



# RMUpdate

WINTER/SPRING 2016, volume 15, issue 1

University Launches Rebrand [p16](#)

#1000 Stitches for Syria [p14](#)



## CALENDAR *of* EVENTS

Summer semester classes begin	Provo, UT & Online	<b>May 2</b>
MPAS 2 orientation	Provo, UT	<b>May 2-3</b>
DPT 7 orientation	Provo, UT	<b>May 9</b>
DPT 6 clinical rotations	Various Locations	<b>May 2-June 13</b>
National Nurses Week	United States	<b>May 6-12</b>
Summer semester add/drop deadline (excludes DPT 7)	Provo, UT & Online	<b>May 13</b>
UPTA Spring Conference	Provo, Utah	<b>May 13-14</b>
Summer semester add/drop deadline (DPT 7 only)	Provo, UT & Online	<b>May 20</b>
Memorial Day (University closed)	Provo, UT	<b>May 30</b>
August commencement registration deadline	Online	<b>May 31</b>
DSc students on campus (rotating cohorts)	Provo, UT	<b>June 3-12</b>
ClinScD SLP 4 students on campus	Provo, UT	<b>June 3-7</b>
OTD students on campus (rotating cohorts)	Provo, UT	<b>June 10-13</b>
ClinScD SLP 3 students on campus	Provo, UT	<b>June 19-23</b>
Deadline to apply for summer semester graduation	Online	<b>June 20</b>
AANP National Conference	San Antonio, TX	<b>June 21-26</b>
NATA Annual Clinical Symposium & AT Expo	Baltimore, MD	<b>June 22-26</b>
Independence Day (University closed)	Provo, UT	<b>July 4</b>
NSCA National Conference & Exhibition	New Orleans, LA	<b>July 6-9</b>
2016 NAHN Annual Conference	Chicago, IL	<b>July 12-15</b>
IVSTEP 2016	Columbus, OH	<b>July 14-19</b>
Application deadline for Fall semester	Online	<b>July 18</b>
Summer Commencement	Provo, UT	<b>August 6</b>
Pediatrics Summer Continuing Education Program	Provo, UT	<b>August 11-15</b>

# CONTENTS

WINTER/SPRING 2016, volume 15, issue 1

## FEATURED



- 5 New Education = New Opportunity
- 6 MSHS Student Chases Olympic Dream
- 12 PA Program Makes an Impression at PAEA
- 14 #1000 Stitches for Syria
- 16 It's a New Era: University Rebrand
- 18 tDPT Peds Alumna Develops Breakthrough



## UPDATE

- 4 President's Message
- 8 Introducing Dr. Mark Horacek
- 9 DSc Growth: New Track Directors
- 10 Q&A with New DNP Program Director
- 20 Campus Expansion
- 21 Scholarship Growth
- 22 Core Themes Update
- 23 RMUoHP Foundation Update
- 24 AOTA 2016
- 26 APTA CSM 2016
- 28 Awards & Accomplishments
- 30 Presentations
- 31 Publications

Want to be featured in our next RMUpdate?  
Submit your news to [news@rmuohp.edu](mailto:news@rmuohp.edu).

### ON THE COVER

On March 4, RMUoHP unveiled its new logo and brand at a flag raising ceremony.

# PRESIDENT'S MESSAGE

## *Forces working together to create growth and stability*

At Rocky Mountain University of Health Professions (RMUoHP) there have been many *forces working together* to facilitate growth and stability over the past few years. In this edition of the RMUUpdate you will be exposed to our new brand-our new identity- that has replaced the former brand and logo. We retired the old brand which has served the university for the past 18 years with dignity and devotion, and unveiled the new brand with much pride and excitement as we turn the corner into new horizons and dimensions of growth and expansion that this new brand will carry us through.

At RMUoHP we take great pride in our product; providing the highest level and greatest quality of healthcare education we feel is available. Many *forces working together* in and outside of the University have resulted in quality academic programs that fill the spectrum from entry-level and transitional Doctor of Physical Therapy (DPT), post-professional Occupational Therapy Doctorate (OTD), post-professional Clinical Science Doctorate (ClinScD) in Speech and Language Pathology (SLP) and a developing entry-level SLP program (slated for Fall of 2017), a Doctor of Science (DSc) degree program with concentration tracks in Athletic Training, Health Promotion and Wellness, Clinical Electrophysiology, Human & Sport Performance, a new track in Neurologic Rehabilitation, with remnant PhD students in Pediatric Science and Orthopedic and Sports Science, an MSHS program with concentration tracks in Sports Performance and Rehabilitation Science, a Physician Assistant (MPAS) program, and post-professional Doctor of Nursing Practice (DNP) and entry-level Family Nurse Practitioner (FNP) program. Many *forces working together* have resulted in growth of our academic programming and successful institutional regional accreditation through the Northwest Commission on Colleges and Universities (NWCCU) and programmatic accreditation through the Commission on Accreditation of Physical Therapy Education (CAPTE; DPT program), Accreditation Review Commission for the Physician Assistant (ARC-PA; PA program), and Commission on Collegiate Nursing Education (CCNE; DNP program). All of these academic programs (and others in the future) will fall under our new brand and new identity in the years ahead.

Many *forces working together* have resulted in our overall DPT board passage rates at 97% and have resulted in innumerable professional refereed articles being published by our students and faculty in over 260 peer reviewed journals and have also resulted in expansion of our program offerings and in attracting the highest quality faculty. Many *forces working together* have provided our alumni with opportunities to affect change and advance the effectiveness of healthcare delivery in the world at large. Many *forces working together* have facilitated a recent campus expansion beyond our new campus and an employee increase in 2015 of over 15% from 2014 and over 30% from the year before. Many *forces working together* have resulted in our graduate surveys showing 99% overall satisfaction with the quality of healthcare education received.

Many *forces working together* have created a model Service Learning program at RMUoHP which benefits our DPT students as they work under the tutorage of DPT faculty and volunteer therapists from the community in our Community Rehabilitation Clinic providing pro bono treatment to the under-resourced and underserved population in Utah County.

The Service Learning program also benefits our entry-level DPT and PA students in their opportunity to travel to East Africa annually to build schools and to engage in clinical rotation opportunities in Kenya and Malawi.

At RMUoHP we take great pride in our employees who form a large component of these *many forces working together*, in our post-professional and residential full-time faculty, in our program directors, our Boards of Directors and Trustees, and certainly our students. Our students proudly carry the RMUoHP banner in a multitude of practice settings where they advance healthcare through their knowledge received during their academic experiences with us.

Yes, 2016 marks a significant milestone for RMUoHP as we proudly unveil and display the new brand and logo that will carry us forth into the next dimension of our growth as we acknowledge those **many forces working together** to set the stage for continued growth and progress.

Onward!! ♥

*Richard P. Nielsen, PT, DHSc, ECS*  
*RMUoHP President*



# HIGHER EDUCATION LEADS TO NEW OPPORTUNITY

*Alumna Dr. Carlene Johnson created her own position as the Interprofessional Coordinator at her clinic as a result of the leadership skills she learned in RMUoHP's OTD program*



Through our programs at RMUoHP, alumni often have the opportunity to grow professionally. Whether it's a promotion based on higher education received, or creating a new position based on an observed need, we are extremely proud of the growth that our alumni experience as a direct result of their higher education!

Carlene Johnson, OTD, OTR/L, is one of those alumni who experienced that growth by creating a new role for herself as the Interprofessional Coordinator in the 41 bed inpatient rehabilitation unit at Skyline Medical Center in Nashville, TN. Before jumping into her new role in January, Dr. Johnson was working as needed, filling in for other therapists when they were out of town. Through the OTD program, she acquired research and appraisal skills, and discovered the huge role Interprofessional Collaboration (IPC) is beginning to play in healthcare. In the fall of 2015 while Dr. Johnson was completing her OTD program final capstone project, she decided to propose a new position for herself to

fill at her clinic. After her graduation at the end of 2015, she pitched the new position proposal to the rehab director, and began her new job a week later. "The leadership skills training obtained through RMUoHP gave me the confidence to pitch the need for the new position I now hold to my facility's leadership team," Dr. Johnson said. Now, she spends 50% of her time focusing on her passion of treating patients with neurologic disorders, and the other 50% developing the IPC Program.

IPC refers to two or more professionals who learn with, from and about each other to improve collaboration and quality of care for patients, family and community. IPC allows healthcare professionals

*"The leadership skills training obtained through RMUoHP gave me the confidence to pitch the need for the new position I now hold to leadership at my facility,"*

of different backgrounds to create a shared understanding that neither had, or could have come to on their own. IPC is important because it is becoming a curriculum requirement for new therapists, and value-based reimbursement now requires coordinated care across the healthcare system. But not only that, it also improves patient safety and satisfaction, increases healthcare providers' job satisfaction and retention and promotes sustainable programs. According to the [National Center for Interprofessional Practice and Education](#), the four core competencies of IPC are: Values/Ethics for Interprofessional Practice, Understanding Roles/Responsibilities, Interprofessional Communication and

Teams and Teamwork.

In her new role of Interprofessional Coordinator, Dr. Johnson trains clinic staff on the four competencies of IPC. Since she began, Dr. Johnson has focused on introducing the competencies to Rehab department leaders. She is also training a dedicated interprofessional group to design a plan to implement IPC initiatives within the entire department. So far, she has already created and facilitated the department's first interprofessional journal club, where she lead a panel discussion on each professional's role in treating a patient who has had a stroke. Dr. Johnson is putting her research and appraisal skills that she learned in the OTD program to work by collecting data on the staff's current perception of teamwork. Later on in the process, she will collect additional data with a goal to demonstrate measurable change in that perception as a result of IPC training. Dr. Johnson is also working to compile data regarding patient satisfaction and length of stay in order to assess the impact of the program on patient recovery.

Once the staff training is completed, Dr. Johnson plans to move toward phase two of her IPC integration and education plan, which includes developing mutually beneficial educational opportunities and research projects for students and faculty from local universities and community colleges. Right now, Dr. Johnson is working with one entry-level OTD student who is completing a 16-week experiential component in the student's program, and she hopes that this is just the tip of the iceberg as she continues to roll out the IPC core competencies in her clinic.

Dr. Johnson would also like to invite anyone with an interest or experience in IPC to [contact her](#). ♥

# MSHS STUDENT CHASES OLYMPIC DREAM-AS HEAD ATHLETIC TRAINER

*Rehab Science student Brett Allen lives lifelong dream, becomes head athletic trainer for the USA Luge Junior National Team for the winter season*

Brett Allen standing on the deck of the start house, overlooking the track



Brett Allen, an RMUoHP Master of Science in Health Science student in the Rehabilitative Science track, recently accepted a seasonal position to travel with the USA Luge Junior National Team to Germany for the winter season as the Head Athletic Trainer. Allen has had the luxury of fulfilling his dream of working with professional athletes since 2004, and has vast experience in professional baseball, arena football and professional hockey. Although this experience has been a dream come true, Allen has wanted to work with an Olympic team since the very beginning of his career. When he learned about the temporary position with the Junior Luge team, he decided the opportunity was too good to pass up. Although his job is done now, he hopes to be able to work with the team again in the near future.

