

## Himmelfarb Health Sciences Library, The George Washington University Health Sciences Research Commons

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Himmelfarb Headlines (2009 - present)

Himmelfarb Health Sciences Library

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5-2017

# Himmelfarb Headlines - May/June 2017

George Washington University, Health Sciences Library

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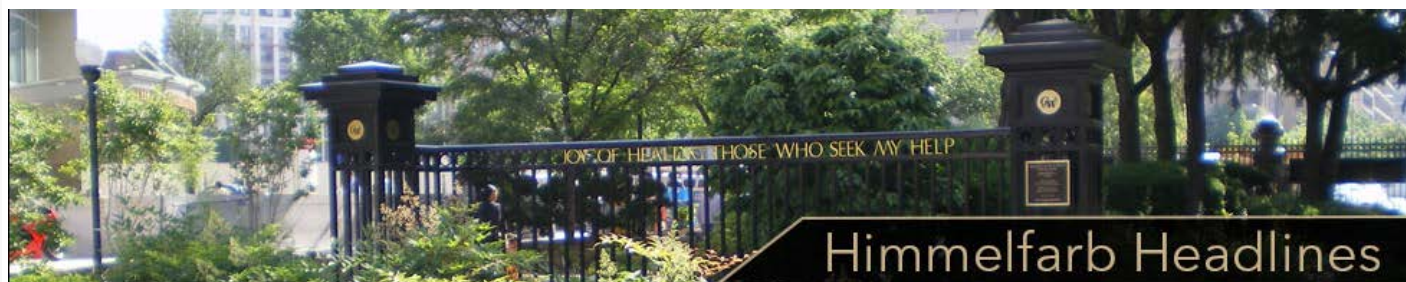
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## Himmelfarb Headlines - May / June 2017

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### Director's Desk

Each year GW Research Days provide undergraduate, graduate, and postdoctoral students an opportunity to showcase their work. On April 5, 2017, students from the School of Medicine and Health Sciences, Milken Institute School of Public Health, School of Nursing, and the Biomedical Engineering program presented their research to the GW community.

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### Updates in Scholarly Communications Series Highlights

This spring, Himmelfarb held a series of speaker and panel events about scholarly communication. The *Updates in Scholarly Communication: Publishing, Impact, and Visibility* series consisted of six sessions focused on various aspects of scholarly publishing.

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### HSRC Is Close to a Milestone!

[The Health Sciences Research Commons](#) (HSRC) is an online repository for gathering, archiving, and disseminating the research output of the Milken Institute School of Public Health, the School of Medicine and Health Sciences, and the School of Nursing, and



is maintained by Himmelfarb Library.

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## 30th Anniversary of the Himmelfarb Art Show



Every year for the past thirty years Himmelfarb Library has hosted an Art Show featuring the creativity of faculty, staff and students. This year we celebrated the 30th anniversary of the annual art show with a beautiful display of 56 pieces of art ranging from fused glass to colorful photos to thought-provoking paintings.

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## Himmelfarb Library Health Policy Resources



Do you need health policy information to support your teaching or research? Or, do you want more access to health policy information to track policy initiatives?

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## New Additions to Himmelfarb Electronic Books Collection



Himmelfarb Library's collection now houses additional e-book titles as part of the [LWW Health Library](#). The LWW Health Library includes a number of titles which are frequently used in instruction.

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## What's New at Himmelfarb Library



Himmelfarb Library's **PubMed Filters** have been updated to help you find information faster. The filters appear in the top right of the [PubMed](#) search retrieval screen. They provide shortcuts to specific types of articles that support evidence based practice.

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## Staff Spotlight - Introducing April Mann, Metadata Specialist



Himmelfarb Library continues this feature in our

newsletter that lets us become better acquainted with our friends and colleagues at the Himmelfarb Library. In this issue we learn more about April Mann, Metadata Specialist.

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### **Faculty Profile - Interview with Rosalyn Jurjus, Assistant Professor of Anatomy and Regenerative Biology**



Himmelfarb Library continues this feature in our newsletter that lets us become better acquainted with our friends and colleagues at the George Washington University. In this issue we learn more about Rosalyn Jurjus, Assistant Professor of Anatomy and Regenerative Biology.

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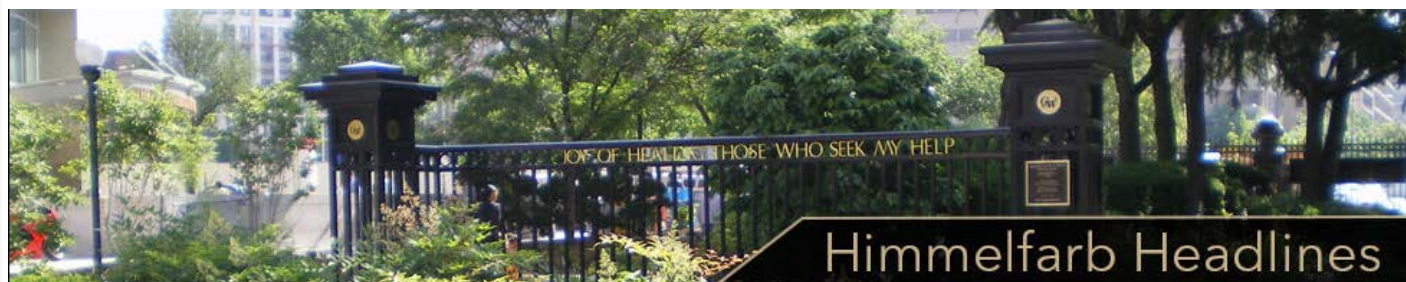
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### **Student Spotlight - Meet Andrea Osborne, a fourth year physical therapy student**



This feature lets us become better acquainted with the students that use the Himmelfarb library resources on a daily basis. Meet Andrea Osborn, a fourth year physical therapy student.

