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College of Health Sciences Newsletter, December 2017

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Senior dental hygiene students provide services this month at Chesapeake Care Clinic.

These students keep community smiling

Dental care targets those in need

Senior dental hygiene students have had a busy semester reaching out to the community by providing free dental services. Community outreach is a staple of the dental hygiene program and it continues to forge bonds with those less fortunate and in need of dental care.

On Dec. 2, 25 students provided dental cleanings and exams for 30 low-income patients at Chesapeake Care Clinic on S Military Highway in Chesapeake. Three Old Do-

DENTAL, page 4



Student Helene Burns provides dental hygiene services at BAPS Hindu Temple.

Dean’s Message: Interim Dean Richardean Benjamin

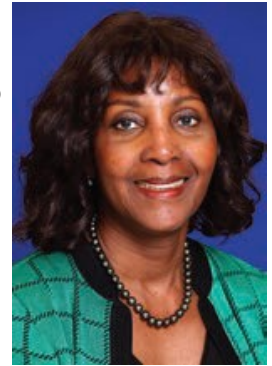
Holiday message: Dare to push the envelope

Winding up a year of serving in the role as interim dean, I would like to thank everyone including the Advisory Board, Dean’s Office, and Chairs of the Schools, faculty, staff, and students who have been supportive of me and accepting of my leadership during this period. As we approach the holiday season and the end of another calendar year, we cannot help but reflect on the successes this past year.

Although we’ve reached the end of the calendar year, we are midpoint for the academic year, which allows self-examination in terms of how we measure up regarding the mission and vision to improve health and quality of life at home and around the world through education, research, service and professional development. This requires us in many instances to think outside the box, or in other words, to think creatively. Envision a college where Interprofessional Education is the norm rather than the exception, where faculty and students (undergraduate and graduate) engage in collaborative research projects, where there are no barriers to initiating innovative programs, and where we prepare highly competent healthcare providers who are leaders as patient advocates.

During this holiday break I challenge you to unlock your mind and invite possibilities that are more creative. American author Roger von Oech said, “It’s difficult to get your creative juices flowing if you’re always being practical, following rules, afraid to make mistakes, not looking into outside areas or under the influence of any of the other mental locks.”

I wish you a well-deserved break as we celebrate the holidays and New Year and most of all enjoy the time off to be with family.



Dr. Richardean Benjamin

Happy Holidays

Richardean Benjamin

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From the Editor

As time flies, my blessings build

This seems a perfect time to count my blessings. I’m thankful for my family and my friends. I’m thankful for my health, my knowledge and my skills. And I’m thankful for College of Health Sciences: my family away from family.

For more than three years, I have had to opportunity to tell incredible stories about people helping to make the world a better place, one day at a time. It is here that I have built solid connections and made friends who continue to inspire me and impress me.

As I embark on my fourth year at Old Dominion University, I plan to take my strategic communications to another level. In the coming months, expect to see me employ video in telling some of our college’s stories. It’s an exciting new frontier for me but I plan to embrace it.

With that said, have a safe and fabulous holiday season! See you next year!



Irvin B. Harrell

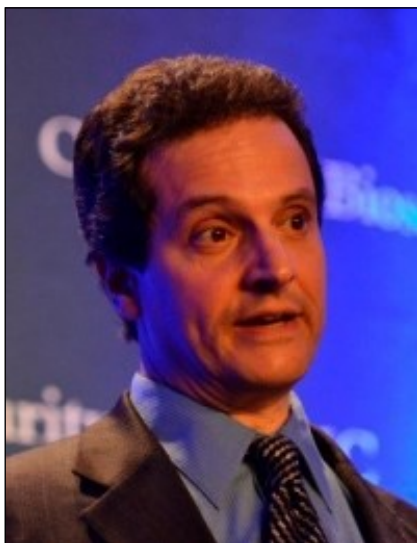
SCHOOL OF COMMUNITY AND ENVIRONMENTAL HEALTH

Professor receives prestigious appointment

By Irvin B. Harrell

The National Academy of Sciences has chosen Steven M. Becker, a professor at Old Dominion University to serve on its Nuclear and Radiation Studies Board. Becker is an internationally known authority on disaster preparedness and response, radiation emergencies, and risk communication.

