



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.

LIT REV-U



2

MEDICAL DIRECTOR'S CORNER



3

KINDRED'S CORE VALUES



4

NEW GRAD TO NEW HIRE



5

QUOTES OF THE QUARTER



7

HAPPY HOLIDAYS



8



CATCH US ON THE ROAD





8

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LIT REV-U

Virtual Reality as Additional Therapy Modality to Augment Rehabilitation



By Robert Branch (Ivy Tech Community College Graduate and current Nurse Assistant at Community Health Network Rehabilitation Hospital in Indianapolis, Indiana) and collaborators Dr. Jacqueline A. Overton and James Overton

This research was conducted by a team of neuroscientists in San Diego, psychologists from Australia, and myself.

This app is designed to focus on how to design virtual reality experiences can directly induce emotional and cognitive states in people. Innovative gamification is being used to encourage behavioral economics, positively influence health decision making, and self efficacy for therapy.

The Lotus Pond garden promotes a sense of calm and tranquility. This therapy involves the idea to relax under a cherry blossom tree as a large lotus flower animates in response to a soothing “whooshing” sound – gently guiding hyperpnea (deep breathing) techniques as the lotus expands (inhale) and contracts (exhale). The most common forms of deep breathing / stress reduction

and respiratory muscle training (RMT) generally include both inspiratory muscle training (IMT) and expiratory muscle training (EMT). Overall, the inclusion of a specific RMT focused on rehabilitation of symptomatic COPD is recommended in providing benefits to respiratory muscle function and a reduction in dyspnea.

To preview the app, visit youtu.be/tlZvSWD8Aj4.

Reference: Melville, A. N. (2018), *Virtual reality therapy gains ground for PTSD, other disorders*. Retrieved from: <https://www.medscape.com/viewarticle/894990>.



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. Be sure to follow us on Twitter @RHBstudents (<https://twitter.com/RHBstudents>) and like Kindred Student Programs on Facebook (<https://www.facebook.com/KindredStudentPrograms/>). #TheFutureLooksBright



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MEDICAL DIRECTOR'S CORNER

Welcome to the Medical Director's Corner!

We are lucky to have Kindred's Medical Directors support our students and the efforts of the Student Programs Team. They are always willing to provide helpful information, advice and encouragement to those aspiring to be professionals in the field. With that, we welcome our readers to the new **Medical Director's Corner**. Thank you **Dr. Sally Brooks** (CMO) of Kindred Rehabilitation Services for sharing why she loves working with an interdisciplinary team!



What I Love About Working with an Interdisciplinary Team

**Dr. Sally Brooks, CMO,
Kindred Rehabilitation Services**

I am an internist and geriatrician, practicing for over 25 years.

I have been blessed to work with truly passionate people who are focused on the patient, providing

life-changing, and individualized, excellent care. Like many who choose a healthcare field, there is a personal story about "why" they selected that path. I started my career as a pharmacist, because, quite frankly, becoming a physician wasn't on the radar for a Midwestern girl from a hometown of 11,000. Pharmacy is a great profession and I am glad I started down that path. Once, when making a home delivery to an older homebound woman, my eyes opened wide to how her needs were not being met. Because of her crippling arthritis, her mobility was impaired, placing her at a high fall risk. Her hands were twisted and so opening cans and pill bottles was a struggle, if not impossible. It occurred to me that what this woman truly needed was someone to care about her basic needs (which I now know as ADLs) to help her function in her home. However, I am not a physical, occupational or speech-language pathologist. I am not a nurse. I had a general idea about what this patient needed but I did not have the training. I knew the potato chips on her counter were not helping her hypertension, but I am not a Registered Dietitian. Because I am not a case manager, I did not know there were community resources

that she could benefit from. Thereafter, I chose the path of geriatric medicine because of my affinity for older adults. Interdisciplinary team conferences are common in a geriatrician's practice whether in a clinic, hospital, inpatient rehabilitation program or skilled facility.

