

RMUPDATE

WINTER 2014 VOLUME 13 ISSUE 1

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Put your hands up for this amazing summer camp and the special opportunity it provides for the kids

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Children from Camp Winning Hands, a summer camp for kids with congenital hand differences.

Editor/Designer: Spencer Healey
Marketing Communication Specialist

Cover photo credit: Ginny Gibson

President's Message

The Spirit of "New"

Greetings, and Happy belated New Year from Rocky Mountain University of Health Professions ...

2014!

The New Year is now upon us- a time that can be viewed as a new beginning. To become, to overcome, to rise above, to put behind, to shove aside, to take upon, all in an effort to become better and new! With the turn of the calendar year there is a spirit of exhilaration that surrounds the RMU campus. There is a freshness in academic programs that recently started or are gearing up to launch in this year, including the entry-level Doctor of Nursing Practice (DNP) Family Nurse Practitioner track (started in fall of 2013 but returning in full gusto this year), a post-professional Clinical Science Doctorate (ClinScD) in Speech and Language Pathology that launches in June 2014, and the developing Physician Assistant program that enrolls in 2015.

This new year ushers in an energy to the entry-level DPT program as it has found a new temporary home on our new campus. The program was moved during the holiday break and will be located there until we relocate the entire campus to our final campus location in the spring of 2014.

RMU is undergoing newness like never before. We are growing. We are building. We are making positive changes to the university to accommodate your recommendations, your suggestions, and your concerns. We hear you, and you have bred an energy of spirit that is transforming the university.

We now reach out to you, our Rocky Mountain University family and community, and would like to offer you an opportunity to share in the growth, expansion, and newness of RMU in a positive and long-term way. As we prepare to relocate the RMU campus to our new site a few blocks away, we are making available naming right opportunities in several areas of the campus for interested parties. Tax deductible donations can be made to the Rocky Mountain University of Health Professions Foundation for exclusive naming right opportunities at the new campus, including the Learning Resource Center (library), student laboratories, classrooms, the main foyer, student mock examination rooms, the cadaver lab, the bookstore and faculty and student lounges and study areas. These areas on the new campus will bear the name of donors for the next ten years with a one-time donation (which can be spread out over a few years if necessary). Your donation

"We are growing. We are building. We are making positive changes to the university to accommodate your recommendations, your suggestions, and your concerns."

will identify you, your company, or your group or organization by a notable decorative placard which will be proudly displayed outside of these specific new areas as a donor who helped bring these new areas to life.

We are excited to share with you this opportunity of having your name(s) proudly displayed as one who brought life to a portion of the new campus. If you are interested in such an opportunity, please contact Penny at pbooth@rmuohp.edu. She can forward you the schedule of areas available for naming rights and the one-time donation cost. But do so quickly, as we anticipate this opportunity to be short-lived.

Additionally we often find that new students inquire about our university through our current students and alumni. Be the bridge, be the liaison, to bringing a new student to this energized university by making a referral. You have the necessary insight and first-hand experience to identify individuals who have the ability to be successful in our programs.

2014! A new year bringing opportunities for our university. Thank you for your continued trust, confidence, and support, and for your interest in growing into this next dimension of newness with us!

Richard P. Nielsen, PT, DHSc, ECS
President



Charity Care Clinic Construction Underway

The Charity Care Rehabilitation Services Clinic being built-out in the Mountainlands Community Health Center in Provo is underway. The project is a collaboration between RMUoHP, Mountainlands, Community Health Connect, The United Way and Intermountain Healthcare.

The anticipated date for completion of the Clinic is April 1, 2014. It will serve indigent and underserved citizens of Utah County. Referring agencies and physical therapy clinics forecast 200 or more patients will take advantage of the services the clinic provides once the doors open and then grow significantly from there.

The Clinic will be managed by the RMU Foundation and will offer volunteer practice opportunities to RMUoHP Physical Therapy students.



Hearts *that* Care

Occupational therapists changing the world

Rocky Mountain University of Health Professions alumni and students are amazing people who are impacting the world around them in profound ways. Many of them are unsung heroes who use their expertise to render incredibly selfless service all over the globe.

Dr. Ginny Gibson, Dr. Nancy Chee and Monique Ramirez are three such individuals whose volunteer and extra-curricular work is changing the lives of others ...

Camp Winning Hands

"Just like me."

That's the powerful statement Dr. Ginny Gibson heard over and over at Camp Winning Hands.

"She has a hand just like me," said one young boy.

"He has a thumb just like me," said another.

Gibson says that Camp Winning Hands has an amazing impact on the youth who attend. The camp, started by Gibson in 2010, is a weekend summer camp for kids and teens with congenital upper limb differences. Some of them have differently formed hands, a single finger on one hand, no hands at all, or some other form of hand difference. At Camp Winning Hands, every summer these kids get to have an overnight camping experience where they are treated to all types of outdoor adventures in a safe environment.

"The camp has no agenda to provide therapy, but instead an opportunity to have fun in a supportive environment," says Gibson. "They get together and have fun doing things that they didn't think they could do."



Camp Winning Hands is actually two camps now, one for children 5-11 and one for teens 12-17. The children's camp is a weekend camp and family is invited, while the teen camp is a two-day,

three-night event.

Last summer the theme was "Western" and the campers got to meet a calf roper, tell campfire stories, line dance, go horseback riding and do archery. Fellow occupational therapist and RMUoHP alumna, Dr. Nancy Chee, is also involved with the camp. Chee helps adapt archery activities for those who aren't able to use a conventional bow.

