

Calendar

December:

- Basic ENMG Training Session 2
- HPW 3 Semester 3: Module 2
- tDNP 7 Semester 2: Module 2
- **University Closed 22-26, 31**

January:

- **University Closed 1-2**
- AT 3 Semester 6: Module 2
- CE 6 Semester 3: Module 2
- ECS Prep Course 6
- tOTD 12 Semester 2: Module 2
- tDPT 16 Semester 2: Module 2

February:

- Basic ENMG Training Session 1
- APTA CSM Conference
- tDNP 6 Semester 3: Module 2

March:

- 20th Annual ENMG Symposium
- tDNP 8 Semester 2: Module 2
- OS 4 Semester 1: Module 2
- HPW 3 Semester 4: Module 2
- tDPT 17 Semester 1: Module 2
- tOTD 13 Semester 1: Module 2

Campus Contacts

Academic Affairs

jreese@rmuohp.edu

Admissions

admissions@rmuohp.edu

Business Office

businessoffice@rmuohp.edu

Institutional Effectiveness

hdstearman@rmuohp.edu

Institutional Review Board

irb@rmuohp.edu

Marketing

info@rmuohp.edu

Medical Library

librarian@rmuohp.edu

Research

mrauh@rmuohp.edu

Registrar

registrar@rmuohp.edu

Student Services

jegbert@rmuohp.edu

Season's greetings from RMUoHP

As a very small, young graduate school, RMUoHP faces difficult challenges related to its development and vision to become widely recognized for excellence in healthcare education. Since opening in 1999, the University has stressed quality education with emphases on evidence-based practice, applicability, and student-centeredness. To this end, each year this University has passed critical milestones. While the 2008 accomplishments of the RMUoHP administration, staff, trustees, faculty, and students are innumerable (and highlighted in each newsletter), the following items represent some of the major accomplishments by the University:

- Relocation: Acquired, refinished, and refurbished additional space and buildings.
- WebStudy: Launched first web-enhanced course.
- Mission, Vision, Core Values: All were revised. New Mission and Vision approved by Northwest Commission on Colleges and Universities (NWCCU).
- Strategic Plan: New strategic plan developed by representatives of all University constituencies.
- Website: New website launched.
- New Degree Programs: Master of Science in Nursing (RN to MSN) and entry-level Doctor of Physical Therapy (DPT) approved by State and NWCCU.
- Professional Development: Hosted multiple

- professional development courses in electroneuromyography and evidence-based practice.
- New Cohorts: Nine new cohorts of students started degree programs.
- Commencement: Held the largest-attended Commencement Exercises in RMUoHP history.
- Regional Accreditation: Completed self-study report and second post-candidacy site evaluation through NWCCU.
- Degree Designator Change: DSc in Nursing approved by NWCCU to change to PhD in Nursing.

"Looking back at this year, I am overwhelmed by the efforts and dedication of those associated with the University. We are truly blessed," said Dr. Richard P. Nielsen, RMUoHP President, "We recognize this progress was only possible because of the commitment of our wonderful students and employees. We are deeply grateful for our associations and wish everyone a peaceful holiday season."



RMUoHP appoints entry-level Doctor of Physical Therapy (DPT) program Chair

RMUoHP is pleased to announce Robert Sellin, PT, DSc, ECS has been named the entry-level DPT degree program Chair. He had previously served on the Board of Trustees for RMUoHP from 2001 to 2008.

Director of the Master of Science program at RMUoHP. Since May of 2000, Dr. Sellin was the director of electrophysiologic services in a private physical therapy practice in Lexington, Kentucky.

