

HIGH POINT UNIVERSITY

Congdon School of Health Sciences

Physical Therapy

SUMMER 2018



LETTER FROM THE CHAIR

DR. ERIC J. HEGEDUS PT, PHD, DPT, OCS

Friends and Colleagues

Wow, it's hot! And, of course, humid but the skies are still blue and the grass seems very happy with the evening thunderstorms. The campus is gorgeous as always and I still feel like I need to pinch myself to see if this is a dream. We have much going on and much to celebrate!

We now have 120 students in the program! The energy they bring is wonderful. The first year's are adapting well to professional school and the second year's are doing a masterful job of lending support. The second year's have also chosen their first end-of-program, 12-week clinical rotation- thank you clinical partners. I am so proud of all of them; their grit and their sense of community.

Our family continues to grow as we welcome 3 new stellar faculty, our first ever **RAISE** (Raising others through equal Access to healthcare, Impactful physical therapy, Systems-based advocacy, & Engaging in sociopolitical discourse) Fellow, and a new research physiology assistant.

Faculty

Dr. David Sinacore has arrived from Washington University in St Louis where he had a distinguished career as a scholar and educator. Dr Lance Mabry joins us after years in the United States Air Force where he had an award-winning career. Elizabeth Wonstetler comes fresh from her PhD at the Medical University of South Carolina. Also, Drs. Frank Layman, Justin Waxman, Collin Carriker, and David Gustafson are serving as adjunct faculty members this semester- welcome all!

Fellows

Dr. Steve Shaffer is our outstanding RAISE Fellow. He is also a Fellow of the American Academy of Orthopedic Manual Therapy and has a wealth of patient care experience. We feel fortunate to have such a seasoned and expert clinician as our first RAISE Fellow.

In addition, Dr. Trey Brindle is our post-doc fellow in the Human Biomechanics and Physiology Lab. He is interested in runners and their injuries and is a welcome collaborator.

LETTER FROM THE CHAIR, CONTINUED...

Research Assistant

Justin Waller joins us by way of the USDA Western Human Nutrition Research Center (Davis, CA), where he was a Physiologist for the past two years. Justin earned his BA in Exercise and Sports Science at UNC Chapel Hill, and his MS in Exercise Physiology at UNC Greensboro. Justin's research interests include Endocrine, metabolic and cardiovascular responses to acute exercise and training, as well as the effects of nutrition and nutrient status on exercise, performance, metabolic function and metabolomic profiles.

Clinically, the Pro Bono Clinic is in full swing! Dr Alicia Emerson has been named Director of Clinical Services and she immediately set about instituting a student Board to help us run the clinic. With Drs Shaffer and Naze, we have a robust patient population getting advanced care. Dr Emerson and our student Board immediately established a food pantry by partnering with community organizations. A special thank you to the Guilford Community Care Network and West End Ministries for their donations of a refrigerator, freezer, and plenty of food! In addition, we have begun using the revolutionary BlueJay Mobile Health platform (<https://www.bluejayhealth.com/>) allowing us to treat patients in their home. Thank you, Tony Zhang! We feel blessed to have such wonderful collaborators who share our desire to serve those who need it most. Finally, our students are treating patients in this clinic as part of our Community Outreach series of courses. These courses serve as an incredible bridge between. **We would love to name this cutting-edge clinic in your honor! Contact us if you are interested.**

We (yes, even me) continue to see patients under the T.E.A.M. umbrella and the money we raise (\$60,000 since inception) is donated to the DPT scholarship fund. **If you would like to match our gift, both faculty and students would be forever grateful!**

I hope you will come and visit like Advisory Board member, Dr. Craig Boslough. Please be in touch with us- you are part of this family.



Dr. David Sincacore
Professor



Dr. Stephen Shaffer
RAISE Fellow



Dr. Trey Brindle
Post Doctoral Fellow



Justin Waller
Physiology
Research Assistant

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CLASS OF 2021

Average GPA

Overall 3.4
Sciences 3.2

18 IN-STATE

43
OUT-OF-STATE

GRE Percentiles

GRE Q: 50TH
GRE V: 58TH

69% FEMALE
31% MALE

CAMP MAKES PHYSICAL THERAPY FUN FOR KIDS

BY HOLLY WEST
HIGH POINT ENTERPRISE STAFF WRITER

Every day at Camp High Five starts with a pajama party of sorts. Children arrive to the Haynes-Inman Education Center in their comfy clothes so they can complete their first activity of the day — getting dressed.

“For a lot of our kids, self-dressing skills are very delayed,” said Camp Director Ashley Collier.

“So that’s a goal for all of them, is to learn how to do some component of dressing.”

Three years ago, Collier started the annual camp, which was held last week, along with local physical and occupational therapists to help children like her daughter, Macie, who have limited mobility on one side, typically due to a stroke or other medical issue. The camp’s therapists

are physical therapy doctorate students from High Point University and Elon University, as well as occupational therapy master’s degree students from Winston-Salem State University. Dora Gosselin, director of clinical education and an assistant professor of pediatrics in the physical therapy department at HPU, said the camp is an invaluable learning experience for her students.

