mission to be a history-making success.

Along the same vein of President Kennedy's vision for the Apollo Mission, Boston Philharmonic Orchestra Conductor and motivational speaker, Benjamin Zander, teaches about the Art of Possibility. He tells the story of two shoe salesmen who were sent to Africa in the early

1900's to determine the market for selling shoes. After arriving in Africa and assessing the potential market for shoes the first salesman sent a telegraph back to the home office that said, "Nobody here wears shoes; there are no opportunities to sell shoes here." The second salesman also visited Africa and seeing that nobody was wearing shoes sent a telegraph to the home office saying, "Nobody here wears shoes; the opportunities are endless."

Like the second shoe salesman who saw unlimited possibilities in selling shoes to the people in Africa, John F. Kennedy saw the possibility of sending a man to the moon in 1961 despite the fact that the Apollo space program did not exist yet, the 350,000-person worldwide task force was not assembled yet and the Saturn V rockets that powered Apollo 11 had not been designed.

Like JFK and the shoe salesmen, we all have hopes and dreams and desires in our personal and professional lives, and are often confronted by naysayers, those with less vision and those who clearly do not see the possibilities and opportunities that we do.

When you face these obstacles in your life, I invite you to consider the following questions: What are your hopes, dreams, and desires? Do you truly see these as possibilities? When you confront challenges and naysayers who try to dampen or derail your desires and vision, and discourage your dreams will you be easily discouraged to the point of throwing in the towel? Or, will these interactions with those of less vision spur you on to convert those possibilities to realities?

We, like John F. Kennedy, can make mighty miracles happen in our personal and professional lives, despite those who will try their best to convince us and the world that our efforts, ideas, dreams, goals and desires are ridiculous and unobtainable and there are no avenues for us to see our possibilities become realities.

10, 9, 8, (ignition), 7, 6, 5, 4, 3, 2, 1.....the sky (and our possibilities) have no limits!

Good luck on your journey!

Richard P. Nielsen, PT, DHSc, ECS
President



RMUoHP LEADERSHIP UPDATE

New Family Nurse Practitioner Track Director

Dr. Janet Noles

The University is pleased to announce the appointment of Janet Noles, PhD, RN, FNP-BC, FAANP as the FNP Track Director. Dr. Noles began her nursing journey as a volunteer at Sibley Memorial Hospital in Washington, D.C. while a sophomore in high school. She earned her BSN at the University of Texas in Austin and the Master of Science in Nursing at Texas Woman's University in Dallas. After many years as a critical care nurse, Dr. Noles completed a Post-Masters Family Nurse Practitioner program at Texas Tech University Health Sciences Center and pursued her PhD in Nursing at the University of Texas Health Science Center – San Antonio. She was honored as the 2006 Distinguished Alumni from UTHSCSA and inducted as a Fellow in the American Academy of Nurse Practitioners in 2008.

Dr. Noles' experience spans many years and includes various clinical, educational and administrative roles. In her 20 years as a Family Nurse Practitioner she has worked

in many settings and has special interest in Hepatitis C management, immunizations practices and health promotion practices. While serving as the Dean of an intercollegiate nursing program, she developed curriculum for nurse practitioner, nurse educator and nurse administrator programs. She was selected for the American College of Nursing Academic Leadership Program and served as Chair of the Master's Education Conference for the American Association of Colleges of Nursing. Dr. Noles is an active member of numerous professional organizations and has made presentations at local, state, national and international conferences and continues to serve as an onsite accreditation visitor for the Commission on Collegiate Nursing Education.

Dr. Noles was drawn to RMUoHP for the opportunity to use her expertise to develop courses for the FNP program and guide the program through the national accreditation process.

"I am so thankful for doors that



have been opened for me in the nursing profession," Noles said, "I feel blessed to be able to share my experiences with future nursing leaders and clinicians, to assist others in achieving personal and professional goals, and to be part of a University with a vision and mission to improve the quality, delivery and efficacy of healthcare."

New OTD Education Track Director

Dr. Victoria Priganc



The University is pleased to announce the appointment of Victoria Priganc, PhD, OTR, CHT, CLT as the new education elective track coordinator for the post-professional Doctor of Occupational Therapy degree program. Dr. Priganc is an experienced clinician and educator. She earned her Bachelor of Science Degree in Occupational Therapy at the University of Wisconsin – Milwaukee, her Master of Science Degree in Movement Science and Rehabilitation through the Physical Therapy Department at the University of Vermont, and her PhD in Occupational Therapy from Nova Southeastern

University. She serves as an Associate Editor for the Journal of Hand Therapy and has been professionally active at both a regional and national level. Her primary clinical background is in hand rehabilitation, although recently she has explored the role of occupation and fathering. Her interests involve orthotics, manual edema mobilization, chronic pain, outcomes based practice, and recently the link between occupation and parenting and she has several article and chapter publications. Dr. Priganc lives in Vermont with her family and enjoys cross-country skiing, hiking and running.

New MSHS Program Director

RMUoHP Alum Dr. Ethan Kreiswirth



Dr. Ethan M. Kreiswirth skateboarding
Right: Dr. Kreiswirth (standing far left) at Jiu Jitsu Tournament

The University is pleased to announce the appointment of Ethan M. Kreiswirth, PhD, ATC as the new Master of Science in Health Science Program Director. Dr. Kreiswirth received his undergraduate and graduate degrees in Athletic Training and Physical Education Administration from California State University, Dominguez Hills. He also earned his PhD from Rocky Mountain University of Health Professions in Athletic Training.

