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Fall 2005

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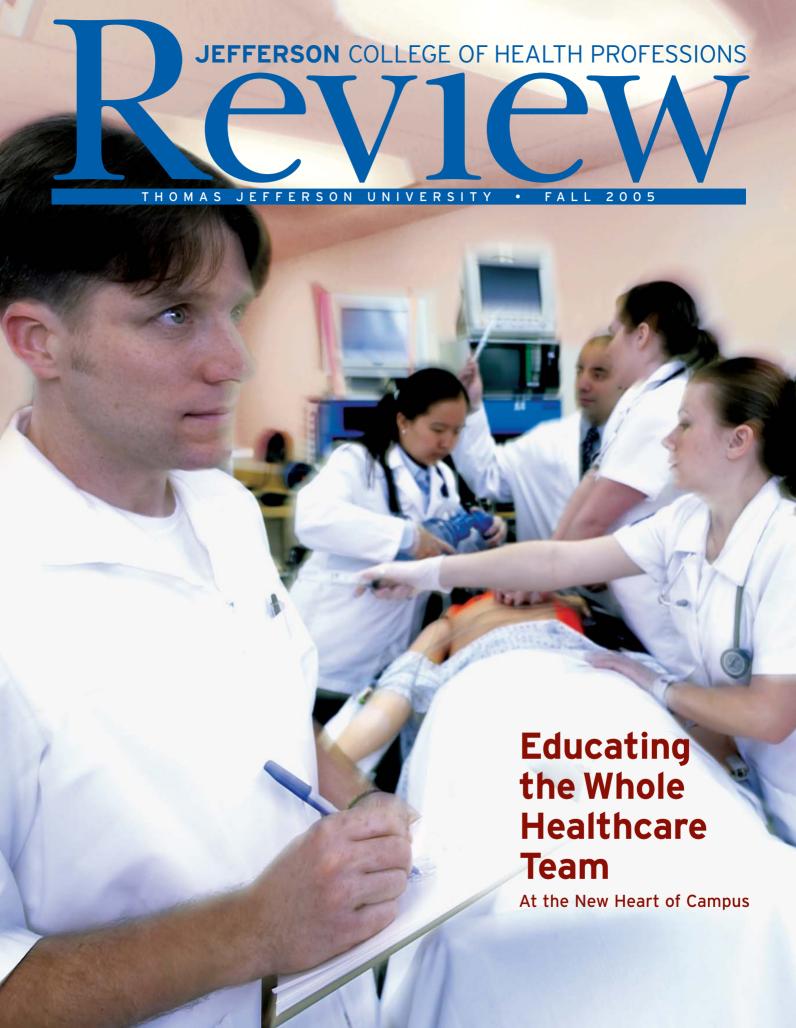


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Fall 2005

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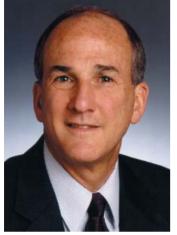
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Message President



Robert L. Barchi, MD, PhD

Mapping Out a Community of Scholars

"We're creating the conditions for comprehensive learning."

Many unprecedented initiatives are now underway at Jefferson. The first project, which started this spring, has been to refit McClellan Hall with permanent seating and hi-tech audiovisual equipment to support the increasing number of students throughout the university.

But that's only the beginning. Giving shape to our plans for growth is our new campus plan, which puts student activity front and center. On October 7 we will break ground for an educational building and a campus green–something Thomas Jefferson University has never had.

The Clinical Skills Center, a place where our students learn the critical techniques of interacting with patients, will be moved to this building at the nexus of our campus. Already, in today's center, students are using computerized mannequins to become familiar with various pulses, heartbeats, and murmurs, and to measure their competence at placing an IV line, central line, or breathing tube. They hone their clinical exam skills with standardized patients-actors who are trained to present a variety of symptoms to test students' acuity.

In the new building, we will train students from the College of Health Professions together with those from the Medical College. They will practice in integrated teams within simulated emergency rooms and operating rooms—the best preparation for the real world.

The campus green, too, will bring together all the different professions that we teach at Jefferson. Parking will be submerged fully underground, and the resulting open space will be slightly terraced to create an "outdoor room" surrounded by expanses of grass—a place for students and faculty to meet and share ideas. Most university buildings will be visible from the green, providing a sense of unity. But far from allowing ourselves to be "walled off" in an ivory tower, the goal is to keep the campus open to the dynamic Center City community that surrounds us—and to the ideas of the wider world.

With education as our nucleus, the next ring of buildings will be devoted to research labs. Around the perimeter of the southern campus, administrative functions will be housed, while patient care and bedside teaching will continue to be the focus of the northern portion of Jefferson's campus.

With optimal conditions for comprehensive training, our community of scholars is where health care will be defined for the next generation.

Robert L. Barchi, MD, PhD *President*

Thomas Jefferson University



Defining Multidisciplinary Care for the Future

The Dean's Column



James B. Erdmann, PhD

our college and its programs continue to grow and prosper. The faculty and administration are committed to expansion of the recognizing that no entity can progress by resting on its laurels. With the arrival of Robert L. Barchi, MD, PhD as President of the University last September has come a "can do" attitude that encourages growth and the setting of goals. We want to set the university apart from its peers as well as improve health care in our region and the nation.

Two new programs to be implemented this next academic year are at the graduate level: an executive style master's degree program in radiologic sciences this coming September and a Certified Registered Nurse Anesthetist (CRNA) program in January 2006. In addition, two other programs have been given serious review and will likely appear in the near future. Beyond that, the university's strategic planning process (currently underway) has identified several more programs that are receiving serious consideration.

The college is developing higher level programs while continuing to respond to the workforce needs of society. The programs mentioned above are examples of just this tactic. The master's program in radiologic sciences is designed to assist program directors not only to satisfy the requirement of their accrediting body to have a graduate degree by 2009, but also to gain explicit skills in management and education. Similarly, the CRNA program will not only meet an acute need for the specialized skills of the nurse anesthetist, but will also, in all likelihood, be an early candidate for the Doctor of Nursing Practice (DNP) degree. The official policy of the American Association of Colleges of Nursing for all future advanced practice nursing professionals is to hold the DNP as an entry requirement. The doctorate has already been adopted as the appropriate level of preparation for physical therapists by our department, which is also poised in September to offer a transitional program for the Doctor of Physical Therapy (DPT) for alumni who hold the master's. Not to be left on the sidelines, our Occupational Therapy Department is beginning its own exploration of a doctorate in OT, the OTD. Of course, our bioscience technologies program has offered a master's degree for years and has thus committed to developing leaders in this area even before others recognized the need.

The university's strategic planning process has outlined the steps toward meeting the important challenge we have set for ourselves: defining the future of clinical care. To develop tomorrow's leaders, we must provide our graduates with the skills of team building and an understanding of the contributions of each member of the healthcare team.

Accomplishing this will not be easy. First, it will mean significant changes in the way we organize our educational programs. It will mean much more extensive collaboration among all programs of the college, and with Jefferson Medical College and Thomas Jefferson University Hospital. A model clinical care unit will be essential to realizing these objectives.

Initial planning has included a pilot project this past May involving nursing and medical students. The purpose was to learn how well the students would interact and the different roles that they would assume in a simulated situation involving a

"To develop tomorrow's leaders, we must provide our graduates with the skills of team building."

patient who had "coded." It became apparent, in this case, that the roles depended more on personalities than on who possessed the most appropriate expertise. We are clearly just scratching the surface of the dynamics that must be understood to develop an effective team learning process, but the excitement of all involved boosted our pursuit of this goal.

To meet these new objectives, the university is committed to constructing an education building designed specifically for team teaching. (See the article in this issue about our campus plan.)

There will be new challenges for our personnel, especially our faculty. We will have to think differently than we did in the past, and will have to expand our instructional expertise. You, our alumni, will be able to provide guidance from your experience in professional practice.

I hope you share the sense of anticipation that we at Jefferson feel as we define our role as the educators of future clinical leaders. Your alumni board is eager to participate and we are jointly defining ways that these busy and generous professionals can best contribute to our enterprise. We will keep you informed about these activities and about how you can help us.

James B. Erdmann, PhD

Jefferson College of Health Professions



Spotlight on Faculty

Margaret E. Rinehart Ayres, PT, PhD

"Some people make five- or ten-year plans," observes Margaret Rinehart Ayres, PT, PhD, Associate Professor and Director of Clinical Education in the Department of Physical Therapy. "Not me." That openness to what life would offer her has given Ayres the freedom to deal with unexpected joys and sorrows and turn them into growth opportunities.

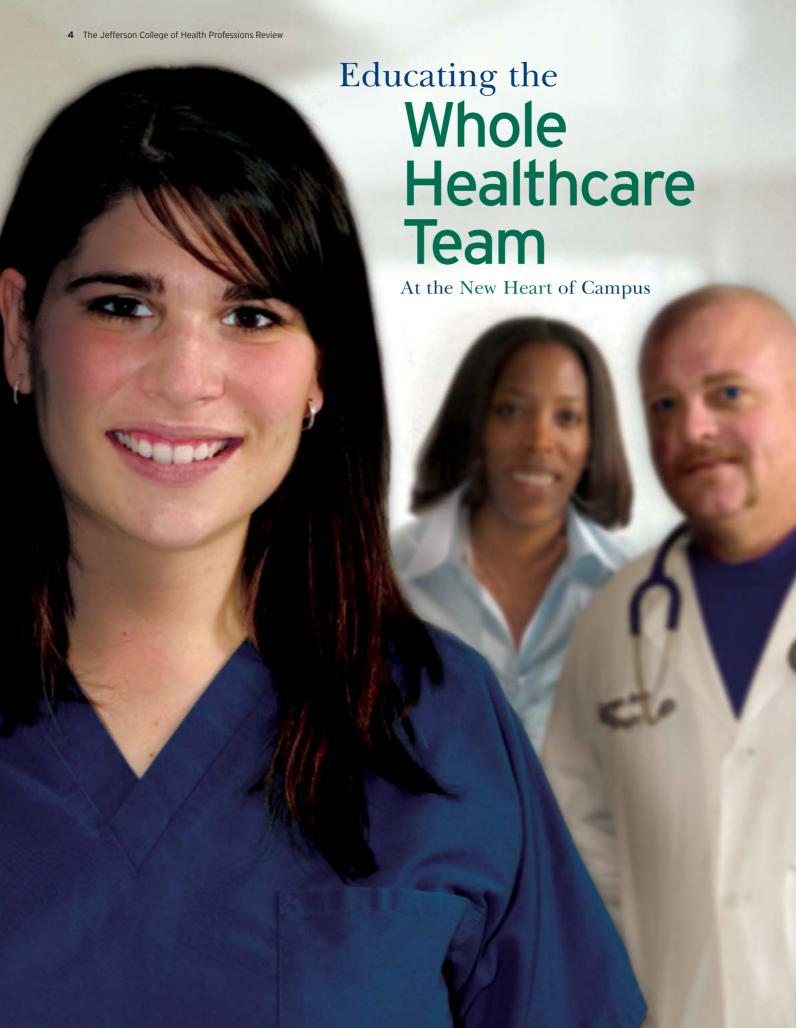
In the 1980s, Ayres was diagnosed with breast cancer while working at Thomas Jefferson University Hospital and studying for her master's degree. After she got through the surgery, chemotherapy, and reconstructive surgery, Ayres knew one thing: she wanted to help other young women who were diagnosed with the disease.

