

From the Director



► I'm very pleased to report that we've had another great year here at Chatham. As I mentioned in my message last year, my job is really pretty easy (slightly difficult and very doable), due to the excellent faculty, students, and alumni who make up our Chatham physical therapy community. It is a pleasure to work with all of you as we build on past successes and continue to move the program and the profession forward. This

alumni newsletter is a way for us to share and celebrate our successes as we all sustain the excellence that is part of the DNA of the Chatham physical therapy program.

Some of the successes you'll read about include exceptional current and incoming students, graduate awards from the class of 2015, alumni who have attained ABPTS specialist certification, faculty and student travel and scholarship, a great alumni reception at CSM in Anaheim, another fabulous Perry Patio Party, and expanding service and service learning opportunities for students.

Please read on! If you have news that you would like to share with our Chatham PT community, or if you have any comments about our successes, challenges, and opportunities, please send them my way (jschreiber@chatham.edu). You can also post them in our newly created Facebook Group (please contact me if you're not a member and would like to join). It's great to stay in touch with all of you!

Best Wishes,

From the Dean



► Chatham University is undergoing a significant leadership transition this summer. Dr. Esther Barazzone, the president of Chatham is retiring at the end of June after 24 years of remarkable leadership in this position. The Board of Trustees has announced that Dr. David L. Finegold will succeed her as the 19th president in our

institution's 147-year history.

President Barazzone, who joined Chatham in 1992, has led a remarkable transformation from a small, financially struggling, undergraduate women's college to a fully coed, internationally recognized university with three distinctive schools including the School of Health Sciences; the School of Arts, Science & Business; and the Falk School of Sustainability. The School of Health Sciences has significantly evolved from Dr. Barazzone's initial vision dating back to 1994/95 when she started the physician assistant studies, physical therapy, and occupational therapy programs. It was also under her leadership that Chatham acquired the Eastside location in 2008, where the physician assistant program now resides. (www.chatham.edu/barazzone2016)

On July 1, the University welcomed Dr. David Finegold, a renowned scholar and educational innovator who has dedicated his career to education reform, the design of high-performance organizations, and research on education and skill-creation systems around the world. Dr. Finegold graduated from Harvard University and was a Rhodes Scholar at Oxford University where he received his DPhil in Politics. (www.chatham.edu/president-elect)

We wish Dr. Barazzone the best on her continued journey as we welcome our new president, Dr. Finegold.

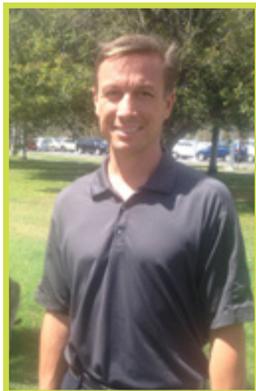
My best to you all,

FACULTY SPOTLIGHT: International Travel

► This past March, Dr. Schreiber traveled to the Lisbon, Portugal, to provide a 2.5 day module on the use of outcome measures in pediatric physical therapy. The students all had recently graduated with a physical therapy degree (the equivalent of a bachelor's degree in the US) and were pursuing additional credentialing in pediatrics. The module was offered through the Associação Portuguesa de Fisioterapeutas.



► Dr. Steve Karas recently completed a 1-year visiting professor position at Queensland University in Australia. This was a great opportunity to learn about and participate in physical therapy education in Australia, and to build collaborative networks for research.



Dr. Steve Karas in Queensland, Australia

I recently took a leave of absence to teach and do research in Queensland, Australia. The program is relatively new and the students begin their physiotherapy training directly out of high school. The general curriculum is similar to ours, with perhaps, a bit more emphasis on medical screening and less emphasis on specific areas of concentration such as orthopedics or neurology. To continue in these areas, similar to our specialty exams, students

can opt to pursue a master's degree. I was expecting a concentration in Maitland, but much of the orthopedics was presented using the medical model of diagnosis.

In the clinical setting physiotherapists were given a large amount of respect and autonomy. The health care system covered everyone and there was no discussion of co-pays, coding, or authorization. The government system in Queensland appeared to be effective, but there were also concerns about overall utilization as well as an emphasis on outcomes and patient progress. These were emphasized so the entire "system" functioned efficiently, and it appeared to be accepted by all health care workers that they each had a responsibility to ensure its success.

The Queensland area was not what you might first think of when you imagine Australia. The state recently had significant unemployment problems due to a decline in the mining industries which supply China with raw materials. From a health care perspective the regions has issues with diabetes, heart disease, and obesity. There are struggles convincing the more rural population to obtain regular health care, exercise, and adopt a healthy diet. We are not the only country fighting these issues.