"Children with congenital limb difference may need hand therapy, especially following surgery, but many do not," says Gibson. "Children need to connect with other children with hand differences and have opportunities to participate in activities without considering the social implications.

"It's so important for these kids to meet others who are going through what they are going through. It seems so simple, but it really opens their eyes to see that there are other children with similar hands."

The camp is held at Camp Arroyo in Livermore, California and is run by a staff of professionals and volunteers from Samuel Merritt University, Shriners Hospitals for Children, and Children's Hospital and Research Center Oakland.

A majority of the counselors and volunteers themselves have congenital upper limb differences, adding to the support network for the kids and their parents. Thanks to funds provided by The Taylor Family Foundation, Children's Hospital and Research Center Oakland and Shriners Hospital for Children Northern California, there is no cost for the hand camp.

Gibson received her OTD degree from RMUoHP in 2013 and says that Camp Winning Hands is her favorite outside-of-work activity. She feels that the teen camp, in particular, was impactful for those who attended.

"When the kids can step aside and see beyond the differences that they have and have empathy for the others, it changes them."



Professor Gibson is a graduate of San Jose State University where she received both a BS and MS degree in Occupational Therapy. She recently graduated from Rocky Mountain University of Health Professions where she obtained an Occupational Therapy Doctorate degree with a hand therapy emphasis. She has taught at SMU since 1997 and maintains a clinical practice at Children's Hospital & Research Center of Oakland in the Hand Therapy Clinic. Professor Gibson became a certified hand therapist in 2001. Professor Gibson volunteers with Health Volunteers Overseas; she travels to Nicaragua where she teaches and provides hand therapy services at Hospital Materno Infantil Fernando Velez Paiz. She is also the Director of Camp Winning Hands, a camp for children and teens with congenital hand differences.



The REAL Award

Occupational therapist Dr. Nancy Chee was recently named as a recipient of The REAL Awards. The REAL Awards are an honor given to healthcare workers around the world who have dedicated themselves to improving the lives of others through their service and use of their healthcare expertise.

Created to celebrate the work of inspiring healthcare workers, The REAL Awards invites healthcare professionals to nominate their deserving peers for the honor. The honorees are chosen by votes on Facebook and Twitter. The awards are sponsored by Save the Children, Frontline Healthcare Coalition, The Bill and Melinda Gates Foundation, and other healthcare groups.

Dr. Chee was nominated by Susan W. Hayes, president and CEO of ReSurge International. On her honoree profile, it tells about Chee's service to the under-resourced areas of the world:

"For the past several years she has volunteered her limited free time to ReSurge International & other NGOs to provide critical care to patients throughout the developing world. Nancy has been a therapist & educator with ReSurge since



2003, going on educational & team trips to many locations, including India, Nepal, Sri Lanka, Bolivia, Vietnam and more...

Most of our patients are children with disabling burn injuries, clefts or hand deformities. Nancy comes in after patients receive surgery to provide physical therapy. She helps transform the life of a person who suffers daily from a debilitating condition, restoring functionality."

Chee's talent and self-less service did not go unnoticed and she has been invited to Washington, D.C. in April to attend an award ceremony and participate in an

advocacy summit to discuss the need for better healthcare for women and children in developing countries.

In 2013 Chee graduated from RMUoHP with a Doctor of Occupational Therapy degree.

Read more about Chee and The REAL Awards at www.the-realawards.com.



THE REAL AWARDS

Dancing with a Therapist

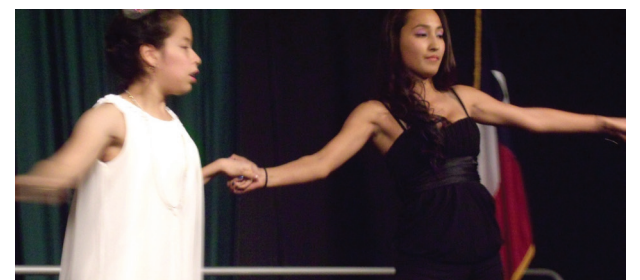
"To touch, to move, to inspire. This is the true gift of dance." – Aubrey Lynch

The small, simple things in life are what make the world sublime. Simple things like dancing, for example.

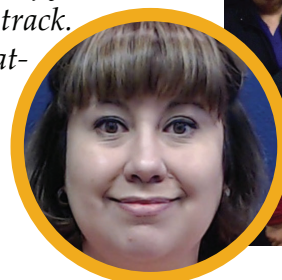
One RMUoHP student, occupational therapist Monique Alvarez, started a dancing competition with Epic Pediatric Therapy to benefit the Children's Miracle Network of El Paso called "Dancing with a Therapist". The idea came to Alvarez from one

of her home health pediatric patients who loved to dance. Alvarez realized immediately the opportunity to use the patient's passion for dance to help her meet her therapy goals and objectives. The annual event is now a fundraising effort with all proceeds going to El Paso Children's Hospital. Therapists and patients team up for the evening event and in true "Dancing with the Stars" fashion perform a dance number in front of a panel of community judges.

Last year marked the third annual Dancing with a Therapist competition and over \$2000 was raised.



Monique Alvarez is currently a Doctor of Occupational Therapy student in the pediatric science track. She works at Epic Pediatric Therapy.