Ayres started working with Reach to Recovery, a peer support program for people with breast cancer. "My favorite part of Reach to Recovery is knowing that I make a difference to the women I meet and that they know that they are not alone," Ayres shares. "I'm a 22-year survivor and I had breast cancer in my twenties. Hearing my story after seeing me walk into the room as a healthy, happy woman gives them hope." The program is part of the American Cancer Society (ACS), with which Ayres has become increasingly involved.

"Working with the ACS is practically a second full-time but non-paying job," Ayres says. She is active in the local, divisional, and national levels of ACS with duties that include leading advisory boards, training peer supporters, reviewing grants, representing the Reach to Recovery Program on the National Breast Cancer Council, and revising printed materials that are used for trainers and patients contacted by Reach to Recovery volunteers.

Ayres combined her physical therapy expertise with her ACS work by arranging for the American Physical Therapy Association's (APTA) Oncology Section to update the booklet on recommended exercises for people who are recovering from breast cancer. Through her efforts, the Oncology Section also helped to revise the booklet on lymphedema, which is the swelling caused by the buildup of lymphatic fluid in a person's body, often the result of removing lymph nodes or damage to lymph vessels.

"I'm really interested in the psychosocial aspect of breast cancer," Ayres remarks.
"It's important for PTs to understand how patients with cancer are coping with their treatment." Ayres earned her PhD in education with a focus on psychoeducational processes, which includes group processes, organizational development, and counseling principles. She uses this background when teaching students.



leafy, welcoming place shaded by trees, furnished with benches, and bordered by buildings devoted to learning. It's what springs to mind when you picture a great American university, yet it's something Thomas Jefferson University has lacked.

Until now. A team of planners and architects guided by University President Robert L. Barchi, MD, PhD has put together a plan for physical growth that creates a new heart for the campus while rearranging spaces to reflect the university's priorities. Ground will be broken for a new education building on October 7. "It comes down to helping this campus to be what it wants to be," says Dr. Barchi. "The plan flowed naturally once we asked ourselves, what are we teaching?"

Education is the heart of Jefferson's mission: defining the future of clinical care for the next generation of medical leaders. So student activity will be the epicenter of the campus. The new building devoted to teaching, opening onto a handsome campus green, is the first step. It will be a collaboration of all three colleges of Thomas Jefferson University: the Medical College; Graduate Studies; and Health Professions. "More and more, instruction at Jefferson will be interdisciplinary, bringing together members of the different professions and preparing students to practice as part of an integrated team that delivers care," explains Dean of the Medical College Thomas Nasca, MD'75.

"The new building and campus green will be a visual statement of our core mission: teaching."

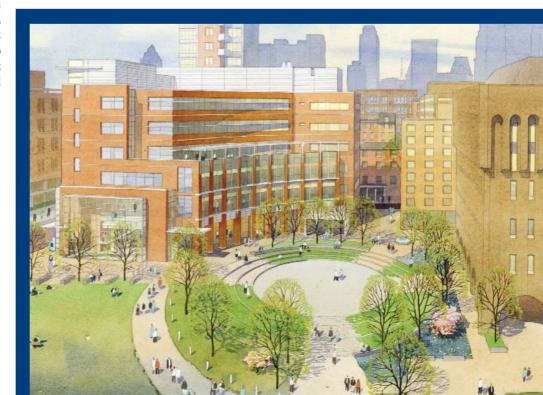
The new synergy among the three colleges will extend onto the campus green. When the parking lots along Locust Street are placed fully underground, there will be a surprising amount of open space: larger than a football field. Subtle terracing, trees, and seating will create an "outdoor room" for special occasions. There will be plenty of space for a gala tent when parents and alumni attend. On less momentous days, it will be a relaxing place to eat lunch or scan a textbook. A café will be tucked under the arches of Scott Library in a space currently taken up by computer equipment.

The park-like space will spruce up the image the university presents to pedestrians in Center City. Since service to our community is part of Jefferson's mission, neighborhood leaders like the Washington Square West Civic Association and the Center City District have been brought into the planning process. At a recent meeting, the "Wash West" Association expressed their delight at the prospect of open space being carved out of this urban block. "It will give a boost to a critical area of Center City," notes James Erdmann, PhD, Dean of the College of Health Professions.

The building and the green will be a visual statement of "what we do here," points out Clara Callahan, MD, PD'82, Vice Dean of the Medical College. Sketches call for broad expanses of glass that allow passersby to see the instruction and informal gatherings inside, showing the university's openness toward its Philadelphia neighbors. "The architects are also paying careful attention to the heights of the structures, so that we don't block sunlight and views," notes Ron Bowlan, Associate Vice President for Facilities Management. "The taller ones form the perimeter of our campus. Most Jefferson buildings will be visible from the green, which gives a sense of unity."

Education will extend from the new building to existing structures that encircle it: the northern side of Alumni Hall (with its classrooms and teaching labs such as anatomy) and the College and Curtis Buildings. McClellan Hall is being modernized as an auditorium with seating for 275 and state-of-the-art audiovisuals. Just steps away are student apartments in Orlowitz and Barringer.

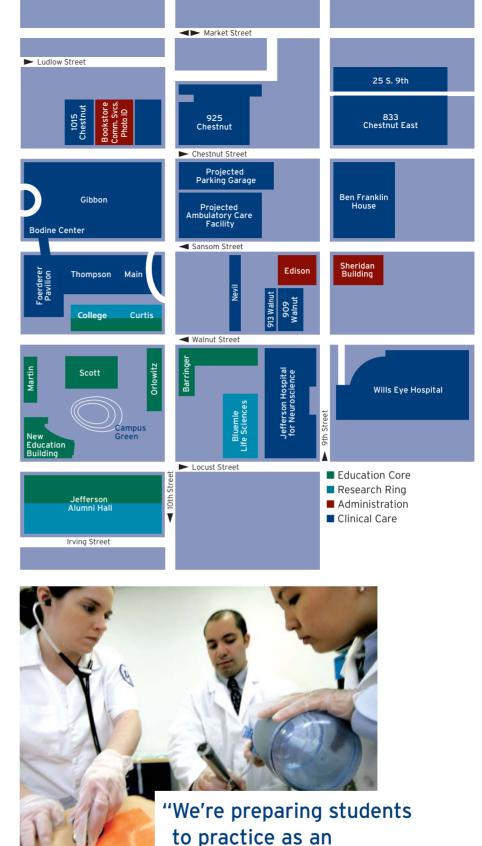
The next ring out from the center will be devoted to research space, primarily in Bluemle, the southern side of Alumni Hall,



and certain floors of College and Curtis. Completion of the education facility will free up space in Edison, currently the site of Health Professions teaching, for use as administrative offices. Corporate functions such as finance, computer systems, purchasing, and facilities management will fill out the perimeter of the southern campus.

As for the northern part of Jefferson's campus, hospital care and bedside teaching have always been centered there, in Gibbon, Foerderer, Main, and Thompson, Iefferson the Hospital Neurosciences and Wills Eye just to the east. An ambulatory care facility-still a few years away-will be erected next to Gibbon, gathering under one roof outpatient practices that are currently scattered among leased spaces in various nearby structures. This brings to a total of three the construction projects that anticipated over the decade: the education building; a future addition to Bluemle to increase the university's research space; and the ambulatory care facility.

To oversee all this, President Barchi brings to Jefferson his vast experience in campus building which he gained as Provost of the University of Pennsylvania. "At Jefferson he has never yet missed a meeting of the design team," says Ron Bowlan. Biweekly planning sessions have benefited from the input of Deans Nasca and Erdmann and representatives from all three colleges. With concentric rings of education, research, and administration organizing a community of scholars around a tree-shaded green, Jefferson will at last have a sense of place-the feel of a great American university.



integrated team.

News Personal Persona

Bioscience Technologies

New Equipment Keeps Us on the Cutting Edge

Learning facilities in the Bioscience Technologies Department's laboratories have been significantly enhanced by the arrival of new biotechnology and medical technology equipment. "Students can now use state-of-the-art instrumentation like that found in industry," said Esther Biswas-Fiss, CLSp(MB), PhD, who directs departmental research programs. "This year we added five new pieces of equipment, replacing outdated ones."

Through a grant from Montgomery County Community College, biotechnology students have access to a new shaker incubator, which allows for precise control of temperature and agitation during media preparation. The shaker incubator provides an increase in culturing capacity and includes numerous design upgrades for added convenience and performance. Shaker incubators are ideal for cell culture, hybridization procedures, or many other lab procedures that require controlled temperature and shaking.

The department purchased several items with the help of the dean's office and capital funds. A shaker bath, like the shaker incubator, works with tests that require precise temperature control and agitation. A new autoclave, or pressurized steam sterilization unit, meets the exacting needs of professionals and students.

Capital funds also provided a new digital photo imaging system. This \$15,000 piece of equipment allows students to take pictures of protein or DNA gels and to size and characterize their data. The software lets students annotate the data or send the images through email. "In the past, my students were using Polaroid cameras," said Dr. Biswas. "That was not cost efficient and they couldn't transfer images. Having the imaging system is important because it is current. It is a main focus in research and diagnostic labs today, and now our students can become familiar with its use."

The biotechnology students were most excited about the arrival of an ice machine. Placing their molecular biology reagents on ice during setup keeps everything in its proper state. Loss of enzyme activity is no longer a problem. Again, the new equipment mimics real-life workplaces.