There are kangaroos, deadly snakes, sharks, spiders, crocodiles, and jellyfish. There are also, as I found out fairly quickly, birds that dive at your head if you are on a bike, and peck at your legs if run over their nests. There are also thousands of cows. The region is known as the "beef capitol" of Australia with ranches providing wide open spaces. It was not uncommon on a trip to the outback not to pass another car for an hour. However, on an afternoon at the coast, you can soak up the café culture and beach life. The Australians are truly very laid back, accepting, and usually arrive a bit late. Discussions are held over coffees outside, and when classes are over, the University was empty. They do have an enviable work - life balance, and it is the norm to have a few three week vacations a year in addition to national holidays and several bank holidays. The Aussies were not sure if I was serious when I told them American workers often start with only two weeks vacation.

I learned from the faculty, students, and the program ideas to improve my teaching. I was able to complete and publish collaborative research. I learned from the Aussie priorities and am grateful to have been given the opportunity to be a part of the University and their culture.

FACULTY PUBLICATIONS, PRESENTATIONS, AND AWARDS

PUBLICATIONS

Goreczny, AJ, **Bednarek, ML**, Hawkins, S, Hertweck, M, Schreiber, J, Sterrett, S

Assessing self-reported interprofessional competency in health-care education: Impact of new curriculum. *Internet Journal of Allied Health Sciences and Practice*. 2016 – in press.

Donkers K, **Bednarek M, Downey P**, Ennulat C. Implementation of simulation-based learning in a physician assistant curriculum. *Journal of Allied Health*. 2015; 44 (1): e5-e9.

Lusardi MM, Fritz S, Middleton A, Allison L, Phillips E, **Criss M**, Verma S, Osborne J, Chui KK. Determining Risk of Future Falls in Community Dwelling Older Adults: A Systematic Review and Meta-Analysis Using Posttest Probability. *Journal of Geriatric Physical Therapy*. (in press)

Schneiders A. Gregory K. **Karas S**. Mudermann A. Effect of foot position on balance ability in single-leg stance with and without visual feedback. *Journal of Biomechanics* April 2016. DOI:10.1016/j.jbiomech.2016.04.020.

Karas S. Wetzel A. Brence J. The effect of Spinal Mobilization on Pain Pressure Threshold: A Systematic Review. *Orthopedic Physical Therapy Practice*. 28; 1,2016.

Karas S. Schneiders A. Reed D. Talisa V. Factors affecting Confidence and Knowledge in Spinal Palpation among International Manual Physical Therapists. *Journal of Manual and Manipulative Therapy*, 2016. <http://dx.doi.org/10.1080/10669817.2015.1125082>

Karas S. Thompson L. Consideration of Treatment Fidelity to improve Manual Therapy Research. *Journal of Manual and Manipulative Therapy*, 2016.

Schreiber J, Moerchen V, Rapport MJ, Martin K, Furze J, Lundeen H, Pelletier E. Experiential Learning with Children: An Essential Component of Professional Physical Therapy Education. *Pediatric Physical Therapy*. 2015; 27 (4): 356-367

Schreiber J, Perry S, Downey P, Williamson A. Facilitating Knowledge Translation through Innovative Continuing Education. *Journal of Physical Therapy Education*. 2015; 29 (4):42-51

PRESENTATIONS

Criss M and Heitzman J. “Ethics, Decision-Making Ability, and Interventions for Patients with Alzheimer Disease.” Education Session, American Physical Therapy Association Combined Sections Meeting (Anaheim, CA), February 2016

Criss M, Grieve S, Cook J. “Teaching with Multimedia: Applying Evidence to Enhance Learning.” Education Session, American Physical Therapy Association Combined Sections Meeting (Anaheim, CA), February 2016

Karas S. Thompson L. Consideration of Treatment Fidelity to improve Manual Therapy Research. International Federation of Orthopedic Manual Physical Therapist Conference. Glasgow, Scotland. July, 2016.

Karas S. Williams-Hatala EM. A cadaveric assessment of the alar ligament. International Federation of Orthopedic Manual Physical Therapist Conference. Glasgow, Scotland. July, 2016.

Pannone A. Karas S. T4 Syndrome: A review of the literature. The American Academy of Orthopedic Manual Physical Therapists. Louisville, KY, 2015.

