

2015

Physical Therapy Department Newsletter for Fall 2015

URI Physical Therapy Department

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PHYSICAL THERAPY



University of Rhode Island
Doctor of Physical Therapy Program



Falling into a new semester

Another autumn has arrived; the campus echoes with the crunch of fallen New England leaves as students settle into a new year. Both the Class of 2017 and the Class of 2018 are up to their scarves in academia, although all the current classes are participating in PT extracurriculars with gusto.

Lots of exciting happenings have taken place: a visit from CAPTE, attendance of National Student Conclave, international inter-professional learning experiences, the addition of a new faculty member, and many more.

Students are excited to continue the 2015 – 2016 academic year with the same zest present at the beginning of fall semester. Everyone is equally as excited to share the news of this semester as well as the events that occurred over the summer break.

With a stash of amazing experiences at their backs and an unlimited potential of exciting experiences in the upcoming year, the URI Physical Therapy Department is ready to fall into the new semester.

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PT Day of Service



October is National Physical Therapy Month and this year, October 17th was the PT Day of Service. This is a day where PTs, PT students, PTAs, and PTA students across the GLOBE go out into the community and perform acts of kindness and general good deeds. On Friday, October 16th, several students from the URI DPT program went and acted as the medical team for a middle school cross country meet. This meet is part of an initiative to bring cross country to middle schools in the Providence area and is sponsored by NE Distance, a sub-elite running group stationed in Woonsocket. Then, on October 17th, several other students from the DPT program went to the Brookdale South Bay skilled nursing facility and spent the morning decorating Thanksgiving placemats with some of the residents! Both activities allowed the students to take some well-deserved time away from their studies in support of great causes, and they were fun!



Words from the Director: Jeff Konin

As I complete my 2nd year in Kingston, it is truly amazing to believe how much has been accomplished and how many exciting things are in the very near future. First and foremost, we just completed our self-study process and on-site visit by CAPTE team members. A huge THANK YOU goes out to so many of you for participating in the process and for all the contributions that you make to the program on a regular basis. We feel very good about how things went and look forward to the formal notification from CAPTE in the spring regarding our accreditation update. This edition launches the third year of the newsletter. As you can see, we are busy! So many people are doing so many great things! Stay tuned, all of us in the PT Department are also excited to be a part of a newly formed Academic Health Collaborative and College of Health Sciences that will be formed in the fall of 2016. We will share more details about this in the spring edition of the newsletter. Lastly, we want to hear from you. The newsletter is all about you! Please take the time to fill out "U R In the News!" and share all of your good news with us.

As always, I wish you all the happiest and healthiest for the upcoming holiday season.



National Student Conclave

Two second-year students, Marissa Smyrski and Erin Johnson, and first-year student Hannah Walton traveled to Omaha, Nebraska, in late October for the APTA's National Student Conclave. The students attended three days of lectures, educational seminars, and networking events that allowed them insight into the present and future state of physical therapy.

Of the many events in which they were able to participate, Erin Johnson especially enjoyed the lecture on pain management. "We just learned about all the pain connections in our neuroanatomy class," she said, "It was really nice to have information from my courses that I saw applied in a real clinical way." She also remarked on the short "Ignite talks" in which professionals gave very brief informational lectures on topics like motivation to get students fired-up about physical therapy.

Hannah Walton especially enjoyed the exhibit hall, which was filled with people from all different sections of physical therapy. The exhibitors gave information on preparing for boards, residency opportunities, different clinical settings, and promoted awareness of the PT PAC and its advocacy for the profession. The hall also featured different companies promoting PT products and giving out samples like therabands and kinesiotape. Hannah Walton remarked that "the hall was insightful and inspiring, and talking with all the exhibitors made me more excited about my future career."

The students also received professional advice and guidance as they prepare to enter the workforce in the upcoming years. Resume workshops, during which students met with qualified professionals, were extremely beneficial to assist in resume formatting and content preparation. They enjoyed learning about the benefits of a digital portfolio that allows employers a more in-depth and personal sense of who candidates really are and their accomplishments. Similarly, the students attended a lecture on interviewing the interviewer. The seminar gave them valuable advice on specific questions to ask employers when being interviewed for PT positions after graduating.

Other events included a keynote address by ESPN's Stephania Bell, who spoke on the universal value of good communication. Marissa and Erin were also able to participate in community service event to make Christmas cards for underprivileged citizens at the homeless shelter to give to their friends and family. On the last day of the conference, the students voted for the APTA's next Student Assembly Board.

