

DEPARTMENT of PHYSICAL THERAPY

NEWSLETTER



FALL 2015

MESSAGE FROM THE PROGRAM DIRECTOR

In this Letter from the Program Director, I would like to explore the department's mission statement:

The Department of Physical Therapy believes that optimal 21st century, person-centered health care is best delivered by well-educated, compassionate leaders who think critically, reason intelligently, collaborate inter-professionally and who promote health and wellness. In this spirit, the department is dedicated to preparing students for contemporary physical therapy and advances the profession through its steadfast commitment to excellence in academics, clinical education, scholarship, research and service.

Faculty members worked diligently on this language, but what does it really mean? I would specifically like to address the phrase "preparing students for contemporary physical therapy." Health care delivery, including the delivery of physical therapy services, is a dynamic landscape. In my view, contemporary practice embodies the ability not only to react and respond to change but to help shape change. My thinking about educating students has been profoundly influenced by Alan Jette's 43rd Mary McMillan Lecture: "Face Into the Storm." If you have not read his remarks, I strongly encourage you to do so.

Dr. Jette suggests physical therapists "must develop three critical 'system skills' to practice successfully in a changing health care environment." First, therapists must become interested in data. Secondly, they must become skilled in the ability to devise solutions for the system problems that data and experience uncover. And finally, the third skill the physical therapy profession must develop is the ability to implement at scale – the ability to get therapists along the entire chain of care functioning in concert, in collaboration.

Not a week goes by since I heard Dr. Jette's call to action that I have not given thought to how we prepare students with these skills. To that end, I have invited Dr. Jette to campus to speak at noon on November 4, 2015, about "System Skills to Thrive in a Changing Health Care Environment" and to interact with small groups of students, faculty and clinicians to explore how we prepare students for contemporary practice or, as Dr. Jette states, "to position ourselves with other professions to face the current clouds and the horizon of the unknowable future." Our colleagues across the Westbrook College of Health Professions, College of Osteopathic Medicine, College of Pharmacy, Center for Global Humanities, Office of Research and Scholarship and Interprofessional Education Collaborative agree these skills transcend the field of physical therapy and are co-sponsoring Dr. Jette's visit. You're invited to join us November 4. If you cannot join us in person, the presentation will be available live online. Details can be found at une.edu/calendar.

Until Next Time,

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ABOUT US

By the numbers

More than **100** OT and PT students recently interacted with a patient at Maine Medical Center through Teleteaching exercises.

40 students and faculty from UNE's Westbrook College of Health Professions traveled to Ghana to embark on a Cross Cultural Health Immersion initiative.

UNE's Interprofessional Education Collaborative sponsored **6** IPE immersion teams to aid students in feeling prepared to work in interprofessional teams and conduct difficult conversations with clients.

SAVE THE DATE

NOVEMBER 4, 2015 (NOON) — Alan Jette, Ph.D., professor, Health Policy & Management, Boston University School of Public Health presents on "IPE by the Numbers." une.edu/calendar

DECEMBER 2, 2015 (1-3p.m.) — D.P.T. third-year students present case report and research project posters. The Poster Presentation will be held in the Beverly Burpee Finley '44 Recreation Center.

MARCH 12-13, 2016 — Trigger Point Dry Needling Level 2 course is being offered through the Institute of Advanced Musculoskeletal Treatments and sponsored by UNE. iamt.org



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INNOVATION FOR A HEALTHIER PLANET

DEPARTMENTAL NEWS

CONGRATULATIONS, CLASS OF 2015

The Westbrook College of Health Professions held a traditional graduate hooding ceremony on May 15, 2015. We wanted to congratulate all of the Department of Physical Therapy students that received their hoods on this day. We also honored them on May 16 when they officially received their Doctor of Physical Therapy degree. Hillary Lane '15 was recognized as the Outstanding Student in the entry-level D.P.T. program. Congratulations to you all!

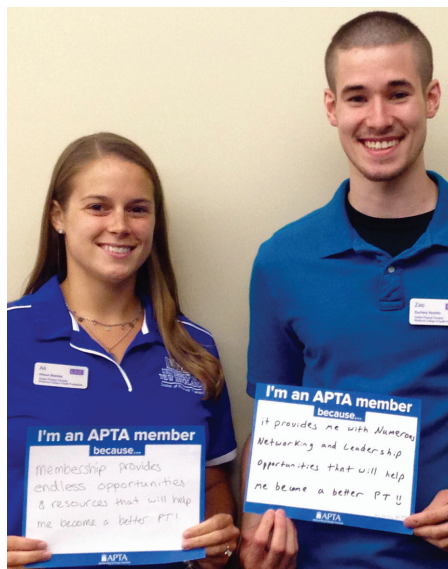
MILESTONE FOUNDATION SUPPORT



Under the leadership of students Carly Scheid and Emi Nishino, the D.P.T. Class of 2017 raised cash and much needed items for the Milestone Foundation, an emergency shelter and drug treatment center in Portland, Maine. Items such as socks, Chap Stick and hats were collected for distribution by the Milestone Foundation, in accordance with their mission to provide the best quality services to empower individuals with substance abuse problems to attain stability, dignity, recovery and an enhanced quality of life. For more information about the Milestone Foundation, please visit www.milestonefoundation.org or contact tmason2@une.edu or jmcauley@une.edu. Special thanks to all who helped to make this initiative such a great success.