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### Director's Desk

Each year GW Research Days provide undergraduate, graduate, and postdoctoral students an opportunity to showcase their work. On April 5, 2017, students from the School of Medicine and Health Sciences, Milken Institute School of Public Health, School of Nursing, and the Biomedical Engineering program presented their research to the GW community. There were 260 abstract submissions. In collaboration with faculty and deans from the three schools, librarians from Himmelfarb Health Sciences Library helped students prepare for presenting by sponsoring a series of workshops on topics ranging from *The ABCs of Abstract Writing* to *Show Off Your Data! How to Create Graphs, Pie Charts and Tables*. If you are presenting at an upcoming regional or national conference and would like to review any of these topics, all of the Research Days 2017 workshops were recorded and are available to review by clicking [here](#). Simply sign in with your GW username and password.



Each poster presenter was asked to submit his/her poster to the [Health Sciences Research Commons](#), Himmelfarb's institutional repository. Take a minute to [browse](#) our student research and appreciate the depth and breadth of their work. By depositing posters in the Health Sciences Research Commons, students easily share work with colleagues, make it searchable and discoverable via Google Scholar and other search engines, and permanently preserve their scholarship. We have 260 abstracts

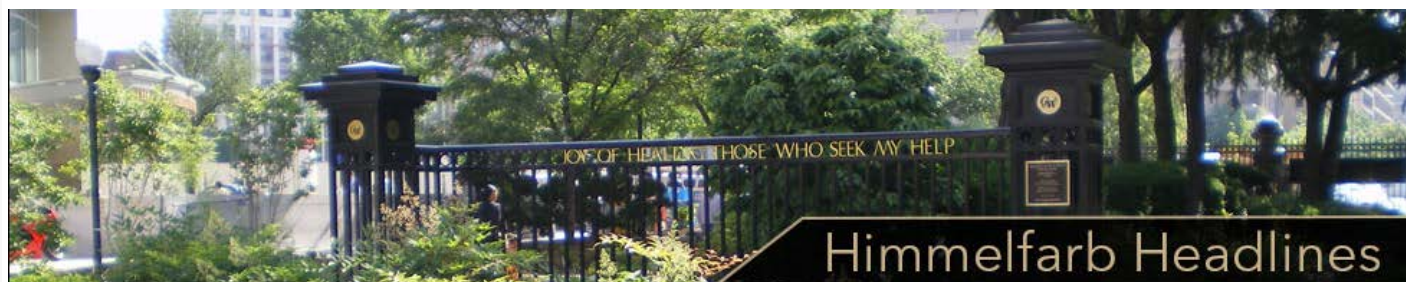
from Research Day submitters. You can also hear directly from our students about the value of participating in research through interviews conducted on Research Day by going to the Himmelfarb [YouTube channel](#) . **Congratulations to our students who conduct and present research!**

If you are about to embark on a research project and would like a quick review of the research process from a medical education perspective, look at these [video tutorials](#) produced by the SMHS Office of Faculty Affairs. The tutorials cover a wide range of topics from conducting literature reviews and framing your research question to working with a statistician and getting results published. The Journal Academic Medicine also recently published a series of one-page guides on conducting education research. They can be viewed [here](#) .

Thanks also to everyone who attended our series *Updates in Scholarly Communications: Publishing, Impact, and Visibility* in person and virtually. The panels were a great success and, if you missed them may be viewed [here](#) . It is not too late to hear what the experts have to say about open access, alternative metrics and predatory publishers!

Finally, if you would like to see who among your colleagues is publishing, take time to review the [Faculty Bookshelf](#) in the Health Sciences Research Commons. You will find recently published books or book chapters by GW health sciences faculty. Happy reading!





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### Updates in Scholarly Communications Series Highlights

This spring, Himmelfarb held a series of speaker and panel events about scholarly communication. The *Updates in Scholarly Communication: Publishing, Impact, and Visibility* series consisted of six sessions focused on various aspects of scholarly publishing. In case you missed a session or just want to review what was discussed, archived recordings of these sessions are available on [Himmelfarb's YouTube channel](#) . Each event was also live Tweeted, so take a look at [Himmelfarb's Twitter feed](#) (@HimmelfarbGW) for bits of wisdom shared throughout each session.



The series kicked off with a presentation titled [Compliance with the NIH Public Access Policy](#) by Dr. Bart Trawick, Ph.D. of the National Library of Medicine (NCBI/NLM/NIH). Dr. Trawick provided a fantastic overview of the NIH Public Access Policy, various pathways to compliance, and the SciENCv BioSketch and My Bibliography tools.