“Personally, I had a great experience with the PhD Program at RMUoHP,” Kreiswirth said. “The attention to excellent faculty and the diversity within the curriculum between pedagogy, research and clinical practice was a good combination for me.”

Dr. Kreiswirth describes Athletic Trainers as a very tight-knit community. “We really want to educate others on who we are and what we do,” Kreiswirth said. “Still, many people just don’t know our skill set and knowledge base. Through new research, public speaking and presentations we (ATs) are trying to bring light to the public and other medical professionals on what the utility of a Certified Athletic Trainer is and how we fit in the field of sports medicine.”

His experience in the RMUoHP Athletic Training program was so positive, that when the opportunity arose for him to become the Graduate Program Director for the relatively new Master of Science in Health Science program at RMUoHP, he jumped at the opportunity.

“I felt it was an appropriate time to grow more as a program director within a program that is in its infancy at RMUoHP,” Kreiswirth said. “Dr. Martin did such a fantastic job guiding me through my experience at RMUoHP; I wanted to do the same for my new RMUoHP students.”

Dr. Kreiswirth is excited about this new role as the MSHS program director at RMUoHP, because it provides the opportunity to recruit like-minded individuals who are as



passionate as he is in the fields of health, fitness and sports medicine. He is also excited to contribute to developing consumers of research and discussing and sharing ideas on the latest topics in the field of sports performance and sports medicine.

Alongside his position in this program, Dr. Kreiswirth has many positions within clinical practice and education. He owns Kreiswirth Sports Medicine Systems, which delivers didactic and clinical programming of sports medicine education and clinical treatment. He is the medical director for the International Brazilian Jiu Jitsu Federation (IBJJF), where he provides medical treatment for large Brazilian Jiu Jitsu tournaments. Additionally, Dr. Kreiswirth is an educator within the RockTape Kinesiology Company where he provides didactic education for medical professionals.

In the past, Dr. Kreiswirth worked with the Chinese Olympic Committee providing education and clinical treatment to National and Olympic trained athletes in multiple provinces of China. He has also worked with many colleges and universities in the Athletic Training arena and as a faculty member.

In his spare time, Dr. Kreiswirth enjoys spending time with his two children, Noah who is 4 and Liv who is 10. He enjoys participating and competing in Brazilian Jiu Jitsu, skateboarding and Crossfit.

2015 Nurse of the Year

**DNP student Beverly Nedd
honored during #nursesweek**

In honor of National nurses Week, soon-to-be DNP graduate and Nurse Practitioner Beverly Nedd was named “Nurse of the Year” by the East New York Diagnostic and Treatment Center Health and Hospital Corporation, in association with the New York State Nurses Association for outstanding performance in Behavioral Health Nursing through her work with psychiatric patients and students.

“Part of Ms. Nedd giving back is as preceptor for Nurse Practitioner students at different colleges in the East New York area” said Nedd’s supervisor Dr. Debarros, senior associate director of psychiatry at East New York Diagnostic and Treatment Center.

Nedd has been a Nurse Practitioner in Psychiatry for the past 15 years, but has been in the nursing profession for more than 25 years. She always knew that she wanted to work in Psychiatric nursing, and her passion is what drives her each day.

“You give the patients love,” Nedd said. “We advocate for our patients. There are differences between psych nurses and medical nurses. With medical, there are a lot of things you can see, and in psych you can’t- it’s mental.” Nedd works in a low-income area, so the financial and other challenges that her patients face are very difficult, but she and her colleagues continue to do their best to provide quality care.

“We keep doing our best because we love what we do. We love the nursing profession,” Nedd said.

Nedd is scheduled to graduate in August and will defend her Scholarly Project on May 21st on campus in Provo. Her project is entitled “Closing the Gap: Integrating mental health and primary care,” a topic that is near and dear to her heart after 15 years of working with psychiatric patients. Nedd found that psychiatric patients tend to have a shorter life expectancy than the average because they don’t follow up and adhere to primary care

standards. These patients don’t get check-ups, and many suffer from anxiety or are inhibited in some way that prevents them from adhering. Nedd’s project focused on providing access and promoting adherence to primary care for psychiatric patients and she was able to implement her project in her own clinic to improve the adherence of her own patients.

Nedd found that even though her patients have access to a same-day clinic for their check-ups and treatment for physical illnesses, they weren’t utilizing it, so her project focused on getting her patients to follow up with primary care.

“[It] was a problem because the patients ... are on medications but you don’t know what’s wrong with them.” Nedd said. “As a provider, you need to know what’s wrong with the patients to treat them, to get them more effective and quality care. You need to know what’s wrong... and I did accomplish that [at my clinic] and my project was very successful.”



We're Blogging!

RMUoHP recently launched a University blog entitled *RMU Passages*



On May 4, we launched our University blog. We are so excited to have this new medium to share our story! In the [RMUoHP blog](#), we will showcase many different elements of the education experience at Rocky Mountain University of Health Professions.

The blog will feature commentary from our expert faculty on the latest industry topics related to our many areas of study, including but not limited to, athletic training, sport performance, health promotion, occupational therapy, physical therapy, speech & language therapy, pediatric exercise science, physician assistant studies and nursing.

