

From the Director



► I am very pleased to share our annual program newsletter with you and to report that the students, faculty, and alumni continue the great work that is the hallmark of the Chatham's Doctor of

Physical Therapy program. In particular, I'd like to highlight the contribution of current students to the long tradition of service established and sustained since the inception of the program. The class of 2018 and their colleagues in the class of 2019 and 2020 have raised thousands of dollars for Go-Baby-Go and the Out of the Darkness Walk for suicide awareness and prevention. They've also raised funds to support their attendance at professional conferences. The students collected canned goods and non-perishable food items for the East End Community Food Bank; organized blood drives in conjunction with the Red Cross; knitted items for senior citizens in nursing homes; traveled to Ecuador to provide services at clinics for individuals across the lifespan; built upon and improved the impact of the Graduates Go Green and Go-Baby-Go clubs; presented their research

findings at professional conferences; helped senior citizens in Allegheny County improve the safety in their homes; assisted skiers with special needs on the slopes at Hidden Valley; danced with campers at the Woodlands; and assisted patients and families at Bethany Hospice. This is truly an impressive list, and especially for busy graduate students immersed in an intensive 7-semester professional program.

Please read on for information about the accomplishments of faculty and alumni, along with more details about the students and the recent graduating class.

As always, if you have news that you would like to share, or if you have any comments about the newsletter or the program, please send them my way (jschreiber@chatham.edu). You can also post them in our Facebook Group (please join if you haven't already done so!) Please also continue to visit our webpage—chatham.edu/pt—as we regularly post updated information there as well. Lastly, be sure to check us out on Instagram!! Follow us @chathamdpt.

Best Wishes,

From the Dean



► Chatham University, founded in 1869, is proudly celebrating its 150th anniversary in 2019. To honor this milestone, Chatham has planned a year-long celebration that highlights the school's

pioneering contributions to the past, present, and future of sustainability and health, women's leadership and gender equity, and transformative opportunities in liberal arts education, in Pittsburgh and beyond. The culmination of this celebration will be October 12-14: Chatham 150 Celebration & Reunion Weekend. The University will feature a variety of engaging programs, speakers, and events culminating in an immersive, interactive, and memorable celebration featuring the sights and sounds of each era of Chatham's history. We would love to have you join us for any or all of the weekend events. For more information, visit 150.chatham.edu/150weekend.

I would also like to update you on recent events within the School of Health Sciences. The physical therapy program has completed its self-study for re-accreditation and is anticipating a successful onsite visit by CAPTE this fall. The nursing department completed a successful re-accreditation this year and the counseling psychology program has completed their self-study process. The occupational therapy program has been granted

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FACULTY RESEARCH AND SCHOLARSHIP, 2018-2019

Bednarek M. Oxygen therapy in the home health setting. APTA Home Health Section The Quarterly Report. Winter 2018; 54(1).

Bednarek M. Pharmacological management for diabetes mellitus. APTA Orthopaedic Section Independent Study Course 28.4.2.

Bednarek M. Pharmacological management for cardiovascular conditions. APTA Orthopaedic Section Independent Study Course 28.4.1.

Criss M, Bednarek M, Billek-Sawhney BJ, Sawhney R, Wingood Mariana “It’s a WAMI-3! Application of Wellness Aging Model” Educational Session at APTA Combined Sections Meeting Washington, DC January 2019

Eng J, **Bednarek M, Woollard J** “Put the Fast Back into Fast Twitch: Adding Power to the Plan for Older Adults” Educational Session at APTA Combined Sections Meeting Washington, DC January 2019

Bednarek M, Childers C, Panaro N, Shaw D “ Advanced Competency in Home Health Live Training” Invited Preconference Course at APTA Combined Sections Meeting Washington, DC January 2019

Lindenberg K, **Bednarek M, Woollard J** “Knowledge and Perceptions of Genetics/Genomics in DPT Students” Poster at APTA Combined Sections Meeting Washington, DC January 2019

Harro CC. Myers RO. **Perry SB.** Legters K. Barry J. McCombe-Waller S. Practice analysis study: A method for residency curriculum development. *Journal of Physical Therapy Education.* Accepted February 2019.

