

# RMU UPDATE

SUMMER 2015 VOLUME 14 ISSUE 3

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DR. MALISSA MARTIN WAS INDUCTED INTO THE NATA HALL OF FAME ON JUNE 25<sup>TH</sup> AT THE 66<sup>TH</sup> ANNUAL NATA CLINICAL SYMPOSIA & AT EXPO IN ST. LOUIS, MO. PHOTO PROVIDED BY RENEE FERNANDES/NATA.

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## CENTER SUMMER 2015 COMMENCEMENT

## FEATURES

# CALENDAR OF EVENTS

FALL 2015 SEMESTER START	PROVO, UT & ONLINE	AUGUST 31
LABOR DAY (CAMPUS CLOSED)	PROVO, UT	SEPTEMBER 7
UNITED WAY DAY OF CARING	PROVO, UT	SEPTEMBER 10
CLINSCD SLP PROGRAM INFO SESSION	ONLINE	SEPTEMBER 14
DNP 18 & 19/FNP 2 & 3 FALL 2015 ONSITE DATES	PROVO, UT	SEPTEMBER 14-18
FALL SEMESTER ADD/DROP DEADLINE	PROVO, UT & ONLINE	SEPTEMBER 21
UVU GRAD FAIR	OREM, UT	SEPTEMBER 21
BYU GRAD FAIR	PROVO, UT	SEPTEMBER 23
U OF UT GRAD FAIR	SLC, UT	SEPTEMBER 24
WSU GRAD FAIR	OGDEN, UT	SEPTEMBER 25
SLP 3 FALL 2015 ONSITE DATES	PROVO, UT	SEPTEMBER 25-29
APPLICATION DEADLINE; DPT AND PA PROGRAMS	ONLINE	OCTOBER 1
OTD 27 FALL 2015 ONSITE DATES	PROVO, UT	OCTOBER 1-5
OTD 26 FALL 2015 ONSITE DATES	PROVO, UT	OCTOBER 6-11
MSHS PROGRAM INFORMATION SESSION	ONLINE	OCTOBER 13
POST-PROFESSIONAL OTD PROGRAM INFO SESSION	ONLINE	OCTOBER 15
AOTA/OTCAS EDUCATION SUMMIT	DENVER, CO	OCTOBER 17-18
DEADLINE TO APPLY FOR FALL GRADUATION	PROVO, UT & ONLINE	OCTOBER 19
DSC ATHLETIC TRAINING PROGRAM INFO SESSION	ONLINE	OCTOBER 21
RMUOHP RESEARCH VISIONING CONFERENCE	PROVO, UT	OCTOBER 23
UTAH OT ASSOCIATION CONFERENCE	SALT LAKE CITY, UT	OCTOBER 24
DSC HPW PROGRAM INFO SESSION	ONLINE	NOVEMBER 4
ILLINOIS OT ASSOCIATION CONFERENCE	ST. CHARLES, IL	NOVEMBER 5-7
APTA SECTION ON PEDIATRICS ANNUAL CONFERENCE	PITTSBURG, PA	NOVEMBER 6-8
DSC HSP PROGRAM INFO SESSION	ONLINE	NOVEMBER 10
THE ASHA CONVENTION	DENVER, CO	NOVEMBER 12-14
THANKSGIVING HOLIDAY (CAMPUS CLOSED)	PROVO, UT	NOVEMBER 26-27

## PRESIDENT'S MESSAGE

# THE BOOMERANG EFFECT

Recently I have had experiences that caused deep pondering and reflection about the real purpose of life and, truly, thoughts about what in life really matters. These reflections have led me to define three things that I feel are vital components of success in life, be it personal, family, business, or service. These three principles, I believe, if we are successful in implementing in our lives, will elevate us and make the world a much better place for all. I will relate these three principles to the boomerang.

A boomerang is an airfoil designed to return back to the person throwing it, given that all factors of air, wind, speed, and technique of throwing work together; it will always return to the point of origin. The boomerang has its roots with the Aborigines in Australia. Anciently it was used for hunting and the earliest evidence of a boomerang dates back 30,000 years. Today, boomerangs are used mostly for entertainment and sport.

The first principle: **BE KINDER.** Be kinder to those you live with, work with, to those you serve as healthcare providers, to the unknown person you meet on the street and to those who have cause to mourn. Unconditional kindness is the mark of a true professional and the epitome of a human being. Beginning today, make part of your daily planning include random acts of unconditional kindness to others. You won't have to go out of your way to be kind to another, you simply can do it on your way.

Albert Schweitzer once said, "Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate." Mark Twain, referring to kindness said, "Kindness is the language which the deaf can hear and the blind can see." Like a boomerang, if we are kinder, it will always come back around to the point of origin to bless our lives.

The second principle: **BE SELFLESS.** Consider OTHERS before yourself at all times and in all places. Live outside yourself, and like the boomerang effects, it will come back to the point of origin to bless and serve you well.

A few years ago while working on a humanitarian building project in East Africa, I was taught a valuable and long

lasting lesson about selflessness by a ten year old orphan named Zachary. Zachary just happened on to the work site that day. After many hours of watching this young man work relentlessly, I knelt down by his side and asked his name. "Zachary," he said. "Why are you here, Zachary?" I asked. "Because you need help, don't you?" was his reply. Zachary said he was an orphan as his parents both died of HIV a few years earlier. In response to my question regarding when he had last eaten, Zachary said it had been many days. I had a sandwich in the pocket of my cargo pants and I handed the sandwich to him. He thanked me for the sandwich, put it in his pocket, and walked back down into the work pit that was surrounded by a dozen or so children watching the workers. I was taught a powerful lesson of selflessness when I watched him take the sandwich from his pocket and break it into pieces, giving one to each of those children and leaving none for himself. Seconds later, Zachary was back in the pit shoveling just as hard as he had been all day. Selflessness.

We, like Zachary, should look for ways we can give up the things we want and need for the benefit of someone else.

"We make a living by what we get, but we make a life by what we give," said Sir Winston Churchill. Yes, selflessness is like a boomerang- the blessings of selflessness will always return back to the point of origin.

Thirdly, **GO THE EXTRA MILE.** Always do MORE than is required.

Always give people more than they expect to get. Said Napoleon Hill, "The man who does more than he is paid for will soon be paid for more than he does." From Charles Francis Adams, "No one ever attains very eminent success by simply doing what is required of him; it is the amount and excellence of what is over and above the required, that determines the greatness of ultimate distinction." In other words, give the world the best that you have, and the best will come back to you- just like the boomerang.

Through kindness, selflessness and by going the extra mile, YOU can make your world and the world at large a better place. May this be the legacy you leave in your wake. And, the promise is, all these things will find their way back to the point of origin.

Richard P. Nielsen, PT, DHSc, ECS  
President







## PRESIDENT RECEIVES NATIONAL RECOGNITION

*American Physical Therapy Association bestows Marilyn Moffat Leadership Award*

RMUoHP is pleased to announce that Dr. Richard P. Nielsen received the [Marilyn Moffat Leadership Award from the American Physical Therapy Association \(APTA\)](#)<sup>1</sup> at the Honors and Awards Ceremony at the APTA's NEXT Conference and Exposition in National Harbor, Maryland on June 4. The award was presented to Dr. Nielsen by Dr. Moffat herself.

The Marilyn Moffat Leadership Award is given each year to recognize Physical Therapists who demonstrate positive leadership contributions in the Physical Therapy field for an extended period, which leave a lasting impact and measurable change in the development of the profession. Recipients of this award demonstrate exceptional leadership ability in Physical Therapy in extending service to the local community, the APTA and local components, international physical therapy organizations and appointed or

elected positions.

Throughout his career, Dr. Nielsen has demonstrated significant, sustained contributions to the profession of physical therapy. The award also marks the conclusion of a four-decade-long sterling clinical career as a physical therapy practitioner, contributing to the health and well-being of thousands of patients.

As President and co-founder of RMUOHP, Dr. Nielsen played a critical role in expanding the educational opportunities for established physical therapists by being among the first universities in the country to offer a transitional clinical doctorate. This was followed up by the creation of an accelerated, clinically enriched, entry-level physical therapy program which also leads to a doctorate degree. This significant leadership at a pivotal transition in the development of the profession had, and will continue to have, lasting positive impacts on the education of future physical

therapist and on patient care.

Additionally, his dedication, along with longtime colleague and university co-founder Dr. Mike Skurja, to the education of the professional community with respect to the advancement and recognition of Clinical Electrophysiology cannot be overstated. Finally, Dr. Nielsen's own track record of service and contribution to the common-good, is exemplary. He has traveled to Africa each year for more than 25 years, providing clinical care as well as materials, support and infrastructure for the development of schools and expansion of educational opportunities. The sum total of these contributions has led to measurable change - both in the realm of healthcare education and point of care impact. His nomination and selection for the Marilyn Moffat Leadership Award is both deserving and reflective of this remarkable body of work in the area of physical therapy.