The Nuclear and Radiation Studies Board is part of the Division of Life and Earth Studies of the National Academy of Sciences. The academy is a private, nonprofit organization of the country's leading researchers. It provides independent, objective advice to the nation on matters related to science and technology.



Professor Steven Becker

“I am truly humbled and honored to be appointed to the board,” Becker said. “I am very much looking forward to working with the other Board members to help foster scientific advances and to address some of the big scientific and technical challenges facing the nation today and in the coming years.”

Originally established by Congress and signed into law by President Lincoln in 1863, the academy today brings together the country's top researchers to solve complex scientific and technical problems and inform public policy decisions. Becker will serve on the board until 2021.

Becker, a faculty member in the College of Health Sciences' School of Community and Environmental Health, has had wide-ranging experience with radiological and nuclear science issues. In 2012, he was nominated by the National Academies and appointed by President Barack Obama to the U.S. Nuclear Waste Technical Review Board. A year earlier, Becker served as a member of a three-person radiation emergency assistance team that was invited to Japan in response to the March 2011 earthquake-tsunami disaster

and the accident at the Fukushima Daiichi Nuclear Power Plant. He has also been a Dozor Scholar at Ben-Gurion University in Israel and a Visiting Fellow at the Japan Emergency Medicine Foundation and National Hospital Tokyo Disaster Medical Center.

“This is a noteworthy appointment that will showcase Dr. Becker's expertise in the area of nuclear radiation and emergency assistance work for which he is known around the world,” said Dean Richardean Benjamin of the College of Health Sciences. “We congratulate him on this appointment.”

The Nuclear and Radiation Studies Board organizes and oversees independent, rigorous studies of the safety, security, technical, policy and societal issues arising from the application of nuclear and radiation-based technologies. This includes risks, benefits, and/or efficacies of medical applications of radiation; biological and other effects; malevolent uses of nuclear and radiation-based technologies; and nuclear proliferation.

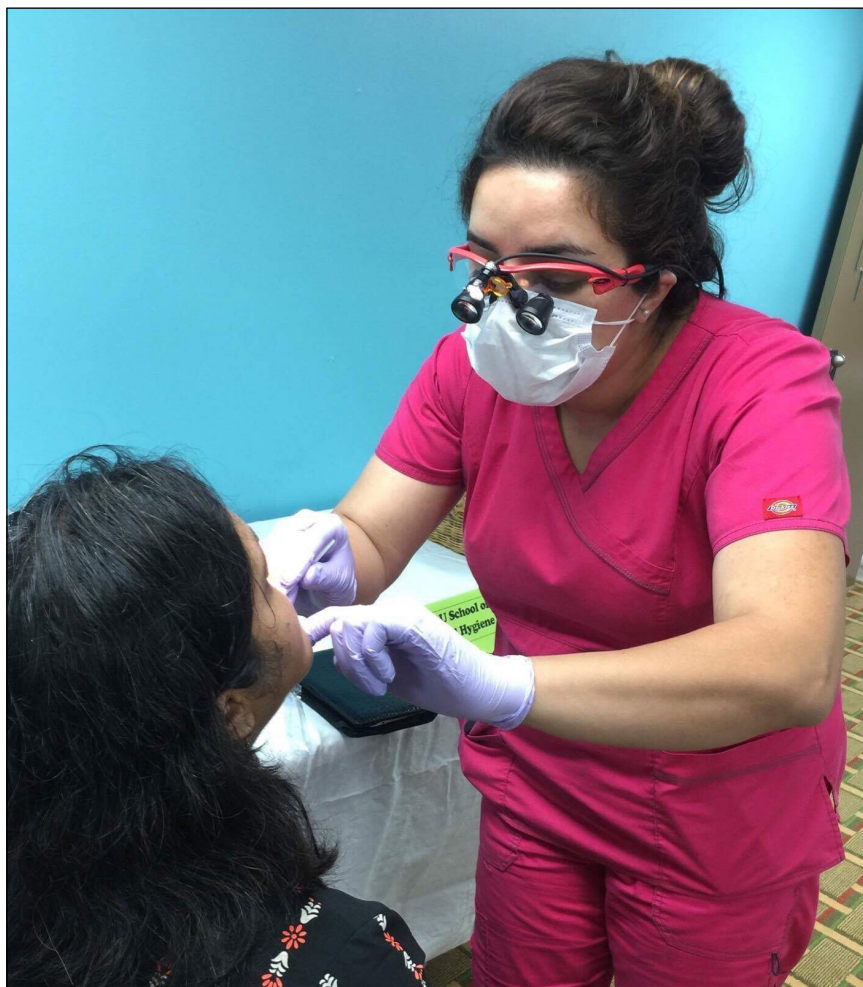
Other members of the Nuclear and Radiation Studies Board include experts from the National Cancer Institute, Harvard Medical School, Massachusetts Institute of Technology, Columbia University, Washington University School of Medicine and the Russian Academy of Sciences.