Overall, the experience molded the students as future professionals and as advocates of physical therapy. Marissa commented that "the educational sessions and the opportunity to meet people from all over the U.S. and Canada were unparalleled, and we had an amazing time. We want to thank the URI PT department for enabling us to take part in this transformative experience."



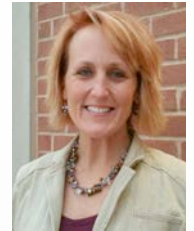
Learning Abroad

Over the summer, second year student Phillip Chang traveled to Norway to work with an international team of professionals from different disciplines. Phillip was selected as the only American student to represent physical therapy for Gerontology Across the Professions and the Atlantic, a blended course for graduate and professional program students in the health field. The purpose of Phillip's trip was not only to learn about different international healthcare systems, (particularly those of Norway and Canada), but also to collaborate with interprofessional healthcare teams from across the world.



Before Phillip traveled to Norway, he worked on a semester-long group project with input from dental hygienists, social health educators, and nurses. Phillip and his team presented their project in Norway to both peers and other healthcare professionals. While in Norway, Phillip was able to experience guest lectures, visit various health care facilities in Norway, and tour the beautiful Fjords. Phillip summarized his trip as an incredible and dynamic experience that he will never forget. The course reshaped his perception of global healthcare and provided invaluable knowledge that will allow him to provide ideal care for patients.

New Faculty Member:
Dr. Carol Petrie
PT, DPT, M.A., Ed, GCS



Dr. Petrie is a Clinical Assistant Professor and Director of Clinical Education. Her expertise is in geriatrics and acute care physical therapy. She is a Board Certified Clinical Specialist in Geriatrics from the APTA and continues to practice in acute care and inpatient rehabilitation unit settings. She teaches Geriatrics and Cardiopulmonary coursework. Her professional service interest is advocacy, and she is a Rhode Island delegate to the APTA House of Delegates. She is currently a U.S. Army physical therapist reservist with the 405th Combat Support Hospital in Worcester, MA.

Q & A with Dr. Petrie

What was your motivation for pursuing a career in academia?

I have always wanted to teach, and I finally felt like I had enough experience where I could teach from a place of understanding.

What do you think is important for students to know about you?

I think students should know that I have a lot of understanding and experience in the area of transition from school to clinical practice. As an undergraduate PT student, I struggled in some of my first clinical experiences because patients are so different than books! However, life long learning, excellent training in the military in my early years and an enduring love of the profession have made me the PT that I am today. Some quirky things: I only like country music, I fundamentally believe that white chocolate is not chocolate, and my favorite Starbucks drink is the Caramel Macchiato with a seasonal switch to the Gingerbread Latte in the winter.

Annual APTA Meeting



The annual meeting in Providence, RI, was heavily attended by URI faculty and students from the classes of 2016, 2017, and 2018. Attendees enjoyed a series of TED-style talks about patients who have left behind permanent footprints on their therapists. Dr. Janice Hulme, along with students Whitney Octetree, Patrick Motel, and Nicole Waskiewicz presented shoe-shaped awards to outstanding APTA members in the area. Several URI faculty were recognized during the event for outstanding service, years of membership, or certifications.



Anne-Marie Dupre
DPT, MS, NCS
Clinical Assistant Professor

Certified in Neurology for the third time by the American Board of Physical Therapy Specialists



Wendy Fox
PT, DPT, GCS, WCS
Adjunct Faculty

Received the RI APTA's Mary DuValley Award for Distinguished Service



Ellen Sturtevant
PT, PCS
Adjunct Faculty

Received an Outstanding Clinical Practice Award from the Section on Pediatrics

Alum Spotlight: Jackie Kingma

Jackie Kingma, DPT, LAT, ATC, PT, PA, was a member of URI Physical Therapy's class of 1992, the program's second graduating class. Jackie has a unique perspective on health care; she has received multiple degrees in three different health professions. Before coming to URI, Jackie earned a B.S. in athletic training from Ball State University and a M.S. in athletic training from the University of Arizona. After earning her M.S. in physical therapy from URI, she went on to earn a M.S. degree in physician assistant studies in 2000 and a DPT in 2013, both from A.T. Still University.



Jackie has been able to work with a variety of different patient populations during her clinical education in all three fields including newborns, geriatrics, elite athletes, and even forensics! "In all of these various patient populations, there was always a lesson to be learned and always a puzzle to figure out," Jackie says of her diverse experiences. Common to all healthcare professions, Jackie believes that "taking time to listen to [the patient] is huge. I am a firm believer in educating your patient, It needs to be a team approach and your patient needs to 'buy into it' in order for your plan of care to work."