We will also feature the happenings around our University, student projects and accomplishments, faculty research and publications, alumni achievements, student life and service projects and much more. You will catch a glimpse into each of our different programs and learn about what makes us tick. Check it out at blog.rmuohp.edu!

To contribute to the blog, please contact conatctmarketing@rmuohp.edu or visit rmuohp.edu/story-submit/.

e2 Campus Partnership

Connect and Protect



e2Campus®

Just recently, the University committed to enhance the emergency communication system on campus by purchasing a new system through Omnilert called e2Campus.

This system is designed to alert on-campus constituents to impending or ongoing emergency situations, campus closing, campus threats, and other like situations in one seamless, connected system. The Omnilert system was purchased last month, with an anticipated roll-out by the end of June 2015.

The system is designed with an intuitive interface, to keep all campus personnel and students safe and connected.

More than 800 other campuses depend upon the e2Campus to meet their emergency notification needs, including anonymous tipping, instant crisis collaboration, hotline and dissemination of emergency notification by way of sms, text, phone and desktop alerts. The University is pleased to be able to provide this service— watch for details in the coming weeks.



Why you should get involved at RMUoHP



*Rick Howard,
MEd, DSc
HPW (1)
Chair,
Graduate
Student Council
Member, Risk
Management
Committee*



Get the most out of your educational experience at Rocky Mountain University of Health Professions! The University experience is more than taking courses. Your efforts to contribute to positive change within RMUoHP are not only personally rewarding but contribute to the [Mission, Vision, Values and Themes of the University¹](#).

Your first step is to become familiar with the University's Mission, which is *"to educate current and future healthcare professionals for outcomes-oriented, evidence-based practice. The University demonstrates mission fulfillment through the quality of its education and success of its students in academic programs that develop leaders skilled in clinical inquiry and prepared to effect healthcare change."*

RMUoHP has four Core Themes that are used to measure fulfillment of the University Mission:

1. Developing evidence-based practitioners
2. Evaluating clinical inquiry proficiency
3. Ensuring educational quality, and
4. Nurturing student success

The feedback you regularly provide the University,

therefore, contributes to the fulfillment of the University mission and the success of all current and future healthcare professionals enrolled in the program. You may find that you have contributed to the Rocky Mountain University experience in ways you did not recognize.

For example, have you:

- Served on a University committee?
- Completed faculty and/or course surveys?
- Brought your ideas to the attention of University personnel?
- Shared ideas and suggestions with your cohort leadership for courses or sequencing of courses?
- Participated in a program focus group?
- Contributed an article to the RMUupdate, RMU Insider or RMU Passages Blog?

Even though you are extremely busy pursuing your advanced degree, remember to take the time to increase your involvement at RMUoHP. Get the most out of your education at RMUoHP by getting involved! Share your ideas or tell us how you would like to become involved by contacting Lori Gordon in Student Services.

¹<https://rmuohp.edu/university/mission-vision-core-values/>

AOTA RECAP: LINDY BOGGS AWARD



Dr. Melissa Sweetman accepting in absentia the Lindy Boggs Award for Dr. JoAnn Keller

OTD Administration & Practice Management alumna Dr. JoAnn L. Keller, was presented the Lindy Boggs Award given by the AOTA at the conference in April. The award is given once per year to recognize the significant contributions by an occupational therapist or an occupational therapy assistant in promoting occupational therapy in the political arena by increasing recognition of occupational therapy in federal or state legislation, regulation, and/or policies, or by increasing appreciation and understanding of occupational therapy by elected or appointed officials. Dr. Keller owns Hands for Living, LLC in Lynwood, Washington and is the current Legislative Chair of the Washington OT Association. She was formerly the president of WOTA. Dr. Keller was unable to attend the AOTA conference this year, so OTD Program Director Dr. Melissa Sweetman accepted the award on her behalf at the conference.



Dr. JoAnn Keller

Two of our RMUoHP OTD faculty have also been recipients of the Lindy Boggs Award in the past: Dr. Denise Miller in 2014 and Dr. Christine Wietlisbach in 2004.

COME SAY HELLO AT OUR UPCOMING CONFERENCES



[American College of Sports Medicine 62nd Annual Meeting: San Diego, CA](#)
May 26-30



[American Physical Therapy Association NEXT Conference & Expo: National Harbor, MD](#)
June 3-6



[American Association of Nurse Practitioners National Conference: New Orleans, LA](#)
June 9-14



[National Athletic Trainers Association 66th Clinical Symposia & AT Expo: St. Louis, MO](#)
June 23-26



[National Strength and Conditioning Association National Conference: Orlando, FL](#)
July 8-11

COMMUNITY REHABILITATION CENTER GRANTS

Each grantor is recognized on the wall plaque in the patient waiting area of the CRC for their generous support.



Dr. Coleby Clawson working with a patient at the Community Rehabilitation Clinic

Utah County Community Development Block Grant (CDBG)

\$10,000 Grant



The Utah County Community Development Block Grant (CDBG) Program recently awarded the RMUoHP Foundation with a \$10,000 grant for the CRC for the 2015-2016 funding cycle. The funds are provided by the U.S. Department of Housing and Urban Development (HUD) which has contracted with Mountainland Association of Governments to administer Utah County grant programs.

