

## Calendar

### September:

- NLN Education Summit
- DNP 6 Semester 2: Module 2
- DNP 5 Semester 3: Module 2

### October:

- NWCCU Site Visit
- CE 6 Semester 2: Module 2
- tDPT 15 Semester 2: Module 2
- tOTD 11 Semester 2: Module 2
- tDPT 15/tOTD 11 Peds Semester 2: Module 2

### November:

- tDNP 8 Semester 1: Module 2
- Intermediate ENMG Training 3
- Peds 5 Semester 6: Module 2
- RMUoHP Closed for Thanksgiving: 11/27-28

## Campus Contacts

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## RMUoHP prepares to unveil larger campus, new website, and web-based course management system

During September 2008, RMUoHP acquired the remaining approximately 7200 square feet of its present building. The build-out of this space includes new offices, a large classroom, storage, a larger resource center, restrooms, executive board room, and a new student lounge. Additionally, the entire campus will undergo a facelift that includes new carpet, paint, and kitchen facilities. The new section of the building will be completed and occupied by October 1, 2008. Additionally, RMUoHP has acquired a 10,000 square foot building adjacent to the present building, allowing additional program expansion in 2009. RMUoHP will hold a formal ribbon-cutting event in 2009 in conjunction with its 10-year anniversary.

In October, RMUoHP will launch its new website. The website will be more user-friendly and allow visitors to seek information based on their relationship with the University (prospective student, current student, faculty and staff, or alumni and friends). The website uses dynamic technology and will enable web-based applications and payments. For current students, a new Registrar homepage will provide frequently asked questions, active program curricula, and additional helpful information. The website was designed in conjunction with feedback from the Graduate Student Council and Alumni Board, both of whom will be directly accessible via email through the website. Internally, the website will be dynamically controlled by each department, allowing for more frequent, timely updates. The website also more effectively tracks hits and guides internet-seekers via keywords.

RMUoHP has also acquired WebStudy, a web-based course management system that will allow students to participate in web-enhanced and web-based courses. While RMUoHP has no intentions of becoming an "on-line school," web-enhanced courses will allow students to engage in more effective and timely communication with each other as well as faculty via synchronous and asynchronous methods. The University, students, and faculty will also be able to more easily share and store information pertinent to the student's success, such as presentations, handouts, and syllabi. The WebStudy implementation process is exceptionally detailed and complex, but RMUoHP plans to beta test the system beginning this November. Many new cohorts in 2009 will enjoy the capabilities that come with web-based platforms.

Said RMUoHP President Dr. Richard P. Nielsen regarding the exciting year, "Thus far in 2008, RMUoHP has undergone a remarkable transformation and experienced significant growth in many dimensions. All improvements have been focused on better serving our students, maturing the University, and better positioning ourselves for accreditation. We sincerely appreciate the many students, faculty, and employees who have contributed to this growth and maturation and those who continue working towards facilitating the fulfillment of our mission and vision."

## RMUoHP appoints new Academic Dean



RMUoHP is pleased to announce Debra Beazley, PhD, as the new Academic Dean. Dr. Beazley comes to RMUoHP from Troy University in

Augusta, Georgia, where she served as Chair of Business for the MBA, Executive MBA, and Masters of Management programs. While at Troy, she developed curricula for healthcare administration and organizational change graduate degrees.

Dr. Beazley has more than 20 years of rehabilitation management, consulting, and treatment experience in acute care, acute/sub-acute rehabilitation, long-term care, outpatient, and private practice care.

Dr. Beazley has presented at numerous national conferences, including the Academy of Management, Society for the Advancement of Management, International Academy of Management and Business, The CARF Best Practice Conference and First International Conference on Applied Management and Decision Sciences (AMDS). Along with her other numerous accomplishments, she has been featured in such publications as *Journal of Management, Spirituality and Religion*, and *The Encyclopedia of Distance Learning*.

## Alumni and Student Spotlight



**Edward C. Le Cara,**  
DC, ATC, CSCS,  
NASM-CES

Dr. Edward Le Cara grew up in the San Francisco Bay Area and attended San Ramon Valley High School (SRVHS), where he currently holds the record for the most varsity letters (9) by a male athlete at SRVHS and was inducted into the SRV Sports Hall of Fame in 2007. He began his medical career as a front line medic in the US Army Reserve in 1991. While completing a Bachelor of Science in Exercise Science from the University of California at Davis, he began studying functional rehabilitation and strength and conditioning. He attended graduate school at Palmer College of Chiropractic West and earned his Doctor of Chiropractic degree in 1999. Since then Le Cara has been running his own clinic in Pleasanton, CA and added an additional office in San Ramon, CA in 2007. Both clinics are under the business name of SportsPlus: Injury Prevention and Rehabilitation. He is also completing the Doctor of Science program in Athletic Training at RMUoHP.

