

# SPOTon

Speech Physical Occupational Therapy newsletter | November 2014



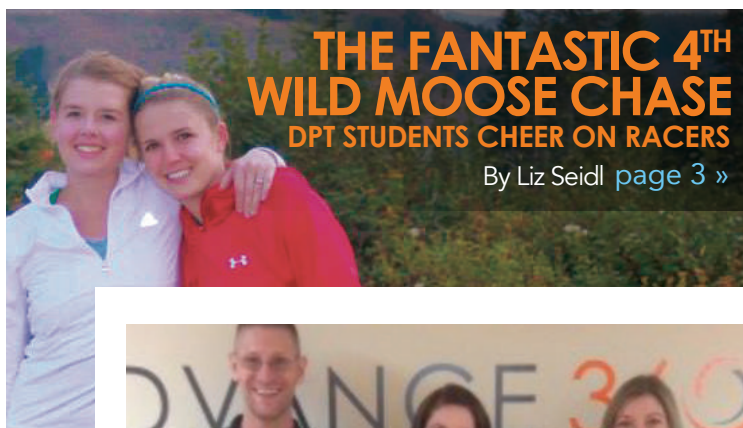
## WE'RE **NATIONALLY KNOWN**, BUT **LOCALLY FOCUSED**

RehabCare is the leading provider of rehabilitation services, including physical, occupational and speech-language therapies, to over 2,000 hospitals and long-term care facilities in 47 states. The SPOTon newsletter is our way of informing, recognizing and celebrating the students who form the future Rehab Therapist community.



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# CELEBRATING PT MONTH WITH UNIVERSITY OF TEXAS- SAN ANTONIO STUDENTS



By Mike Geelhoed, PT, DPT, OCS, MTC  
Associate Professor and Director of Clinical Education  
Department of Physical Therapy  
University of Texas Health Science Center at San Antonio

Each year, RehabCare sponsors the PT Month event as a way for students to get to know each other. The evening includes everything from a trivia contest (featuring little-known facts about their faculty and the PT profession) to games with gift card prizes. This year, over 90 students attended, with a good mix of first-, second- and third-year students. For many of the

first-year students, it was the first time they had the chance to meet the third-year students, since they are away on rotation in the fall. The RehabCare sponsorship allows students to learn about RehabCare and the opportunities available, both while they are in school and after they graduate.





## THE FANTASTIC 4<sup>TH</sup> WILD MOOSE CHASE



By Liz Seidl, SPT Eastern Washington University class of 2015

The 4<sup>th</sup> annual Wild Moose Chase Trail Run took place on September 27, 2014 at beautiful Mount Spokane State Park. The race featured 5k, 10k and 25k race options that took runners across tough terrain along the Nordic ski trails. Runners were rewarded with stunning views of Mount Spokane State Park.

The 2014 Wild Moose Chase brought 199 runners from all across Washington and northern Idaho – with some from as far away as Salt Lake City, Utah, and Billings, Montana. A total of 39 racers braved the 25k course, which the Spokane running community refers to as “a 25k that feels like you are running a full marathon.” The remaining runners braved the 5k and 10k courses on the other side of the mountain – an equally impressive feat. Of the 5k and 10k runners, 30 were 14 years old or younger.

Racers were greeted with morning sunshine and some great parking lot entertainment, compliments of DJ Marathon and some enthusiastic PT students. The lower parking lot volunteers, first-year DPT students who had just finished their third day of PT school, got racers smiling as they made their way up the mountain by doing handstands and taking turns riding a unicycle. And at the upper parking lot, the attendants were directing

people into parking spots with some killer dance moves. Racers were talking about the parking crew for the rest of the day. The 25k race began at 8 a.m., with the first racer finishing at 9:49 a.m. The 5k and 10k races started at 10 a.m., with the 5k first-place finisher coming in at 27 minutes and the 10k first-place finisher at 42 minutes. Racers were greeted at the finish line with great energy from their families, friends and more PT students showing outstanding enthusiasm. Racers enjoyed each other's company and an incredible snack bar as they continued to trickle in until noon. The final racer (a 25k runner) came in with just as big of a smile as the first, and crossed the finish line to cheers that echoed through the parking lot. All in all, everyone – volunteers, race organizers, runners, family and friends – had a great morning at Mount Spokane.