Physician Assistant Program Development

Spreading the Word

“Even this early in development there is a remarkable amount of enthusiasm about our developing program. I have had the opportunity to share my vision with approximately 150 Pre-PA students who were thrilled that an additional option will be available to them in the intermountain west!” - David Payne on his recent visits to Pre-PA clubs at various universities around Utah.

Payne (MS, PA-C) is the newly appointed founding director for the developing Physician Assistant (PA) Program. He expresses his excitement for the new PA program and shares some details about the direction of the program.



Active & Collaborative Learning

“Lecture is only one tool among many. The research shows that when students actively learn, they retain more. We will use all kinds of techniques in the classroom. The more creative, the better.”

A variety of innovative pedagogical approaches will be employed beyond standard lecture, including case-based, problem-based, and team-based learning. Early in the didactic phase students will be introduced to working through clinical cases as members on a healthcare team. Emphasis will be placed on critical thinking, problem-solving, applying information mined from evidence-based resources, and developing interpersonal and communication skills.

Progressive Experiential Design

“Medicine today is all about problem-solving. The cup of medical knowledge is far greater than any one person could consume in a lifetime. Having a strong foundation of medical knowledge as a base, and then having the ability to solve problems through a network of colleagues and by quickly accessing, interpreting, and applying high-quality evidence-based information at the point-of-care, will be of far greater value than attempting to memorize an infinite number of details about disease diagnosis and management.”

Beginning early in the didactic phase, students will be challenged to work through simulated clinical experiences with standardized patients (actors trained to portray specific patient presentations). These experiences will include presenting cases orally to faculty members simulating supervising practitioners and developing comprehensive notes, to include detailed assessments and management plans. A semester of full-time clinical rotations will also break up the didactic phase of the program, enabling students to learn subsequent didactic material with a newly formed clinical perspective.

Other Exciting Program Features

The RMUoHP program will also include synthesized medicine modules. Instead of courses addressing content separately in clinical medicine, diagnostic skills, and pharmacotherapeutics courses, these components will be integrated into specialty-based modules (e.g. Cardiovascular, Pulmonology, Pediatrics).

Rather than a traditional research paper for their capstone project, students will develop a reflective practice portfolio. Throughout the didactic phase of the program, students will be challenged to reflect deeply on their knowledge and skill base. They will identify and quantify their strengths and weaknesses, and then be responsible for developing specific plans to address their weaknesses. During the final two semesters, they will put their plans into action and self-monitor their progress. This project will help prepare well-rounded graduates who have cultivated a consistent pattern of self-reflective practice, a skill crucial for optimal performance within a practice climate of rapid knowledge advancement.

Keep an eye out for more information on the PA program. We will con-

Stay Tuned for More

tinue to share details in our newsletter. You can also expect several detailed web pages in the coming weeks emphasizing admissions criteria and timelines for processing applications and conducting interviews!

This program is in the final stages of consideration by Northwest Commission on Colleges and Universities. As it constitutes the only entry way for newly developing programs, RMUoHP has entered the formal process to apply for “Accreditation - Provisional”. The Accreditation Review Commission on Education for the Physician Assistant (ARC-PA) defines “Accreditation - Provisional” as follows:

“Accreditation - Provisional is an accreditation status first awarded when the plans and resource allocation, if fully implemented as planned, of a proposed program that has not yet enrolled students appear to demonstrate the program’s ability to meet the ARC-PA Standards.”

Master of Science Physician Assistant Studies



Program virtual open houses allow future students to engage on a whole new level

A new virtual event is changing the way future students can interact with different programs at Rocky Mountain University of Health Professions. Virtual Open Houses offer a fresh new platform for prospective students to connect with the people they need to know before they ever enroll in their program.

In November 2013, RMUoHP's admissions office began organizing virtual open house events that give future students live access to all of the people they need, all in one place, all at one time. Using video and phone conferencing technology, prospective students from all around the country get to spend an hour talking to program directors, faculty members, current students, administration and admissions experts. The events offer an opportunity to get a feel for the program of interest and have any questions answered.

"Virtual open houses centralize the people with information about the program and provide an easy way for prospective students to engage with those people," said Erik Kubina, an admissions advisor at RMUoHP. "Ultimately the future students get a feel for the type of environment we have here and the support that they would have here."

Already, the virtual open houses have been hosted for two different programs and attended by students from 28 different states. One current Doctor of Occupational Therapy student, Ernie Escovedo, feels that the virtual open houses are especially beneficial to students who are unsure about online learning models and non-traditional



education pathways.

"Online coursework is a big departure from traditional coursework and this forum helps ease any apprehension someone may have," said Escovedo. "This is a big decision for people to make and it helps to have someone who is actually going through the process answer questions related to coursework, degree of difficulty, time-management, etc. It is a big life commitment and we all have questions before taking the leap forward."

Various RMUoHP programs will be hosting virtual open houses throughout the year.

Upcoming... **OTD Virtual Open House - RSVP Today**
February **11** 2014 **6-7:00 p.m. MST**

OTD **Scholarships**
DNP **Available**

Prior to the summer term start, three new scholarship winners will be selected from a pool of qualified candidates.

Would you like to be among those students selected for these distinctive awards?