SCHOOL OF DENTAL HYGIENE**DENTAL,** from page 1

minion University faculty members – Sharon Stull, Nick Ilchyshyn and Lee Melvin – supervised the students. Many patients had not received a cleaning in many years because of the cost and were very appreciative of the care received. The Chesapeake Care Clinic does not currently have a full-time hygienist. Without this volunteer student outreach program, most of the patients would have waited much longer for dental care. The patients came from all over the Hampton Roads area. More than \$6,000 dollars in dental services were provided during the all-day event.

In addition to organizing the event, senior dental hygiene student Tabitha House gave out bags of food for each patient. The food items were collected by the senior dental hygiene class.

In October, the BAPS Hindu Temple in Newport News invited the School of Dental Hygiene to its Charity Health Fair for the sixth consecutive year. The temple asked that students provide oral cancer screening and oral examinations. On Oct. 9, seven senior dental hygiene students under the supervision of Stull, the community oral health director, provided nearly 75 individuals with screenings and examinations with referrals to the ODU Dental Hygiene Care Facility for preventive oral healthcare services. Senior Maave Khan served as the interpreter for the event, bridging the language barrier for many of the temple members. This partnership has been addressing the access to oral healthcare issue for many of the individuals who have no dental home or in many cases have never received oral healthcare services.



Above, student Nadia Panahi treats a patient at the temple. At left, students work with patients at the Chesapeake Care Clinic.

IPE CORNER

To be biased or not to be ...

A few years ago after a traumatic accident, I presented to my primary care provider for a follow-up visit and was seen by a medical student who was not familiar with my medical history. After taking my blood pressure, the student commented “wow that’s not bad for you.” The blood pressure at 126/80 was indeed bad for me because as a whole my blood pressure had always remained under 110/60-70. I thought... Was the student assuming it wasn’t bad for someone of my age, my gender, my ethnicity, and/or my weight? Which unconscious biases had colored her conclusion?

Implicit or unconscious biases are at work in all of us. Implicit bias has been defined as a process by which we unconsciously classify patients, families, communities as belonging to specific groups and then apply stereotypes about that group – whether positive or negative to them. Implicit biases are a concern to health care professionals because they may manifest in ways that further disadvantage those who are already vulnerable. Both patients and providers can possess unconscious biases. For, example, how many patients have assumed that a woman wearing scrubs on who enters their hospital room for assistance and/or medications is a nurse only to realize that the woman is from the dietary department or a physician?

The unconscious mind processes large amounts of information by using shortcuts that are based on our past experiences, cultural norms and values, and various identities. Our unconscious mind uses instinct rather than analysis, so we often come to conclusions in seconds deciding if people fit into our preconceived unconscious categorizations. These shortcuts help us to make decisions quickly on a day-to-day basis. However, without awareness of and reflection on how our personal experiences might shape our decisions, these decision may often be flawed. We all have these biases. Nonetheless, with enhanced awareness of our biases and attention to critical thinking we can address them in healthcare settings.

This is part of a series of IPE Social Justice Topical seminars. The College of Health Sciences and the ODU Office of Intercultural Relations will host “The Intersection between Unconscious Bias and Health” on Feb. 20, 2018 from 5:30 to 7:30 p.m. Participants will be introduced to the impact of unconscious bias on health and health status during this interactive dinner seminar. The utility of an interprofessional approach to help health professionals address unconscious bias in health care settings will be highlighted through the lens of social justice theory.

