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College of Health Sciences e-Newsletter, Summer 2019

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Teaching, learning in Ireland

During the second week of March, three instructors and 25 students headed to Ireland as part of a study-abroad opportunity. Their experiences were extensive and enlightening and two of the students – Ashleigh Hannah and Marcus Simon – documented the adventure. Ashleigh is a junior majoring in biology with a minor in biomedical engineering. Marcus is a senior pursuing a degree in environmental health with a minor in occupational safety. Here is an edited version of their story.

By Ashleigh Hannah and Marcus Simon

After a seven-hour transatlantic flight, we met our Learn International trip coordinators – Dave and Nick – who provided orientation and lunch. After another five hours, we arrived at Ionad Naomh Pádraig (which means St. Patrick's Center), the community center in Donegal, Ireland, where our interprofessional student-led healthcare teams incorporated our numerous health promotion activities within the greater community. There we also met Mary, a visionary of this community center in this rural area of Ireland. She guided us with kindness, history, cultural norms and lots of moments of

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ODU students in front of the Ionad Naomh Pádraig community center in Donegal, Ireland.



ODU students, left, at the Altnagelvin Hospital in Ireland practice their medical skills in a simulation lab.

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STUDY ABROAD

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fun. As part of the trip, each day we taught and provided health and wellness information to various age groups of women and men, high schoolers, and children at the community center. In addition, we also went to an elderly care center to teach and interact with the area residents. When we were not teaching, we were learning about the land and culture of Ireland.

In conducting the health promotion projects, we provided: oral screenings, fall-risk assessments, health and nutrition phone applications, stretching/yoga/meditation, impaired driving assessment, foot/vascular screening, and blood pressure/glucose screening. Being able to have a role in the community regarding health promotion was truly a bidirectional impact. In addition, we gained insight into our peers' roles within their healthcare disciplines.

We learned how to make a true Irish coffee with the “good stuff” as well as some of the Gaelic language, and Irish dancing, and an herbalist shared alternative forms of medicine with us. In addition, we had the chance to sit in on various classes offered at the community center, such as tai chi, photography, art, meditation/yoga, and many more. We had the wonderful opportunity to fight the gale force winds in visiting Carrickfinn Beach, Glenveagh National Park and Castle, Wild Atlantic Way and a historic tour of Derry, in Northern Ireland. Among the many locations, the architecture and interior design of the Glenveagh Castle were the most impressive, which allowed us to see the castle's changes throughout history.

On the final day of our trip, we spent the day in Dublin during St. Patrick's Day weekend festivities. Going



Students attend a workshop on Ireland's health system at Altnagelvin Hospital.

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Students, above and below left, taught smart phone users to download, access and utilize various health promotion apps such as for diet, exercise and nutrition

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around the city and seeing the different buildings, stores, and large crowds of people was different in comparison to Donegal. However, we did not leave Donegal without leaving our mark for them to remember us by with a mural of a mermaid representative of Norfolk, Va., and Old Dominion University students.

Hopefully, someday in the future, all of us will get the chance to experience the adventure and community of Donegal once again. It will forever remain in our minds as an experience of personal growth, the formation of new relationships, knowledge of the value of interprofessional healthcare teams, and the unforgettable faces of the residents of Donegal, Ireland.



Akpinar-Elci named American Thoracic Society fellow

By Irvin B. Harrell

Dr. Muge Akpinar-Elci, chair of the School of Community & Environmental Health and Director of the Center for Global Health, was recently named an American Thoracic Society (ATS) fellow at the organization's 115th annual International Conference. The ATS conference is the longest running, large-scale conference in the world offering groundbreaking research in pulmonary, critical care, and sleep medicine. About 15,000 people attend from across the globe.

"I am humbled by the honor and proud to be able to bring this recognition to ODU," she said. "I also believe this achievement will serve our college to build the School of Public Health and further the mission of ODU in the community."

The ATS improves global health by advancing research, patient care, and public health in pulmonary disease, critical illness, and sleep disorders. Founded in 1905 to combat TB, the ATS has grown to tackle asthma, COPD, lung cancer, sepsis, acute respiratory distress, and sleep apnea, among other diseases.