In the days following the race, we received a tremendous number of compliments on the enthusiasm all morning, the “parking lot guys,” the course markings, the “super awesome orange RehabCare race bags,” and the overall organization of the race. Judging from the number of racers who said they can't wait until next year, we think it is safe to say that the Wild Moose Chase 2015 is already another great event in the making.



## RehabCare AND BELLARMINE UNIVERSITY ESTABLISH **CLINICAL RESIDENCY** PARTNERSHIP



Nolen C. Allen Hall houses Bellarmine University's physical therapy program

RehabCare is partnering with Bellarmine University of Louisville to establish a clinical residency program that will prepare students with specialized training and leadership skills needed to care for older, more vulnerable patients. The program will focus on training physical therapists and is one of just 12 of its kind in the country.

As a leader in aging care, RehabCare looks forward to being an official part of Bellarmine's prestigious physical therapy doctoral program. "This partnership with Bellarmine represents a natural extension of our commitment to our patients, helping to ensure that future therapists have the expert and specialized training to meet the unique needs of an aging population," said Patricia Henry, President of RehabCare.

"This partnership, in Kindred's and RehabCare's hometown, will help Bellarmine students expand their knowledge base, help

RehabCare hire, cultivate and retain leaders in its industry, and support Mayor Greg Fischer's vision to make Louisville an international hub for the wellness and aging-care industries," said Dr. Joseph Gowan, President of Bellarmine University.

Additionally, we are happy to announce the partnership during Rehab Awareness Week – a special time to reflect on the devotion our clinicians show to our patients every day and the importance of continually investing in future therapists and patient care. "This is a tremendous opportunity to provide our staff with the resources to become Certified Geriatric Specialists in order to provide our patients, residents and clients with the best possible care – not only in the Louisville area but throughout the United States," said Barbara Wallace, Director of University Relations for RehabCare. "Retaining the most committed and qualified professionals to care for our patients is a top priority."





## SPOTon THE KPTA ALL-ACADEMIC TEAM



**Courtney Carpenter**  
Kings Mountain, KY  
Somerset Community  
College PTA Program



**Ashton Curry**  
Louisville, KY  
Bellarmine University  
DPT Program



**Adam Dotson**  
Lexington, KY  
University of Kentucky  
DPT Program



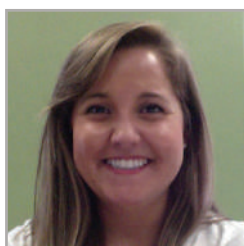
**Callie Eaves**  
Powderly, KY  
Bellarmine University  
DPT Program



**Kaitlyn Flak**  
Louisville, KY  
Bellarmine University  
DPT Program



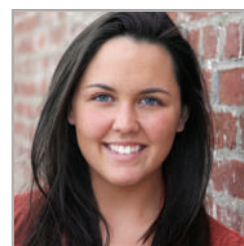
**Kristy Hyden**  
Prestonsburg, KY  
Somerset Community  
College PTA Program



**Katlyn Nasser**  
Hazard, KY  
University of Kentucky  
DPT Program



**Erin Stokes**  
Lexington, KY  
University of Kentucky  
DPT Program



**Shea Wilson**  
Benton, KY  
West Kentucky Community  
& Technical College

By Jenn Vincent, RehabCare Student Program Manager

On September 12, Jewell Shope, Area Director of Operations, and Christi Budd, Rehab Program Director at Christian Care Center – Louisville, attended the first-ever KPTA Student Conclave. While this was the first KPTA student conclave, RehabCare has previously sponsored the KPTA All-Academic Team that was

honored during the reception. The KPTA All-Academic Team recognizes the outstanding physical therapy students who are members of the APTA/KPTA associations. These students are likely to make a significant impact upon the profession – whether on a community, regional, state or national level. Congratulations!