Resources:

Fitzgerald, C. & Hurst, S. (2017). Implicit bias in healthcare professionals:

A systematic review. *BMC Medical Ethics*, 18:19 DOI 10.1186/s12910-017-0179-8

<https://www.ncbi.nlm.nih.gov/pubmed/28249596>

Harvard Implicit Association Test

<https://implicit.harvard.edu/implicit/research/>

PBS Unconscious Bias

<http://www.pbs.org/video/studio-sacramento-unconscious-bias/>

Understanding Unconscious Bias

[https://www.bing.com/videos/search?](https://www.bing.com/videos/search?q=Implicit+Bias+For+Dummies&&view=detail&mid=5492C3825FC3CD535DFA5492C3825FC3CD535DFA&FORM=VRD GAR)

[q=Implicit+Bias+For+Dummies&&view=detail&mid=5492C3825FC3CD535DFA5492C3825FC3CD535DFA&FORM=VRD GAR](https://www.bing.com/videos/search?q=Implicit+Bias+For+Dummies&&view=detail&mid=5492C3825FC3CD535DFA5492C3825FC3CD535DFA&FORM=VRD GAR)



Kimberly Adams Tufts,
Interim Associate Dean for
Interprofessional Education
and Evaluation

SCHOOL OF PHYSICAL THERAPY & ATHLETIC TRAINING

PT/PTA Collaborative meeting sows seed of success

On Oct. 6, 41 second-year Doctor of Physical Therapy (DPT) students from Old Dominion University and 30 second-year Physical Therapy Assistant (PTA) students from Tidewater Community College (TCC) gathered at ODU for the first-ever student PT/PTA Collaborative meeting in the Tidewater District. Students spent the first half of the afternoon learning about curricular similarities and differences, discussing Virginia law, and reviewing guidelines for supervision and delegation across different settings.

After a short break, which included some dancing, students worked in small groups of three- to four-on-case scenarios involving PT and PTA teamwork in home health, outpatient, acute care, school systems, and skilled nursing. Moderators Mira Mariano, PT, PhD, OCS (ODU) and Melanie Basinger, PT, DPT, MS (TCC) facilitated discussion following the small group breakout sessions. The afternoon ended with students having the opportunity to ask questions from a panel of expert clinicians representing each of the above practice settings.

Overall, the response to the event was positive with feedback such as “I didn’t realize how similar our curriculums are;” “I learned how we can work together as a team;” “It was great hearing about PTs and PTAs work together from the panel.”

Both programs plan to continue with this event next year with the goal of increasing student awareness and improving teamwork allowing future PTs and PTAs to be more effective throughout their career. Better teams will improve the profession’s ability to meet its vision: “transforming society by optimizing movement to improve the human experience”.

Special thanks to panel members: Kristen Siegrist, PTA and Victoria Wilding, PTA from Sentara Leigh (acute care); Tara Dodson, PT, DPT (school system); Paul Reed, PT, DPT, AIB-VR, PTA from Pivot Physical Therapy (outpatient); Lauren Hartsfield, PTA, SPT from Sentara Princess Anne Therapy Center (outpatient); Brittany Samulski, PT, DPT from Sentara Princess Anne General Hospital & Guardian Homecare (acute care& home health); and Lisa Koperna, PT, DPT, ATC, LAT from Monarch Physical Therapy (outpatient)



From left are panel members Paul Reed, DPT, AIB-VR, PTA; Lisa Koperna, PT, DPT, ATC, LAT; Lauren Hartsfield, PTA; Tara Dodson, DPT; Brittany Samulski, DPT.



From left, PT students Trevor Thomson and Emily Wilson and PTA student Clay Harrington.

SCHOOL OF PHYSICAL THERAPY & ATHLETIC TRAINING

ODU, EVMS join forces to study autism

By Irvin B. Harrell

Through a joint venture, Old Dominion University and Eastern Virginia Medical School (EVMS) researchers are taking a new approach to studying one of the fastest-growing developmental disorders in the nation: autism spectrum disorder (ASD).