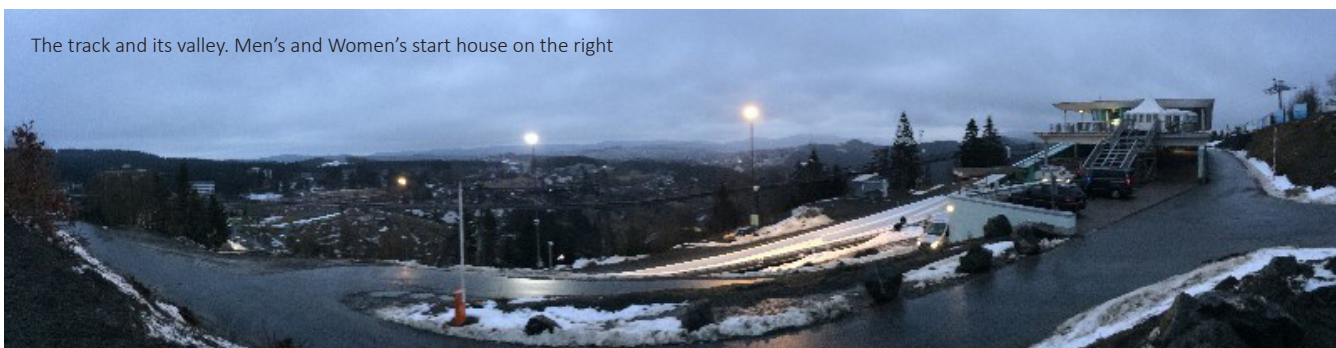
Kurve 14 from the start house



The athletes on the Junior National team range between the ages of 15-20, and although Allen has worked with professional athletes for many years, he said that working with these young athletes was like nothing he had ever experienced before. "Getting the chance to meet international athletes all competing for one goal-to win gold- was something else." Allen said, "The work ethic and determination of these "kids" was unbelievable. It's funny, when you compare them to the average high school athlete, these future Olympians stand out like a sore thumb. They push themselves to the edge every day. It truly is remarkable."

Not only did Allen learn a lot about working with young athletes, he developed a deeper respect for the technical skill and talent it takes to be successful at Luge. "You're using your handles and couffins (sled runners) to lift the steel

The track and its valley. Men's and Women's start house on the right







360 degree curve called a Kriesel in Altenberg

off the ice to create a different friction and angle which allows you to speed up, slow down, or make a drive into a turn,” Allen said, “You’re basically trying to control an out-of-control sled with your body weight at speeds of 75-90 miles per hour.” He enjoyed watching them so much, he even felt a little jealous watching their runs! “I’m a bit of a daredevil myself,” Allen said, “and I’ve always watched the Luge during the winter Olympics, and I’ve always wanted to try it. Even today at 38 years old, I still want to try it.”

During his travels through Altenberg, Oberhof and Winterberg Germany, Allen’s Preventive Measures class was discussing concussions. With the high speeds, young Luge athletes tend to be prone to those types of injuries, so Allen was able to apply what he was learning about to his athletes on the team. “I mean think about it, 80 mph on a 50 lb. sled making left and right turns while on ice, every run you’re not sure what is going to happen.” Allen said, “The USA Junior National Luge team that I was covering are athletes that are still “learning” and training to try to become the best in the world. So they make a lot of mistakes.”

Right now, Allen is working for a local high school after battling an illness that put him on the sidelines, but getting involved with the Luge team was an experience he will never forget, that helped him get back into the swing of things. “I hope to be back with them next season.” Allen said, “They are a bunch of great athletes and fun to work with. I enjoyed every minute and welcome the opportunity to do it again.” ♥



Brett Allen (second from left) with junior men Riley Stohr, Johnny Gustafson and Elijah Pedriani



Brett Allen with junior women Gracie Weinberg and Brittney Arndt in Oberhof



Relay silver medalists at the world championships in Winterburg



Finish runout of Kurve 11 in Winterberg

# RMUoHP GROWTH: ASSOCIATE VP OF ACADEMIC AFFAIRS

*Dr. Mark Horacek assumes responsibility over post-professional and DPT programs*



RMUoHP welcomes Mark Horacek, PT, MS, PhD as the Associate Vice President of Academic Affairs. Dr. Horacek is committed to lifelong learning with 29 years of experience in academics serving as a teacher, researcher, professor,

mentor and administrator. He has served many years on graduate councils and in a clinical setting as a staff therapist, clinic director, business owner and rehabilitation manager.

Dr. Horacek graduated with distinction with a BS in Physical Therapy from the University of Nebraska Medical Center and holds both an MS and PhD in Anatomy from the same institution. After earning his PhD, Mark completed a two-year Fellowship in Physiology, Reproduction, and Endocrinology at the University of South Carolina School of Medicine where he also held his first full-time academic position as a medical anatomy instructor and ran an NIH-funded basic science laboratory. Dr. Horacek has also taught courses in gross anatomy, histology, human developmental biology, neuroanatomy, neuroscience, exercise physiology, pathophysiology, modalities, orthopedics, management, administration and statistical analysis. He has a record of excellence in teaching, receiving many Teacher of the Year, Faculty Member of the Year, and Excellence in Teaching Awards.

Dr. Horacek has received several local and national research grants and has published many articles and abstracts. He has also trained several postdoctoral fellows and students on the process of writing grant proposals, establishing and running a research laboratory, and fiscal management of grant money.

In 1993, Dr. Horacek became one of the four founding members of the first DPT program in the country at Creighton University. In 1997, Dr. Horacek became the department chair and program director at Winston-Salem State University. Subsequently, he was recruited to be the founding chair of the DPT program at Missouri State University. In this role, he developed a curriculum with values as a foundational core, and the APTA also developed professional value statements as a result. In 2009, Dr. Horacek worked with the University of Saint Mary and the North Central Association of Colleges and Schools to make it possible to offer doctorate programs at the University and became the founding DPT Program Director and Department Chair. In 2014, Dr. Horacek worked with the University of Saint Augustine to start a new campus and to implement a three-cohort-per-year DPT program in Miami, Florida.

Dr. Horacek has started and seen through to accreditation more DPT programs than anyone in the country, largely because he loves the creative process and highly values the deep collegial relationships that are formed. He especially enjoys helping faculty develop in their areas of interest. Dr. Horacek enjoys facilitating change that affects long-term success, and he believes in supporting and developing people, in showing loyalty, and in building meaningful, long-term relationships and he hopes that the faculty he has assisted will one day facilitate the development of others to pass on his legacy.

Dr. Horacek has many hobbies, including hiking, camping, fishing, swimming, wilderness survival, bicycling, weight lifting, Archangels, building anything, yard work, drums, music, live entertainment, movies, reading, computer graphic art, outer space, the constellations and navigation, foosball, martial arts, photography, ultimate Frisbee, video game creation and editing, woodworking, building houses, detective fiction, and just talking with friends.

Because Dr. Horacek was born and raised in a conservative Midwestern smallish town, he was raised on fundamental family values and is thankful that his parents stimulated his interest in all things to bring about wide appreciation for everything around us. The strong sense and central importance of family values makes coming to Utah feel like coming home!



# DSC GROWTH: NEW TRACK DIRECTORS

## *DSc: Neurologic Rehabilitation Concentration Track Director*



RMUoHP welcomes Kristen Johnson, PT, EdD, MS, NCS as the Concentration Track Director for the brand new Doctor of Science Health Science Neurologic Rehabilitation track. Dr. Johnson's vision for the concentration track is to empower students to translate their evidence-based knowledge and become ambassadors in the neuro rehab field. Dr. Johnson sees much growth in the future for this concentration track, particularly because there are very few terminal degree programs with this focus. Dr. Johnson is excited to join the RMUoHP family, and to educate future leaders. In her spare time, she enjoys hiking, biking and volunteering in activities that support her children and the PT Profession. ♥

## *DSc: Human & Sport Performance Concentration Track Director*

RMUoHP welcomes Mike Miller, PhD, EdD, ATC, CSCS\*D as the Concentration Track Director for the Doctor of Science in Health Science Human & Sport Performance track. Dr. Miller comes to RMUoHP with a vision to ensure that students stay on track and are offered the highest caliber education. He believes the greatest areas of potential growth for the track, are in sports metrics, research topics and tend of the profession. Upon his arrival at RMUoHP, Dr. Miller was impressed with the technology available to students and staff, and the caliber of the DSc faculty. "The instructors are the best in the nation with their tutelage and experience," Dr. Miller said. Outside of directing the Human & Sport Performance DSc track at RMUoHP, Dr. Miller enjoys tactical training, weight training and conditioning, competing in triathlons, and any outdoor physical activity. ♥



## **PEDIATRICS CONTINUING EDUCATION AND CERTIFICATION COURSES: SUMMER 2016 SERIES**

### **Training and Advancement of Pediatric Therapists for NICU Care: Science and Practice in Neonatal Interventions, Feeding, and Transition to Home**

This three day course will be taught by an interdisciplinary faculty for pediatric therapists interested in preparing for neonatal practice and as an update for therapists currently working in NICUs. Course scope: 1) embryology and fetal development with implications for neonatal care; 2) update on neonatal medical conditions, imaging, and pharmacology; 3) overview of theoretical frameworks guiding neonatal therapy practice; 4) review of neonatal examinations and interventions; 5) update on oral-motor/feeding examination and intervention for medically fragile infants; 6) follow-up of NICU graduates in home and community settings.

### **Post-NICU and PICU challenges of children: Managing postural, musculoskeletal, pulmonary and multisystem consequences**

This two day lab course addresses the unintended and undesired, musculoskeletal and multisystem consequences from surviving complex medical conditions. Frequent lab sessions are offered for screening, evaluation, and intervention procedures.

**REGISTRATION AVAILABLE THROUGH MAY 31! REGISTER NOW AT <https://goo.gl/qaHhPG>.**



# GETTING TO KNOW YOU

## *Q&A With new DNP Program Director Dr. Stephanie Richardson*

### ***What were your first impressions of the university? Of the program? Of the students?***

My first impressions came from video interviews of DNP graduates on the RMUoHP website. The alumni in the video are candid about the program and are clearly pleased with the quality of their education and they emphasize the program's focus on becoming an agent for change and a leader in improving healthcare. I found that so refreshing! It is important that graduate professional students have – to use my own words – “mad clinical skills.” Yet, the fact that they plainly understood that the advanced practice nurse role is to combine impeccable skills with leadership and advocacy on a state and national level was, honestly, the best possible first impression I could have gotten. It confirmed that Rocky Mountain University is actually delivering its mission, and also highlighted for me the purpose of the Doctor of Nursing Practice degree.