“There’s really no other way to see how a child functions all day every day,” she said. “They really have to be creative and problem solve because with each transition to a new activity and each activity, there’s a whole different set of expectations that need to be modified to match the child’s motivation and physical ability.”

Each of the 12 campers is partnered with two buddies — one occupational therapy student and one physical therapy student.

HPU physical therapy student Jordan Pope, who has worked at the camp both years she’s been in the program, said it can be challenging to work with kids who are either shy or don’t want to participate, but winning them over is worth it.

“It’s such a rewarding feeling to see him improve,” she said. “I wish this was more than once a year so we could see them progress more.”



CAMP MAKES PHYSICAL THERAPY FUN FOR KIDS, CONTINUED....

Since many kids avoid using their side with limited mobility, the therapist puts casts on their stronger arms each day, forcing them to use their weaker side during the activities. Each day's activities center around a theme. Thursday was Construction Day. The children started by building with large Legos and other materials. Zainb Abuelhassan, 5, was charged with creating something with Jenga pieces. "I'm building a house," she said.

Later, the children used cardboard boxes and halved pool noodles to make marble runs. They also played a giant version of the game KerPlunk. Meghan Patton, a second year HPU physical therapy student, said she and her fellow therapists have to get creative to keep kids engaged.

"A lot of these activities are hard for them. We're there to motivate and give cues so they get the most out of it," she said. "You have to make it like a game, so it doesn't look like exercises." Collier said the social aspect of the camp also is helpful.

"Peer pressure often keeps them on task much longer than if they were in a purely clinical setting," she said. Each activity lasts 15 minutes and uses constraint-induced movement therapy, a type of rehabilitation that helps improve mobility by increasing use of the affected limb. "The science behind constraint therapy shows that a minimum number of hours in an intense, short span produces the most gain," Collier said. "We built our camp around that."

There are only about 20 of these types of camps in the United States, Gosselin said. For family members like Flo Bissonnette, that means traveling to get help. Bissonnette helps drive her granddaughter, Anna Morgan, 9, to the camp from her home in Mebane. Anna's family has traveled to Chapel Hill, Alabama and New York, among other places, to get her into the few existing pro-grams. Bissonnette said the mix of therapy and creative fun at camp programs has seemed to work best for Anna, who had a stroke shortly after birth. "They didn't think she would be able to walk or do anything. Now she runs."



DEPARTMENT NEWS



Dr. David R. Sinacore and colleagues received the Jack Walker Award, which honors an author or team whose published study in *Physical Therapy (PTJ)* journal presents novel and innovative research related to patient care and advance clinical science, as it pertains to the physical therapy profession.

Dr. Sinacore has been recognized for his efforts in the article "Physical Training and Activity in People with Diabetic Peripheral Neuropathy: A Paradigm Shift" in the January 2017.

Dr. Diana Peterson has been reappointed for a three year term with the Committee for Diversity and Minority Affairs as well as has been appointed on the Travel Award Committee for the Association for Research in Otolaryngology.



Assistant Professor and Principle Investigator (PI), Dr. Alicia Emerson, along with co-PIs Drs. Jeff Taylor and Angela Gisselman, have been awarded a \$6500 HPU Growth Mindset Grant. The two year grant will support an exploratory mixed methods study to examine constructs that contribute to graduate students' growth mindset in a flipped classroom/active learning pedagogy (APL). It is hoped that the study will help identify students who have a fixed mindset so that targeted growth mindset strategies can be implemented to improve the successful integration of APL throughout DPT curricula.

- PTCAS opened July 5th, 2018 for applicants looking to join the class of 2022. Deadline to submit applications is January 15th, 2019.
- Welcoming the Class of 2021 to the profession with the White Coat Ceremony on September 9, 2018.
- 2nd Annual Halloween Family 5K Fun Run & Walk and Pro Bono Clinic Food Drive on October 28, 2018.

AAOMPT PRESENTATION HIGHLIGHT:

Headache and temporomandibular pain: Translating multidimensional health screening to leverage outcomes in OMPT