Currently, there are only 93 ATS fellows. During the conference, Akpinar-Elci gave a talk about the Global Perspective of Climate Change, which ATS published in its daily bulletin.

As one of the presenters, Akpinar-Elci – who has been speaking about climate change for the past 10 years – said that preparing for her presentation now was a stark contrast to how she presented in the past.

"This year it was overwhelming because when I started this 10 years ago there was not that much information, but now, there is overwhelming evidence of climate change," she said. "It's a survivor issue right now, no longer just something happening 'somewhere.'"

The effect of climate change on allergies and chronic respiratory diseases isn't just affecting low-income countries, but all of us, she added.

The International Conference prides itself on being multidisciplinary. Clinicians and researchers in many other fields attend the annual conference, thereby enriching conversations that lead to insights that ultimately improve patient care.



Dr. Akpinar-Elci received the honor in Dallas.

Lecturer Brassington gets recognition

At the 2019 Virginia International Tattoo held April 25-28 at the Scope Arena in Norfolk, the centerpiece of the celebration was a Salute to Women in the Military.

Charlene Brassington, a master lecturer in the School of Community and Environmental Health, a 30-year retired Navy captain, was featured as the first woman at sea assigned permanent duty to a Navy ship in 1978. Brassington brings to ODU the unique perspective of military service and is able to identify with our many military students and veterans.

Just 100 years ago, women were allowed to serve in uniform for the first time. More than 30,000 volunteered during World War I. Today, one sixth of all active-duty service members are women and these 230,000-plus women serve in every branch in virtually every capacity. Generation after generation of women have shown not only the courage to protect the nation in times of war, but the commitment to change the nation for the better from within.



Faculty receive awards for their exemplary work

Three faculty members with the School of Community & Environmental Health received special honors this past semester.

Dr. Mariana Szklo-Coxe received the Old Dominion University Doctoral Mentoring Award from College of Health Sciences. Dr. Deb Anderson received the College of Health Sciences Outstanding Adjunct Faculty Award. And Dr. MyNgoc Nguyen received the Old Dominion University Faculty Administration Award.

Congratulations on these great achievements!

Save the Date

College of Health Sciences

State of the College Address, Thursday, Aug. 22, 2019

University Theatre, 47th & Hampton Blvd., Norfolk, VA

Bioelectrics center honored for its impact

Old Dominion University's Frank Reidy Research Center for Bioelectrics was among three recipients of an award for the Outstanding Contribution to Bioscience in Virginia in May. The award was presented by Virginia Bio, the statewide non-profit trade association for life sciences, developing and promoting the considerable scientific and economic impact of life sciences research, development and commercialization in Virginia.

"Three organizations exemplify the excellence, variety and dynamism of the Virginia biosciences community," shares Jeff Gallagher, CEO Virginia Bio. "It is with great pleasure to announce our new inductees and share their amazing stories in making a global impact."

To date, there have only been 23 recipients of this award, "including Nobel laureates, pioneering companies, great research institutions and trailblazing entrepreneurs," said Crystal Icenhour, co-founder and CEO Aperiomics in Ashburn, Va.,

"The three new award winners were chosen from more than 100 nominations by a committee of all former chairs of Virginia Bio. Together they tell the rich story of bioscience research and commercialization in Virginia."

ODU center for bioelectrics is the first research center of its kind and is a world leader in advancing scientific understanding of how intense, pulsed electromagnetic fields and cold ionized gases interact with biological systems. Researchers at the center translate discoveries into the development of medical diagnostics and therapeutics as well as environmental decontamination processes.

In 2017, research performed at and licensed by the center led to the most successful university-based initial public offering (IPO) and the largest single commercialization effort at ODU. Richard Heller, professor, eminent scholar and former executive director of the center received the award at the THRiVE Conference 2019, on May 2 at the Omni Downtown Richmond. The conference, which brought together bioscience leaders from across the state and beyond, hosts the latest in life science innovation.

Also receiving the award were The Focused Ultrasound Foundation, known for improving the lives of millions worldwide by making focused ultrasound available in the shortest time possible, and Merck Manufacturing Plant, which has been at the forefront of developing and manufacturing pharmaceuticals for millions worldwide.



Professor Richard Heller received the award at the May conference.

