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# College of Health Sciences Newsletter, January 2018

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# College of Health Sciences Newsletter

Volume 7, Issue 5 January 2018



**Clockwise from top left:** **A:** Scientists Patrick Sachs and Robert Bruno, and doctorate student John Reid work on 3D printing. **B:** Interim Dean Richardean Benjamin shares a moment with IPE Day keynote speaker Sam Quinones. **C:** Dr. Muge Akpinar-Elci, director of the Center for Global Health, lectures at a Norfolk Montessori school. **D:** Former Professor George Maihafer launched a physical therapy scholarship valued at about \$1.7 million. **E:** Monarch Physical Therapy Clinic therapists work with Michael Sheffield, a patient who has donated to the clinic in appreciation of the care he has received. **F:** School of Nursing holds a 50th Anniversary event at Topgolf.

**LEARNING TOGETHER. HEALING THE WORLD.**

## Dean's Message: Assistant Dean Debbie Bauman

# College delivers excellence, integrity, partnership

The January edition of the College of Health Sciences newsletter artfully showcases several of the impressive pioneers, proponents and philanthropists from 2017 for whom we are very grateful. This issue also illustrates some of the College of Health Science's most impressive characteristics:

**Excellence:** Students in the Nurse Anesthesia program, physically located at the Virginia Beach Higher Education Center, attained a 98% pass rate on their national exams and 100% job placement rate while gaining gratefulness and respect for their faculty members.

**Integrity:** 2018 Woman of Distinction Dr. Muge Akpınar-Elci, director of Old Dominion University's Center for Global Health, will be honored for her commitment to principle, work in the global community and compassion in promoting health and dignity for all.

**Partnership:** Students, faculty, institutions and two states collaborated for the establishment of a concurrent Bachelor of Science in Nursing (BSN) program, joining the associate level program in Elizabeth City, N.C., with ODU's baccalaureate level nursing program. The new partnership provides an innovative pathway for nurses in northeastern North Carolina to complete their BSN degree.

Best wishes for the spring semester!



Debbie Bauman

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## From the Editor

### Every year brings exciting accomplishments

The College of Health Sciences, under the leadership of Interim Dean Richardean Benjamin, enjoyed another fantastic year.

The School of Medical Diagnostic and Translational Sciences explored biofabrication research.

Our Schools of Nursing and Dental Hygiene celebrated their 50-year anniversaries. Our School of Physical Therapy & Athletic Training received a monumental gift from a former faculty member and formed a lasting alliance with a patient and his family.

Professor Steven Becker, from the School of Community and Environmental Health, was tapped to serve on the prestigious national Nuclear and Radiation Studies Board. On a somber note, the school lost one of its pioneers, former Associate Professor James English, who died in November.

Our Interprofessional Education program focused its attention on the opioid crisis over the past year and our Center for Global Health joined in the awareness campaign as it reached out to Hampton Roads youth. These are but a few of the many highlights.

I feel confident 2018 also will be another exciting year.



Irvin B. Harrell

## SCHOOL OF NURSING

# Program spotlight: nursing anesthesia

One of Old Dominion University's most successful programs operates far from the main campus, in the Virginia Beach Higher Education Center. The graduate program in nurse anesthesia teaches experienced nurses to administer anesthesia and monitor patients' responses and vital signs during surgery.

Graduates have a near-perfect record on the national certification exam, which they attribute to a demanding curriculum and laser-like attention from faculty members. That connection extends outside the classroom. The program's director, Nate Apatov, invites all students who are away from home to his house for Thanksgiving. Old Dominion launched the program in 1995, and it moved to Virginia Beach in 2012. Here's more about it.



Nathaniel Apatov, right, is director of ODU's nurse anesthesia program.

## WHAT STUDENTS SAY

**Cheryl Rutherford '15** moved here from Oregon with her husband to attend the program. It didn't disappoint her: "I definitely got what I needed. The faculty are incredible. I could call any of them up any time I needed help." She works as a nurse anesthetist for Atlantic Anesthesia.

**Tayoh Valdez '17** said faculty members are "genuinely invested in your success and getting out and being a good nurse anesthetist and providing safe care. The amount of clinical hours we're getting is a lot more than the minimum requirement" - about 700 cases, Apatov said, compared with the mandated 550.

## CAN'T BEAT THOSE NUMBERS

Ninety-eight percent of ODU's students passed the CRNA national exam in the past four years, compared with a 86 percent national pass rate, Apatov said. All get jobs afterward; some get two or three offers.

## GETTING IN IS TOUGH

Applicants must have bachelor's degrees and experience in critical care nursing. Only 16 were admitted to this year's incoming class, which will be the first to complete a doctorate, requiring a full-time 3-year course of study. Why not enroll more? Old Dominion wants to make sure class size doesn't exceed job demand. Plus, Apatov said, "we only accept students who look, smell and taste like they will succeed."

