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College of Health Sciences Newsletter, October 2016

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Enhancing the educational experience



Associate Professor Nathaniel Apatov, right, and nurse anesthesia students examine cadavers in NURS 646.

Nurse anesthesia program gets instruction in gross anatomy

Getting an accurate perspective on the human anatomy in a classroom setting is not always easy. Students often use computer models or refer to textbooks. In some cases, they even examine detached organs.

But thanks to a collaborative effort, this semester's nursing anesthesia freshman class are gaining a greater understanding of anatomy by working with human cadavers.

See **ANATOMY** on Page 4



Assistant Professor Matthew Hoch, right, assists nurse anesthesia students.

Dean's Message: From the Associate Dean of Education

Tis the season to watch your health

As fall approaches, the weather changes usher in the increased likelihood of flu-related illnesses. This time of year we are increasingly reminded of the need to be proactive when it comes to staying healthy.

Spending more time indoors with limited ventilation can be breeding places for bacteria and viruses to grow. We are taught to eat well, exercise and get adequate sleep to stay healthy but is this enough to remain disease-free?

The Commonwealth of Virginia announced earlier this year a new initiative, "Virginia's Plan for Well-Being." well-being is defined as "a state characterized by health, happiness, and prosperity." Quality of life and well-being are closely related concepts that can have a significant impact on a community's overall health – physical and emotional. Social circumstances, financial resources, and community factors also play important roles.

The opening statement of the state plan, indicates "VIRGINIANS LIVE LONGER, HEALTHIER lives today than ever before." Medical care is only part of the reason. Health begins where Virginians live, work, and play. Virginia's economy paves the way for its communities to create conditions for people to be healthy. Disinfecting drinking water, vaccinating people, controlling mosquitos and rodents, and tracking contagious illnesses keep once common diseases such as measles and polio at bay. Passing laws to make transportation safer and to protect workers reduces injuries. Virginia's Plan for Well-Being is a call to action for all Virginians to work together to make Virginia the healthiest state in the nation.

The state plan calls for communities to come together to use data that inform health policies that affect a number of areas of the community and its residents. The College of Health Sciences is in an ideal position to assume a leadership role in promoting the initiative in the Hampton Roads area particularly; factoring health into policy decisions related to education, employment, housing, transportation, land use, economic development, and public safety by promoting a culture of health through preventive actions.

The College of Health Sciences is doing its part through such partnerships as the Horizons Hampton Roads Global Health Heroes project described in this month's newsletter.



Richardean Benjamin

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From the Editor

A groundbreaking opportunity

About a month and a half ago, Associate Professor Nate Apatov popped his head into my office. Nate is the program director for college's nurse anesthesia program. He operates out of Old Dominion University's Virginia Beach Higher Education Center. I don't get to see him as often as I would like to, but when he stopped by I just knew he had some exciting news to share with me.

He told me that his students in the fall would get the opportunity to learn about the spinal anatomy through working with cadavers – an unprecedented experience at ODU for his program. The learning opportunity was made possible through a collaborative effort from our schools of Nursing and Physical Therapy & Athletic Training and Dr. Shelley Mishoe, the dean of the College of Health Sciences. Covering the story was a memorable opportunity for me — yet another exciting development I am able share it with you in this newsletter.



Irvin B. Harrell

SCHOOL OF COMMUNITY & ENVIRONMENTAL HEALTH

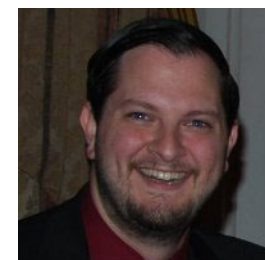
Two faculty recognized for academic achievement

Associate Professor Dr. Jim Blando was recently invited to participate in the peer review process for the development of Toxicology Profiles for the Agency for Toxic Substances and Disease Registry (ATSDR). ATSDR is part of the National Center for Environmental Health, which is a division within the Centers for Disease Control and Prevention (CDC). The Toxicology Profiles (<http://www.atsdr.cdc.gov/toxprofiles/index.asp>) are an important aspect of the public health work done by ATSDR because they are widely used by the general public, healthcare professionals, and policy makers as they make decisions about risks from exposure to chemicals in the environment. As part of the comprehensive development of toxicology profiles, outside experts are invited to peer review the final drafts before their public release. The peer review process is key to the agency as it strives to assure the most comprehensive, up-to-date, and accurate information is available to all interested stakeholders with regards to the potential risk associated with exposure.



Dr. Blando

Associate Professor Dr. Robert Cramer was appointed as an Honorary Research Fellow with the School of Psychology at the University of Central Lancashire ("UCLan"). This award follows his summer 2016 visit with UCLan as a visiting scholar and lecturer. During that visit, Dr. Cramer provided suicide prevention competency-based trainings and a lecture for the international student undergraduate program. As a fellow, he will collaborate with UCLan's Forensic Research Group on suicide, self-harm, and psychiatric staff well-being studies.



Dr. Cramer

Our Promise to the Earth

The ODU Student National Environmental Health Association (SNEHA) participates annually in Earth Day events. In April 2016, the group set up at Mount Trashmore in Virginia Beach and had children make their Promise to the Earth by placing their painted handprints on a poster. This unique work of art now hangs in the School of Community and Environmental Health at the Health Science Annex.