### ***What is your vision of leadership?***

I like to compare my evolving vision of leadership to software versions and hope that each version is an actual upgrade. I'm currently on version 5.0. In this version, I try to focus on three key principles. The first is working with people's strengths, which has been by far the most successful leadership strategy I have ever employed. I do my best to make sure no single person on the team is saddled with a job, task or environment that is working against their strengths. This also functions as a programmatic strategy; it's much more productive to work with the strengths of the company, or program, instead of focusing on polishing or developing weaknesses.

A second principle of leadership that works well for me is what I call consistent, mutual positive regard. I learned this the long, hard way, and it means that all people in an organization are an asset to be treated with warmth, respect and politeness at all times, no exceptions. My lived experience as a female nurse employee who was not at the top of the heap in some of the most hierarchical organizations on the planet (hospitals and universities), helped me understand every day the power of this principle in keeping people invested and feeling valued.

My third principle is definitely a personal value: It is that life is not fair, yet the workplace (and the classroom) must be. While I'm not a big fan of massive policy and procedure manuals, I respect guidelines and concise policies that promote fairness and equity. Not only does this satisfy my own personal value, these types of policies also tend to reduce error and improve efficiencies, which is good for the whole organization.

### ***What are the greatest areas of potential growth and development you see for the DNP Program?***

Our outstanding faculty and staff are directly responsible for some pretty exciting program growth that we are anticipating. Before I arrived, they created and implemented one of the very best graduate nursing programs in the western states. It is not particularly easy to gain CCNE accreditation, yet because of their fine efforts, we expect accreditation to lead to increasing enrollments over the next two years. We are in the happy position of pondering how we might best mentor all the new faculty members that we will need to add! What a great “problem” to have!



# DNP PROGRAM GROWTH: NEW LEADERSHIP

## *RMUoHP Welcomes a New Doctor of Nursing Practice Program Director*

Rocky Mountain University of Health Professions is pleased to welcome Stephanie Richardson, PhD, RN as the Program Director for the Doctor of Nursing Practice Program. Dr. Richardson has a background as a clinical specialist in adult critical care, including intensive care, emergency nursing and flight nursing. Dr. Richardson comes to us most recently from the University of Utah, where she carried significant teaching and administrative responsibilities and was heavily involved in both regional and specialty accreditations.

Dr. Richardson is an accomplished scholar with more than 50 peer-reviewed published articles, white papers, abstracts and chapters and has conducted more than 110 peer-reviewed professional and conference presentations. In the last 20 years, Dr. Richardson was involved as an investigator or consultant with teams receiving over \$14.5M in grants to support health care and health education related research. Dr. Richardson has been the chair, member, or content expert for dozens of graduate student dissertation or final project committees, in nursing and other disciplines, and is a reviewer for both the *Advances in Nursing Science* journal and the *Journal of Professional Nursing*. She enjoys cooking, camping, and most of all reading.

We had the great pleasure of asking Dr. Richardson a few questions about her impressions of RMUoHP and her vision for her new position. ♥

## *Q&A with retiring DNP Program Director Dr. Marie-Eileen Onieal*

Dr. Marie-Eileen Onieal began her tenure at RMUoHP by giving a lecture over the phone on health policy! Quickly, she became a regular nursing program faculty member and moved on to the Graduate Program Director position, which she has held for many years. "I have witnessed the amazing growth and progress of the University." Dr. Onieal said, "I am especially proud of being awarded CCNE accreditation on our first attempt! It is hard to conceive of all we have accomplished in DNP program in only 10 years." Dr. Onieal will officially retire from her position at RMUoHP after the August 2016 commencement exercises, but her influence within the University will remain for many years to come. Here are a few parting words from our beloved Dr. Onieal:

### ***What are your plans for after you retire?***

I plan to catch up on my leisure reading and play more golf. Another hobby may be in my future, but haven't decided which yet, though I have had several suggestions. I will continue as the NP Editor-in-Chief of *Clinician Reviews*.

### ***How DNP students and alumni can stay in touch with you?***

All the students (and alumni) have my cell phone number, and can connect with me that way. I have maintained a roster of students since first joining RMU in 2006, and have kept in contact with many alum over the years.

### ***What advice would you give to future DNP students (and RMUoHP students in general)?***

Stay focused and keep things in perspective. Advanced degrees in any profession are challenging and require dedication. Obtaining a doctoral degree is not easy, if it were, everyone would have one! Remember, you EARN a degree, it is not a gift.

### ***What has been your favorite thing about being the program director for the DNP Program at RMUoHP?***

The ability to give back to my profession by sharing the lessons I learned from my professors, mentors and co-workers is the most rewarding. The privilege of meeting and working with professionals who are making a difference in the lives of our patients, our patient's families was great. But my most favorite thing is hooding the graduates at commencement. ♥

# MPAS PROGRAM MAKES A SPLASH AT UAPA CONFERENCE

## *All 46 members of RMUoHP's first PA Program cohort attended the UAPA conference*

In April, PA faculty and all 45 PA cohort one students attended the Utah Academy of Physician Assistants 27<sup>th</sup> Annual John Allen Memorial Conference held in St. George, UT. The conference was a great opportunity for students and faculty to network with professionals from across the state, to build exposure for the program and talk about possible clinical opportunities for students in the RMUoHP PA Program.

"So many were so pleased with what they were observing in our program, from both the faculty and the students," PA Faculty member Jonathan Baird noted, "I was also pleased with how many people approached our faculty members, commenting on how wonderful our students were to visit with, and how impressed they were with them."

Five PA faculty members also represented RMUoHP in various platform presentations at the conference:

Point-of-Care Tech Tools  
**David Payne, MPAS, PA-C**

Sports-Related Concussion Assessment  
**Jonathan Baird, MPAS, PA-C, ATC**

Auscultation: The Forgotten Art  
**Tiffany Rees, MPAS, PA-C**

Early Recognition of Sepsis  
**Tyler Sommer, MPAS, PA-C**

New CME Requirements (CME Lunch talk sponsored by RMUoHP)  
**Alan Bybee, PA-C**



MPAS students at the UAPA Conference

In addition to attending the conference and raising money for their class, several PA students also participated in a service project with the University of Utah PA Program and Habitat for Humanity. The students traveled to a neighboring city and helped finish a restoration project by painting a home. Participants included Katlin Kelly, Lorraine Brimhall, Jesse Golodner and Josh Leazenby. They also set up a silent auction, raising just under \$2,000 at the conference. They received many donations from businesses, sports teams and more from all over Utah and Salt Lake County. ♥



MPAS Students painting with U of U PA Students (Lefthand picture, left to right) Jesse Golodner, Kaitlin Kelly, Lorraine Brimhall and Josh Leazenby



# MPAS STUDENTS SERVE, MAKE A DIFFERENCE WORLDWIDE

*RMUoHP MPAS Students embody the University's core value of service in a variety of student-planned and student-led local and international service projects*

One of RMUoHP's newest and most beloved core values is that of service to the community, to healthcare and to education. Not only do our PA students participate in official RMUoHP-sponsored service projects and activities with enthusiasm, they also take it upon themselves to coordinate service opportunities in their spare time. The following are several service-oriented projects that our MPAS Cohort one students have participated in recently, and projects that they have planned for the coming months:



MPAS Student Jesse Golodner presenting at Timpanogos Elementary

- PA student Tyson McBride organized an Elementary School Hygiene and Disease Prevention project on April 12 where PA students Josh Leazenby, Jesse Golodner, Katie Cox and Danele Cebrowski gave short 20 minute presentations about hygiene and illness prevention to 4<sup>th</sup> and 5<sup>th</sup> graders at Timpanogos Elementary School.
- At Christmastime, the PA student leadership put together a winter holiday party and incorporated service by setting up a “random acts of kindness” tree where people could choose a candy cane that had a random act of kindness on it, like buying someone’s coffee, or paying for someone’s groceries.
- In the near future, MPAS 1 students will be participating with the Rural Area Medical Volunteer Corps to set up a 2-day volunteer clinic in a rural area in or near Las Vegas, NV. The project is led by PA faculty member Kelly Fife.
- By the request of PA 1 student Brad Dahl, and with the help of Jesse Golodner, faculty member Tiffany Rees and preceptor Adam Wright, beginning this semester, PA students will be volunteering at the Volunteer Care Clinic in Provo, an after-hours clinic run by volunteers, that provides low-income residents of Provo medical care free of charge. Volunteering at the Clinic is being added to the curriculum for the PA Program, and all students will participate at least once per semester, under the direction of preceptor Adam Wright. Tyson McBride, a PA 1 student, has been volunteering at the clinic for some time, and was recently nominated for an award by the other volunteers, recognizing his service.
- In August, 9 PA students will be traveling with the University to Malawi to participate in clinical rotations and service. During that time, several more PA students will be going on a separate medical mission trip to Ecuador with Charity Anywhere, organized by their classmate David Beuhler. ♥





KNITTING FOR A CAUSE:

#10000

STITCHES

FOR

SYRIA



*OTD Alumna Dr. Susan Grace finds new purpose during illness through knitting clothing for Syrian refugees*



Dr. Grace (left) with knitting partners Ann Kedric (center), from PEO International, and Lorrie Peterson (right) from the Knit, Sip, Rip group.

OTD alumna Susan Grace, OTD, OTR/L, CHT is living her profession in a very personal way, using her knitting skills to clothe Syrian Refugees while she focuses her attention on her most important patient—herself.

After being diagnosed with breast cancer in 2000 and going through subsequent radiation treatments and other lung health problems including Chronic Obstructive Pulmonary Disease (COPD), she was faced with the challenge of not being able to participate in life the way she had for 34 years as an Occupational Therapist specializing in Hand Therapy. After fighting illness, Dr. Grace transitioned from the OT profession three years ago. This was a significant change in her lifestyle, as she had been very active in her work, applying the skills she learned in the OTD program on her patients' needs. Ironically, as a result of pursuing her OTD in 2005, she has been able to apply many of the skills that she learned at RMUoHP now as a patient, especially about pharmaceuticals and research as she reads journals or articles about her current health situation.

*“I believe my patients see me differently, as I have struggles not unlike their own.”*

With more time on her hands than ever before, Dr. Grace has found that she has more time for things like social media, which allows her to communicate without having to speak or get out of bed. Dr. Grace also loves to knit, having learned how from her grandmother at a young age. She loves to

knit her own designs and patterns and do color work, and she designs bags with sheep patterns, llamas, alpacas and Anatolian designs, as well as making clothes and toys for her eight grandchildren. She recently learned about the #1000 Stitches for Syria project from a knitter on Twitter who is affiliated with the Kingston Knit Traders in Toronto, and she was thrilled to find a project that she could contribute to, for a cause that hits close to home.