What I enjoy about an IDT approach is that everyone brings something unique to the table. Most physicians are not pharmacists, so that discipline is also important to prevent harm due to overprescribing and inaccurate medication reconciliation. I think back now about how an interdisciplinary team could have made a significant difference in this older woman's life. Even if I had been a physician at that time, I do not possess the specialized skills of my colleagues sitting around the IDT table with the common goal of removing barriers to assure each person can function as independently as possible, regardless of the type of home they live in. Physicians are trained to identify symptoms, implement a diagnostic process, identify and treat disease. But this is only a small portion of what is needed. I am encouraged about our future with so many of you choosing a field where you help physicians by thinking about what happens after the diagnosis, clinic appointment, hospitalization or an ER visit. You help patients adjust to their "new normal" and I am privileged to work alongside you.

To see a team conference demonstration, visit <https://vimeo.com/366855261/23e9356a54>.



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KINDRED'S CORE VALUES



THE CORE SIX

Our Core Values



DO THE RIGHT
THING ALWAYS



STAY FOCUSED
ON THE PATIENT



BE KINDER
THAN EXPECTED



CREATE FUN IN
WHAT YOU DO



GIVE YOUR BEST



RESPECT
INDIVIDUALITY TO
CREATE THE TEAM

Rikka Skillrud is an occupational therapy student at Washington University of St. Louis. She is currently completing one of her clinical fieldwork experiences at Kindred's partner Mercy Rehabilitation Hospital in St. Louis! She will be graduating this month. **Brooke Doherty**, Student Programs Manager (West) reached out to Rikka and asked her the following three questions regarding Kindred Core Values. See what Rikka shared with us below! **#TheFutureLooksBright**



What was your first impression when learning about Kindred's Core Values?

My first impression of Kindred's Core Values is how well-rounded they are. I am impressed by the strong foundation that these values support in regard to ultimately providing patients, caregivers, coworkers, etc. respect via kindness, focus and morality.

What level of importance does a company's values/culture/mission statement have on a new graduate when looking for jobs?

As a new graduate, a company's vision, mission and values are of the utmost importance to me. I am looking for an organization that reflects my own values and larger goals, and I hope to work with a company to better achieve these for the greater good benefiting each patient. A company's vision, mission and values are some of the first aspects that I look at when examining a company because I hold in high regard having a strong foundation in providing the highest quality of care.

Which of Kindred's Values speaks to you the most and why?

Kindred's Value, *Be Kinder Than Expected*, speaks to me the most because I am a firm believer that every person deserves more kindness than they anticipate. Especially as patients may be dealing with very difficult times in their lives when in the hospital, every individual could benefit from a smile, a friendly conversation, or a favor being done for them. As healthcare providers, we can go that extra mile to fill patients' days with more kindness than they expect so they can enjoy brighter experiences during their stay at the hospital.



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NEW GRAD TO NEW HIRE

Ian S. is an Occupational Therapist who graduated from The University of St. Augustine for Health Sciences (St. Augustine, Florida). During his time in school, Ian completed a clinical fieldwork experience with Kindred/RehabCare at Alliance in Florida. He reported that he had a wonderful experience! Ian recently relocated to Hilton Head, South Carolina. Since then, he was recently hired as a full-time OT and will be starting his new position in Hilton Head in this month. We are so excited to be welcoming a clinical internship placement student back to the Kindred RehabCare team!

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



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NEW GRAD TO NEW HIRE



Maryann Jennings is a 2019 graduate from Indiana Wesleyan University. She has joined the team at Kindred Hospital Indianapolis as an RN and offered the following words of advice for students.

What has been the most rewarding part of your job?

The most rewarding part of my job is being present to individuals in the midst of their healing journey. So much of nursing is task-oriented. Completing tasks is very important as they help to promote physical healing in a patient. However, I have noticed where helping a patient to feel seen by sharing a smile or helping them to feel known by offering a listening ear has been just as beneficial.

What advice would you give a current nursing student?

1. Never compare yourself to others.
2. Keep a detailed calendar to stay organized.
3. Start the most difficult tasks first.
4. Just show up – it's 50% of the battle.
5. Keep hope (the anticipation of a desired reality).
6. Acknowledge timing – everything comes together in due time.

Which of Kindred's Values speaks to you most and why?

Of Kindred's six Core Values, "Be Kinder Than Expected" speaks to me most. When patients are receiving care they are typically in a very vulnerable state. Their physical health is compromised and they may be suffering financial, relational, emotional or spiritual hardships. Some patients may have no support system outside the hospital setting. As a nurse, I trust that the kindness I show to a patient and their family will have lasting healing effects beyond what may be realized or acknowledged at the time.

