Physical therapy is a growing profession within a changing health care system. In order to ensure our success as practitioners of choice we must exemplify a willingness and ability to effectively communicate with one another. Vision 2020 states that physical therapists will be “recognized by consumers and other health care professionals as the practitioners of choice”, and as our system continues to promote prevention and wellness, there is an urgent need for physical therapists to communicate their roles and expertise in these areas.

Attending the annual conference for the Association for Prevention, Teaching and Research (APTR) in March 2010, was a very unique and exciting learning experience. Not only did it provide me with an opportunity to communicate and network with professionals of various disciplines in health care, but it was also one of the most eye-opening experiences I have had thus far in my professional career. At a national conference in Washington, DC, in a room full of medical professionals and public health officials, it was surprising to see that the only people to represent the profession of physical therapy were from Nazareth College. As a student presenter it was amazing to have the opportunity to discuss our profession and explain how physical therapy is perfectly positioned to help meet the desired goal of a preventative approach to medicine and health care.

This year the theme of the conference was “Prevention and Health: Seizing the Moment,” and I truly feel that for physical therapists and student physical therapists that moment is now. We must educate our patients and clients, but we cannot neglect to communicate more with the hundreds of other professionals in the health care system. Prevention is an emerging part of health care, and if physical therapists are not recognized by fellow clinicians and physicians as an important player in this shift, then we will definitely be missing the boat—and prevention is a big boat to miss. This experience has not only opened my eyes to the professional world outside of physical therapy, but has also encouraged me to communicate more and find a common ground with those in various disciplines. I believe that we can all learn from one another if we make the effort to promote interdisciplinary practice and communication.
Interprofessional Workshop:
A Collaborative Approach to Fundraising
By: Amy Colin, DPT

On March 27, 2010, the final year DPT students hosted the 4th annual student-run continuing education workshop. This workshop is integrated into the curriculum of the Business course and provides students with the opportunity to collaborate with one another and local clinicians. This year’s course topic was an Interprofessional Approach to Pediatrics. The students in the class of 2010 planning this event recognized the importance of the role of the interdisciplinary team in pediatrics and decided to incorporate this theme into this year’s workshop. This was the first in this series of workshops that Nazareth College has hosted with not only an emphasis on pediatrics, but also one that invited speech language pathologists, occupational therapists, and physical therapists to attend and present at the workshop.

The workshop featured keynote speaker, Susan Harris, B.S. PT, Ph.D., from Vancouver, Canada. She shared her expertise through three different presentations. Her initial session to start off the day was an Interprofessional Approach to Pediatrics. This set the stage for the remainder of the day by focusing on the role that each health care profession has in pediatric practice. She then proceeded with presentations on Informed Shared Decision-Making in Pediatric Practice and Introduction to the Harris Infant Neuromotor Test (HINT). The HINT is a new pediatric screening tool for children that she developed. Presentations from other disciplines including speech language pathologists, occupational therapists, physical therapists and a certified orthotist were also included in the workshop. These included: Social Communication Supports and Interventions for Young Children by MaryKay Bradley, M.A., CCC-SLP and Dawn Vogler-Elias, Ph.D., CCC-SLP, Crouch Gait Evaluation and Management by Amy Pete, PT and Mary Kate Gedro, CO, Update on Care Guidelines for Patients with DMD and SMA and the Need for Rehab Research to Support Evidence-based Practice by Shree Pandya, M.S. PT, Evidence-Based Pediatric Practice by Lynne Logan, M.S. PT and Making Sense of it All: Understanding Sensory Processing and Exploring Sensory-Based Strategies that Help Kids “Stay in Sync” by Heather LeFrois, OT. Finally, a collaborative, interprofessional presentation closed out the day, Moving Kids to Communicate: Using Sensory-Motor strategies to Improve Functional Communication Skills by Paris Leibenguth, MS-CCC-SLP and Heather LeFrois, OT from the Mary Cariola Children’s Center.