The #1000 Stitches for Syria project is lead by Sally Bowen, the owner of Topsy Farms in Amherst Island, Ontario, and Anne Woodall of Knit Traders in Kingston, Ontario. With thousands of Syrian refugees expected to make their way to Canada in the coming winter months, these women dreamt up a plan to provide warmth and hope as refugees enter the country.

“I am happy I can make even a small positive impact for individuals who have had incredibly difficult struggles, losing their homes, friends, livelihoods, family members, risking everything,” Dr. Grace said.

Dr. Grace's daughter-in-law was a refugee at the age of four when her family fled Mogadishu, Somalia in the late 1980s, so with this shared experience, and after losing her mother (a fellow knitter) recently, she was able to find a way to pay it forward and give back.

Dr. Grace has knitted hats, baby items, scarves and snoods for the project. She was also able to enlist the help of many other women in her local knitting circles who wanted to participate and contribute to the cause, including Ann Kedric from the PEO group, a philanthropic organization which supports women to get education, and gives scholarships and grants to women who qualify, as well as Lorrie Peterson, who Dr. Grace met through the Knit, Sip, Rip group. So far, they have shipped more than 125 items to Toronto for the project. They plan to pick up the project again in the fall of 2016.

“My daily life is much different now, and being involved with [#1000 Stitches for Syria] fits my occupational role of helping people,” said Dr. Grace.

Although she is no longer practicing, her nature is to still inspire those around her, especially her past patients who she often runs into in her small town. “I believe my patients see me differently, as I have struggles not unlike their own,” Dr. Grace said, “I hope that by becoming involved in a project like #1000 stitches for Syria, they will be encouraged to look for new ways to expand their own lives.” ♥



# IT'S A NEW ERA: UNIVERSITY REBRAND



Following 18 years of growth, RMUoHP was pleased to launch a new brand in March. The new brand, which departs from the former three-mountain logo often seen across Utah, was designed to provide distinction and relevance to the University within the community and throughout higher education and healthcare.

University constituents have been working on a university re-brand since 2014, as RMUoHP was beginning to be lost in the clutter of mountain logos in the area. With that dilution in the marketplace, it was time for RMUoHP to stretch its metaphorical wings, and emerge into the world with a stronger, more meaningful identity that would communicate the University's mission and vision of excellence in healthcare education quickly and succinctly into the future.

The logo redesign and brand identity creation was developed by Saxton Horne, a communications and branding agency based out of Salt Lake City, UT. Their dynamic team worked very hard to develop our new brand platform and logo mark that would communicate RMUoHP's identity to the world. Many thanks to all of the students, alumni, faculty, staff and

prospective students who helped Saxton Horne learn about who RMUoHP is, what we do, and how we want to be perceived. Along with interviewing University constituents, the Saxton Horne team also researched RMUoHP's unique learning model, the competition and the healthcare and higher education industry.

The new color palette, which was inspired by the Utah landscape, adds further distinction and life to the brand mark, and the the new brand mark itself utilizes five symbols to represent the University's identity:

- The **SHIELD** shape, representing the reputation, accreditation and establishment of RMUoHP.
- The **STAFF** of Asclepius, a universal symbol of healing, medicine and healthcare.
- A **HAND**, representing the care, connection and mentorship that occur for students in each of our many programs. It also represents strength, generosity, hospitality and stability.
- A subtle **MOUNTAIN** outline in the top left corner, representing the University's namesake, and also strength and upward progression.



- **LIGHT**, illustrated through color peeking behind the mountains, representing knowledge, hope, ambition and achievement.

Since the logo design completion in February, RMUoHP's physical location has begun to reflect the new brand. The University store is stocked with new branded merchandise, and faculty and staff have received new branded apparel, and office items.

With the rebrand, the University is also working on a sustainability and service initiative, collecting clothing items in good condition with the University's old branding on them, to send with our student service trip to Malawi this summer. Those who

wish to participate can mail or bring their gear to our main campus.

Additionally, the brand new RMUoHP website has been launched, and all program brochures, advertising, SWAG and conference displays have been updated. Facilities has placed new signage on the main entrance doors and in the front atrium, and additional signage has been updated throughout campus. The University vehicle has even been branded with the new logo! The next milestone for the rebrand will be to replace the building sign, which will occur within the next 30-60 days.

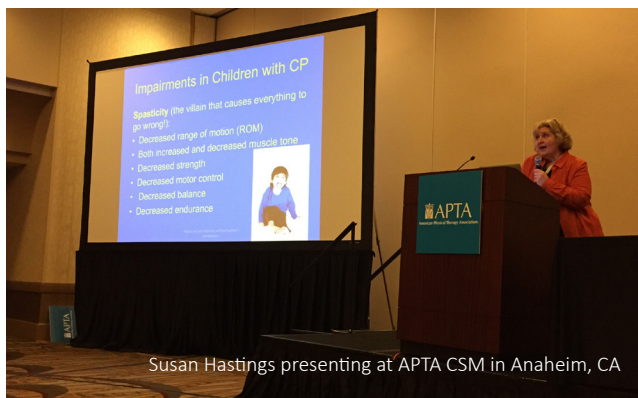
We are thrilled to share the new brand look and feel with you! ♥





# tDPT PEDS ALUMNA DEVELOPS BREAKTHROUGH CP TREATMENT

*Dr. Susan Hastings' revolutionary therapies for children with various forms of Cerebral Palsy are making history*



Susan Hastings presenting at APTA CSM in Anaheim, CA

After graduating in 2010, RMUoHP's tDPT Pediatrics alumna Susan Hastings, PT, DPT, PCS, C/NDT opened her own private practice in San Jose, CA treating children with cerebral palsy. Most of her patients actually come to her because a doctor has recommended surgery, Botox, or surgery. They want to know if there is a better way to provide effective therapy and increase range of motion without invasive interventions.

Along with treating children with cerebral palsy, Dr. Hastings also teaches continuing education seminars on Functional Electrical Stimulation (FES), a method she uses with much success on her patients, in the Bay Area. In the past two years, she has begun to utilize the Galileo, a Whole Body Vibration (WBV) plate that was designed and is considered the standard of care for children with CP by therapists in Germany. Because of her background in FES, the company approached Dr. Hastings, asking her to try the Galileo and to give the group feedback on her clinical experience while using it. She was intrigued and agreed to try it, but what she didn't realize, was the incredible success that she would begin to see by using the Galileo.

"I'm just getting such amazing results that I just didn't think were possible," Dr. Hastings said. "I could see why it would work, because you would be stimulating the joint receptors, the Golgi tendon organs, and providing sensory information to everything at once, so I said I'd try it."

She used the Galileo by itself, without using FES to see what would happen, but within about four

months, she realized that, while it did increase range of motion and fluidity of movement for her patients, the motor-learning wasn't improving like it had with the functional electrical stimulation, so she combined the two.

"When I put them both together is when I started seeing some really amazing results!" Hastings said.

Dr. Hastings has been able to use her education and ability to critically evaluate research to guide her practice, using those skills and knowledge to conduct her own research and develop her own best practices for treating children with cerebral palsy. She even video chatted a German therapist, who regularly uses the Galileo, asking if they had combined it with electrical stimulation and nobody had done that before. "It's just new information," Dr. Hastings said, "Every place I go I try to tell people about it, and no one is aware of it."

Not only has she been able to help her patients avoid surgery, their range, motor skills, and overall quality of life have also improved. Muscle strengthening, through the use of the Galileo plate, is very important for the success of each patient, but the motor learning, with the repetitions and practicing correct movement patterns is also crucial. So, Dr. Hastings has developed a comprehensive therapy program for her patients, combining the use of both electrical stimulation, whole body vibration, and at-home programs for parents to utilize to help the child practice the required number of repetitions to improve motor learning. Dr. Hastings noted that her patients' parents are generally very committed to the at-home programs, because they see so much improvement with the other pieces of the treatment program.

"I have seen just dramatic turnarounds of kids



Patient Casey Gonella, diagnosed with Spastic Diplegia



who were scheduled for surgery,” Dr. Hastings said.

Dr. Hastings has been the [American Physical Therapy Association Pediatrics Section Region 1 Director for the past four years](#), and she has now begun to compile her findings to submit for peer-reviewed journals. She recently presented at the recent APTA Combined

Sections Meeting 2016 in Anaheim, CA on February 18<sup>th</sup> on her research, in a two-hour presentation entitled “Use of Functional Electrical Stimulation and Whole Body Vibration to Treat Children with Cerebral Palsy.” In September, she will do a day-long lab course for New Mexico’s APTA Annual Conference, and in November, she will present a case study at the end of Beverly Cusick’s pre-conference course for SoPAC 2016

in Colorado.

Dr. Hastings meets regularly with other therapists in her area, and many of them are afraid to do research and don’t know where to go to find answers. She attributes her ability to conduct this research to her education in the tDPT Pediatrics program at RMUoHP, and notes that her education has given her confidence that many of her colleagues lack.

“I try to tell them that if I hadn’t gone to school, I wouldn’t know any of this! It gave me the tools to open a new practice, and the confidence I needed to be successful,” Dr. Hastings said. “I am able to research a variety of areas needed for my practice, and whenever a question arises, I now have more time to think/research in between [my patients]. Because I went to RMUoHP, I now know where to go for needed information when I have a question. I have the resources I need to provide quality of care for my patients. Without having attended RMUoHP, I don’t think any of this would have been possible.” ♥

## Case studies

One patient’s mother consulted with Dr. Hastings after three different doctors had recommended surgery on four different muscle groups. Before being treated with FES and WBV, this patient’s CP spastic diplegia symptoms allowed him to take one minute to get to get dressed every day instead of 10. “He became so fluid with his movement. He could just put everything on, and there was no struggle,” Dr. Hastings said. His balance also improved so much that he was able to boogie board by himself in the ocean for 3 hours at a time, barefoot. This past winter he also began to ski. “He has significant spasticity in his ankles, but his balance and strength are so much better now, that he can overcome it, and it doesn’t interfere with his function,” Dr. Hastings said. This little boy’s range is better than ever, and his doctor recently told the mother that he will never need surgery.

A patient with CP ataxia began speaking sentences within one month of beginning treatment. “All the kids I have [treated] with ataxia didn’t talk until they were five or older, so it was amazing that it was very rapid,” said Dr. Hastings. This was possible because the whole body vibration is not just sensory, it strengthens the core and diaphragm as well. Dr. Hastings noted that ataxia is the hardest to treat, but she has found that getting electrical stimulation on the trunk of the body helps to calm the tremors so that her patients can practice the repetitions.