[Click to find out more](#)

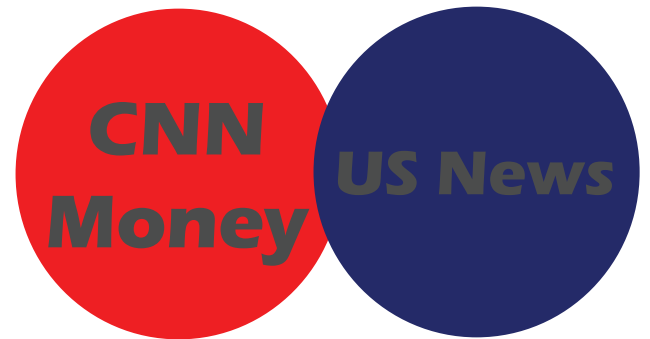
9 TOP JOBS



It's comforting to find out that you've made the right choice. That's why RMU-oHP students and alumni should be feeling fine in 2014. When it comes to the top careers in the United States, our health-care degrees represent six of the top 50 professions. CNN Money (in conjunction with PayScale) and US News and World Report just released their lists for the 100 best jobs in America. Our graduate programs are training professionals in five of the top 50 jobs in CNN Money and four of the top 50 jobs in US News. Not only that, but our degree programs represent five of the top 11 healthcare professions in CNN Money and four of the top 16 healthcare professions in US News. When determining job rankings, both publications examined data based on job growth opportunity, pay, overall job satisfaction, current employment opportunity, and manageable work-life balance and job security. Take a look at which jobs made the list.

CNN Money

100 TOP JOBS in AMERICA



OCCUPATIONAL THERAPIST

#34

#14

It's a great time to be an occupational therapist in the United States. A top-50 job on both lists, the 10-year job growth is 33.5 percent which will translate into 36,400 more jobs available before 2020. With 108,800 existing jobs and an extremely low unemployment rate of 0.4 percent, there's no surprise why occupational therapy got "A" ratings in personal satisfaction and benefit to society. "B" ratings in job flexibility and low stress help make this a very attractive career for health professionals.



PHYSICAL THERAPIST

The 10-year job growth projections for PTs looks good at 39 percent, which translates to approximately 77,400 jobs being added by 2020. Physical therapy jobs also got high marks in Quality of Life Ratings, getting an “A” grade in personal satisfaction, benefit to society and low stress. Add in a very low unemployment rate of 1.8 percent and PTs are looking at a bright future. One factor contributing to the current high demand for PTs is the aging population in the US. After 2017 any new graduates taking the national licensure examination will be required to have a Doctor of Physical Therapy degree.



HAND THERAPIST

With above average future job growth and a comfortable salary range, hand therapy is one of the best professions in the country. The 10-year job growth is 39 percent and the profession earned “A” grades in the personal satisfaction and benefit to society categories. “We help people get their hands and arms back in the game of life,” said President of the American Society of Hand Therapists and friend of RMUoHP, Dr. Sue Michlovitz. “I’m very interested in how I can help someone recover from their injury or disease.”



PHYSICIAN ASSISTANT

“A” grades in personal satisfaction and benefit to society keep physician assistants consistently high on the best jobs lists. This year CNN Money has the profession in at 21.

“PAs have proven themselves in contributing to meeting the healthcare needs of society,” says David Payne, graduate program director of the Physician Assistant Program at RMUoHP. “They are in high demand and will continue to fill critical healthcare roles now and in the future.”



NURSE EDUCATOR

For those interested in educating the next generation of healthcare professionals, nurse educators are looking at a 17.4 percent job growth over the next 10 years. The profession also got “A” ratings in the personal satisfaction and benefit to society categories.



SPEECH-LANGUAGE PATHOLOGIST

Due to an aging U.S. population, the Bureau of Labor Statistics anticipates a major hiring boom for speech-language pathologists before 2020. Speech-language pathology as a profession already has a low unemployment rate at 1.7 percent, and that’s prior to the predicted 28,800 jobs that will be added to the industry before the turn of the decade. Another bonus for SLPs is the recent spike in pay that currently has the median salary at \$69,100.

December 2013 DPT Commencement

45 cohort 2
graduates





The Doctor of Physical Therapy department holds commencement ceremony for its second cohort

December 13, 2013 was a big day for 45 Doctor of Physical Therapy students who were honored in a commencement ceremony held at the Provo Library Ballroom. Forty-five graduates from DPT cohort two were hooded and presented as the second DPT class to graduate from Rocky Mountain University of Health Professions.

Graduates representing 13 different states were present with support from family and friends as they were recognized for their hard work and dedication in the program.

Also in attendance were RMUoHP's administration and RMUoHP's EIM

endowed chair in evidence-based practice, Dr. Stephen Allison. He delivered the commencement address and DPT Cohort 2 class president, Dr. Kimberlee J. Despain-Odlaug, was a graduating speaker.

Dr. Wesley McWhorter, graduate program director for the DPT program, presented several student awards in recognition of outstanding achievements and contributions:

Dr. Lindsay Ann Rankin and Dr. Kent David Johanson recieved the Academic Award for outstanding academic performance.

Dr. Nicholas R. Rainey was presented the Clinical Excellent Award and Dr. Kimberlee J. Despain-Odlaug recieved the Leadership Award.

Dr. Timothy J. Stevenson was given the Faculty Recognition Award and Dr. Derek Clewley was recognized with the Excellence in Clinical Education Award for his contributions as a clinical instructor in the DPT program.



Pictured top spread: DPT Cohort 2 graduates look on during the commencement ceremony.