<sup>1</sup><http://goo.gl/qhp0i8>

# TOP ADMINISTRATION EMBRACE PLANNED ROLE TRANSITIONS

University organizational structure  
undergoes a strategic shift



**Dr. Michael Skurja, Jr.**  
Chief Operating Officer



**Dr. Hani S. Ghazi-Birry**  
Executive Vice President of Academic Affairs  
& Provost



**Dr. Sandra Pennington**  
Executive Vice President of Institutional  
Effectiveness & Strategic Initiatives

August 3rd welcomed a new day in RMUoHP leadership, as three of our leaders changed positions within the University organizational structure. These administrative transitions were months in the making and part of a greater strategic shift in university development and institutional planning. Dr. Michael Skurja assumed the role of Chief Operating Officer, where he is responsible for facilities, IT, HR, and other operational duties. Dr. Hani S. Ghazi-Birry moved from Vice President of Academic Affairs

& Operations and Vice Provost to Executive Vice President of Academic Affairs and Provost, where he became the highest academic officer at the University, and Dr. Sandy Pennington left her role as Provost to become the Executive Vice President of Institutional Effectiveness & Strategic Initiatives. In this role, she'll continue her focus on University accreditation and lead our comprehensive strategic planning and assessment and continuous improvement efforts. We are excited to welcome these talented individuals into their new roles!



# FOUNDATION UPDATE

## GRANT: UTAH MEDICAL ASSOCIATION FOUNDATION



The [Utah Medical Association Foundation](https://goo.gl/C93LGo)<sup>2</sup> has awarded a grant of \$5,000 to the RMUoHP Foundation for use in the Community Rehabilitation Clinic (CRC) . “We are most grateful for support from the Utah Medical Association Foundation for the Clinic and appreciate their interest in helping the underserved population of Utah County. The charitable investment of the UMA Foundation makes it possible for us to help rehabilitate more patients back to a life of normalcy and productivity,” said Vic Morris, RMUoHP Foundation Director.

<sup>2</sup><https://goo.gl/C93LGo>

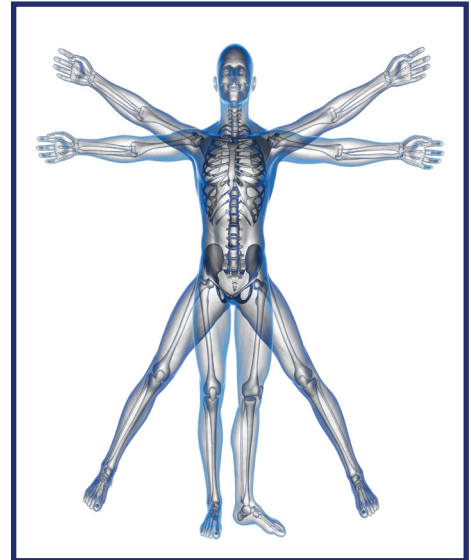
## GRANT: INTERMOUNTAIN COMMUNITY BENEFIT

[Intermountain Community Benefit](https://goo.gl/qiUPYo)<sup>3</sup> has approved a gift of \$3,000 to RMUoHP Foundation for the Foundation’s CRC to assist in providing rehabilitation therapy services for underserved and underinsured citizens in Utah County. Intermountain’s Community Benefit program works with community non-profit agencies, government entities, and healthcare providers to improve the health of the uninsured and underserved. Partnerships, school and community clinics, collaboration, donations, gift to community reporting and initiatives all make up the Community Benefit

Department’s wide array of projects and initiatives.

Intermountain is devoted to the community, helping out whenever possible to ensure that neighbors, families, and friends get the help they need to maintain or regain their health.

Intermountain Healthcare has been supportive of the CRC from the beginning and acts as a referral agent through the Utah Valley Regional Medical Center in referring physical therapy patients who qualify as underprivileged and uninsured to the Clinic for evaluation and treatment.



<sup>3</sup><https://goo.gl/qiUPYo>

## FOUNDATION WEBSITE LAUNCHED



We are excited to announce the launch of our new RMUoHP Foundation website! Information about the foundation, its leadership and associated projects, as well as a donor list, ways to contribute to the foundation and University and contact information can all be found at [foundation.rmuohp.edu](http://foundation.rmuohp.edu).

The RMUoHP Foundation’s CRC now has its very own newly launched website as well, and it can be found at [crc.rmuohp.edu](http://crc.rmuohp.edu). The CRC website contains information specific to the pro-bono clinic, its staff, services offered and its current hours of operation.



Photo courtesy of Renee Fernandez/ NATA

# DR. MALISSA MARTIN RECEIVES NATA'S HIGHEST HONOR

Athletic Training Hall of Fame Class of 2015 Inductee



Dr. Malissa Martin, RMUoHP Associate Vice Provost of Faculty Development and Curricular Innovation and also program director for the athletic training track of the Doctor of Science and Doctor of Philosophy in Health Science programs, was inducted into the prestigious [National Athletic Trainers' Association \(NATA\) Hall of Fame](#)<sup>4</sup> on June 25 at the 66th Annual Clinical Symposia and AT Expo in St. Louis, MO. Induction into the Hall of Fame is the highest honor an athletic trainer can receive. This year's ceremony recognized eight athletic trainers for their significant and lasting contributions that enhance the quality of healthcare provided by athletic trainers and advance the profession. The NATA Hall of Fame has been inducting members since 1962, and now has 296 members.

Dr. Martin is a nationally recognized presenter with more than 200 presentations to her credit.

She has authored several books and more than 100 other publications. Dr. Martin pioneered the first home study programs in athletic training and chaired the first NATA Athletic Training Educators' Conference, where she has been a key presenter since 1996. She was also the first woman to be elected as president of the South Carolina Athletic Trainers' Association. Her service and career accomplishments have been recognized with numerous awards.

Dr. Martin's passion for athletics and athletic training began in high school when she was one of the first females to play sports at her high school in Freeburg, Illinois. After sustaining a meniscus injury her senior year of high school, she spent much of her first year as an Indiana State volleyball athlete in and out of the AT clinic. Through observing the operations of the clinic, she knew she would pursue a career as an athletic trainer.

When she became an NATA member, her natural desire to provide service led her to become involved in many leadership opportunities within the national and state organizations. Dr. Martin says that her career has been most affected by her interactions with students. "The students and athletes who afforded me the honor to enter their world and share my experience were, without a doubt, the major players in my career," Dr. Martin said. "This interaction fulfills my spirit... All who know me agree my most shining moments are sharing learning spaces with others."

On behalf of RMUoHP administration, faculty, staff, and students, the University offers its heartfelt congratulations to Dr. Malissa Martin for her outstanding achievements and induction into the NATA Hall of Fame Class of 2015.

The Hall of Fame induction ceremony video is now available at <https://vimeo.com/134619340>.

<http://goo.gl/h057z0> Summer 2015





Photo courtesy of Renee Fernandez/ NATA



Photo courtesy of Dr. Malissa Martin



Photo courtesy of Dr. Malissa Martin



Photo courtesy of Renee Fernandez/ NATA

**Previous page:** Dr. Martin during the induction ceremony. **Top left:** Dr. Martin with Cynthia Booth, EdD, ATC. Cynthia nominated Dr. Martin and awarded the official green jacket during the ceremony, **Bottom left:** Dr. Martin with a quilt made by her alumni from across the USA. **Top right:** Dr. Martin at RMUoHP's NATA conference booth. **Bottom right:** Dr. Martin accepting the award. **NATA photos courtesy of Renee Fernandes/NATA.**





# FACULTY, STUDENTS & ALUMNI SHINE AT NATA

RMUoHP was well represented at NATA's 66th Annual Clinical Symposia & AT Expo in June

Photo courtesy of NATA



## NATA MOST DISTINGUISHED ATHLETIC TRAINER: PAUL ULLUCCI

RMUoHP PhD OS 6 alumnus Dr. Paul Ullucci received the NATA Most Distinguished Athletic Trainer Award at the NATA's 66th Annual Clinical Symposia & AT Expo. The [Most Distinguished Athletic Trainer \(MDAT\) award](#)<sup>5</sup> recognizes NATA members who have demonstrated exceptional commitment to leadership, volunteer service, advocacy and distinguished professional activities as an athletic trainer. MDAT exclusively recognizes NATA members who have been involved in service and leadership activities at the national and district level. Dr. Ullucci was also inducted into the Rhode Island Athletic Trainers Association Hall of Fame in January. Dr. Ullucci is also a Doctor of Physical Therapy, and he has spent 25 years treating athletes in professional sports all the way down to high school and younger athletes. He is currently a PT faculty member at Fresno State University.

## DAN LIBERA SERVICE AWARD: ALAN FREEDMAN

DSc AT 3 student Alan Freedman, received the 2015 NATA [Dan Libera Service Award](#)<sup>6</sup> from the NATA Board of Certification (BOC). The award was established in 1995 in recognition of Libera's contributions to the BOC certification program. The award recognizes individuals who have shown dedication to the mission of the BOC. Long-standing contributions to the BOC's programs are the primary criteria for the award. Freedman was nominated by Ian Rogol, who commented that "Alan has committed most of his professional career to the mission of the Board

of Certification. He has served as an examiner, Test Site Administrator and test administration committee member. He is currently serving as a member of the Reinstatement Panel. Additionally, he has served as an educator and mentor to numerous students who are successful athletic trainers today."

Freedman's commitment to the certification process is second to none. He has been actively involved in the profession for almost a quarter of a century and has held leadership roles in the athletic training associations of New York, Pennsylvania, Virginia and Michigan.