From left , SNEHA member Francisca Dzivenu, SNEHA President Kristine Asmussen,,faculty adviser Charlene Brassington and Vice President Savannah Hotaling,

Nurse anesthesia program gets instruction in gross anatomy

ANATOMY , from Page 1

“Our program has never had this experience in the past,” says Associate Professor Nathaniel Apatov, director of the nurse anesthesia program at Old Dominion University. “There are a handful of programs in the country that offer this experience on site. Virginia Commonwealth University sends its students to Tennessee for a similar experience.”

Nine students participate in the Structure in Function class (NURS 646), led by Assistant Professor Matthew Hoch from the College of Health Sciences’ School of Physical Therapy & Athletic Training. Apatov and instructor Mikhail Rassokhin work with Hoch. The lab is located in the Student Recreation Center on campus.

“The nurse anesthetist program is now the third College of Health Sciences program that receives gross anatomy instruction in the Applied Anatomy Lab (AAL),” Hoch says. “The AAL began providing gross anatomy coursework for the athletic training program several years ago and the Doctor of Physical Therapy program started taking their gross anatomy coursework in the lab in 2015.”

Through the efforts of College of Health Sciences Dean Shelley Mishoe, School of Nursing Chair Karen Karlowicz, School of Physical Therapy & Athletic Training Chair Bonnie Van Lunen, Apatov and Hoch, NURS 646 was able to integrate the use of cadavers. And the benefits are huge, Apatov says.

“Nurse anesthetists perform nerve blocks as well as epidurals and spinals,” he says. “The cadavers allow students to see the anatomy that is hidden from them in an



Students in Structure in Function class listen to a lecture before examining cadavers in the lab.

intact patient.

“You can study the structures in textbooks, but the books do little with regard to giving students a sense of the how the structures, nerves, blood vessels, and tissues are related to each other in three dimensional space. These relationships are hidden under the patients’ skin.”

Adding the gross anatomy element was not only a win for the nurse anesthesia program, but a reflection of teamwork in response to student needs, Hoch says.

“This has been very much an interprofessional collaboration that came to fruition because it was recognized as an opportunity to enhance the educational experience,” he says.

Old Dominion University College of Health Sciences turned 30 this year!



Please join us in celebrating this important milestone of 30 years of academic excellence by showing your support for the College of Health Sciences’ future and making your gift today. Every gift makes a difference and helps us achieve our vision of advancing healthcare education and research through interdisciplinary and global collaborations.

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SCHOOL OF PHYSICAL THERAPY & ATHLETIC TRAINING

Collaborative team serves the underserved

By Karen Kott

Two faculty members, Dr. Christianne Fowler (nursing) and myself, Dr. Karen Kott (physical therapy) and four advanced practice nursing students, Diane Tucker, Jamie Holland, Grace Howell, and Sarah Taylor volunteered four days of service at the Remote Area Medical ® (RAM ®) (www.ramusa.org) - Wise Health Expedition in Wise, Va., July 21-24. RAM responds to the needs of people who have little or no access to healthcare by providing free dental, vision, and medical care to isolated, impoverished, or underserved communities. In Wise, they work in conjunction with the Health Wagon, which serves individuals and families with free, integrated primary and preventive care, dental, behavioral health, telehealth, and specialty care. (<http://thehealthwagon.org/hwwp/>)



From left: RN student Grace Howell; RN student Jamie Holland, physical therapy faculty member Karen Kott, nursing faculty member Christianne Fowler, a nurse volunteer from California, RN student Sarah Taylor and RN student Diane Tucker.

The Health Wagon also provides the region with strategically coordinated outreach efforts in conjunction with the Remote Area Medical ® - Wise Health Expedition held annually. This is the largest medical outreach of its kind in the nation. Dr. Fowler and I have been involved in Interprofessional Education (IPE) and Collaboration coursework over the past five years and attended this RAM clinic in an effort to understand how to make it become an IPE service learning and/or clinical course offering for College of Health Sciences students. We also gathered data that can be used within the IPE courses already offered in the college. IPE occurs when two or more health professionals come together to learn with and about each other, sharing the responsibilities of healthcare management with clients.

While specific duties did separate us for a time, we were able to discuss the experiences after completing our tasks. Specifically, as clinical nurse specialists (CNS) students (Grace, Jamie, and Sarah) assisted to triage the 2,111 individuals who came to receive healthcare during the weekend. Diane, as a family nurse practitioner (FNP) student, worked with other nurse practitioners to provide the free woman health screening and tests. Dr. Fowler assisted with supervision of the nursing students and general support for the overall clinics operations. I provided physical therapy assessments, treatments and education to patients working alongside two other PT volunteers, including ODU DPT alumnus Kellen Smith.

In addition to the volunteer activities, our ODU group completed data collection through completion of 200 surveys to develop the “picture” of the participants. Specifically, we wanted to know about their medical educational needs as well as what types of educational materials and ways to deliver the educational information works best for these participants. The results from these surveys will inform “real life” student projects such as website and app that are developed as part of our current IPE coursework.