Romney W. Moore J. Tilson J. **Perry SB.** Deutsch JE. Zeleznik H. Implementing Meaningful Projects to Enhance EBP in Your Clinic. Educational Session- APTA Combined Sections Meeting, Washington, DC, January 2019

Criss M. *Mobility Screens: What to do and what do they mean?* Presented to Geriatric Medicine Training Program, UPMC St. Margaret Hospital, Pittsburgh, PA, December 13, 2018

ATScudder, MJLoughran, JCBucey, MDoas, GStrong, **SJameson,** LO’Keef,” Screening, Brief Intervention, and Referral to Treatment (SBIRT): Expansion of Substance-Misuse Training to Non-Physician Healthcare Trainees” manuscript submitted to Journal of Substance Abuse

Jameson S. Meditation with Guided Imagery: A Tool for Pain Management in the Home. APTA’s Home Health Section Quarterly Report, vol. 53, no. 2. May 2018.

Invited presentation: APTA Combined Sections Meeting “Networking for Teaching Professionalism in Physical Therapy Education” **S Jameson,** January 24, 2019, Washington DC.

Cuka C. McDevitt A. Karas S. Spinal Manipulation in an Adult with Multiple Spinal Fusions Because of Scoliosis: A Case Report. JMMT. (2019)

Cornell S. Faville J. Porter Hoke A. Karas S. A novel biomechanical approach for a runner with plantar heel pain using regional interdependence: a case report. Orthopedic Physical Therapy Practice. Accepted, in print.

Sheldon A. Karas S. Hoke A. Adverse effects of extremity manipulation: A systematic review. *J Chiro Med: in revision.*

Cuka C, McDevitt A, Karas S. Spinal manipulation after multiple fusions in an adult with scoliosis: A Case Report. AAOMPT. (Reno, NV) November, 2018

Thurston C. **Karas S.** The Manubrial Test: *A Novel Assessment for Regional Interdependence in Adolescent Overhead Athletes.* AAOMPT. (Reno, NV) November, 2018

Giannangeli N. **Karas S.** *Structure and function of the alar ligament, a systematic review.* PPTA Conference. (Lancaster,PA) October, 2018

Poster Presentation: “Development of a practical examination assessment rubric for pediatric physical therapist education” Wynarczuk K, Kendall E, **Schreiber J,** Fiss A, Rapport MJ, Gagnon K. Academy of Pediatric Physical Therapy Annual Conference. November 2018.

Kaplan S, Dole R, Begnoche D, **Schreiber J.** Pediatric Faculty Institute Pre Conference. Academy of Pediatric Physical Therapy Annual Conference. November 2018.

Rapport, M. J. K., Gagnon, K., Wynarczuk, K. D., LaForme Fiss, A. C., **Schreiber, J. M.,** Kendall, E. A. Assessment of student performance in pediatric PT: Reliability and feasibility of a new grading rubric. Poster presentation at the ATPA NEXT Conference, Chicago, IL, June 2019

ALUMNI SPOTLIGHT

D'Arcy Hlavin, DPT '12



► D'Arcy Hlavin is a 2012 graduate of the Chatham DPT program. After graduation, she moved to the West Coast and joined an employee owned, outpatient private practice called Team Movement for Life. Through her company, which is partnered with USC, she went through an orthopedic residency program and achieved Board Certification in Orthopedic Physical Therapy in 2017.

For four years, she was a permanent therapist at a Team Movement for Life clinic in Indio, California. However, last August, she was offered a position to travel between the 23 clinics within the company.

D'Arcy reports: To this day, I hear Dr. Perry's voice in my head, "Don't say butt to your patients." Although this did prepare me to interact with my patients in a professional manner, Chatham prepared me for the "real world" in many other ways. PBL cases greatly helped my critical thinking while in the clinic, the manual orthopedic skills and neurologic tests and measures and treatments are

heavily applicable to everyday practice and helped ease the transition from new-grad to 2nd and 3rd year clinician. What I have found most beneficial, however, is the networking and the community and relationships that are built within Chatham. I continue to feel support and encouragement from the staff and professors at Chatham, and am able to reach out, five years later, for help or information, and I am ready and willing to do the same for any Chatham grad.