<sup>6</sup><http://goo.gl/DDAIIw>

## NATA FOUNDATION SCHOLARSHIP: SAYURI HIRAISHI

Sayuri Hiraishi, DSc AT 2 student, received the NATA Foundation Scholarship sponsored by F.A. Davis Company Publishers and was also recognized at the Pinky Newell Scholarship & Leadership Breakfast.



## RMUOHP ALUMNI PRESENTATIONS:

**Dr. Chris Brown** PhD AT 4

*The Effect of Acclimation and Knee Joint Angle on Tolerance to NMES Amplitude, The Effect of Knee Joint Angle on NMES-Induced Torque Production; Assessment of Patient Comfort during NMES-induced Quadriceps Contractions at Two Knee Joint Angles.*

**Dr. Tim Braun** PhD AT 5

*Community Associated Methicillin Resistant Staphylococcus Aureus Infection Incidence and Management of Suspicious Bacterial Lesions in Northeastern High School and Intercollegiate Athletics.*

**Dr. Peter Hoyt** PhD AT 7

*(Poster Session) Expanding Athletic Training.*

**Dr. Kim Keeley** PhD AT 4

*(Poster session) Athletic Trainer's Beliefs and Implementation of Evidence-Based Practice.*

**Dr. Bryan Dorrel** PhD AT 5

*(Poster session) Evaluation of the Functional Movement Screen as an Injury Prediction Tool among Active Adult Populations: A Systematic Review & Meta-Analysis.*

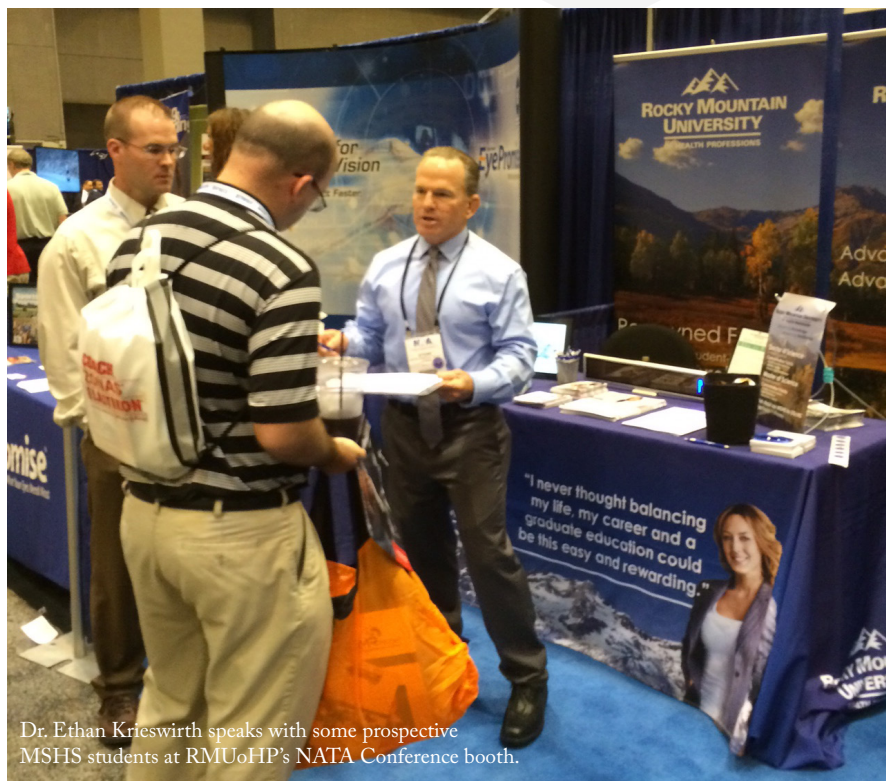


**Dr. Michelle Monaco** DSc AT 1

**& Dr. Kelly Potteiger** PhD AT 4

*How Technology Has Revolutionized The Practice Of Athletic Training, (V) Presented by the NATA Executive Committee for Education What Technological Innovations Are Being Used in Athletic Training Education.*

*\*We'd like to extend a special thank you to Andrew Lundgren for filling in at the presentation for Kelly. We love to see RMUoHP alumni working together!*



Dr. Ethan Krieswirth speaks with some prospective MSHS students at RMUoHP's NATA Conference booth.

## RMUOHP FACULTY PRESENTATIONS:

**Patrick McKeon, PhD, ATC**

RMUoHP Adjunct Faculty

*The Continuum Of Care For Functional Ankle Instability: A Patient-Centered Approach, (I, II, IV), Critically Appraising the Available Literature to Develop Clinical Answers.*

**Mary Barnum, EdD, ATC**

RMUoHP Adjunct Faculty

*Efficient Teaching Tips For Preceptors, (I, II, III, IV, V) Presented by the NATA Professional Education Committee, The Clinical Education Experience.*

**William Pitney, EdD, ATC, FNATA**

RMUoHP Dissertation Faculty

*The Nature Of Emotional Resilience Among Athletic Training Professionals In Difficult Work Settings, (V).*

**Kimberly Peer, EdD, ATC, FNATA**

RMUoHP Adjunct Faculty

*Professional Boundaries & Real World Ethics, (V) Presented by the NATA Board of Certification and Ethics Committee.*

**Stephanie Mazerolle, PhD, ATC**

RMUoHP Dissertation Faculty

*An Update On NATA Position Statements, (I, II, III, IV, V) Presented by the NATA Pronouncement Committee.*

## FRANK CRAMER MEMORIAL SCHOLARSHIP: MELINDA WATTS



Find Melinda in the middle row, second from the left. Photo courtesy of NATA

Melinda Watts, PhD AT 7, received the NATA Research & Educational Foundation Frank Cramer Memorial Scholarship sponsored by Cramer Products. She was recognized at the Pinky Newell Scholarship & Leadership Breakfast.

# YOGA AS THERAPY

DSc Health Promotion and Wellness faculty member promotes balanced living through Yoga and meditation



*Teresa (Teddy) E. Araas, PhD, CHES, teaches doctoral courses in Health Promotion and Wellness in the Doctor of Science in Health Science (DSc) program at RMUoHP. She owns Balanced Living Health & Wellbeing Consultants, LLC and Santosha Yoga School in Sheridan, Wyoming. Learn more at: [www.balancedlivingconsultants.com](http://www.balancedlivingconsultants.com)*

As health promotion educators, we follow evidence-based scientific advances through continuing educational resources (e.g., journals, trainings, conferences). Staying up-to-date is critical to fulfilling our ongoing commitment of employing best practices in serving our students, clients and patients. Recently, a business-training grant from the Wyoming Workforce Services Department provided an excellent opportunity for me to enhance my understanding of the power of therapeutic yoga.

I attended the 2015 Symposium on Yoga Therapy and Research (SYTAR) June 4-7, which is annually hosted by the International Association of Yoga Therapists (IAYT). IAYT is the global professional organization for yoga teachers and therapists that advocates research and education in yoga. SYTAR is a conference dedicated to updating attendees on research, best practices and policy issues. I was so inspired at this international event that I am eager to share some of the most stimulating topics and presenters with you!

The content, venue and atmosphere at SYTAR 2015

radiated a sense of community, professionalism and integrity! Thought-provoking seminars revealed how therapeutic benefits of yoga can optimize lifelong health and wellbeing. Many sessions focused on practical applications for treating individuals with chronic diseases, structural issues and emotional and psychological conditions. Numerous presenters concentrated on successful integration of yoga therapy into conventional health care systems. A few speakers provided informative lectures on history and early champions of yoga therapy, healthy aging practices and combining neuroscience with mindful yoga. Presentations on utilizing yoga as a powerful tool in preventive health care stimulated conversations about its effectiveness as a complementary accompaniment to necessary Western medical treatments.

Loren Fishman, MD, a Columbia University professor, concentrated his workshops on situations related to back pain, rotator cuff and osteoporosis, which were highly interactive; everyone became involved! Dilip Sarkar, MD, FACS, CAP, discussed his research project on “Yoga Therapy for Space Health.” As a retired vascular surgeon and Fellow of the American Association of Integrative Medicine, Dr. Sarkar is highly regarded globally for his work in yoga therapy, Ayurvedic wellness, and integrative medicine. With NASA’s approval, he and his team are creating therapeutic yoga guidelines for managing physical, physiological and psychological disruptions triggered by space travel.

Yoga is an ancient discipline that offers a broad range of methods to promote health, assist with healing and facilitate spiritual transformation. Unique and changing needs of students are addressed through continuous adaptation of many tools, when guided by qualified teachers. Yoga is for everyone, offering physical practices, special breathing techniques, powerful meditative moments, symbolic gestures, use of vocal sounds, guided self-inquiry and more. Yoga therapy is an integrative practice designed to empower the client to open to life experiences by increasing perception, bringing powerful self-care to daily life. This healing modality focuses on linking





Workshop participants at Santosha Yoga School lying in restorative "Savasana," a basic relaxation pose, at the end of a session.

movement to rhythmic breathing and emphasizes release through relaxation. A knowledgeable and gifted yoga therapist will design a personalized program, motivating the client to feel connected to the healing process and to practice at home.