While this was my first year attending this health event and I did not know what to expect, it was a joy to be working with the people I saw. They asked great questions, took the information PT is able to provide and helped to further inform my clinical skills! I look forward bringing some DPT and nursing students to next year’s RAM®.

CENTER FOR GLOBAL HEALTH

Summer program teaches global heroism

In collaboration with the Horizons Hampton Roads summer program, the Old Dominion University Center for Global Health created a program called Global Health Heroes to teach students the significance of health behaviors.

The program was held this past summer at Chesapeake Bay Academy in Virginia Beach. Horizons Hampton Roads is a program geared toward low-income students in grades kindergarten through 8th. Global Health Heroes targeted students in grades 4 and 5. The goal of the program was to teach students how being a responsible global citizen, in regard to global health, can affect health outcomes in and out of their immediate community.

Upon arrival, students were greeted by the program's hosts and were given Global Health Heroes T-shirts. They were then led to group tables and were asked about their knowledge of global health. Global health encompasses nutrition, global awareness, health responsibility, physical fitness, hygiene and more. Many of the students had no knowledge of global health and the majority couldn't list unhealthy behaviors beyond not washing hands.

The students were then shown a video about the concept of global health heroes and the importance of individual responsibility. The presentation highlighted two superheroes, Harry and Izzy, who were ultimately responsible for uniting the community and teaching them multiple ways to be health conscious.

After the video, students rotated between three game stations that were used to reinforce learning. Station 1 was the nutritional matching station, where students used their memory to match nutritional cards together. Station 2 was the Sink-a-Germ station, where students learned about the most important times to wash their hands. Station 3 was the Catch-a-Sneeze station, which focused on the importance of not sneezing into one's hands.

The students then were led back to their tables where they participated in a poster session. The posters were used as a way for students to give their feedback about what they learned. Each student displayed their own, original superhero demonstrating a healthy behavior. During the poster session, students were given healthy snacks. Afterward, their posters were exhibited. At the end of the program, the students received completion certificates and prizes.



Project lead Olaniyi Olayinka, right, works with students in the Global Health Heroes program.



Jamie Edmonds, administration assistant for the Center for Global Health, helps students during a nutrition exercise.

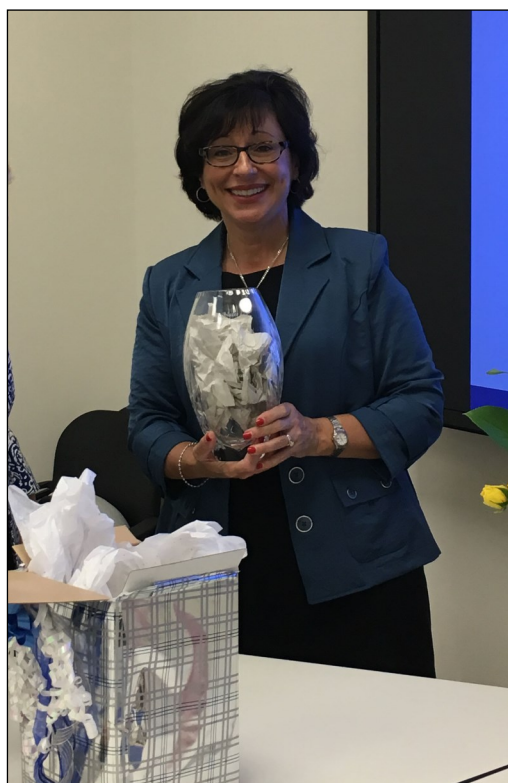


DPT's newest crop of students

The School of Physical Therapy & Athletic Training held its White Coat Ceremony for first-year Doctor of Physical Therapy students on Sept. 16 at the University Theatre. During the ceremony, each first-year student is "coated" by a second-year student. Above is this year's new class.

Surprise, surprise

The College of Health Sciences Advisory Board had a surprise in store this month for Dean Shelley Mishoe. She was presented with an engraved crystal vase, thanking her for five years of outstanding leadership as dean of the College of Health Sciences.



Upcoming Events

October 2016

- October 20 Dean's Student Advisory Committee Luncheon, 12:30-1:30 p.m.
Location: HS 2114
- October 24 SON White Coat Ceremony, 4:30 – 5:30 p.m., Ted Convocation Center, Big Blue Room

November 2016

- November 23 Noon Closing Thanksgiving Holiday – University Closed
- November 24-25 Thanksgiving Holiday – University Closed

December 2016

- December 6 COHS Holiday Luncheon Celebration, 11:30 a.m.-1:00 p.m.
Location: Ted Constant Convocation Center, Big Blue Room
- December 9 Classes End
- December 10-16 Final Exams
- December 15 Student Honors and Awards, 6:00 p.m. Webb Center, Hampton/Newport News Room
- December 17 Fall Commencement, COHS 2:00 p.m.
Location: Ted Constant Convocation Center
- December 20 University Faculty and Staff Holiday Reception, 3:30 -5:30 p.m.
Location: Webb Center, North Mall
- December 23 -Jan 2 University Closed for Holiday