Tim McBride, MPT '96



► After graduating in 1996 as part of Chatham's inaugural PT class, I went to work for the facility where I completed my last clinical rotation. For 23 years I have been employed by Lancaster General Hospital, now part of Penn Medicine, at their largest outpatient facility: the Suburban Outpatient Pavilion. Also referred to as the "Taj Mahal" by some, it is a magnificent building and lush campus with pond that I am still amazed I get to come to for work. We have expanded three times, once to include a pool, and have recently undergone a million dollar renovation. Yet, what has kept me here is the family atmosphere. Many of the people I started with are still working beside me and we have shared in life's victories, births, graduations and weddings, but have grieved together as well. So I get to work in a beautiful building with great people.

Clinically, I focus on orthopedics and earned my OCS in 2014. Our hospital has established Clinical Excellence Teams, which are designed to create programs and protocols to improve outcomes using the best evidence. I have the opportunity of

sitting on our lower extremity and spine committees and am co-chair of our new chronic pain program. PBL definitely prepared me for these roles.

In 2005, I became a Certified Clinical Instructor and have been Site Coordinator for Clinical Education for the past six years for our 14 outpatient centers. I enjoy this role as I have had the opportunity to interact with Chatham students as well as students from other programs. I have many recurrent patients who tell me I can never retire, since I am the only one they want to see. I respond by telling them, "Why do you think I have all these students following me?" Many of our recent students, including Chatham grads Rob Garner and Kyle Kessler, have become employees.

To any current students reading this I would advise you not to overlook us as a clinical site. You will learn a lot, receive 1-on-1 supervision and have fun with a great bunch of people.

My wife and I are preparing to send our two daughters off to college; my oldest starts this fall and my youngest will head off next year. Unfortunately, I can't talk either into following in my footsteps and become a PT.

ALUMNI SPOTLIGHT

Michael Dzigiel, DPT '10



► Michael Dzigiel is a 2010 graduate of the Chatham DPT program. After graduation he moved back home to Cleveland, Ohio. Mike has been an employee in University Hospitals Cleveland Medical Center Rehab Services

department since 2011. During this time, he has grown significantly as a clinician, leader, and teacher in the department. He has demonstrated a passion for promoting early patient mobility in ICU and has been a great champion in promoting the “E” in the A-F bundle at UHMC. Although it has certainly been a team effort across many disciplines, including physical therapy (PT), occupational therapy (OT), speech-language pathology (SLP), respiratory therapy, nursing, physicians and more, Mike has been a significant and driving force in UHMC’s efforts to improve the quality of care we provide in our ICUs by safely mobilizing patients sooner.

Mike helped create the Intensive Care Unit (ICU) Early Rehab program at University Hospitals Cleveland Medical Center (UHMC) in 2015. He is currently practicing full time as a clinical specialist at UHMC in the acute care/critical care setting. Michael is the lead physical therapist in both the Surgical ICU and Trauma ICU. He has trained and mentored PT/OT members of the ICU Early Rehab team through hands on training/ competency and assisted in the creation of eight didactic modules each member attends during ICU training. He has attended the John Hopkins Critical Care Conference in 2016, and did a poster presentation at Combined Sections Meet though the American Physical Therapy Association 2017 titled

“Physical Therapy Management of an Individual with CentriMag Temporary Mechanical Circulatory Support Awaiting Bridge to Long Term Ventricular Assist Device.” He is a certified APTA Clinical Instructor. He is a member of the American Physical Therapy Association and a section member of the Acute Care Section.

Mike is the proud winner of the UHMC Seventh Annual Sally Ann Shipley Quality Award in March of 2018 for his work in creation of the ICU early rehab program. Nominees for this award should demonstrate excellence and leadership in at least one of the following areas: patient safety/patient care, process and/or procedure improvement and data analysis and/or data interpretation. In 2019 Mike was nominated for Ohio Hospital Association Albert E. Dyckes Health Care Worker of the Year - The Albert E. Dyckes Health Care Worker of the Year Award is presented each year to one Ohio caregiver who personifies a leader, gives back to the community, reflects the mission and values of his or her organization and routinely goes beyond the call of duty.