At SYTAR, my mentors, Baxter Bell, MD, E-RYT-500, and JJ Gormley, E-RYT-500, facilitated hands-on seminars based on their work with one of the leading authorities in yoga therapy for lifelong health and wellbeing, TVK Desikachar. When we choose to practice purposefully, we embrace "...our relationships with others, our behavior, our health, our breathing, and our meditation path" (Desikachar, *The Heart of Yoga*, ©1995). Dr. Bell speaks of the power of yoga on his website: "Yoga is a practice of almost unlimited possibilities, benefiting our physical health, our sense of mental and emotional wellbeing, and feeding our soul on its search for purpose and meaning. And because of all these things, yoga can help us get healthy, stay healthy and also help us deal with sadness and suffering when they inevitably show up in our lives" (www.baxterbell.com).

JJ Gormley's philosophy is to practice "... yoga poses from the perspective of the energetic body and staying connected to the earth energetically (being well-grounded)... to create more space at the joints so one can move with better freedom and release stuck energy." (www.suryachandrahealingyoga.com).

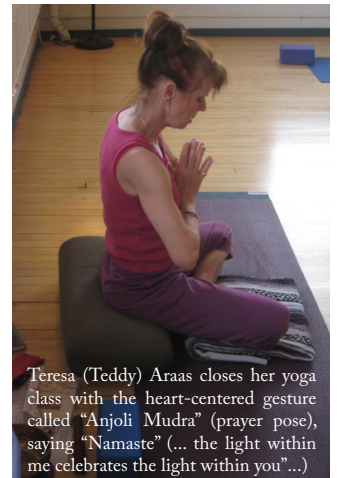
Personalized therapeutic yoga sessions can lead toward healing and growth. As clarity of mind increases, the 'wandering mind' is reined in, creating deeper awareness and greater appreciation of the true function of physical poses, to encourage calming, responsive energy moment by moment. Ultimately, experiencing greater harmony of heart, mind and soul starts with applying specific breath techniques, gentle re-alignment and purposeful meditative moments. The timeless relevance of philosophies that shaped the ancient discipline of yoga remains valuable and appealing in today's world ... practical, yet so powerful! Beneficial yoga therapy focuses on addressing all aspects of the human life "... We begin where we are, how we are, and whatever happens, happens" (Desikachar, *The Heart of Yoga*, ©1995).



Baxter Bell, MD, adjusts a Yoga strap for a workshop participant to help modify leg extension and enhance alignment.



JJ Gormley, Yoga Therapist/Teacher, helps a back therapy workshop participant to bring more breath into his back central torso to release tense muscles.



Teresa (Teddy) Araas closes her yoga class with the heart-centered gesture called "Anjali Mudra" (prayer pose), saying "Namaste" (... the light within me celebrates the light within you)...)

"YOGA THERAPY IS AN INTEGRATIVE PRACTICE DESIGNED TO EMPOWER THE CLIENT TO OPEN TO LIFE EXPERIENCES BY INCREASING PERCEPTION, BRINGING POWERFUL SELF-CARE TO DAILY LIFE."





## Mary Massery, PT, DPT, DSc

### *Outstanding Alumna Award Recipient*

Dr. Massery received a BS in Physical Therapy from Northwestern University in 1977, a DPT from the University of the Pacific in 2004 and her DSc from RMUoHP in 2011 in Advanced Neurology. Her publications and interests focus on linking motor behaviors to breathing and/or postural mechanics in both pediatric and adult patient populations.

Dr. Massery has given more than 800 professional presentations in 49 US states, 9 Canadian provinces and 15 countries worldwide, including more than 100 presentations for the American Physical Therapy Association. Dr. Massery has delivered keynote and major addresses on topics such as cystic fibrosis and posture, neuropulmonary deficits, pectus excavatum (chest deformities) and connections between posture & breathing. Recently, she presented a full day post-conference program at the 2015 World Congress of Physical Therapy in Singapore.

Dr. Massery has received national awards from the APTA, including its highest clinical award, The Florence Kendall Practice Award, honoring “one’s outstanding and enduring contributions to the practice of physical therapy,” and the Linda Crane Memorial Lecture. She has also been honored as Outstanding Alumnus of the Year by each of her 3 alma maters. Dr. Massery continues to maintain a private practice in Chicago.

## R. MIMI SECOR, MS, Med, FNP-BC, NCMP, FAANP, DNP

### *Alumni Speaker and Richard P. Nielsen Student Service Award Recipient*



We were honored to have Dr. R. Mimi Secor as both our alumni commencement speaker, and the recipient of the Richard P. Nielsen Student Service Award for her contributions to the Nurse Practitioner profession, the healthcare industry and RMUoHP.

Dr. Secor is a Nurse Practitioner, National Speaker/Consultant and radio host. She has worked for 38 years as a Family Nurse Practitioner specializing in Women’s Health and is also a North American Menopause Society nationally certified menopause practitioner. Dr. Secor lectures for various NP programs in New England and around the country and has also published extensively. She has years of media experience including her current role as a national radio host of the NP program, “Partners in Practice” on ReachMD. Dr. Secor has also been a guest on Good Morning America and was interviewed by the Wall Street Journal and many others. She has also received several awards, including the 2013 Lifetime Achievement Award from the Massachusetts Coalition of Nurse Practitioners for her work helping to get legislation passed that would allow Nurse Practitioners to prescribe, and also allow for insurance reimbursement.

Though she has been involved in service for many years, her recent decision to pursue a DNP at RMUoHP

has enhanced her clinical knowledge and her ability to provide excellent care and education to those that she serves. In her commencement address, she discussed the past, present and future of the Nurse Practitioner Profession and how her own career and path toward higher education has paralleled the evolution of the profession that began more than 50 years ago with Dr. Secor’s mentor Dr. Loretta Ford. Back then, higher education in Nursing was much different, and as the profession evolved, so did the educational standards and options.

“My focus has always been in clinical practice and education, so [the DNP is] the perfect match.” Dr. Secor said, “[Getting my DNP] expanded my perspective, and unlocked my brain. It also reinforced the way that I practice and the way that I *want* to practice.” Now that she has completed her DNP, she will continue her service through speaking and educating her fellow nurses about the benefits of a DNP in practice.

“If I didn’t have such a positive experience I would just be quiet, but I had a positive experience, so I hope other people can realize how much it can benefit them clinically,” Dr. Secor said, “I always tell people that are looking at DNP programs to think about how applicable it will be from the very beginning, the first day, the first semester.”





RMUoHP's Summer 2015 Commencement in Provo, Utah on August first welcomed 75 graduates from our DNP, MSHS, PhD, OTD and tDPT programs into the alumni status. Dr. Sandra L. Pennington conducted the ceremony for the last time as Provost, and graduates were hooded by incoming Provost Dr. Hani Ghazi-Birry and their respective program directors. We were honored to hear from distinguished graduate Dr. Mimi Secor, as well as current AOTA President Dr. Virginia "Ginny" Stoffel. The outstanding faculty award will be presented at our December Commencement. **Congratulations graduates!**



## VIRGINIA "GINNY" STOFFEL, PhD, OT, BCMH, FAOTA

*Commencement Address*

Dr. Ginny Stoffel, the current president of the American Occupational Therapy Association (AOTA), addressed the graduates. A born leader, Dr. Stoffel spoke from the heart. She advised each alumnus to focus on the humanity of their patients and bringing meaning to the lives of the patients and their families by suggesting three words to keep in mind; journey, family and meaning.

To close her address, Dr. Stoffel told each alumnus to, "Change your question from 'What's the matter with you?' to 'What matters *to* you?'"

In her capacity as AOTA president, Dr. Stoffel chairs the Association's Board of Directors, serves as an ambassador for occupational therapy in the United States and internationally and works to foster

the development of the profession and its members. She helped to establish leadership development programs at the AOTA, and serves as a faculty for the emerging leader and middle manager leadership institutes. Dr. Stoffel also serves on the board for the American Occupational Therapy Foundation.

An AOTA member since 1975, Dr. Stoffel earned a PhD in Leadership for the Advancement of Learning and Service from Cardinal Stritch University in 2007, a MS in Educational Psychology from the University of Wisconsin-Milwaukee in 1983 and a BA in Occupational Therapy from St. Catherine's in 1977. She is currently an associate professor in the Department of Occupational Science & Technology at the University of Wisconsin-Milwaukee.

Among her many publications, Dr. Stoffel co-authored the mental health text, *Occupational Therapy in Mental Health: A Vision for Participation*. Her research and scholarly interests focus on the needs of veterans as they transition to civilian life.





# ELEVATING *the* UNIVERSITY

## STUDENT ACCOMPLISHMENTS



### BILL MILLS, DSc AT 3

DSc AT 3 student Bill Mills was recently featured in an [article](#)<sup>7</sup> in the Friars Lantern, the Student-run news website of Malvern Preparatory School where he is the Assistant Athletic Director and Athletic Trainer. As a result of his studies at RMUoHP in the DSc program, Mills is in the process of developing a Sports Medicine Research Institute at Malvern Prep, that will include a research methods elective class for seniors interested in going in to sports medicine.



### SAYURI HIRAISHI, DSc AT 3

DSc AT 3 student Sayuri “Sy” Abe-Hiraishi is a certified instructor for the [Postural Restoration Institute](#)<sup>8</sup> and recently returned from a trip to Japan where she hosted multiple EBP CEU workshops in Osaka and Tokyo. She was also an NATA Foundation Scholarship award recipient at the NATA Conference and Expo in St. Louis in June ([See pg. 10](#)).

