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# College of Health Sciences Newsletter, February 2018

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*Old Dominion University*

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# Duo to the rescue



The Club Sports athletic training room in the Student Recreation Center stays busy throughout the week.

## Two grad students offer free athletic training for Club Sports injuries

By Irvin B. Harrell

**O**n a recent school day afternoon, Room 1006 at the Student Recreation Center was buzzing with activity.

Sophomore Madalynn Grounds was rehabbing for a rotator cuff injury suffered playing soccer. For baseball player and senior Brady Battenfield, it was a lower back problem that needed at-

tention. International business junior Jackson Wall, who broke his acromioclavicular (AC) joint playing rugby, also was there for treatment. As was Nareed Asghar, a junior in mechanical engineering, who hurt his knee playing ultimate Frisbee.

Graduate student Ariana Moran moved

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## Dean's Message: Interim Assistant Dean for Graduate Education

# Community engagement: The power of one

Every day I ask myself: “Am I giving back enough?” “How am I involved in the world around me?” “Am I having an impact on those around me?”

Fortunately, I see many people giving back on a daily basis and they ask nothing in return. It takes a village to raise a child, but it only takes one villager to start something grand.

The College of Health Sciences engages with the community at a level like no other as we place our students in internships, clinicals, and experiences throughout the Commonwealth and beyond. Our students are Old Dominion University ambassadors and therefore it is essential that we arm them with the skills necessary to be successful in the everyday environment.

The Centers for Disease Control and Prevention (CDC) defines community engagement as “the process of working collaboratively with and through groups of people affiliated by geographic proximity, special interest, or similar situations to address issues affecting the well-being of those people.” This definition aligns with what the College of Health Sciences accomplishes through partnerships with organized groups, agencies, other institutions, or individuals. Our involvement seems to be on a continuum, as an initial specific collaboration evolves into a broader partnership, and often turns into a strong bidirectional relationship. For example, our local community is able to engage with the college through services provided by the Dental Hygiene Clinic and Monarch Physical Therapy. This engagement helps to create “agendas for research” and “focused areas of practice,” which are of need to the community and which can be explored by the clinicians and researchers within these areas.

This engagement also helps to drive our delivery of services, change and implement new approaches to care, and drive change within community organizations who will help a swath of constituents. In the end, community engagement is the answer to better patient care – it takes a village, but it starts with just one person.



Bonnie Van Lunen

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## From the Editor

### IPE tackles unconscious, implicit bias

Unconscious bias. These are two words with huge implications when it comes to the way we interact with others and how we shape the world in health care and beyond.

Kimberly Adams Tufts, interim associate dean for IPE and Evaluation, tackled this important issue during her last Social Justice Conversation on Feb. 20. “The Intersection Between Unconscious Bias and Health” was an enlightening look at the attitudes and stereotypes affecting our understanding, actions and decisions.

In health care, ignorance of unconscious and implicit bias can negatively affect health outcomes and have in the past. Mekbib Gemada – the vice president of diversity and inclusion for Eastern Virginia Medical School (EVMS) – discussed how unconscious bias contributed to such healthcare atrocities as the 1932 Tuskegee Syphilis Experiment and the mistreatment of tuberculosis patients in the 1930s.

Kudos to Adams Tufts and her crew for the courage to confront this topic, for providing an educational platform for discussion and attracting a professionally diverse group of attendees. *See photos on Page 6.*



Irvin B. Harrell



## 2018 HEALTH CARE HEROES

# Nursing alumna receives special honor

## Inside Business

Denise Cox has always believed in the difference great health care can make.

When she was 7, her grandfather suffered from a massive stroke and was told he would never walk again. Every night she would go to Norfolk General while her mother, a teacher, would give her grandfather physical therapy. In a few short months he was walking again.

“Just seeing my mom not give up and have such a strong belief that she can make a difference was so powerful,” Cox said. “I appreciated that deep love, and ever since then I knew I wanted to do something in health care.”

