

COLLEGE OF HEALTH SCIENCES

NEWSLETTER


OLD DOMINION UNIVERSITY
 COLLEGE OF HEALTH SCIENCES
 I D E A FUSION

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Newsletter Date

Assistant Dean's Message

Dear Faculty, Staff, Students, Alumni and Friends of the College,

I am thankful the winter is over and spring is here. Not only are the flowers opening but so has *ODU's Monarch Physical Therapy Clinic!* Many thanks go to the team of 15 ODU faculty members and administrators who persisted in making the on campus patient care and research facility a reality. All are invited to call and/or stop by ODU's Monarch Physical Therapy Clinic and put a Spring in your step. Meanwhile, health sciences students are achieving the final stages of degree completion and we have highlighted a few outstanding accomplishments. See if you can find the 43 students highlighted in this April issue. Global impact made by ODU Health Sciences students during this spring semester is a source of pride to the faculty, program directors and school chairs. Studying abroad is typically one of the most challenging and rewarding experiences of a student's college career and the featured Health Science students tell a wonderful story of improving the quality of life of Guatemalan people while making new and rewarding relationships. Local impact was made by the Student Nurses Association who supported the health benefits of breastfeeding and by the Physical Therapy Club providing support for families in need of shoes for their children. We will have more stories of achievement and impact for you next month in the final issue of the 2013-2014 academic year. Please submit your stories to Tammie Smith tsmith@odu.edu by May 7th and we will continue our monthly communications in September.




 Assistant Dean

Open for Business!

By Laura Thom, Practice Manager, ODU Monarch Physical Therapy & Lisa Koperna, Clinic Director

ODU Monarch Physical Therapy is excited to announce that we are now officially open and treating patients! We are in network with most major insurance carriers and in the contracting process with many more. To check our rapidly expanding list of insurance contracts, call Laura Thom at 683-7041. And if you haven't seen our clinic yet, please stop by for a tour! We are located in the Health Science Annex at 1015 W. 47th St., between Killam Ave. and Monarch Way.

ODU Monarch Physical Therapy is truly unique. Fully owned by Old Dominion University -- a state institution -- we render physical therapy services to the general public, function as an educational resource for students, and provide opportunities for clinical research.

We owe a huge debt of gratitude to our clinic development team! These dedicated individuals worked together to discuss, analyze, resolve countless challenges, and satisfy many layers of oversight during this complex endeavor. So a million thanks to: Ken Blow, Mary Deneen, Jim Duffy, Dean Hennett Jerri Kemp, Lisa Koperna, Earl Nance, Melanie O'Dell, Harry Smithson, Doug Streit, Laura Thom, Martha Walker, Vanessa Walker, Bruce White, and Jay Wright.



Graduate Research Achievement Day for Center for Global Health

The fourth annual Graduate Research Achievement Day (GRAD Day) was held on March 27, 2014 and was a widespread success for Old Dominion University (ODU). GRAD Day offers an opportunity for graduate students to share their unique and significant research with other students, faculty members, and members of the local community. A record 124 bright and enthusiastic graduate students from all six colleges at ODU participated in this year's event at Webb Center. GRAD Day was broken-down into two sessions: a morning session (9:00 am to 12:00 pm) where 27 students gave lively oral presentations in the Rivers Room and a mid-day session (12:00 pm to 2:00 pm) where 97 students showcased their innovative posters in the North Mall of the Webb Center.



Dr. Akpinar, Ms. My Ngoc Nguyen and President Broderick.

Ms. My Ngoc Nguyen presented a poster on pesticide exposure in the Caribbean. Ms. Nguyen is the Center for Global Health's Graduate Research Assistant and a PhD student in the Health Services Research doctoral program at ODU. She received very positive feedback on her poster from numerous students, faculty and university administrators. President Broderick paid a visit to her poster and shared his insights on conducting research as well as his positive impressions of her poster presentation.

Dr. Akpinar, Director of Center for Global Health, hopes to maintain a strong presence and showcase many more high impact global health projects at future GRAD Days.

Margaret Constante, DNP Candidate, Chosen to Carry the Doctorial Banner in Commencement Ceremony



A fundamental belief in life long learning has been a driving force throughout her professional career. **Margaret Constante** decided to return to school to obtain her Doctor of Nursing Practice (DNP) after seven years practicing as a nurse practitioner (NP) at Commonwealth Dermatology in Richmond, Virginia. The DNP program has provided her substantially more than a degree. She feels more prepared than ever to be part of the solution to the ever-changing health care environment. Margaret have strengthened her clinical expertise, and developed increased business, leadership, research, and policy skills as a result of ODU's program.