This year’s fundraiser was different from previous events, as various disciplines were invited to participate and present at the continuing education workshop. All of the participants at the event received continuing education credit hours for their involvement. This created a very cooperative and supportive learning environment at this workshop. Participants were able to choose which sessions they wanted to attend during split sessions, but many attendees said it was so hard to choose as all of the presentations were great!

This year, the continuing education workshop raised a total of $5,500. All contributions, including a donation from Monroe Wheelchair, will go towards new equipment and supplies for the Nazareth College on-site clinic. This money is essential in order for the clinic to be able to continue to provide care for underserved individuals in the community. This event was a great success due to the hard work of all of the students, the donated time and talent of the presenters, participation from local pediatric professionals, and monetary contribution from Monroe Wheelchair. The Class of 2010 would like to thank everyone for their help in making this year’s workshop a tremendous success!
Health & Wellness
By: Rachel Waugh

On April 6th, 2010, Nazareth College Health Services Department hosted a Health and Wellness Fair. Multiple organizations partook in this event, including the Physical Therapy DPT of the class of 2013.

At the fair, different booths were set up to help individuals become aware of their health. As part of their requirements for PTU304W, Professional Issues I. The physical therapy class participated in this event by teaching yoga, Pilates, and administering pamphlets to inform the Rochester and Nazareth community of healthier ways of living.

The pamphlets suggested healthy eating habits for physically active individuals. They were told what is appropriate to eat prior to, during, and following exercise. Also, information was given about ways to become more physically active in the community. For example, where to rent bikes, participate in community walks or purchase gym memberships. Students that attended the wellness fair were educated on appropriate gym classes that could enhance physical health and current operating hours of on campus equipment rooms.

Yoga and Pilates approaches to fitness were taught by students of the Physical Therapy Class of 2013 and were conducted every half hour throughout the fair. Anyone who participated learned techniques and simple yoga stretches. Individuals who attended the booth were entered into a raffle and some received gym memberships, free yoga classes, and free Pilates classes. “The health fair was a great opportunity for the PT Class of 2013 to educate the Nazareth community about health and wellness”, said Mike Seils.

Health and wellness is an important aspect in the physical therapy field and needs to continue to be promoted. The Physical Therapy booth was a big success. “Our class really embraced the opportunity to inform the Nazareth community” said Heather Hamilton. Although the health fair was only one day, our class has put together a Facebook group called, “Rochester Health and Wellness Activities.” This group offers updated information on upcoming activities both on and off campus as well as contact information for each activity. As a class, we hope to continue to update this site in order to promote health and wellness. “The class of 2013 really came together in their first physical therapy project to demonstrate how their profession can contribute to health and wellness promotion,” said Dr. Jennifer Collins, course instructor.

The Health fair was very successful and we were all able to work together as a class of forty students and promote our main idea of, “Moving forward toward a healthy lifestyle!”
On March 26, 2010 the Physical Therapy Club and Department hosted its annual spaghetti dinner fund-raiser after months of planning. It was held on campus for the first time in Sorelles Café from 4-7 pm. The idea behind this annual fundraiser is to promote the Miami-Marquette Challenge. The challenge is an annual competition between PT and PTA schools across the country to raise the most money to support the foundation for Physical Therapy. The foundation funds critical research and grants for the physical therapy profession.

This year’s dinner boasted a silent auction, bake sale, 50/50 raffle, and T-shirt and car-decal sales. Many local businesses in the Rochester Area including Breathe Yoga, Color-Me-Mine, Bowl-A-Roll, Hicks & McCarthy, Panera Bread, Camille’s Café, Lilac Hill Nursery, the Nazareth PT Department, and many others, supported the event by giving gift cards, merchandise and other donations to supplement the silent auction. At the end of the night, the Physical Therapy club raised $2237.50 to donate to the Foundation for Physical Therapy. This was a new record for Nazareth College. Thanks to all the dedication from students and faculty, the event ran smoothly. Great job everyone!
Rochester Wheels Takes on Naz PT
By: Emily Hayden