Dr. Sellin has extensive experience in military healthcare, higher education, and the private business sector. A retired Navy Commander, he served in clinical, administrative and faculty assignments at both Naval and Army facilities during his career. He served as faculty at the Academy of Health Sciences, San Antonio, Texas, and as a visiting lecturer for Marquette University, Pacific University, University of the Pacific, University of Indianapolis, and the University of Kentucky. He also served as the director of the Physical Therapy Assistant Program at Midway College in Midway, Kentucky and the

Dr. Sellin received his Bachelor of Science degree in Physical Therapy from East Carolina University, a Master of Science degree in Physical Therapy from the University of Southern California with a specialization in musculoskeletal disorders, and a Doctor of Science degree from RMUoHP. As the former President of the Kentucky chapter of the American Physical Therapy Association (APTA), Dr. Sellin directed the Kentucky Strategic Planning process in 2005 and received the APTA's Outstanding Membership Initiative Award in 2006.

Developing programs updates

RN to MSN: Accreditation Update

RMUoHP is pleased to announce that the National League of Nursing Accreditation Commission (NLNAC) has found that the RN to MSN program is eligible to participate in the Candidacy Process, the initial step towards formal review for NLNAC Initial Accreditation. Work is underway to complete the Candidacy Presentation and submit the document to NLNAC.

Using the limited residency model, the program meets an important national need to prepare competent nurse educators. Program planners relied upon national guidelines and standards including the *NLNAC Educational Standards*, the *AACN Core Graduate Curriculum*, *ACE EBP Competencies*, *NLN Nurse Educator Competencies*, and the *IOM Health Professions Education Core Competencies* to develop the 58-credit curriculum. Applications are being accepted for the March 2009 inaugural class.

Entry-level DPT: Faculty Recruitment Update

The DPT program is moving forward at a brisk pace. Program Chair Dr. Robert Sellin has moved to Provo and Krystal Downs has joined the University as program administrative assistant. The new director of clinical education, Dr. Jeff Lau (DPT, OCS), starts with RMUoHP in January at .25 FTE and progresses to full time by the Spring. Lau resides in the Provo area.

RMUoHP is currently seeking two more full-time, residential faculty whom we hope to hire by this summer. Preferred applicants will have a terminal doctoral degree with teaching experience. RMUoHP is especially interested in applicants with pediatric, neurologic, geriatric or cardiopulmonary specialty training, but all interested parties should contact Dr. Sellin at 801-734-6838 or rsellin@rmuohp.edu.

Alumni and Student Spotlight



Mark Paterno,
PT, MS, MBA,
SCS, ATC

Mark V. Paterno is a physical therapist and Coordinator of Orthopaedic and Sports Physical Therapy at the Sports Medicine Biodynamics Center and an Assistant Professor in the Department of Pediatrics at Cincinnati Children's Hospital Medical Center in Cincinnati, Ohio. Originally from Pittsburgh, Pennsylvania, Mark graduated from Ithaca College with a Master's Degree in Physical Therapy in 1994. Mark then went on to become a Certified Athletic Trainer and an APTA Board Certified Sports Clinical Specialist. Mark obtained his Masters of Business Administration from Troy State University in 2002. Currently, he is enrolled in the Doctorate of Science program in Orthopaedic and Sports Physical Therapy at RMUoHP. Mark also serves as a manuscript reviewer for the Journal of Orthopaedic and Sports Physical Therapy and Publications Chair for the Sports Section of the APTA. Mark has conducted and published research in the area of open vs. closed kinetic chain assessment of lower extremity function as well as prevention and rehabilitation of anterior cruciate ligament injuries in addition to co-authoring a book chapter on gait kinematics and kinetics. Mark's special interests include rehabilitation following anterior cruciate ligament reconstruction and the pediatric and adolescent athlete. Currently, Mark teaches continuing education on Youth Sports Participation, Management of the Female Athlete and Knee and Shoulder Injuries in Young Athletes. "Mark's professional contributions will enable him to become a leader in the physical therapy profession in ACL research among female athletes," said Dr. Mitch Rauh, RMUoHP's Director of Research. Accordingly, Mark was just recently awarded \$125,000 from the NFL Charities Foundation for his grant titled the "Anterior Cruciate Ligament Reconstruction: Clinical and Biomechanical Predictors of a Poor Outcome." The grant will support his dissertation study in this area.