The grant can be used for operational expenses and follow a similar grant of \$10,000 awarded to the Foundation for the 2014-2015 funding cycle. Utah County CDBG also provided \$21,000 in funding for the build-out of the Clinic in 2013-2014. The CRC officially opened in October 2014 and is scheduling more than 100 patient visits per month.

Rocky Mountain Power Foundation

\$3,000 Grant



Kathy Hoffman, a representative of the Rocky Mountain Power Foundation recently delivered wonderful news and a grant check for \$3,000 for the Community Rehabilitation Clinic to Vic Morris, Director and Grant Writing Specialist for the RMUoHP Foundation.

The funds come from Rocky Mountain Power Foundation's health and welfare grant cycle and are intended for operational costs of the Clinic.

Lilisa C. Hall, Executive Director for Rocky Mountain Power Foundation, indicated that their foundation receives numerous requests each cycle and determined that our project was worthy of funding. She stated that their foundation's allocation of grant dollars is determined by the quality of the grant application and available resources in a given cycle.

Rocky Mountain Power Foundation previously gave a grant of \$2,500 to the RMUoHP Foundation for the CRC for office equipment and supplies prior to the opening of the Clinic.

For more information on grant support for research or donating to the RMUoHP Foundation Research Fund, Contact Vic Morris, RMUoHP Foundation Director and Grant Writing Specialist at vmorris@rmuohp.edu or 801.734.6774.

RMUoHP FOUNDATION UPDATE

HUMAN PERFORMANCE RESEARCH LAB GRANT

Zions Bank Grant

\$40,000 Grant



Zions Bank in Utah initiated the build-out of the Human Performance Research Laboratory at Rocky Mountain University of Health Profession with a pledge of support of \$40,000 for lab equipment and maintenance over the next 3 years. The RMUoHP Foundation received a check for \$25,000 in April and an additional \$5,000 will come later this year. \$5,000 will also be designated for each of the next two years.

Zions Bank acknowledges that the research laboratory is a critical component to the success of RMUoHP, the faculty, and students. Their sponsorship gift will help facilitate healthcare research and provide new avenues for the University to fulfill its mission to change and improve the way healthcare is delivered in Utah and the Nation.

Zions Bank is supportive of a functioning laboratory that will allow RMUoHP students and faculty the opportunity to develop, perform, and manage both internal and external research and development at a level that was previously not feasible.

UNIVERSITY GIFT: LADY WITH THE LAMP

On May 19th RMUoHP received a 26 inch bronze casting of “Lady with the Lamp,” a statuette of nursing founder Florence Nightingale, which was originally sculpted by American artist, sculptor and anatomist Dr. Avarad T. Fairbanks, courtesy of the Fairbanks family.

Dr. David Fairbanks, RMUoHP’s PA Program Medical Director, and the artist’s grandson unveiled the statue to an audience of RMUoHP Doctor of Nursing Practice students, faculty and staff and members of the Fairbanks family. He spoke lovingly of his grandfather’s legacy and love for the nursing icon.

“If Florence had the desire to walk amongst us, and teach us... she would have all the right muscles there to do so.” Fairbanks said, “It’s not only the value of the metal that she’s made of, but the mettle in her soul and her character which so profoundly influenced the field of nursing... we’re very proud to display Florence here as part of the University,”



This statue was originally sculpted as a gift for the University of Utah College of Nursing in 1975, and the casting given to RMUoHP is one of only two 26-inch castings of the original. It portrays Miss Nightingale, the great founder of the modern day nursing profession, with a lantern in one hand, her writings in the other, on some nighttime errand of mercy. RMUoHP leadership would like to express the utmost gratitude to the Fairbanks Family for this generous gift.

“It didn’t matter the cost, or what you gave up, how long you were gone or the changes when you came home. It mattered that you were there.”



DNP alumna, Maria Kidner, RN, DNP recently returned from a year-long project working with the innovative Human Resources for Healthcare (HRH) program in Kibungo, Rwanda. The HRH program is a seven-year long partnership with the Rwandan Ministry of Health and members of 23 US medical institutions that focus on medicine, nursing, health management and oral health. The program had funding from the CDC and Congress and is a new model for providing foreign aid, by improving healthcare education and delivery.

“The thought behind it is to take 7 years and redevelop the country and introduce new education techniques supporting both in the acute care setting in a hospital, and those that are actually teaching, to improve the teaching in nursing.” Dr. Kidner said, “That’s what we need to do- we need to improve the education of nurses because they are providing hands-on care in the rural setting in most African countries.”

Dr. Kidner’s primary role with HRH was clinical mentorship of both clinical instructors and acute care nurses in a hospital setting. As a representative from Duke University,

she spent the year developing didactic and clinical education strategies and teaching skills for physical assessment and critical thinking—two areas that Rwandan nursing education lacked.

Nurses in Rwanda have traditionally been more subservient and well below the physician status. Their education has focused primarily on obtaining a specific skillset, like starting an IV, but Kidner found that the nurses didn’t have the ability to impact family through education, kindness, guidance, post-hospital education and exploratory guidance.

“That’s where it really lacked,” Kidner said, “so I tried to empower each nurse to understand how important they are to that patient, the patient’s family, the village which that family returns to and that village as part of Rwanda. Helping them understand that they are important I felt was critical— you have to be proud of what you do.”