Being a licensed chiropractor and holding certification from the National Athletic Training Association is an interesting combination. Le Cara combines his skills as a front line medic, strength and conditioning specialist, athletic trainer, and chiropractor to form a unique treatment regiment for musculoskeletal problems in athletes and non-athletes alike. Currently his company, SportsPlus: Injury Prevention and Rehabilitation, has contracts with two high schools and two youth football programs, and he is the head athletic trainer for the California Cougars Professional Soccer Team based out of Stockton, CA and the US National Indoor Soccer Team. Regarding his dual careers, Le Cara says, "I love the diversity of being in the clinic but also on the sideline and in the athletic training room. Being an athletic trainer is the best decision I ever made. It is what I do." Dr. Malissa Martin, Graduate Program Director of RMUoHP's Athletic Training DSc program, commented regarding Le Cara's achievements, "Ed certainly has integrated his athletic training and chiropractic skills to form a unique clinical practice to the medical field. His interest and ability to stay connected and provide care to athletes of all ages demonstrates his commitment to the profession. Achieving his terminal degree from RMUoHP will place Ed on track to gain the highest recognition within our field."

Dr. Le Cara currently holds certifications from the National Athletic Training Association (NATA), National Strength and Conditioning Association (CSCS), National Academy of Sports Medicine (NASM-CES), and post-graduate certifications in sports medicine (CCSP).

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.

## RMUoHP holds 2008 Commencement Exercises

On August 2, 2008, RMUoHP held its annual Commencement Exercises. Dr. Stephen Allison delivered the commencement address. Dr. Allison currently holds faculty appointments at Baylor University and Rocky Mountain University of Health Professions, where he holds the Dr. Dimitrios Kostopoulos Endowed Chair in Evidence-based Practice. Dr. Allison was also the 2008 recipient of the Hartgraves' Award for Excellence in Teaching. The alumni speaker was Dr. Stacey Pfenning, who is a graduate of the DNP program at RMUoHP.



The 2008 Commencement Exercises were held at the historic Provo Tabernacle in Provo, Utah. During 2008, One-hundred and twelve doctoral degrees were awarded and 60 graduates returned to Provo to participate in the commencement. Doctoral degrees were awarded in various fields, including the Doctor of Occupational Therapy degree, Doctor of Physical Therapy degree, Doctor of Nursing Practice degree, and the Doctor of Science (DSc) degree in the areas of clinical electrophysiology, health promotion and wellness, geriatrics, sports, neurology, nursing, orthopaedics, and pediatrics. Faculty and students came from across the country to participate in the commencement exercises.

## RMUoHP holds 3<sup>rd</sup> Annual Evidence-based Practice Symposium

On August 1, 2008, Rocky Mountain University of Health Professions (RMUoHP) sponsored the 3<sup>rd</sup> Annual Evidence-based Practice Symposium at the Marriott Hotel and Conference Center in Provo, Utah. More than 40 athletic trainers, nurses, occupational therapists and physical therapists attended the symposium. Attendees view research poster presentations and listened to lectures given by Stephen C. Allison, PT, PhD, Marthe J. Moseley, PhD, RN, CCRN, CCNS and Rebecca D. Reder, OTD, OTR/L. The 4<sup>th</sup> Annual Evidence-based Practice Symposium is scheduled to be held July 31, 2009.

## Dr. Virginia Nieland appointed Chair of RMUoHP Board of Trustees



Rocky Mountain University of Health Professions is pleased to announce that Virginia Nieland, PT, MS, DSc (Hon) has been named the new Chair for the Board of Trustees. She had previously served as Vice-Chair for the University for four years prior to this appointment. Dr. Nieland is a retired physical therapist and educator whose background includes 15 years of clinical practice and administration in acute general hospital settings and chronic pain units. For 12 years she served on the faculty and chaired two physical therapy education programs in academic health science centers: the University of Nebraska - College of Medicine, and the Medical

University of South Carolina. She was then recruited by the American Physical Therapy Association (APTA). While employed at APTA she was the Director of the Department of Accreditation.

Dr. Nieland is a graduate of the University of North Carolina-Chapel Hill with a Bachelor of Science degree in Physical Therapy and the University of Nebraska-Omaha with a Master of Science degree in Counseling and Guidance with Specialization in College Student Personnel. In May, 2001 she was honored by the University of Central Arkansas when she was awarded the Honorary Doctor of Science degree - the first honorary doctorate degree ever awarded by the university.