One patient began treatment barely able to move his foot, and had a total score of 8 on the Selective Control of the Lower Extremity (SCALE) test. After being treated with WBV and FES, he was able to achieve a completely ‘normal’ score (20) on the test. “His spasticity is still there,” Dr. Hastings said, “but he can move his foot normally, which is supposed to be unheard of, but luckily I have both tests on video tape.”

An 11-year-old patient with CP left hemiplegia came after another doctor recommended surgery because he had developed calluses on his plantar flexors and couldn’t fit into his brace anymore. He had done serial casting before, and his mother came to Dr. Hastings to see if anything could be done to avoid surgery. At the beginning of his treatment, this boy couldn’t hold his head up at school, could only walk 0.2 mph on a treadmill and was getting C’s in all his classes. Through the use of FES and WBV in combination, this boy’s strength and balance have improved so much that he can now ride 10 miles on a bicycle and run all over the playground, AND he’s making straight A’s. Now, they are working on his upper extremity and he’s using his hands spontaneously and playing video games. “It’s exciting!” Dr. Hastings said, “He got his whole life back and his parents are so grateful. It is so rewarding to be able to help the child, which helps the family function more normally.”



# CAMPUS EXPANSION: BACK TO 561



Admin located at the new 561 campus location include Financial Aid officers Maria Sager, Alex Wright and Joe Colflesh, as well as Assistant Registrar Sara Moore and Research, IRB & Teaching Effectiveness Administrative Assistant Brenda Llewellyn.



While RMUoHP continues on its path of sustained growth, facilities are being expanded to keep pace with usage demands.

Some are referring to it as ‘back to the future,’ but in preparation for additional programmatic growth, the university has acquired another 15,000 square feet of office, meeting room and future student space, which just happens to be located in our former campus at Sterling Square (561 East 1860 South)!

Currently the Sterling Square campus is home to the Registrar’s office, Financial Aid Services, Administrative support for Research, IRB and Teaching Effectiveness, the office of the RMUoHP Foundation, post-professional faculty as well as Instructional Technology. The campus has been configured to offer expanded student study space, including three private areas for group study. In fact, since May 1, additional student study areas are available to our students with open hours that mirror the main campus. Students can now access the the building and support services therein with an RMUoHP ID badge. There are also staff and student lounges and plans for the addition of vending machines. To facilitate fast and convenient web access, wireless internet is provided throughout the building as well.

Future plans for the Sterling Campus location include the build out of RMUoHP’s research center along with the Office of the Director of Residential Research, and three of the large classrooms will be used to accommodate current and future program expansion.

We’re excited with the continued growth of RMUoHP and recognize those university staff who are at the forefront of this planned expansion. Next time you are on campus, be sure to also stop over to our Sterling Campus location to say hello! 🍷

# SCHOLARSHIP OPPORTUNITIES CREATE GROWTH

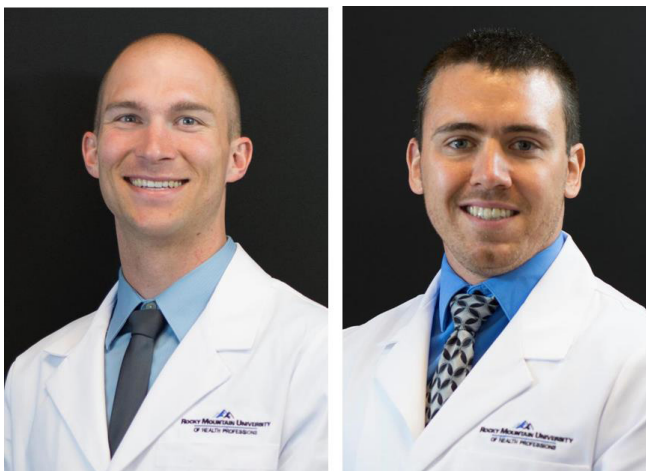
Big changes are happening for the Financial Aid Office in 2016! Not only has the department moved over to the Sterling Square building (come and visit!), they have also made a new commitment to expanding financial aid options and connecting students with diverse funding with the hire of the new VA Benefits and Scholarship Coordinator Joe Colflesh on January 11. Joe's responsibilities include coordinating VA benefits for students who are veterans and helping to simplify the funding process for them. His role also includes helping all students to find and secure other scholarship opportunities to help maintain the University's Title IV federal financial aid funding ratio in the right ranges. With his lifetime of experience with the military, Joe is looking forward to growing the Veteran presence at RMUoHP and helping them to advance in their careers, as well as in healthcare professions. Joe's hiring marks the beginning of a new era at RMUoHP, where students will be able to find and receive funding based on academic achievement, scholarship and community service.



Additionally, for the first time in RMUoHP history, the Financial Aid Office will be offering four brand new scholarships for current and prospective students. The scholarships are in the works and the goal is that they will begin to be offered in the Fall of 2016, and will represent \$15,000 worth of student aid. Enrolled students will receive an email soon detailing how to apply for each scholarship, with an application deadline of July 1. Students will also be able to find more information on the Financial Aid page on the RMUoHP website, or they can come and meet with Joe to have more questions answered. Scholarship recipients will be chosen by a rotating committee of University personnel, including representatives from several administrative departments, and faculty from each program. ♥

## New scholarships include:

- The **Single Parent Scholarship**: a \$1,000 award offered by the University to help single parents who are faced with the disadvantages of a single income home and the challenges of raising a family while attending the University.
- The **Opportunity Scholarship**: a \$1,000 award offered to assist RMUoHP students who may have never had the chance to pursue an advanced degree like those offered by the University.
- The **Presidential Scholarship**: a \$2,000 award offered to recognize students who are excelling at their studies and achievements while attending the University.
- The **Merit Scholarship**: a \$500 award offered to students who have participated in efforts to improve our society through volunteerism, charity work, leadership opportunities or other accomplishments that have led to personal development.



ENSIGN SERVICES

Congratulations to eDPT 5 students Taylor Farnsworth and Steven Oswald for receiving two more Ensign Scholarships of \$2,500 for the winter and summer 2016 semesters! The two Ensign Services representatives were so impressed with our eDPT 5 students in April, they decided to offer two more scholarships! Thank you to everyone who applied the second round and took the time to interview in December.



# UNIVERSITY CORE THEMES UPDATE

## *Living the Comprehensive Strategic Plan through Controlled Growth*

With a myriad of examples in this newsletter of how the University is growing, it is exciting to share the number of ways the University measures that growth and ensures best practices in the delivery of academic programs, student support services, and administrative processes. While growth is important, appraising growth in relationship to planned outcomes and benchmarks facilitates the success of the University. Through an institutional commitment to systematic assessment and continuous improvement and benchmarks for measuring growth initiatives, the University supports its mission, vision, core themes, core values, and strategic plan. The University articulates its purpose in the mission statement:

*The mission of Rocky Mountain University of Health Professions 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.*

Also, in an examination of its purpose, characteristics, and expectations, RMUoHP defined the parameters for mission fulfillment through four core themes that comprise essential elements of the mission. The following core themes include a series of objectives, outcomes, indicators, and target levels for which the University measures mission fulfillment across the institution.

- 1. Developing Evidence-Based Practitioners** – RMUoHP develops evidence-based practitioners by educating current and future healthcare professionals to synthesize evidence-based principles into practice.
- 2. Elevating Clinical Inquiry Proficiency** – RMUoHP elevates clinical inquiry proficiency through learning experiences that challenge practice standards, expand evidence-based practice, increase clinical research, develop healthcare change agents, and encourage experiential learning.
- 3. Ensuring Educational Quality** – RMUoHP ensures educational quality through student-centered academic programs, services, and continuous improvement.
- 4. Nurturing Student Success** – RMUoHP nurtures student success by engaging students in professional and personal growth opportunities.

The fundamental purpose of RMUoHP's 2014-2018 Comprehensive Strategic Plan (CSP) is to align the University's mission and the vision by employing long-term strategies that capitalize on organizational strengths and take advantage of opportunities. Based on these strategies, short-term operational initiatives were developed that support four CSP goals (Expand Quality Academic Influence, Elevate Student Peak Performance, Cultivate Recognition and Relationships, and Maximize Operational Effectiveness), each of which consists of several initiatives. As the University approaches the half-way point of this strategic plan cycle, the cumulative total of 90% of initiatives completed or in progress demonstrates diligence in utilizing the Comprehensive Strategic Plan as a productive guide towards University growth.

A reliance on a culture of continuous improvement allows the University to accelerate process improvements, perform on a consistent basis, and better steward resources. Any suggestions or questions regarding the mission, vision, core themes, core values, or strategic plan should be addressed to Dr. Sandra Pennington at [spennington@rmuohp.edu](mailto:spennington@rmuohp.edu). For additional information, visit the Institutional Effectiveness webpage at <https://rmuohp.edu/university/institutional-effectiveness/>. ♥

# RMUoHP FOUNDATION UPDATE

## *Utah Foundations Support RMUoHP Foundation's Community Rehabilitation Clinic Growth*

**Utah Medical Association Foundation** – Michelle S. McOmber, CEO for the Utah Medical Association Foundation (UMA Foundation) directed a grant of \$5,000 approved by their Board of Director's to the operation of the RMU Foundation's Community Rehabilitation Clinic. The UMA Foundation's gift will directly impact the quality and availability of rehabilitation therapy care to the underserved and uninsured citizens of Utah County. According to Ms. McOmber, "The UMA Foundation issues grants for projects to improve or support education of physicians and nurses; to improve facilities and treatment options; to support public health projects that serve to mitigate or prevent disease – all specifically for the benefit of the citizens of Utah."

**Intermountain Healthcare Community Partner Fund** – A gift in the amount of \$3,000 was received by the RMU Foundation from Mikelle Moore, VP of Community Benefit and Debbie Hardy, Manager of Community Giving of Intermountain Healthcare (IHC) for the operation of the Community Rehabilitation Clinic. Ms. Moore and Ms. Hardy indicated that, "Intermountain Healthcare was pleased to partner with Rocky Mountain University of Health Profession Foundation in the success of the CRC." The RMU Foundation also enjoys a partnership with the local IHC facility, Utah Valley Regional Medical Center, in referring patients that are underserved or underinsured to the Clinic.

**Ray and Tye Noorda Foundation** – Brent Noorda, a Director on the Ray and Tye Noorda Foundation Board, recently provided a grant of \$15,000 to the RMU Foundation for operating the CRC. Brent stated that, "the Board was impressed with the amount of pro-bono services offered at the Community Rehabilitation Clinic and the low cost of providing meaningful services there." The Directors went on to state, "we are extremely happy to have the opportunity to provide some of the resources needed to affect an even greater impact in the lives of those you serve. We believe that through your work, 2016 will be a brighter year for many people."