Students who are concentrating in medical technology are also enjoying new equipment. The dean and capital funds have provided a new blood bank for the department. Until now, students had learned the traditional tube method, but the new blood bank familiarizes them with the newest technology. Blood banks have been used for about five years, but are not yet common in clinics. Rather than using tubes, the blood banks use cards that have a gel matrix allowing for more sensitivity for picking up antibodies. The cards also yield smaller amounts of blood—a very important consideration in pediatrics.



Biotechnology student Alessandra Gambino demonstrates the new shaker incubator.

"Students can now use state-of-the-art instrumentation like that found in industry."

General Studies

JCHP Student Named Outstanding Adult Postsecondary Student in Pennsylvania

Cheryl Gebeline-Myers, a 2005 graduate with a Bachelor of Science degree in health services management, was named an "Outstanding Adult Postsecondary Student" by the Pennsylvania Association for Adult Continuing Education at a ceremony held February 9. Attendees at luncheon ceremony included Pennsylvania Department of Education representatives William V. Larkin, EdD, Deputy Secretary for Postsecondary and Higher Education, and Rose Brandy, Director, Bureau of Adult Basic and Literacy Education.

At the award ceremony, Caroline Golab, PhD, Chair of Jefferson's Department of General Studies, presented Gebeline-Myers with formal proclamations from Governor Ed Rendell, State Senator Edwin B. Erickson (District 26), and State Representative Nicholas A. Micozzie (District 163). Gebeline-Myers also received financial awards totaling \$150 which she will put toward educational expenses. Her husband, David Myers, and parents, Paul and Beverly Gebeline, accompanied her to the luncheon held at Hershey Lodge in Hershey, Pennsylvania. Lee Bryant, MEd, Academic Coordinator in the Department of General Studies, also attended.

In a letter recommending Gebeline-Myers for the award, Dr. Golab lauded this part-time student's ability to balance all aspects of her life while maintaining high standards and contributing to the community. Dr. Golab wrote, "Committed to excellence in her work, she is also committed to excellence in the classroom, achieving a GPA of 3.93 while taking numerous courses each semester to complete her Bachelor of Science in Health Services Management."



Caroline Golab, PhD, Chair of Jefferson's Department of General Studies, presents Cheryl Gebeline-Myers with the PAACE award for being an "Outstanding Adult Postsecondary Student."

With two pre-school children, Gebeline-Mevers works full-time as a research coordinator in the Jefferson Headache Center while going to school. Her many contributions to the Jefferson community include volunteering for JeffELECT, a special program that offers support and inspiration to high school girls who are pregnant or who are young mothers, organizing clothing and toy drives for needy families, and working with the National Organization for Women (NOW).

"Committed to excellence at her job, Cheryl is also committed to excellence in the classroom..."

Thirty Years of Academic Nursing at Jefferson Celebrated at the National Constitution Center

Over 260 alumni and faculty of the Department of Nursing celebrated 30 years of academic nursing at Jefferson at the National Constitution Center on Sunday, November 21, 2004.

The Department of Nursing and the JCHP Alumni Association invited every graduate of the baccalaureate and graduate degree programs from 1974 to 2004. Each graduating class was represented at the event. The class of 1993 had the most representatives, numbering around 15.

Reconnecting with friends and faculty members was the main agenda. University President Robert L. Barchi, MD, PhD greeted guests and shared his vision for the future of the university. James B. Erdmann, PhD, Dean of the Jefferson College of Health Professions, Mary Schaal, RN, EdD, Chair of the Department of Nursing, and Dottie Grieb, Director of the Alumni Association, each took a turn welcoming alumni and guests to the celebration.

A highlight of the evening was a presentation by Peter Leporati, alumnus of the Class of 1983. Leporati, a reservist in the Air Force, served as a flight nurse in Operation Iraqi Freedom. While there, he flew an American flag in honor of JCHP's Department of Nursing. At the nursing celebration, Leporati presented this flag to Dr. Barchi in thanks for the support he received from the university during his years as a student and since he graduated.

The presentation culminated with a viewing of the National Constitution Center's multimedia presentation, "Freedom Rising."



From the top: Dr. Erdmann, Dr. Schaal, Lisa Plowfield, PhD, RN (BSN '86), member of the Jefferson Board of Trustees, and Dr. Barchi enjoy the festivities; Peter Leporati displays his flag; alums from 1974 and 2004.

Neonatal Education Consortium May Reduce Infant Mortality



Jefferson's Department of Nursing, in collaboration with the College of New Jersey, Ewing, and the University of Delaware, Newark, received a grant last fall to form a Neonatal Education Consortium to address the shortage of culturally diverse neonatal nurse practitioners and the high infant mortality rate in the tri-state area. The Department of Health and Human Services, Health Research and Services Administration, Division of Nursing is funding the program for a total of \$650,997 over three years.

The consortium was developed in response to a shortage of neonatal nurse practitioners (NNPs) and Master of Science in Nursing programs for NNPs in the tri-state region. There are only a small number of NNP programs nationwide, and none in Delaware or New Jersey.

The infant mortality rate among minority populations and in underserved areas of Pennsylvania, New Jersey, and Delaware is two to three times the national average of 7.2 per 1000 births. "This grant is important because it will prepare NNPs to practice in a region that is striving to improve healthcare services and outcomes for mothers and infants," says Mary Schaal, RN, EdD, Professor and Chair of Jefferson's Department of Nursing.

Jefferson established a Neonatal Nurse Practitioner program in 2003 and produced its first graduate in August 2004. It got underway when neonatologist Jay S. Greenspan, MD, Professor and Vice Chairman of Pediatrics, Jefferson Medical College, approached the Department of Nursing with a concern.

"Dr. Greenspan told us that there was an insufficient number of NNPs to meet the needs of the neonatal intensive care unit at Thomas Jefferson University Hospital and in the region," explains Dr. Schaal. "He suggested that our two departments collaborate to offer an NNP program that would solve the problem." Dr. Greenspan promised support from the Division of Neonatology at Jefferson Medical College.

Around the same time, Christiana Hospital contacted the University of Delaware about developing a neonatal nurse practitioner program there. Rather than develop a new program, the University of Delaware contacted JCHP and proposed collaboration.

After Jefferson and the University of Delaware agreed to work together, they invited the College of New Jersey to join them in establishing the Neonatal Education Consortium. The consortium has three goals: improve delivery to underserved populations, educate a diverse and culturally competent healthcare force, and provide care for high-risk children.

Assistant Professor Ksenia Zukowsky, CRNP, PhD is the consortium's project director. She will manage the day-to-day operations of the program, meeting with the site coordinators at each school, recruiting students, and marketing the program.

The consortium will focus on recruiting underrepresented minority applicants in an effort to improve patient access to a diverse and culturally competent workforce. This effort builds on Jefferson's highly successful IMPART (1997) and GEAR UP (2000) programs that fostered minority and culturally diverse nursing students at the undergraduate and graduate levels.

Students from Jefferson, the College of New Jersey, and the University of Delaware will take 21 graduate level credits at their home school. All students will then take the remaining 15 credits of clinical NNP courses at Jefferson. The school at which the student takes the majority of credits will award the degree.

"This grant will prepare NNPs to practice in a region that is striving to improve outcomes for mothers and infants."

Honor Society Celebrates 25 Years

Delta Rho-Jefferson's chapter of Sigma Theta Tau, the international nursing honor society-celebrates its 25th anniversary this year.

The chapter formally commemorated its anniversary on May 4, 2005 at the annual induction and award ceremony, which was dedicated to Joan H. Amick, a Delta Rho member who died in 2001. Ms. Amick. formerly the chapter's recording secretary and archivist, had been a mentor to several chapter presidents. There is a scholarship in her memory.

At the ceremony, 34 students were inducted into the chapter and some of them received awards for scholarship and community service. Juanita Watson, PhD, RNC, chair of Delta Rho's steering committee, briefly discussed the chapter's history before introducing keynote speaker Nancy Dickenson-Hazard, RN, MSN, CPNP, FAAN, Chief Executive Officer of Sigma Theta Tau International. In her speech, "Knowledge and Scholarship in the 21st Century," Ms. Hazard emphasized the importance of the profession and the commitment of the honor society's members.

"It is an honor to be invited as a member of Sigma Theta Tau," said Mary Bowen, CRNP, DNS, JD, CNAA, Associate Professor and Vice Chair and Director of the Graduate Program. "High achieving students are invited not just because of their GPA, but also their involvement in community service and student activities."



Sigma Theta Tau Delta Rho's newest members with Susan Weiner, MSN, RNC, CNS, Chapter President

During the past 25 years Delta Rho has been a dynamic force within Sigma Theta Tau. The Chapter Key Award, established in 1991, honors chapters that excel in activities such as membership recruitment and retention, publicity and programming, and professional and leadership development. Delta Rho has won Key Awards in 1995, 1997, 1999, and 2001.

"I hope the chapter grows as the university grows," says Dr. Bowen. "I hope we demonstrate leadership and our members go on to write and publish, and increase the body of knowledge through nursing research. I know we will provide future leaders both regional and national."

25 Years of Delta Rho **Presidents**

2004-2006

Susan M. Weiner, MSN, RNC, CNS

2002-2004

Laurie J. Didyk, RN, MSN, CRNFA, CURN, APNc

2000-2002

Diane L. Spatz, PhD, RN

1998-2000

Anne C. Muller, BA, BSN, RN, CCRN

1996-1998

Susan M. Weiner, MSN, RNC, CNS

1994-1996

Joan Kane Amick, MSN, RN

1992-1994

Toni Mangold, MSN, RN

1991-1992

Diane M. Wieland, PhD, RN, CS

1990-1991

Ann H. Lewis, PhD, RN

1989-1990

Diane M. Wieland, PhD, RN, CS

1988-1989

Jeanne F. Hannum, BSN, RN

1987-1988

Arlene Houldin, PhD, RN, CS

1985-1987

Barbara S. Schraeder, PhD, RN

1979-1985

Judith Gulloti, BSN, RN

Chair, Steering Committee

1977-1980

Juanita Watson, PhD, RNC

Kathleen C. Mebus Named VP, State Legislation, for the Hospital & Healthsystem Association of Pennsylvania



The Pennsylvania State Capitol

Kathleen C. Mebus, RN, MSN, CAEa three-time graduate of Thomas Jefferson University, holding diploma ('68), bachelor's ('88) and master's ('91) degrees in nursing-was named Vice President, State Legislation of the Hospital & Healthsystem Association of Pennsylvania (HAP) on August 8.

"Kathy is widely recognized as one of Harrisburg's most effective lobbyists," said HAP President and CEO Carolyn F. Scanlan.