FOR THE STUDENTS BY THE STUDENTS

Two University of New England students in the Doctor of Physical Therapy program are currently serving as the Maine State Core Ambassadors for the American Physical Therapy Association's Student Assembly (APTASA). Class



of 2017 students Alison Stanley and Zachary Verzillo are involved with initiatives, reforms and advocacy programs at both national and state levels. They serve as a vital connection between national and state associations and all Physical Therapy (PT.) and Physical Therapy Assistant (PT.A.) students in Maine working to keep everyone in "the loop."

Currently, the two students are providing presentations to Maine PT. and PT.A. students regarding the benefits of APTA membership, the importance of promoting the professions of PT./PT.A. as a recognizable brand, and the importance of involvement in national advocacy outreaches, such as the "I'm an APTA member because..." campaign. This campaign highlights the multitude of reasons why membership is beneficial and encourages more professionals and students to utilize the resources and connections available through the APTA. Alison and Zachary are pictured here, each holding a sign indicating their personal reasons for APTA membership.

Another exciting project these two students have been working on is the launch of a Facebook Group tailored towards connecting the PT. and PT.A. students of Maine and motivating others to get involved as well. This group, launched on August 1, 2015, already has more than 250 student members.

PT. TUTORS IN SASC

A total of 12 graduate-level peer tutors from various UNE programs were awarded Level One Tutoring Certifications from the College Reading and Learning Association in April, 2015. Awards were presented by Jen Welch, tutor coordinator, who facilitates tutor training, and Brenda Edmonds, the coordinator of the Student Academic Success Center on the Portland Campus. Three D.P.T. students received this certificate: Rita Carlson '16, Jayme Keith '15 and Sarah Kou '15.

Six hours of tutor training are required for all tutors. Level One College Reading and Learning Association Certified tutors have pursued additional professional development in the form of workshops led by the tutor coordinator, other SASC staff and UNE community members on topics such as Learning Styles, Helping Students Manage Test Anxiety, Questioning Techniques and Group Tutoring Dynamics. Since 1966, the CRLA has offered the premiere certification for tutor training programs nationally and across the globe.

PT. STUDENTS AND FACULTY ASSIST THE MEDICAL TEAM AT THE BEACH TO BEACON

The world renowned Beach to Beacon Road Race received a little extra help this year from a number of D.P.T. students from the University of New England. Students Christina Tilton, Ashten Hackett, Matthew D'Elia, Jessica Ainsley, Alexandra Spelman, Alison Stanley, Elyse Detweiler, Amy Davis, Darien Lewis, Morgan Wiemer, Carly Scheid, Kaela Fischer, Matthew Devine, Mary Heerd and David Knoll operated alongside UNE faculty members Kirsten Buchanan, Ph.D., PT., ATC, and Jim Cavanaugh, Ph.D., PT., NCS to bring medical attention to runners who needed it most. The faculty and student team worked with physicians and medical professionals from a variety of disciplines in the medical tent, cleared paths for medical volunteers to access runners in distress along the route and assessed runners at the finish line to determine need for medical attention.

One student, David Knoll, D.P.T. '17, assisted a runner who was overheating with a body temperature of 108.6. "It felt like someone's life was in my hands [while] running down to get her to the true lifesavers in the medical tent," said Knoll. "It was such an awesome experience being surrounded by people whose main goal was to help these great athletes. It was a true interprofessional experience with the varying amount of medical professionals there. I'd do it again in a heartbeat!"



UNE PHYSICAL THERAPY STUDENTS AND FACULTY PRESENT AT NEXT CONFERENCE

Students and faculty from UNE's Department of Physical Therapy had a strong presence at the American Physical Therapy Association NEXT conference in June 2015 in National Harbor, Maryland.