Pictured above: Dr. Wesley McWhorter presents awards

Page 10 - Pictured top left: Graduates and officers

Pictured bottom left: DPT graduate Dr. Sterling Henderson with his daughter

Pictured top right: Dr. Stephen Allison delivers commencement address

Pictured bottom right: Various RMUoHP faculty and officers - Dr. Richard Nielsen, Dr. Michael Skurja, Dr. Stephen Allison, Dr. Sandra Pennington, Dr. Wesley McWhorter

SLP PROGRAM DIRECTOR

Doctor of Clinical Science in Speech-Language Pathology

The Doctor of Clinical Science (ClinScD) in Speech-Language Pathology at RMUoHP is under the guidance of a newly appointed director, Kenneth Simpson PhD, CCC-SLP.

Change Agents

The ClinScD program is designed to develop advanced clinicians' knowledge, skills and dispositions so that they can manage care and participate in system change through implementation of best practice in the care of individuals with communication and swallowing disorders. The purpose of the ClinScD program is to prepare professionals focused on developing scientifically-trained and clinically-experienced speech-language pathologists as leaders and change agents by providing broad exposure to content relating the social, political, and economic forces at work in society.

Clinical Expertise

We expect our graduates to be viewed as individuals with substantial clinical expertise beyond that obtained in a master's degree program, making our graduates able to function at a substantially advanced level compared to those with the SLP master's degree.

Designed for the practicing SLP

Our ClinScD in Speech-Language Pathology is designed for the practicing speech-language pathologist who wants to continue working professionally while also pursuing a clinical doctorate. The courses emphasize development of knowledge, skills and dispositions that are typically not emphasized during master's degree programs in speech-language pathology including active use and integration of research and concepts of evidenced-based practice, clinical supervision and quality improvement, organizational development, advocacy, ethics and leadership. This blended model program is a 6-semester sequence of 35 credit hours, designed to be completed in two years.

Dr. Kenneth Simpson
PhD, CCC-SLP



tDPT PROGRAM TRACK

Transitional Doctor of Physical Therapy Pediatric Track

Transitional Doctor of Physical Therapy Pediatric Track

Rocky Mountain University of Health Professions is pleased to present a transitional Doctor of Physical Therapy (DPT) program with a specialization in pediatrics. The transitional DPT program is designed to provide meaningful and obtainable, post-professional education while meeting APTA competencies that facilitate the development of the 21st century physical therapist practitioner. The post-professional transitional clinical doctorate program in physical therapy, as defined by the APTA, should "provide post-baccalaureate physical therapists with opportunities to augment knowledge, skills, and behaviors attained in initial professional education." The goal of RMUoHP is to address the public's need for high quality physical therapy service by providing practicing clinicians with opportunities to develop knowledge, skills, and behaviors commensurate with evidence-based practice.

This program will highlight aspects of pediatric science such as management of movement disorders, measurement in pediatric therapy, pediatric pharmacology and imaging, pediatric gait, embryology and fetal development related to neonatal care, and issues in early intervention and school-based practice. An individually designed pediatric science capstone project allows students to develop a teaching, clinical, or administrative project related to pediatrics.

The transitional DPT program is designed for physical therapist practitioners with a bachelor's or master's degrees to pursue a post-professional clinical doctorate without having to relocate. Students will complete three semesters (with an optional fourth semester to complete the capstone project) in a blended learning model of onsite face-to-face seminars and online learning activities.

Winter 2014 Spotlights

CONGRATULATIONS TO ALL R MUOHP STUDENTS, ALUMNI
AND FACULTY ON THEIR PROFESSIONAL AND PERSONAL
ACHIEVEMENTS

2014 Publications

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INSIDE OUT

A new look at sports concussion prevention



Bighorn sheep, woodpeckers and what the animals can teach us about concussions.

Super Bowl XLVIII is less than two weeks away, and with every hard hit to a player on national television more and more people are entering the conversation about contact sports and their correlation to traumatic brain injuries. It is an important conversation – and so far an answer on how to protect athletes from concussions and other trauma-induced brain injuries is missing.

One RMUoHP alumnus, however, may know where to start looking for the answer.

Dr. Gregory D. Myer, PhD, FACSM, CSCS*D, is an RMUoHP alumnus who is currently at the forefront of this discussion. Myer is the Director of Research and The Human Performance Laboratory for the Division of Sports Medicine at Cincinnati Children's Hospital Medical Center. His recent study, *Altitude Modulates Concussion Incidence: Implications for Optimizing Brain Compliance to Prevent Brain Injury in Athletes*, examines a new angle on working towards brain trauma

prevention. Myer believes that the solution is not the helmet outside of the head, but rather the one inside of the head.

"The key to beating the concussion crisis lies in dealing with what's happening inside the skull, not outside of it," says Myer. "Because the brain doesn't fill the skull, there's room for it to rattle, be bruised or sheared, not just with every collision but with every sudden stop and even start."

That movement of the brain inside of the skull is referred to as "brain slosh," and up to this point has been an un-

avoidable phenomenon for athletes in contact sports. Myer believes that future research for concussion prevention needs to focus on minimizing brain slosh during game play.

“Helmets fulfill their primary purpose of preventing skull fractures and lacerations, but they do not reduce concussions,” says Myer. “It is the delicate brain within the skull that is damaged because it does not fit snugly.”

The brain needs to fit better inside of the skull. But making an athlete’s brain “fit” better in his skull is a conundrum. Myer’s research suggests that altitude and certain members of the animal kingdom may be key to finding a solution.

In his research, Myer found that high school football players who played their games at higher altitudes “sustained a 30 percent reduction in total concussion incidence.” So players in Denver, for example, were less likely to suffer from a concussion because the high altitude increased the volume in the cerebral venous system, basically creating a natural “bubble wrap” around the brain.