"Kathy's skills as a registered nurse and a registered lobbyist are a potent combination that enhance our advocacy efforts for our hospitals and their patients in the halls of the Capitol," said James M. Redmond, HAP's Senior Vice President, Legislative Services.

Mebus's lobbying experience spans 25 years, including active involvement in issues such as Medicaid, medical liability reform, emergency and trauma care, rural health, patient care and quality, licensure, and workforce development.

Before joining HAP in 1992 as director of state legislation, Mebus served as a lobbyist for the Pennsylvania Nurses Association and assistant legislative liaison for the Pennsylvania Insurance Department.

"Kathy's appointment acknowledges her personal and professional talents and expertise," shares Mary G. Schaal, RN, EdD, Professor and Chair, Department of Nursing at JCHP. "I believe that it also speaks to the broad range of talents that members of our profession offer. That is what being a Jefferson nurse is all about."

Mebus is active in the American Society of Association Executives, and she is a past President of the Pennsylvania Society of Association Executives. She is a founding member and past President of the Pennsylvania Association for Government Relations. She is listed on the Honor Roll of the Pennsylvania Commission for Women and she has been recognized for her lobbying efforts by the Pennsylvania Nurses Association.

"Kathy's skills as a registered nurse and registered lobbyist are a potent combination in the halls of the Capitol."

Occupational Therapy

\$3.5 Million Grant Will Establish Center on Neurodegenerative Diseases

New State Grant Focuses on Early Detection, Prevention of Alzheimer's and Caregiver Relief

How can a family tell if a loved one is in the beginning stages of Alzheimer's disease? Are there changes individuals can make in their lifestyle to reduce or perhaps delay the effects of the disease? What can caregivers do to lessen their burden?

These are some of the questions Thomas Jefferson University investigators hope to answer. Sam Gandy, MD, PhD, is principal investigator of a four-year, \$3.5 million grant from the Pennsylvania Department of Health to support a Center of Excellence on Neurodegenerative Diseases at Jefferson's Farber Institute for Neurosciences. The health research grant is awarded from Pennsylvania's share of the national tobacco settlement.

The new Jefferson center, co-directed by Barry Rovner, MD'80 and Laura N. Gitlin, PhD, will work in collaboration with the Philadelphia Corporation for Aging to conduct several research projects, each focusing on a different aspect of Alzheimer's disease. The researchers plan, for example, to test innovative screening methods to identify dementia in a racially and economically diverse population. They also are going to examine the effectiveness of an in-home skills training program for caregivers to see if it can help delay patients from going to nursing homes and help reduce the stress on the caregiver.

"The disease goes on for five to 15 years of intense stress for the family, especially the primary caregiver," says Dr. Gandy, Director of the Farber Institute and Professor of Neurology and Biochemistry and Molecular Pharmacology at Jefferson Medical College.

"Available medications are inadequate, making it imperative that caregivers be trained in how best to create an environment conducive to the care of someone with Alzheimer's."

Alzheimer's disease is a major public health cost for the nation and particularly for Pennsylvania, which has a large elderly population. Alzheimer's and related disorders cost an average of \$80,000 a year per patient, and \$25 million per year overall in Pennsylvania. The costs will rise to an estimated \$40 million a year by 2050.

"The unique aspect of this project is the focus on developing a convenient diagnostic test that many caregivers and case workers can administer, and on training caregivers in non-drug related strategies that can help keep patients at home longer prior to nursing home placement," says Dr. Gandy.

The researchers would also like to identify lifestyle factors in the development of Alzheimer's, and how modifying them-changing dietary cholesterol, for example-might affect the course of the disease, in addition to measuring objective biological markers of stress and of disease risk, such as the buildup of sticky amyloid in the brain.

Dr. Rovner, Director of Clinical Alzheimer's Disease Research at the Farber Institute and Professor of Psychiatry and Neurology at Jefferson Medical College, will direct the development and testing of the diagnostic tool. He and his group are developing a new screening tool combining cognitive tests assessing patient memory, orientation, language, and other abilities with a questionnaire given to family members. "Making a diagnosis as soon as possible is important now because there are clinical trials for drugs aimed at the early stages of disease," Dr. Gandy says. "We need people to be diagnosed early to have the best chances of responding."

"Our sense is that Alzheimer's may be under-recognized in some communities," says Christine Arenson, MD'90, Director of Geriatric Medicine in the Department of Family Medicine at Jefferson Medical College, who is working with Dr. Rovner to both develop and validate the screening tool.

Dr. Gitlin, Director of the Center for Applied Research on Aging and Health, and Professor in the Department of Occupational Therapy, will direct the randomized trial of the home-based skills training program for caregivers. Building on her previous work in this area, she plans to test whether such a program can help reduce troublesome behaviors in Alzheimer's patients by teaching families problem-solving skills, how to engage the patient in meaningful activities and minimize triggers of behaviors and at the same time manage their own stress.

Dr. Gitlin and her colleagues are developing a "risk screen" that PCA care managers will use to identify family caregivers who are at risk for placing their family member in a nursing home and who might benefit from the research. Individuals will be referred for participation in the study to receive either the innovative treatment or educational materials.

On the biological side, the researchers are developing a database of ethnically diverse individuals, with special emphasis on the African-American population. They are looking for markers of disease risk and stress in both patient and caregiver at two different points in the program.

The Farber Institute for Neurosciences at Jefferson is a multidisciplinary neurosciences research center established through a \$10 million gift by the Farber Family Foundation in 2001. It is initially focusing its efforts on basic and clinical research in a number of key areas, including Alzheimer's disease, Parkinson's disease, amyotrophic lateral sclerosis (ALS), and other neurodegenerative disorders.

Physical Therapy

Transitional DPT Degree

In September, licensed PTs can begin earning a transitional Doctor of Physical Therapy (DPT) degree at Jefferson. Practicing PTs can enter this program designed to fill in the gaps between their professional baccalaureate or master's degree education and the current entrylevel professional DPT degree education.

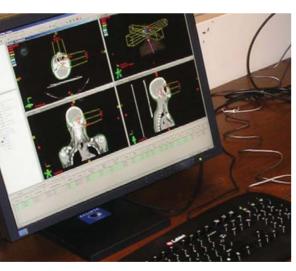
In as few as 18 months, students who have a master's degree and at least 12 months of clinical experience can complete the program. Those with a baccalaureate degree or less clinical experience will take longer. Up to nine credits will be waived for master's degree students who have documented clinical practice as a physical therapist. (Bachelor's degree students can have up to 12 credits waived.)

This program has been designed for students who work full time. The curriculum is a hybrid design, which includes online coursework and only one or two weekend days of on-site class attendance per course.

Good news for alumni: all graduates of ICHP's Department of Physical Therapy are eligible for the Jefferson College of Health Professions tuition discount of 25 percent. Find more information and an application at www.jefferson.edu/jchp/pt.

Radiologic Sciences

Treatment Planning Computers Donated to Medical Dosimetry Program



Thanks to Andrew Wu, PhD, Professor and Program Director in the Department of Radiologic Sciences, medical dosimetry students can proudly say they are the first college in the country to have a treatment comprehensive planning computer laboratory. Best of all, the equipment-totaling over one million dollars-was completely donated.

"It is a wonderful opportunity for our students to be able to have unlimited access to such an expansive computer system," says Dr. Wu. "Clinical rotations generally don't allow the opportunity for students to learn about this type of machine. In the past, our students couldn't learn it until they started working. Now we are the first program in the country to have a treatment planning laboratory and our students are one step ahead of other schools."

Treatment planning computer systems are one of the most important technologies currently used in hospitals, but during clinical rotations, students do not have adequate time to learn and practice because the machines are almost always busy. But JCHP students now have the advantage of accessing the computer systems, not only to learn in classes, but also to practice at their leisure. In an educational setting, the computer program is used to simulate the process of viewing a CT scan and then planning the radiation therapy.

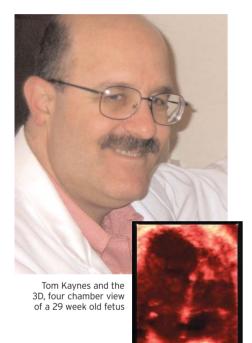
Dr. Wu facilitated the donation of equipment from two companies. The donations include a \$300,000 Treatment Planning Computer System, model Eclipse, from Varian Medical Systems and four equally valuable Radiation Therapy Planning Systems, model Xio.

technology allows radiation oncologists in clinical and hospital settings to view the 3-D images of a CT scan and assess the shape, size, and location of the tumor within a patient's body. The computer programs plan radiation treatment with great precision in the delivery of doses. Because radiation is delivered more accurately, less noncancerous tissue is treated and side effects are reduced. At the same time, higher radiation doses can be directed at the tumor itself, improving the probability of cure.

"Now we are the first program in the country to have a treatment planning laboratory."

Radiologic Sciences

Winning Images: Advanced Placement Student Garners Award for Fetal Cardiac Case Study



Diagnosing a fetus with a left ventricular aneurysm complicated by fetal arrhythmias—an extremely dangerous prenatal condition—is a rare occurrence. Tom Kaynes, an Advanced Placement Cardiac Sonography student, not only observed such a case, but he has pictures to prove it. And those pictures won him first place at the Delaware Valley Echo Society's March meeting.

Kaynes was working with Dennis Wood, RDMS, RCPT, his mentor and clinical supervisor, when the 3D and 4D images were taken. "I was in the right place at the right time," says Kaynes, because Wood, an expert in fetal cardiac sonography, has seen only a handful of similar cases.

Kaynes presented a case study showing the images and explaining the situation to the Delaware Valley Echo Society. Other presenters at the meeting included fellows

from Cooper University Hospital, the Hospital of the University of Pennsylvania, and Lankenau Hospital, but Kaynes took first place. Although he is certain that the quality of the graphics won him the award, Kaynes says the fact that he was well prepared for his presentation certainly helped.

The case study will be getting a lot of attention. It will be presented in detail at the ISUOG World Congress on Ultrasound in Obstetrics and Gynecology in Vancouver, British Columbia in September. Although Kaynes will not be at the event, his name will be listed on the presentation.

Kaynes graduated in August with a Bachelor of Science degree in radiologic sciences. "Ultimately I'd like to obtain a job combining cardiac sonography and research," he says. "It would be great if I could find a way to utilize my computer and business background with my new profession."