During the [Predatory Publishing: What You Don't Know, Can Hurt You](#) session, Ruth Bueter, Serials and Systems Librarian, and Tamara Ritsema, Assistant Professor in the Department of Physician Assistant Studies spoke about the growing threat of predatory publishers. Topics discussed included techniques predatory publishers use to target authors, various red flags to

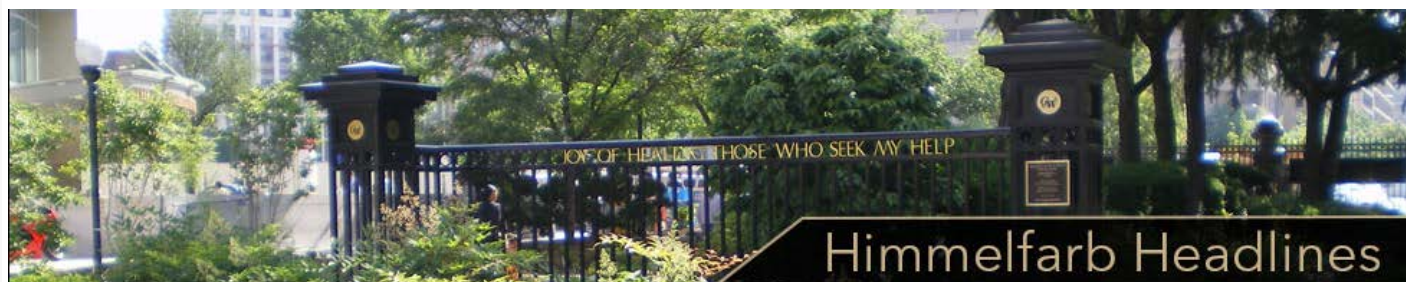
watch for, and what to do if you are solicited by a questionable publisher.

The [Writing a Successful Scientific Abstract](#) session was presented by panelist Dr. Phyllis Ryder, Ph.D., Associate Professor of Writing and Deputy Director of the GW Writing Center, and Dr. Linda L. Werling, Ph.D., Associate Dean for Graduate Education in the GW School of Medicine and Health Sciences and Professor of Pharmacology and Physiology. Panelists shared strategies and tips for writing article abstracts that will increase the chances of an article being accepted for publication in top-quality journals.

During the *Promoting Your Research: Tips and Strategies* session, Stacey Konkiel of Altmetric discussed alternative metrics and how you can leverage these metrics to promote your research. An *Experiences with Open Access Publishing* session was presented by four panelist who discussed the benefits of publishing in open access journals, how to use research funding to pay author fees, the peer-review process, and the overall experience compared to the traditional publishing model. The archived recording for these sessions will be posted soon.

A final, hands-on session titled *Establishing Your Scholarly Web Presence* demonstrated various online tools researchers can use to promote their research and attendees signed up for tools such as Research Gate, Mendeley, and ORCID.





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### Will Your Research Be the 300,000th Download? HSRC Is Close to a Milestone!

#### The Health Sciences Research

[Commons](#) (HSRC) is an online repository for gathering, archiving, and disseminating the research output of the Milken Institute School of Public Health, the School of Medicine and Health Sciences, and the School of Nursing, and is maintained by Himmelfarb Library. Earlier this year, the archive grew to 10,000 papers. Now it is close to another milestone - nearly 300,000 archived papers have been downloaded by researchers and students throughout the world.



HSRC includes journal articles, books, posters and presented papers, multimedia, gray literature, and even art galleries. Works can be browsed by school, department, or author, or searched by author or keyword. There are also collections for [GW Research Days](#) posters and [Teaching Tools](#). Access to full-text can be provided by link or a PDF if allowed under copyright restrictions.

[Submitting work to HSRC](#) provides two advantages. It becomes part of a central repository of research that can be used by the three schools to assess publication output and identify experts and opportunities for collaboration. It also exposes published works to search engines like Google, allowing researchers and students around the world to find these works without having to search HSRC directly. This promotes findability and use of the

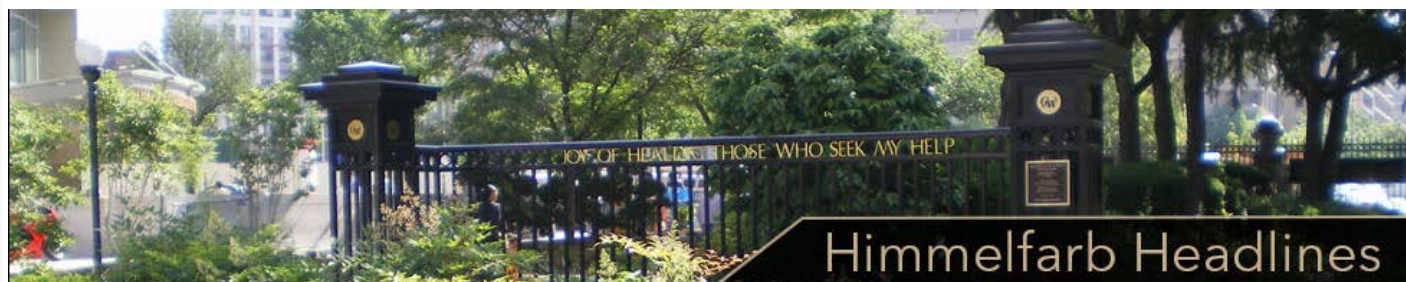
university's research.

Authors can track usage of their research in HSRC by viewing the number of times downloaded and the integrated [Altmetric](#) data. Altmetric reports on the number of times shared on social media, read on Mendeley, or reported on by the media.

Himmelfarb will announce the 300,000th download on its [social media channels](#).

The screenshot shows an Altmetric report for the article "Medicaid Expansion In 2014 Did Not Increase Emergency Department Use But Did Change Insurance Payer Mix." by Jesse M. Pines, George Washington University. The report includes a list of authors: Mark Zocchi, Ali Moghtaderi, Bernard Black, Steven A Farmer, Greg Hufstetler, Kevin Klauer, and Randy Pilgrim. It also displays a document type of "Journal Article" and a publication date of "8-1-2016". A circular Altmetric icon shows a score of 153. A legend indicates the following social media and media mentions: 13 news outlets, 2 blogs, 52 tweets, 8 Facebook pages, 1 Google+ post, and 11 readers on Mendeley. A "Link to Full Text" button and a "SHARE" button are also visible.