# Resource Center update

Cynthia M. Melenson, PhD, MLS

**Attention, Students, Faculty, and Alumni:** RMUoHP Library has recently added **two** very important journals, the *Journal of Hand Therapy* and the *Canadian Journal of Occupational Therapy*. These are full-text journals that are NOT accessible through Ovid or EBSCO. Therefore, in order to access the full texts, you need to note their URL's--

*Journal of Occupational Therapy*:  
<http://www2.us.elsevierhealth.com/inst/serve?db=home&id=HANTHE>;  
*Canadian Journal of Occupational Therapy*:  
<http://www.caot.ca/ebusiness/source/security/member-logon.cfm?redirect=1>. Both of these require separate user names and passwords. Current students, faculty, and paying alumni who wish to utilize these journals need to write [librarian@rmuohp.edu](mailto:librarian@rmuohp.edu) for that information.

We have also added the *British Journal of Occupational Therapy* and the *Australian Occupational Therapy Journal*. Both should be integrated into our system in the next month or two, at which time we will inform you of the website addresses and any required access information. Look for an announcement regarding these two!

Have you tried our textbook database, STAT!Ref, lately? We have had really good response to the STAT!Ref holdings, including

"Anatomy.tv"—so much so that we are experiencing a number of "turnaways." We are aware of this problem and shall be watching closely to see when it is necessary to increase our number of concurrencies (the number of people who can access the database at one time). In the meantime, I encourage you to check out some of its resources--such as "Current Medical Diagnosis & Treatment, 47<sup>th</sup> Ed. (2006), "Basic and Clinical Pharmacology, 10<sup>th</sup> Ed. (2007)," and the "Handbook of Fractures, 3<sup>rd</sup> Ed. (2006)"—but to try to do so at an alternative time of day, so as to avoid peak use times.

Please remember to use the [articlerequests@rmuohp.edu](mailto:articlerequests@rmuohp.edu) address for obtaining the full-text articles that you need, but do keep [librarian@rmuohp.edu](mailto:librarian@rmuohp.edu) for your search needs.

You will be very pleasantly surprised at your next visit to campus to see our greatly expanded library facilities (not to mention the rest of this gorgeous "breakout")! In the meantime, remember that we are here to serve you by e-mail (see above) or by phone (1-801-734-6820 or 6822) and are always happy to hear from you and to assist you with your information and research needs.

## Student Notices

**Hotel Price Increase for 2009:** In 2009, RMUoHP's recommended hotels will increase prices approximately \$5 per room night.

**Registrar Procedural Change and Reminders:** 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. Accordingly, all reminder emails will be discontinued, effective November 1<sup>st</sup>. Please also note the following:

- The following information is available in the 2008 University Handbook, available on the University's website at [www.rmuohp.edu](http://www.rmuohp.edu):
  1. The University policy regarding **late assignments** (also listed on each syllabus after the grade scale information).
  2. The University policies and timelines regarding **Incomplete** and **In Progress** grade designations.
- University staff will always reply to confirm receipt of any assignment or exam. If you do not receive this confirmation within 1-2 business days of emailing an assignment, double-check the email address spelling, make sure the file size of the attachment(s) are not too large to fit on one email (10MB or less), and make sure not to send zipped files.
- We recommend that you include a carbon copy of emailed assignment submissions to yourself (by typing your own email address in the "Cc" field before sending) – this will ensure that you have documentation of the date/time your assignment(s) are/were sent, in the event that the email is not received.

Please feel free to contact the registrar with any questions or concerns at [registrar@rmuohp.edu](mailto:registrar@rmuohp.edu) or 801-734-6824.

## IRB Corner

Darcy L. Hammar, IRB Manager

As the IRB grows and develops, new areas for continuing education come to light. One of those areas is the number of subjects for a study. Determining the correct number of subjects for a protocol\* can be challenging. Many investigators conduct a power analysis to determine a minimum number of subjects needed for statistical significance, while others work with advisors to determine an acceptable number if the potential subject pool is unique and therefore small. However the number of subjects is determined, it is important to remember **that for purposes of IRB approval it is a maximum number.**

If a Principal Investigator (PI) receives a better than expected response to recruitment materials (flyers, mailings, etc.) the PI must first submit a Request for Modification Form (RfM) and receive approval to change the number of subjects. The PI must submit a RfM to the RMUoHP IRB (and appropriate forms to a local IRB if it was part of the initial approval process). RMUoHP's forms can be found on the website.

The approval of a maximum number also applies to surveys by mail or through a service such as Survey Monkey. Many online services have an option to set a "maximum response count" when the survey is designed.