By Jenn Vincent,  
RehabCare Student  
Program Manager

On October 2, Rebecca Gibson-Dye, SLP and Rehab Program Director at Heritage Hall-Tazewell, had the amazing opportunity for a patient, Linda Evans, to present her story as someone living with and managing the effects of Amyotrophic Lateral Sclerosis (ALS). Sadly, Ms. Evans succumbed to the effects of ALS on October 8, just six short days after sharing her story with the future COTAs from Southwest Virginia Community College and Virginia Highlands Community College. But her attitude toward her illness remains motivating, and we're honored she chose to share her story with us.

Linda delivered a very inspirational and emotional message on her view of ALS to the students who came to hear her story. Her therapy team – Andy Powers, OTR/L and Andrea Fuller, LPTA – also presented the symptoms, diagnostic testing involved in the diagnosis, and clinical information including evaluations, goals, and types of activities to maximize functioning as part of the presentation.

Linda was diagnosed with ALS in 2011, but had been experiencing symptoms since 2007. She was admitted to Heritage Hall-Tazewell this past August for therapy following an inpatient hospitalization due to aspiration pneumonia. A large part of Ms. Evans' therapy focused on energy conservation techniques, relaxation strategies and diaphragmatic breathing exercises.

These areas of emphasis were intended to help her maximize her level of function as long as possible, as they would have been beneficial throughout the progression of the disease.

Ms. Evans had an amazing attitude toward her disease and saw the opportunity to share her experience as a way for something positive to come out of her struggle. She had found a desire to educate, inform and encourage others who are facing terminal illnesses during her stay with us.

"ALS is a thief – a thief that steals your freedom and your independence. It takes away what people take for granted. I choose to fight and let others help me."

She received a standing ovation, with many students lining up afterward to offer words of encouragement and support, as well as the power of physical touch – through their hugs. She said that, "This is a day I will never forget, one of the best in my life."

After the event, Rebecca Gibson-Dye said, "It is beyond amazing to make a difference in the lives of our patients, each and every day. Linda was so excited to know that others would be hearing her story. She was truly an inspiration to the lives she touched along her journey."





## OSU RECOGNIZES PEBBLE CREEK AS A CLINICAL SITE OF EXCELLENCE



Located in Akron, Ohio, Pebble Creek has been a strong, consistent clinical partner for the last several years. We asked the CCCE, Alexia Lairson, PT, DPT some questions to learn more about their facility.

### *Tell us a little bit about your facility.*

Pebble Creek is a 150-bed CommuniCare facility with a 22-member RehabCare staff providing physical, occupational and speech therapy services to subacute, long-term and outpatient clients. In addition to their Advance 360 rehabilitation program that focuses on safe and functional return to home, they also offer vestibular rehab, Cardiac 360 programming, the LifeTrail outdoor fitness trail and the Alter-G anti-gravity treadmill. The unique rehabilitation approach and dynamic caseload make Pebble Creek an excellent learning center for students.

### *What is your clinic's philosophy behind clinical education, and how do you make clinical education a priority in your clinic?*

Clinical education is an important way for clinicians to give back to the profession, and is vital in ensuring that young professionals are trained and prepared for future clinical practice. RehabCare and the Pebble Creek administration are very supportive in the staff's desire to make this facility a premier center of student learning. The clinical instructors have a passion and enthusiasm for helping students become excellent

clinicians. Students of all therapy disciplines are educated and mentored using an individualized approach. Time spent in the clinic as a student is used to advance academic learning and allow students the chance to explore and practice hands-on techniques in a guided learning environment. Evidence-based practice and standardized tests are used to promote optimal outcomes. The multidisciplinary staff at Pebble Creek is open to answering questions and providing structured learning opportunities so that students can make the most of their time spent in the clinic and take advantage of the resources available. The clinical instructors are dedicated to successful student growth and the development of student confidence, efficiency and communication – especially the written documentation skills required to provide proof of skilled intervention.

### *What advice would you give to other clinics to foster successful education experiences?*

Successful student education experiences are fostered by a policy of open communication between the clinical instructor and student so that the student feels comfortable asking questions and processing feedback provided by the CI to enhance performance. It's important for the student to observe other disciplines so that they understand their role as a member of an interdisciplinary team.