<sup>7</sup><http://goo.gl/tQcbfg>

<sup>8</sup><https://goo.gl/zdCJiz>

<sup>9</sup><http://goo.gl/D64Q01>

## PROFESSIONAL ACHIEVEMENTS

FNP Program Faculty member **Dr. Stacey Pfenning** was named the new Executive Director of the North Dakota Board of Nursing. Learn more [here](#)<sup>9</sup>.

DNP alumnus **Rhigel (Jay) Tan** was seated as the president of the Nevada State Board of Nursing. He’s the first Asian American and the first male to hold that seat and is a faculty member at UNLV.

OTD Co-Program Director **Dr. Melissa Sweetman** was appointed as President Elect of the South Carolina Occupational Therapy Association. Her term officially begins in February of 2016 and she will become President of the association in February of 2018.

OTD Aging Elective Track Director **Dr. Kitsum Li** was named as an Administrator for the Evidence-exchange project for American Occupational Therapy Association.

PhD HPW Alum **Dr. Brad Schoenfeld** was re-elected to the board of the National Strength and Conditioning Association. Check out his bio [here](#)<sup>10</sup>.

RMUoHP Financial Aid Officer **Maria Sager** was voted on as a board member for Saving Antiquities for Everyone (SAFE), an organization she began volunteering for last Fall as an invitation from RMUoHP President Nielsen to perform a service activity. Read her board member bio [here](#).<sup>11</sup>

<sup>10</sup><http://goo.gl/3hQC9C>

<sup>11</sup><http://goo.gl/LYJwbZ>

Summer 2015



## AWARDS

### FNP PROGRAM FACULTY MEMBER DR. STACEY PFENNING RECEIVED THE NORTH DAKOTA LEGENDARY NURSE AWARD FOR EVIDENCE-BASED PRACTICE

on May 21st at the NDBON 100th Year Anniversary Celebration. (<https://goo.gl/8DLLLz>). The award is given for excellence in the promotion and utilization of evidence based practice principles in the pursuit of clinical excellence. Dr. Pfenning has been instrumental in promoting Evidence Based Practice throughout North Dakota for many years.



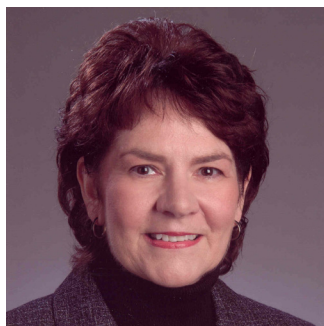
She co-created the State Online Journal club which provided an interactive forum for discussing clinical practice questions and for posting Clinically Appraised Topics (CATs). This journal club formed the basis for the current Evidence Based Practice Resource Center at the North Dakota Center for Nursing. She has presented at many state and national conferences providing her set of evidence based practice tools to nurses. Last fall, she presented a Bootcamp on Evidence Based Practice, providing participants with many tools to implement in their organization. Dr. Pfenning is a champion and truly passionate about promoting evidence

based practice. Congratulations Dr. Pfenning!

### PHD AND TRANSITIONAL DPT PROGRAM DIRECTOR DR. JANE SWEENEY

was presented with the inaugural [Pioneer Award in Neonatal Therapy](#)<sup>12</sup> “for outstanding and enduring efforts as a forerunner in education, mentoring, and innovation in the specialized field of neonatal therapy” at the National Association of Neonatal Therapists annual conference April 2015.

<sup>12</sup><http://goo.gl/4TMBww>



### VP OF INSTITUTIONAL EFFECTIVENESS AND COMMUNITY ENGAGEMENT JESSICA EGBERT RECEIVED A BEEHIVE AWARD

at Utah's StartFEST. [The award](#)<sup>13</sup> recognizes unsung community heroes and Dr. Egbert is receiving the award as a result of her community service and initiatives through the Utah Valley Chamber of Commerce.

<sup>13</sup><https://startfestival.com/awards>



### DSc HPW STUDENT RUPAL PATEL RECEIVED APTA'S MINORITY FACULTY DEVELOPMENT SCHOLARSHIP AWARD

during the association's NEXT Conference & Exposition in National Harbor, MD June 3-6. Ms. Patel is currently an associate clinical professor in the DPT program at Texas Woman's University and a PhD candidate at RMUoHP. Her expertise is in managing patients with neurologic dysfunction, especially TBIs, stroke and spinal injury.

The Minority Faculty Development Scholarship Award is bestowed annually by the Physical Therapy Fund, a nonprofit 501(c)(3) organization supported by APTA, on faculty who are members of racial/ethnic minorities and who are pursuing a post-professional doctoral degree. Award recipients must demonstrate commitment to minority services and activities and show superior achievements in the profession of physical therapy.

Ms. Patel's accomplishments and contributions to the PT field have a wide reach. She has presented nationally and has received several awards. She has served her profession as an APTA elected delegate. She is an active member of several associations and community organizations. Read more about her contributions and award on [our blog \(https://rmuohp.edu/blog/?p=108\)](https://rmuohp.edu/blog/?p=108).



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# OTD ALUMNA PROMOTES PEDIATRIC OT PLATFORM IN NATIONAL COMPETITION

Candice Freeman represents Utah and RMUOHP in the 2015 Miss Plus America Pageant in Atlanta, GA July 27-31

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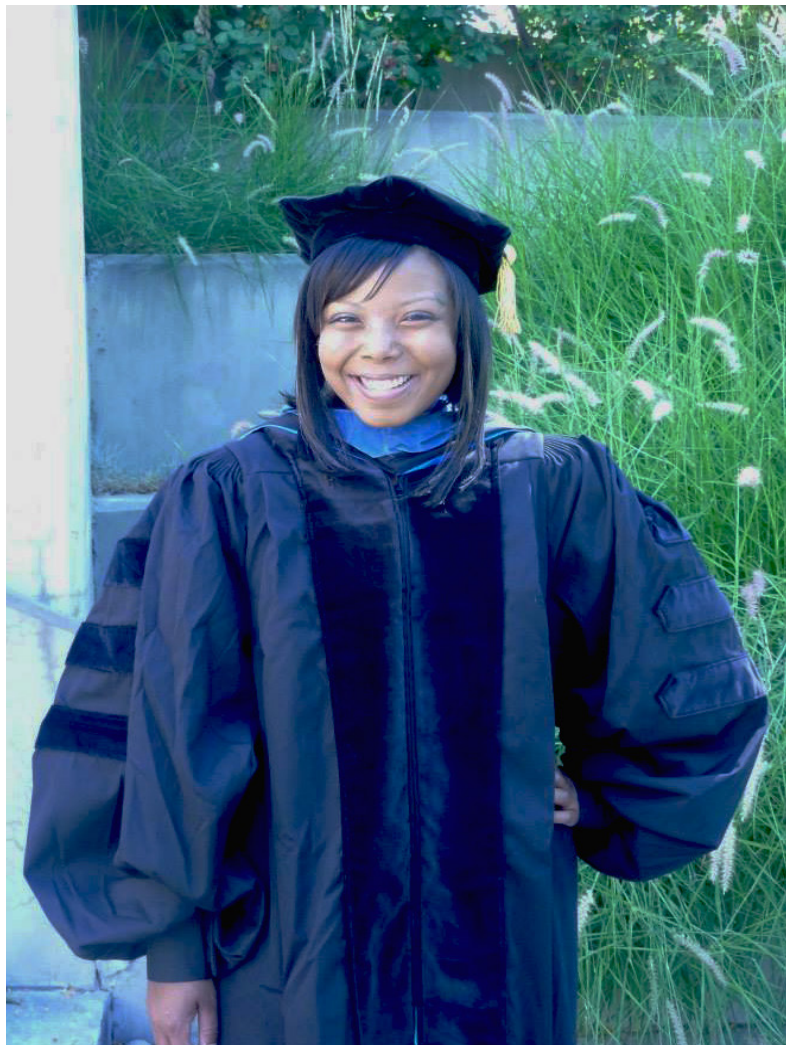
In July, alumna Candice Freeman, OTD represented the state of Utah and competed with roughly 65 other delegates from all over the United States in the [Miss Plus America](http://www.missplusamerica.com)<sup>14</sup> competition in Atlanta, GA. She was one of 24 other women in the “Ms.” category, and placed second runner up in her division. Dr. Freeman currently resides in Texas, but since she attended RMUoHP in 2013, she was eligible to represent Utah. She received the Ms. Utah title just a few weeks prior to the national competition.

For the competition, the top five competitors from each division are selected from panel interview (50%), elegant pant wear (25%) and evening gown (25%). For the finals, the process begins again to determine the winner for each category.

Although Dr. Freeman is now a seasoned veteran of the Miss Plus America pageant and its affiliated state competitions, it wasn't until the past 7 years or so that she learned about the organization.

“I got into plus-sized pageantry by accident,” Dr. Freeman said. After undergoing weight loss surgery in 2008, Dr. Freeman started plus-sized modeling and stumbled across the Miss Plus America pageant searching for modeling opportunities. She read the qualifications for competing, and realized that it was something she could get involved in and use as a platform for her passion as a Pediatric Occupational Therapist.