Regarding his experience at RMUoHP, Mark states, "Rocky Mountain University has provided me a tremendous opportunity to advance my clinical practice, integrate critical skills related to evidence based care into my daily practice and create a foundation for me to advance as a clinical researcher. In today's healthcare environment, this ability to conduct quality outcomes research is critical to the long term viability of our profession and RMU has unquestionably given me the tools to contribute to my profession in the arena." When asked her thoughts on Mark's achievements, RMUoHP Graduate Program Director, Dr. Lori Thein Brody commented, "I have had the pleasure of knowing Mark for over 15 years. His professional growth and contributions to orthopaedic and sports physical therapy have been exceptional. He is an asset to the program, continuing to challenge himself and the others around him."

This Alumni or Student Spotlight is a regular feature on the unique accomplishments of outstanding alumni or students as identified specifically by the faculty of RMUoHP.

Survey says RMUoHP students are satisfied overall

Results from the 2008 Student Services Satisfaction Inventory (SSSI) indicate that student expectations at RMUoHP are being met at a generally high level.

94% of students responding said that they would recommend RMUoHP to a friend, 96% said that they will have achieved their goals upon completion of their studies, and 95% said that they are satisfied with their studies at RMUoHP.

Primary areas of dissatisfaction included the OVID library services, lack of timely feedback from faculty on assignments and exams, and the online bookstore.

Overall, the percentage of responses that were either Agree or Strongly Agree for seventy-seven SSSI items was 84%.

Participation among active students was 72%. All student responses were collected anonymously through an online interface at SurveyMonkey.com during the period November 5-21.

Dr. Stan Hartgraves, Vice President of Academic Affairs, said that the annual survey of student satisfaction is an important tool to guide the University's efforts in improving its programs and services. "We are gratified that the overall results of the survey were very positive," Hartgraves continued, "but of course there are some areas in which work needs to be done."

RMUoHP academic and support programs assess to improve

RMUoHP faculty and Graduate Program Directors have been hard at work putting the finishing touches on annual assessment plans for degree programs over the past few months. According to Dr. H.D. Stearman, Director of Institutional Effectiveness, each degree program at RMUoHP is developing five to seven student learning outcomes to specify what graduates should know and be able to do upon completing their degrees.

"The idea is to identify the key outcomes for each program and methods of measuring them," Stearman explained, "so that the University has an objective basis for targeting areas for improvement." A similar assessment process for support units such as the Registrar's Office and Student Services was concluded in late September, as each support unit established expected outcomes and measures for its services and functions.

Ensuring that the institution is assessing its effectiveness and taking steps to make indicated improvements is a vital provision of the accreditation standards set forth by the Northwest Commission on Colleges and Universities, Stearman said. "The NWCCU expects us to assess our effectiveness," he added, "but the most important reason to do so is because it's the right thing to do for our students."

Student Notices

University Holiday Closure: The University will be closed for the holidays December 22-26, December 31, and January 1 and 2.

Registrar Procedural Change: To facilitate the timely receipt of assignments, it has typically been the registrar's procedure to send a courtesy reminder email to students when an assignment is not received by the due date. During a recent assessment procedures meeting, the appropriateness of this practice was reviewed and found to be superfluous and unfeasible due to university expansion. Per the original September 2008 notification, reminder emails were discontinued as of November 1st.

Resource Center update

Cynthia M. Melenson, PhD, MLS

Welcome to the library corner! Today's library elucidators include (a) an explanation of the newer UI versus PMID, (b) a comment on stopwords in Ovid searches, (c) an update on access to various databases, (d) a discussion of accessing full text articles, and (e) an invitation to browse our new library facility.

(a) Unique Identifier or UI: Use of this is a recent change in PubMed. The Unique Identifier field contains an 8-digit number assigned by NLM to uniquely identify a particular record. Example: 17124016.ui. This number is also the one used to locate the document through NLM's document delivery service. This number was formerly the PubMed Identifier (PMID). PubMed no longer supplies PMID numbers with the input data. You can search for PMID and UI pairs using NLM's Matcher tool, located on NLM's website at <http://eutils.ncbi.nlm.nih.gov/entrez/publisher/uidpmid.cgi/>. You can also download a full table of PMID numbers and their related Unique Identifiers can be found at <ftp://ftp.ncbi.nlm.nih.gov/pubmed/>. If you have any difficulty utilizing this information, let us know and we will decrypt it with you.