One-of-a-kind Executive-style Master's Degree in Radiologic and Imaging Sciences

The field of radiologic sciences is rapidly growing, and the learning curve never ends. This fall, Jefferson is launching the nation's only executive-style Master of Science degree in radiologic and imaging sciences. Designed for working professionals in the field, this program offers students the choice of focusing on education or on management in the radiologic and imaging sciences.

The 12-month program requires some weekend days of in-class attendance, plus on-line interaction and independent study. Eligible students must have a baccalaureate degree, certification by the ARRT or the equivalent, and at least one year of professional experience. The comprehensive tuition includes books, fees, and food. Class size is limited, so contact the admissions office to learn more at 1-877-JEFF-CHP or visit the website at www.jefferson.edu/di.



Radiology students Rimmon Greenidge and Joan Bitwinski won third place in the Pennsylvania Society of Radiologic Technologists' "Technibowl" during the society's 2005 Student Day. A total of 14 schools participated in the competition held on April 8, 2005 at the University of Pennsylvania. Rimmon and Joan went home with a plaque and checks for \$75 each, having fielded questions about x-rays, patient care, physics, and many aspects of radiology.

Occupational Therapy Physical Therapy Radiologic Sciences **Exploring Cultural Contexts**

Jefferson and Kitasato University Expand Exchange to Include OT, PT, and Radiologic Sciences

JCHP welcomed faculty and students from Japan's Kitasato University in March, marking the expansion of the exchange between the two schools. The Departments of Physical Therapy, Occupational Therapy, and Radiologic Sciences joined the 13-year relationship between the two schools' Departments of Bioscience Technologies.

The connection between Jefferson and Kitasato dates back to 1992 when Shirley E. Greening, CT (ASCP), CFIAC, JD, Chairman and Professor, Program Director of Cytotechnology and Director of Bioscience Technologies Graduate Programs at Jefferson, and Dr. Misao Takeda, formerly the Medical Director of the cytotechnology program and formerly a pathologist at Jefferson, developed a relationship with Dr. Hiroyuki Kuramoto, formerly the Chair of the Department of Obstetrics and Gynecology and Gynecologic Oncology at Kitasato School of Medicine.

These three faculty members traveled occasionally between Japan and the US for five years until the schools began exchanging cytotechnology students in 1997. To date, 36 Kitasato cytotechnology students and three cytotechnology faculty members have visited Jefferson, and 18 Jefferson cytotechnology, cytogenetics, medical technology, and biotechnology students have traveled to Kitasato University.

"During my last visit to Kitasato a few years ago, we began discussing expanding the cytotechnology exchange agreement to include all the allied health programs at JCHP," explained Dr. Greening. "That has led to a new agreement adding OT, PT, and radiologic sciences."



Kitasato and Jefferson students meet and mingle at the Dean's welcoming reception.

In March 2004, several faculty members from Jefferson's Departments Occupational Therapy and Physical Therapy visited Kitasato. This year, the Kitasato group included a radiologic sciences faculty member, as well as representatives from the other departments. "All these exchanges certainly make a fitting tribute to the early efforts of Dr. Takeda and Dr. Kuramoto," said Dr. Greening.

Kitasato's weeklong visit to Jefferson this March kicked off with a dean's reception and included a tour of Philadelphia, shopping, a 76ers game, and a trip to New York City. But the main purpose of the visit was to exchange ideas, compare research, and find areas of mutual interest.

"The six students and four faculty members from Kitasato's OT and PT programs came to Jefferson to observe the advancement of facilities and education in America," says Carvn Johnson, MS, OTR/L, FAOTA, Assistant Professor and Academic Fieldwork Coordinator for the Department of Occupational Therapy. To give their Japanese visitors a taste of the clinical setting, JCHP faculty and students took them to facilities throughout the city,

including Magee Rehabilitation Hospital, the Shriners Hospital, and Advance Lane Training and Employment Corporation (ALTEC), a community based program for adults with developmental disabilities.

Throughout the week, Kitasato students attended JCHP classes, listened to presentations from both JCHP and Kitasato faculty, and toured Jefferson's Sensory Integration Laboratory. The groups talked about similarities and differences in education and curriculum between the two cultures, and discussed the possibility of teaming up to do research in the future. "We hope to conduct collaborative research that highlights similarities and differences in our cultures," Ms. Johnson says.

One area of mutual interest is comparing healthy older adults with frail ones. Kitasato and JCHP faculty have been researching strength and strengthening, preventing falls, and working with balance in stroke survivors. JCHP faculty members hope to translate the research into practice.

The Jefferson Foundation Created to Consolidate Development and Alumni Relations

All development and alumni relations resources for the university and hospital were consolidated this past spring in the Jefferson Foundation, a newly created entity. Robert L. Barchi, MD, PhD, President of Thomas Jefferson University, and Thomas J. Lewis, President of Thomas Jefferson University Hospital, announced, "The Jefferson Foundation combines the former University Office of Institutional Advancement with the Hospital Development Office, all alumni programs, and departmental fundraising operations.

The Jefferson Foundation is responsible for all fundraising and alumni operations for TJU and TJUH, and will play an extremely important role in fulfilling our mission as we work together to define the future of clinical care."

The name "Foundation" was chosen to represent this joint effort, but it will not be a foundation in the traditional sense. The full amount of every gift will continue to go directly to the program that the donor designates.

A Senior Vice President will head the foundation, and a search is currently underway. In the interim, Fritz Ruccius is the Acting Senior Vice President. The foundation can be reached at 215-955-6620.

Alumni of the College of Health Professions can continue to use the following address and phone:

130 S. 9th Street, Suite 705 Philadelphia, PA 19107-5233 Phone: 215-503-7709

continued from page 3

Spotlight on Faculty

She provides an example: "People always ask each other, 'How are you doing?' but they don't stop to wait for an answer to the question. I want my students to know that they may get an answer they don't want to hear, and they need to be able to respond to it in a professional manner," Ayres says. She teaches students that it is okay when patients cry, and it's all right if they're not feeling great everyday. "Patients with cancer, of all people, are dealing with stress and disappointment," she says. "Crying is a normal release. I want students to understand that so they can provide support to their patients as they cope with a difficult situation."

When she graduated with her baccalaureate degree, Ayres took a job at Thomas Jefferson University Hospital. "Initially, I thought I'd specialize in patients who had amputations," she says, "but after working for a few years, I developed an interest in working with patients who had spinal cord injuries and became the supervisor of that unit." It turned out to be a great opportunity, because Jefferson was part of a nationally designated group of spinal cord centers. She was able to share ideas and learn from other therapists, both OTs and PTs, from around the country at the yearly spinal cord injury conferences. Ayres said she enjoyed working with that

population, and she still maintains contact with some of her former patients. "Some of them still come to my class to help with laboratory sessions for the students," she shares.

While she was at the spinal cord center, a faculty member at Beaver College (now Arcadia University) invited Ayres to teach a class on physical therapy interventions for patients with spinal cord injuries. "I told him I didn't know enough, but he told me that with over five years of experience in this area of PT, I did know enough," she says. Ayres accepted the position and realized she was "the teacher" when she saw students furiously writing down everything she said. In 1986 she started teaching a class on spinal cord injury at JCHP and the chair invited her to join the faculty on a full-time basis.

"It was definitely a change for me to go from the clinic to teaching," Ayres remembers. "Patients appreciate you right away, and they think you're wonderful because you're helping them...they can see immediate benefits from therapy. Students are different. They often are not able to see the 'big picture' until they complete the PT program. It is rewarding to have students return after they graduate and to have them tell me that they have been well prepared to practice physical therapy."

When reflecting on her life's path, Ayres smiles. "If I hadn't had breast cancer my life would be totally different today," she says. "For me, having cancer brought me good things, as well as bad. I've learned to try to find the positives when confronted with challenging and, sometimes, lifethreatening situations."

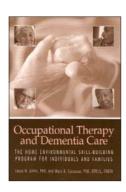


Dr. Ayres demonstrating technique to her students

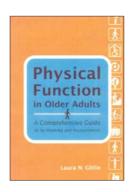
Bookshelf



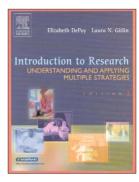
2005-2006 Pediatrio Nursing Self Assessment Exercise and Reference Manual Joseph DeRanieri Published by the Pediatric Nursing Certification Board



Occupational Therapy and Dementia Care: The Home Environmental Skills-Building Program for Individuals and Families Laura N. Gitlin Published by AOTA Press ISBN: 0323028535



Physical Function in Older Adults: A Comprehensive Guide to Its Meaning and Measurement Laura N. Gitlin Published by Pro-ed, Inc ISBN: 1416400451



Introduction to Research, 3rd Edition: Understanding and Applying Multiple Strategies Laura N. Gitlin Published by Elsevier Mosby ISBN: 1569002037



SI: Applying Clinical Reasoning to Diverse Populations Roseann Schaaf Published by Psychological Corp. ISBN: 0761644202

Joseph DeRanieri, MSN, RN, CPN, BCECR (BSN '92), Assistant Professor in the JCHP Department of Nursing, is one of the contributing authors of the 2005 – 2006 Pediatric Nursing Self Assessment Exercise and Reference Manual, published by the Pediatric Nursing Certification Board. This exercise, including objectives, test questions, and a reference manual of pediatric nursing and medical journal articles, is approved for 10 contact hours of continuing education through the National Association of Pediatric Nurse Practitioners.

Laura N. Gitlin, PhD, Director of Jefferson's Center for Applied Research on Aging and Health and Professor in the Department of Occupational Therapy, is the co-author of Occupational Therapy and Dementia Care: TheНоте Environmental Skills-Building Program for Individuals and Families, published by AOTA Press (the American Occupational Therapy Association). Mary A. Corcoran, PhD, OTR/L, FAOTA is the co-author. Based on over 15 years of research, the book presents the Home Environmental Skill-building Program (ESP). ESP is an evidence-based intervention that addresses problem areas identified by caregivers and helps them solve those problems with strategies such as modifying the physical environment, the task environment, and the social environment.

Dr. Gitlin also recently wrote Physical Function in Older Adults: A Comprehensive Guide to Its Meaning and Measurement, published by Pro-ed, Inc. This reference book provides health and human service professionals with assessments of physical function for the elderly, including walking, reaching, hearing, seeing, bathing, and grooming. Evaluation results aid with identifying needs, evaluating program outcomes, and predicting outcomes.