As part of her DNP capstone, Parental Empowerment Program for Children with Atopic Dermatitis: Interventions Utilizing Telehealth, she created an educational, multi-media based website, to embolden parents in managing atopic dermatitis, which combined with the Eczema Clinic she currently provide, resulted in improved management outcomes in parents and clinical outcomes in their children. The results of this study also provided future opportunities for using telemedicine in caring for atopic patients and families, and to reach other patients with dermatology specific needs who don't have access to care.

Her plans for the future are to continue practicing as a dermatology nurse practitioner, while at the same time working toward the integration of telehealth and functioning as an inter-collaborative team member at Commonwealth Dermatology, in addition to seeking out and pursuing opportunities for further research, publication, and providing leadership nationwide as a dermatology NP.

ODU Global Health Education Program

Antigua, Guatemala

March 7-15, 2014

Clara Dalton, BSN Student

Over spring break, 3 nursing faculty members, 15 nursing students and 1 dental hygiene student spent eight memorable days in Antigua, Guatemala. Partnered with Corazon de los Niños (Heart of the Children), an organization that serves 22 villages in the Sacatepéquez state, we provided health care services and education to the underprivileged people of Guatemala. We had the opportunity to learn about their mission, the health and social services they provide, as well as the social, economic, and health issues that arise in Guatemala. Our first service project involved going to a school and presenting oral hygiene and hand washing teaching modules to over 150 children. We also toured a local, nonprofit hospital and observed Guatemala's health care system in practice. We then attended an informative presentation by a local doctor about Guatemala's public health issues, particularly common childhood diseases. For our second service project, we delivered vegetables to the women and children of a resource-limited village outside of Antigua. Along with the women of the community, we attended a presentation on the importance of nutritional eating. Then, we were able to accompany the families back to their homes to deliver the vegetables. Many lived in small houses built with corrugated metal and dirt floors. They cooked their meals over wood stoves. Despite their extreme poverty, the people were very proud of their homes and welcomed us in. We also visited two different villages and worked in the Corazon de los Niños clinics, assessing patients, monitoring height, weight, and blood pressure, checking for lice, and working with the local physician to triage patients. We saw over 40 patients at one clinic and over 100 at the second, all of whom had limited or no access to health care without the services provided by the Corazon de los Niños clinic.

The following nursing students participated: Taiquita Ardan, Katherine Babb, Dianna Collette, Clara Dalton, Danielle Cribb, Amanda Frederick, Soonja, Heber, Tara Liske, Shanna McVean, Lindsey Northup, Amanda Porter, Kimberly Price, Katherine Speak, and Deborah Vance. From the dental hygiene program: Alisyn Olsovsky, and faculty members, Deborah Gray, Janice Hawkins, Christine Sump participated in the Global Health program.



ODU Global Health Study Abroad Group at the Corazon de los Niños headquarters in Antigua, Guatemala.

Physical Therapy Club Donates \$500

In April, Old Dominion University's Physical Therapy Club flexed its philanthropic muscles with a \$500 donation to the Miami-Marquette Challenge in support of the Foundation for Physical Therapy. The DPT program's first and second year students went head-to-head in the Shoes4Kids Program, raising more than \$160 for children and families in need. Later this month, the students will put their training to use at the annual Tour de Cure cycling event, providing post-ride therapy and relaxation for the participants in the massage tent.

In addition to the health service projects, we had several opportunities to enjoy the beautiful country and culture of Guatemala. Some highlights were taking an exciting boat ride across Lake Atitlan, zip lining, and hiking an active volcano, Volcan Pacaya. We also had one to one Spanish lessons at a local Spanish school called La Union, where the teachers focused on providing us with Spanish medical terminology to help us work with the patients we saw during our service projects. Other activities included a salsa and merengue dance lesson, a visit to a coffee farm and Mayan museum, shopping and exploring in Antigua, and enjoying the local cuisine. Overall, it was both a fun and life-changing trip. Experiencing the health care system in a developing country made a major impression on us, redefining our views on health and increasing our cultural awareness.



Nursing students assessing patients at the Corazon de los Niños clinic.



Dental Hygiene student performing oral inspections for the patients at the clinic.



A student delivering vegetables to poor families after they had attending a presentation on nutrition.

