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College of Health Sciences Newsletter, April 2013

College of Health Sciences

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Dear Faculty, Staff, Students, Alumni and Friends of the College,

On April 15, the college held its annual Military Appreciation Day. According to Wikipedia, it is any event intended to express appreciation for men and women currently (and sometimes formerly) in military service. A "Military Appreciation Day" is a date often selected for convenience, typically but not necessarily approximate to Veterans Day or Memorial Day. This year, two of our current students gave powerful presentations during our annual Military Appreciation Day luncheon: Nicole Flores, a senior in our Health Services Administration Program and Alicia Kostka, a Physical Therapy 2nd year student. Their remarks were so powerful and reflective of why our College established an annual day and luncheon to show appreciation for our military-affiliated faculty, staff and students.



Our students with military service as active duty, reservists, veterans or other affiliations make up more than 25% of our total student body at ODU. It is often difficult for active duty and reservists to complete their degree when they are deployed multiple times or relocated. Our college has several completely online programs, such as the BSHS in health services and the BSN completion program that permits our students to continue their education even through deployment. Our classes have been taken by our students all around the world and out at sea, continuing progress toward their degree during deployments. Many of our faculty and some staff have served in the military and several of our full-time faculty continue with reserve duty, with some of our adjunct faculty who are active duty. To all of you, the College of Health Sciences says "THANK YOU, we appreciate you and your service to our country, all that it represents!"

Please take a moment to read the remarks from Nicole and Alicia and thank someone you know who serves or has served in the military for their service to our country and the sacrifices they have made. I thank everyone for your continued efforts to help our college and university to be military-supportive. Collectively, the College of Health Sciences and Old Dominion University make me proud to be your colleague, a member of the ODU Community and an American.

Best regards,

Shelley C. Mishoe, PhD
Dean and Professor

Student in the Health Services Administration Program and Health Services First Class (HS1)

Active Duty in the United States Coast Guard By Nicole Flores, NREMT, PTS

When Dr. Benjamin asked me to speak, she asked me to talk about how ODU and the military are helping me achieve my professional goals. I would like to give you all an idea of how I came to be a student here at ODU. I have been serving on active duty in the Coast Guard for almost 12 years. I am an Army brat and grew up in a military town in Oklahoma, called Lawton Ft Sill. When I was looking at joining the military the biggest piece of advice my dad ever gave me was to pick a job that I can use outside of the military. My dad's MOS was Bravo13 field artillery, a high school dropout and had no college education. In fact, I am the first in my family to attend college. When he got out of the Army unexpectedly in 1994 after serving 14 years in the Army, he had an extremely hard time finding work. His first job was driving a delivery truck for a paper company earning minimum wage to deliver paper supplies to offices all around Oklahoma. The long hours and poor pay, with no chance for advancement influenced him to look for other work. He eventually got a job working at the Goodyear tire factory in my hometown, which is one of the largest employers in that area. He did not get a job in management, where he would be able to use the leadership skills he gained in the Army, since he had no education, he was given a job performing manual labor, throwing tires and eventually ruining his back and shoulders. He is now driving a forklift in the warehouse of the factory.



His advice always stuck with me and it is something that I have passed on throughout the years mentoring young recruits. That is why I chose to pursue the rating of Health Services Technician. The healthcare field is rapidly growing so there are a lot of employment opportunities but, I always knew that my military training would not be enough and that I would need a college degree in order to be more successful in a career not only in the coast guard but outside as well.

At my last unit my Chief at the time Kameo Gorman, who is also a student here at ODU told me about this fantastic program that the Coast Guard has, called the Advanced Education Medical Administration Program. This is a program where the Coast Guard selects two individuals annually from a pool of highly qualified applicants and sends them to school fulltime for a period of 24 months to obtain a degree in Medical Administration.

I initially began having credit evaluations performed at colleges. Of the 6 colleges I considered, not one of them accepted enough of my military education and experience for me to complete the degree. In fact most of them quoted me a time period of approximately 36 months. Some of these colleges did not have any programs for military students, like ODU's Military Career Transition Counseling, Students veterans association, or in state tuition for military students. Needless to say I was almost ready to contact my Rating Force Master Chief and resign from the program until I talked to Ms. Gorman about Old Dominion University. She explained how the Health Services Administration program was designed for healthcare professionals with AS degrees in a health related discipline and that credit was given for certification and military experience. She gave me my advisor, Dr. Sharpe's information and I got online and check it out right away.