Getting Physical Therapy Students to escape the end of the year rut can seem challenging to most people, but just say the word “wheelchair basketball” and PT students go crazy! Whether it is the fun in wheeling around, the competitive drive, or wanting to emerge from the basement of Carroll Hall, it was clear that everyone was interested in participating in the event! There were 5 teams with 6 players on each team. On April 22, 2010, each team played a 10 minute game against the Rochester Wheels team to see which Nazareth team could score the most points on the Rochester Wheels team. The winning team was “Team Flyers”, including Nader Alhooie, Chris DeHority, Frankie Leahy, Shawn Moody, Jordan Pedersen, and Sally Wilcox! This team played a 15 minute Championship game against the Rochester Wheels and proved to be a good match for the Wheels team, as they ended up winning (despite a little help from the Wheels team)!!

Rochester Wheels is a competitive adult wheelchair basketball team that definitely demonstrated their significant athletic abilities during this event! This game was played in memory of Steve Barbato, who coached and was the Captain of the team for 30 years. Steve’s large family and many supporters attended this game in his memory. The Physical Therapy department donated t-shirts to be given to Steve’s family during half-time. The players and people closest to Steve were able to speak during half-time. It was great to hear stories about his life, and acknowledge what a large impact he had on the team.

The physical therapy department would like to thank Dr. Bartlett for being the referee for this event, the teams who participated and helped to raise money, the volunteers at the event, the Rochester Wheels team, and the fans for making this evening a huge success! I am proud to say that we raised a total of $600 to be donated to the Rochester Wheels team! We look forward to planning this event next year and are thrilled by the student’s continuous dedication to community service!
As part of the requirements for the DPT, Nazareth faculty were excited to be able to include an elective in the final semester of the program. After months (years?) debating the essential content of an entry level curriculum, faculty were thrilled to discover there was actually time for a true elective, a course in which the students could delve a bit deeper into a specific area of interest. The class of 2010 was surveyed to determine their top choices for electives. The following three electives were offered this year:

**Advanced Human Anatomy: Andrew Opett**

An Advanced Human Anatomy elective, was offered this semester. Utilizing the RIT cadaver dissection facility, the course provided detailed exploration of the structures of the human body involved with movement especially emphasizing on the neuromuscular and musculoskeletal systems. Prior to the class beginning, students were required to submit clinical questions to the course instructor related to a specific condition or pathology encountered during clinical education. These clinical questions were then used to guide the learning process throughout the course. Based upon the student feedback from course evaluations, this was a very unique and valuable experience for Naz PT students in their final year of study preparing for employment and the National Licensing Exam.

**Essentials of Strength and Conditioning Elective—CSCS Examination Preparatory Course: Michael Fahy**

This course is designed to provide students with the knowledge and skills to design and implement safe and effective strength and conditioning programs for individuals engaged in physical activity. Additionally, this course is designed to prepare students for the National Strength and Conditioning Association Certified Strength and Conditioning Specialist Certification. The CSCS Credential is a widely respected and internationally recognized credential in the field of Strength and Conditioning. Throughout the course, students were actively engaged in both the theoretical and practical concepts vital to creating sound and challenging strength and conditioning programs for clients with various backgrounds, abilities, and interests. Students are exposed to the foundational principles of the field by participating in critical thinking activities, by engaging in discussions about modern exercise techniques, and by learning advanced techniques such as Olympic Weight Lifting exercises, Plyometric Training, and Performance Testing techniques.