Announcements

- **Greg Scott**, Community and Environmental Health student, successfully defended his dissertation on March 20, 2014. Greg's topic of research was "Modeling Solutions for Prevention of Medicare Insolvency for the Baby Boomer Generation (1946-1964)."
- **Koren S. Goodman**, Health Services Research student, successfully defended her dissertation on April 1, 2014. Koren's topic was "Utilizing the Technology Acceptance Model to Predict System Use of an Interactive Behavior Change Technology to Deliver Virtual Diabetes Health Education."



Koren shown with her dissertation committee members (l-r): Dr. Ginger Watson, Koren Goodman, Dr. Holly Gaff and Dr. Elizabeth Locke.

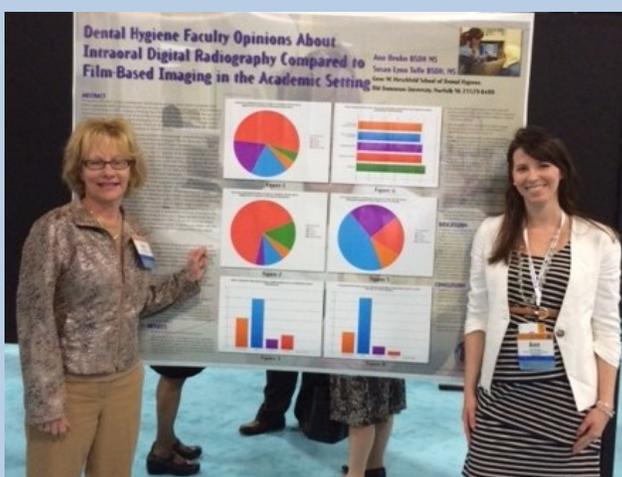
- **Kurt Heisler**, Community and Environmental Health student, successfully defended his dissertation on April 2, 2014. Heisler's topic is "Assessing the Fit Between Child Welfare Information Systems and Frontline Workers: Development of a Task-Technology Fit Instrument."



Kurt shown with his dissertation committee members (l-r): Dr. James Paulson, Kurt Heisler, Dr. Jim Neff and Dr. Holly Gaff.

- Six faculty members from the School of Dental Hygiene presented at the March the American Dental Education Association in San Antonio, Texas.
 - ◆ Tara Newcomb and Ann Bruhn, "Radiographic Imaging for Disaster Victim Identification in Dental Hygiene Students"
 - ◆ Ann Bruhn and Lynn Tolle, "Digital and Film-Based Imaging: Dental Hygiene Faculty Opinions"
 - ◆ Joyce Flores and Tara Newcomb, "Avatar-Medicated Practice Scenarios to Evaluate Cross-cultural knowledge and understanding"
 - ◆ Sharon Stull and Ann Bruhn, "Assessment of Dental Hygiene Degree Completion and Graduate Programs"
 - ◆ Susan Daniel, "m-Health in Dentistry: The Use of Smartphones in Oral Care"

Dr. Daniel also presented at the March annual session of American Association and Canadian Association for Dental Research, "Presence of Permanent Molars and Prevalence of Dental Caries"



Lynn Tolle, University Professor and Assistant Professor Ann Bruhn, School of Dental Hygiene.

ODU Student Nurses' Association Members Give Back to the Community

From August to December 2013, members of the Old Dominion University Student Nurses' Association (SNA) logged more than 253 hours volunteering at various community activities, including health and wellness fairs and fundraisers for nonprofit organizations.

SNA is a student-run professional organization that strives to organize, represent and mentor students preparing for licensure as registered nurses as well as those enrolled in baccalaureate completion programs.

The association sponsors a variety of volunteer events that center on aspects of health care or community building at ODU and beyond. One of those recent events involved a trip nursing students made to Bayside High School's Health Science Academy in Virginia Beach to teach students how to properly measure blood pressure.

"ODU students were able to share their expertise and gain confidence in the skills that they have learned as nursing students," said Janice Hawkins, the chief academic adviser for ODU's School of Nursing. "Bayside benefited from their individual assistance and guidance with this hands-on skill."

SNA activities and events provide opportunities to promote development of skills that students will need as members of the nursing profession and advocates for high-quality health care. ODU officially recognized the SNA as an organization in 1975. In the years since, membership has grown from 10 to a current roster of 58.



ODU Student Nurses' Association President **Leah Fielder**, center, instructs two students from Bayside High School's Health Science Academy in the proper method for measuring blood pressure.