## ALMOST LIKE THE REAL THING

Students train on a "high-fidelity mannequin." "He literally comes to life," Apatov said. "He speaks; his eyes open up. When you give him medication he's allergic to, he swells up." It's connected to a state-of-the-art anesthesia machine, which delivers oxygen and anesthetic gases and monitors vital signs. "They've done a very, very good job of replicating an operating room," Valdez said.

**MONARCH PHYSICAL THERAPY CLINIC**

# Brightening students' lives one dog at a time

By Jonathan Raymond Jr.

*ODU student writer*

Old Dominion University takes pride in giving its students opportunities to get the most out of everyday life. For example, each semester around final exam time, the university brings in emotional support therapy dogs to help raise morale of students and relieve their levels of stress.

What students do not know is that the ODU Monarch Physical Therapy clinic is available to students, faculty and the rest of the Old Dominion University community, giving them the same opportunity to interact with those same four-legged friends at any time of the semester. Therapy dogs can be used for many things, from guiding the visually impaired, aiding ones with physical disabilities, to helping people with emotional support and care.

These dogs are helpful in rehabilitating patients with motor skill issues from the use of the hands in petting motions and brushing the dogs, as well as helping patients regain the ability to walk and balance from taking these furry friends on walks. Therapy dogs have the ability to keep a steady pace and walk alongside the patients. Along with walking, these dogs are great at aiding with improvement of balance, and throwing motions from the dog's enthusiasm for playing fetch with the patient, motivating them to keep working hard and throwing the ball, staying motivated and further strengthening their muscles.

Therapy dogs can also be used in a physical therapy setting to help motivate patients of all ages, keeping their interest levels high and raise morale. Physical therapy can be challenging for patients to tolerate, but dogs provide a nonjudgmental, energetic presence in therapy that is always dependable, despite any setbacks. More and more schools around the country are giving their students this useful tool.

The clinic opened its doors in the Spring 2014, intending to serve ODU students, faculty and staff, as well as other Old Dominion Monarch community members who are in need of physical therapy services. The Monarch Physical Therapy clinic is a complete facility composed of certified physical therapists, mostly Old Dominion graduates, and led by clinic director, Lisa Koperna, a doctor of physical therapy. Koperna is also a lecturer in the ODU College of Health Sciences, as well as a board-certified sports clinical specialist and athletic trainer.

The mission for the clinic is to “enhance movement and function across the lifespan of individuals in the community, to aid in the education of students at Old Dominion University and advance clinical research.” The Monarch Physical Therapy clinic is located on the corner of Killam Avenue and 47<sup>th</sup> Street in the University Village, between Colley Avenue and Monarch Way. For more information on ODU Monarch Physical Therapy Clinic and its services, email [monarchpt@odu.edu](mailto:monarchpt@odu.edu) or call (757)683-7041.



Joanna Garner, a therapy dog trainer, and Willa.

## SCHOOL OF NURSING

# ODU, COA pact provides BSN possibilities

*Daily Advance reports  
Elizabeth City, N.C.*

Students enrolled in College of The Albemarle's (COA) nursing program are now eligible to pursue a bachelor's of science degree in nursing at Old Dominion University at the same time.

COA officials recently announced the college's new agreement with the university.

The agreement outlines courses, the transfer of courses between COA and ODU and the requirements for students to be concurrently enrolled in both programs.

Depending on the student and their course load, it is possible for them to graduate from COA's associate in nursing degree program, take the National Council Licensure Examination, become a registered nurse and then have their bachelor of science degree in nursing conferred after completing required courses at ODU.

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“This speaks to the need for this type of agreement as this was student-driven.”

**Janice Hawkins,  
ODU School of Nursing**

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The ODU program offers a rolling admission process and is very flexible based on the nursing student's individual needs.

The program is already underway and students who are currently enrolled in COA's associate degree in nursing program may take courses toward a bachelor's of science degree starting with their first semester of nursing school if they meet the ODU requirements for entry. COA officials say the partnership with ODU offers an innovative, efficient and affordable pathway to the bachelor's of science in nursing.

“This is one of the first community college ADN programs in North Carolina to allow students to work on their BSN courses from the very beginning of their

ADN program and potentially graduate with both degrees at the end of the two years,” said Robin Harris, dean of health sciences and wellness programs at COA.

The agreement was first proposed after a COA student pursuing an associate degree in nursing in fall 2017 asked about enrolling in ODU's program. Because the student met the criteria for ODU's program, officials at the Norfolk university contacted COA. Approximately nine months later, Janice Hawkins and Jeanie Kline from ODU and COA's Harris developed the partnership.

“This speaks to the need for this type of agreement as this was student-driven,” said Hawkins, chief academic adviser at ODU.

Tuition for technology-delivered courses for students outside of Virginia is comparable to in-state tuition fees. Students are able to take classes anywhere a WiFi connection is available. There is no commute because the bachelor of science degree in nursing classes are online.

## CENTER FOR GLOBAL HEALTH

# Distinctive honor awaits Akpinar-Elci

By Betsy Hnath

Dr. Muge Akpinar-Elci, professor and chair of the College of Health Sciences' School of Community and Environmental Health and director of ODU's Center for Global Health, was named a 2018 Woman of Distinction by the Hampton Roads YWCA.