The screenshot shows a Google Scholar download tracking interface for the article "Wound care challenges in children and adults with spina bifida: An open-cohort study" by Katherine Ottolini, Amy B. Harris, June K. Amling, Ann M. Kennelly, Leslie A. Phillips, and Laura L. Tosi. The interface displays a world map with download locations marked by black dots. A "Reader from:" field shows "Las Vegas, Nevada, United States". Below the map, a "Recent Downloads" box indicates "83 of 244 in the past day". At the bottom, a summary table shows: 10,666 Total Papers, 288,325 Total Downloads, and 96,972 Downloads in the past year. The interface also includes an "Embed" button, a "Google" logo, "Terms of Use", and a "View Larger" button.



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### 30th Anniversary of the Himmelfarb Art Show

Every year for the past thirty years Himmelfarb Library has hosted an Art Show featuring the creativity of faculty, staff and students. This year we celebrated the 30th Anniversary of the annual art show with a beautiful display of 56 pieces of art ranging from fused glass to colorful photos to thought-provoking paintings. In addition, 12 pieces were submitted digitally from distance education members of our community, and are on display via the electronic kiosk on the first floor of the library.



The art will remain on display through May 5th, however if you are unable to come by in person, you can still see the artworks in our virtual art show. Images from the [2017 art show](#) will be available.

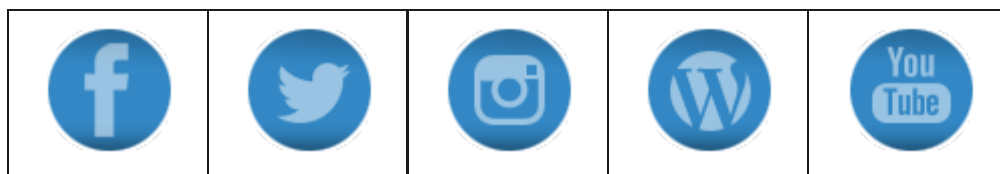
We hope to see some of your creative artwork in next year's Art Show!



*Image contributed by Frederick Jacobsen, 2017 Himmelfarb Art Show*

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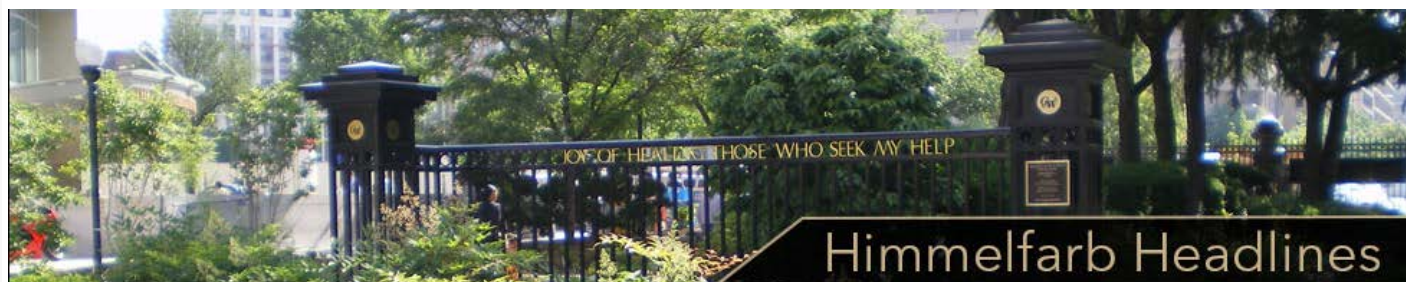
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## Himmelfarb Headlines - May / June 2017

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### New Additions to Himmelfarb Electronic Books Collection

Himmelfarb Library's collection now houses additional e-book titles as part of the [LWW Health Library](#). The LWW Health Library includes a number of titles which are frequently used in instruction including:



- « [Bates' Guide to Physical Examination and History Taking](#) (Bickley, Szilagyi & Hoffman)
- « [Clinically Oriented Anatomy](#) (Moore, Dalley & Agur)
- « [Histology: A Text and Atlas](#) (Ross & Pawlina)
- « [Langman's Medical Embryology](#) (Sadler)
- « [Lippincott's Illustrated Reviews: Biochemistry](#) (Ferrier)

In addition to the complete text of each title, the LWW Health Library includes related video and audio, self-assessment materials, and cases. The LWW Health Library also provides access to additional high-profile titles including:

- « [Behavioral Science in Medicine](#) (Fadem)
- « [Clinical Epidemiology: The Essentials](#) (Fletcher, Fletcher & Fletcher)
- « [Human Genetics: From Molecules to Medicine](#) (Schaaf, Zschocke & Potocki)
- « [Learning Clinical Reasoning](#) (Kassirer, Wong &

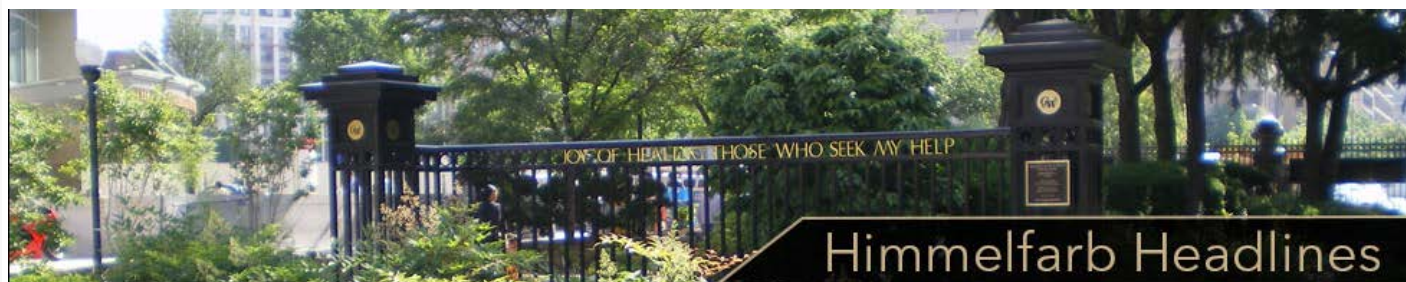


Kopelman)