“We have to have a platform that we're passionate about,” Dr. Freeman said about the



<sup>14</sup><http://www.missplusamerica.com/contestants>





"IF I HAD NOT DECIDED TO BECOME AN OCCUPATIONAL THERAPIST, OR HAD NOT GONE ON TO GET MY DOCTORATE, I WOULDN'T BE ABLE TO DO WHAT I DO WITH MY PLATFORM."

competition requirements, "so I created my own platform: it's called **"Independent U-- Promoting the independence of children with disabilities."** Dr. Freeman works with children with all types of disabilities and has noticed that when these children are out in the community, people often stare or whisper about the child with the disability. Her platform focuses on combatting the incorrect stigmas associated with these children, and advocating for their rights to feel connected with the community.

"Just because a child is in a wheelchair, or [is plagued with some other disability. It is easy to] think they are limited by their condition, but they are not. They have the same dreams, hopes and aspirations as any other child would," Dr. Freeman said.

Dr. Freeman also works with several local nonprofits, hospitals and service organizations to fundraise and raise awareness about children with special needs.

"My whole platform is dedicated to Occupational Therapy, to help enhance the lives of families and children."

Dr. Freeman said. "If I had not become an OT or had not gone on to get my doctorate, I wouldn't be able to do what I do with my platform."

Dr. Freeman noted that RMUoHP's OTD program was challenging and thorough. She was able to really hone her clinical reasoning skills and provide better clinical interventions for the children she serves.

Along with being a great platform for Dr. Freeman to promote her passions, she really enjoys the other elements of the pageant as well. "I really fell in love with it because as an OT, we're always dressed down, and so pageantry provides the opportunity to dress up!" Dr. Freeman said. This was Dr. Freeman's third year competing on the national level. She placed third runner up in the 2010 pageant again as Ms. Texas, and competed again in 2013 before placing second runner up this year as Ms. Utah. Dr. Freeman makes appearances as Ms. Utah and assists with fundraising as a part of her platform outside of the competition. She may be reached at [candicefreeman@hotmail.com](mailto:candicefreeman@hotmail.com).

# FULL CIRCLE

Admissions Representative Jennifer Fenrick shares how RMUoHP's OTD program directly impacted her family's life before she even knew the University existed.



**W**hile I am new to RMUoHP, I'm not new to the health professions field.

Throughout my career I have had the pleasure of working with some of the most intelligent and talented professionals. One of those was an occupational therapist named Tania Stegen-Hansen, OTD, OTR/L, BCP, C/NDT. I worked with Dr. Stegen-Hansen on a multi-disciplinary team with children on the autism spectrum, providing in-home and community-based therapy. Tania was always willing to teach our team techniques, activities and skills that we could integrate into our therapy sessions to keep our young clients engaged and focused, while also targeting OT goals to help each child progress. She became a touchstone for many of the cases we encountered, and personally, there wasn't anyone I would trust more with my own babies.

My twin boys were born five weeks premature and spent a week in the NICU. When one of my

boy's gross motor skills seemed a bit delayed at around five months old, it was Tania who I called. She wasted no time in meeting with us in her clinic so she could evaluate him, and she continued to see him every four to six months after that, until he was four and we were certain he was reaching all of his motor milestones. Those first few visits were full of anxiety for me. I felt powerless, but I trusted Tania whole-heartedly, as I felt that my baby's developmental trajectory hinged on this early intervention.

Now, more than three years later, he is doing fantastic and is developing on-par with other almost-five-year-olds! But as a mom, I won't ever forget those first few months of uncertainty and who was there to help along the way. "My" Tania will always hold a special place in my heart for that very reason.

It wasn't until I came to work in the admissions department here at RMUoHP that I discovered that "my" Tania was an alumna of our program and had earned her OTD here in 2010! It is so neat to me that my experiences in the health professions realm have

now come full circle! Knowing that Tania took the extra step to become educated at the highest level possible for her field, and in one of the largest programs in the country, made me feel that much more confident about the trust I was putting in her to help me take care of my boy. As a parent, there's no better feeling than knowing and understanding that you have the best of the best working with your child. After being able to meet the program directors and the faculty of the OTD program, I feel that much more grateful for Tania taking the time and investing her effort and expertise into helping my little boy.

So, while I believe and am invested in RMUoHP for a bevy of reasons, I can say that the post-professional OTD program and its alumni have had a direct impact on me and my family's life and well-being. Dr. Tania Steven-Hanson, my Tania, exemplifies the vision of RMUoHP in advancing the quality, delivery and efficacy of healthcare, and for that I am truly grateful.

Check out the full blog post at <https://rmuohp.edu/blog/?p=188>.



# STUDENT LEADERSHIP UPDATE



## ENTRY-LEVEL LEADERSHIP PRESIDENT'S BREAKFAST

On July 22, the Doctor of Physical Therapy (DPT) 5 second year class leadership, along with the newly elected first year DPT 6 and Master of Physician Assistant Studies (MPAS) 1 class leaderships joined together for Breakfast with RMUoHP's President Richard P. Nielsen. This was an inaugural event, as RMUoHP welcomed in the Master of Physician Studies program (2015) allowing three program class leaderships to join together. The members of each class's student council were able to mingle together fostering unilateral ideas and cohesiveness amongst one another, while embracing the prestigious opportunity of meeting President Richard P. Nielsen and enjoying breakfast.

## POST-PROFESSIONAL GSC WELCOMES NEW MEMBERS

The RMUoHP Graduate Student Council (GSC) was formed to represent the students of the University and to meet the needs and interests of the students during their matriculation at RMUoHP. The GSC addresses the needs of the students and acts as a liaison between students and RMUoHP administration. The GSC represents the various programs at RMUoHP and is responsible for sharing GSC activities with respective cohorts and to take issues, concerns, etc. from cohorts to the administration. Many University initiatives are brought forward

by the members of the GSC. Recently, the implementation of a University wide emergency notification system was investigated and implemented as a result of the GSC's initial discussions. This is just one example of how the Graduate Student Council becomes involved and enables growth and changes within the University.

For more information about the GSC, to learn who your GSC representative is, or to share your thoughts, comments and concerns to the GSC, please contact GSC Chairperson, Rick Howard, at [rihoward41@gmail.com](mailto:rihoward41@gmail.com).

Much appreciation goes out to our recently graduated and outgoing GSC members, for their contributions to the GSC: Ellanora Kraemer (AT 7), Kennetha Mentor (ClinScD-SLP), S. VaNiece Russon (FNP 2), Barbara Spencer (DNP 17), Jamie Alexander (eDPT 4), Nicklaas Winkelman (HPW 6) and Vice Chair Michelle Webb (OTD 25).

Rocky Mountain University of Health Professions



## 2015-2016 CLASS LEADERSHIP

### DPT 5 CLASS LEADERSHIP:

Nicolea Jones (President), Taylor Farnsworth (Vice-President), Steven Oswald (Secretary), Chantel Myers (Historian), Steven Robert (Public Relations) and Tyler Carlen (Graduate Student Council).

### NEWLY ELECTED DPT 6 CLASS LEADERSHIP:

Jesse Brunner (President), Brent Losee (Vice-President), Lauren Takayesu (Secretary), Lauren Hagemeyer (Historian), Skyler Anderson (Public Relations), Kyle Graves (Social Chair) and Brandon Poulter (Professional Development).

### NEWLY ELECTED MPAS1 CLASS LEADERSHIP:

Lauren Stanford (President), Jaddon Rogers (Vice-President), Elizabeth Bueler (Secretary), Matthew Rose (Treasurer) Michael Cheesman (Graduate Student Council), Kathleen Grabowski (SAAAPA Assembly of Representatives Representative), Lorraine Brimhall (SAAAPA State Chapter Student Representative) and Jesse Golodner (SAAAPA Outreach Chair).

### NEWLY ELECTED GSC LEADERSHIP:

Please join us in welcoming the newest members to the GSC: Toni Brown, (FNP 2), Michael Cheesman (MPAS 1), Julie Kardachi (OTD 26), Jennifer King (DNP 18), Britney Krugman (MSHS 4), Bryan Langton (eDPT 6) and Ryan Nokes (DSc AT 3).



# DPT 5 TESTS OUT NEW SERVICE LEARNING OPPORTUNITY

Six students complete inaugural course including the RMUoHP Foundation's Community Rehabilitation Center (CRC)



objectives and spirit, students presented an end-of-term project entitled: Exemplifying the Core Values of RMUoHP through Service-Learning on July 29. This presentation included personal reflections of healthcare access for patients, as well as recommendations to continue the clinic momentum developed under the the direction of alumnus, Dr. Clawson. Additionally, students reflected on their personal opportunity to assist the underserved.

The experience had a lasting effect on RMUoHP student, Jennifer Divis, "I was not aware that the demand for pro-bono services is so high. My eyes were also opened to the fact that most (if not all) of these individuals were in these situations at no fault of their own. It made me realize that there is no difference in the kind of services I provide to a paying or non-paying patient. I think this experience will lead to a continuation of providing pro-bono care in my career because I have a taste of how rewarding it can be."

RMUoHP completed its first elective course in August, incorporating community service into academic learning by teaching physical therapy students the scope of health issues and rehabilitation needs of the medically uninsured and underserved citizens of Utah County at the RMUoHP Foundation's CRC.