Jackie, having two degrees in physical therapy, has seen firsthand how physical therapy education has changed over time. "The greatest difference is in the depth and breadth of knowledge that is part of the doctoral training of PTs. With direct access and more independent practice, that should be the case since more is expected of us." Jackie feels that the Physical Therapy program at URI prepared her well for handling the transition in patient populations that she experienced moving from being an athletic trainer to a physical therapist.

Jackie's advice to students and new graduates in the field is simple: "Take advantage of every learning opportunity possible. Use the time you have in school to learn as much as you can in class and from your faculty and mentors." She also believes strongly in continuing to learn throughout your career. "Find a mentor and continue to learn from them. You are never too old to have a mentor." She also encourages others to "pay it forward" and mentor others when the opportunity arises.

Jackie currently lives in Bloomington, Indiana with her 13 year old daughter Riley. She is a clinical associate professor at Indiana University in the School of Public Health's Kinesiology Department teaching in the post-professional graduate athletic training program.

Homeless Fitness



Cammie Marler, a second year student, has always wanted to be involved in nonprofit work and she hopes to take that passion abroad one day. She has made an effort to be involved in community service programs beginning

her freshman year in her undergrad program and studying at URI has given her the opportunity to continue that passion by developing a bi-weekly exercise program at Crossroads Rhode Island, a homeless shelter in Providence. The program is designed for individuals of all fitness backgrounds and levels. The workout varies in content from class to class.

This project has been a growing experience for the self-declared introvert. It hasn't always been smooth sailing but Cammie reports, "This opportunity has helped me realize my interest in working with underserved populations. It definitely hasn't been easy but I knew from the beginning that these sorts of projects usually don't run without a hitch. I am excited to see how I can further develop the program to meet the needs of participants." Cammie plans to continue the program until December at which point she will meet with Crossroads employees to evaluate the effect and benefit of the program to decide if she will continue it into the new year.

Cammie mentioned her gratitude for Crossroads and their willingness to work with her on this program, "They have been so easy to work with and have made it pretty easy for me to get this up and running. Members of the community are our greatest asset, as physical therapists, and they are wonderful." All students in the URI DPT program work with community members at several points, some of them on a regular basis.



Lil' Rhody Riders

As a part of the curriculum of the program, students are asked to take on a research or leadership project. Two DPT students, Sandra Maliangos and Coral Hines, have paired up with a team of three biomedical engineering students, Cara Nunez, Katie Brown, and Zachary Campo, to carry out a leadership project adapting ride-on cars for children with mobility impairments.

Each car is custom-adapted to the specific needs of the child. The goals of each project are ultimately decided by the parents but often are focused on improving social skills with peers & providing a way to explore their environments. The modified cars grant children with special needs opportunities for playing with their typically developing peers in environments to which they may not otherwise have access. For example, many wheelchairs and walkers do not do well on terrains such as grass, whereas ride-on cars do.

The cars can also be custom adapted to facilitate making strides toward reaching physical therapy goals, such as working on lower extremity strength or upper extremity coordination and motor planning. However, the idea is that the children using these cars will be having too much fun to notice that they are simultaneously working on therapy goals. While using their cars, they can keep up with their friends and may even have leadership opportunities, which the students and parents hope will help to empower them and build confidence.

The biomedical engineering students are working to take the technology a step further, adding in features such as ultra sound sensors that will cause the car to stop if the sensors detect that they are about to run into an object. All funding for the ride-on cars and necessary supplies have been provided generously through donations by community members and supporters of this project. Inspiration for this project came from the Program Go Baby Go! based out of University of Delaware; the URI students decided to bring similar opportunities to children here in Rhode Island and are calling their program Lil' Rhody Riders.



LIL' RHODY RIDERS

To learn more, donate used ride-on cars, or make a monetary donation please contact Coral Hines at coralhines33@gmail.com or Sandy Maliangos at smaliangos@gmail.com, or visit their facebook page: www.facebook.com/lilrhodyriders or their fundraising page: www.youcaring.com/lilrhodyriders.

Global Health Talks at Duke University

In June, several students from the physical therapy department and one faculty member traveled to Duke University for the Global Health Summer Institute (GHSI). Professor Jennifer Audette, along with Leanne Wilson and Anna Skaggs (recent graduates), Lucia Lee and Lisa Portis (third-year students), and Kendra-Lynn Kohanski and Marissa Smyrski (second-year students) all participated in this week long experience.