(b) Ovid database--Stopwords (example, "the"—a word which appears in almost all articles and therefore is not a help in searching). At customer request, stopwords have been eliminated from the Ovid database search system. You can now search for words or phrases like "is there hope.tw." Previously such searches would have returned an error because they included stopwords.

(c) There have been several new "addresses" added for access to specific databases, in the last few months. The more recent additions are listed, for your convenience. Additionally, free government resources include PubMed, MedlinePlus, PubMed Central, and ERIC. For access or password questions, please write either Cynthia (cmelenson@rmuohp.edu), Krista (kbeamman@rmuohp.edu), or articlerequests@rmuohp.edu, or call Cynthia at 801-734-6820 or Mike at 801-734-6822.

- *Journal of Hand Therapy* (American): <http://ww2.us.elsevierhealth.com/inst/serve?db=home&id=HANTHE>
- *Canadian Journal of Occupational Therapy*(CJOT); *British Journal of Occupational Therapy* (BJOT): <http://www.caot.ca/ebusiness/source/security/member-login.cfm?redirect=1>
- *Australian Occupational Therapy Journal* (AOTJ); *Developmental Medicine and Child Neurology* (DMC): <http://ww3.interscience.wiley.com>

(d) Full Text: Obtaining full text articles is always a challenge. In addition to searching Ovid and EBSCO (CINAHL and SPORTDiscus), be aware that we have reciprocity with many other institutions and, if an article is not available full text from our subscribed-to databases, we often are able to obtain articles for free for you, with this exchange process (ILL). If there is a charge for our obtaining an article, we charge a flat rate of \$13 per article. This is much less than the \$30 you may pay on-line on your own. Check with us first for your article needs, before spending "big time bucks." We always look for "free" first, and will not order anything for money before receiving your approval. One of the journals that we have made arrangements for obtaining for free, for the years 2000 to present, is recently is *Muscle and Nerve*. Let us know if you have a favorite journal in your area of study that you are having difficulty obtaining and we will search for ways to make it easily available to you.

(e) Come browse in our library—we have added stacks and carrels—lots of resources and room to work on your assignments, print, or copy!

Best wishes to each of you for a fantastic holiday season and a happy and healthy New Year.

IRB corner

Darcy L. Hammar, IRB Manager

Healthcare providers use many items in the course of their work that the Federal Drug Administration (FDA) defines as a Medical Device. These items range from band-aids and crutches to MRI.

The Federal Drug Administration (FDA) defines a medical device as, "an instrument, apparatus, implement, machine, contrivance, implant, in vitro reagent, or other similar or related article, including a component part, or accessory which is:

- recognized in the official National Formulary, or the United States Pharmacopoeia, or any supplement to them,
- intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment, or prevention of disease, in man or other animals, or
- intended to affect the structure or any function of the body of man or other animals, and which does not achieve any of its primary intended purposes through chemical action within or on the body of man or other animals and which is not dependent upon being metabolized for the achievement of any of its primary intended purposes."

The FDA further defines medical devices by classes:

Class I - General Controls

Class I devices are subject to the least regulatory control. They present minimal potential for harm to the user and are often simpler in design than Class II or Class III devices. Class I devices are subject to "General Controls" as are Class II and Class III devices.

Class II - Special Controls

Class II devices are those for which general controls alone are insufficient to assure safety and effectiveness, and existing methods are available to provide such assurances. In addition to complying with general controls, Class II devices are also subject to special controls.

Class III - Premarket Approval is the most stringent regulatory category for devices. Class III devices are those for which insufficient information exists to assure safety and effectiveness solely through general or special controls. Class III devices are usually those that support or sustain human life, are of substantial

importance in preventing impairment of human health, or which present a potential, unreasonable risk of illness or injury.

