

Where there's a Will, there's a way



Physical therapist Karen Royall works with toddler William Gillespie while his father plays videos for him on his phone during one of his sessions.

Monarch Physical Therapy helps toddler with rare heart condition get on his feet

When William Burke Gillespie cried his first cry on Aug. 16, 2016, Mike and Heather knew ahead of time that their son's birth would be the start of an uphill battle. His opponent was Tetralogy of Fallot, a rare congenital heart defect requiring major surgeries to correct.

What the first-time parents didn't know at the time was that ODU Monarch Physical Therapy Clinic would inevitably play a key role in getting "Will" on his feet – literally – for

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From left, Mike Gillespie, William and physical therapist Karen Royall.

Dean's Message: Major Gift Officer

Explore the possibilities with the gift of giving

Three years ago, the ODU School of Dental Hygiene identified a pressing need: Most of the equipment in the Dental Hygiene Clinical Care Facility that was purchased in 1998 had exceeded its functional life. Chair casings were cracked and broken; hoses were crimped and twisted on the old dental equipment; and cabinets were scuffed from use and supply drawers and doors no longer operated efficiently. The Beazley Foundation responded to the need and donated \$50,000 to the School of Dental Hygiene to replace dental chairs and dental cabinets in the Dental Hygiene Clinical Care Facility. The Beazley Foundation donated \$50,000 in 2015 and this past August made an additional gift of \$75,000 to support the renovation of the Dental Hygiene Clinical Care Facility. Judge Richard Bray and the Beazley Foundation are committed to providing state-of-the-art equipment for our students and faculty so they are better able to serve the oral healthcare needs of the Hampton Roads community.



Manisha Sharma,
Major Gift Officer

The Beazley Foundation is just one example of individuals supporting the ODU College of Health Sciences. As an expression of gratefulness to ODU Monarch Physical Therapy Clinic, the Sheffield family recently raised \$39,000 and donated it to the clinic through Eggleston Services for the purchase of a cutting-edge piece of equipment that helps those with debilitating spinal cord or head injuries. On Nov. 19, the second annual Fight Like Mike: The Hunt event is planned, with all net proceeds from the scavenger hunt to be donated to the Monarch PT Clinic. This is an inspiring way in which the Sheffield family and supporters have displayed their gratitude to the clinic for the wonderful treatment they have received and to ensure the ongoing treatment of individuals suffering from spinal cord injuries.

Since its inaugural year in 2012, #GivingTuesday has become a movement that celebrates and supports giving and philanthropy. In 2016, \$177 million was donated to nonprofits on #GivingTuesday. #GivingTuesday harnesses the potential of social media and the generosity of people around the world to bring about real

change in their communities; it provides a platform for them to encourage the donation of time, resources and talents to address local challenges. It also brings together the collective power of a unique blend of partners — nonprofits, civic organizations, businesses and corporations, as well as families and individuals—to encourage and amplify small acts of kindness.

Your opportunity to give back to the College of Health Sciences is right around the corner! On Giving Tuesday, Nov. 28, 2017, the College of Health Sciences will be a part of the inaugural ODU Crowdfunding campaign. In addition to the Fight Like Mike: The Hunt campaign, you will also have the opportunity to support the Global Health Heroes Program. Developed by the ODU Center for Global Health, Global Health Heroes teaches students the significance of health behaviors. Learn more about these projects and support these efforts at www.give2odu.com/crowdfunding.

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From the Editor

As we embrace new life, we reflect on those we lose

This edition of the College of Health Sciences Newsletter is a celebration of life and a celebration of legacy.

I can't fully express the joy of seeing little Will Gillespie battle back from adversity after two heart surgeries just after birth. I'll not spoil the story (on the cover), but I feel you will be moved when you read it. It provides a perfect example of perseverance, faith and coordinated care, and how these things combine to create a recipe for positive healthcare outcomes.



Irvin B. Harrell

As for legacy, I can distinctly recall the first time I saw Professor Jim English. He was sitting in one of the hallway chairs on the second floor of the College of Health Sciences building – you know, right by the back stairwell. He was a rotund fellow, with gray hair, a gray beard and suspenders. He looked like a cross between (and I'm about to show my age) Santa Claus and Mr. French from the 1960s-early 70s sitcom "Family Affair."

Surrounding him were students, some sitting next to him, some standing, almost as if they were waiting their turn to tell him what they wanted for Christmas. He seemed in his element, and I would find out later—when I wanted to write a profile on him – that he truly was. You see, the late Professor English enjoyed his students and they adored him, in fact, they were the best part of his long-term career at Old Dominion University, he told me. He will be missed.