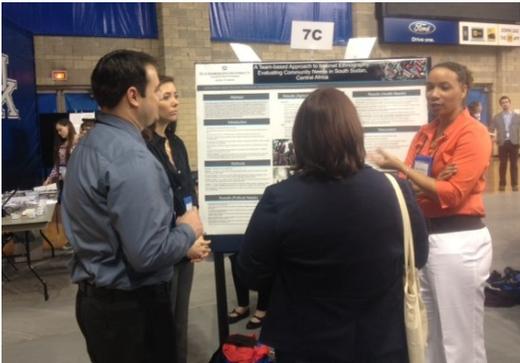
ODU Student Nurses' Association members (left to right) **Soonja Heber, Ashley Atkinson, Ashlan Brown, Leah Fiedler, Halle Healy, Lizamarie Bedolla and Elisa Hendrix** pause for a group photo during a recent trip to Bayside High School's Health Science Academy, where they taught students how to properly measure blood pressure. **Not pictured: SNA members Robert Dortman and Raul Cardona.**

SNA joined the Virginia Student Nursing Association and National Student Nurses Association, and ODU student members were in attendance at their recent respective conventions, including the VSNA convention, in January, which was attended by the SNA's full membership.

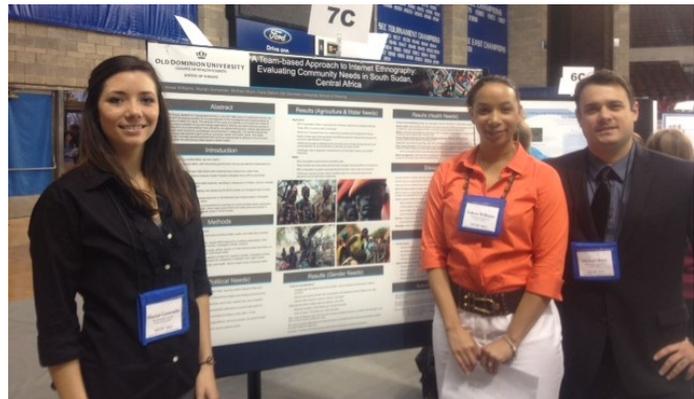
The efforts and dedication put forth by SNA officers have helped to improve SNA's standing and have gained the attention of many students, from freshmen to seniors," Hawkins said. "SNA strives to make the experience personable and professional, so the underlying theme of SNA is interpersonal relationships and appreciation: all members offer something unique and beneficial for growth and success of an organization. Students are encouraged to be active members, as well as leaders within the organization, so students feel more welcome and free to express ideas and creativity. They're given the opportunity to practice leadership skills that will be critical in nursing careers."

To learn more about academic and career opportunities available through the ODU School of Nursing, visit the [College of Health Sciences website](#).

Nursing Students Presents Poster Presentation at the University of Kentucky



BSN students, **Marion Gemender, Lakesa Williams, Michael Short and Clara Dalton** recently presented their research poster: "A Team-Based Approach to Internet Ethnography: Evaluating Community Needs in South Sudan, Central Africa" at the Nation Conference for Undergraduate Research at the University of Kentucky. Their project was chosen from over 4,000 submissions.



Dental Hygiene Faculty Members Complete Technology Professional Training for Telemedicine

At the completion of the Mid-Atlantic Telehealth Summit held in Fredericksburg, VA, each faculty member completed both a written and practical laboratory examination in *Technology Professional Training* for Telemedicine. Instructors and summit panelists represented Kentucky, Maryland, DC, Delaware, North Carolina, Pennsylvania, Virginia and West Virginia and included federal and state government officials, medical, clinical and telehealth administrators, academicians and practitioners. Participants learned specific services provided to patients through existing and emerging sustainable telehealth models such as those offered by the Office of Telemedicine, Center for Telehealth, UVA. Applications and prospects for dental hygiene services through teledentistry were explored by the faculty members during their participation in the summit and certification program.



School of Dental Hygiene faculty members **Kelly Williams** and **Joyce Flores** are pictured with UVA Medical Center Telemedicine Manager, Michael Patterson.

ODU Nursing Students Assist with EVMS Breastfeeding Program

A group of Old Dominion University nursing students has worked for more than a year in conjunction with Eastern Virginia Medical School's "Breastfeeding Welcome Here" project, which encourages businesses to support the practice at their establishments.

"Breastfeeding Welcome Here" was created in 2012 as a collaborative project of the EVMS-led Consortium for Infant and Child Health (CINCH), Healthy Norfolk and Healthy Portsmouth. It is funded by a grant from the Virginia Department of Health.