Principal Investigators should not be deterred from using medical devices in their studies, but rather should be informed about the Federal Regulations regarding medical devices and those regulations relate to the IRB application and review.

The FDA charges the IRB with determining if the protocol is a significant risk (SR) device study or non-significant risk (NSR) device study. However, it is the Principal Investigator's responsibility to know the status of the device(s) to be used and to provide sufficient documentations as requested in the IRB application.

Of particular note, with regards to investigational devices, if the IRB determines that the device presents non-significant risk (NSR), no submission to or review by FDA is necessary before starting studies in humans. However, if the IRB considers the device to involve significant risk (SR), the sponsor must obtain an IDE from FDA before proceeding with clinical studies.

The following list of websites may be helpful with regard to medical devices, their regulation, and use in clinical research.

- FDA Medical Devices Information Sheet - <http://www.fda.gov/OC/OHRT/IRBS/devices.html>
- FDA, Center for Devices and Radiological Health - <http://www.fda.gov/cdrh/>
- FDA Office of Device Evaluation - <http://www.fda.gov/cdrh/ode>
- Frequently Asked Questions About Medical Devices - <http://www.fda.gov/oc/ohrt/irbs/irbreview.pdf>
- Clinical Trials and Investigational Device Exemption - <http://www.fda.gov/cdrh/devadvice/ide/index.shtml>
- Code of Federal Regulations (CFR) Title 21 - Food and Drugs (searchable format) - <http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfCFR/CFRSearch.cfm>

Suggestions for future article topics are always welcomed at irb@rmuohp.edu.

*Protocol - this is the official record of what you have asked the IRB for permission to do. It is the stand in word for dissertation, faculty project, study, capstone, etc. that involves research with human subjects.

The following papers have been published since the last newsletter:

- **Dr. Troy Adams** (HPW Program Director). Tucker L, Cook A, Nokes N, **Adams T**. Telephone-based diet and exercise coaching and a weight-loss supplement result in weight and fat loss in 120 men and women. *Am J Health Promot.* 2008;23(2):121-129.
- **Dr. Troy Adams** (HPW Program Director). Becker C, **Adams T**, Orr C, Quilter L. Correlates of quality sleep and academic performance. *Health Educator* 2008;40(2):82-89.
- **Dr. Troy Adams** (HPW Program Director). **Adams T**, Wharton C, Quilter L, Hirsch T. The impact of mental and physical factors on illness among college students. *J Am Coll Health.* 2008; 56(6):657-663.
- **Dr. Troy Adams** (HPW Program Director). Wharton C, **Adams T**, Hampl J. Weight loss practices and body image distortion among U.S. college students. *J Am Coll Health.* 2008; 56(5):579-584.
- **Dr. Steve Allison** (Faculty). Noteboom JT, **Allison SC**, Cleland JA, Whitman JM. A primer on selected aspects of evidence-based practice to questions of treatment. Part 2: interpreting results, application to clinical practice, and self-evaluation. *J Orthop Sports Phys Ther.* 2008;38:485-501.
- **Dr. Steve Allison** (Faculty). Cleland JA, Noteboom JT, Whitman JM, **Allison SC**. A primer on selected aspects of evidence-based practice relating to questions of treatment. Part 1: asking questions, finding the evidence, and determining the validity. *J Orthop Sports Phys Ther.* 2008;38:476-84.
- **Dr. Elaine Armantrout** (CE DSc Graduate). **Armantrout EA**, Hummel-Berry K, Underwood F, Nelson C. Physical therapist compliance with electrophysiology guidelines. *J Neurol Phys Ther.* 2008;32(4):177-185.
- **Dr. Stephen Black** (Faculty, Sports DSc Graduate). **Black SA**. Research science update: What's new in cardio training. *Fitness Management*, October 2008, pp 50-56.
- **Michael Costello** (Ortho Sports DSc Student). **Costello M**. Treatment of a patient with cervical radiculopathy using thoracic spine thrust manipulation, soft tissue mobilization, and exercise. *J Manual Manipulative Ther.* 2008;16:129-135.