Ambassadors in Physical Therapy

Dr. Allen Jones Jr., an College of Health Sciences Advisory Board member, and Dr. Elizabeth Locke, from the School of Physical Therapy and Athletic Training, attend the Federation of State Boards of Physical Therapy in Santa Ana Pueblo, New Mexico this month. Jones serves as a delegate for the state of Virginia and Locke serves as an alternate Virginia delegate to the federation.



ALBER JAMES ENGLISH 1947-2017

Professor leaves lasting impression with students

By Irvin B. Harrell

Former Associate Professor Jim English, who was the director of the Bachelor of Science in Environmental Health Program at Old Dominion University for more than 25 years, died Tuesday, Nov. 7. He was 70.

“This is truly a great loss for our students and our school,” said Dr. Muge Akpinar-Elci, professor and chair of the School of Community and Environmental Health. “His students and colleagues will deeply miss him. Our heartfelt condolences go out to his family and friends.”

English received his Master’s of Science in Community Health Education at ODU in 1982. His expertise was in food safety, public health, environmental health, biological and chemical terrorism, as well as mosquito control of vector-borne diseases, communicable and infectious diseases, and water pollution.

Before returning to teach at ODU’s College of Health Sciences, he was the director of environmental health services and the deputy director of public health for the City of Norfolk. He took over as Environmental Health Program director in August 1988. At that time, the program was under the School of Community Health Professions & Physical Therapy in the College of Health Sciences, created in 1986. In wasn’t until 2002 that the Environmental Health Program moved into the School of Community and Environmental Health.

“Jim was very passionate about the health of the residents of the city of Norfolk which was evident by his community advocacy,” said Interim Dean Richardean Benjamin, from the College of Health Sciences. “Students were urged to become involved and one example was the “adopt a street” initiative for the student environmental health organization.”

Throughout his more than 40 years of affiliation with the program, English grew increasingly attached to its



As a retirement present, Professor English, from the School of Community and Environmental Health, received a rug with an image of him posing with some of his students.

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mission and its impact.

“But the thing I will miss the most is the great and wonderful students that I have had the pleasure of advising and having as students in my classes and working with in Environmental Health program,” he said, just before his retirement in August 2015. “I have many students contact me who have graduated and tell me what they are doing now and that is always very satisfying to me.”

In honor of the work of Professor English throughout his tenure at ODU, Marton Technologies, Inc. created a scholarship in 2015 to support B.S. students studying Environmental Health and M.S. students studying Community Health who are pursuing a career in Industrial Health and Occupational Safety and Health.

If you would like to honor the memory of Jim English, please consider making a gift to the scholarship in honor of Professor A. James English. To make your gift, please visit www.odu.edu/efgive



FLM

FIGHT LIKE MIKE: THE HUNT



The Story: In 2016, martial arts instructor Michael Sheffield suffered a serious spinal cord injury. During his rehabilitation, he received amazing care from ODU Monarch Physical Therapy Clinic. In gratitude, the Sheffield family and supporters plan a fund-raising scavenger hunt, with net proceeds going to the clinic.

Where: Bearded Bird Brewing, 727 Granby Street, Norfolk, Va.

When: Sunday, Nov. 19 @11 a.m.— 4 p.m., with a silent auction/raffle with entertainment 4-7 p.m.

Details: Teams can have up to four members. The cost is \$25 a person and includes a Fight Like Mike T-shirt. Event sponsorships also are available.

For more information: Join the fun on Facebook at "Fight like Mike: The Hunt." Contact us at admin@flmthehunt.com



WILL

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the first time.

Heather Gillespie says the weeks leading up to Will's birth and the days following were difficult to process or even believe.

"We took everything step by step," she says. "We had four to five doctor appointments a week before he was born. All we focused on was doing whatever we had to do to get Will through this."

The baby's battle began at Children's Hospital of The King's Daughters (CHKD) in Norfolk. Days after being admitted to the hospital, he was transferred to the University of Virginia Health System where his needed operations could be performed. That's when things hit home, Heather said.

"Will was set to be released from the CHKD neonatal intensive care unit, but had to extend his stay after he had a tet spell (rapid drop in the amount of oxygen in the blood)," she says. "The next thing we know they've packed Will up and we're in an ambulance on the way to UVA. I think that's when it sunk in and it became real. There was a lot of fear and sometimes anger but mostly determination to get him through this."

Will suffered from what is known as blue-baby syndrome, a condition characterized by a bluish tint to the skin because of the deoxygenated state of his blood. On Aug. 30, he had his first open-heart surgery to install a shunt connecting his pulmonary artery to an aortic artery, providing more oxygen to his system.

"The shunt was designed to get him to his next surgery," Mike Gillespie says. "Six months later he had his big surgery to reconstruct his heart."