ODU and the military are helping me achieve my professional goals by giving me the opportunity to receive a degree in a field that is rapidly growing. Having a Bachelor's in Health Services Administration from ODU will assist me with advancement within the Coast Guard.



**Military Appreciation Day Remarks by
Alicia Kostka
Second Year Physical Therapy Student
Inactive LT in Naval Reserves**

A little bit about my background.... I was born and raised in Sacramento, California. I attended Cornell University on a Naval ROTC scholarship, and graduated with a Bachelor's Degree in Psychology in 2004. After receiving my commission, I reported as an ensign to the USS Carter Hall, LSD-50 at Joint Expeditionary Base Little Creek where I served 2 consecutive tours as the Auxiliaries Officer and the Navigator. Subsequently, I served 2 years as an instructor of naval surface warfare tactics. Most recently, I completed 3 years of service in the drilling reserves. Currently I am an LT in the Inactive reserves (IRR).

When deciding on a graduate school path after coming off of active duty, I honestly felt overwhelmed when facing the prospect of completing the prerequisite courses, application process and the daunting 3-year DPT program here at ODU. In hindsight, although the subject matter and job descriptions are very different, my time in the military prepared me very well for the rigors of this academic program and for a future career in physical therapy.

One of the most important reasons that I decided on a career in physical therapy, was the desire to help rehabilitate injured veterans. I witnessed sailors sustain numerous injuries ranging from mild to life-changing. Marines that were transported on my ship faced an entirely different set of dangerous circumstances on the ground in Iraq and Afghanistan. Sadly, some were faced with traumas resulting in permanent disability or even amputation. To be able to restore a sense of well-being and normalcy to these sailors and Marines as a physical therapist would be the ultimate reward.

Many people in their lives seek a rewarding occupation that they can enjoy and for which they are well suited. The lucky few succeed in finding a job where at the end of the day, they feel satisfied that their accomplishments have been worthwhile. I feel truly blessed to have discovered not one, but two careers that fully integrate my capabilities and interests. I will always look back fondly on my years of military service, and am looking forward to a new exciting career as a physical therapist.

College of Health Sciences Welcomes a New Major Gift Officer



Manisha Sharma, our new Major Gift Officer at the College of Health Sciences, joined our team on March 25, 2013. She brings to ODU more than seven years of diverse Development experience. Before arriving at ODU, Manisha was the Director of Development for Saint Louis University School of Medicine for four years. During her time there, she organized successful reunion giving programs, working with hundreds of medical alumni to regularly surpass fund-raising goals. She also encouraged many generous donors to fund endowments in support of the School's greatest opportunities. Manisha traveled frequently throughout the United States representing the University and visiting with alumni and donors.

Prior to working at Saint Louis University, Manisha was the Associate Director of Funding Research and Proposals at Big Brothers Big Sisters of Eastern Missouri. Her successful grant writing provided mentoring services for thousands of youth in the greater St. Louis area. While working at Girls Incorporated in Lowell, MA,

Manisha expanded the outreach programs from two schools to nine schools through strong community relationships, successful grant proposals and effective fundraising strategies.

Manisha originally hails from Massachusetts and is excited to be back on the east coast. She and her fiancée are having a great time exploring their new home town, planning their Fall wedding, and building their life in Norfolk. Although new to the area, Manisha is eager to get to know the community and visit with alumni and friends of the ODU College of Health Sciences.

Please join us in welcoming Manisha Sharma to the College of Health Sciences Team. If you would like to learn more about how you can support the College of Health Sciences and help support the next generation of healthcare professionals, please feel free to contact Manisha directly. She can be reached at 757-683-4313 or m1sharma@odu.edu.

Health Sciences Advisor Retires After 18 Years



Mrs. Breeden hailed from rural central Indiana and earned her B.S. and M.Ed. in counseling from Indiana University and a second M.S. in Human Resources from Webster University.

Mrs. Breeden taught for 12 years in the Portsmouth Public School System at Harry Hunt Junior High School and she opened the, then new, Manor High School in 1972. She and husband Glenn were transferred to the US Naval Base in Bermuda for the next 12 years where she worked with the NASA Tracking Station, the U.S. Department of Defense Dependent Schools (DoDDS) and then to her love, the University of Maryland University College Bermuda Program where she also taught for the City Colleges of Chicago.