Romney W. Salbach N. **Perry SB**. Deutsch J. Evidence based practice confidence upon entry to physical therapy school is related to previous research-related experience. Poster Presentation: World Confederation of Physical Therapy Congress, Singapore, May 2015

AWARDS

Schreiber J: Bud Dehaven Service Award, Section on Pediatrics of the American Physical Therapy Association, 2016

PROMOTIONS

Dr. Melissa Bednarek was promoted to Associate Professor

2015 Award for Institutional Support

► Each year, the Doctor of Physical Therapy program acknowledges a facility and its physical therapists for exceptional support in teaching, research, and/or clinical education; going above and beyond expectations as an educational partner. At the Class of 2015 Graduation Recognition Ceremony in December, we recognized NovaCare Rehabilitation of Squirrel

Hill and in particular, Martine Marino PT, MPT '00, COMT at the December Class of 2015 graduation recognition ceremony.

Martine, a 2000 Chatham MPT graduate, is the facility directory and primary clinical experience clinical instructor for this outpatient practice here in Pittsburgh. Martine has mentored 12 DPT students over the course of a total of 110 weeks in just the past five years and has two more eager students headed her way in 2016.

Amongst Martine's many talents, she is an expert in mentoring our students for autonomous practice by

helping students develop strong clinical-reasoning skills, manual skills and documentation skills. Martine is also the kind of clinical instructor that yields to each students' learning style – an attribute and skill that not all people strive for or can master. For these reasons (and many others), year after year students compete for the chance to practice under the supervision of Martine.

Martine is a very well respected member of our professional community as viewed by our Doctor of Physical Therapy program, our students, and the community at large. We are extremely fortunate to have her ongoing commitment to the clinical education of our DPT students.



2015 Physical Therapy Program Awards

Potential for Professional Excellence Award

Zach Roberts
Laura Plankis

Peer Recognition Award

Laura Plankis

Faculty Commendation

Ashley Wright
Timothy Hoyle

Clinician-Educator Award

Susan Clinton, PT, DScPT, OCS,
WCS, COMT, FAAOMPT

Award for Institutional Support

NovaCare Rehabilitation
Squirrel Hill

Program Assistant Update

► After more than 15 years of service at Chatham, long time program assistant Ellen Marziale retired at the end of December. Ellen is enjoying additional time with family and friends and regular trips to the beach at Hilton Head. In January we welcomed Mary Kay Selewitz as the new program assistant. Mary Kay began working for Chatham University in 2014 after 20+ years at AT&T doing administrative work. Her Chatham career started in the physician assistant program working part-time for the HRSA (Health Resources and Services Administration) Grant. She later changed positions in the PA department assisting with the admissions process. In her free time, Mary Kay is an avid Pittsburgh Penguins fan and enjoys traveling and spending time with her family.



ALUMNI SPOTLIGHT

Cary Costa, DPT '10



► Cary Costa graduated with his Doctorate of Physical Therapy from Chatham in 2010. Since graduation, Cary moved to Orange County, California and worked in outpatient sports and orthopedics. Cary opened his own practice in 2013, focusing on improved sports rehab and lymphatic therapy for

the South County area. After winning PT clinic of the year the last two years, and top PT provider in the area, Cary was able to expand his practice to several new locations. In addition to opening OC Sports & Rehab and Costa Sports Therapy, Cary also works with several local high schools to teach injury prevention and running mechanics courses. Cary was added in 2012 as an adjunct professor at Concordia University in their athletic training department for exercise science. Cary is also a clinical instructor for Concordia University Athletic Training students and Stanbridge College PTA students. Currently, Cary is working with two cardiovascular surgeons on a new lymphatic protocol and publication, to be presented at the College of Phlebotomy this November, in Anaheim, CA.

Cary enjoys the outdoors and is an avid backpacker, runner, and beach-goer. He resides in Mission Viejo, CA, with his wife, Natalie (also a Chatham alumni) and 20 month-old daughter, Kai.

“Chatham University and the DPT program constantly pushed me while I was in the program and even after graduation. I can’t thank all of the staff enough for how hard they drive their students to learn, achieve, and succeed. Perseverance is one word that describes the program and my drive that has come from it. I not only strive in my professional life for myself, but also for the betterment of our program, and the reputation it can boast. Thank you to Chatham and the DPT program for what they have helped me believe I can achieve.”

ccosta@costasportstherapy.com
www.costasportstherapy.com
www.ocsportsandrehab.com

Jennifer (Skalos) McMahon, MPT '00, DPT '09



► Jennifer (Skalos) McMahon graduated from Chatham University with her Master of Science in Physical Therapy in 2000 after earning her undergraduate degree here as well. She returned and in 2009 for her transitional Doctorate in Physical Therapy. Jennifer is board certified through the American Physical Therapy Association as a Geriatric Clinical Specialist.