SCHOOL OF MEDICAL DIAGNOSTIC & TRANSLATIONAL SCIENCES



Start of something big

May 13, 2019, marked the inaugural White Coat Ceremony for the Medical Laboratory Sciences and Cytotechnology students at ODU. These seniors were about to start their clinical rotations. Next year, Nuclear Medical Technology students will join in the ceremony.



Researchers get grant for \$1.4 million

Funding will support military veterans seeking education as primary care RNs

By Irvin B. Harrell

Realizing the high costs of hospital-based health care and its inadequacy in meeting the healthcare needs of veteran and underserved populations, faculty at Old Dominion University's School of Nursing sought funding for a project that would focus on educating registered nurses (RNs) in primary health care that contributes to health promotion, chronic disease management, and cost savings.

Their prayers were answered. The school recently received a Health Resources and Services (HRSA) grant for more than \$1.4 million that will focus on preparing a knowledgeable, skilled and sustainable veteran-focused primary care workforce. The three-year grant is titled “Veterans Education and Training as Primary Care Registered Nurses (VET-PRN).”

In Virginia, according to a 2017 study, only 8 percent of RNs identified themselves as working in the primary care field – which includes such places as physician offices and primary care clinics. Primary care includes health promotion, disease prevention, health maintenance, counseling and patient education. This project will not only thread primary care content throughout all of the semesters of the Bachelor of Science in Nursing program, but will recruit, in particular, military veterans who are interested in the primary care program. Currently, in the nation only 6 percent of nursing programs have primary care content.

“Traditionally, prelicensure BSN programs minimally prepare graduates to work in primary care settings,” said Senior Lecturer Janice Hawkins, the academic success coordinator of the project. “For example, the majority of our required clinical hours are in acute care settings. This grant will help shift some of those hours to primary care settings.”

Besides recruiting military veterans, some of the key objectives of the project are to establish new academic-



Associate Professor Lynn Wiles, left, and Assistant Professor Jamela Martin are respectively director and co-director of the project.

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practice partnerships with primary care clinics, develop and deliver didactic content to prepare graduates to care for veteran/underserved populations in primary care settings, and provide standardized patient and clinical experience to educate and evaluate student knowledge skills and attitudes. The project also will be open to current military and non-military students.

"This is an exciting time at the School of Nursing as we work to incorporate a variety of rich experiences for our students in community health and throughout the curriculum," said Assistant Professor Jamela Martin, co-director of the project. "I believe that nursing schools need to serve as health and education resources to the communities in which we reside. This grant will help us to do just that, while also recruiting and training nursing students to practice to the full scope of their license on primary care teams."

Associate Professor Lynn Wiles, the project's director, noted that the university is "military-dense," making it a prime candidate that can help such populations as the military family, who can struggle with stressors of deployment, post-traumatic stress disorder (PTSD), and substance abuse disorders.

The project will restructure or enhance existing community health and role transition clinical experiences to emphasize veteran health care needs.

"We are not a wellness-focused country," Wiles said. "Typically, you get sick and you go to the hospital. Our plan is to shift education to focus on population wellness."

The grant, which will start July 1, will "enable the school to draw from ODU's large military-affiliated

Project details

- ◆ It will start Fall 2019
- ◆ Current funding is for a three-year period
- ◆ First clinical experience will be in Summer 2020
- ◆ Recruitment goal of 12-15 students in Fall 2020

student body and surrounding community to increase the percentage of military veterans who enroll in our pre-licensure BSN program," said Karen Karlowicz, chair of the School of Nursing.

The project will start in Fall 2019, with the school recruiting its first cohort from among its 80 accepted students, 11 of whom are veteran or active-duty military. The first clinical experiences for students will come in Summer 2020 with a goal to recruit a cohort of between 12 and 15 students in Fall 2020.

The Eastern Shore has been targeted as one region where clinical experiences will take place because of the needs there and its existing ties with the school, Wiles said. In such areas the grant funding will come in handy for students.

"It will help us cover such things as tolls, gas, and lodging for students," she said.

In addition to Wiles, Martin, and Hawkins, the other faculty members who collaborated on the project were Clinical Assistant Professor Karen Higgins, the primary care coordinator and Lecturer Beth Tremblay, the community health coordinator.