Upon returning to the U.S., Mrs. Breeden joined Old Dominion as the first College Advisor for the College of Health Sciences in 1996. As the college grew so did the scope of advising and Mrs. Breeden became Director of Advising and Director of the B.S. in Health Sciences program, one of the university's earliest distance learning programs. During her 18 years at Old Dominion University, Mrs. Breeden inspired a generation of students to become successful health professionals. She was also a mentor to the many TAs who passed through her doors and supervised and helped them develop their new (or old) advising skills. Mrs. Breeden is the longest serving advisor to the Virginia Beach Higher Education Center. She is sorry to be leaving just when the University is on the springboard of so many new innovative educational experiences but is looking forward to spending time with her extended family in Orlando, Fl. To everyone she is leaving, she wishes a very, very fond adieu.

Nursing and Physical Therapy Students Travel to the Dominican Republic

ODU nursing and physical therapy students wrapped up a week of traveling by presenting the Madres Tutelares with certificates of program completion. The week's education included, assessment of vital signs, rehydration therapy, STDs, infant motor milestones and lower back pain.



Left to right: Student Alexis Karageorge and Marcella Kennedy teach Resource Mother, Altagracia Luna, how to properly assess blood pressure using a cuff and stethoscope. Assessment of vital signs and early recognition is a simple intervention Resource Mothers can use as an indicator of pregnancy wellness in low income neighborhoods in Santo Domingo.

Two Countries, One Mission:

ODU Nursing and Physical Therapy Students Partner with Physicians for Peace to Help At-Risk Mothers at Home and Abroad

Norfolk, Va. (April 1, 2013) – For most students, spring break conjures up thoughts of relaxing somewhere warm in tropical breezes, far from schoolwork, perhaps on a Caribbean vacation. But, for seven nursing students and two physical therapy students from ODU, a work-free spring break took a back seat to teach Resource Mothers, also known as Madres Tutelares, perinatal health education in the Dominican Republic. Resource Mothers was created by Physicians for Peace in the Dominican Republic based on the need to mentor at-risk teenage mothers to ensure a safe and healthy pregnancy, delivery and first year of a child's life.

The nursing students offered instruction on perinatal topics such as signs and symptoms of infant dehydration and awareness of sexually transmitted diseases. Hands-on-training included reinforcement of vital sign assessment. This training and education helps Resource Mothers assist their clients in seeking medical attention and preventing more serious complications. The physical therapy students focused on teaching the importance of recognizing infant motor milestones, as well as ways to reduce musculoskeletal pain during pregnancy.

"I saw this trip as a way to gain a different perspective from what I've been learning in nursing school," said Marcella Kennedy, an ODU nursing student who graduates in August 2013. "I've learned that the problems I've seen in my clinical experiences are international problems as well."

To gain a better understanding of the women's daily struggles and living conditions, the students interviewed Spanish-speaking Resource Mothers and their teenage clients. During the week-long trip, students had the opportunity to accompany Resource Mothers as they worked with clients in their local neighborhoods. Students also toured the maternal child regional hospital, Los Minas Maternity Hospital, and the Dominican Association for Rehabilitation facility.

"Access to healthcare is a significant problem for young women of the lower socioeconomic classes in Santo Domingo," said Janice Hawkins, Chief Academic Advisor for ODU School of Nursing, and chaperone on the yearly trip. "Nursing students who go on this trip gain a new understanding of the limited healthcare services in the Dominican Republic compared to our own in the U.S."

The multidisciplinary spring break international outreach coordinated in collaboration with Physicians for Peace is now in its second year, and includes physical therapy and nursing students, as well as faculty from both specialties. Interestingly, two students on the trip are also involved in the Norfolk based Resource Mothers program where they work with low-income teenage mothers through their community health class. Kennedy is one of these students who had the opportunity to bridge her clinical work locally with the recent study abroad trip.

"It was so interesting to meet the Resource Mothers internationally after having worked with women with similar problems in my own backyard," Kennedy said. "In particular, teenage girls in both countries have problems with transportation to doctors' appointments and affording diapers. The two groups aren't as different as I imagined," Kennedy said.