According to the organization, the award recognizes women in the area who "exemplify the values and mission of the YWCA: eliminating racism, empowering women, and promoting peace, justice, freedom, and dignity for all."

From military to medicine, the YWCA designated 12 women – including Akpinar-Elci – as honorees for 2018.

"This award is a symbol of my lifelong values and beliefs; I'm very grateful to receive it," Akpinar-Elci said. "In my professional life, I work for human rights, equality and nondiscrimination and always believe that our actions matter. I'm not getting just any award, it has iconic meaning for me."

Akpinar-Elci cites the Center for Global Health as a cornerstone of her success, but acknowledges she's not alone in her efforts.

"Global health is not the same as international health. It refers to treating important, global issues, such as chronic diseases and mental health, with a holistic approach," she said. "When you work on global health, all the world is coming to your hometown. Our team has worked with community partners to transform the center into a hub that provides resources, new research, educational activities, service projects, and initiatives related to global health."

Looking ahead, there are still key issues concerning women's health that Akpinar-Elci, who holds an M.D. and a master's in public health administration, would like to tackle.

"My main experience is occupational health, so I really want to address inequality in the workplace and women's health in occupational settings. We still need women leaders in global health to provide role models for, and mentor, young girls, and to advocate for gender equality."

A March luncheon at the Norfolk Waterside Marriott is planned to celebrate all winners.



Dr. Muge Akpinar-Elci

## OFFICE OF ADVISING

# LLC students get recognition for academic excellence

The College of Health Sciences' Living-Learning Community (LLC) students will receive a special honor in February for having the highest first-year-only LLC GPA in the fall. The Office of Housing and Residence Life has invited the group to a special reception On Monday, Feb. 19, at 8 p.m. in the Webb Center North Cafeteria.

"We are proud of all the hard work and long hours you put in to make the fall semester success!" said Brittany Jones, with the Office of Housing and Residence Life.

## CENTER FOR GLOBAL HEALTH

# Event focuses on unpaid public work of military spouses

Every year, the Center for Global Health participates in International Education Week, an initiative originally created by the U.S. Department of State and the U.S. Department of Education. This worldwide celebration promotes and celebrates intercultural and international educational programs. This year, the center along with the Institute for Ethics and Public Affairs and the Office of Intercultural Relations sponsored a presentation titled “The Impact of Unpaid Public Work on Health and Well-Being: Partners of Senior Military Officers.” The event was held at the Webb Center and welcomed all interested students, faculty and community members in Hampton Roads.



Professor Maria Stuttaford

Dr. Maria Stuttaford, an adjunct professor with the Center for Global Health, was the keynote speaker. Stuttaford described the various roles that military spouses have held in history. She then described her current research that aims to explore the unpaid public work undertaken by women who are married to senior military officers. She explained that unrecognized unpaid work by public service spouses and partners is a contemporary social issue that has large intrapersonal and interpersonal impacts within the military community and on the political environment in which military families exist. Dr. Stuttaford has collected preliminary data from military spouses in the US and has plans to expand her research to a global scale which will encompass numerous countries.

This seminar was very popular and attracted more than 30 participants. The event was successful at bringing to the light the impact of unpaid public work and how this issue can translate into local and global research opportunities. In addition, all participants were given the opportunity to engage in an open forum discussion with Dr. Stuttaford after her presentation to offer their insight into her ongoing research and to become more involved in helping to make this issue more renown.

## Top graduate

From left, December graduate Kelsey Bernier, Associate Professor Barbara Kraj, and Assistant Dean Debbie Bauman get ready for Fall 2017 commencement. Bernier, who received a Bachelor's of Science in Medical Laboratory Sciences, was honored for academic excellence by the Old Dominion University Alumni Association.





# Upcoming Events

## February

- February 7 Program Director's Meeting (Agenda Topic: 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 24-26 Dental Hygiene - Winter Weekend Continuing Education
- February 19 Dean's Student Advisory Committee Luncheon, 12:00 -1:00 p.m.  
Dean's Conference Room
- February 20 COHS IPE Social Justice Topical Seminar Series: "The Intersection Between Unconscious Bias and Health"
- February 24 Scholar's Day (ODU Admissions Event)

## 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 (ODU Admissions Event)
- March 28 IPE Day, Ted Constant Convocation Center, And Big Blue Room

## April

- April 9 Military Appreciation Luncheon (**Room Confirmation pending**)
- April 23 Spring Classes End
- April 24 COHS Annual Faculty Meeting and Awards Ceremony:  
Goode Theatre: 4601 Monarch Way (back of COHS Building)  
9:30 - 11:00 a.m. - Faculty Meeting - Lite Breakfast  
11:30 a.m. - 1:00 p.m. - Awards Ceremony - Heavy Hors d' oeuvres
- April 24 Reading Day
- April 25 Exams Begin