The requirement for prior approval before a change in subject numbers can be implemented also applies to other changes. **Any** change to a protocol must be reviewed by the RMUoHP IRB (and local IRBs when applicable) and approved before they are made and implemented.

Examples of changes include, but are not limited to:

- adding a recruitment location and/or source
- adding a location to conduct tests
- any changes to what the subjects will be asked to do or how they are evaluated
- any changes to consent/assent forms
- any changes to data collection instruments or forms

Through the course of a protocol, things may change. The key is to seek approval prior to implementing.

Suggestions for future topics are always welcome at [irb@rmuohp.edu](mailto: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 peer-reviewed papers have been published since the last newsletter:

- **Dr. Stephen Black** (Sports DSc and Faculty) - **Black S.** So, you want to be a medical fitness facility director? *Am Coll Sports Med Health Fitness J.* 2008;12:1-4.
- **Dr. Stephen Black** (Sports DSc and Faculty) - **Black S.** How to operate an on-site hospital fitness center. *Am Coll Sports Med Health Fitness J.* 2007;11:1-4.
- **Dr. Stephen Black** (Sports DSc and Faculty) - **Black S.** Triathlon participation for the physically challenged athlete: medical considerations. *Current Sports Med Rep.* 2007;11:195-199.
- **Greg Myer** (AT DSc), **Kevin Ford** (Research Fellow), **Timothy Hewett** (Research Fellow) - **Myer GD, Ford KR, Hewett TE.** Tuck jump assessment for reducing anterior cruciate ligament injury risk. *Athl Ther Today.* 2008;13:39-44.
- **Greg Myer** (AT DSc), **Kevin Ford** (Research Fellow), **Timothy Hewett** (Research Fellow) - **Burkhart B, Ford KR, Myer GD, Heidt RS, Hewett TE.** Anterior cruciate ligament tear in an athlete: does increased heel loading contribute to ACL rupture. *N Am Sport Phys Ther.* 2008;3:141-144.
- **Greg Myer** (AT DSc), **Kevin Ford** (Research Fellow), **Timothy Hewett** (Research Fellow) - **Mitchell LCJ, Ford KR, Manning S, Myer GD, Mangine RE, Hewett TE.** Medial foot loading on ankle and knee biomechanics. *N Am Sport Phys Ther.* 2008;3:133-140.
- **Greg Myer** (AT DSc), **Kevin Ford** (Research Fellow), **Mark Paterno** (Ortho Sports DSc), **Timothy Hewett** (Research Fellow) - **Myer GD, Ford KR, Paterno MV, Nick TG, Hewett TE.** The effects of generalized joint laxity on risk of anterior cruciate ligament injury in young female athletes. *Am J Sports Med.* 2008;36:1073-1080.
- **Greg Myer** (AT DSc) - **Minning SJ, Myer GD, Mangine RE, Mangine ME, Colosimo AJ.** Serial assessments to determine normalization of gait following anterior cruciate ligament reconstruction. *Scand J Med Sci Sports.* 2008:1-7.
- **Greg Myer** (AT DSc), **Kevin Ford** (Research Fellow), **Timothy Hewett** (Research Fellow) - **Ford KR, van den Bogert J, Myer GD, Shapiro R, Hewett TE.** The effects of age and skill level on knee musculature co-contraction during functional activities: a systematic review. *Br J Sports Med.* 2008;42:561-566.
- **Timothy Hewett** (Research Fellow), **Greg Myer** (AT DSc) - **Hewett TE, Myer GD, Zazulak BT.** Hamstrings to quadriceps peak torque ratios diverge between sexes with increasing isokinetic angular velocity. *J Sci Med Sport.* 2008;11:452-459.
- **Greg Myer** (AT DSc), **Kevin Ford** (Research Fellow), **Timothy Hewett** (Research Fellow) - **Myer GD, Brent JL, Ford KR, Hewett TE.** A pilot study to determine the effect of trunk and hip focused neuromuscular training on hip and knee isokinetic strength. *Br J Sports Med.* 2008;42:614-619.
- **Dr. Tambra Marik** (OTD) and **Dr. Kristin Valdes** (OTD) - **Marik T, Valdes K.** Clinical Commentary in Response to: The effects of oscillating-energy manual therapy on lateral epicondylitis: A randomized, placebo-controlled, and double-blinded study. *J Hand Ther.* 2008;10:15-17.
- Amy Deutsch (DNP) was awarded \$1,900.00 from the Oncology Nursing Society for the "Susan G. Komen for the Cure Houston Affiliate Small Grant".
- Congratulations to **Holly Lookabaugh-Deur** (Ger DSc) and **Mahmoud Ibrahim** (Ortho DSc) on successfully defending their dissertation!