Many nurses that Kidner met at the beginning of her time in Rwanda didn’t know what a stethoscope was, and one nurse named Oliver Hagumakubana even told her that stethoscopes were for doctors only. This was a common attitude that negatively



Nursing Education in Rwanda

impacted healthcare in Rwanda. There aren't very many physicians in the country, especially in the rural setting, so nurses are typically responsible for the majority of all healthcare in that setting. Dr. Kidner's education program focused on reversing this mentality and developing proficient healthcare providers in the nurses she trained. By the time Dr. Kidner left Rwanda, and as a result of her critical-thinking-based education and leadership training, Oliver and another internal medicine nurse at Kibungo Hospital, Diane, opened the hospital's heart failure and hypertension clinic, performing Echocardiograms, Electrocardiograms and more.

Dr. Kidner attributes her passion for affecting change on a global scale to her education at Rocky Mountain University of Health Professions, saying that her DNP education made her acutely aware of the impact a Nurse Practitioner can have on a community, state, national and even a global scale. That awareness sparked her desire to make a difference globally and she carried that passion with her to Rwanda.

"That's what filled my heart and soul from [RMUoHP], is how important each of us can be and are, whether we recognize it or not." Kidner said, "What we do in an office impacts that patient. They talk about it to family; family spreads it."

Alongside her work with clinical education and critical thinking skills, Kidner followed her passion further by developing a leadership program that was implemented in the Kibungo hospital for all mid-level leaders. This program was offered to several of the nursing units and was also offered for the biomedicine workers, pharmacy technicians, lab workers and IT department. The purpose of the program was to help these leaders understand their own importance in the larger group and improve communications to achieve the overall goals of the hospital. She helped them to develop a personal strategic plan to understand where they wanted to go and how to bring others with them along the way.

"[This project] was probably closest to my heart because I believe that teaching a way for people to grow accountability in countries that are developing is important," Kidner said, "The

lack of self-accountability is enormous and fairly traditional. It's someone else's fault"

Christian Ntakirutimana is a nurse who worked with Dr. Kidner on leadership skills. When Kidner met him, he was a very quiet nursing instructor, but as a result of the leadership skills Kidner taught him, Christian developed more courage, opened a healthcare center in his village and became the treasure of the Nursing Board because of his skills.

Leaving her home, family and practice for a full year was difficult for Kidner. "It was interesting. It was challenging," Kidner said, "But you leave from spending a year and you wonder if you've made a difference. Then you receive an email from one of your nurses that are telling you what they're doing, and you realize: it didn't matter the cost, or what you gave up, how long you were gone or the changes when you came home. It mattered that you were there. Every once in a while you have to remember that, because some days you forget that. Some days you go, 'Wow. If they're only still doing it, it was worth every last second of agony.'"

Dr. Kidner found that when she was feeling stressed in Rwanda, doing art really helped her relax. So when a patient asked what she could send Dr. Kidner, she requested paint and art supplies. Kidner painted 17 murals in the Kibungo hospital, in the nursing school, community center and several houses during her year of service. Her passion for teaching translated into her art as well, and she taught her guard Atanase how to paint, and before she left Rwanda, they came up with an idea to paint milk gourds so that he could have another marketable skill. Atanase now has a business painting and selling the milk gourds.

When she retires, Dr. Kidner hopes to continue her work in nursing education with her husband, by developing a leadership training program that can be taught to more people in smaller time increments so that she can reach more people. For now, she's content working in a very busy Nurse Practitioner clinic and reconnecting with her best friend, her husband.



Dr. Maria Kidner with Christian



Dr. Kidner's student Christian

INAUGURAL PHYSICIAN ASSISTANT PROGRAM BEGINS



RMUoHP's first cohort of PA students

The inaugural cohort of RMUoHP Physician Assistant (PA) students arrived on May 4 full of energy and enthusiasm to start the program. They took advantage of opportunities to get to know one another and have already begun to develop friendships. During orientation on Monday and Tuesday they learned about resources available to them through the University as well as expectations that the PA faculty and staff hold for them and they have stepped up to the plate. They have already donned their RMUoHP scrubs and claimed study spots around campus so they can get a jump-start on the material they are required to learn. They are quickly picking up the different technology avenues that the program uses and are well on their way

to becoming technologically savvy PA students. We are so excited to see what the next several months has in store for our eager PA students!

This group of students is highly impressive: the average aggregate GRE score of the inaugural cohort is 303.6 and the written is 3.85. Their average overall total GPA is 3.47 and the average science GPA: 3.36. The ratio of females to males is nearly 1:1, and they are an average age of 27. Our PA students represent eight different states across the nation, and nearly half of the incoming students are bilingual or multilingual. Languages spoken other than English include Arabic, Gujarati, Japanese, Mongolian, Portuguese and Spanish.

This first PA cohort also

possesses a wide range of prior healthcare experience, bringing many strengths and perspectives to the program. They are Certified Nursing Assistants, Phlebotomy Technicians, Emergency Medical Technicians, Paramedics, Athletic Trainers, Physical Therapy Technicians, Radiologic Technicians, Critical Care Technicians, Cardiac Rehabilitation Technicians, Psychiatric Rehabilitation Technicians, Hospice & Home Health Care Providers, Clinical Researchers, Medical Interpreters, Medical Scribes, Exercise Physiologists, Dental Assistants and more.

For more information about our Master of Physician Assistant Program, visit [the program page](https://rmuohp.edu/physician-assistant/)¹ or register for a [Virtual or In-Person Information Session](https://www.eventbrite.com/o/rocky-mountain-university-of-health-professions-rmuohp-2097179207)².