« [Lippincott's Illustrated Reviews series](#)

Access the complete LWW Health Library to explore additional offerings. The LWW Health Library is accessible from on- and off-campus locations and provides unlimited concurrent user access to the entire collection

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### Himmelfarb Library Health Policy Resources

Do you need health policy information to support your teaching or research? Or, do you want more access to health policy information to track policy initiatives?



Himmelfarb Library provides access to scholarly books and journal articles on health policy topics as well as the latest information in health policy news and legislative tracking.

Himmelfarb Library's users can search for journal articles on health policy topics via broad-based research databases such as Scopus and PubMed, but also have access to specialized resources like the [Health Policy Reference Center](#). The Health Policy Reference Center is a mobile-optimized resource that covers a range of health policy topics with an emphasis on current material and full-text materials. The Health Policy Reference Center covers health policy topics such as access and delivery, administration, financing and economics, planning, quality, reform, health services research, and public health.

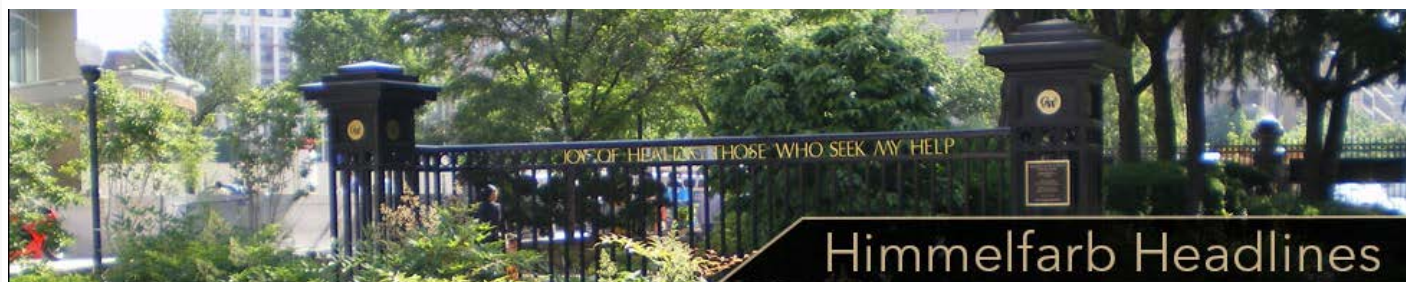
For users who need the very latest in health policy information including legislative tracking, Himmelfarb Library provides access to [CQ HealthBeat](#). CQ HealthBeat provides continuously updated information on health policy legislation and regulation including real-time news, information on rules and regulations, legislative tracking, and schedules for forums and events.

Himmelfarb Library's book and journal collections provide

users access to health policy materials including:

- « [Essentials of health policy and law](#) / Joel B. Teitelbaum, Sara E. Wilensky
- « [Understanding health policy : a clinical approach](#) / Thomas Bodenheimer, Kevin Grumbach
- « [Health policy and politics : a nurse's guide](#) / Jeri A. Milstead
- « [Health policy analysis : an interdisciplinary approach](#) / Curtis P. McLaughlin

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### What's New at Himmelfarb Library

Himmelfarb Library's **PubMed Filters** have been updated to help you find information faster. The filters appear in the top right of the [PubMed](#) search retrieval screen. They provide shortcuts to specific types of articles that support evidence based practice. The available filters are:



- « Practice Guidelines
- « Systematic Reviews
- « Randomized Controlled Trials
- « Cohort & Case Control
- « Background/Reviews

### Lexicomp App Renewal and New Online Features

Lexicomp is a comprehensive, high quality clinical drug information app that includes an extensive library of clinical calculators. If you have the Lexicomp App on your phone or other mobile device, it's time to update it. A new version is now available. Directions for updating your app are [here](#) . If you don't have the app and would like to download it, go to the [Himmelfarb Library App Shelf](#) .

The [Lexicomp Online](#) version has several new features including:

- « REMS Programs Field – This new field in Lexi-Drugs now includes REMS Programs to give you more information about how to support safe

medication use.

« [Direct Links to IV Compatibility](#) - You can now access direct links to look up single drugs through the Trissel module. Trissel is a top resource for IV compatibility information.

« [Lexicomp training videos](#) - Get an overview of Lexicomp or learn how to use specific features including interactions, drug ID, calculations, etc.