Their research is a culmination of a two-year project, which was presented recently at the Society for Neuroscience meeting in Washington, D.C. The study found that young adults with ASD continue to struggle with weakness and slower movement compared to those without the disorder. These developmental shortcomings are manifested in such characteristics as their upper limb strength, reaction time and their walking speed.

The researchers studied 20 young adults with autism between the ages of 17 and 25, and 20 young adults in the same age range without autism.

“Things that happen in the neurodevelopment process impact the whole range of functions.”

**Steven Morrison,
School of Physical Therapy
& Athletic Training**

Those stricken with the disorder can suffer from compulsive behavior, poor eye contact, inappropriate social interaction and self-harm.

“Usually autism studies look at children during their developmental phase,” Morrison said. “Depending on what we find, we could then work backward and look at what the trends are present earlier in life and look at possible interventions.”

While it is still unknown how these motor deficiencies for adults with ASD affect their lives, similar decreases in reaction times and gait speed resulting from diseases such as Alzheimer’s and Parkinson’s have increased the risk of falls.

This pilot study was a product of funding from the College of Health Sciences and informal discussions between the two institutions. Morrison says more research lies ahead on the subject and that the researchers will seek out National Institutes of Health funding as well as work on developing new therapies for those suffering from ASD.



Professor Steven Morrison

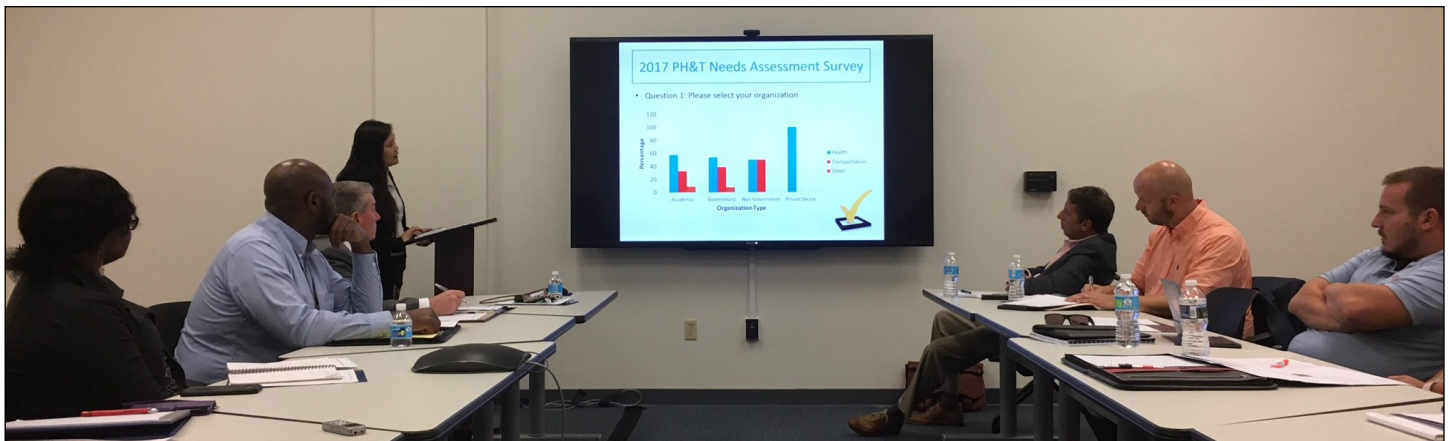
The ODU research contingent ran the participants through a battery of motor function testing. The EVMS contingent conducted cognitive tests on the group. They then compared the ASD group with the age-matched control group.

The adults who underwent motor testing exhibited slower responses across the board, said Steven Morrison, an ODU professor in the School of Physical Therapy & Athletic Training. “Things that happen in the neurodevelopment process impact a whole range of functions.”

ASD, a condition that inhibits a person’s ability to communicate and interact, affects more than 200,000 people a year in the United States.

CENTER FOR GLOBAL HEALTH

Center sponsors public health, transportation workshop



The impact of transportation on public health has continued to be an important issue in the nation and Hampton Roads area. After meeting with key stakeholders in transportation in 2016, the Old Dominion University Center for Global Health (CGH) prioritized addressing public health issues associated with transportation in the Hampton Roads region.