Early in her PT practice, Jennifer began working with Centers for Rehab Services at UPMC Southside Hospital here in Pittsburgh. Her excellent organizational and people skills have enabled her to progress from staff therapist to senior therapist to acute care team leader and then to supervisor of acute care rehab services at UPMC Mercy Hospital. At the beginning of this year, she accepted yet another promotion and now serves as the Director of Rehab Services at UPMC St. Margaret Hospital.

Jennifer’s additional professional endeavors include mentoring students here at Chatham as a laboratory assistant in the Introduction to Clinical Skills coursework, serving as an APTA Credentialed Clinical Instructor, and maintaining active membership in the APTA. In addition, Jennifer is the Director of the UPMC Centers for Rehab Services Geriatric Physical Therapy Residency program which mentors graduate physical therapists in the specialized care of older adults.

In her time outside of the clinic, Jennifer lives in Greentree with her husband and 3-year-old son. She loves to spend time chasing her son around, going to the zoo and museums, and just being outside with family and friends. Her expertise is appreciated by our students and she notes that “Chatham has taught me many things as an undergrad and graduate student, but especially responsibility and independence which has helped me get to where I am today.”

Gordon Riddle, PT, DPT '05, OCS, SCS, ATC, CSCS



► Gordon Riddle graduated from Mercyhurst University with a BS in Sports Medicine and a concentration in athletic training in 2002. Following graduation, he became certified as an Athletic Training (ATC) and Strength and Conditioning Specialist (CSCS). He subsequently pursued a degree in physical therapy and received Doctor of Physical Therapy from Chatham University in 2005.

Gordon was board certified as an Orthopedic and Sports Clinical Specialist in 2010 and 2012 respectively. Clinically, he practiced in a private orthopedic outpatient physical therapy practice for ten years. Academically, Gordon serves as an

STUDENT SPOTLIGHT

Class of 2016

Kylie Sramek, Class of 2016 President

► The Chatham DPT Class of 2016 recently completed the final on-campus term of the curriculum where they worked diligently to prepare their skill sets for the upcoming clinical experiences. Students will be practicing in various settings including acute care, skilled nursing, outpatient neurology, outpatient orthopedics, and pediatrics. The class will return to campus for one final week in December to complete a licensure preparation course and present their final systematic review projects. After graduation, the group will begin the next phase of their careers by passing the national physical therapy examination and finding a great first job.

Class of 2016 at the Perry Patio Party



Final Systematic Review Presentations, Class of 2015

Emily Ward Jamie Mangini Nicole Matthey Erin Kling	Effectiveness of Physical Therapy in Reducing Dizziness and Balance Dysfunction in Persons with Symptomatic Concussion
Tonya Bibby	Impact of Congenital Muscular Torticollis Clinical Practice Guideline
Ellen Dilts Nicole Obernader Anna Cheung Heather Wilson	Effectiveness of Physical Therapy for Older Individuals Who Have Sustained a Hip Fracture
Amber Ray Helen Cheriyan Heeral Vyas Liz Mercado	The Effectiveness of Aquatic Therapy in the Management of Osteoarthritis: A Systematic Review
Jessica Seasoltz Sara Henderson Bethany Haver Zac Roberts	Effects of Cervical Mobilization and Manipulation on Individuals with Neck Pain
Jaime Petit Demi Frankhouser Ally Giammanco Kylie Simko	The effectiveness of exercise for individuals with amyotrophic lateral sclerosis

Roman Marano Mackenzie Bowman Kaylee Burke	The Effects of Thoracic Manipulation on Outcomes in Individuals with Neck Pain
Ashley Wright Marissa Lisanti Jen Emery Kelsey Stottlemeyer	The Effectiveness of physical therapy interventions on complex regional pain syndrome type I in adults: A systematic review
Laura Thompson	Treatment Fidelity: Implications for Manual Therapy Research
Sam Manalo Tim Hoyle Andy Costaras Ryan Cordell	The Effectiveness of Spinal Mobilization for Low Back Pain
Matt Repko Matt Taylor Mark natural Alex Burns	The Effectiveness of Motor Control Exercise for Chronic Nonspecific Low Back Pain
Brittany Lowe Jessica Papale Steven Shutt Adam DeMatteo	The Effectiveness of Exercise on the Quality of Life in Elderly Patients with Chronic Obstructive Pulmonary Disease: A Systematic Review.