Ray Noorda, the founder of Novell, on which campus Rocky Mountain University of Health Professions resides, was known, along with his wife Tye, for supporting organizations that provided relief and comfort to the underserved of Utah County and abroad. According to Brittany Erikson, Program Officer for the Foundation, "the Ray and Tye Noorda Foundation envisions a world where all people enjoy equal opportunities to achieve health, purpose, and happiness. For the people of today, we work to alleviate suffering and to provide educational access and support for all, with special emphasis on those who are most disadvantaged."

**Rocky Mountain Power Foundation-** Gary W. Hooegeveen, Senior Vice President for Rocky Mountain Power Foundation stated that they were pleased to award the Community Rehabilitation Clinic a grant of \$3,000 for operational use. This is the third year in a row that Rocky Mountain Power Foundation has supported the CRC. In awarding the grant, Mr. Hooegeveen cited, "Helping fund worthwhile projects is a gratifying part of the foundation's work. We extend our best wishes for your continued success. It is a pleasure to be among your supporters."

**RMUoHP Adjunct Faculty Member Supports Neonatology Fellowship Program-** Dr. Jan McElroy, PT, LLC generously donated a gift of \$4,625 to the RMU Foundation's Neonatology Fellowship Fund. Dr. McElroy teaches the Transitional DPT course for pediatrics periodically at Rocky Mountain University of Health Professions.

For more information on providing support for the Community Rehabilitation Clinic or donating to RMUoHP Foundation- Contact Vic Morris, RMUoHP Foundation Director and Grant Writing Specialist at [vmorris@rmuohp.edu](mailto:vmorris@rmuohp.edu) or 801.734.6774. ♥



# AOTA 2016: ANNUAL CONFERENCE & EXPO



The RMUoHP Doctor of Occupational Therapy program was well represented at the Annual American Occupational Therapy Association Conference in April. More than 30 students, alumni and faculty presented a variety of scholarly courses, workshops and posters, and more than 50 alumni and students attended an RMUoHP breakfast to reconnect with one another. Congratulations to all of our impressive contributors!

Dr. Melissa Sweetman, OTD Program Co-Director, was also recently elected as President of the South Carolina Occupational Therapy Association (SCOTA) and officially represented RMUoHP and SCOTA at the meeting. ♥



## *Presentors from RMUoHP at the 2016 AOTA Annual Conference & Expo include:*

**Dr. Amy Armstrong-Heimsoth** (Alumna; Scottsdale, AZ), *Survey of Knowledge and Practices Regarding Cytomegalovirus Infection Among Occupational and Physical Therapists.*

**Dr. Stephanie Bachman** (Alumna; Bolivar, OH), *Incorporating Occupation into a Hand Therapy Clinic Using the Occupational Adaptation Model.*

**Dr. Michael Borst** (Alumnus; Glendale, WI), *Promoting Occupational Therapy Students' Self-Awareness of Their Values, Beliefs, and Spirituality.*

**Dr. Patti Calk** (Alumna; Monroe, LA), *Accuracy and Clinical Usability of Goniometer Applications.*

**Dr. Shana Cerny** (Alumna; Vermillion, SD), *Occupational Performance Difficulties Experienced by Human Trafficking Survivors and Neurotransmitters, Stress & Occupational Performance.*

**Dr. Aida Colon** (Alumna; Bronx, NY), *Terapia Pediatrica: Culturally-Responsive OT Practice with Spanish-Speaking Children and Their Families.*

**Dr. Holly Ehrenfried** (Alumna; Northampton, PA), *Post-Concussion and Work: Exploring Occupational Therapy's Role.*

**Dr. Bryan Gee** (Faculty), *We've Moved Past Sex: Can We Now Address Religion?*

**Dr. Ellen Hudgins** (Alumna; Buckingham, VA), *AMSIS Annual Program: Private Practice- Expansion Beyond One Location* and with **Dr. Melissa Sweetman** (OTD Program Co-Director), *AMSIS Annual Program: Integrating Evidence into Practice - The Manager's Role.*

**Julie Kardachi** (Student; New York, NY), *EDSIS Annual Program Faculty Subsection: Addressing the Current Climate of Teaching = Accommodations, Legal Rights and Effective Strategies.*

**Dr. Diana Gantman Kravetsky** (Alumna; Arcadia, CA), *Occupation-Based Pediatric Practice: A Practical Approach.*

**Dr. Kitsum Li** (Track Director and Alumna), *Integrating Evidence into Practice Using the Evidence Exchange.*

**Dr. Elizabeth Morejon** (Miramar, FL), *Autism Get Your Moves: An Occupational Therapy-Based Fitness Program Proposal and Interprofessional Strategies to Address Childhood Obesity: Implications for Occupational Therapy Practice and Research.*

**Dr. Jerilyn Nolan** (Alumna; Danbury, CT), *Quality of Life of Older Adults Attending Senior Centers.*

**Dr. Laurel Packard** (Alumna; Belmont, MI), *Relationship Between NIHSS Scoring and FIM Scoring Among Patients with CVA on an Inpatient Rehabilitation Unit.*

**Dr. Sonia Paquette** (Track Director and Alumna), *Career Choice in OT: Alternatives to Direct Treatment Service.*

**Jessica Pedersen** (Student; Franklin Park, IL), *Moving, Learning, and Playing: How to Adapt a Toy Car for Children with Physical Disabilities.*

**Dr. Richelle Randazzo** (Alumna; Chicago, IL), *Occupational Therapy and the Medically Complex-Pediatric Patient.*

**Dr. Rebecca Durham Reder** (Alumna; Cincinnati, OH), *Knowledge Translation: Integrating Evidence into Clinical Practice.*

**Dr. Terri Roberts** (Alumna; San Diego, CA), *Implementing Evidence-Based Pain Competencies into Pre-licensure Occupational and Physical Therapy Curriculum.*

**Phillipa Robinson** (Student; Nevada City, CA), *Teachers Reflex Integration Curriculum (T-Rex): Movement for the Primary Grades.*

**Dr. Oaklee Rogers** (Alumna; Phoenix, AZ) and **Dr. Sara Stephenson** (Alumna; Scottsdale, AZ), *Structure and Benefits of Providing an "Experiential Experience" for OTD Students: Collaborating with Students Creates Mutually Beneficial Experiences.*

**Dr. Cathleen St. Dennis** (Alumna; Nashville, TN), *AgrAbility and the Implications for Occupational Therapy and Father's Workshop: Promoting the Occupational Role of Fathers in Supporting Their Children's Development.*

**Dr. Anjali Sane** (Alumna; Olympia Fields, IL), *Inclusive Practice: Supporting Social Emotional Skills in the Classroom.*

**Dr. Tina Sauber** (Alumna; Scottsdale, AZ), *AOTA Board Certification and Specialty Certification.*

**Dr. Melissa Schaeffer** (Alumna; New York, NY), *Camp High 5: A Modified Constraint-Induced Movement Therapy and Bimanual Training Day Camp for Children with Hemiplegia.*

**Dr. Sarah Schoen** (Faculty), *Integrated Listening Systems for Children with Sensory Processing Problems: A Pilot Study.*

**Dr. Jennifer Smith** (Alumna; Winterville, NC), *Proposal for a Community-Based Occupational Therapy Program for Chronic Pain.*

**Dr. Pam Stephenson** (Alumna; Stuarts Draft, VA), *Evidence-Based Tools and Strategies for Building Participation in Children with Autism.*



# APTA COMBINED SECTIONS MEETING 2016

*Students, alumni and faculty present scholarly work at the largest PT conference in the United States*

At this year's annual APTA Combined Sections Meeting of the American Physical Therapy Association, RMUoHP students, alumni, faculty and staff presented more than 40 poster, platform, and educational presentations. Presenters included the following:

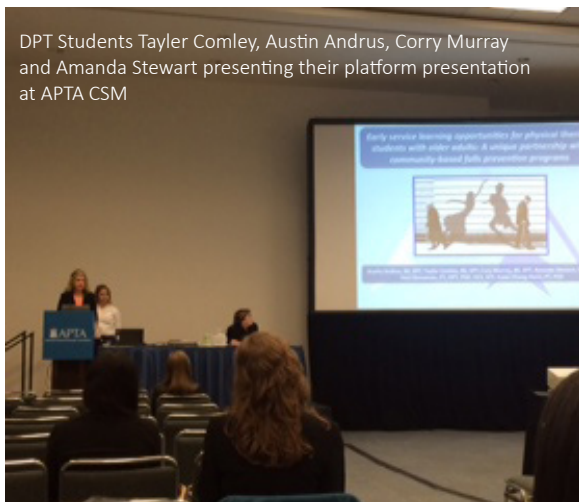
- **Dr. Mark Amundson** (Alumnus; Paramus, NJ)
- **Austin Andrus** (Student; Spanish Fork, UT)
- **Dr. Corky Atkins** (Alumnus, Faculty; Salt Lake City, UT)
- **Dr. Janet Bezner** (Alumna, Faculty; Austin, TX)
- **Dr. Lori Thein Brody** (Faculty)
- **Dr. Jason Brumitt** (Alumnus; Damascus, OR)
- **Dr. V. Norene Christensen** (Alumna; Jackson, WY)
- **Dr. Kaiwi Chung-Hoon** (Faculty)
- **Tayler Comley** (Student; Boise, ID)
- **Dr. Michael Costello** (Alumnus; Trumansburg, NY)
- **Dr. Donna Diedrich** (Alumna; Fort Mill, SC)
- **Dr. Ed Dobrzakowski** (Alumnus; Florence, KY)
- **Dr. Ellen Wruble Hakim** (Faculty)
- **Dr. Susan Hastings** (Alumna; San Jose, CA)
- **Dr. Dirk Kokmeyer** (Alumnus, Student; Edwards, CO)
- **Dr. Shane Koppenhaver** (Faculty)
- **Dr. Jeff Lau** (Faculty)
- **Dr. Lace Luedke** (Student; Menasha, WI)
- **Dr. Mary Massery** (Alumna, Faculty; Glenview, IL)
- **Dr. Shane McClinton** (Student; West Des Moines, IA)
- **Dr. J. Wesley McWhorter** (DPT Program Director)
- **Cory Murray** (Student; Bozeman, MT)
- **Dr. Amy Nordon-Craft** (Alumna; Westminster, CO)
- **Rupal Patel** (Student; Missouri City, TX)
- **Dr. Mark Paterno** (Alumnus; Cold Spring, KY)
- **Dr. Michael Ross** (Program Director)
- **Dr. Ellen Shanley** (Alumna; Vancouver, WA)
- **Amanda Stewart** (Student; Pleasant Grove, UT)
- **Dr. Paul Stoneman** (Faculty)
- **Melissa Strzelinski** (Student; Avon, CO)
- **Dr. Candy Tefertiller** (Alumna; Atlanta, GA)
- **Dr. Misti Timpson** (Faculty)
- **Dr. Jill Thein-Nissenbaum** (Alumna; Middleton, WI)
- **Dr. Darin White** (Faculty)
- **Dr. Steve Wilkinson** (Faculty)

In recognition for the quality scholarly work, two presentations from RMUoHP's Doctor of Physical Therapy students and faculty received blue ribbon awards:

• *Early service learning opportunities for physical therapy students with older adults: A unique partnership with community-based falls prevention programs.* Austin Andrus, BS, SPT; Tayler Comley, BS, SPT; Corry Murray, BS, SPT; Amanda Stewart, BS, SPT; Paul Stoneman, PT, DPT, OCS, SCS; Kaiwi Chung-Hoon, PT, PhD.