The program was comprised of educational lectures and group presentations; students also experienced inter-university liaising while exploring the surrounding area. URI teamed with students and faculty members from Queens University (Canada), Bergen University College (Norway), and Duke University to enhance their knowledge on Global Health, discover techniques in optimizing PT effects in the global realm, and developing a Grand Challenge that was presented the last day. One of the Grand Challenges, “Movin’ Groovin’ Baby!” developed by Kristin Kolstad, Marie Nygard, Melana Tysowsky, Cory Graham, and Marissa Smyrski, will be utilized in Ukraine in the upcoming years. This group of students, along with Jennifer Audette, their facilitator, developed an educational framework and implementation tool to help improve outcomes of developmentally delayed children (<5 years old) in low-income countries.



Overall, GHSI was a great success as it allowed students and faculty to interact with learners from the U.S., Canada, and Norway in a unique educational experience. The program helped the participants to define the differences and similarities in physical therapy in other countries and to examine what the profession can do to improve health globally.



This semester URI was visited by the Commission on Accreditation. Students, faculty, and staff worked hard to prepare for their arrival; a big thank-you goes out to everyone who helped in this process.

Distinguished Lecture Series

On Saturday, October 17th, the physical therapy department hosted its second annual Distinguished Lecturer Series. Dr. Jennifer M. Bottomley, PT, MS, PhD², an Associate Professor at Simmons College in Boston and an Adjunct Faculty at MGH Institute of Health Care Professions, was invited to speak about geriatric neurology.

Dr. Bottomley has practiced PT for over forty years and has consistently been an effective advocate for the profession in political, social, and academic realms. She was spurred to pursue PT at the age of thirteen after her experiences with her grandfather who had Alzheimer's disease; since then, she has focused her energy on geriatric rehabilitation with emphasis on Alzheimer's. Dr.

“An incredible learning experience.”

Bottomley has challenged the status quo of geriatric rehabilitation practice throughout her career to create the most effective level of care and has advocated for the health and wellness of society in a myriad of ways.

Her lecture included discussions of neurological changes with aging and associated pathologies in older adults; manifestations of the pathologies; how to assess neurologic problems with gait, balance, and falls; and treatment strategies to address these problems. In combination with her “geri-neuro” lecture, Dr. Bottomley provided many firsthand accounts of her experiences with patients that enhanced the course, engaged attendees, and fostered knowledge about how to best care for older adults through PT. The lecture was a major success with over seventy healthcare professionals in attendance including practicing physical therapists and occupational therapists from Rhode Island and neighboring states. Other attendees included physical therapy students (both from URI and other universities), faculty, and other healthcare professionals.

The series was sponsored by Rhode Island Hospital and Performance Physical Therapy.



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U R In the news!

We want to hear about you! Please send us updates on your life after graduation. You may become famously featured in the next newsletter.

Name: _____

Class: _____

Updates: (Work, vacations, children, big events, further education, etc.)

Please mail to the address or email below, and include your contact information.

Mail: Attn: Jeff Konin

Email: jkonin@uri.edu

University of Rhode Island

Physical Therapy Department

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Kingston, RI 02881

Upcoming Events

November 22
Mews Tavern Annual Gear N' Beer
6.9-kilometer road race

December 14
High School Visit & Educate Day

January 3rd & 4th 2016
Interview Days for Class of 2019

January 6 – 18 2016
Winter J Term: Sports Medicine Behind
the Scenes in Tampa, Florida

January 2016
Broadening Experiences
New Zealand, India, Peru

March 21 – 27 2016
Spring Break

April – May 2016
Broadening Experiences
Italy, Ireland, Guatemala

May 21, 2016
Class of 2016 Graduation
Location: Thomas M. Ryan Center
Broadening Experiences
Philippines

June 2016
Broadening Experiences
Key Largo



Mission



**URI
PHYSICAL
THERAPY**

The Physical Therapy faculty is dedicated to graduating doctors of physical therapy competent in providing physical therapy to a variety of patient/client populations in Rhode Island and nationwide; who value the need for and use of evidence in practice; who are committed to professional development through life-long learning; and are active contributors to their professional and social communities. The faculty aspires to advance the theory and practice of physical therapy and provide service to the University, State, and Nation, through works that promote the profession, interacting communities and related disciplines.

The program is highly selective and seeks candidates who exhibit a combination of success in the sciences, a broad understanding of physical therapy practice, dedication to their community, and potential for success in the Program. The curriculum is designed to challenge students toward excellence in clinical practice, professional behavior, and service.