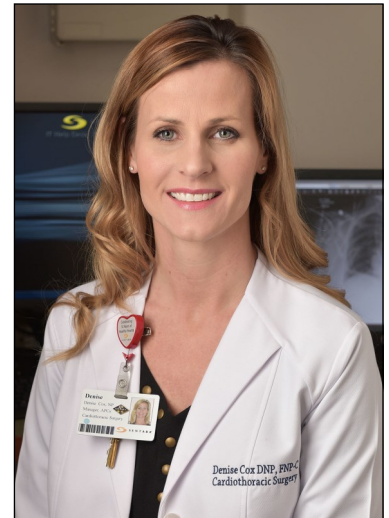
Cox was honored as one of the 2018 Health Care Heroes on Feb. 26 at the Norfolk Waterside Marriott.

Cox earned her bachelor’s degree in nursing from Old Dominion University in 1997, followed by a master’s in nursing in December 2001, along with a family nurse practitioner certification. She also holds a post-masters certificate in pediatrics and a doctorate of nursing practice, all from ODU.

She joined the cardiothoracic surgery program at Sentara Heart Hospital and Sentara Virginia Beach General Hospital as a nurse practitioner in 2007, and it wasn’t long before she was promoted to nurse practitioner team coordinator in 2010.

Today, she manages a team of 15 nurses and one physician’s assistant as they manage all aspects of the cardiothoracic surgery program, from pre-op to surgery, ICU care, post-ICU care, discharge and follow up as an outpatient. Cox’s team is vital to each aspect of those functions.

“The most rewarding part of the job is seeing our patients succeed and do well from their surgeries, and seeing how the team is so invested in the patients and so passionate about their care,” Cox said. “Their work ethic is unbelievable. They treat everyone as their own family and go above and beyond every single day.”



Denise Cox



## Advisory Board’s Orsini named health care hero

Thomas Orsini, center, the president and CEO of Lake Taylor Transitional Care Hospital in Norfolk was honored as one of 2018’s Health Care Heroes on Monday, Feb. 26, at the Norfolk Waterside Marriott. Flanking Mr. Orsini are Genemarie McGee, the chief nursing officer for Sentara Healthcare, and Ron Crow, the editor of Inside Business.

## SPORTS, from page 1

seamlessly among the injured, providing guidance, rehabilitation, and smiles as she helped the athletes recover from their various injuries. She led them individually through a series of exercises that will hopefully return them to competition. When she's not running the show her partner in athletic training, grad student Bradley Jackson, fulfills the same role, each putting in between 25 and 30 hours a week. The students they serve are participants in Old Dominion University Club Sports for which athletic training services are now provided.

"I had minimal exposure to athletic training growing up ...," Moran says. "After shadowing some physical therapists that rehabilitated my dad from injury, they educated me more about athletic training. ... I absolutely fell in love with it."

Club Sports, and there are 19 of them on campus, are registered student organizations that provide opportunities for students to compete in their favorite sports on a less intensive level than the NCAA teams. These competitors play other colleges and universities and are supported by ODU's Recreation and Wellness Department.

"I'm prone to injuries," says Grounds, who is studying physical education and exercise science. "I don't know what sports clubs did before (Moran and Jackson) were here."

The role that Moran and Jackson play has truly been a valuable one since they arrived as athletic trainers in May 2016. Before that time, the club-sports injured



Athletic trainer Bradley Jackson works with Sha'Quayla Davis, above, and Tori McClurg, below.



had to seek rehab elsewhere, which can be costly. The assistance they provide has a huge impact. In Fall 2017 alone, the two have delivered more than 3,800 treatments with 521 unique users.

"For home games they also service

players from the visiting teams," says Dr. Jean Holt, the assistant director of the Recreation and Wellness Department.

In addition to the athletic training services they provide, several of the stu-

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## SPORTS, from page 4

dents says Moran and Jackson also provide a space to vent. “I can talk to them about anything,” says Tori McClurg, a senior in marketing, who plays rugby.