¹ <https://rmuohp.edu/physician-assistant/>

² <https://www.eventbrite.com/o/rocky-mountain-university-of-health-professions-rmuohp-2097179207>



eDPT Cohort 6 Arrives

RMUoHP's 6th cohort of DPT students continues to impress



DPT 6 students getting to know each other

The sixth cohort of Doctor of Physical Therapy students began their education on May 11 with a quick day of orientation that included a campus tour, a getting-to-know-you activity, several onboarding presentations regarding resources the University offers, and an overview of expectations for the program and how technology will weave in with their didactic coursework.

The DPT students at RMUoHP are always impressive and this group is no different. The incoming cohort's average cumulative GPA is 3.58, and its average prerequisite GPA is 3.53. They scored an average of 154 on the verbal section of the GRE, 153 on the Quantitative and 4 on

the analytical section. The average age of the new cohort is 26 years old and the class is 68.5% male and 31.4% female. More than half of the cohort is from a state outside Utah, including students from Arizona, California, Colorado, Florida, Hawaii, Montana, Nebraska, Nevada, Oregon, Pennsylvania, Tennessee, Washington, Wisconsin and Wyoming.

The DPT 6 cohort wasted no time getting to know one another, exploring the campus for study areas and beginning their studies. After their orientation day and a family BBQ put on by the DPT faculty and staff after orientation. They began classes at 8am sharp the next morning and are eager to embark on their journey to become Physical Therapists. Congratulations on making it this far, and welcome to RMUoHP!

For more information about our Doctor of Physical Therapy Program, visit <https://rmuohp.edu/academics/physical-therapy/>.

RMUoHP is now offering a fall cohort of its ClinScD SLP program in addition to the Summer cohort.

Space is Limited, apply now!



PA Faculty member Mike Nelson
teaching suturing techniques



PA Faculty member Mike Nelson
teaching suturing techniques

Nursing Workshops

Utah Nurses learn Suturing & Casting Skills



Nurses practicing suturing on pigs feet



Nurses practicing casting techniques

On April 2, RMUoHP hosted two continuing education workshops for Registered Nurses at Noah's event center Lake City, UT. The first workshop offered unique hands-on opportunity for the 35 in attendance to learn suturing techniques RMUoHP Physician Assistant Program faculty member Michael Nelson, MPAS, C. Nelson practiced as an Orthopedic and Neurosurgical Physician Assistant where developed surgical suturing techniques working with surgeons in orthopaedics, neurosurgery, hand surgery and plastic surgery.



Nurses practicing casting techniques

Later in the afternoon was an ORTHO-GLASS® Splinting/Casting Workshop with orthopaedic technician Marc Hatch from BSN Medical. Mr. Hatch's experience and teaching-style made it a fun and educational environment for 13 additional nurses to learn best practices in splinting and casting.

We appreciate the many Utah nurses, who took time from their busy schedules to attend this event. Both events were well attended and nearly all the participants expressed interest in attending a future RMUoHP Nursing workshop.

In honor of National Nurses Week which just ended, RMUoHP would like to offer THANK YOU to nurses across the nation for their contributions to medicine!



26th ENMG SYMPOSIUM

18 states were in attendance.

The speakers included David Greathouse, PT, PhD, ECS, FAPTA (adjunct faculty); William D. Eisner, PT, DSc, ECS (alumnus); Mr. John Eddy, PT, ECS; Dimitrios Kostopoulos, MD, DPT, DSc, ECS (alumnus); Mark Brooks, PT, DSc, ECS, OCS (alumnus), Arthur J. Nitz, PT, PhD, ECS, OCS (Clinical Electrophysiology Concentration Track Director); and, Elaine Armantrout, PT, DSc, ECS (alumnus).

The 26th Annual Electroneuromyographic Symposium was held at Rocky Mountain University of Health Professions on March 27 and 28.

More than 26 years ago the symposium became a vision of Dr. Michael Skurja, Jr. (EVP Institutional Planning & Strategic Initiatives) and Dr. Richard P. Nielsen (President). The symposium is designed for physical therapists that specialize in electroneuromyography, and this year more than fifty physical therapists representing

The keynote speaker was Jun Kimura, MD, a world renowned neurologist that has authored 501 original articles, 8 books, and 72 book chapters. A past president of the World Federation of Neurology he is Professor Emeritus at both Kyoto University in Japan and University of Iowa.

Pediatric Continuing Education

NICU | PICU | Early Intervention

Summer Programs

2015

For more info and to register for the programs visit <http://bit.ly/PedsCE>





White Coat Ceremony

Student Services hosted the University's first-ever ceremony for the DPT 5 class

On April 3, RMUoHP hosted its first-ever White Coat Ceremony for DPT 5 students at The Manor At The Riverwoods. Family guests attended as 48 students donned white jackets in preparation to leave on their first clinical rotations.

White Jacket Ceremonies are typically held when students begin a program, or as

they leave on clinicals, symbolically representing the transition from didactic coursework into clinical coursework. The ceremony is also an opportunity to establish professionalism, ethics in practice and an identity as future clinicians.

Though Physical Therapists don't typically wear white coats in the clinical setting, members of the DPT 5 cohort voted to hold the ceremony and class officers were instrumental in planning the event.