STUDENT SPOTLIGHT

Class of 2017

► The Chatham University Class of 2017 is a hard-working, ambitious group of 38 students composed of 28 women and 10 men with a true passion for health, learning, and community service. Throughout the course of their first year in the program, this group became the first class to achieve 100% passing rate on two consecutive skills evaluations, assessing the use of therapeutic modalities which they will apply as they begin their first clinical experience this July.

In addition to outstanding academic achievements, the Class of 2017 also successfully organized the program's first annual food drive, collecting over 100lbs of food for the Greater Pittsburgh Community Food Bank during the past holiday season. The group is working to join forces with the University of Delaware on their "Go Baby Go!" initiative in which students would collaborate with engineers and physical therapists in the Pittsburgh area to modify toy ride-on cars for children with movement disabilities. This class is a very cohesive group that enjoys spending time with each other from studying inside the classroom to staying active with sports and other fun activities outside the classroom. In the beginning of June, seven students from the class also attended the APTA's annual NEXT conference in Nashville, TN for an opportunity to network with physical therapists and other aspiring students from around the country, learn perspectives on relevant topics in the field, and enjoy the fun atmosphere of the vibrant city. For the past two months, the class has been practicing skills for the management of musculoskeletal dysfunction to prepare for their upcoming clinical experience in outpatient orthopedic settings this July.

Adrianna Ferraro

Class President, Chatham DPT Class of 2017



APTA NEXT Conference

Lucy Penny, Class of 2017

► This year seven students from the Doctor of Physical Therapy Class of 2017 had the opportunity to attend APTA's NEXT Conference in Nashville, TN. The PT students that were able to attend this year were: Lucy Penny, Natalie Meyer, Morgan Brosnihan, Sabrina Evers, Brandon Maharaj, John McDermott, and Erin Gaffney. This year's Maley speaker, Steven George, PT, PhD, gave an inspirational lecture on pain management, in which he outlined an innovative perspective on pain pathways in the CNS and interventions that integrate this progressive theory on pain. We were also able to meet Lori Quinn, EdD, PT and Anthony Delitto, PhD, PT. Quinn's *Documentation for Rehabilitation* textbook is what we currently use in our Principles of Practice course, and Delitto's article on "Treatment-Based Classifications on Lower Back Pain Syndrome" is a main source of evidence that we have learned to use for treating lower back pain. We cherish this amazing experience in which we were able to meet and put faces to the research and writings of these influential people, as well as getting the opportunity to participate in the current discourse of our future careers!

PT and OT Students in Ecuador

► In summer 2015, six OT and six PT students enrolled in an elective course entitled “Global Health Perspectives: A Field Experience”. The intent of the course was to provide a cross-cultural clinical experience in Ibarra, Ecuador. Prior to the 10-day August trip, students participated in coursework that focused on cultural awareness, speaking and understanding Spanish, and OT/PT co-treatment strategies.

The group provided therapeutic and enrichment services at CRECER (<http://crecerecuador.wix.com/crecer>), a pediatric outpatient clinic; a residential nursing facility; and a day-program for young adults with cerebral palsy and developmental delay. In addition, students visited many cultural sites in Ibarra, Mindo, and Quito, Ecuador. Those traveling included PT students Ellen Dilts, Elizabeth Mercado, Heeral Vyas, Mackenzie Bowman, Emily Ward, and Laura Thompson Plankis; PT faculty Dr. Sue Perry; and OT faculty Dr. Ingrid Provident.

This is the second year that PT and OT students have partnered with CRECER to serve the residents of Ibarra. The PT program plans to continue to offer this Ecuadorian experience to students each year, as well as to explore additional opportunities for international clinical service.



Grand Rounds

► Chatham University’s Physical Therapy Grand Rounds Series continues every term in the Mellon Board Room or the Eddy Theater on the Shadyside Campus. Refreshments begin at 7:00 a.m. and the presentation runs from 7:30–8:30 a.m. CEU’s are presented to all physical therapists in attendance. Our alumni and clinical instructors are especially welcome.

This past fall Becki Meehan presented “A Wellness-Based Geriatric Case Study.” Ms. Meehan is co-owner of Embody Physiotherapy & Wellness, LLC. In the spring, Dr. Tricia Keen, DPT ’11 presented “Promoting Physical Fitness in a School Setting.” Dr. Keen is a 2011 graduate of the Chatham Transitional DPT program and is employed in the Pittsburgh City Schools. This summer, Dr. Matt

Caster, DPT ’08 presented “Differential Diagnosis and Treatment of the Lower Extremity.” Dr. Caster works for Allegheny & Chesapeake Physical Therapy and is a 2008 graduate of the Chatham DPT program.