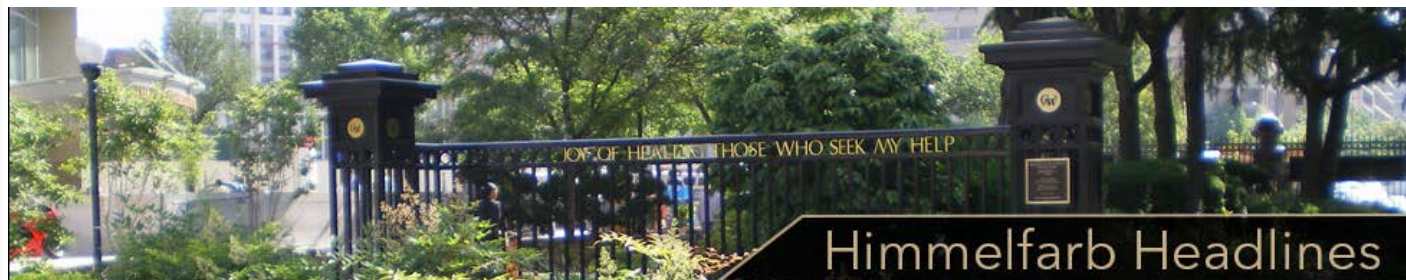
### **New Projector and Screen in the Women's Board Teaching Center**

This summer the WBTC will have a new projector and screen system installed. The facility will be unavailable for instruction during installation, but installation should only take a few days.

### **Elevator Refurbishment Project**

Himmelfarb Library's elevator has experienced several outages this past year and is due for an overhaul to improve reliability. The elevator will be unavailable this summer as these repairs are made. If you have special needs and rely on the elevator to reach upper floors or the B level, please contact library administration for assistance at 202-994-4836.





## Himmelfarb Headlines - May / June 2017

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### Staff Spotlight - Introducing April Mann, Metadata Specialist

The Himmelfarb Library continues this feature in our newsletter that lets us become better acquainted with our friends and colleagues at the Himmelfarb Library. In this issue we learn more about April Mann, Metadata Specialist.



#### Where are you from and what brought you to GW?

I was born and raised in Prince George's County, Maryland and am of Jamaican-descent. I've bounced around academically. During K-12, I attended Alexandria City Public Schools in Virginia, and graduated from T.C. Williams High School. (Have you ever seen the movie "Remember the Titans"? Yes, that school. Go Titans!). I then enrolled at The Saint Augustine's College in Raleigh, NC and transferred to College of Southern Maryland (CSM) in La Plata, MD where I studied Criminal Justice.

You may be wondering, "how did she end up in Library Services?" My library journey began in 2012 when I worked as a part-time clerical aide with the public library after school at CSM. Little did I know that I'd be hooked and wondering how I could do more and how far I could go in the library world. After starting out in a small public library branch, then being promoted to a larger branch, I decided that I wanted to work with children in a school setting. I ended up helping out in the library at my former elementary school. Boy did I feel old! The

environment hadn't changed at all! My next library job was at the Library of Congress where I had a temporary tour of duty. While at the Library of Congress, I realized that I missed the academic side of Libraries, so that's what brought me here to the lovely campus of George Washington University.

### **As a new member of Himmelfarb, please tell us a little about your current position and what you do?**

As a new member to the Himmelfarb family, the staff have all welcomed me with open arms as your new Cataloging & Metadata Specialist. In my position, I perform para-professional copy-cataloging. I locate and evaluate print and electronic bibliographic records from the Online Computer Library Center (OCLC) and add them to Himmelfarb's Integrated Library System (catalog); making edits and corrections to records as necessary, and ensuring accuracy. I collaborate with the Acquisitions & Resource Sharing Librarian and work alongside the Metadata and Scholarly Communications Librarian.

### **What made you want to work at Himmelfarb?**

I never initially planned to work at a medical or health sciences library, but science, mainly Anatomy, was one of my favorite courses junior year in high school. So when I got word of an opportunity at Himmelfarb, I jumped at the chance. I thought to myself: "Health Sciences and cataloging! In the nation's capital? Oh, that has my name written all over it!"

### **What is your favorite part of your job?**

Currently, my favorite part of the job is actually learning to tackle the more difficult records that need "beefing up." Or simply just receiving tons of different materials every day! You wouldn't believe some of the medical titles I come across daily. Also I enjoy inputting student and faculty publications and abstracts into the Institutional Repository (Health Sciences Research Commons). The best thing about working here at Himmelfarb are my colleagues. They are some of the most collaborative, welcoming, understanding, helpful people I've ever met in my entire life.

### **What's been the biggest challenge?**

As contradictory as it may seem, keeping the flow of processing both the print and electronic collections going may or may not be my biggest challenge depending on the day. It's a "can't live with it and can't live without it" type of thing. One other challenge I face is feeling like I have to get everything done in one day. By the end of the day my brain is fully exercised. I'm basically trying to race against myself.

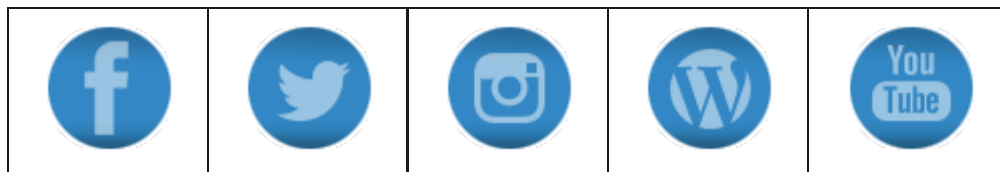
### **What do you do for fun when you're not working?**

As far as fun goes outside of work, I really enjoy relaxing! I'm a little handy with a paint brush too. I'm no Picasso, but I believe art is whatever you want it to be, and creating soothes

the soul. I like to paint things that I feel inspired by and, I am inspired to paint when I overcome an obstacle in my life. When I'm not relaxing on the couch watching Netflix, I love the company of my friends and family. I've picked up the habit of collecting new recipes or foods to try, so I like to pretend that I am an aspiring chef. And what girl doesn't like to shop for new clothes!!! Sometimes I'm a girly girl at the mall and other times I'm at the gym. Who knows - maybe this summer I'll learn to ride ATV's.