The Student Service Learning Course is a one credit hour per semester course and involves 12 scheduled hours of volunteer service in the CRC. The course concept was originally envisioned by University president Dr. Nielsen, and designed by the current Provost, Dr. H.S. Ghazi-Birry, as a means to weave the University's newest core value of service, into the didactic and clinical components of a service learning course. Next, with feedback from the academic community and support from the administrative board, the service learning course concept was launched. This first service-learning course experience was led under the direction of course instructors, Drs. Sandy Pennington and Coleby Clawson.

RMUoHP students were monitored by licensed Physical Therapists engaged in the delivery of rehabilitation care at the CRC in Provo. Students gained first-hand insight and experience in participating in a clinic devoted to serving Utah County's underserved population.

One of the participating students, Taylor Comley, noted that the students in participation were able to build upon traits required for a flourishing healthcare provider such as altruism, professional development, leadership, cultural sensitivity, community involvement and ethical mannerisms.

Taylor also stated, "Personally, my experience encompassed empowerment. Not only was I able to develop my own professional abilities, I was able to empower patients seen at the CRC to live their lives to the highest degree they desired. Providing the patients with this opportunity, being able to witness the small successes they made in each session and feeling the gratitude they expressed are the best gifts any physical therapy student can ask for."

As a culmination of the course

## As a group they indicated the experience:

- Improved their clinical reasoning skills and awareness of social responsibility
- Was an opportunity to utilize the most current evidence-based practices for decision making
- Created cultural awareness enhanced through providing care to the underserved
- Individualized engagement with the underserved population
- Provided leadership opportunities with a multi-faceted team

We are very excited to continue offering this course for future students!



# DPT 6 VOLUNTEERS WITH SPECIAL OLYMPICS UTAH

12 students help with testing and education for 'Healthy Athletes' program

"Reflecting on the experience, I thoroughly enjoyed working with the athletes and their families. They were so proud of their accomplishments and encouraged each other to improve their physical health and well-being. This experience has really made me excited to help improve not only the human experience through movement, but also each individual's livelihood. We treat friends, not just patients." -**Crystal Miskin**

"The Special Olympics was a great experience for me because it was the first PT-oriented event I attended after becoming a student of Physical Therapy. The catch was that I was expected to know what I was doing. I definitely felt both excited and terrified as I started working with the participants, but the kids there were all so nice and outgoing that my fear dissipated almost immediately. It was extremely rewarding to interact with some very cool people while also helping them in a manner that was connected to my future profession. I loved it." -**Bryan Langton**



Left to right: Laura Hall, Jesse Brunner, Aasta McColery, Brent Losee, Dallas Reynolds, Tyrell Sainsbury, Carson Loose, Lauren Hagemeyer, Greg Roman, Crystal Miskin, Isaac Carling, Breck Leonard.

On June 12 and 13, members of the DPT 6 cohort volunteered at the [Special Olympics Utah \(SOUT\) Summer Games](http://sout.org/summer-games/)<sup>15</sup>. The students helped with the Healthy Athletes program, a study testing the health and fitness of Special Olympics Athletes. Students were trained in several stations which evaluated special fitness tests such as flexibility, strength, balance,

cardio and health education. As part of Healthy Athletes program, the DPT 6 students monitored and recorded these tests. Many athletes learned how to improve their fitness levels and were given exercises to continue to strengthen their bodies and help them stay fit. As brand new DPT students, volunteering at the event was an eye-opening and fun experience.



Lauren Hagemeyer with two Healthy Athletes participants

"NO DOUBT ABOUT IT, I HAVE SOME NEW FAVORITE ATHLETES." -**LAURA HALL**



# CLINICAL WORK IN AFRICA

2015 Malawi Expedition with the Warm Hearts Foundation and World of Difference



In August, a group of 20 DPT students and community members traveled in conjunction with [World of Difference](#)<sup>15</sup> and the [Warm Hearts Foundation](#),<sup>16</sup> to Mangochi, Malawi to participate in a three-week learning and service expedition. The team arrived in Malawi on August 14 and, under the direction of team leaders President Dr. Richard Nielsen and his wife, Jodi, began their service by assisting with the construction of a large primary school. The school will accommodate 225 students, including a library stocked with approximately 2,000 pounds of educational supplies (delivered by these volunteers), two large restrooms and student desks. Additionally, a foundation is being laid for a high school that will be completed in 2016 by World of Difference and RMUoHP volunteers. World of Difference volunteers have constructed approximately 20 schools in Africa and are collaborating with the Malawi Warm Hearts Foundation, a sister organization, for the 2015 project.

In addition to the service opportunity with the two foundations, our DPT students have also been able to participate in clinical rotations, under the direction of RMUoHP alumna and faculty member Lisa DePasquale, PT, DSc, ECS in the city of Blantyre in cooperation with Malawian physical therapy practitioners. They are also participating in academic exchange opportunities with students in the University of Malawi College of Medicine physiotherapy program. Part of the academic experience includes the opportunity for our DPT students to present case studies to the Malawian physiotherapy students and in turn, have the Physiotherapy students in Malawi present case reports back to them.

**Look for a full article in our next RMUpdate and see the Daily Herald's coverage of the trip at <http://goo.gl/A5uqgA>!**

## SPREAD THE WORD CAMPAIGN



Your participation in promoting RMUoHP's programs is critical to our success. University alumni and students are a wonderful resource for qualified applicants. You have the necessary insight and first-hand experience to identify individuals who have the ability to be successful in our programs. We value your referrals and participation is easy!

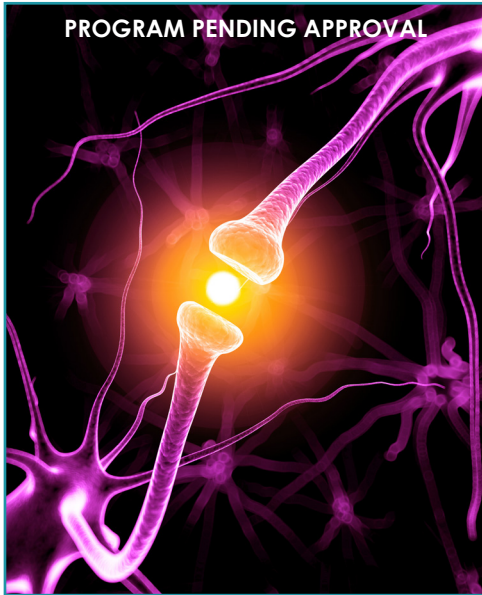
If you know someone who might be interested in our program, please refer them by completing the short [online form](#)<sup>17</sup>. A small gift will be provided as a thank you for sharing the RMUoHP message.



# PROGRAM UPDATES

## NEW! DSC CONCENTRATION TRACK IN NEURO REHAB

Our debut cohort will begin in the summer 2016 semester



RMUoHP is pleased to announce the creation of a brand new concentration in the Doctor of Science in Health Science program, in the area of neurologic rehabilitation. This new specialty area will debut in the summer term of 2016, targeting physical and occupational

therapists with an interest in the advanced evaluation and treatment of patients who have a neurological disorder or disease.

The Neurologic Rehabilitation concentration includes a diverse curriculum designed to aid the professional in developing further knowledge, skills and abilities essential for this rehabilitative care specialty in order to help patients with neurological deficits to obtain maximum recovery and acquisition of function. The curriculum builds upon the professional's clinical degree and expertise, with rigorous coursework in evidence-based practice, rehabilitation systems physiology, applied neuroscience/neurophysiology, motor control and learning, clinical technology and advanced neurologic interventions.

This concentration is committed to the development of lifelong scientific scholars who can conduct, evaluate and integrate research findings into their daily academic agenda and/or clinical practice; act in leadership roles in their discipline

and community; provide the highest level of intervention to their patients/clients; and participate in graduate education environments to teach the next generation of clinical scientists and educators. This doctoral program will prepare scientific scholars who can function as clinicians, researchers, or academicians.

Physical and Occupational therapy continues to occupy a critical role in the healthcare system. Over the next five to ten years, the need for physical and occupational therapy services is expected to grow as the elderly population increases and baby boomers become more at risk for strokes, and other neurological impairments such as Parkinson's disease, Alzheimer's and spinal cord injury. The RMUoHP DSc concentration in Neurologic Rehabilitation is designed with this shared sense of healthcare purpose and responsibility, to create an educational pathway for therapy professionals to help meet this growing area of need.

### DNP PROGRAM UPDATE:

The Commission on Collegiate Nursing Education has received and accepted the application for the initial accreditation of the doctor of nursing practice program at Rocky Mountain University of Health Professions. We are proceeding with the accreditation process and had our on-site evaluation on January 26, 2015. Our site visit findings (as well as other Schools reviewed between January 1 and April 30) will be reviewed by the Board of Commissioners at their October 2015 meeting. We should receive an update within four weeks of that meeting date.

It is important to note that once accreditation has been achieved, the formally recognized 'date of accreditation' will reference January 26, the first day of the site visit.

### PA PROGRAM UPDATE:

The PA program admission cycle is open and we have already exceeded the applications we received last year. We are looking forward to seeing how our second Spring cohort shapes up for the Spring class- it will be extremely competitive! The application deadline is October 1.