The first surgery took a little more than four hours and required hospitalization for 30 days. The second surgery took seven hours and involved several procedures. His pulmonary artery was widened. His aortic and pulmonary arteries were flipped to a normal position. A hole in his heart was patched.



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“The day after the surgery we could see a complete change in color,” Mike says. “Six months before that surgery all night he was on an oxygen monitor. His normal blood-oxygen levels were in the 70 percent area.”

Normal oxygen-blood levels in typical humans is 95 to 100 percent. Anything less can have catastrophic results such as cardiac arrest.

Will spent just five days in the hospital after the second surgery.

The Gillespies had to make some drastic life changes following Will’s surgeries, Heather says.

“I pretty much had to work from home for months while Will recovered from, or got ready for, surgery,” she says. “I slept on his floor for the first month after we got back from UVA because he had an (nasogastric) tube and had to be fed every three hours. We had to check his oxygen levels frequently and check in with doctors a lot but otherwise he was a normal little boy.”

Preceding his second procedure, Will began treatment at ODU Monarch Physical Therapy Clinic, which began accepting pediatric patients about two years ago. Before arriving there and after his second operation, Will faced sternal precautions, which are steps taken to protect the breastbone after open chest surgery.

The time spent on his back caused a delay of crucial developmental stages in William’s life.

“His hard-wiring of his brain was fine; he is otherwise just a typical baby, but because of what happened – that put him at a delay,” said Karen Royall, a pediatric physical therapist, who has been working with the Gillespies since they have arrived at the clinic. “When William first arrived, he had difficulty rolling and difficulty pushing up on his tummy because he had never been on his tummy.”

At home things were stressful, but not overwhelming, Mike said, and there was one saving grace.

“We were first-time parents, so we didn’t know any different,” Mike says. “Once we got here, we were able to get him off those sternal precautions such as don’t pick him up by the chest, don’t pick him up by the arms, because he had to be on his back all the time while his chest plate healed.”

Royall worked with the Gillespies on Mondays and Wednesdays, focusing on helping Will play catch-up on



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his developmental skills.

“A large part of the treatment is in parent education about their child’s condition, abilities, problems and goals,” she says. “The parents are then given ideas on what they can do at home to encourage their child’s development and to address their problems throughout the day as part of their routine. For example, incorporating stretching into their diaper changes or helping Will to take assisted steps with a toy walker to get to the high chair.”

Collaboration with other healthcare providers has been essential as well, Royall says. Once she developed a plan of care for Will, she sent it to his doctor for approval, and she continues to work with occupational and speech therapists, orthotists and physicians as needed.

Royall says the biggest difference between physical therapy for babies and adults is that babies don’t have prior experience and are developing and acquiring new skills all of the time. Babies also are not able to follow directions and simply exercise the way an adult would. Thus, “play is used to stimulate the baby to move.”

The Gillespies took some time off after Will’s second surgery, then returned to Monarch PT in April. Since then, the 15-month-old has been making strides and in August he scaled back to once-a-week visits.

“For his gross motor skills, he’s close to 11 months,” Royall says. “What’s stopping him is not walking by himself or really standing by himself, but he’s upright, trying to climb. He has total development of fine motor skills, in what he says and what he understands. He’s a very, very bright boy. And he’s so responsive.”

With the exception of a surgical scar down his chest Will, with his wispy brown hair and beautiful smile, displays a delightful precociousness during his sessions at the clinic. As he goes through his strength-through-play exercises, he mixes his physical conquests with an occasional burst of “I did it!”

Mike, Heather and William Gillespie may have weathered some rough patches, but to see the family together you wouldn’t know it. There’s a warmth and bond that thickens the air as the couple gazes upon their bundle of joy during his therapy sessions at the clinic. And past all the setbacks and triumphs, there have been some powerful lessons learned, Heather says.

“Patience. To take everything as it comes and just get through it one day at a time,” she says. “Compassion, because as hard as we thought things were, we saw so many other children and their families dealing with illnesses much worse than Will’s. You never know what people are going through or what they may have been through.”



Heather, Mike and William share a moment at the Monarch PT cCinic.

SCHOOL OF DENTAL HYGIENE

ADEA article highlights school's research

This edited article, courtesy Susan Daniel, A.A.S., B.S., M.S., Ph.D., chair of the School of Dental Hygiene, appeared on the website of the American Dental Education Association.

The Gene W. Hirschfeld School of Dental Hygiene has an active in the student community and is engaged in research. The school offers three programs: an entry-level B.S.D.H., a post-licensure B.S.D.H. and an M.S.D.H. Ten full-time faculty and 16 adjunct faculty compose the school's teaching faculty, program directors and chair, plus three full-time staff members who provide support to the students, clinic and faculty.