Through a collaboration between EVMS and Old Dominion, ODU College of Health Sciences nursing students Deborah Vance, Chad Del Rosario, Tera Stanistreet, Laura Cagle, Anna Maksimovich, Taj Johnson, Ebony Lindsay, Zack Hedrick and Amanda Frederick have worked on the project since last September as part of their community-health nursing rotation. They contacted potential participants, recruited 30 sites and helped evaluate program outcomes.

Rene Repofa, manager of Pasha Mezze in Norfolk, said participating in the "Breastfeeding Welcome Here" program was a natural fit for her restaurant. "We promote healthy eating here for adults," she said, "so of course we would want to promote the same for infants. Maybe if more infants were breastfed, we wouldn't have to do so much educating when they get to be adults."

As of late March, 53 area businesses, many of them restaurants, had signed up to display "Breastfeeding Welcome Here" posters, said Amy Paulson, CINCH director and an EVMS instructor of pediatrics. The program is needed, Paulson said, because according to national data, while 75 percent of mothers start out breastfeeding, only 13 percent of them breastfeed exclusively, and for African American mothers, that falls to 8 percent.

"If 90 percent of U.S. families followed guidelines to breastfeed exclusively for six months," she explained, "the nation would save \$13 billion annually from reduced medical and other costs." Families who follow optimal breastfeeding practices can save between \$1,200 and \$1,500 on infant formula in the first year alone, Paulson added.

The U.S. Surgeon General's call to support breastfeeding reports these health benefits:

- It protects babies from infections and illnesses that include diarrhea, ear infections and pneumonia;
- Breastfed babies are less likely to develop asthma or become obese;
- Breastfeeding reduces the risk of sudden infant death syndrome (SIDS);
- Mothers who breastfeed have a decreased risk of diabetes and breast and ovarian cancers.

Brannon Godfrey, Portsmouth deputy city manager and co-leader of Healthy Portsmouth, said city leaders encourage businesses to welcome breastfeeding because the city is committed to improving the health of women and children. "Our community's ongoing support to increase breastfeeding acceptance is key to decreasing the barriers to breastfeeding and improving our rates of obesity, diabetes and cancer," he said.

Repofa, of Pasha Mezze, a mother of two children whom she breastfed, would like to see more Hampton Roads businesses welcome breastfeeding. "Society seems to have taken a turn on this issue, but we've never had any customers complain about nursing mothers here," she said.

Melanie Hayes, co-owner of The Cutting Edge in Chesapeake, also has had no customer complaints about her restaurant's participation. "I nursed my daughter for 18 months, so I know how important it is," she explained. "I felt I should be able to nurse her wherever I needed to."

When a few lactation consultants who are regular customers of The Cutting Edge saw the "Breastfeeding Welcome Here" poster, Hayes recalls, "They told me they were happy to see we're participating."



ODU nursing students **Deborah Vance, Chad Del Rosario, Tera Stanistreet, Laura Cagle, Anna Maksimovich, Taj Johnson, Ebony Lindsay, Zack Hedrick and Amanda Frederick** are working with EVMS' "Breast Feeding Welcome Here" project during their community health rotation.



Monarch Spirit: "Volcan Pacaya" by **Danielle Cribb**, student;
photo taken in Antigua, Guatemala, March 2014

Sarah Howells Wins the ODU Alumni Association's Outstanding College Scholar Award with a 4.0 GPA



Sarah Howells is a senior and Old Dominion University's, majoring in Nursing. She will be graduating with her BSN in May 2014. Sarah is an active duty service member of 17 years serving in the United States Navy as a Hospital Corpsman and Advanced Laboratory Technician, earning her Associates in Applied Sciences degree from Thomas Nelson Community College in 2004. She has served in a variety of places during her career to include Armed Services Blood Program, Great Lakes, IL and special duty at the U.S. Capitol in Washington D.C. In 2010 she was selected for the Navy's Medical Enlisted Commissioning Program to attend school full time to achieve her lifetime dream of

becoming a nurse. She will be commissioned as an Ensign in the Navy's Nurse Corps upon graduation. She is also a member of Sigma Theta Tau's Nursing Honor Society.

Sarah was born in Tarzana California, and lived in the Golden State until she joined the Navy in 1996. She is the mother of three boys, twins that are 15 and her youngest, 9. After graduation she will begin her nursing career at Naval Medical Center, Portsmouth.

Laboratory Professionals
Get Results
Medical Laboratory Professionals Week
April 20-26, 2014

The graphic features a stylized green microscope on the left and a green test tube with red bubbles on the right. The word "Get" is in green, and "Results" is in large red letters with a white outline. A red heart is integrated into the letter "o" in "Results".