The next Grand Rounds presentation is tentatively scheduled for Thursday November 10, 2016. These are announced on our program webpage – chatham.edu/pt – and also through our e-mail distribution list. If you would like to be included on the e-mail invitation list, or would be interested in presenting a Grand Rounds Patient Case, please contact Dr. Steve Karas (skaras@chatham.edu).

COMMUNITY SERVICE

DPT Program Serving Chatham and the Local Community

► In July 2013 the American Physical Therapy Association's (APTA) House of Delegates adopted a new vision for the physical therapy profession: **“Transforming society by optimizing movement to improve the human experience.”** By optimizing movement physical therapists can improve quality of motion and therefore, hopefully quality of life. In the profession this is often thought of as rehabilitative, but we must also consider the role of prevention.

The physical therapy program at Chatham University has expanded the opportunities for students to think about and implement prevention activities. This led to development and strengthening of relationships in the local

community as well as the Chatham community over the past year. A partnership was established with the Homewood Renaissance Association (HRA) and in August 2015 Chatham's School of Health Sciences provided pro bono pre-participation physicals and screenings for the Homewood Community Youth Football Association and Cheerleaders. The screens and physicals were performed by an interdisciplinary team consisting of the physician assistant, nursing, counseling and psychology, occupational therapy, and physical therapy programs, as well as two local physicians who donated their time. Six Doctor of Physical Therapy (DPT) students performed the flexibility and fitness screening for the athletes and provided

them with a 'report card' to track their results year to year. The report card also included preventative exercises focused on improving flexibility of key muscle groups and injury prevention information from the American Orthopedic Society for Sports Medicine (AOSSM) Stop Sports Injuries campaign. More information can be found at www.stopsportsinjuries.org.

In April of 2016, the physical therapy program reinforced another partnership with the Chatham University Athletic Department. With the guidance of Megan Turcheck, MS, ATC, assistant athletic trainer, the physical therapy program and the athletic department

provided Functional Movement Screens (FMS) for the athletes participating in spring sports. The FMS consists of seven movement patterns and a scoring system, 0-3. The athletes performed all seven movement pattern on both left and right sides and were scored for each. As the movements were performed the DPT students evaluated the athletes on strength, coordination, flexibility, and symmetry of movement. In collaboration with the athletic training staff and physical therapy faculty, the students provided suggestions for corrective exercises to be performed during the off season. These exercises focus on improving symmetry and control in an attempt to minimize injury risk by optimizing movement.

These services provided a great experience for the physical therapy students. More importantly, the Homewood community youth and their families benefitted from access to comprehensive health professional services and a wealth of information to promote health and wellness. The athletes of Chatham University were able to gain an appreciation of their musculoskeletal deficits and use this knowledge to reduce the stresses on their bodies and ultimately improve functional efficiency. We look forward to future opportunities with the HRA and with the Athletic Department at Chatham University, including a Senior Health Fair and a well-child screening in the Homewood community, as well as continued and follow up FMS for all Chatham athletes.



Service Learning Projects

► During the second year of the program Chatham DPT students select one of our community partners for a service experience. Students serve young adults with physical and intellectual disabilities, vulnerable older adults who struggle to be safe at home, and people with disabilities who participate in community sports and recreation programs.

In reflective journals, students describe the personal and professional growth that is a product of the volunteer experience. One student described her experience as a volunteer as “life changing”, broadening and transforming her career direction.

2016 Service Learning Partners

SAFETY FOR SENIORS SERVICE LEARNING PROJECT

The Safety for Seniors Project is an initiative of Interfaith Volunteer Caregivers of Southwestern PA/Family Services. After an orientation/training, volunteers (in groups of 2-3) participate in home safety checks for elderly residents. During these checks, room-to-room checks are conducted to identify safety hazards. Free safety kits of supplies are distributed and smoke alarms are installed if necessary. Recommendations for further safety features can also be made. Each visit will take approximately two (2) hours (includes student travel time).

www.jvcwpa.org

THE WOODLANDS FOUNDATION SERVICE LEARNING PROJECT

The Woodlands is committed to enriching the lives of children and adults with disability and chronic illness. The Woodland is located on 32 acres in Wexford, PA and includes a 48-bed lodge with a spacious activity Center, creative

arts building, indoor aquatic center, dining and playing field, sports court, and an adaptive par-3 golf course. As a volunteer you are involved with assisting participants with crafts, cooking, ADLs, swimming, recreational activities, and/or weekend retreats, etc. Several programs are available for participation.