Simulation director plans expansion

By Irvin B. Harrell

Love for his work seems to drive Old Dominion University Lecturer Howard Goodwin, the School of Nursing's new Director of Technology & Simulation. Asked about the length of his work week and he responds, "All the time," with a chuckle.

Goodwin plans to use some of that work ethic to elevate the school's simulation plans for expansion into a Center for Simulation within the College of Health Sciences. His long-term goal is not only to educate students and prepare them for clinical practice, "but to be a part of their solution to long-term healthcare education and offer continuing education services throughout the community," he says.

A Certified Healthcare Simulation Educator, Goodwin received his Masters of Science in Nursing in Nurse Anesthesia from ODU in 2008 and Doctor of Nurse Anesthesia Practice from Virginia Commonwealth University in 2014. He left VCU to take a job at ODU as an adjunct faculty member teaching pathophysiology – the study of disease processes and how they affect our normal physiology.

Goodwin, 47, lives in Carrollton, between north Suffolk and Smithfield, with his wife Martha and three sons, ages 13, 9, and 6. He fashions himself as a hometown boy, having grown up in Western Branch in Chesapeake where he graduated from high school in 1989. As a Certified Registered Nurse Anesthetist, he joins the ranks of one of four advanced practice registered nurse roles recognized



Lecturer Howard Goodwin is the new Director of Technology and Simulation.

in the United States.

After starting his career in business at HSBC Bank for 11 years, Goodwin says he decided to transition into health care, contemplating medical school or advance practice nursing. In the end, nursing education won out. Goodwin says he enjoys providing students with experiential learning in a high-fidelity simulation environment before they move to clinical practice.

"They can practice high-risk, low-occurrence situations," he said. "It's a safe environment to learn."

In his new role as Director of Technology & Simulation, Goodwin is excited about what the future holds at ODU. And he has begun to set his expansion plan in motion.

"We've reached out to all of the schools in the College of Health Sciences," he says. "I have a representative from each school to touch base with and it's going to

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be an organic process. We're going to bring them in and show them what we do in nursing and introduce them to simulation concepts. From there, we'll explore developing scenarios for each discipline."

The School of Nursing provides roughly 10,000 experiential hours annually to its students throughout their education, Goodwin says. The interprofessional educational collaborations are currently a missed opportunity, but not for long, he adds.

"For example, our nuclear medicine friends are interested in having their students come back with critical lab values and practice effective communications and handoffs," he said.

Unlike the University of Virginia or VCU, ODU doesn't have the luxury of being attached to a hospital, Goodwin says. Expanding simulation here can be a game changer.

Once beginning the process of introducing the schools to simulations in their programs in the fall, Goodwin anticipates by the end of the year to have a business plan in place and host some revenue-generating events to provide continuing education opportunities in the community. The revenue would go to purchase some of the high-priced equipment needed by students for simulation experiences.

"We will start small, evaluate, and make tweaks," he said. "I've hosted three events in the past year that we probably could have generated revenue from but we didn't have the infrastructure in place to figure out billing and collection of those receivables."

And his plans won't stop there. Goodwin says he also will collaborate with some of the bigger hospital systems in the area such as Sentara, Bon Secours and Children's Hospital of The King's Daughters. His mantra for collaboration and current connections will help build those relationships.



Goodwin anticipates by the end of the year to have a business plan in place and host some revenue-generating events to provide continuing education opportunities in the community.

Besides his work at ODU, Goodwin is a staff nurse anesthetist at Bon Secours DePaul Medical Center in Norfolk, where he works one to two days a week. He also has two anesthesia businesses – one that he independently owns and one that he co-owns. Those businesses have contracts with several surgery centers throughout the community. If that's not enough, he serves as president of the Virginia Association of Nurse Anesthetists.

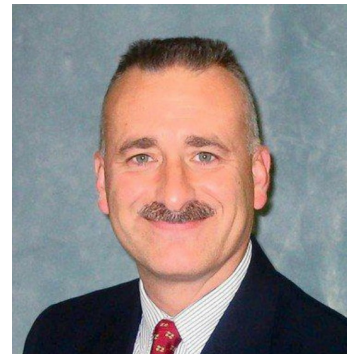
When asked about how he juggles being so immersed in nursing and the role of the nurse anesthetist, Goodwin beams.