“Chatham University prepared me for the ever changing field of physical therapy and has allowed me to keep up with current evidence to assist me in advancing physical therapy practice in critical care. PBL definitely prepared me for addressing real world barriers both in clinical practice and with program development. I’ll never forget walking onto Chatham’s campus with a sports and orthopedics PT future on my mind and graduating with the tools to practice in any setting; and with a passion for acute/critical care PT. I believe this is a testament to the excellent faculty and staff of the Chatham University DPT program.”

APTA Maley Lecture Award Winner



► Congratulations to Chatham alumna, Nicole Stout, MPT '98 – she is the recipient of the APTA Maley Lecture Award!!

The John H.P. Maley Lecture Award is annually presented to an APTA physical therapist member who has demonstrated clinical expertise and significant

contributions to the physical therapy profession. The honoree’s lecture is considered to be one of the highlights at APTA’s NEXT Conference & Exposition.

Awardee characteristics include:

- Wide-reaching effects of contributions, as evidenced in the quality and diversity of the letters of support received
- Previous recognition of contributions, as demonstrated by other awards and honors documented in the nominee’s curriculum vitae
- Professional public visibility of contributions, as demonstrated by publications, presentations, invited lectures, appointed and elected positions held, and other information in the nominee’s curriculum vitae
- Sustained and continuous contributions in an area of clinical practice as documented in the letters of support and in the nominee’s curriculum vitae
- Qualitative effects of contributions in an area of clinical practice as documented in the letters of support
- Enduring quality of contributions, or potential for continuing effects of contributions on the physical therapy profession

Way to go, Nicole!!!!

Sean Crandell

2018-2019 Sawhney-Gough Scholarship Winner



► Hello, my name is Sean Crandell. My health care career started at the University of Pittsburgh, where I graduated with a Bachelors in Athletic Training in 2017. I made the decision to go straight from Pitt to the doctoral program of physical therapy

at Chatham University. During my time at Chatham, I have completed two 10-week clinical rotations and look forward to two more experiences this fall. My first placement was at OSPTA North Versailles, while my most recent was at general inpatient rehab at Mercy Hospital. In less than a week I will be doing eight weeks at an outpatient clinic in Denver, Colorado. At the completion of that rotation I'll return to Pittsburgh for another eight weeks at a skilled nursing facility.

It is a great honor to be selected for the Sawhney-Gough scholarship. Considering their contribution to the

University over the years, I am humbled to be named as part of that legacy. I hold a tremendous amount of pride for the physical therapy program at Chatham, both for the staff and my student colleagues. This is a truly special recognition and I hope my impact in the profession can be at least a fraction of what Mr. Sawhney and Gough have done.

The details of my long term plan are slightly foggy. Considering my long standing outpatient experience, that would make the most sense at face value. My time at Mercy hospital, however, was incredibly rewarding. Part of the beauty of the PT profession is how versatile we are as new graduates. I don't anticipate my future will be set this coming December. I have enjoyed guest lecturing for Pitt's athletic training program, in addition to Point Park University dancers. Having some role in education, and the future of the profession certainly has its appeal



Sawhney-Gough: Year 3!

As you know, Raj Sawhney and Steve Gough created the **Sawhney-Gough Clinical Excellence Scholarship** in 2017. After a blinded review process by the faculty, second-year student Sean Crandell was selected as the second recipient of this scholarship this past year. Each year, Raj and Steve commit \$5,000, and we look to alumni support to match this \$5,000 so that we can offer an annual \$10,000 scholarship. An evening alumni/student mixer will be scheduled for October to kick off fundraising for this scholarship in 2019-2020—details to follow in e-mail and on the website. Please join us if you can! For more information about the event or to make a donation, contact jschreiber@chatham.edu or Julia Homa, special projects manager in the Office of University Advancement, at j.homa@chatham.edu.