Another book by **Dr. Gitlin,** *Introduction to* Research, 3rd Edition: Understanding and Applying Multiple Strategies, was co-written by Elizabeth DePoy, PhD, OTR, MSW and published by Elsevier Mosby. This book describes research processes, designs, and applications in healthcare and human service settings. It compares a variety of research strategies, describing how they contribute to science in complementary and distinct ways. Recent trends regarding ethics, informed consent, practice efficacy, and proposal writing are included.

Roseann Schaaf, MEd, OTR, FAOTA,

Vice Chair and Director of Graduate Programs in the Department Occupational Therapy, and Project Director of Jefferson's Sensory Integration Laboratory, co-wrote SI: Applying Clinical Reasoning to Diverse Populations, published by Psychological Corp. The co-writer was Susanne Smith Roley, MS, OTR. This book provides occupational therapists with tools and strategies to deal with sensory integration. Detailed case studies, based on solid clinical reasoning, include a variety of populations such as high-risk infants and children with cerebral palsy, autism, and Fragile X.

All of these titles are available through the Jefferson Medical and Health Science Bookstore.

Events December '04 - May '05

JCHP Alumni Association Was There!

An ongoing calendar of the College of Health Professions always reflects great participation by the JCHP Alumni Association.

If it is Halloween, JCHP students can count on **treats** from the ICHP Alumni Association. Buckets and buckets of candy, pretzels, gum, and crackers were provided in the Center for Student Development on the 18th floor of the Edison building. This week-long venture of caloriebuilding resulted in many refills and no boos!

Student Appreciation Day,

sponsored by the Office of Alumni Relations, was part of JCHP's week-long commemoration of National Allied Health Week.

JCHP Alumni Help Open Doors at the Fall Open

House. Members of JAVA (Jefferson Alumni Volunteering for Admissions) were present at the November 13 JCHP Open House where they gave out commemorative items and answered many questions from prospective students and their families.

Brain Food? The Department of Occupational Therapy sponsored its annual continuing education program on December 2. This year's theme was "Maintain your brain through engagement in occupation." Nearly 85 alumni, faculty, and others enjoyed the annual luncheon sponsored by the JCHP Alumni Association.

December, students, faculty, and staff often ask, when do we get our notepads? The popular "2005 Things to Do" notepads were distributed to the JCHP family by the end of 2004. They have become a favorite end-ofthe-year tradition, and there are

When do we get them? Come

pads. It won't be long before "2006 Things To Do" will be in mailboxes!

always requests for additional

Who Needs Starbucks?

During the last week of classes, the Center for Student Development turns into a day-long coffeehouse to celebrate the end of the semester and refresh students before exams. Coffee, tea, hot chocolate, muffins, bagels, fruit, and cookies were provided, along with free Alumni Association coffee mugs.

Beads, Masks, Beads, Boas, Beads, Hats, Beads...

You couldn't miss them at JCHP's Annual Winter Social on February 4. Mardi Gras transformed the Ballroom at the Ben into a party spot. Students, faculty, administrators, and alumni enjoyed the fun theme produced by the JCHP Alumni Association.

We Saluted the Class of

2005. At Senior Salute on February 23 a steady stream of seniors registered for graduation, picked up their caps and gowns, and ordered class rings, invitations, and diploma frames. The JCHP Alumni Association provided Jefferson



Winter Social 2004

tote bags, markers, pencils, pens, mini-flashlights, clips, and rulers at each stop along the Senior Salute.

Any Way We Can Help ...

Members of the JCHP Alumni Association Board of Directors were out in force at the spring JCHP Open House held on April 2. They gave out pertinent information to prospective students and their families, and were equally generous with Jefferson coffee mugs to take home!

A Trip to the Shore on April 12 for a luncheon sponsored by the JCHP Alumni Association for Jefferson's RN-to-BSN students at Atlantic City Medical Center. The students met with instructor Brenda Holtzer, RN, MSN and Robin Begley, RN, MSN, CNAA, BC, the Chief Nursing Executive of Atlantic City Medical Center. The students also received Jefferson mementoes and a hearty welcome to the JCHP Alumni Association.

So Much Pizza, So Little

Time. JCHP students devoured a whopping 60 large pizzas and 12 cases of cold drinks in just two hours on April 18. This very popular pre-finals treat was a great way for the JCHP Alumni Association to help the students end the year.

A Leading Edge Tradition

Continues. The JCHP Alumni Association greeted 80 alumni, clinical preceptors, faculty members, and students at the sixth annual luncheon at the Leading Edge in Diagnostic Ultrasound Annual Conference in Atlantic City, held this year at the Trump Taj Mahal's Safari Steakhouse. The group was greeted by Barry Goldberg, MD, Professor and Director of Ultrasound at Thomas Jefferson University, and by Fran Gilman, MS, RT(R)(CT)(MR)(CV), Assistant Professor and Chair of the Department of Radiologic Sciences at JCHP.







Class of 2005 Senior Salute

Pizza Day 2005, presented by the JCHP Alumni Association

Admissions Office Moves to the Edison Lobby

In May, the JCHP Department of Admissions moved to the lobby of the Edison Building. The move was in the works for about a year, and it was made final when the staff moved their offices into the new space on May 13.

"I'm excited about this opportunity," says Karen Jacobs, the Director of Admissions. "Now, when prospective students visit us, they just have to walk in the building and we're right there."

Moving to the lobby brought with it some challenges, including a physical separation of the department. "The new office space spans the main entrance hallway to the building," explains Jacobs. "That means that our staff is physically in two separate areas." The separation is only about 20 feet, but it could be enough to cause a disconnection, and Jacobs did not want that to happen.

"I wanted to start out in the new space with a plan that would help us stay connected and prevent miscommunication," Jacobs shares. "So, I elicited help from our on-campus experts: the Department of Occupational Therapy."

Occupational Therapy Involvement

Jacobs approached Occupational Therapy faculty member Adel Herge for some help with the move, and Herge loved the idea. "This was a great way for our students to get hands-on experience," she says. "It is also an opportunity to introduce the concepts of occupational therapy to a whole new group of people."

Herge invited Shelley Wallock, another faculty member, to involve her senior students in the project. In groups, the students worked together to address several topics. The group that studied spatial and sociocultural dimensions presented ways to create a peaceful and welcoming environment, such as setting up a fountain, using soft lights, placing plants throughout the space, and including attractive, prominent signage throughout the lobby. They also assessed the area to see if all areas were handicapped accessible and friendly.

A group that was focused on ergonomics developed a book of exercises that employees or visitors could do to ease aching shoulders, legs, or back.

Students in the wellness in the workplace group offered a series of stress-reduction tips, basic exercise that one could do while sitting at a desk, and suggestions about positive approaches to encourage wellness in the workplace.

The marketing group developed a CD presentation for incoming students to watch while waiting in the admissions office. The presentation gives an overview of occupational therapy, including images from the OT classrooms, samples of curriculum, and a series of scenes from intervention procedures.

"All of the students' suggestions are easy to do and cost-effective for our office," shares Jacobs. "The process that the students went through of asking questions and polling the



staff was very helpful to us. It allowed us to think differently and showed us how to improve our individual work stations. This turns the Admissions Office into a working example of occupational therapy in action."

Highlights of the new space include a waiting room where visitors can learn more about each of the college's departments through binders of current student projects and computer programs. In the future, the office will also feature a small gallery that will display poster presentations and other examples of student work.

"I am pleased that we have this opportunity to showcase some activities that go on in all of the health professions programs," Jacobs says.

ClassNotes

Bioscience Technologies

Veena Singla '73 lives in King of Prussia, PA. Veena worked for 18 years as a cytologist at Smithkline Clinical Laboratories. She retired due to illness, and now has a home-based business educating people about whole food nutrition and disease prevention. Veena reports that she now "walks, talks, and shares" good health.

Nancy Fulginiti '84 of Glenmoore, PA works for Isolagen as associate director of quality for North America.

John Ewing '92 of Roseville. MN and his wife have a beautiful daughter, Branna, born on November 14, 2002.

Joann McGrath Puccino '94

of Morgantown, PA married Gregg Puccino on February 22, 1997. They have two children, Rachael, born on September 11, 2000 and Matthew, born on March 8, 2004. Joann works part-time as a cytotechnologist at Reading Hospital and Medical Center in West Reading, PA.

Our condolences to the family of Barbara Santoro Opperman '81 who passed away on February 3, 2005.

Dental Hygiene

Diane O'Fee Powers '86 lives and works in Philadelphia. She left the field of dental hygiene due to a latex allergy, and she has been employed by the School District of Philadelphia since 1997. For the past two years, Diane has participated in walking half-marathons for the American Stroke Association. She is currently the walking coach for the Train to End Stroke Team which raises money for stroke research.

Amy Hottenstein DeMichael '89 lives in Doylestown, PA. She and her husband, Tony, have

two daughters and a son who was born on July 4, 2003.

Nursing

Jane Marko Carabasi '75 of

Bryn Mawr, PA works part-time in vascular nursing and also is a counselor in equine-facilitated therapy for special needs children. Jane is an active member of the Women's Board of Thomas Jefferson University Hospital.

April Manzinger Crawford '80

lives with her husband and two children in Pace, FL. Her son Scott is a student at Florida State University and her daughter Kimberly is "a wild teen" in high school. April earned a bachelor's degree in organic chemistry and a master's degree in nursing, and she now works as a gerontological nurse practitioner.

Susan Meshegjian Diaz '81 of

Houston, TX completed the MSN program in nurse anesthesia at the University of Texas Health Science Center in Houston and has been working as a Certified Registered Nurse anesthetist practitioner since 1990. Susan is married to a Panamanian chef, Jorge Diaz, and they have a beautiful daughter, Susan, nine. When they are not working or eating, they love to listen and dance salsa to Latin music. Susan has become proficient in Spanish and speaks it to her patients from Mexico and Central and South America.

Margo R. Owen '82 completed her master's degree in health education from Saint Joseph's University in May 2004. She is now a certified school nurse in the School District of Philadelphia.

Susan Van Wyk Gronka '84

of Peachtree City, GA is a senior research nurse at Emory University.

Rose Deramo Tignor '84 of

Virginia Beach, VA has two children, Matt. 15, and Amanda. 14. Rose is a discharge nurse at DePaul Medical Center, an ambulatory care setting in Norfolk, VA. She looks forward to starting a graduate nursing program soon.

Sandra Wojtelwicz Freeman

'88 of Shippensburg, PA is married to Jim Freeman, JMC '91. They have two daughters, Hailey, 11, and Carly, seven. Sandra thanks all of her friends from the Class of '88 who helped her during her mother's stay at Jefferson. She says it made her realize how special her time at TJU was and how long-lasting the friendships have been. Sandra works for Forest Laboratories as an assistant director of clinical operations and she owns Biomedical Research Associates which specializes in clinical research in Shippensburg.

