WE’RE NATIONALLY KNOWN, BUT LOCALLY FOCUSED

Kindred delivers interprofessional clinical services to support patients and manage their care across the continuum with over 2,000 locations in 47 states. Whether this treatment takes place in a hospital, rehabilitation unit, or a home health setting, Kindred’s clinical care consistently exceeds national benchmarks. The SPOToN newsletter is our way of informing, recognizing and celebrating the students who will form the future healthcare community.
Ulcers are one of the many common diseases seen in adult patients. With the use of NSAIDs for cardiovascular protection and anti-inflammatory effects, the morbidity and mortality associated with gastric and duodenal mucosal injuries are rising. Authors Drs. Feldman and Das explain in this article the primary prevention of gastroduodenal toxicity for patients using NSAIDs. Some prevention approaches include using (a) NSAID together with a PPI or misoprostol or (b) using coxib with or without a PPI. A high-dose H2 blocker can be used, but it is reserved for patients who are not able to tolerate PPIs or misoprostol.

Patients taking NSAIDs long-term should be examined and treated if there is unexplained blood loss anemia, iron deficiency, significant dyspepsia or GI bleeding. Furthermore, patients with a history of peptic ulcers should be tested for H.pylori before starting long-term use of NSAIDs. As highlighted in this article, it is important to analyze risk factors in patients before prescribing NSAIDs for long-term use. Risk factors include: history of ulcer disease or ulcer complication, use of dual antiplatelet therapy, use of anticoagulant therapy, age > 60 years, glucocorticoid use and dyspepsia or gastroesophageal reflux disease symptoms.


Do you want to be featured in the next SPOTon newsletter? Do you enjoy reading articles and learning about the latest news and findings in your respective career field? If so, this is the opportunity for you! We’re looking for more literature review abstracts to feature in our newsletter! The review should include one peer-reviewed article that is relevant to the fields of nursing, physical therapy, speech and language pathology, or occupational therapy and be a maximum of 200 words. See? Simple! The easy to understand submission criteria allows students to delve into the latest literature on their professional field. Who knows, you may be chosen and featured in our next newsletter!

All submissions will be evaluated by the Student Programs team before publishing. Contact the Student Programs Intern, Kailin Leisure, with any questions at kailin.leisure@kindred.com. #TheFutureLooksBright
Mindfulness in Action

The Nursing Student Program has begun hosting a mindfulness series for students, clinicians and faculty members. Led by the Nursing Student Program Manager, Laura Dailey, the science behind mindfulness is reviewed and Kindred clinical leaders discuss how mindfulness supports their work with patients in the hospital. These skills are already benefiting nursing students! Meet Carol, a BSN student at Texas Women’s University. She said, “I sat down in an empty classroom yesterday to do the breathing exercise taught in the first forum. It helped a lot!”

Practice 4–7–8 breathing to experience what Carol has found useful already!

Breathing to Relax: 4 – 7 – 8

4 Inhale for a count of four
7 Hold for a count of seven
8 Exhale for a count of eight

The Student Programs Team is excited to introduce Kathryn Uxa as the Apprentice Program Coordinator!

I graduated from the University of Kansas with my Bachelor’s degree in Applied Behavioral Science with an emphasis on youth development and juvenile justice. Prior to joining the Student Programs team at Kindred, I worked as an Enrollment Advisor at a small, non-profit university for 3.5 years. I primarily worked with nursing and healthcare management students who were pursuing their bachelor’s and master’s degrees. I’m excited to be spearheading the development of our new apprenticeship program and to continue helping individuals become the best version of themselves through education and training!

Kathryn Uxa, Apprentice Program Coordinator
National Student Nurse Association (NSNA) Conference

The Nursing Student Program team attended the National Student Nurse Association (NSNA) Conference in Salt Lake City, Utah this spring semester! Meeya Hill, Program Coordinator, and Laura Dailey, Nursing Student Program Manager, met with current nursing students from across the country to spread the word about Kindred Healthcare.

AOTA

Students from New York sporting their new Kindred 2019 shirts!

Thank you to our booth volunteers for making this year’s conference another huge success!

Team dinner with our fabulous operations team members, recruiting and Student Programs.

Students from New York sporting their new Kindred 2019 shirts!
WORD ON THE STREET

Association of Schools of Allied Health Professions Summit

On May 31 the Kindred Student Programs Team and Saint Louis University co-hosted the 2019 Association of Schools of Allied Health Professions (ASAHP) Summit, “Connecting Academic Programs and Clinical Practice Together to Inform System Improvement.” Academic faculty and deans, healthcare clinicians and Kindred leaders discussed ways to improve the collaboration between inter-professional education and practice! #TheFutureLooksBright

Kindred and Saint Louis University joined forces to have a wonderful summit meeting with lots of snacks, giveaways and treats!