• *Early Service learning opportunities for first and second year physical therapy students: A collaborative partnering with community based falls prevention programs.* Kaiwi Chung-Hoon, PT, PhD; Wes McWhorter, PT, MPT, PhD; Jeffrey Lau, PT, DPT, OCS, CMPT.

Additionally, student Michelle Tavera (Superior, WI) received a Dichter Memorial PCS Scholarship. The scholarship assists recipients with Pediatric Clinical Specialist (PCS) exam fees and advanced pediatric courses. ♥



DPT Students Tayler Comley, Austin Andrus, Corry Murray and Amanda Stewart presenting their platform presentation at APTA CSM

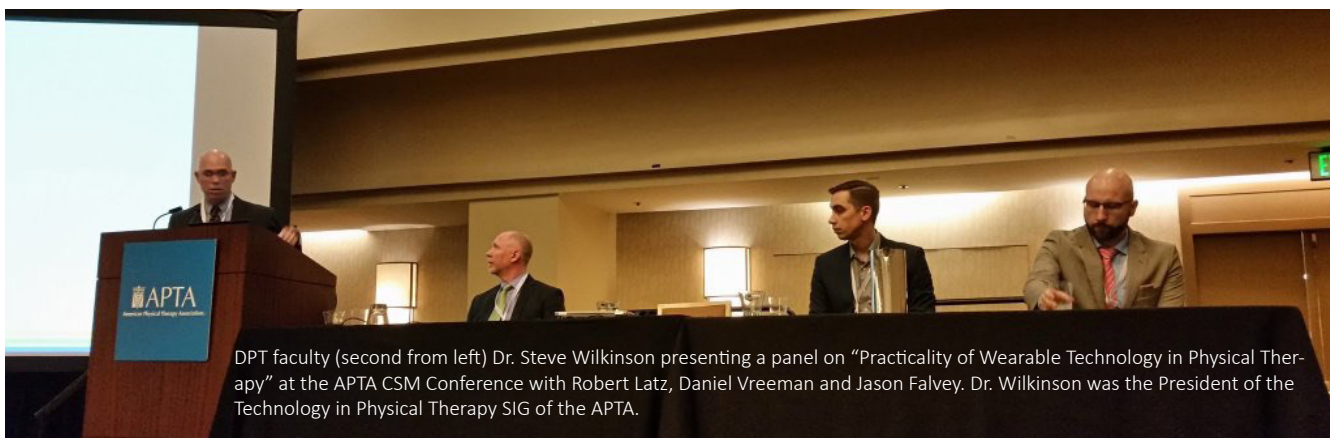
**Early service learning opportunities for physical therapy students with older adults: A unique partnership with community-based falls prevention programs**

Austin Andrus, BS, SPT; Tayler Comley, BS, SPT; Cory Murray, BS, SPT; Amanda Stewart, BS, SPT; Paul Stoneman, PT, DPT, PhD, OCS, SCS; Kaiwi Chung-Hoon, PT, PhD

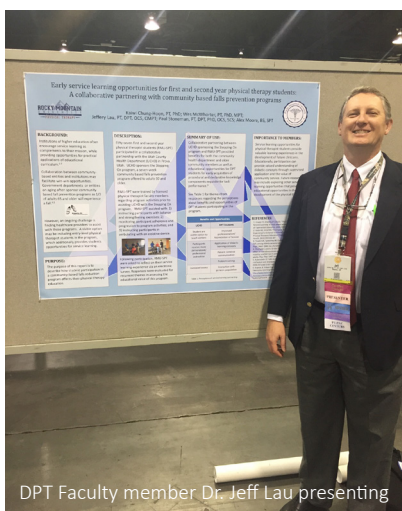


RMUoHP Blue Ribbon poster

**40 PRESENTATIONS  
2 BLUE RIBBONS  
1 SCHOLARSHIP**



DPT faculty (second from left) Dr. Steve Wilkinson presenting a panel on "Practicality of Wearable Technology in Physical Therapy" at the APTA CSM Conference with Robert Latz, Daniel Vreeman and Jason Falvey. Dr. Wilkinson was the President of the Technology in Physical Therapy SIG of the APTA.



DPT Faculty member Dr. Jeff Lau presenting



DPT Faculty member Dr. Misti Timpson presenting



# AWARDS & ACCOMPLISHMENTS

OTD 23 alumna Dr. Jodi Moore has been appointed to the American Society of Hand Therapists Education Division Board, and is making huge strides in the hand therapy arena! She is in the process of implementing her capstone project, "Mentoring Therapists to Become Hand Therapists," at both the ASHT and Duke University. She is also in the process of developing a Hand Therapy Fellowship Program at Duke University.

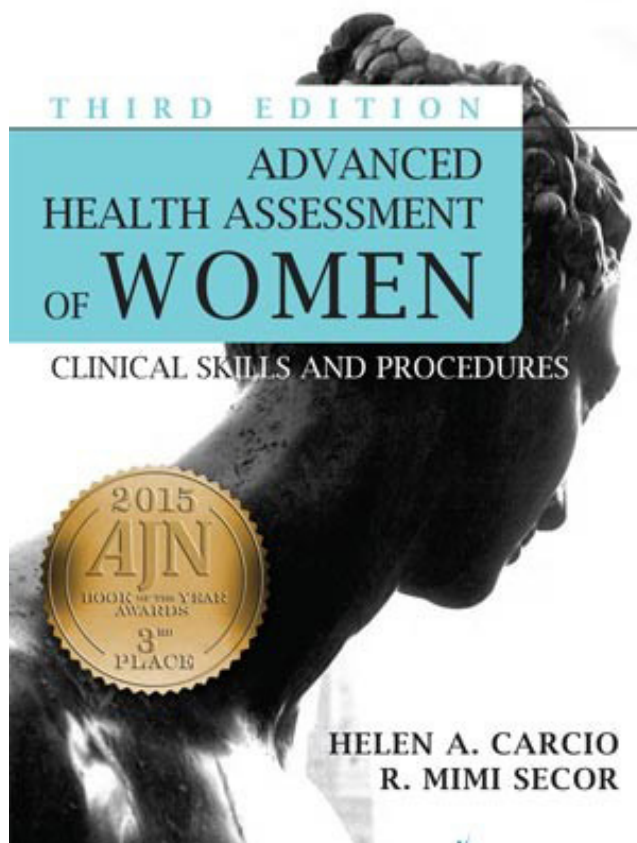
OTD Co-Program Director Dr. Melissa Sweetman was recently appointed as President of the South Carolina Occupational Therapy Association. She officially took office on April 16 at the SCOTA board meeting, and she attended the Association of State Association Presidents (ASAP) meeting on April 5 and 6 before the AOTA conference, representing the state of South Carolina.

OTD alumna Dr. Michelle L. Webb has been appointed Occupational Therapy Assistant Program Director for South University located in High Point, NC.

Army Major and OTD alumnus Dr. Jim Burns (Clarksville, TN) successfully completed The Defense Strategy Course through the US Army War College. The course is an intensive 4-month distance education program designed to improve understanding of the national security process and other factors impacting policy development and execution.



DNP alumna Dr. Mimi Secor received the American Journal of Nursing Book of the Year Award for her textbook entitled *Advanced Health Assessment of Women, Third Edition: Clinical Skills and Procedures*. <http://email.springerpub.com/kTOBOOf00oJ02E90z00w00E>



OTD cohort 24 alumnus Dr. Marc Bartholdi has a new position at Select Physical Therapy as the only Certified Hand Therapist in town.



tDPT alumnus Dr. Allen R. Jones has been elected Vice President of the Virginia Board of Physical Therapy. Dr. Jones also received the Distinguished Public Service Award from the Virginia State University Alumni Association, Peninsula Chapter.



DSc AT student Sy Abe-Hiriashi taught two PRI (Postural Restoration Institute) Myokinematic Restoration Courses in Japan this winter- one in Tokyo (Dec 19-20) and one in Osaka (Dec 26-27).

OTD cohort 22 alumna Dr. Amy Armstrong-Heimsoth was recognized in the latest OT Practice for her work concerning cytomegalovirus and pregnancy.

PhD AT student Manuel G. Romero recently completed his PhD and defended his dissertation on "Role Strain in Athletic Trainers Working in Professional Sports: A Mixed Method Study."

PhD AT Alumnus Dr. Chris Brown (Hattiesburg, MI) was appointed to a faculty role as the Clinical Education Coordinator for the athletic training program at the University of Florida.

DSc alumna Dr. Linda Csiza is currently serving on the Accrediting Services Council for the American Board of Physical Therapy Residency and Fellowship Education and is also serving as Treasurer of the Neurology Section of the APTA. She is also chairing a task force with the Neurology Section for the development of a Vestibular Practice Analysis.

DSc AT student Bill Mills was featured in Malvern Preparatory School's newspaper, on concussions and headaches. Find the full article here: [http://](http://mpfriarslantern.com/2016/01/26/concussions-give-malvern-headaches/)

[mpfriarslantern.com/2016/01/26/concussions-give-malvern-headaches/](http://mpfriarslantern.com/2016/01/26/concussions-give-malvern-headaches/)

DSc HPW student Kayle Skorupski recently accepted a position as an Assistant Professor of Practice at the University of Arizona Nutritional Sciences Department.

PhD HPW Student Mark Campbell is affecting change from the pitcher's mound of the Washington Nationals by helping pitchers develop techniques to maintain focus during stressful games. You can read more about his work in a recent Washington Post article [here](#).

DNP alumna Dr. Donna Stewart has been asked to be an abstract reviewer for the 2016 Magnet Conference.

The Fall 2015 RMUpdate received a Gold Award and an Honorable Mention from the Hermes Creative Awards, sponsored by the Association of Marketing and Communication Professionals. ♥



ROCKY MOUNTAIN  
UNIVERSITY of  
HEALTH PROFESSIONS

Area of Study

Admissions

Tuition & Financial Aid

About RMUoHP

Current Students



Impacting healthcare  
starts with you!

The new RMUoHP website also received a Gold Hermes Creative Award.



# ELEVATING THE UNIVERSITY: PRESENTATIONS

Associate Research Fellow Dr. Christine Lauber presented on “EBP WOW That is a lot of special tests! How diagnostic accuracy can help you select appropriate special tests.” At the Great Lakes Athletic Trainers’ Association Annual Meeting.