Infant mortality rates are high in the Dominican Republic at 21.3 deaths per 1000 live births in 2012, compared to 6 deaths per 1000 live births in the United States, according to the Central Intelligence Agency. Dr. Ramon Lopez, Director of Physicians for Peace Latin Americas, said this is due, in part, to high teenage pregnancy rates. "Many of these girls have not graduated from high school," Lopez said. "This is why the Madres Tutelares are so important. They provide education and motivate these girls toward economic independence. We give hope of a better life," Dr. Lopez said of the Madres Tutelares. "We motivate these girls to want a better life for themselves and their babies."

History of the Resource Mothers

The Norfolk-based Resource Mothers, headquartered in Park Place Community Center, is a state funded program started in 1997 to identify low-income pregnant teens and provide them with perinatal care, including transportation to doctors' appointments, support groups and education.

Dr. Edward Karotkin, a neonatologist at Children's Hospital of the King's Daughters and a leader at Norfolk-based Physicians for Peace (PFP), worked with the Resource Mothers and saw a similar need for perinatal education in the Dominican Republic. He subsequently launched a sister program named Madres Tutelares (Resource Mothers in Spanish) in 2005. Since then, the Physicians for Peace-run initiative has 20 resource mothers under employment, providing vital education and resources to hundreds of teenage mothers in the poorest neighborhoods of Santo Domingo.

About Physicians for Peace

Physicians for Peace transforms lives by training, supporting and empowering healthcare professionals working with the world's underserved populations. Since 1989, International Medical Educators have conducted medical missions in more than 60 countries. Find us online at www.physiciansforpeace.org and www.facebook.com/physiciansforpeace. Follow us on Twitter, Physician4Peace.



ODU nursing student, Jamie Martin, traveled to the Dominican Republic on a spring break mission trip March 9-16th to gain a better understanding of cultural and healthcare differences in the Caribbean country. “The trip gave me a renewed interest in my nursing career, and I am very excited to participate in future missions,” the senior nursing student said of the global clinical experience.

Left to right: ODU Physical Therapy students Sam Ficksman and Erin Pincus demonstrate to Resource Mother, Altagracia Luna (on table), how to effectively relieve pregnancy back pain using pelvic tilt techniques. “Some of the women told me clients were experiencing back pain,” Pincus, a second year PT student said. “So, we came up with some easy to implement exercises to relieve their pain.”



Senior ODU nursing student, Marcella Kennedy, visited with Resource Mothers’ client, Suleka (far left) and Resource Mothers (left to right) Kleydi and Johanna Polanco. The Madres Tutelares (Resource Mothers in Spanish) assist at-risk teens, like Suleka, during their pregnancy and for the first year of the child’s life. Originally founded in Norfolk, VA, the perinatal program was established in the Dominican Republic in 2005, and now has 20 Resource Mothers who assist clients in 10 low income neighborhoods (barrios).

Highlights

⇒ **Gayle McCombs and Lynn Tolle** partnered with Physicians for Peace and the University of Nicaragua-Leon to establish the first dental hygiene program in Central America. Lectured, clinical instruction and consultation services for Dental Hygiene Program Development in Leon, Nicaragua. (November 28-Dec 3, 2012)



University Professor's **Gayle McCombs** and **Lynn Tolle** teaching instrumentation at the Universidad Autónoma Nacional de Nicaragua León-Dental School.

⇒ **James Alan Neff**, professor of community health, was awarded the American Academy of Health Behavior Poster of Distinction at the 2013 conference held in Santa Fe, NM in March, for a poster titled 'Preliminary Results Regarding the Effectiveness of a new Screening and Brief Intervention Protocol for Heavy Drinkers in Dental Settings'. Other ODU collaborators involved in the presentation included Michelle Kelley, James Paulson, and Abby Braitman from psychology and **Michele Darby** and **Meg Lemaster** from dental hygiene.



Meg Lemaster (l) and Ann Bruhn (r)

⇒ **Meg Lemaster, Tara Newcomb and Ann Bruhn** presented "Kicking the Habit: Evidence Based Interactive Approaches to Improve Learning" at the American Dental Education Association annual meeting in Seattle, WA on March 18, 2013. They used technology in their presentation to include live audience polling and the use of Google hangout for interaction.