Myer concluded that “increased physiological responses to altitude may be associated with a reduction in sports-related concussion rates.”

He also believes that there are biomechanics at play in nature which can be integral in brain-trauma prevention. Bighorn Sheep and woodpeckers are two animals who seem to have perfected brain-trauma prevention.

“Bighorn sheep ritually ram their heads into each other and woodpeckers slam their heads against trees thousands of times a day with neither species’ sustaining concussions or even much of a headache, as far as we know,” said Myer in an Op-Ed piece published in the New York Times.

“Meanwhile, much lesser forces result in a concussion, or worse, in hu-

mans. Our analysis suggests that both woodpeckers’ and bighorns’ brains are naturally protected with mechanisms that slow the return of blood from the head to the body — increasing blood volume that fills their brains’ vascular tree, creating the Bubble Wrap effect.”

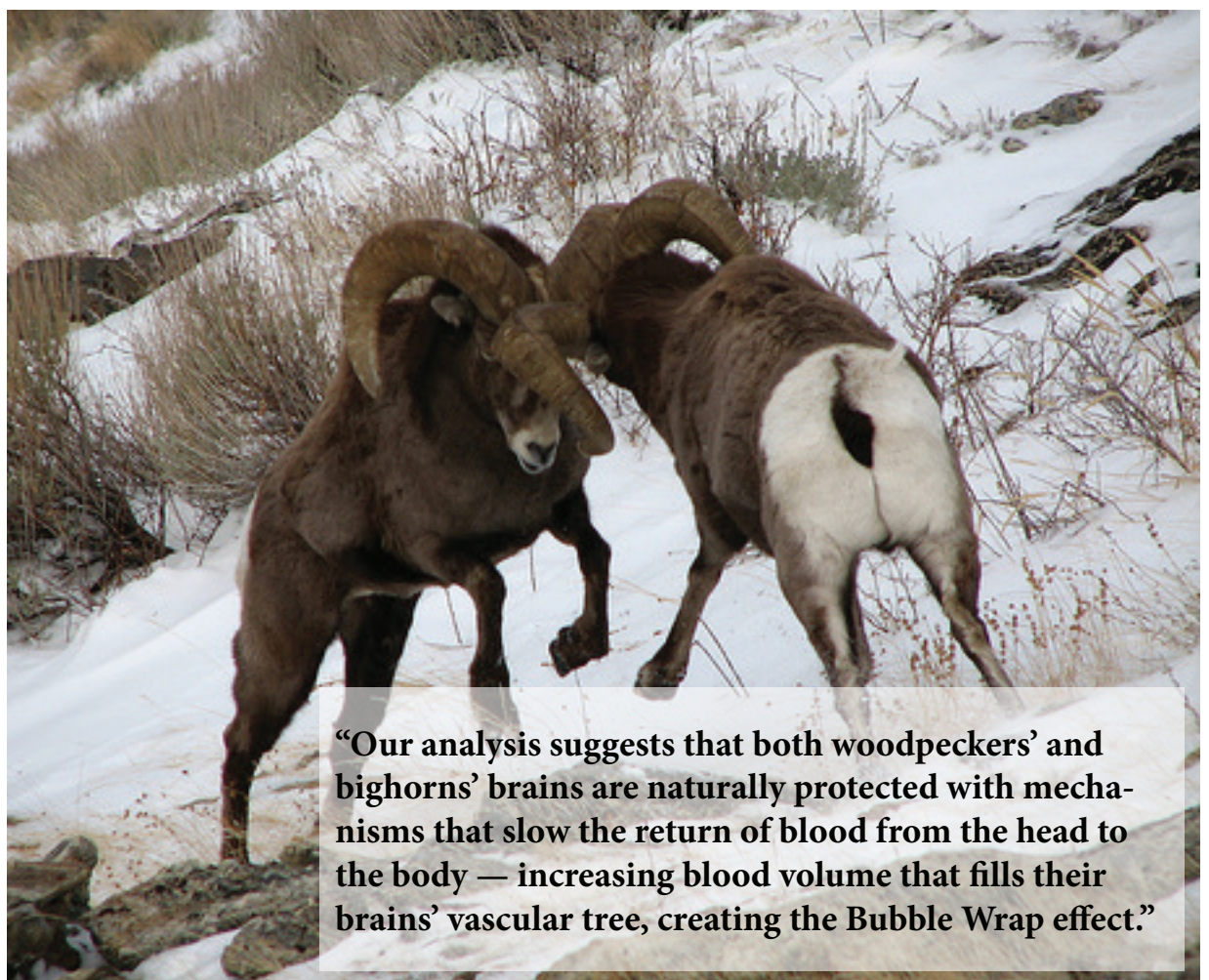
One thing is certain; the devastating long term effects of traumatic brain injuries are cause for concern. Myer’s research could spark a movement to explore concussion prevention from the inside out.

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A version of Dr. Myer’s op-ed titled “Can Animals Help Limit Concussions” appears in print in the January 3, 2014 edition of the New York Times.

Smith, D. W., Myer, G. D., Currie, D. W., Comstock, R. D., Clark, J. F., & Bailes, J. E. (2013). Altitude Modulates Concussion Incidence Implications for Optimizing Brain Compliance to Prevent Brain Injury in Athletes. Orthopaedic Journal of Sports Medicine, 1(6), 2325967113511588.