Stefani Montella Smith '90 of

Dovlestown, PA is the pharmacogenomics clinical liaison manager at Bristol-Myers Squibb in Pennington, NJ.

Bonni Schervone '92 of

Marlton, NJ works as a nurse anesthetist for Burlington Anesthesia in Mt. Holly, NJ.

Lisa Izzi Ragland '93 of

Collegeville, PA got married in 1994 and worked full-time at Thomas Jefferson University Hospital until she gave birth to identical twins on March 6, 1999. She currently works per diem for Iefferson's Home Infusion Service of the Home Care Network and reports that she "loves it."

Barbara Little Worgan '93 has settled in South Burlington, VT with husband Gregory and daughter Haley, eight. Barbara is an adult nurse practitioner practicing in Burlington, VT. She developed and currently manages an outpatient clinic in interventional radiology.

Kerri McGahey Jeminey '95

of Cherry Hill, NJ works as an ACC nurse at the Hospital of the University of Pennsylvania in Philadelphia.

Bill Larson '95 of Horsham, PA works as a scheduling coordinator/staff nurse at the Jefferson Hospital for Neuroscience in Philadelphia.

Stephanie Sigmann McGinnis

'95 of East Norriton, PA married Jim McGinnis in 1999. Their daughter Emma Kathryn was born on March 25, 2005. Stephanie received a master's degree from Saint Joseph's University in 1999 and became a CRNA in 1999, after graduating from the Frank J. Tornetta School of Anesthesia at Montgomery Hospital and passing the board exam. She is currently employed as a CRNA at the Children's Hospital of Philadelphia.

Julia Corson '96 of Portland. OR is employed as an organ donation coordinator at Oregon Health and Sciences University. She would love to hear from Kim Southam-Gerow, Yen Trinh, and Tom Sellito.

Chris Fleischmann '97 of

Cherry Hill, NJ works as a senior clinical data analyst at AstraZeneca in Wilmington, DE.



Randee DeLeo-Goodman **'97** and Michael Goodman **'97** (both Jeff grads)

married in July 1999. They moved to Tucson in July. Michael is a captain in the US Air Force, and is currently a navigator serving in Operation Enduring Freedom. Randee works part-time in the Emergency Department. Their biggest accomplishment has been their daughter, Nola Reegan Goodman, born July 26, 2004.

Jacquelyn Hop '97 of Orlando, FL works in pediatric critical care, neonatal intensive care, and education at the Arnold Palmer Hospital for Children. She completed her MBA and looks forward to law school in her future. Jacquelyn had brunch with Dottie Grieb, Director of Alumni Relations, at the Peabody Hotel in Orlando in March 2005.

Michele E. Gaguski '98 of

Somers Point, NJ is the recipient of the 2004 Oncology Nursing Society Pearl Moore Making a Difference Award, given in recognition of an oncology nurse who makes a big difference at the local and regional levels of oncology nursing.



Stephanie Griffith '98 of Coatesville. PA and her husband Bill announce the birth of

their son, Ethan William, born on September 25, 2004 at Chester County Hospital in West Chester, PA. Stephanie works at the Children's Hospital of Philadelphia.

Jennifer Maclay Nichols '98

and her husband announce the birth of William Maclay Nichols, born on September 27, 2004, weighing 7 lbs 2 oz and measuring 19 inches.



Rebecca Grasso **BSN'99** MSN'03 of Philadelphia is a staff nurse at

and an adjunct faculty member at Drexel University's School of Nursing. She married Michael Grasso, a Philadelphia police officer, in July 2001. Their son, Justin, was born in July 2003 and they are expecting a second child this year.

Laurie Jansson Didvk BSN'00 MSN'02 of Little Egg Harbor, NI and her husband Michael celebrated their 20th wedding anniversary on December 11, 2004. Laurie has joined Salartash Surgical Associates as an adult nurse practitioner and certified RN first assistant. Laurie also continues as a member of the ICHP Alumni Association Board of Directors.

Natalie Dohner '00 of Mount Joy, PA works as a charge nurse at Women and Babies Hospital in Lancaster, PA.

Jennifer Wilds Powell '00 is

stationed with her husband in La Maddalena, Italy. She teaches the EMT-B Program at Central Texas College. In January 2005 she traveled to Vicenza, Italy to teach the EMT class to 48 Army soldiers as they prepared to deploy to Afghanistan where medical help would be nearly an hour away. She reports the class was a huge success and she hopes they felt more prepared for their deployment.

Kathleen Horne '01 of Ocean City, NI works as a PACU Nurse at Shore Memorial Hospital in Somers Point, NJ.

Theresa Smith '01 lives in Hatboro, PA with her husband and quadruplets, Sophia, Brianne, Madeline, and Joey, born on August 21, 2003 at Jefferson Hospital.

Andrea Boyer '02 of Philadelphia works at the Hospital of the University of Pennsylvania as an oncology nurse.

Rick Green '02 is engaged to be married in southern California this summer. Rick has transitioned from med-surg/orthopedic floor nursing in La Jolla, CA to a very small OR in Encinitas, CA, and he loves it. The staff is wonderful, and he learns something every day. He plans to pursue an MSN/CRNP in adult health with a focus on preventive care in the community.

Brianna Bond Singh '02 of Clementon, NJ is an RNC at the Hospital of the University of Pennsylvania.

Jason Giordano '04 of Philadelphia works as an RN in the PICU at the Children's Hospital of Philadelphia.

Alicia Mamienski '04 of New York City is an RN at Mt. Sinai Hospital.

Our condolences to the family of Joseph J. Destra '82, who passed away in January 2005.

Our condolences to the family of Gale Clydesdale Peers '83 who passed away on May 18, 2004. Gayle left behind Ed, her husband of 17 years, and 11 children.

Diploma Nursing

Patricia Taylor '54 of Fort Lauderdale, FL would love to hear from anyone in her class.

Loretta Hom Chin '60 moved to Charlotte, NC after 22 years in Austin, TX. She is now closer to her children and grandchildren and is looking forward to her new adventure.

Elsa Gosser DeCenzi '66 of Henderson, NV ended her 39year career in nursing when she retired from Sunrise Hospital and Medical Center in Las Vegas

Honor Watters Baj '72 of Collegeville, PA works as a staff nurse at Bryn Mawr Hospital.

on January 8, 2005.

Barbara C. Stroker LPN'80 lives in Jim Thorpe, Pennsylvania and has been working in the mother/baby unit at Easton Hospital since 1989.

Occupational Therapy

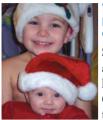
Linda Pahlke McCellan '89 of Huntingdon Valley, PA is employed by Genesis Rehab Services,

working in sub-acute rehab at Willow Ridge Rehab Center in Hatboro, PA. She married Darryl McCellan on June 19, 2001 and gave birth to their son, Jared Dean, on September 29, 2004.

Iyna Frank Adams '92 lives in Frederick, MD with her husband Greg Adams PT'92 and their three children, Michael, seven, and twins, Alysa and Ashley, six.

Arielle Gainsburg '94 of

Las Vegas, NV is the program coordinator for the Comprehensive Outpatient Rehabilitation Facility in Henderson, NV. She specializes in pulmonary rehabilitation and comprehensive care for adult populations.



Victoria Maines Rink **94** of Sewell, NI and her husband Chris have two gorgeous

sons, Kyle, born May 18, 2000 at 8 lbs, 12 oz, and Zachary, born October 19, 2004 at 9 lbs, 2 oz. Vicki became a certified hand therapist in 2001 and is the head of occupational therapy for South Jersey Hospital, a system of two inpatient hospitals and three outpatient centers. Her husband Chris is Vice President of NorthMarq Advisors in Philadelphia.

Leigh Ann Bliss '95 works at Weisman Children's Rehabilitation Hospital and was promoted in spring 2003 to clinical specialist in occupational therapy.



Julia Waggoner Santini '95 of Delaware and her husband Joe welcomed the birth

of daughter Sara Adrienne on September 6, 2003. Julia works at the Center for Rehabilitation at Wilmington Hospital.



Kate Howdershell Guzzetti **'96** and Pete Guzzetti PT'96 announce

the birth of their daughter Emma Catherine, born on March 8, 2004, at 6 lbs, 14 oz and 20 inches long. She joins big sister Madelyn and brother Joshua.

Kathy Kovalchuk '96 is living in Texas with husband Moses and children Hannah, Nathan, and Samuel. She has given up her clinical OT work to be a stay-athome mom and now works from home for an international food science company. She reports it is "the best of both worlds." She still helps people to improve their lives and her background from Iefferson enables her to do that.

Sandra Roberts Neubauer '96 lives in Mount Laurel, NJ and works as the PT/OT Campus Coordinator of Frankford Hospital in Philadelphia.



Jennifer Collard Krott '98 of Riverton, NI married Carl Krott on October 12, 2003.

She became a certified hand therapist following an exam taken last November.

Bernard Aurellado '00 of San Francisco is the program coordinator for the Rehab Care Group at Brookside Skilled Nursing Hospital.

Mary Penko Bales '00 is

living in Rockford, IL where husband Robert, JMC'00 has a faculty position at the University of Illinois Medical School. They share their home with their rescued greyhound, Monty. Mary is employed as a senior occupational therapist at Van Matre Health South Rehabilitation Hospital in Rockford.

Rowena Regala '00 of San Francisco works as an occupational therapist for Peoplefirst Rehabilitation at the Nob Hill Healthcare Center. Brandie Starry '02 of Blairsville, PA reports the birth of Cayden Zain Rugh on January 20, 2005.

Kevin Wegner '02 of Marlton, NJ is an occupational therapist for Shriners Hospital for Children in Philadelphia.

Physical Therapy

Molly Zarski '86 of Earlysville, VA and her husband Ken own Albemarle Therapy Center in Charlottesville, a private pediatric occupational, physical, and speech therapy practice. Ken has an adult orthopedic practice in the same facility. They have three children. Catie, 25, is a graduate of Virginia Commonwealth University with a bachelor's degree in advertising, and Sophie and Andrew, both 12, were adopted from Borovichi, Russia in 1994.

Katherine M. Grady '89 of Stevensville, MD married Gregory Jenson in May 2003. They are active boaters on the Chesapeake Bay. Katherine works with older adults in an Annapolis nursing home.