Medical Laboratory Professional's Month

⇒ **The Medical Laboratory Sciences Student Association** sponsored a Blood Drive on April 2, 2013. It was an enormous success; 125 units collected which is more than ever for the student association since starting the service over 25 years ago. The Medical Laboratory Sciences blood drive has been used as a model for other student organizations on the campus.



⇒ University Professor, **Lynn Tolle** presented “Non-surgical Periodontal Therapies-Strategies for Success” and University Professor Gayle McCombs presented Advanced Instrument Sharpening at the Twenty First International Dental Symposium in Leon, Nicaragua Nov. 2012

⇒ University Professor, **Lynn Tolle** and Assistant Professor, **Ann Bruhn** from the School of Dental Hygiene presented a poster presentation on “Dental Hygiene Faculty Opinions on Using Electronic Health Records in Clinical Education” at the American Association of Dental Educators Association annual meeting in Seattle, Washington March 17, 2013

⇒ **Dr Roy Ogle**, Chair, Medical Diagnostic and Translational Sciences presented “Cells and Scaffolds for Tissue Engineering” and on March 29, 2013 for the Bioelectrics Seminar Series.



Dr. Roy Ogle

⇒ **Cheryl Cunningham**, a graduate of the BS in Health Sciences Health Services Administration Program '07 and the MS in Community Health 2010, received the 2012-2013 Virginia Western Community College Distinguished Alumni Award on March 14, 2013. She graduated from the VWCC Radiology Program in 1986 with an Associate of Applied Science (AAS) degree and worked in the private sector before enrolling at ODU. Currently, she is an assistant professor at VWCC in the Radiology program.



Cheryl Cunningham is pictured here with her husband, Joe, her number one supporter.

⇒ Class of 2013 Nuclear Medicine Technology Students hosted a 25th Anniversary Event for the program and for Dr. Scott Sechrist. Approximately 70 graduates, students, faculty and clinical instructors attended.



Students in the Spotlight

Madoka Leslie won a one hundred dollar scholarship from at the Society of Cytology annual meeting. Students wrote essays on why they chose Cytology as a career and submitted it to the society for review.



Carmelo Barrios-Padrino, MS in Dental Hygiene student, was awarded Best Track presentation in the Gaming and Virtual Reality section of the 2013 Student Capstone Conference held today at VMASC, Suffolk, VA., for his research entitled:

The Use of Interactive Immersive Visualization for the Control of Dental Anxiety During Dental Hygiene Treatment.



Stephanie Willis Wins the ODU Alumni Association's Outstanding College Scholar Award with a 4.0 GPA

As a kid, **Stephanie Willis** always had a love for science. That love led her to attend a math and science academy in Virginia Beach for high school. It wasn't until her senior year in a capstone project, however, that she discovered her love for the nursing profession- a love that has grown in amount and depth over the past four years. Stephanie will obtain her Bachelor of Science in Nursing with a minor in Psychology this May, and very soon after will take her state licensure exam. After graduation (and after she take a much deserved

cruise to the Caribbean with my amazing husband) she hope to work on a post-partum unit to gain experience in women's health, with the aspirations of one day becoming a certified nurse midwife! Stephanie is so incredibly grateful for the supportive and hardworking staff in the School of Nursing for all of the long hours and early mornings they have devoted to helping my fellow classmates and me reach our goals. Old Dominion University's School of Nursing has left a legacy of hard-work, collaboration, and compassion on my life- a legacy she hopes to pass on to each and every one of my patients during my career as a nurse.

Students Highlights

- On April 6, the College of Health Sciences hosted its Admitted Students Day. More than 500 prospective students attended the campus wide event.
- On April 11, 2013, the following students participated in the Graduate Research Recognition Day presentations by doctoral students in the PhD in Health Services Research Program:

- Sricharan Pasupulati**, “Correlates of Bullying Victimization Among In-School Adolescents in the 2005 Botswana Global school-Based Health Survey”
- Kristen Trost**, “The Role of Theory in Teen Pregnancy Prevention: A Review of 31 Federally Supported Evidence – Based Programs”
- Hadeel Ayoub**, “Fluorescence Technology Versus Visual and Tactile Examination in the Detection of Oral Lesions: A Pilot Study”



Admitted Students Day



Hadeel Ayoub, Dental Hygiene Graduate Student and President Broderick

- The 2013 Student Capstone Conference at the Virginia Modeling, Analysis and Simulation Center was held on April 11, 2013 in Suffolk, VA. Two doctoral students presented their research at the conference: **Leigh Ann Diggs**, “Measuring Sense of Presence and User Characteristics to Predict Effective Training in an Online Simulated virtual Environment” and **Margaret Lubas**, “Grief Support Groups in Second Life: Exploring Professional Opportunities to Increase and Improve Grief Support” presented their research at the conference.