Gregory D. Myer, PhD, FACSM, CSCS*D is currently the Director of Research and The Human Performance Laboratory for the Division of Sports Medicine at Cincinnati Children’s Hospital Medical Center and maintains his primary faculty appointment in the departments of Pediatrics and Orthopaedic Surgery in the College of Medicine at the University of Cincinnati. Dr. Myer graduated from Rocky Mountain University of Health Professions in 2010 with a PhD in athletic training. Over the past decade, Dr. Myer has published more than 160 articles (including over 40 in 2013) in peer reviewed medical journals and has published books and several book chapters related to his research on the biomechanics of knee injury, sports performance and knee injury prevention training. In 2004, Dr. Myer received the O’Donoghue Sports Injury Research Award and in 2010, The NCAA Research Award both from the American Orthopaedic Society for Sports Medicine. In 2005, the Journal of Athletic Training’s Clint Thompson Award recognized him for his work on defining the rationale behind development of ACL prevention strategies and again received this award in 2010 for his Clinical Advancements made in sports medicine. More recently, Dr. Myer was recognized as The National Strength and Conditioning Association’s Sports Medicine/Rehabilitation Specialist of the Year, awarded the distinction of Fellow from The American College of Sports Medicine, was appointed as the ACL Study Group’s Traveling Scientist and was a co-author for the Nicolas Andry Award of the Association of Bone and Joint Surgeons.



“Our analysis suggests that both woodpeckers’ and bighorns’ brains are naturally protected with mechanisms that slow the return of blood from the head to the body — increasing blood volume that fills their brains’ vascular tree, creating the Bubble Wrap effect.”

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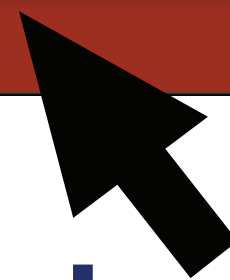


AN EDUCATION EXPERIENCE UNLIKE ANY OTHER

The mission of Rocky Mountain University of Health Professions is to educate current and future healthcare professionals in outcomes-oriented, evidence-based practice. The University demonstrates mission fulfillment through the quality of education and success of its students in academic programs that develop leaders skilled in clinical inquiry and preparation for effect healthcare change.

Advancing Knowledge

Welcome to our
New Website





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of its
ared to



LEARN MORE ABOUT THE UNIVERSITY



Schedule an appointment to learn more by either speaking to the program, current students, or alumni.



Schedule Now

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Advancing Healthcare

Rocky Mountain University of Health Professions is pleased to announce the launch of its redesigned website. Our new look, aside from being aesthetically improved, is more agile, easier to read and navigate, and enables our visitors to find what they need more quickly. Our primary purpose in launching the new website is to improve the visitor experience and engage newcomers in a more interactive format. Take a look for yourself at www.rmuohp.edu!

Comprehensive Strategic Plan

After a year-long endeavor involving a broad scope of University constituents, the 2014-2018 Comprehensive Strategic Plan was completed and approved by the Board of Trustees on January 8, 2014. This collaborative process identified four strategic themes: Academic Excellence, Enrollment Management, Fiscal Stability, and University Growth. Additional consensus-building activities at the Strategic Planning Visioning Summit subsequently revealed to the Administration key University goals, characteristics, and initiatives that align with the University's mission, vision, and core values. The goals and characteristics are identified in the graphic to the right. Measurements and Key Performance Indicators will be developed by the initiative owner. University Administration thanks all those who contributed to this important process.



1

Expand Quality Academic Influence

- Develop graduate residential and non-residential health-care programs of high quality, relevance, and value.
- Evaluate current programming to ensure relevance and viability.
- Demonstrate excellence in teaching and support services with innovative pedagogies and curricular synergies for improved learning and student success.
- Provide continuing education and certificate programs to address constituent and societal healthcare needs.
- Expand faculty engagement of clinical inquiry and discovery, leading to a broader culture of scholarship.

2

Elevate Student Peak Potential

- Augment learning opportunities to actively engage students in discovery, expansion, and application of healthcare knowledge and challenges within their discipline, across disciplines, and with respect to local, national, and international arenas.
- Engage faculty and students with innovative 21st Century higher education models.
- Expand student services to support evolving student needs and resources.

3

Cultivate Recognition & Relationships

- Cultivate relationships that engage external constituents, strengthen advocacy, and reinforce loyalty.
- Forge visionary connections within local, state, national, and international arenas to position the University as a leader in healthcare education.
- Grow outreach and service initiatives that support the local community and residents.
- Extend student recruitment and educational program access to international audiences.
- Generate developmental support by energizing alumni and external constituents.

4

Maximize Operational Effectiveness

- Utilize systematic assessment and continuous improvement processes to ensure data-driven decision-making, accountability, and viability.
- Increase employee and student success within a dynamic learning environment and caring culture which values and supports professional and human development.
- Cultivate strategic alliances and partnerships to expand and diversify revenue sources.
- Facilitate long-term physical campus planning to support University growth.
- Advance methods to continuously ensure physical and virtual campus security.
- Strengthen communication to facilitate consensus building, collaboration, and transparency.

Changes to Mission, Vision & Core Values

The university is pleased to announce that consistent with the collective work associated with the Comprehensive Strategic Plan, it expanded its mission statement and adopted a new vision statement. These changes are a natural evolution in the university's growth and will enhance transparency and clarify the totality and essence of the university.

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.