### DPT PROGRAM UPDATE:

The admission cycle to fill our seventh DPT program cohort is also open, and our Spring 2016 cohort is looking to be a competitive one as well! The soft application deadline in PTCAS is also October 1. Remember that the RMUoHP- specific supplemental materials must also be completed to be considered for this program.



### SLP PROGRAM UPDATE:

The third cohort of our ClinScD SLP program begins on August 31 and we look forward to seeing them on campus at the end of September. This program has already been met with exceptional enthusiasm; in fact, we already have enrollments for cohort 4! **Join us at ASHA where SLP 1 student Amber Heape will have a poster presentation, part of her qualitative research project from coursework at RMUoHP!**



## RMUOHP JOB OPENINGS

### ASSOCIATE VICE PRESIDENT OF ACADEMIC AFFAIRS (AVPAA)

The Associate Vice President of Academic Affairs (AVPAA) works closely with the Executive Vice President of Academic Affairs (EVPAA) & Provost in providing intellectual leadership for all academic departments and academic programs. The AVPAA participates in faculty recruitment, evaluation, and continuing professional development and works closely with other University members on budgetary, academic, strategic planning and educational policy issues, accreditation actions and outcomes measurement. The AVPAA serves as Chair of the Academic Leadership Council.

### DOCTOR OF NURSING PRACTICE PROGRAM DIRECTOR

The PD reports to the Executive Vice President of Academic Affairs & Provost and is responsible for successful delivery of a program that leads to certifications, licensure and employment for the programs' students and continued specialty accreditation. This full-time position holds a faculty rank commensurate with experience and scholarship.

View all available positions at [rmuohp.edu/employment](http://rmuohp.edu/employment).

## NEW AND IMPROVED VIDEOS

We have been working hard to update our program and testimonial videos and create new ones. Check out our video library at [rmuohp.edu/video](http://rmuohp.edu/video) to see the most recent collection. We have created several Post-Professional OTD program videos and we'd like to offer a special thanks to our program directors Drs. Helgeson and Sweetman, students Sara Stephenson and Phillipa Robinson and alumna Dr. Michelle Webb for each of their contributions. Have you seen their testimonials yet? Find them in our video library and like, comment and share them on your social accounts!



## FINANCIAL AID: INTEREST RATES UPDATE



On May 13, 2015 the Education Department announced new interest rates for Direct Loans disbursed between July 1, 2015 and June 30, 2016. The following new interest rates were provided:

Federal Direct Student Loans 2015-2016 Interest Rates				
Effective for loans first distributed on or after July 1, 2015 and prior to July 1, 2016				
Loan Type	Borrower Type	Index	Add-On	Fixed Interest Rate
		10-Year-Treasury Note		
Direct Unsubsidized Loans	Graduate/Professional Students	2.237%	3.60%	5.84%
Direct PLUS Loans	Graduate/Professional Students	2.237%	3.70%	6.84%

\*NOTE: If you received a disbursement for prior to July 1st) your loan will accrue interest at the current rate of 6.21% (Unsubsidized) or 7.21% (Grad PLUS).

Summer 2015



# SUMMER 2015 PUBLICATIONS & PRESENTATIONS

## PUBLICATIONS

Brown, C.D., Keeley, K., & Potteiger, K. (2015). The use of apps in athletic training, Part I: apps for sideline management. *International Journal for Athletic Therapy and Training*, 20(3), 13-19.

Brown, T., Mu, K., Crabtree, J.L., & Wells, J.K. (2015). The entry-level occupational therapy clinical doctorate: Advantages, challenges and issues to consider. *Occupational Therapy in Health Care*, 29 (2), 240-251.

Butz, S.M., Sweeney, J.K., Roberts, P., & Rauh, M. (2015). Relationships among age, gender, anthropometric characteristics, and balance in children 5 – 12 years of age. *Pediatric Physical Therapy*, 27(2), 126-133.

Coverdale, J. (2015). Can you find the Raptor hand? *FOCUS: Florida Occupational Therapy's Quarterly Newsletter*, Spring 2015.

Dodds, C.B., Bjornson, K.F., Sweeney, J.K., & Narayanan, U.G. (2015). The effect of supported physical activity on parental-reported health-related quality of life in children with medical complexity. *Journal of Pediatric Rehabilitation Medicine*, 8(2), 83-95.

Evans-Rogers, D.L., Sweeney, J.K., Holden-Huchton, P., & Mullens, P.A. (2015). Short-term Intensive Neurodevelopmental Treatment (NDT) program experiences of parents and their children with disabilities. *Pediatric Physical Therapy*, 27(1), 61-71.

Grace-Farfaglia, P. (2015). Gluten and the Gut-Microbiota-Brain Axis: A disturbance in the force. *EC Nutrition*, 1(5), 236-238.

Hanney, W.J., Kolber, M.J., Pabian, P., Cheatham, S.W., Schoenfeld, B.J., & Salameh, P.A. (2015). Endurance times of the thoracolumbar musculature: Reference values for female recreational resistance training participants. *The Journal of Strength and Conditioning Research*.

Keeley, K., & Lynn JS. (2015). Collegiate Women's Basketball Player with a Pacemaker: a Case Report. *International Journal of Athletic Therapy and Training*. 2014; 19(6):8-11.

Koppenhaver, S.L., Walker, M.J., Smith, R.W., Booker, J.M., Walkup, I., Su, J., Hebert, J.J., & Flynn, T.W. (2015). Baseline examination factors associated with clinical improvement after dry needling in individuals with low back pain. *Journal of Orthopaedic and Sports Physical Therapy*, 6.

Li, K., Alonso, J., Chadha, N., & Pulido, J. (2015) Does generalization occur following computer-based cognitive retraining? – An exploratory study. *Occupational Therapy in Health Care*, 29(3), 283-296.

Marchetti, P.H., Schoenfeld, B.J., da Silva, J.J., Guiselini, M.A., de Freitas, F.S., & Pecoraro, S.L. (2015). Muscle activation pattern during isometric ab wheel rollout exercise in different shoulder angle-positions. *Medical Express*, 2(4):1-5.

Onical, M.E. (2015). Editorials, Viewpoints: C'mon Give Us a Smile! *Clinician Reviews*, 25(5), 7-8.

Ott, U., Stanford, J.B., Murtaugh, M.A., Greenwood, J.L.J., Gren, L.H., Hegmann,

K.T., & Thiese, M.S. (2015). Predictors Associated With Changes of Weight and Total Cholesterol among Two Occupational Cohorts Over 10 Years. *Journal of Occupational and Environmental Medicine*, 57(7), 743-750.

Potteiger, K., Brown, C.D., & Keeley, K. (2015). The use of apps in athletic training, Part II: applications for clinical management. *International Journal for Athletic Therapy and Training*, 20(3), 20-24.

Thiese, M.S., Effiong, A.C., Ott, U., Passey, D.G., Arnold, Z.C., Ronna, B.B., Muthe, P.A., Wood, E.M., & Murtaugh, M.A. (2015). A clinical trial on weight loss among truck drivers. *International Journal of Occupational and Environmental Medicine*, 6(2), 104-12.

Ribeiro, A.S., Schoenfeld, B.J., Pina, F.L.C., Souza, M.F., Nascimento, M.A., dos Santos, L., Antunes, M., & Cyrino, E.S. (2015). Resistance training in older women: comparison of single vs. multiple sets on muscle strength and body composition. *Isokinetics and Exercise Science*, 23(1), 53-60.

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Ribeiro, A.S., Schoenfeld, B.J., Silva, D.R., Pina, F.L., Guariglia, D.A., Porto, M., Maestá, N., Burini, R.C., & Cyrino, E.S. (2015). Analysis of the training load during a hypertrophy-type resistance training programme in men and women. *European Journal of Sport Science*, 15(4), 256-264.

Schoen, S.A., Miller, L.J., & Sullivan, J. (in press). A pilot study of Integrated Listening Systems for children with sensory processing problems. *Journal of Occupational Therapy, School and Early Intervention*.

Schoen, S.A., Miller, L.J., & Sullivan, J. (in press). The development and psychometric properties of the Sensory Processing Scale Inventory: A report measure of sensory modulation. *Journal of Intellectual and Developmental Disability*.

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Schoenfeld, B.J., Ratamess, N.A., Peterson, M.D., Contreras, B., & Tiryaki-Sonmez, G. (2015). Influence of resistance training frequency on muscular adaptations in well-trained men. *Journal of Strength and Conditioning Research*, 29(7), 1821-1829.

Thigpen, C.A., Noonan, T.J., Shanley, E., Bailey, L.B., Wyland, D.J., Kissenberth, M., & Hawkins, R.J. (2015). Humeral retrotorsion in pitchers with GIRD: Response. *American Journal of Sports Medicine*, 43(7), NP19.

Villafañe, J.H., Valdes, K., Angulo-Diaz-Parreño, S., Pillastrini, P., & Negrini S. (2015). Ulnar digits contribution to grip strength in patients with thumb carpometacarpal osteoarthritis is less than in normal controls. *Hand*, 10(2), 191-196.

## PRESENTATIONS

Kitsum Li & Kristin Myers Presented On "Mild Cognitive Impairment In Heart Failure Affects Care Transition" at the Occupational Therapy Association Of California 39Th Annual Conference.



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