Raj and Barb, Steve and Judy, and the faculty at the Scholarship Reception

STUDENT SPOTLIGHT

Class of 2019

► The Class of 2019 finished up coursework in May and is currently spread out across the country on their final clinical rotations. Prior to leaving campus to earn their stripes on the job, students completed cardiopulmonary and neurological physical therapy classes. Each term provided excellent observational and hands-on opportunities such as working with amputees at Encompass Health Rehabilitation Hospital of Harmarville and performing patient evaluations on CVA and TBI patients at hospitals like UPMC Mercy and St. Margaret. The Principles of Practice series culminated with service learning project presentations about volunteer experiences associated with places like Safety for Seniors, Bethany Hospice, and the Woodlands. This, in addition to panel discussions and resume development coaching, was helpful in setting everyone up for a successful job hunt come December.

Looking back, at the end of January, ten students took on Washington, DC for the APTA's Combined Sections Meeting after having raised over \$900 with a matching donation from the alumni account; the support they received was an important part of a monumental networking and learning experience. The future is now for this eclectic group of young professionals and the licensing exam in early 2020 won't know what hit it!

Jacob Centra, DPT Class of 2019 President

Class of 2020

► With one year of didactic learning in the books (pun intended), the Chatham University Doctor of Physical Therapy Class of 2020 is set to take their talents into the clinic! The DPT Class of 2020 had a memorable year of academics through developing a strong understanding in some of the foundational topics needed for success in the physical therapy profession. Despite only one year together, the class has developed a strong bond by supporting one another as we push toward our common goals of giving back to communities, healing and helping others live their best lives.

Outside of the classroom, students lead by example and contribute to community organizations through fundraising, volunteering, and serving in leadership roles to enhance the community and

physical therapy profession. Some of the contributions already made by our class include: organizing a food drive for the Greater Pittsburgh area in which 238 lbs of food was collected for those in need during the holiday season; fundraising for various causes, including the American Foundation for Suicide Prevention, where over \$13,000 has been raised by the Chatham community; and taking on leadership roles in programs such as "Go Baby Go!" to provide the means for children with mobility-impairments to experience the enjoyment of riding battery powered cars.

Chatham's DPT Class of 2020 has strived to establish strong interprofessional relationships in the Pittsburgh area by attending social gatherings and



▲ Class of 2019 at the Perry Patio Party

▼ Class of 2020



working together to give back to the community through volunteering at food banks and participating in trash pickups. The staff involved in Chatham's DPT program has instilled confidence within our class to succeed in physical therapy clinics and emphasize the importance of continuous learning. Our group of dynamic scholars will continue to grow personally and professionally as we pursue our doctorate degrees and approach our professional careers.

Jeffrey Keegan, DPT Class of 2020 President

STUDENT SPOTLIGHT

Final Systematic Review & Research Presentations, Class of 2018

Sam Jerome Ian Helsel Jesse Hoak Taha Zahoor	Effectiveness of Ultrasound Therapy in the Treatment of Upper Extremity Musculoskeletal Conditions: A Systematic Review
Lauren Miller Matt Zimardo Corey Dailey Linn Zhang	Manipulation: Effective Management for Cervicogenic Headache? A Systematic Review
Gina Pugaczewski Karissa Weaver Linda Thompson Erika Schrock	Surgical Versus Conservative Methods for Spastic Equinus Deformity in Children with Cerebral Palsy: A Systematic Review
Kelly Heselpoth Morgan Kilper Anaa Coutsoumbis Anna Kula	The Effectiveness of Physical Therapy in Improving Non-Hand Related Pain and Function in Those with Rheumatoid Arthritis: A Systematic Review
Nicole Giannangeli	The Alar Ligament: A Systematic Review
Rob Meier Shane Conway Eric Balash Matt Melczak	The Effectiveness of Exercise to Reduce Complaints of Fatigue Associated with Multiple Sclerosis: A Systematic Review
Ashley Traynor Jon Gray Jenn Raymond	Effects of Orthotic Devices on Pain Relief for Patients with Knee OA: A Systematic Review
Natalie Mayo Shelby Hoblit	An Intervention for Older Adults: Dancing into Improved Functional Mobility: A Systematic Review
Cassandra Bartoch	Ageism in Physical Therapy Students