Katrina Brow '90 of Tilton, NH is a clinical coordinator at Orthopaedics Plus.

Gregory Adams '92 lives in Frederick, MD with his wife, Ivna Adams OT'92. He received his cardiopulmonary clinical specialist designation last year, and he works at the University of Maryland Medical Center presenting "bells and whistles" ICU courses.

Betsy Burgess Mullan '93 lives in Wilmington, DE. Betsy and husband Peter (brother of Alice Davis '94) announce the birth of Anna Rae Mullan on December 13, 2004. Anna joins big sister Sarah, two.

Pete Guzzetti '96 and Kate Howdershell Guzzetti OT'96 announce the birth of daugher

Emma Catherine on March 8, 2004 at 6 lbs, 14 oz and 20 inches long.



Kellv **McGinty** Quaile '96 and Scott Quaile '96 and their daughter Shannon

welcomed the birth of Maura Jean Quaile on August 26, 2004. Kelly works part-time at the Alfred I. duPont Hospital for Children and Scott is the outpatient supervisor at Lankenau Hospital.

Deserie Dandrea Gherardi '97

lives in Hammonton, NJ. She and husband Alex have two children, Luca Alexandra, who was born August 12, 2004, and Gabriella, who is 2.

Tina Showers Hoy '97 of

Harleysville, PA and husband Michael announce the birth of their third son, Donovan Patrick, on January 8, 2005. Older brothers Colin and Aidan love him dearly. Tina works per diem as a physical therapist.

Jeffrey McWilliams '97 lives in Roanoke, VA and works as a physical therapist for Highland Home Health in Covington, VA.

Suzanne Syed '98 moved to a new home in Northfield, NI with husband Zubair and their three children, Jennah, six, Anisa, five, and Adam, one. The couple celebrated their 10th wedding anniversary in June. Suzanne has started a private home care practice in Atlantic and Cape May counties and reports that it is busy.

Carolyn Tassini '02 completed a Transitional Doctorate in Physical Therapy from the Massachusetts General Hospital Institute of Health Professions, in Boston.

Jill Evans '04 of Charlottesville, VA is a Physical Therapist Clinician I at the University of Virginia.

Radiologic Sciences



Schwartz
Dianna
'95 of
Wernersville,
PA married
Tony Dianna
in 2001 and

they have two sons, Turner, two, and Trey, eight months. Tara has worked at Ephrata Community Hospital for seven years.

Steve Ghazarian '98 of

Philadelphia works for PNC Bank's Business Banking MIS Department as a software engineer. He has worked at PNC since 1999 doing web design, application support, programming, and network administration. Steve reports that he misses all his lefferson classmates.

John Muscheck '98 of Marlton, NJ is employed as a staff sonographer at Pennsylvania Hospital in Philadelphia.

Rebekah Neidig Soditus '98 of Coatesville, PA married J. Warner Soditus on September 11,

2004. She works as a sonographer at Chester County Hospital in West Chester, Pennsylvania.

Charla Brown 'O1 lives and works in Philadelphia where she is a vascular technologist at Graduate Hospital.

Kristin Yaeckel Marinello '01 of Norristown, PA married Anthony

Norristown, PA married Anthony Marinello Jr. on February 12, 2005.

Lisa Roswell Muschek '01 of Marlton, NJ works as a staff

Marlton, NJ works as a staff sonographer at South Jersey Radiology Associates.



Alison Hampton Zeigler '01' married J. R. Zeigler on September 25, 2004 in Dillsburg, PA

and they honeymooned in the Riviera Maya. They live in Camp Hill, PA where Alison works as a registered cardiovascular invasive technologist in the catheterization laboratory at Holy Spirit Hospital.

Jennifer Zazula '04 of Blue Bell, PA is employed at Riddle Memorial Hospital.



Send us your news and we'll thank you a latte!

The first 25 alumni who send in news items for the next issue will receive a Starbucks gift card for one of your favorite drinks. The first ten who include a photograph with their news will also receive a Jefferson commuter mug. Send your news and professional or personal photos to dorothy.grieb@jefferson.edu or 130 S. 9th Street, Suite 705, Philadelphia, PA 19107-5233.

JCHP Trains Jefferson Hospital Attendings and Residents

This summer, the Departments of Radiology and Emergency Medicine at Jefferson Hospital initiated a partnership with JCHP's Department of Radiologic Sciences to meet the need to provide ultrasound training for emergency medicine attendings and residents.

"Nationally, residency candidates consider ultrasound training an essential feature when evaluating the strength of emergency medicine residency programs," explains Nandkumar Rawool, MD, RDMS, Associate Professor and Program Director, General and Cardiac Ultrasound and Vascular Technology at JCHP.

Barry B. Goldberg, MD, who was already a liaison between JCHP and the hospital, ensured a smooth partnership for this program. Dr. Goldberg is Director and Professor, Division of Ultrasound/Department of Radiology at Jefferson Hospital and Clinical Professor, Medical Director, General Sonography at JCHP.

Sixteen participants attended the first two-day course, which mixed classroom teaching with hands-on practice in the Radiologic Sciences Imaging Lab on the first floor of the Edison building. H. Edward Seibert, MD, Instructor of Emergency Medicine at JMC, coordinated the program from the Emergency Department side. He and Scott W. Melanson, MD, a JMC alumnus, developed the curriculum and taught the lectures. Dr. Rawool and several technologists taught the hands-on portion of the course with Drs. Melanson and Seibert.

"There were an equal number of emergency medicine residents and attendings. They enjoyed the mix of didactic and experiential learning," says Dr. Rawool. "Our lab is equipped with six new ultrasound machines, so everyone had an opportunity to practice what they were learning."

"Every participant that I spoke with was enthusiastic about the course and felt that it was a great learning experience," says Dr. Seibert.



"The training that we offered, along with the emergency physician lecturers, should provide a very positive image of Jefferson's overall Emergency Medicine program," Dr. Rawool says. "The program is also a benefit to existing emergency physicians, enabling them to provide better service to patients who need emergency ultrasound, especially off-hours. The success of this course definitely opens up the opportunity for offering similar ones in future."

Dr. Seibert agrees, saying, "We would love to collaborate again. I would like to offer this type of training to our remaining attendings and residents who were unable to attend this course, as well as to the Emergency Department faculty at our affiliated hospitals."

Board of Directors 2005-2006

Opportunities to Participate in

Family Caregiver Research

Are You Having Difficulty Caring for a Relative with a Memory Problem?

Jefferson College of Health Professions is looking for family caregivers to participate in **Project ACT.** Project ACT is a study designed to help caregivers learn new ways to manage challenging behaviors common in persons with Alzheimer's disease or other related dementias.

All participants receive payment for interviews conducted in their home. Participation does not affect services received through other agencies.

(Funded by the National Institute on Aging and the National Institute on Nursing Research.)

Alzheimer's & Dementia

Do you have difficulty finding activities or engaging your loved one?

Thomas Jefferson University is looking for family caregivers to participate in the **Tailored Activity Program (TAP)**, a study for caregivers living with a relative with Alzheimer's disease or Dementia. TAP is designed to teach caregivers how to use meaningful activities to engage their family member to improve quality of daily life for caregivers and their loved ones.

All participants receive payment for interviews conducted in their home. Participation does not affect services received through other agencies.

(Funded by the National Institute on Aging and the National Institute on Mental Health.)

For more information about these programs please call **215-503-2897**



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Jill Carroll, BS'96, MS'05 (Bioscience Technologies)

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Alumni Insider

Access to the Scott Memorial Library:

Just One Benefit of Being a Jefferson Graduate

It was your home away from home when you were a student. Now as an alumnus, you're still welcome at the Scott Memorial Library. Many library services are available to all Thomas Jefferson University alumni. The list below describes library services that are available to alumni.

Library Access Privileges

Jefferson Alumni may use basic library services at no charge.

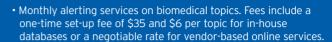
To enter Scott Library:

- Present your TJU alumni card and one form of photo identification to the Security Officer at the library entrance.
- Register for library services at the circulation window on the second floor. You will receive a barcode for your alumni card or a library courtesy card.
- Present your alumni card or library card whenever requesting library services.

If you have not received or have misplaced your alumni card, please contact Dottie Grieb at 215-503-7709. (Note that a replacement fee may apply.)

Services Included

- Access to Scott Library during regular hours, which includes weekends and evenings, and 24-hour access to the first and fourth floors. You must present your alumni card or library courtesy card to enter the building and wear it while in the library.
- Use of in-house library materials and public computers which offer Microsoft Office products, Internet access and use of freely accessible Web materials in the Cyber Café and Jeffline's list of databases. (Alumni may not access databases, electronic journals and electronic books restricted to Thomas Jefferson University's institutional use by licensing agreements. Such restricted data bases include, but are not limited to, MD Consult, Ovid MEDLINE, CINAHL and Micromedex.)
- Borrowing privileges for Scott Library's print collection, subject to the same policies that apply to TJU patrons.
- Discounted photocopy and laser printing rates at 10 cents per copy plus the cost of a copy card (\$1). Copy cards may be purchased and recharged at the circulation window on the second floor.
- Database searches by an Information Services librarian (\$35 per topic, plus online fees, up to 25 searches per year). Contact an Information Services librarian at 215-503-8150 or use the search request form on JEFFLINE.



- JeffDocs document delivery services for items owned by Scott Library are provided for a fee of \$5 per item, or \$10 per item for fax delivery. Interlibrary loan services are not included.
- Access to the services of Medical Media Services (MMS) at the same fees as TJU customers. MMS provides slides, photography, artwork, and other biomedical communication services.
- Free Education Services workshops, subject to availability of seats and the same no-show fees that apply to students and faculty.

Services Excluded

- Use of the learning resources centers and open access labs.
- Borrowing privileges at the learning resources centers.
- Interlibrary loan services.
- Licensed databases, electronic journals and electronic books.
 (For access alternatives for JEFFLINE guests, visit the JEFFLINE website, http://jeffline.jefferson.edu/SML/policies/access/guestdbases.html.)

Responsibilities

You agree to follow all library policies and you are responsible for all materials charged to your card. Failure to comply with policies may result in loss of library privileges.

For any questions regarding membership services or privileges, please contact:

Debbie Sibley, Deputy University Librarian Scott Memorial Library Thomas Jefferson University 1020 Walnut Street, Philadelphia, PA 19107 v: 215-503-2827 f: 215-955-7642

Deborah.Sibley@jefferson.edu



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