The vision of Rocky Mountain University of Health Professions is to advance the quality, delivery, and efficacy of healthcare.

Consistent with the overarching attention to healthcare and clinical practice, the university amended the core values by replacing the term "scholarship" with "clinical inquiry" and adding the core value of "service." The university continues to enhance its culture of service activities such as faculty service expectations, institutional service projects, service learning in East Africa, and development of a community-supported indigent clinic. These behaviors and actions demonstrate the university's commitment to service and support its addition as a core value. The current core values are:

Clinical Inquiry

The University advocates clinical inquiry that challenges practice standards, expands evidence-based practice, increases clinical research, develops healthcare change agents, and encourages experiential learning.

Service

The University promotes service to community, healthcare, and education.

Student-Centeredness

The University provides a student-centered environment through relevant and participatory courses and a supportive University community.

Integrity

The University demonstrates integrity in its interactions with all its constituents.

Diversity

The University cultivates diversity through academic freedom, varied educational experiences, and broad recruitment of students and faculty.

Leadership

The University fosters skills essential to leadership roles in healthcare, academia, research, and the community.

Sustainability

The University operates with respect for the natural environment.

Viability

The University generates and manages its resources in a manner that will ensure the long-term success and operation of the institution.



Make a World of Difference!

**Are you interested in clinical work in a third world?
Would you like to help build a future for education in Kenya?**

**Join or support the 14-day 2014 Africa Service Expedition
—a collaborative initiative between
Rocky Mountain University and World of Difference.**

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

Announcing “The Little Birdie Cookbook”

a fundraising effort for RMUoHP volunteers for A World of Difference

Announcing “The Little Birdie Cookbook”, a fundraising effort for RMUoHP Volunteers for A World of Difference - building schools, sharing talents, and serving the global community in Africa. Gather your recipes! You'll soon receive an email with the website where you can logon and enter your favorite recipes. Recipes are due no later than February 25th! Please make this a priority to ensure a successful campaign! More details to come in the email! Thank you

- The Little Birdie Cookbook Committee

hgoodale@rmuohp.edu and awhitright@rmuohp.edu

Alumni & Students Networking Breakfast

[Click to find out more](#)

You are cordially invited to attend a networking breakfast provided by RMUoHP for alumni and students at the APTA Combined Sections Meeting in Las Vegas.

**Feb 4 @ APTA CSM
Las Vegas**



Referral Program

What can you do to help others discover Rocky Mountain University?

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! A referral gift will be awarded when a degree-seeking individual applies to a university program. [Click here to find out more!](#)

Program News Corner

Master of Science in Health Science **MSHS**

RMUoHP has applied for NSCA ERP program recognition

We are excited to announce that the Master of Science in Health Science (MSHS) program in Sports Performance has applied to the National Strength and Conditioning Association (NSCA) to be part of their Education Recognition Program (ERP).

The ERP program was established by the NSCA to recognize regionally accredited academic institutions for their education program that meet specific guidelines recommended by the NSCA. RMUoHP is looking forward to being part of this highly esteemed group of colleges and universities in collaboration with the NSCA, who is considered to be world-wide authority in strength and conditioning.

International Students can now enroll in MSHS program

In addition to the ERP Program, MSHS program has reworked the curriculum to allow international students the opportunity to earn a Master's degrees at Rocky Mountain University of Health Professions in both the Sports Performance and Pediatric Exercise Science tracks.

The MSHS offers a flexible online learning schedule that allows students to balance their home and professional commitments, preparing students to be leaders in a variety of professions including strength coaches, personal trainers, certified athletic trainers, military personnel, coaches and physical educators (to name a few)!

Doctor of Science in Health Science **DSc**

Accepting applications now for the DSc in Health Science

Earn your terminal degree without changing your residency or interrupting your employment. Share the online and blended classroom with renown faculty from across the country with learning experiences focusing on becoming an independent scholar, faculty member and or leader in your discipline. Come see us at the upcoming 'Art & Science of Health Promotion Conference' March 24 – March 28, in Colorado Spring, CO!

Doctor of Nursing Practice and Family Nurse Practitioner Track

DNP Program/FNP Track

Rocky Mountain University of Health Professions admitted the inaugural class of the the post-baccalaureate DNP/Family Nurse Practitioner (FNP) track last September. Our ability to assist in meeting the demand for qualified Advance Practice Nurses energizes us to continue our mission to “educate current and future healthcare professionals ... and develop leaders skilled in clinical inquiry prepared to effect healthcare change.”

Advancement Toward Specialty Accreditation

The skillful program team of Drs. Onieal, Pfenning and Noles has been diligent in proceeding toward accreditation by the Commission on Collegiate Nursing Education (CCNE). The team is conducting a self-study process and generating the required document to meet CCNE's accreditation standards. We are looking forward to our on-site evaluation in January 2015.

Certificate FNP Program

The University continues to grow and is pleased to announce plans for a post-graduate certificate FNP program. This certificate program is designed for nurses who hold a master or doctorate degree in nursing want to become a nurse practitioner. The FNP certificate program curriculum meets the standards of CCNE and the domains and core competencies established by National Organization of Nurse Practitioner Faculties (NONPF) for NP practice. We will present these plans to the Northwest Commission on Colleges and Universities for approval in the coming months. We expect to admit students into that program by September 2015.

RMUUPDATE

WINTER2014VOLUME13ISSUE1

Make sure to be in the next issue...

newsletter@rmuohp.edu

Special Thanks...

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

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