Dana Colonese Lina Vassilleva Emma Bittner	Thoracic Outlet Syndrome - Can We Diagnose It and Effectively Treat It? A Systematic Review of The Evidence
Bobbie Sue Kist Tessa Sova Korin Wengryn	The Effects of Mindfulness-Based Therapy on Chronic Low Back Pain: A Systematic Review
Tyler Lotz Athena Withrow Amber Spear Erica Fisher	The efficacy of graded exercise in the treatment of post-concussion syndrome in the adult population: a systematic review

2018 Physical Therapy Program Awards

Potential for Professional Excellence Award

Matt Melczak
Cass Bartoch

Peer Recognition Award

Bobbie Sue Kist

Faculty Commendation

Natalie Mayo

Clinician-Educator Award

Lauren Williams

Award for Institutional Support

Hess PT

STUDENT SPOTLIGHT

PT and OT Students in Ecuador

► In 2018, four DPT students, Natalie Mayo, Cass Bartoch, Jennifer Raymond, and Eric Balash, and six OT students took part in an elective course: “Global Health Perspectives: A Field Experience.” The course culminated in a 10-day trip to Ibarra, Ecuador in August. OT and PT students provided therapeutic and enrichment services at CRECER (crecerecuador.wix.com/crecer), a pediatric outpatient clinic; Asilo, a residential nursing facility; and The Center, a day-program for young adults with cerebral palsy and developmental delay. Students experienced true interprofessional collaboration as they planned and implemented therapy, activities, and inservices. In addition, students took in many cultural sites and outdoor adventures across northern Ecuador, including the capital city of Quito, the rainforest in Mindo, and the Equator. The students completed this coursework and travel to Ecuador with PT faculty Dr. Sue Perry and OT faculty Dr. Jan Bucey.



Go Baby Go Update

from Club President Sean Crandell

► The 2018-2019 year was an incredible period for Chatham University's Go Baby Go Club. We had three events, outfitting a total of seven children with newly modified jeeps. Our first event was in the fall of 2018 while the last two were done, at separate times, in the spring of this year due to accommodating family schedules. As per tradition, volunteers showed up to Eastside at 8:00 a.m., two hours before the families were scheduled to arrive. This gave us plenty of time to troubleshoot



unforeseen challenges. Luckily, barring a couple screws in the wrong place, all three builds went surprisingly well. At 10:00 a.m., families started to trickle in and an energetic buzz took over the PT lab.

Similar to years past, some of the new car owners warmed up instantly, while others waited to enjoy it at home, away from the spectating PT students. Regardless, there is little more rewarding than witnessing a child realize they've been given a whole new world to experience. We are excited to see what the new club presidents, Lynne Gillott and Michaela Golden, have in store for the coming year. We would also like to thank all those who have donated to the club. Your support is what makes these babies (children) go!" Please visit chatham.edu/pt-go-baby-go for more information.



Alumni Advisory Panel Creates Mentoring Program

► The Alumni Advisory Panel met for the first time in August of 2018. One of the initiatives to emerge from the Panel was the Chatham physical therapy program alumni mentoring program (M2M). This was developed by Breanne Condon, DPT '13, Kacie Burns-Blaszczuk, DPT '08, and Tricia Patsilevas, DPT '11, in collaboration with Sue Perry from the faculty. The primary goal of the program is to support mutually beneficial professional relationships in which an experienced person (mentor) provides advice and support to another individual (mentee) to maximize professional growth, skills and knowledge. This program is mentee driven and collaborative, which allows flexibility within the mentor/mentee relationship.