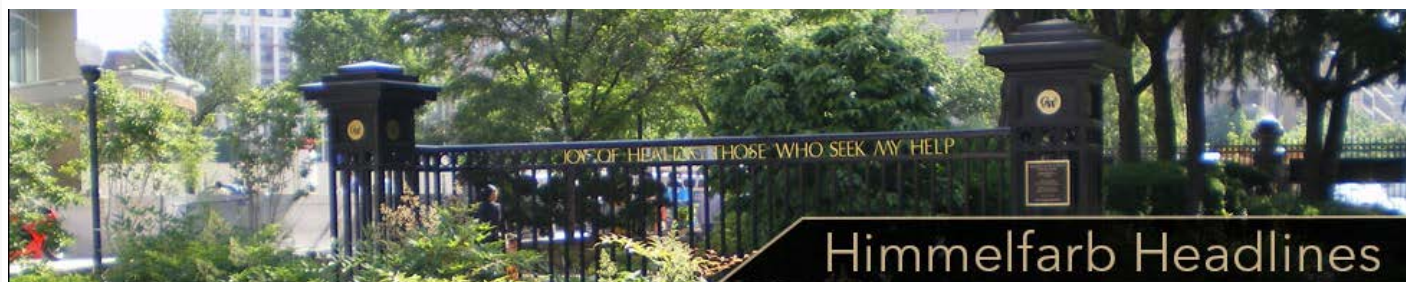
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### Faculty Profile - Interview with Rosalyn Jurjus, Assistant Professor of Anatomy and Regenerative Biology

#### Tell us a little bit about your current position or research/projects.

After completing the Master Teacher Leadership and Development Program, my research focused on medical education with the objective of combining my teaching and my scholarly work. In this respect, I work mainly on two topics: adult learning and retention of anatomical science information. In the anatomical disciplines, the knowledge retained from the preclinical courses decreases with time, which creates a significant gap in knowledge between the preclinical and clinical years of medical school. However, with the proper introduction of refreshers or modules before basic surgical specialties, the information recalled and retained can improve to reach appropriate levels. These refreshers, using multiple learning strategies, have proven to be effective in filling the gaps identified in the obstetrics and gynecology specialty.



Here are highlights of two of my ongoing research studies. (see [ResearchGate](#) for more publications/research)

#### **Research: Integrated Curriculum: Anatomy Modules**

I started research collaborations with various departments at the GW School of Medicine and Health Sciences,

particularly the Departments of Pathology, Surgery, and Ob/Gyn. I received a grant from the [GW Office of the Vice Provost for Teaching and Learning](#) as part of the Spring 2013 [Grants for High-Impact Teaching and Learning Practices](#) to conduct a study on retention of anatomical knowledge in the clinical years and build a trial integrated curriculum for ob/gyn (See: [Integrated Curriculum: Anatomy Modules - OB/GYN](#)) and for surgery (See: [Integrated Curriculum: Anatomy Modules - Surgery](#)). Detail of this work appears in a recent interview I gave to [Anatomy Now](#), (official newsletter of the American Association of Anatomists) .Currently, I am working on the third phase of the project in an international comparative study on curricula and retention.

### **Research: Microanatomy and Pathology Atlas Web Site**

The microscopic anatomy and pathology laboratory experiences for undergraduate, medical, and graduate students are changing from using glass slides and microscopes to employing virtual microscopy via digital technology. We developed laboratory sessions that follow a learner-centered instructional design model we refer to as “PLHET,” reflecting the steps of preparing, linking, hooking, engaging, and transferring learning, and also applied teaching strategies that reflect Kolb’s four styles of learning (accommodative, divergent, assimilative, and convergent).

My interest in adult learning and innovation also led me to start building a histopathology online atlas (Microanatomy and Pathology Atlas, or [MAPA](#)). We have recently implemented this tool and will be assessing its effectiveness as a study tool for students. We are testing the hypothesis that principles of e-learning applied to an integrated microanatomy and pathology laboratory in a modular-based curriculum improve medical students’ satisfaction and perceived learning. The results of this study could have implications for other courses within the undergraduate medical curriculum.

### **How did you become interested in your field?**

After I received my medical degree from the American University of Beirut in 2005, I decided to pursue a career as a medical scholar and academician rather than a clinical practitioner. Focusing on this objective, I joined the School of Medicine and Health Sciences at The George Washington University as a postdoctoral fellow doing research and teaching the anatomical sciences (gross anatomy, histology, and embryology). In 2009, I was awarded a PhD in molecular medicine, and I have continued to teach in the anatomical



sciences. Since my appointment as an assistant professor in the Department of Anatomy and Regenerative Biology, I have taught the anatomical sciences to medical, graduate, undergraduate, and health sciences students. During this period, I also completed the “[Master Teacher Leadership and Development Program](#),” which provided me the opportunity to enhance my teaching skills, better pursue my scholarship in curricular development, assessment, and evaluation, and develop my leadership potential.

### **What has been your biggest professional challenge?**

Each transition in my life has been a great challenge: I have transitioned from a primary care physician to a basic scientist and an educator, I have been fortunate to combine these three distinct experiences to the study of best educational practices in the medical school curriculum. I believe that medical education is facing many challenges; because it is subject to periodic evolution and continuous innovation, it will need to be constantly examined and reassessed.