He puts it simply: "My goal is to do whatever I can do to advance the profession."

Distinguished Alumnus offers Q&A session

David Csillan, MS, LAT, ATC, one of the College of Health Sciences Distinguished Alumni, has stayed connected with Old Dominion University since he arrived on campus in April 1984. In 1985, he received his Master of Science in Athletic Training.

Since then his career has taken off. The latest feather in his cap came this year when he was named to the Hall of Fame of the National Athletic Trainers' Association (NATA). The organization was founded in 1950 and has more than 43,000 members worldwide.



David Csillan

"The need for athletic trainers continues to grow on a national and local scale," said Assistant Professor Julie Cavallario, the program's director. "To meet that need, the program has been recently modified to a professional/entry-level degree program as opposed to a post-professional degree program. We feel strongly the ODU is well-situated to develop entry-level clinicians who will engage with and support our local community."

Csillan agreed to sit down for a few questions recently. Here are some of his responses.

What sparked your interest in the field of athletic training?

I first heard about "athletic training" while participating as an athlete in high school. ... Realizing that I would never make a career out of playing professional sports, athletic training permitted me to combine my two interests of medicine and athletics. I can recall attending professional games with my friends. It fascinated me how players would come to the bench limping, be on the receiving end of their athletic trainer's magic, and then effortlessly return back into the game.

What led you to ODU?

The ODU graduate athletic training program was only a few years old when I began applying to graduate school. While many other schools would have offered me the same coursework, it was my campus visit to ODU that sealed the deal. Marty Bradley, head athletic trainer at the time, provided me with a relaxing tour around campus. Marty stressed that my interests were a priority and I needed to choose the school in which I felt most comfortable. ODU immediately presented the aura of big time athletics with home town flair.

How long have you been an athletic trainer?

I have been employed as an athletic trainer for the past 33 years. People have asked me if I had to do it all over again, what profession would I choose. After 33 years, my response has been always the same. I would be an athletic trainer.

What do you currently do and who do you work for?

I have just completed my 28th year as athletic trainer at Ewing High School in Ewing, N.J.. I am responsible for the recognition and treatment of athletic injuries at the secondary school and middle school levels. Working

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CALENDAR

June

- June 14 **Provost's Awesome Picnic**, 11:30 a.m.-1:30 p.m., Whitehurst Beach/Legends Café
- June 18 **Science Pub: Climate Change with Dr. Michael Allen**, 6:30-8:30 p.m.
Oozlefinch Brewery, 81 Patch Road, Fort Monroe
- June 21 **Health Literacy Forum**, 8-11 a.m., Education Building, multipurpose room
DPT Information Session, 3-5 p.m., Physical Therapy Lab, Room 1118
- June 25 **Science Pub: Communicating Science**, 6:30-8:30 p.m., O'Connor Brewing Co.
211 W. 24th Street

July

- July 4-5 **Independence Day Holiday**
- July 20 **Apollo Landing Anniversary**, 4-10 p.m., Kaufman Mall

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closely with the school physician and team orthopaedic surgeon, I implement appropriate athletic injury treatment programs, develop and update our Athletics' Emergency Action Plan and conduct concussion baseline testing on student-athletes

How has the education here served you?

It was Marty Bradley and the faculty who prepared me for the athletic training profession through ODU's academia. Marty stressed the importance of reading journals, attending conferences, and being active in the profession following graduation. ODU introduced me to the "Why", which is referred to today as evidence-based practice. Marty taught that if you want to make a difference, don't complain. Be the difference.

Has the role of the athletic trainer changed over the past few years and if so, how has it?

When I entered the profession, athletic trainers were only found in the professional, collegiate and secondary school setting, appropriately defined as the "traditional" setting. Fast forwarding to the modern day, we are recognized by the American Medical Association as an allied health care profession. Our ability to practice has expanded to settings in health care administration, the military, occupational health, performing arts, physician offices and public safety.

What does it mean to you to be a NATA Hall of Famer?

I am humbled and honored. It has been overwhelming since first being informed of my selection. Old Dominion University prepared me to be a leader in athletic training and I am proud to represent Big Blue as the first NATA Hall of Fame inductee from the university.