MSHS Faculty member Kim Barber Foss presented on “Innovative Technology for Concussion Diagnosis, Return to Play and Prevention” at the Great Lakes Athletic Trainers’ Association Annual Meeting.

DSc Program Director and NATA Hall of Fame Inductee Dr. Malissa Martin presented on “Engagement Drills: Preceptor Preparedness 101” at the Great Lakes Athletic Trainers’ Association Annual Meeting.

Dr. Matt Kutz presented on “Next Level Professional Advancement: Thinking Like a Leader Outside the Athletic Training Clinic.” At the Great Lakes Athletic Trainers’ Association Annual Meeting.



OTD alumna Dr. Gina Rainelli recently presented her capstone project, an occupation-based social skills manual for children with emotional-behavioral disorders, at The College of St. Scholastic in Duluth, MN to second year OT graduate students. The students participated in an activity from the manual and learned how to use what they made with children experiencing anxiety.

PhD AT alumni Dr. Chris Brown, Dr. Kelly Potteinger, Dr. Kim Keeley and Dr. Taz Kicklighter presented a poster on “A Comparison Between Undergraduate Athletic Training Program Entrance Requirements and Board of Certification First-Time Pass Rate.” At the 6th Biennial South East Athletic Trainers’ Association Athletic Training Educators’ Conference in February in Atlanta, GA.

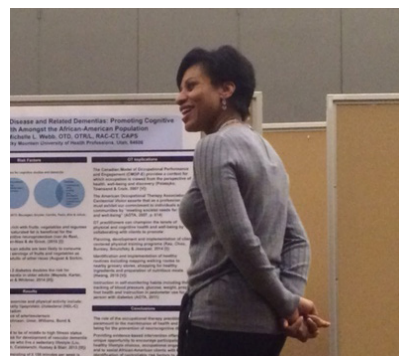
OTD Co-Program Director Dr. Melissa Sweetman presented a six contact hour course at the South Carolina Occupational Therapy Association annual conference in Charleston, SC on February 27 entitled “An Evidence-Based Approach to

Productivity and Profitability: Maintaining Our Occupational Identity in Today’s Health Care Environment.”

PhD AT alumnus Dr. Tim Braun presented on. “Community Associated Methicillin Resistant Staphylococcus aureus (CA-MRSA) Infection Incidence and Management of Suspicious Bacterial Lesions within Northeastern High Schools and Intercollegiate Athletic Programs” at the Northwest Athletic Trainers’ Association Annual Meeting and Clinical Symposium in March in St. Louis, MI. He will also be presenting at the the National Athletic Trainers’ Association 67<sup>th</sup> Clinical Symposia & AT Expo in June 2016 in Baltimore, MD.



OTD alumnae Dr. Nancy Murphy and Dr. Michelle L. Webb presented their respective posters “Evidence-Based Congruence: Occupational Therapy Curricula; Accreditation, and Credentialing of



Entry-Level Practitioners” and “Alzheimer’s Disease and Related Dementias: Promoting Cognitive Health Amongst the African-American Population” at the North Carolina Occupational Therapy Fall Conference held in Raleigh, NC on October 17-18, 2015.

Dr. Jessica Egbert, Vice President of Institutional Effectiveness and Strategic Initiatives, and Doctor of Physical Therapy faculty Dr. Ann Hoffman co-presented at the statewide Utah Women in Higher Education Network Conference (UWHEN) on the topic of “Stepping Up Your Influence”. Dr. Egbert is also the chair-elect for UWHEN and will serve as Chair for the 2016-17 academic year. ♥

# WINTER/SPRING 2016 PUBLICATIONS

## Alumni Publications

Baker, R. L., & Fredericson, M. (2016, February). Iliotibial band syndromes in runners: biomechanical implications and exercise intervention. *Physical Medicine and Rehabilitation Clinics of North America*, 27(1), 53-77.

Baker, R. L., Souza, R. B., & Fredericson, M. (2011). Iliotibial band syndrome: soft tissue and biomechanical factors in evaluation and treatment. *PM & R: Journal of Injury, Function & Rehabilitation*, 3(6), 550-561.

Benz, A., Winkelman, N., Porter, J., & Nimphius, S. (2016). Coaching instructions and cues for enhancing sprint performance. *Strength & Conditioning Journal*, 38(1), 1-11.

Braun, T., Kahanov, L., Lauber, C. L., & Dannelly, H. K. (2016). CA-MRSA infection incidence and care in high school and intercollegiate athletics. *Medicine & Science in Sports & Exercise*.

Cohen, E., Csiza, L., & Karparkin, H. (2015, January 12). *Multiple Sclerosis*. Retrieved from PT Now: <http://www.ptnow.org/clinical-summaries-detail/multiple-sclerosis-ms>

Csiza, L. (2015). The effect of Taoist meditation on fatigue and physiologic stress in two people with multiple sclerosis: A case report. *Clinical Case Reports and Reviews*, 1(11), 261-267.

Graff-Radford, S. B., Reeves, J. L., Baker, R. L., & Chiu, D. (1989). Effects of transcutaneous electrical nerve stimulation on myofascial pain and trigger point sensitivity. *Pain*, 37(1), 1-5.

Gurney, A. B., Mermier C., LaPlante M., Mujamdar A., O'Neill K., Gurney J., (2016). *Shoulder Electromyography Measurements During Activities of Daily Living and Routine Rehabilitation Exercises*. Journal of Orthopaedic & Sports Physical Therapy, 46(5), 375-383. DOI: 10.2519/jospt.2016.6090

Jendro, G. B. (2016). *Phytoestrogens for menopausal vasomotor symptoms*. Retrieved from Breast Cancer Care: Nursing Network News.

Mak, J. C., Fredericson, M., & Baker, R. L. (2015, May). *Iliotibial band syndrom*. Retrieved from Best Practice: <http://bestpractice.bmj.com/best-practice/monograph/587.html>

Moore, J. (2015). Functional orthosis post pectoralis muscle rupture. *Journal of Hand Therapy*, 28(3), 325-328.

Secor, M. (n.d.). *Closing the VVA Knowledge Gap: The effectiveness of an educational module for new nurse practitioners*. Retrieved April 28, 2016, from Advance for NPs & PAs: <http://nurse-practitioners-and-physician-assistants.advanceweb.com/continuing-education/ce-articles/vulvovaginal-atrophy.aspx>

St. Dennis, C. (2016, March 7). Preparing students to be more confident: A dynamic and evolving process. *OT Practice*, 16-18.

Wasserman, J. B., Steele, J., Halkiotis, M., Riggins, E., & E, Y. (2016). Chronic caesarian section scar pain treated with fascial scar release techniques: A case series. *Journal of Bodywork and Movement Therapies*.

Winkelman, N. (2009). A model of periodisation: optimising performance and recovery in the elite 100m sprinter. *Professional Strength and Conditioning*, 13, 14-18.

Winkelman, N. (2010). Theoretical and Practical applications for Functional

Hypertrophy: Development of an Off-season Strategy for the Intermediate to Advanced Athlete. *Professional Strength and Conditioning*, 16, 4-11.

Winkelman, N. (2011). The Difference between the countermovement and noncountermovement jump: implications on performance. *Professional Strength and Conditioning*, 20, 4-8.

Winkelman, N. (2015). Assessing athletic qualities. In D. Joyce, & L. D, *Sports Injury Prevention and Rehabilitation: Integrating Medicine and Science for Performance Solutions* (pp. 95-105). New York, NY: Routledge.

Winkelman, N. (n.d.). *Hot Topic: What We Say Matters, Part I*. Retrieved from NSCA: <https://www.nsca.com/Education/Articles/Hot-Topic-What-We-Say-Matters-Part-I/>

Winkelman, N. (n.d.). *Hot Topic: What We Say Matters, Part II*. Retrieved from NSCA: <https://www.nsca.com/Education/Articles/Hot-Topic-What-We-Say-Matters-Part-II/>

Winkelman, N. (2015). Attentional Focus & Cuing. *IDEA Fitness Journal*, 12(5), 38-45.

## Faculty Publications

Adams, T. B., & Araas, T. E. (2006). Purging and alcohol-related effects in college women. *International Journal of Eating Disorders*, 39, 240-244.

Araas, T. E. (1993-94). Untitled. *Brushfire Journal of Art & Literature*, 57 & 59.

Araas, T. E., & Adams, T. B. (2008). Protective behavioral strategies and negative alcohol-related effects in college students. *Journal of Drug Education*, 38(3), 211-223.

Brown, C., Lauber, C. A., & Cappaert, T. (2015). The effect of dexamethasone iontophoresis on decreasing pain and improving function in patients with musculoskeletal conditions. *Journal of Sport Rehabilitation*, 24(3), 327-331.

Hicks, R. W. (2016). Dental avulsion. In A. Hollier (Ed.), *Clinical guidelines in primary care* (2nd ed., pp. 174-175). Scott, LA: Advanced Practice Education Associate, Inc.

Hicks, R. W. (2016). Maintaining ethics in quality improvement. *AORN Journal*, 103(2), 139-141.

Hicks, R. W., & Harris, R. (2016). Avoid ethical misconduct in manuscript preparation. *Advanced Emergency Nursing Journal*, 38(1), 69-80.

McCormack, J., Underwood, F., Slaven, E., & Cappaert, T. (2015). The minimum clinically important difference on the VISA-A and LEFS for patients with insertional achilles tendinopathy. *International Journal of Sports Physical Therapy*, 10(5), 639-644.

Schoenfeld B. J., Ogborn D., Contreras B., Cappaert T., Ribiero A. S., Alvar B. A., Vigotsky A. (2016) A Comparison of Increases in Volume Load Over 8 Weeks of Low-Versus High-Load Resistance Training. *Asian Journal of Sports Medicine*. EPUB ahead of print. DOI: 10.5812/asjms.29247

Sweetman, M. M. (2015, October 9). *Management and leadership: Are they the same?* Retrieved from Rehab Management: <http://www.rehabpub.com/2015/10/management-leadership/>

The publications included in the RMUpdate come from a database kept by our medical librarians, Karen Newmeyer (right) and Ashley Bassett (left). They keep a record of all the published works from RMUoHP faculty, students, and alumni. In order for your publication to be included in future editions of the RMUpdate, and in the official database, please send your publication citations to [library@rmuohp.edu](mailto:library@rmuohp.edu). ♥







ROCKY MOUNTAIN  
UNIVERSITY *of*  
HEALTH PROFESSIONS

122 East 1700 South, Provo, UT 84606



HEALTHCARE EDUCATION

DESIGNED FOR *YOU.*

122 EAST 1700 SOUTH | PROVO, UTAH | [RMUOHP.EDU](http://RMUOHP.EDU) | (801) 375-5125