**Selected Topics in Pediatric Physical Therapy: Stephanie DiGiovanni MS, PT and Michelle Donahue PT, DPT**

For those of us lucky enough to work in the field of Pediatric Physical Therapy, we know the joys of helping our youngest clients grow, acquire new skills, and at times, even defy the odds with our caring and expertise. The Advanced Pediatric Elective has allowed us to share our knowledge of “I wish I learned this in school!” We delved into challenging areas such as behavioral management, contemporary treatment for children with Autism, developmental biomechanics, consulting with students during Kids Camp, and the myriad of psychosocial needs for parents who have children with disabilities. Experts in the community offered interactive lectures, and students enjoyed a visit to the Strong Museum of Play, honing their skills in “therapeutic play.” While at Bright Start Pediatric Therapy Services, students experienced “hands on” with a variety of therapeutic equipment and sensory processing tools that are commonly used for achieving directed outcome with our clients. Although we only had a short while together, students began developing critical skills for optimizing outcomes for their future clients. We greatly enjoyed our time together and look forward to working with our future colleagues in Pediatric Physical Therapy!
Veterans Event
By: Caroline Parsons, DPT

Sunday, April 25th, 2010 was a gray, rainy day, but that didn’t stop members of the Rochester and Nazareth College communities from meeting at Nazareth’s stadium to support local veterans. With umbrellas, rain boots, and even wagons for the little ones, participants in the pilot project called the “Veterans Challenge Event” walked, ran, and competed in physical challenges to raise money and awareness for veterans injured overseas. In total, the event raised $60 to support adaptive paddling programs for veterans offered through Cape Ability Outrigger Ohana, Inc. These programs offer an opportunity for local veterans to train and compete in outrigger paddling events throughout the region.

The Veteran’s Challenge Event was designed by five Nazareth College third-year physical therapy students: Rich Monaco, Caroline Parsons, Chris Hall, Sam Bachman, and Tom Maving, as part of a community teaching assignment aimed at health promotion and wellness. The project could not have been a success without the cooperation and assistance of Staffan Elgelid, and Jan Whitaker with Cape Ability Outrigger Ohana, Inc.

Congratulations!
By: Staffan Elgelid, PT, PhD, CFT, LMT

Nazareth College is proud to announce that Jennifer Collins, PT, MDA, EdD, professor and chair of the department of physical therapy, was recently elected vice president of the New York Physical Therapy Association (NYPTA) at the annual governance meeting.

The following Nazareth College Department of Physical Therapy faculty and alumni served as delegates from the Finger Lakes District to the NYPTA Delegate Assembly at the meeting: Assistant Professor Andrew Bartlett, PT, MPA, PhD, Clinical Instructor Andrew Opett, PT, MPA, Assistant Professor Mary Ellen Vore, PT, MS, Jeremy Bittel ’01, and Megan O’Brien ’04. In addition, DPT Student Karen Bartlett ’11 participated in the NYPTA leadership development workshop and was a student guest at the Delegate Assembly.

Collins has been a member of the NYPTA since 1978. As the new vice president of the NYPTA, Collins’ duties will include serving as executive committee member representing physical therapists and physical therapist assistants throughout New York State.

Faculty News

Mary Ellen Vore was awarded 2010 Outstanding Service to the Finger Lakes District by the NYPTA for her contributions to the New York Chapter in promoting the organization and its goals.

Congratulations to Andrew Opett for being awarded the Nazareth alumni G.O.L.D. (Graduates Of the Last Decade) for young alumni. This is the highest honor the college bestows on alumni from the past decade.


Sara Gombatto was awarded $5,000 from NYPTA Research Designated Fund for her project titled “Relationship Between Classification Systems for Low Back Pain.”

Andrew Bartlett successfully completed dissertation titled, “An 8 week Home-Based Exercise Program using Self Management Strategies for individuals with Type 2 Diabetes” Congratulations Dr. Bartlett!

Two faculty and two students completed poster presentations at the APTR national meeting March 2010:

Kyle Baxter: “Healthy Food Cheap”
Staffan Elgelid: “Health and Wellness, A Dilemma for Corporations and Universities: How to teach it, How to implement it? A unique collaboration Project in Rochester, NY”
Sarah Lynch: “The Clean Water Project: Drink it, Give it”
Congratulations Class of 2010

Doctor of Physical Therapy Graduates receive their “hoods” at a special ceremony for family and friends.

Congratulations Class of 2012

DPT Class of 2012:
Faculty and students attend President’s Dinner
May 2010