During the 2015-16 academic year, ODU contracted with Bon Secours to provide athletic trainers for high-risk sports competitions. Holt contacted the School of Physical Therapy and Athletic Training in search of certified athletic trainers. The product was two graduate assistant positions in the Club Sports program. The positions are funded by Recreation and Wellness, Student Development & Enrollment Services, and the Athletic Training Academic Department. Recreation & Wellness finances the supplies and equipment.

Jackson, who will graduate with Moran in May, says he became involved in athletic training during his first year of school at Lynchburg College in Lynchburg, Va. What stoked his interest were high school influences.

“I had an awesome athletic trainer that spoke with me about the profession,” he says. “I also have a relative that was an athletic trainer for years in North Carolina which only furthered the involvement in athletic training.”

Moran and Jackson have been credentialed athletic trainers for about two years. They treat student-athletes from a wide range of sports including baseball, basketball, ice hockey, lacrosse, rugby, soccer, softball, tennis and volleyball.

“The best part of what they do for me is that they are able to explain things to me about my injury,” says Wall, who has played rugby for five years. “I look forward to the therapy.”

McClurg, who has been playing rugby for five years, tore her anterior cruciate ligament in 2017. “They guided me through new exercises,” she says. “I had to pay for physical therapy before Ariana and Bradley came.”

During a typical week, Moran and Jackson spend two to three days in the clinic, two days on the practice field and are on the sidelines for one game. The most common injuries they treat are ligament and muscle strains, but “we see a good amount of concussions, too,” Moran says.

As director of the Club Sports program, Holt is tasked



Athletic trainer Ariana Moran, left, works with Ultimate Frisbee player Nareed Asghar on a knee injury.

with two key duties: creating a safe environment and program for the athletic trainers and making sure that club team members are eligible to compete after receiving medical clearances. She says she is optimistic that the program will continue to be funded in the future.

“Definitely for the 2018-19 and 2019-20 academic years, and I certainly hope the program will be funded beyond 2019-20,” she says.

Senior Sha’Quayla Davis, a rugby and soccer player, is hopeful as well. The parks and recreation major has had a nagging ankle injury since she fractured it in 2015. She gets athletic training services on Tuesdays and Thursdays, and her treatments have been strengthening her ankle.

“They are awesome,” she says of Moran and Jackson. “They guide me when do I something wrong, and they also are there to answer questions.”



**IPE CORNER: SOCIAL JUSTICE CONVERSATION**

February's Social Justice Conversation addressed "The Intersection Between Unconscious Bias and Health." The well-attended event provided an exercise involving a healthcare scenario and reactions by healthcare providers to a patient with HIV. Attendees were asked to discuss how bias could be averted and the importance of interdisciplinary input in the healthcare process. Kimberly Adams Tufts, interim associate dean for IPE and Evaluation, led the discussion and Mekbib Gemada, right, – the vice president of diversity and inclusion for Eastern Virginia Medical School (EVMS) – created a historical context for the event.

**LEARNING TOGETHER. HEALING THE WORLD.**



## IPE COLLABORATIVE EVENT



A panel discussion featured, from left, Dr. Maybank, Dr. Kimberly Adams-Tufts, Dr. L.D. Britt, and Mekbik Gameda. At far right, WHRO's Barbara Hamm Lee served as moderator.

## Real talk on racial justice and health care

The Institute for the Humanities welcomed Dr. Aletha Maybank, MD, MPH, founder of the Center for Health Equity in New York City, to campus on Thursday, Feb. 15, to give a talk on the intersections of racial justice and health care.

The talk focused on the persistent and widespread racial and social justice inequities across the nation when it comes to health care. Maybank discussed her experiences in health care and offered solutions on how communities could best work together to solve many of the healthcare disparities that exist.

The speaking engagement was titled "A Commitment to Advance Racial Equity and Social Justice in Health," and was accompanied afterward with an open panel discussion moderated by WHRO's Barbara Hamm Lee.