The relationship can be both long-term and short-term solution focused. The mentor and mentee will establish the length of the relationship, goals, communication methods and frequency of meetings based on their individual schedules. For more information, please visit the Mentoring Program LinkedIn page at www.linkedin.com/groups/12155606/



SHS Annual Lecture: Stigma and Substance Misuse

► Ashley Potts, LSW spoke before an audience of over 300 students, faculty, staff, and alumni at the Campbell Memorial Chapel on Thursday, September 27, 2018. Her presentation, “Stigma and Substance Misuse” implored health professionals to be increasingly self-aware in the language they use, the assumptions they make, and the actions they take when encountering individuals struggling with substance misuse and substance use disorder.

As she spoke and gave examples, Ms. Potts pulled upon her vast professional experiences, which include work at Allegheny Health Network’s Center of Excellence for Opioid Use Disorders; and memberships within (1) the United States Attorney’s working group on addiction, intervention, treatment, and recovery, (2) the regional FBI HOPE (heroin, outreach, prevention education) group; and (3) the Joint State Government Commission’s Advisory committee on Addiction Treatment Services. The deeply personal story of her own struggles with substance use and stigma she faced in fighting this battle were front and center as she used her story to highlight the many obstacles faced by those touched by substance use disorder.

After the talk, students spoke of the power of the presentation, and of how impressed they were with Ms. Potts. Others spoke of feeling hope for patients and clients; discussing ideas that the talk broached, particularly around stigma more broadly, and creating environments where individuals seeking any health care can be met where they are without judgment. Continuing education credits were offered for occupational therapy, physical therapy, psychology, and social work. Many classes required or encouraged attendance, working the theme into classroom assignments to highlight its importance within the School of Health Sciences. Many thanks to Dean Pat Downey for bringing Ms. Potts to Chatham!

Dr. B named as Fulbright Specialist



► In December 2018, Melissa Bednarek, PT, DPT, PhD, CCS was successful in being named to the Fulbright Specialist roster. She has matched with University of Peradeniya in Kandy, Sri Lanka to provide updates in cardiopulmonary physical therapy to faculty, staff and students. No date has been set yet for the exchange.

Accreditation Renewal in 2019

► This is an accreditation year for the program. This occurs once every ten years, and provides an opportunity to share information about the excellent work we do here with the Commission on Accreditation in Physical Therapy Education (CAPTE). We recently completed and submitted our self-study report and we’re looking forward to the onsite visit in early October. The site-visit team reviews the self-study in detail and meets with the program director, university administration, faculty, students, alumni, clinical instructors, and employers of our graduates. They then compile a report and submit that to the CAPTE board for review, and a decision on accreditation renewal occurs during their spring 2020 meeting. We may be reaching out to some of you to meet with the site-visit team, so please keep an eye out for those requests.

CLINICAL CORNER

Why We Should Think About Ageism

Dr. Michelle Criss

► The majority of older adults in America report experiencing age discrimination, and ageism in our culture is pervasive.¹ It is “normal” to make jokes about getting older, see greeting cards poking fun about someone’s age, or talk about our “senior” forgetful moments. In fact, social media is replete with examples of ageist language.² But do negative views and language about aging have any impact on older individuals? The answer is: yes, it does.

Older adults exposed to negative portrayals about aging (as opposed to positive or neutral ones) were significantly more likely to rate their health as worse, more dependent on others, and more likely to report loneliness.³ risk-taking, subjective health, and help-seeking behavior in a French sample of older adults. The aim of this study was to show the detrimental effects of negative aging stereotypes on older adults’ self-evaluations and behaviors, therefore contributing to the explanations of the iatrogenic effect of social environments that increase dependency (e.g., health care institutions). Additionally, exposure to negative age stereotypes negatively affects memory and cognition in older adults.⁴

Ageism also affects more than cognition and mental health. Reviews by Allen¹ and Nelson⁵ discuss the physical effects of ageism. Older adults who accept negative stereotypes about aging have worse health outcomes, and exposure to negative stereotypes increased cardiovascular responses to stressful situations. These individuals actually had higher heart rate and blood pressure after exposure

to stereotypes – think about that when you talk negatively about aging in your PT clinics!! One study also demonstrated that younger people who believe age stereotypes had higher rates of cardiovascular events later in life. Also, people who think their health problems are “due to age” have higher mortality rates than those who do not make that association.