www.woodlandsfoundation.org

THREE RIVERS ADAPTIVE SPORTS SERVICE LEARNING PROJECT

The Mission of Three Rivers Adaptive Sports is to promote quality of life, education and to provide quality year-round sports and recreation opportunities for people with disabilities, their families, and friends. Opportunities for volunteer participation varies, but some of the activities that you may be able to participate in are bowling nights, water-skiing and snow-skiing (usually not until January.) A calendar of events is listed on the Three Rivers Adaptive Sports website.

www.traspa.org



My name's Lisa Topolosky, a Chatham graduate from the PT program in 2000. At the beginning of 2016, our 5-year-old daughter, Abby, was diagnosed with a brain tumor. She has had surgery, radiation treatments, and is currently going through chemotherapy.

During this time, my husband and I started a foundation to help support the children and families of those fighting and affected by pediatric brain cancer. We have experienced the way the diagnosis, treatments, and time away from family affects each person. We wanted to take what we've gone through and find ways to help other children and families cope with all that comes with a cancer diagnosis.

Please consider donating to our foundation, Abby's Army, at abbysarmync.com. You can follow Abby's story at caringbridge.org/visit/abbyjohnson2016.

CLINICAL CORNER UPDATE

Assessment

Melissa Bednarek, PT, DPT, Ph.D. and Jason Woollard, Ph.D., MPT

► Have you ever wondered if your exercise program was challenging enough for your homecare patient? Have you ever wondered if your homecare patient was making the maximum possible gains in strength and function? To ensure proper dosing of therapeutic exercise, a thorough assessment of their baseline status is necessary. A variety of appropriate, evidence-based tests and measures are available to assess impairments that affect functioning, especially in homebound individuals. In addition to routinely assessed domains such as endurance, strength, gait, balance, etc., additional factors such as cognition, depression and fear of falling are, at times, also important to assess as they can impact functional outcomes. Below are assessment tools that can be used to determine limitations and track progress in your homecare patient. Many of these tools have age-related norms that can be found in the reference indicated or at rehabmeasures.org.

Endurance assessments

- Seated Step Test (Smith & Gilligan 1983)
Four stages available for the patient that has difficulty standing
- 2-Minute Step Test (Jones & Rikli 2002)
Number of times right knee reaches appropriate height in 2-minutes decreases from 87-115 in 60-64 year old men to 52-86 in 90-94 year old men
- 6-Minute Walk Test (Steffen et al. 2002, ATS Guidelines 2002)
Distance decreases from 538m in 60-69 year old women to 392m in 80-89 year old women

Strength and Power assessments

- Fives Times Sit-to-Stand (Guralnik 1994,2000)
Time to complete increases from 11.4 seconds in those 60-69 years of age to 14.8 seconds in 80-89 year-olds
- 30-Second Chair Stand Test (Rikli & Jones 1999)
Repetitions completed in 30 seconds decreases from 17 in 60-69 year old men to 12 in 80-89 year old men
- Single-Step Test (Marmon 2013)
The length of time to complete 20 heel taps in a sample of individuals with knee osteoarthritis (average age approximately 65) prior to knee arthroplasty was 34 seconds; this time decreased to about 20 seconds 1-year post knee arthroplasty

Gait and Balance Performance assessments

- 4-Stage Balance Test (Centers for Disease Control 2011)
Inability to sustain tandem stance for 10 seconds indicates elevated fall risk
- http://www.cdc.gov/steady/pdf/4-stage_balance_test-a.pdf
- Timed Up and Go (TUG) (Shumway-Cook 2000; Whitney 2005)
More than 14 seconds indicates elevated fall risk
- Dynamic Gait Index (Shumway-Cook 1997; Wrisley 2010)
- <http://www.rehabmeasures.org/Lists/RehabMeasures/PrintView.aspx?ID=898>
- Score of less than 19 out of 24 indicates elevated fall risk

Clinical Specialists

Congratulations to these Chatham alumni and newly certified clinical specialists!