RMUoHP President and Physical Therapist Richard P. Nielsen opened the ceremony, followed by special remarks from Dr. Kaiwi Chung-Hoon, who was chosen to speak by the class.

Following Dr. Chung-

Hoon's remarks, DPT 5 student officer Steven Oswald spoke, represented the class. Following Oswald, DPT Program Director Dr. Wesley McWhorter presented the white coats as DPT faculty advisors Dr. Michael Bartholomew, Dr. Kaiwi Chung-Hoon, Dr. Kevin Helgeson, Dr. Ann Hoffman, Dr. Jeffery Lau, Dr. Joel Tenbrink, Dr. Misti Timpson and Dr. Mark Walker assisted in helping each student don his or her white jacket. Following the donning of the white coats, Dr. Joel Tenbrink led the group in reciting the Physical Therapy Oath.

Two students also received awards at the ceremony— Dr. Wes McWhorter presented Brian Knutson with the Academic Excellence Award, and Ms. Lori Gordon presented Tyler Carlen with the Student Service award.

A light reception with cookies and drinks followed the ceremony and students took advantage of photo opportunities and celebrated with their families and guests.



Dr. Richard P. Nielsen addresses the DPT 5 class



DPT 5 students waiting to don their white coats



DPT 5 student Ty Carlen



DPT 5 students reciting the Physical Therapy Oath



DPT 5 student Steven Oswald

2015 DPT Malawi Expedition with the Warm Hearts Foundation

Are you interested in clinical work in the third world?

Would you like to help build a future for education in Malawi?

Join or support the 17-day 2015 Africa Service Expedition

Dates: August 13-30, 2015

Application Deadline: June 15, 2015

Learn how to become a member of the expedition or how to support this noble cause by sending an email to pboothe@rmuohp.edu.

Expedition focus:

- Clinical Rotations in the District Hospital in Mangochi and working with the entry-level Physiotherapy program in Mangochi
- Construct Primary school in village near Mangochi

The Warm Hearts Foundation provides wells for villages throughout Malawi

ELEVATING *the* UNIVERSITY

eDPT 5 ENSIGN SCHOLARSHIP RECIPIENTS

ATHLETIC TRAINING STUDENT ACCOMPLISHMENTS



DSc AT 2 student Sayuri Hiraishi will receive the NATA Foundation Scholarship sponsored by F. A. Davis Company Publishers and will be recognized during the Pinky Newell Scholarship & Leadership Breakfast at the NATA Convention in St. Louis, MO.



PhD AT 7 student Melinda Watts will receive the "Frank Cramer Memorial Scholarship", sponsored by Cramer Products. She will also be recognized during the Pinky Newell Scholarship & Leadership Breakfast at the NATA Convention in St. Louis, MO.



PhD AT 7 student Nora Kraemer was chosen as the 2015 Minnesota Athletic Trainers Association (MATA) post-graduate scholarship recipient and received the award on April 25th at the MATA Annual Meeting and Symposium in Plymouth, MN.

Thank you to all students who applied for the chance Ensign Group Scholarship. The Ensign representatives were very impressed with all of the applicants, and are excited to return later this year to offer another batch of scholarships. **A special congratulations to James Justice and Cory Murray, who were the recipients of the Summer 2015 and Fall 2015 awards!**

Information about possible Winter 2016 and Summer 2016 scholarships for eDPT 5 students, will be made available as soon as possible. Contact Alex Wright for details. (awright@rmuohp.edu)

AWARDS

It is our pleasure to announce that President Richard P. Nielsen has been selected as the recipient of the 2015 Marilyn Moffat Leadership Award. The award will be presented to Dr. Nielsen at the American Physical Therapy Association Conference and Exposition Honors and Awards Program on June 4, 2015 in National Harbor, Maryland.



PROGRAM & REGIONAL ACCREDITATION UPDATE

NWCCU UPDATE:

The University had a successful NWCCU Mid-Cycle evaluation visit on April 22 and 23, 2015. Through review of the institution's process of outcomes assessment, the Mid-Cycle Evaluation is intended to ascertain institutional readiness to provide evidence of mission fulfillment and sustainability at year seven. The closing formative conversation by the site team was favorable and no recommendations were identified. The University's Mid-Cycle Self-Evaluation Report and the Peer Evaluation will be reviewed by the NWCCU Board

of Commissioners at their June meeting.

CCNE UPDATE:

RMUoHP hosted an on-campus evaluation of its Doctor of Nursing Practice (DNP) degree programs for programmatic accreditation by the Commission on Collegiate Nursing Education (CCNE), a national accreditation agency recognized by the US Secretary of Education. The University congratulates its DNP faculty and program director Dr. Marie-Eileen Onieal on their preparation for the site evaluation and delivery of quality health-care education. The University will be informed of

the CCNE Board of Commissioners decision by this coming July.

ARC-PA ACCREDITATION ACHIEVED:

The Accreditation Review Committee on Education for the Physician Assistant (ARC-PA) has granted Accreditation-Provisional status to the Rocky Mountain University of Health Professions Physician Assistant Program sponsored by Rocky Mountain University of Health Professions. Address: 12000 Findley Road, Suite 150, Johns Creek, GA, 30097, email: arc-pa@arc-pa.org; Website: <http://www.arc-pa.org/>

AWARDS



Randy D. Danielsen, PhD, PA-C, DFAAPA, Professor & Dean at Arizona School of Health Sciences, and a valuable member of our Advisory Board for the new PA program has received the [Eugene A. Stead Award for Achievement](#).