### **What has been your most memorable moment at GW?**

Working with and mentor students in various research projects!!! In all my teaching and research projects, I try to mentor and work with students and be a facilitator of learning. I have served as advisor to many graduate, undergraduate and medical students in the medical education or humanities track and have mentored them in various projects. I repeat a key phrase to all my students when they start working with me: “The more you give the project, the more the project will give back to you.” I always stay true to that fact. I give students opportunities to go to national meetings and present the work; many of them have received travel awards or have become semifinalists. Some have been able to present the studies orally and did a great job. I feel very proud when I see them standing out at the meetings. Providing guidance and opportunities for these students to grow professionally, engage in research, attend conferences and publish studies has been very rewarding to me.

### **What library resources or services have you found to be the most useful?**

The librarians themselves! They are an amazing team to work with! Ms. Butera is my “partner in crime” in many research projects. She is a fantastic person to work with, very resourceful and always passionate and enthusiastic about the task at hand. Students and faculty love working with her...me too!

### **Whom do you admire?**

I always looked up to my father (I call him Dr. Jurjus senior!). He is an anatomist and a great researcher and educator. He is my teacher, mentor and role model.

### **How do you spend your free time? (or what do you do**

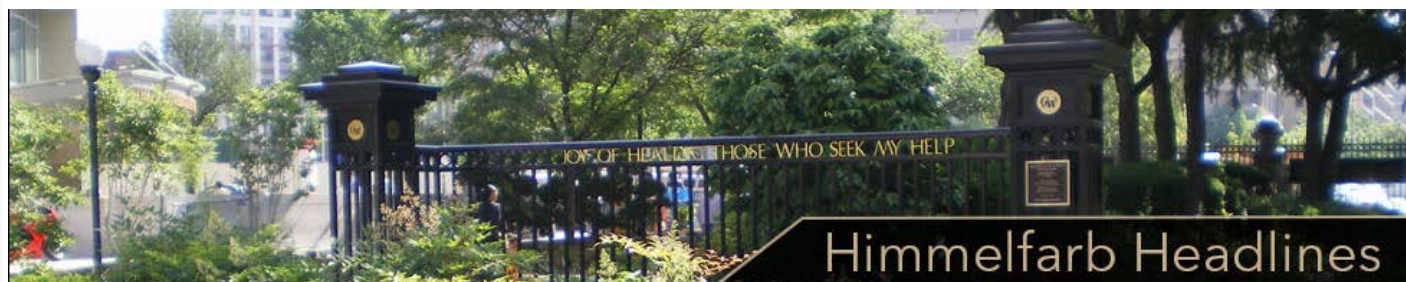
**to relax?)**

With my little family! With my very supportive and amazing husband and my kids of course! I have the best time with them! Little things that make my days so much fun!

**What advice would you give to a new faculty member just starting at GW?**

Reach out and talk to others ... people are all willing to help if you are ready to ask... especially our librarian team!

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## Himmelfarb Headlines - May / June 2017

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### **Student Spotlight - Meet Andrea Osborn, a fourth year physical therapy student**

**Tell us a little bit about yourself, your hometown and why you decided to pursue physical therapy.**



I am in my last year of GW's physical therapy program. I am originally from New Jersey, but I have been in DC for the past 6 years. I became interested in physical therapy due to my love of anatomy and physiology and desire to make a difference in people's lives. I plan to work in an outpatient setting, but am interested in working with both a geriatric and athletic population. My grandparents raised me so I have a natural affinity for working with the elderly population, but I have also been an athlete since I was a child. Therefore, I am interested in working with a diverse patient population where I can be exposed to a range of patients. Outside of the clinic have a passion to advocate for increasing diversity in the physical therapy field and facilitating knowledge of physical therapy for patients and other health care providers alike.

### **What brought you to GW?**

I attended American University to obtain my B.S. in Health Promotion. During my pursuit for higher education I fell in love with DC and wanted to stay in the area. Other than the location, GW not only had a wonderful curriculum, but the faculty were both intelligent and supportive when it came to their students.

### **Are there any research, special projects or PT-related**

### **trips you have participated in while at GW?**

During my time at GW I started a project with some classmates called "Wheelchair for Belize." In this project we wanted to address the needs of Hillside International to provide wheelchairs for their patients. After starting this project we knew exactly the appropriate proportions of the wheelchair and what materials would be sustainable in Belize, but we were lost when it came to putting that wheelchair together. Fortunately when we reached out to GW's engineering students, there were a few who were very interested in helping for their senior project. We all worked together on this project a little over two years and had the opportunity to present it at GW's annual learning symposium.

### **As you reflect on your years at GW, can you share a favorite Himmelfarb Library memory or experience?**

One memory from Himmelfarb that stands out is the day I received multiple well-wishes and congratulations on finishing my degree from those that work at the library. I was fortunate enough to get to know the wonderful people who work there over my eight consecutive semesters and they definitely made the long hours of studying bearable. So of course when they wished me well on my last day, it touched my soul.

### **What's been the most unexpected, surprising or challenging experience as a GW student?**

The most challenging aspect I experienced was more of an inner battle. Due to the difficult curriculum it is easy to question one's intelligence, but with the support I received from classmates, friends, and family I was able to look past the negative thoughts and work onward toward my goal. This perseverance allowed me to perform confidently at my clinical and taught me valuable lessons on how to provide quality care for my patients.

### **What are your future plans after GW?**

After graduation I will be working in the DC area as a Doctor of Physical Therapy. I also will continue to advocate for increased diversity in the physical therapy field.

### **When you are not studying - What are your hobbies, interests or special things you like to do during your down-time?**

By God's grace I was able to balance my coursework with my hobbies and passions. These include:

- « Working at a pro-bono clinic to provide physical therapy services under supervision
- « Learning and speaking Spanish to hone those skills
- « Writing poetry
- « Working out/playing sports

« Relaxing with loved ones

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