Bottom line: our language matters! As physical therapists, we have the luxury of spending time with our patients daily or multiple times a week. Spend that time discussing possibilities instead of what people cannot do based on their age. Resist when people are told they are “too old” for a procedure or a type of exercise – poor cardiac condition or frailty are valid reasons; age alone is not. And remember, “looking good for your age” is really NOT a compliment!

1. Allen JO. Ageism as a Risk Factor for Chronic Disease. *Gerontologist*. 2016;56(4):610-614. doi:10.1093/geront/gnu158
2. Levy BR, Chung PH, Bedford T, Navrazhina K. Facebook as a site for negative age stereotypes. *Gerontologist*. 2013;54(2):172-176. doi:10.1093/geront/gns194
3. Coudin G, Alexopoulos T. “Help me! I’m old!” How negative aging stereotypes create dependency among older adults. *Aging Ment Health*. 2010;14(5):516-523. doi:10.1080/13607861003713182
4. Lamont RA, Swift HJ, Abrams D. A Review and Meta-Analysis of Age-Based Stereotype Threat: Negative Stereotypes, Not Facts, Do the Damage. *Psychol Aging*. 2015;30(1):180-193. doi:10.1037/pag0000269
5. Nelson TD, Nelson TD. Promoting Healthy Aging by Confronting Ageism. *Am Psychol*. 2016;71(4):276-282. doi:10.1037/a0040221

Clinical Education

► Assuring quality clinical experiences for students remains a top priority for the DPT program. While many faculty members continue to support the “clinical education office” and its operations, two new team members include Gordon Riddle, DPT ’05, and Julie Englert, a current PsyD student. We are transitioning all active students into our new data management system: Exxat. We look forward to sharing features of this software with clinical instructors and site coordinators. As always, we value the roles that our alumni play in clinical education.

Please consider reaching out to Ann Williamson regarding clinical support in 2020 and beyond!
AWilliamson@Chatham.edu



Grand Rounds

► Chatham University's Physical Therapy Grand Rounds Series continues every semester in 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.

In the fall of 2018, Dr. Kristen Carlin presented several cases detailing the diagnosis and rehabilitation process for patients with persistent post-traumatic swelling. In the spring term, Dr. Helena Pingree presented a case on the management of an individual

experiencing vestibulopathy following a concussion. These presentations, and most of the others over the past ten years can be viewed on line at chatham.edu/pt/grand-rounds, or just google Chatham University Grand Rounds.

All Grand Rounds presentations are announced on our program webpage (chatham.edu/pt) and also through our email 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).

PT Fund Continues to Grow

► Five years ago, 22 alumni jump-started the Physical Therapy 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. As the fund has continued to grow, we have been able to use the annual interest as matching funds to support current students' attendance at CSM. 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 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.

From the Dean continued

candidacy to transition to the entry-level doctorate degree this year. We are very excited to welcome the inaugural Master of Science in Athletic Training class this fall. In addition, we have completed year two (of four) of our federal HSRA grant that focuses on Integrative care and we are finishing out our final year of the Screening, Brief Intervention, and Referral for Treatment grant from SAMHSA.

Finally, I would again like to thank all of you and the faculty who contributed to the Sawhney-Gough Physical Therapy Student Award last year. Your generosity in supporting the next generation of PT's is tremendous and I hope we can count on you again this fall.

Warm regards,



Stay connected

Have you earned a PT related certification? Started a new niche practice? Have an interesting practice related story to share with your Chatham colleagues? No accomplishment is too small—we want to hear about it!! Please contact Missy Criss at mcriss1@chatham.edu with your exciting information to be included on the web page, Facebook, and future newsletters!

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Stay connected and get involved with the Office of Alumni Relations! We offer numerous volunteer and networking opportunities as well as alumni receptions at professional conferences and exclusive events at local Pittsburgh attractions. Interested? Please send us an e-mail at alumni@chatham.edu or visit us at chatham.edu/alumni. Stay connected with the Alumni Association via Facebook.