Dr. David Fairbanks, PA Program Medical Director, was selected as Best Teacher for 2014 -15 at Utah Valley University.

NAIOMT DISCOUNT FOR CRC VOLUNTEER PHYSICAL THERAPISTS



The North American Institute of Orthopaedic Manual Therapy (NAIOMT) has offered a tuition discount for Physical

Therapists who volunteer their services at the RMUoHP Foundation's Community Rehabilitation Clinic as mentorship and

building a strong PT community are at the heart of what NAIOMT is about.

To volunteer at the RMUoHP Foundation Community Rehabilitation Clinic (CRC) contact clinic director Dr. Coleby Clawson: cclawson@rmuohp.edu.

For details about courses, visit: www.naiomt.com

Volunteer
and receive
2 days= \$50 off
4 days= \$100 off
your next NAIOMT
course in Utah



Winter 2015 Publications

PUBLICATIONS

AM Kushner, JL Brent, **BJ Schoenfeld**, J Hugentobler, LS Rhodi, A Vermeil, . . . GD Myer (2015). The Back squat: Targeted training techniques to correct functional deficits and technical factors that limit performance. *Strength & Conditioning Journal*, 37(2), 13-60. doi: 10.1519/SSC.0000000000000130

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M Zajicek-Farber, GR Lotrecchiano, **TM Long**, JM Farber (2015). Parental perceptions of family centered care in medical homes of children with neurodevelopmental disabilities. *Maternal and Child Health Journal*, 1-12. doi: 10.1007/s10995-015-1688-z

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Please send your publications to Joy at jcoleman@rmuohp.edu

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DISSERTATIONS/CAPSTONES

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McCormack, JR. (2015). Eccentric Exercise Versus Eccentric Exercise and Astym (R) in the Management of Insertional Achilles Tendinopathy: A Randomized Controlled Trial. RMUoHP Dissertation.

PRESENTATIONS

Terry Keene presented "Medical Homes and Team Based Care or Training Inter-professional Teams for Patient-Centered Primary Care" at the American Association of Nurse Practitioners 2015 Health Policy Conference Program.



Darrin Smith and Joe Shaffer presented "Using the Kinetic Chain to Create and Incorporate Functional Mobilization Techniques: An Evidenced Based Principles Approach to Treating the Lower Extremity (BOC approved for 1.0 EBP CEU)." at the Wisconsin Athletic Trainers' Association 41st Annual Symposium in Milwaukee on April 17th.

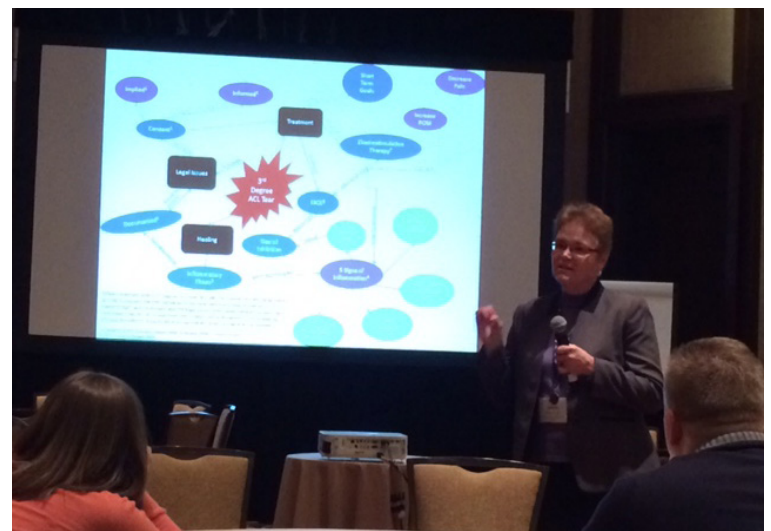
Greg Myer presented "Innovative Techniques to Prevent Concussion in Sport: Has Nature Already Provided the Solution?" at GLATA

Bryan Dorrell presented on his dissertation topic "Diagnostic accuracy of the functional movement screen: Systematic review and meta-analysis" at the Mid-America Athletic Trainer's Association meeting

Lori Algar presented on "Relative active motion programs following extensor tendon repair: A pilot study using a prospective cohort and evaluating outcomes following orthotic interventions" at the American Society of Hand Therapist Journal Club

Athletic Training DSc student Brett McQueen and his co-presenter Sam Wilkins presented at the Mid America Athletic Trainer's District Meeting on "Excessive Prevention of Ankle Sprains."

DSc AT Program Director Dr. Malissa Martin presented at the Athletic Training Educators' Conference in Washington D.C. in February on "Understanding the Millennial Generation: Current Perspectives and Learning Strategies" and "Developing Your Own Road Map: The Journey of Promotion and Tenure" and had a full house!



Dr. Malissa Martin presenting at ATEC

RMUPDATE

SPRING2015VOLUME14ISSUE2

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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 or contribute to RMU Passages: <http://rmuohp.edu/story-submit/>

Share your RMUoHP Pride with a testimonial: <http://rmuohp.edu/testimonial/>

Share RMUoHP with your friends and colleagues: <http://rmuohp.edu/refer/>

You can also email updates to 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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