Students Highlights continued

- ⇒ **Elizabeth Shepherd**, BS in Environmental Health Program, 2012-2013 Outstanding Undergraduate Environment Health Student.
- ⇒ The 2013 Upsilon Phi Delta, national honor society for students in healthcare management and policy inductees are **Megan Alese Estep, Kershundra Yvette Clinton, and Tina C. Tolliver.**
- ⇒ Eta Sigma Gamma, national honorary for health education, 2013 charter students inductees are **Justina Acquah, Chantel Affum, Jordyn Armstrong, Leah Babin, Breana Bates, Kristi Donnell, Brittany Hufstetler, Kristie Jones, Ciara Joyner, Cherese Lewis, Lauren Nickson, Holly Onks, Alex Peterson, Brittany Robbins, Megan Shick, Chanmoly Seng, Andrea Shaffer, Chantel Speller and Mallory Stratton.**
- ⇒ **Jocelyn Weidner**, 2012 graduate of the nursing program, was selected as a 2013 Kaufman Award finalist. The winner will be announced during the University student Awards and Honors Dinner on Thursday, May 9, 2013



Jocelyn Weidner

National Ophthalmic Month

- ⇒ **The Ophthalmic Technology Program** has its accreditation site visit on April . Students in the program will be providing faculty, staff and students free vision screenings through April and part of May.



First year Ophthalmic Technology student, Magda Torres, performs vision screening on Dr. Homan who will be the President of EVMS.

April is Oral Cancer Awareness Month.



Upcoming Events

April

- 26 Administrative Professionals Luncheon, 11:30 am-1:30 pm**
RSVP to Connie at csdavis@odu.edu

May

- 1 Health Sciences Awards Luncheon, 11:30 am**
Ted Convocation Center, Big Blue Room
- 10-11 Commencement**
Ted Convocation Center
- 27 Memorial Day Holiday (University Closed)**

In Remembrance...



Cheryl Troy Samuels, who served as dean of Old Dominion's College of Health Sciences for four years, starting in July 2000, died March 23, 2013, in Rockville, Md., after battling ovarian cancer for more than five years.

Samuels was born on Oct. 1, 1945, in Brooklyn, N.Y., where her father was stationed at the Brooklyn Navy Yard as a U.S. Navy ferry pilot during World War II. Though she was raised in Toledo, Ohio, she remained fiercely proud of her Brooklyn roots. After high school, she earned a certificate of dental hygiene and a bachelor's degree in education from Ohio State University; a master's in dental hygiene education from the University of Michigan; and Ph.D. in policy sciences from the University of Maryland Baltimore County. Her career was spent in higher education.

For 17 years Samuels served as chair of the Department of Dental Hygiene at the University of Maryland Dental School in Baltimore. Later, she served as dean of the College of Allied Health and Nursing at Minnesota State University in Mankato; dean of the College of Health Sciences at ODU; and provost and vice president for academic affairs at both Texas Woman's University and Indiana University of Pennsylvania.

Samuels wrote the following in a letter to her ODU colleagues, announcing that she had accepted the position at Texas Woman's University: "It has been a genuine privilege and honor to work with all of you. I have enjoyed very much being a part of this university, and we at ODU have much of which to be proud. With the leadership that all of you bring to ODU and this community, the future ahead is very bright."

An intrepid world traveler with a zest for life, Samuels was an avid reader, tenacious debater, academic visionary and mentor to young women.

She is survived by her husband, Jeff; daughter, Courtney; son, Blair; parents, Richard and Wanda Troy of Toledo; sister Gay Escobar, also of Toledo; and sister Connie Troy of Safety Harbor, Fla.

To view the guest book, go to: <http://www.legacy.com/guestbooks/nytimes/guestbook.aspx?n=cheryl-samuels&pid=163923474&cid=full>.