- **Dr. Colleen Coulter-O'Berry** (Peds DSc Graduate). McMillian A, **Coulter-O'Berry C**. Literature review: Comparison of surgical options, function, and psychological issues in treatment of children with solid tumors of the lower extremity. *Rehabil Oncology.* 2008;26:15-19.
- **Jill Nustad** (HPW DSc Student). **Nustad J, Adams T**, Moore M. Health information sources accessed by college females: differences between body-image distorted and non-body-image distorted. *Health Marketing Q* 2008;25:241-253.
- **Dr. Mitchell Rauh** (Director of Research). Barrack MT, **Rauh, MJ**, Nichols JF. Prevalence of and traits associated with low bone mineral density in female adolescent endurance runners. *Med Sci Sports Exerc.* 2008;40(12):2015-2021.

Congratulations to the following individual on their professional achievements:

- **Beverly Mendes** successfully defended her Nursing DSc dissertation!
- **Mary Lamb** and **Caroline Raskiewicz** successfully presented their DNP capstone projects!
- **Susan Gardner** (Nursing DSc Student) presented on *Backwards Course Design: Learning for Understanding. Break-out session* at the National League for Nursing Education Summit.
- **Susan Gardner** (Nursing DSc Student) and **Susanne Wilkey** (DNP Student) presented a full-day workshop on *Interactive Learning Strategies: Moving from Teacher-Centered to Learner-Centered Instruction* at the National League for Nursing and Pennsylvania Association of Practical Nurse Educators, conference.
- **Colleen Coulter-O'Berry** (Peds DSc Graduate), a physical therapist, became an honorary member of the American Academy of Orthotists and Prosthetists.
- **Susanne Wilkey** (DNP Student), **Karla Dalley** (Nursing PhD program director), and **Susan Gardner** (Nursing DSc student) presented a poster entitled *From Evidence to Implementation: Student Experiences with Evidence-Based Practice* at the 3rd Annual Evidence-Based Practice Symposium and won the first place poster award.
- **Patrice Murphy** (tDPT (Peds) Student) was selected as the 2008 Florence Kendall Service Awardee by St Louis University.
- **Colleen Coulter-O'Berry** (Pediatrics DSc Graduate) participated in an instructional course at the American Academy of Cerebral Palsy and Developmental Medicine on Limb

Deficiencies in Children.

- **Karen Vandersypen** (tDPT (Peds) Graduate) presented her pediatrics practicum at her state association meeting, with contribution from Dr. Steven Allison (faculty) on the topic of *Incidence of Deformational Plagiocephaly, Torticollis and Unilateral Sensory Neglect in a level III Forty in a Two Bed NICU: Is NICU a risk factor?*
- **Heidi Wight** (tOTD (Peds) Student) took a new position as rehabilitation coordinator for Synertx at the W. R. Winslow nursing home in Elizabeth City, NC.
- **Correction from September 2008 Newsletter: Amy Deutsch** (DNP Student) was awarded a \$3000 doctoral scholarship from the Oncology Nursing Society and a \$1900.00 small grant from the Susan G. Komen for the Cure Houston Affiliate to be used toward the production of a Chemotherapy Patient Teaching DVD. This DVD will be used as a part of her Capstone clinical research and can be found at <http://www.texmedctr.tmc.edu/root/en/TMCServices/News/2008/11-15/Nurse+Creates+DVD+for+Cancer+Patients.htm>.

NWCCU Accreditation Update

RMUoHP thanks everyone who participated in the October 1-3, 2008 NWCCU site visit. This was the second post-candidacy site visit of the five year candidacy phase. Candidacy was granted to RMUoHP in November 2005.

The preliminary results of the site visit are very positive and the official results will be mailed to RMUoHP following the January meeting of NWCCU commissioners. RMUoHP's final site visit for regional accreditation is scheduled for Fall 2010.

As always, new details will be provided in future issues of the RMUpdate.

"I am a great believer in luck, and I find the harder I work, the more I have of it."
– Thomas Jefferson