Gina Brunetti, DPT '12, NCS
Chrissy Fiori, DPT '12, NCS
Jaclyn Caddy Tanner, MPT '01, OCS
Visnja Acimovic King, DPT '11, OCS

Psychosocial assessments

- Cognition – Montreal Cognitive Assessment (MoCA)
- 11 item test that tests visuospatial/executive function, naming, memory, attention, delayed recall and orientation
- Mild cognitive impairment <26/30
- www.mocatest.org
- Depression – Geriatric Depression Rating Scale
- <http://web.stanford.edu/~yesavage/GDS.html>
- iPhone and Android App available for free. See above website for instructions
- Fear of Falling – Fear of Falling Avoidance Behavior Questionnaire (Landers 2011)
Can help quantify effect of fear of falling on activity and participation

Once an evidence-based assessment of impairments has occurred, evidence-based dosing of therapeutic exercise can be used to improve endurance, strength, power and dynamic balance. If

continued on next page

Assessment, continued from previous page

psychosocial factors that can negatively impact the individual's quality of life or prognosis are detected during the assessment, proper referral may be necessary in order to reach the most optimal outcome.



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Alumni Profile, Gordon Riddle, continued from page 4

adjunct faculty member to Slippery Rock and Chatham Universities in the Musculoskeletal and Prevention curriculum. He was most recently a visiting assistant professor at Chatham University's in the physical therapy program during 2015-2016 academic calendar. He currently is a consultant for a local grocer providing onsite injury prevention and safe lifting strategies. Gordon recently (June 2016) established a physical therapy practice, Square One Physical Therapy LLC. The focus of the practice is providing one-on-one individualized patient care, consultation in the industrial and corporate setting and promoting the concepts of prevention, wellness, and functional performance.

Moreover, Gordon serves his profession at both the local district and national level. He is Associate Editor of the Independent Study Courses and an advisory panel member for the Orthopaedic Section of the American Physical Therapy Association. Locally he is a member of the nominating committee for the southwestern district of the Pennsylvania Physical Therapy Association.

Gordon's hobbies consist of brewing and enjoying craft beer and woodworking, but most of all, in his free time he loves spending time with his family and dog doing pretty much anything outdoors.

Schweitzer Fellow



► Kerrie O'Donnell has been accepted into the 2016-2017 class of Schweitzer Fellows. The mission of the Pittsburgh Schweitzer Fellows Program of the Albert Schweitzer Fellowship is improving the health and well-being of vulnerable people now and for the future by developing a corps of Leaders in Service—professionals skilled in creating positive change with and in our communities, our health and human service systems, and our world. Working in collaboration with a local community agency, each Fellow will design and implement a service project.

Kerrie will implement her project in Homewood, where she will provide free aerobic dance classes to underserved women in a safe and accessible setting. Chronic stress has profound health implications. Laughter and dance are proven ways to decrease stress levels. Her project seeks to improve health, reduce stress, and empower women by increasing physical activity and by creating opportunities for her population to take leadership roles in the class. The project will run from June 2016 to April 2017 but could continue indefinitely with the assistance of successive Schweitzer Fellows.

PT Fund Continues to Grow

► As you may remember, two years ago, 22 alumni jump-started the PT fund by becoming “Leadership Donors.” Thanks to their generosity and that of other donors over the years, the fund is now endowed at over \$35,000. This fund was accessed for the first time this year by students from the class of 2017, who received matching funds to support their attendance at the APTA’s NEXT conference in Nashville. As the fund continues to grow, it will be used exclusively for current students to support participation in educational and leadership opportunities. Eventually when we reach our goal of \$100,000, we will be able to provide much needed scholarship assistance each year to current physical therapy students. Please consider making a donation to the PT fund. You can do so either by visiting the website: <https://www.chatham.edu/giving/gift/?fund=pt> or by sending a check made out to Chatham University PT Fund to Dr. Joe Schreiber, Chatham University, Woodland Road, Pittsburgh, PA 15232. Thanks very much.

ALUMNI EVENTS



Erik Simpson, Brian Campbell, and Rebekah Gilbert, all from the DPT Class of 2014, at the Alumni Reception at 2016 CSM in Anaheim, CA

► We are excited to announce the first ever Chatham DPT program family picnic! This will be held on Sunday, October 9 at Rhododendron Grove in Highland Park, not far from the Zoo. Look for an invitation and more details very soon.

Do you have professional news? Are you interested in accessing the online directory? In order to get the most up to date information from your alma mater, please be sure to keep your contact information updated with the Office of Alumni Relations.

Keep in touch with Chatham and your classmates by visiting chatham.edu/alumni. There you can become a member of the alumni directory, view and share classnotes, as well as register and pay for events online! Contact alumni@chatham.edu for your unique ID needed to login!