Conference presentations were given by:

Michelle Cronin '15: "Acute Care Physical Therapy Management of a Former Professional Athlete Following Unicompartmental Knee Arthroplasty: A Case Report"

Elizabeth Kelly '12, D.P.T. '15: "Physical Therapy Management of a Patient with a Transtibial Amputation Using an Over-Ground Body Weight Support System: A Case Report"

Jayme Keith '15: "The Ghana Cross Cultural Health Immersion Program"

Sarah Kou '15: "Physical Therapy Management of a Patient with a Guillain-Barre Syndrome During and After Pregnancy: A Case Report"

Stephanie Sheehan '15: "The Use of an Orthotic Garment System on a Pediatric Patient with Mitochondrial Disease Complex 1+3: A Case Report"

James Townsend '15; Erin Collins '15; Kaitlin Powers '15; Michael Lawrence M.S.; Thomas Murray, M.D.; Bernadette Shaw, PAC: "Sled towing increases hip work generation in the sagittal and frontal planes more than wearing a weighted vest"

"Athletes are Returning to Sports with Significant Strength Impairments After Anterior Cruciate Ligament Reconstruction" authored by Erin Hartigan, UNE; Michael Lawrence, M.S., Motional Analysis Laboratory manager; Thomas Murray, M.D., sports medicine surgeon; and Bernadette Shaw, PAC.

"Physical Therapist's Role in Chronic Disease Management" authored by Lisa Culver, clinical practice, APTA; Maura Daly Iversen, P.T., D.P.T., S.D., M.P.H., FNAP, FAPTA, Northeastern University; Amy Litterini P.T., D.P.T., UNE; Anne Mejia-Downs, P.T., M.P.H., University of Indianapolis; Mary Jane Myslinski, P.T., Ed.D., Rutgers-SHRP

Each year, the NEXT Conference Work Group recognizes abstracts that best represent contributions to the profession. Following the conference, Kelly and Kou received notification that their poster presentations will receive special recognition in the categories of Orthopedics and Women's Health, respectively.

SPOTLIGHT

MELANIE KLIEBER '16



"It is a great honor to be selected to represent the Portland Campus as a Student Trustee for the 2015-2016 term. Very few campuses in the entire country offer this type of prestigious opportunity to their students. As a Student Trustee, I attend executive and subcommittee meetings, present reports regarding the issues facing the students on the Portland Campus and have full board member voting privileges. The decision to pursue this position was not an easy choice to make. Running for Student Trustee meant not seeking re-election as the President of the Graduate and Professional Student Association (GAPSA). Through GAPSA I was able to influence positive

changes around the Portland Campus and improve the overall student experience. I must acknowledge the Student Affairs office and the entire department of Physical Therapy faculty for their continued support in all my endeavors. I look forward to what will surely be a very exciting and fulfilling year."

ASHLEY BAKER, D.P.T. '11

Ashley Baker, D.P.T. '11 and Chris Estafanous, D.P.T., presented dry needling and its use on Fox 5 DC News. The video was published on YouTube in December 2014. <https://www.youtube.com/watch?v=T4HHTpIhSg> Baker shares insight into the experience stating, "I'm just glad that PT is getting some recognition for the unique treatment interventions we can provide. You won't believe how many people still don't quite realize what we do. It's so important to educate the community and advocate for our profession."

"At UNE, there was always an emphasis on not only learning, but applying what you've learned in a clinical setting. The variety of educational experiences offered at UNE, the interdisciplinary approach and the faculty expertise is truly unique and well prepared me for my current role as a physical therapist in a small, PT.-owned practice."

SIMONE L. PALMER '85



This year marks Simone Palmer's 30th class anniversary, graduating from UNE's Westbrook College of Health Sciences with a bachelor's degree in physical therapy. Palmer recalls of the program, "one of the first academicians and outstanding clinicians to be Board Certified in the Specialty of Cardiopulmonary was the inspiring consummate professional, Linda Crane, whose footsteps I was to follow on my final clinical rotation at Hartford Hospital. So many years have passed, and Linda Crane is no longer with us. What lives on is her resounding career guidance to me: "focus and excel in one area of specialization."

In 2001, Palmer relocated from Maine to St. Croix, U.S. Virgin Islands, becoming a partner in a beachfront hotel. Sand Castle On The Beach houses her present day out-patient clinic where she utilizes an outdoor solar-heated pool for Aquatic PT coupled with manual therapy, medical exercise training and electrotherapy for a holistic approach that accelerates the healing process and results.

WELCOME NEW FACULTY

Please join us in welcoming Brian Swanson, P.T., D.Sc., OCS, FAAOMPT to the faculty in the Department of Physical Therapy. Dr. Swanson earned his doctoral degree in physical therapy from Andrews University in 2012. He has been Fellow of the American Academy of Orthopedic Manual Physical Therapists since 2006 and a Board Certified Specialist in Orthopedic PT since 2005. Dr. Swanson's teaching responsibilities will include supervising student research and case report projects and courses dealing with evidence-based practice and orthopedic physical therapy. His research agenda includes comparative effectiveness studies of various physical therapy interventions and validation studies of tests and measures used in orthopedic manual therapy.