Recently, School of Dental Hygiene faculty members Gayle McCombs, M.S., and Lynn Tolle, B.S., M.S., teamed up with Aaron Arndt, Ph.D., M.B.A., Associate Professor in the Strome College of Business, to lead a series of research projects to determine perceptions held by consumers, dentists, dental hygiene students and dental hygiene program directors of dental hygienists with visible tattoos. This collaboration resulted in five publications and six presentations, with three graduate students completing thesis research in this area. Katie Search, a 2017 graduate, took first place at the Dentsply Sirona Graduate Research competition at the 2017 American Dental Hygienists' Association Annual Conference for her research with dental hygiene program directors on perceptions about tattoos.

Ann Bruhn, B.S.D.H., M.S., combined her expertise in radiology with the forensics knowledge and leadership of Tara Newcomb, B.S.D.H., M.S., to procure two internal grants for radiographic forensic odontology research, resulting in seven publications and multiple presentations at ADEA and national forensic conferences.

ODU students and faculty gave three presentations at the 2017 International Association for Dental Research meeting in San Francisco. Denise Claiborne, Ph.D., M.S., presented her doctoral research, "Children's Oral Health Practices of Nurses Following an Educational Intervention," as a poster. Master's degree graduate Futun N. Alkhalifah presented her thesis research as a poster presentation. Jafar Allabduh, a current Ph.D. student, presented a poster titled "A Systematic Review on the Validity of Teledentistry."

Sharon Stull, M.S., who coordinates community education and service for the school of dental hygiene, has developed an extensive educational experience for students throughout the Hampton Roads area to travel to Ireland and Guatemala. Lee Melvin, D.D.S., and Stull also work with students at Mission of Mercy and Chesapeake Care Center community service days. During the 2016–17 academic year, dental hygiene students delivered free preventive services to more than 4,000 residents in the Hampton Roads area, totaling more than \$106,000.



From left: Lynn Tolle, B.S., M.S., Gayle McCombs, M.S., and Aaron Arndt, Ph.D., have collaborated on tattoo research.

SCHOOL OF NURSING

DNP grad makes history among state House delegates

Associated Press/PBS/Staff reports

Dawn Adams, a graduate of Old Dominion University's Doctor of Nursing Practice (DNP) Program and adjunct faculty in the School of Nursing, is the first openly lesbian lawmaker in the Virginia House of Delegates, according to the Associated Press.

"Dawn is well positioned to address the health care crisis in Virginia," said Carolyn Rutledge, director of the DNP program. "Her vast knowledge on the role nurse practitioners can play in healthcare, understanding of the healthcare needs in Virginia, and drive for healthcare access equips her to advocate for new models of healthcare in the Commonwealth."

Adams, a Democrat, will represent the Richmond area after defeating Republican incumbent G.M. "Manoli" Loupassi. Loupassi "has represented the district for past 10 years," AP reported.

"She will be able lend a voice of professional knowledge and experience to discussions of proposed legislation aimed at improving access to health care, as well as granting advanced practice nurses full practice authority," said Karen Karlowicz, chair of the School of Nursing.

Adams claimed victory Nov. 8. Loupassi actually conceded the race on election night Tuesday, but the AP at that point said the race was too close to call. Adams' victory gives Democrats 49 seats out of 100 in the House of Delegates.



Dawn Adams

MEDICAL DIAGNOSTIC & TRANSLATIONAL SCIENCES/DENTAL HYGIENE

Change of guard

At this month's Allied Health Honor Society induction ceremony and business meeting, the organization (from left) welcomed new President Barbara Kraj and new Secretary Denise Claiborne, while acknowledging outgoing officers Ann Bruhn and Tara Newcomb (former president and former secretary, respectively).



Upcoming Events

November

November 22-24 Thanksgiving Holiday - University Closed

December

December 8 Classes End

December 9-15 Final Exams

December 14 Student Honors and Awards, 6:00 p.m. Webb Center, Hampton/Newport News Room

December 16 Fall Commencement, Ted Constant Convocation Center

December 20 University Faculty and Staff Holiday Reception, 3:30 -5:00 p.m.

Location: Broderick Dining Commons

December 21 -Jan 2 University Closed for Holiday

January 2018

January 2 University Reopens

January 6 Spring Classes Begin

January 13 - 15 No Classes

January 15 Martin Luther King Holiday - University Closed

February 2018

February 7 Program Director's Meeting and WEAVE Training (Assessment Best Practices & Maximizing your Assessment Feedback, 12:00 - 1:00 p.m., COHS Computer Lab

February 9 COHS Advisory Board Meeting, 8:30-11:00 a.m.,

Location: COHS Annex - Room 1008, Tour of C&EH (members only)

February 24-26 Dental Hygiene - Winter Weekend Continuing Education

February 24 Scholar's Day (ODU Admissions Event)