Joining Dr. Maybank in the panel discussion were Dr. Kimberly Adams-Tufts, interim associate dean of In-



Dr. Aletha Maybank

terprofessional education and evaluation, College of Health Sciences, Old Dominion University; L.D. Britt M.D., MPH, the Henry Ford Professor and Edward J. Brickhouse Chairman at Eastern Virginia Medical School (EVMS)) and Mekbik Gameda, vice president of diversity and inclusion at EVMS. The panel fielded questions from the audience as well as weighed in on the subject of race and healthcare disparities.



## SCHOOL OF NURSING

## ODU partnership establishes RN-to-BSN online program

### Kingsport Times-News report

Old Dominion University on Friday, Feb. 16, announced a partnership with the Virginia Appalachian Tricollege Nursing Program to enable a seamless transition to ODU's popular RN (registered nurse) to Bachelor of Science degree nursing (BSN) online program.

The Virginia Appalachian Tricollege Nursing Program operates from Southwest Virginia Community College, Virginia Highlands Community College and Mountain Empire Community College.

"There is a high demand for registered nurses in Southwest Virginia and East Tennessee. Most hospitals have numerous vacancies, and many are relying on traveling nurses to provide nursing care," said SVCC Dean for Nursing and Allied Health Kathy Mitchell.

Janice Hawkins, chief academic adviser for ODU's School of Nursing, said ODU seeks to not only train and prepare nurses for careers but also improve health care in Virginia.

"We would like to contribute to an increase in BSN degree graduates in that part of the state," Hawkins said. "An increase in BSN graduates is linked with better patient outcomes."

Mitchell said the program benefits practicing and aspiring nurses who do not want or are unable to move from Southwest Virginia to pursue a BSN.

"The program allows nurses to pursue a BSN while continuing to live in their communities," she said. "ODU's RN to BSN degree program is affordable and accessible to most students in our service area. ODU has an excellent reputation, and our graduates are recognized as being well prepared for the continually changing health care environment."

For more information on the program, visit [online.odu.edu/rn-bsn](http://online.odu.edu/rn-bsn).



"We would like to contribute to an increase in BSN degree graduates in that part of the state. An increase in BSN graduates is linked with better patient outcomes."

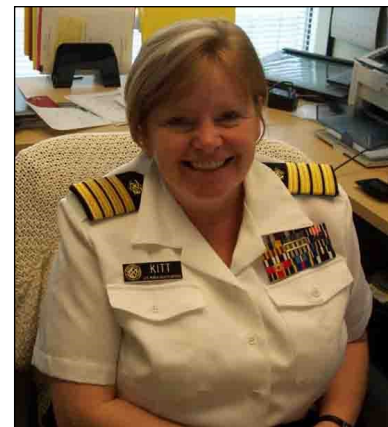
— Dr. Janice Hawkins, chief  
academic adviser for the  
School of Nursing

## SCHOOL OF COMMUNITY &amp; ENVIRONMENTAL HEALTH

## Luncheon targets Environmental Health alumni

The School of Community & Environmental Health will be holding a VIP luncheon for Environmental Health Alumni on Wednesday, March 28. Margaret M. Kitt, MD, MPH, will deliver a presentation titled, "Disaster Preparedness 101: An Interprofessional Approach." Dr. Kitt is the assistant surgeon general and deputy director for programs at the National Institute for Occupational Safety and Health.

The luncheon will be held at 11:30 a.m., with the presentation following at 1 p.m. at the Ted Constant Convocation Center. If you are interested in attending, please RSVP by March 21 to Lillian Thompson at [ljthomps@odu.edu](mailto:ljthomps@odu.edu).



Dr. Margaret M. Kitt

# Upcoming Events

## MARCH

March 5-10	Students Spring Break
March 7	Chair's Council Retreat, Location: Slover Library, 12:00 – 3:00 p.m.
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, Big Blue Room

## APRIL

April 9	Military Appreciation Luncheon – 12:00 – 1:00 p.m. – COHS Annex Room 1008
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

## MAY

May 2	Exams End
May 4 & 5	Spring Commencement, Ted Constant Convocation Center
May 28	Memorial Day Holiday (University Closed)