Presenters: Alicia Emerson, Garrett Naze, Stephen Shaffer, Carla Franck

Headaches and temporomandibular disorder (TMD) pain may involve complex and chronic conditions that significantly diminish quality of life. Epidemiological figures vary for prevalence and incidence, but the overall referral to physical therapy remains low for these conditions. Biomechanical etiologies are often the basis for diagnosis and treatment in orthopaedic manual physical therapy (OMPT). However, it is important to not overlook complex neurophysiological and psychological contributions such as stress, fear, and disrupted sleep because these variables may negatively impact health behaviors. Recent systematic reviews reported minimal high-quality research to support the efficacy and effectiveness of OMPT with these populations; only one systematic review reported outcomes other than jaw range of motion and pain. This research could be interpreted as support for the lack of referral to OMPT. These findings could be used to bolster the rationale to minimize headache / TMD pain assessment and intervention in educational programs. Further, they may explain recent findings that indicate OMPT fellowship training in TMD pain education is limited. However, emerging large-scale data from interprofessional research identify complex neurophysiological mechanisms in headache and TMD pain. If these biomarkers are not screened for, and addressed, then potential clinical reasoning errors in the dosing of OMPT interventions may adversely impact outcomes. Patients with headache/TMD pain demonstrate wide spread pain and sensitivity that require advanced clinical reasoning in management. As we strive to become frontline providers in pain management, supportive research is required when advocating for provider / patient awareness of OMPT interventions. We will discuss how to clinically screen for aberrant neurophysiological processing, maladaptive psychological / cognitive beliefs, and ineffective health behaviors through questionnaires and simple clinical examination tools. In addition, these findings will provide context for patient education on sleep, stress management, and minimizing fear avoidance beliefs and behaviors. The importance of elevated clinical reasoning required to incorporate these processes and guide OMPT intervention selection and prescription will be highlighted. Management techniques including use of biofeedback and OMPT TMD / cervical techniques will be demonstrated.

AAOMPT PRESENTATION HIGHLIGHT, CONT.

This one-day preconference session will address the challenges in the OMPT management of headache and TMD pain. Limited high-quality OMPT research negatively impacts systematic review findings. We hope to challenge the audience to move beyond the biomechanical paradigm in headache and TMD pain. By screening for biomarkers that are indicative of aberrant ongoing global psychological and biological processes, we hope to both enhance the clinical reasoning and inspire future clinical research in this area. We will engage the audience with descriptive case studies, using these clinically relevant scenarios to highlight the research and clinical responses. We will present specific screening tools for biomarkers, including changes in the autonomic nervous system and the presence of peripheral and central sensitization. We will provide simple, validated questionnaires to screen for maladaptive psychological, cognitive, and health beliefs such as depression and self-efficacy. Finally, we will review and demonstrate OMPT management techniques for headache and TMD pain with considerations on selection, dosing, and prescription in the context of complex patient presentations.



CLINICAL EDUCATION

Aloha from the Clinical Education Team!

As HPU DPT finished the 2018 spring semester, the Clinical Education Team was hard at work preparing for our first annual “March Mailing”. March Mailing is the process by which we, and other physical therapy programs across the nation, send requests to our clinical partners to host our students in their long-term clinical internships, the first of which will occur in September 2019. After compiling the responses in late June, we were pleased to present the class of 2020 with nearly 80 clinical site options for PT 8900. The list included a diverse range of clinical settings from pediatrics and outpatient sports, to inpatient rehabilitation and home health. While the majority of the internship sites are located on the east coast, we received slots for clinics in Oregon, California, Colorado, and Montana. We are also proud to report that several of our students successfully earned internship slots with specialty clinics, including a high-performance sports rehabilitation company (EXOS), and the United States Veterans Affairs Medical Center. These specialty clinics afford unique opportunities for students, but they require time-intensive applications and interviews, so congratulations to those students who participated in this process.

Once the list of confirmed clinical sites was received, our Clinical Education Team faced the next question: what would be the best method to assign students to the long-term internship sites? Every physical therapy program has its own method of assigning students to clinical sites that includes assignments controlled exclusively by the Clinical Education faculty or a process that allows students to have greater input into their assigned internship location. Aligned with our commitment to transparent and fair processes in clinical education, we set the stage for a clinical site lottery day. On Friday, July 27th, we hosted the inaugural 2018 Lottery Day during which students selected their clinical sites in an order that was decided by a random number draw. The Luau-themed lottery day was a success, with an abundance of festive attire, pineapples, and leis!



In addition to the formal clinical experiences and internships embedded in our curriculum, students have the option to volunteer for additional opportunities in and around the community. This summer, three students from the class of 2021 and eight students from the class of 2020 represented HPU with their energy and enthusiasm at Camp High 5 – a week-long camp for young children with hemiplegia. This event would not be possible without student volunteers and we are grateful for their hard work and dedication!

Looking ahead to this fall, the Class of 2020 returns to High Point Regional Clinics for their second Clinical Experience. These are half-day clinical experiences but unlike Clinical Experience I, Clinical Experience II also affords students the opportunity to rotate in acute and inpatient clinical sites in addition to outpatient clinics. The Class of 2021 has been onboarded and we will be busy preparing the students for their Clinical Experience I, which begins in January 2019.

Cheers from your Clinical Education Team!

Dora Gosselin, PT, DPT, PCS, cNDT
Director of Clinical Education

Angela Spontelli Gisselman PT, DPT, OCS
Associate Director of Clinical Education

Tiffany Hughes, MS
Clinical Education Specialist



Event & Sponsorship Information

2nd Annual Halloween Family 5K Fun Run & Walk and Pro Bono Clinic Food Drive

Sunday, October 28, 2018 from 2pm-5pm
High Point University Community Center
921 Eastchester Drive, High Point, NC 27262



HALLOWEEN FAMILY 5K FUN RUN & WALK

HOSTED BY HIGH POINT UNIVERSITY'S DEPARTMENT OF PHYSICAL THERAPY


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