Student Programs Team Members Laura Dailey (left), Nursing Program Manager, and Annie Roden (right), Therapy Program Manager, present at the Summit.

Mardell Wilson, Ed.D., RD, LDN, Dean of Doisy College of Health Sciences at Saint Louis University, welcomes everyone to the 2019 ASAHP Summit.

The ASAHP Summit Team. Left to right: Anthony Breitbach (Saint Louis University), Laura Dailey (Kindred Healthcare), Carol Beckel (Saint Louis University), Annie Roden (Kindred Healthcare), Debbe Lohe (Saint Louis University), Barb Wallace (Kindred Healthcare), Katie Eliot (University of Oklahoma) and Andrew Butler (University of Alabama-Birmingham).

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Kayla Hasson graduated from Midwestern University’s OT program this past December. As a graduate student, Kayla completed a clinical rotation with RehabCare at Kentfield Hospital in California! After graduation, Kayla was hired full-time at Napa Post-Acute, a RehabCare facility in Napa, California! Brooke Doherty, Student Programs Manager – West Region, checked in with Kayla to see how things are going.

“I am loving my experience here at Napa Post-Acute! I have a great team of therapists working with me and helping me to grow into a more skilled therapist. I feel that my skill set has grown so quickly over a short period of time thanks to the fast-paced environment and wide variety of patients seen in our facility. I couldn’t have asked for a better first job post-grad. I love that I see so many of my patients get better so quickly and feel really lucky to be in a setting I love.”

We asked Kayla what advice she had for soon-to-be new graduate therapists. She said: “Don’t be afraid to ask questions, and remember that school is just an introduction to all of the information you need to know. Asking questions of a senior therapist really helped me feel more confident in the care I was providing my patients.”

We love stories like this! Best of luck to you, Kayla! #TheFutureLooksBright

A well-deserved congratulations and hats off to all of our May graduates!

You did it! We are all so proud of you and everything you have accomplished and cannot wait to see what you do next! #TheFutureLooksBright

Are you a soon-to-be new graduate in nursing or rehab? Interested in finding out what opportunities Kindred/RehabCare has to offer you? Check out our job board website at jobs.kindredhealthcare.com to find the perfect spot for you! If you have additional questions, contact:

Annie Roden, Student Programs Manager (East Region)  annie.roden@rehabcare.com
Brooke Doherty, Student Programs Manager (West Region) brooke.doherty@kindred.com
Laura Dailey, Nursing Student Program Manager laura.dailey@kindred.com

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See what all of our students have been buzzing about on social media!

“I have learned that knowing your medications and the patient you’re giving them to is crucial to safely administering them.”
Kelly
RN student
Sullivan University

“I completed my second-to-last clinical with the program in Wauwatosa, Wisconsin. Great learning experience with tons of support from the entire staff!”
Andrew
PT student
Concordia University Wisconsin

“I have enjoyed meeting different patients and staff members, and gaining new experiences.”
Andrea
LVN student
ATA College

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“I completed a level I, week-long clinical at UW Health Inpatient Rehabilitation Hospital in Sun Prairie, Wisconsin. This was a wonderful first experience to really push me out of my comfort zone and show me how much I already know! I highly recommend this placement for MSOT!”
Nadia
OT student
University of Wisconsin – Milwaukee

“I learned a lot from the four short days I was at Kindred. I would recommend this facility to other students, it’s a great experience.”
Hannah
PTA student
Jefferson Community and Technical College

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Nadia
OT student
University of Wisconsin – Milwaukee
The Student Programs Team is coming to a campus and city near you! Events are scheduled daily; for a current list of events, visit www.kindredstudents.com.

**June 2019**
- **6/21** AOTA PDPM Conference (Sponsor and Speaker)  
  • Silver Spring, MD

**July 2019**
- **7/26** Florida International University • Miami, FL

**September 2019**
- **9/11** University of Arkansas • Fayetteville, AR
- **9/16** Saint Louis University Health Networking • St. Louis, MO
- **9/27** KPTA All-Academic Team, University of Kentucky • Lexington, KY

**October/November 2019**
- **10/31–11/2** APTA-NSC • Albuquerque, NM
- **10/31–11/3** NSNA Career Planning Conference • Chicago, IL
- **11/1–2** AOTA-NSC • Chicago, IL
- **11/5–9** ARN Conference • Columbus, OH
- **11/22–23** ASHA Conference • Orlando, FL