- **Dr. Rebecca Leonard** (DPT) presented at the American Physical Therapy Annual Conference and American Academy for Cerebral Palsy and Developmental Medicine on a ballet program for children with physical disabilities using overhead track system for partial body weight support.
- **Cindy Miles** (Peds DSc), **Jan McElroy** (Peds DSc), **Dr. Sherry Arndt** (Peds DSc), **Dr. Susan Blackburn** (Faculty), **Dr. Erin Ross** (Faculty), **Dr. Gay Lloyd Pinder** (Faculty) and **Dr. Jane Sweeney** (Peds Programs – Graduate Program Director) presented on neonatal care and infant therapy topics at the annual Neurodevelopmental Treatment Association National Meeting in Anaheim, CA in May 2008. Additionally, the new President of the Association is **Dr. Pamela Mullens** (Faculty), and **Lauren Beeler** (Peds DSc) served as moderator for numerous conference sessions.
- **Dr. Broc Sanchez** (DNP) was appointed to the Texas Woman's University College of Nursing Doctor of Nursing Practice - Advisory Council. Dr. Sanchez was also selected as one of the Dallas-Fort Worth Great One Hundred Nurses for 2008 and was inducted into the Sigma Theta Tau International Honor Society of Nursing, Beta Beta Chapter.
- DNP students **Susan Achen, Sabah Al-Marashi, Sally Bird, Chad Collom, Kimberly Hathcock, Joseph Helminiak, Anthony Pecora, Lana Peterson, Tirsa Quartullo, and Richard Veal** successfully presented their DNP capstone projects.
- **Ethan Kreiswirth** (AT DSc) has accepted a new position as Program Director of Athletic Training Education at Concordia University, Irvine (CUI) in California.
- **Peter Ames** (Ortho Sports DSc) received his sports board certification (Sports Certified Specialist) and **Dr. Ron Barredo** (DPT) received his geriatric board certification (Geriatric Certified Specialist) from the American Board of Physical Therapy Specialties.
- **Barbara Berg** (DNP) is presenting at the First National Doctors of Nursing Practice Conference in October.
- **Dr. Tambra Marik** (OTD) and **Dr. Kristin Valdes** (OTD) are each presenting papers at the American Society of Hand Therapists Annual Meeting in October. **Marik, Valez, and Dr. Gretchen Bodell** (OTD) are also presenting an instructional course at the meeting.
- **Dr. Paul Niemuth** (Sports DSc) was appointed to a three-year term on the Minnesota State Board of Medical Examiners Athletic Trainers Advisory Committee.
- **Rebecca McKnight** (MS) recently published a new textbook – Erickson, M., **McKnight, R., & Utzman, R.** (2008). *Physical therapy documentation: From examination to outcome.* Thorofare: Slack, Incorporated. (ISBN 10 1-55642-782-4)
- **Dr. Jodi Taylor** (OTD) opened her new private practice, The Schlinic, incorporating the best practices of both schools and clinics.
- **Dr. Marie-Eileen Onieal** (DNP Graduate Program Director) was named Nurse Practitioner Editor-in-Chief for Clinician Reviews. Clinician Reviews is the leading publication serving the PA/NP market and is published 12 times per year. Each issue includes AMA category 1 CME credit and reports on the latest advances in medicine.
- **Dr. Susan Michovitz** (CHT Electives Graduate Program Director (tDPT/tOTD)), **Dr. Gretchen Bodell** (OTD), and **Dr. Kristin Valdes** (OTD) participated in the 7th Guatemala Healing Hands Mission. The mission is dedicated to improving the quality and availability of healthcare in Guatemala through an education program, hand surgery, and hand therapy. The team spoke at an educational conference for physicians and therapists, visited the local hospitals to teach local therapists and treat hand injured clients, and treated the post-operative patients that had received hand surgery from the mission's surgeons.
- **Dr. Steven Chesbro** (Faculty) has been appointed chair of the Department of Physical Therapy at the Alabama State University.
- **Dr. Constance Morrison** (DNP) presented on topics related to her DNP capstone at the International Council of Nurses Conference and American Academy of Nurse Practitioners (AANP) Annual Conference. Dr. Morrison was also inducted as a Fellow of the AANP at the annual conference.
- Congratulations to **Dr. Ed Ramsey** (DPT) and his family, who welcomed baby Jacob on August 14!
- **Dr. Dee White's** (DNP) capstone results will be published in *The Nurse Practitioner Magazine*.

*"The great leaders are like the best conductors – they reach beyond the notes to reach the magic in the players."*

– Blaine Lee,  
*The Power Principle*