In 2016, the center launched the Public Health and Transportation Working Group along with a Public Health and Transportation Data Archive website. The working group brought transportation and health experts together from across Hampton Roads to discuss key issues developed during a previous two-day webinar hosted by the National Academy of Sciences.

On Sept. 11 of this year, the center hosted a Public Health and Transportation Workshop for the group at the School of Community and Environmental Health. The workshop was comprised of 17 participants who represented organizations such as the Hampton Roads Transportation Planning Organization, the Virginia Department of Transportation, Hampton Roads Transportation, Inc., Virginia Modeling, Analysis and Simulation Center, and Stafford University.

The goal of the workshop was to review the results of the needs-assessment survey distributed from May-August 2017 via Qualtrics, and to use the survey data to determine the future trajectory of the group. Dr. Muge Akpınar-Elci, director of the Center for Global Health, welcomed participants and presented the agenda for the workshop. After introductory remarks, My Ngoc Nguyen, the center's program manager who was responsible for the design, administration, and analysis of the survey, reported the results. All members of the workshop participated in an informative Q&A and also provided their input on an upcoming transportation grant opportunity. A general discussion on the next steps to be taken by the group then yielded the following recommendations:

- Creation of a consortium with guest speakers, panel discussions, and community engagement to discuss current health and transportation topics/issues in Hampton Roads
- Compare data on bike path usage with health data (health per bike mile) and analyze the economic benefits of bike paths (show evidence that bike paths can affect health and, therefore, lead to economic benefits)
- Examine accessibility to the emergency room to promote healthy transportation

Moving forward, the center will continue to address the issues associated with transportation and public health by continuing to expand collaboration with other institutions across Hampton Roads.

CENTER FOR GLOBAL HEALTH

Crowdfunding campaign spotlights Global Health Heroes

The Center for Global Health just launched a Crowdfunding campaign for its Global Health Heroes program. Global Health Heroes was developed by the Center for Global Health at Old Dominion University to help children better understand the importance of healthy behaviors such as proper nutrition, recycling, and hand washing. We believe that if our kids learn to be healthy, they become Global Health Heroes. Kids also disseminate the knowledge and can help us to create healthier communities.



Please help us transform the children of our community into healthy heroes by donating to our campaign or sharing our campaign with family and friends. Here is the link to its crowdfunding page: <https://give.funderbolt.io/odu/global-health-heroes>

SCHOOL OF COMMUNITY AND ENVIRONMENTAL HEALTH



Special honor

Lillian Thompson, from the School of Community and Environmental Health, received the 2017 Customer Relations Employee of the Year. The committee selected Lillian among eight other strong and well-established nominees. Dr. Maureen Boshier drafted the nomination letter for Lillian.

Upcoming Events

December

- December 19 University Faculty and Staff Holiday Reception, Noon
Location: Broderick Dining Commons
- December 20 COHS Holiday Reception - 1:00 p.m. - Atrium - Cider and Cookies
- December 21 -Jan 1 University Closed for Holiday

January

- January 2 University Reopens
- January 6 Spring Classes Begin
- January 13 - 15 No Classes
- January 15 Martin Luther King Holiday - University Closed

February

- February 7 Program Director's Meeting and WEAVE Training (Assessment Best Practices & Maximizing your Assessment Feedback, 12:00 - 1:00 p.m., COHS Computer Lab
- February 9 COHS Advisory Board Meeting, 8:30-11:00 a.m.,
Location: COHS Annex - Room 1008, Tour of C&EH (members only)
- February 19 Dean's Student Advisory Committee Luncheon, 12:00 -1:00 p.m.
Dean's Conference Room
- February 24 Scholar's Day (ODU Admissions Event)
- February 24-26 Dental Hygiene - Winter Weekend Continuing Education

March

- March 5-10 Students Spring Break
- March 7 Chair's Council Retreat, Location: TBD
- March 14 ODU/CHKD Culture of Safety Presentation, ODU Theatre or Ted Constant Convocation Center
- March 24 Admitted Students Day