**THE JOB
SPOT**
#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:

Therapy

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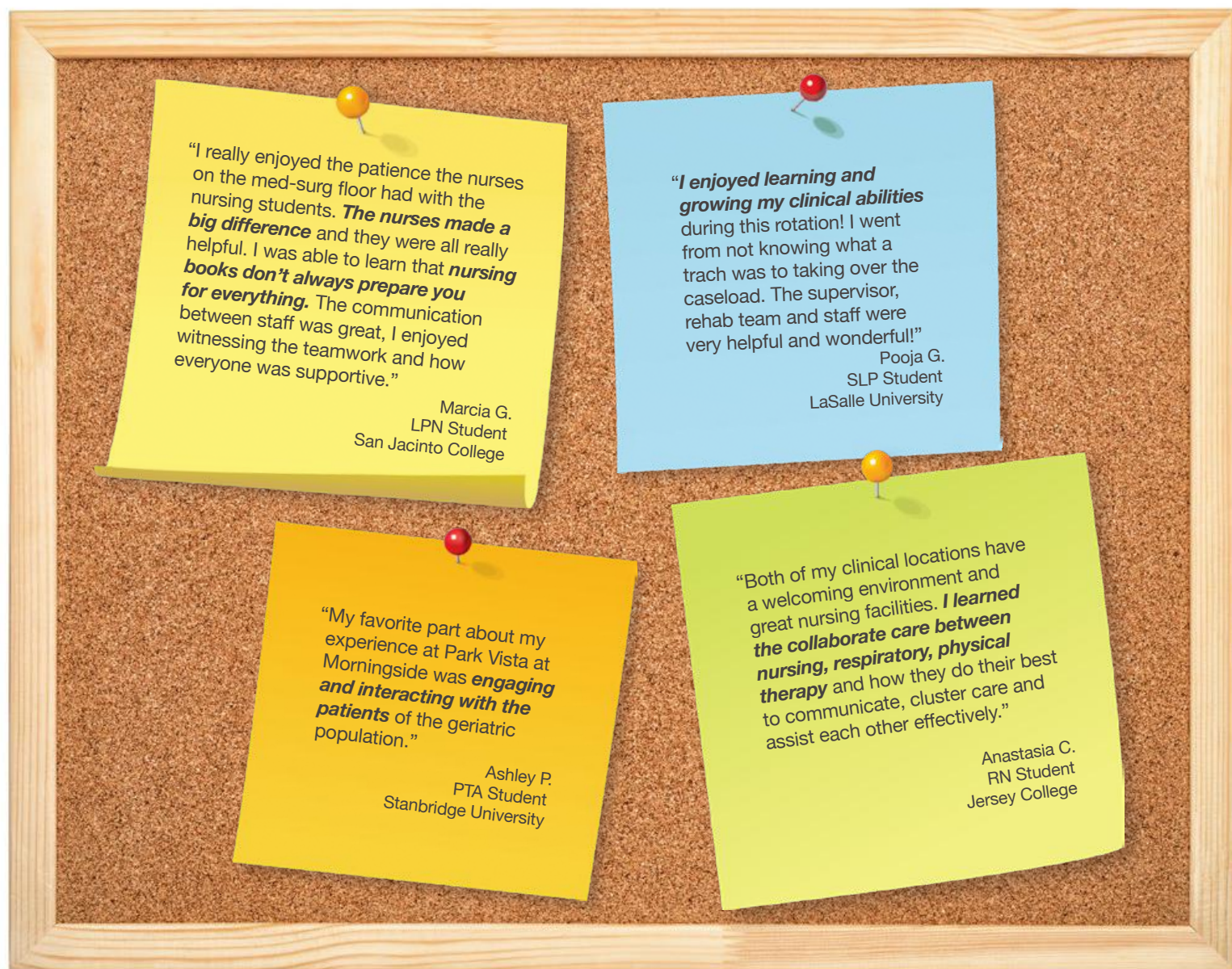
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QUOTES of the QUARTER

See what all of our students have been buzzing about!



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HAPPY HOLIDAYS

Happy Holidays and Happy New Year from the Student Programs Team!

Happy Holidays from the Kindred RehabCare Student Programs Team! We wish you a happy, restful and healthy holiday season. Thank you for a great 2019 — we are looking forward to all that is to come in the new year. #TheFutureLooksBright



Pictured left to right are **Seve Faure** (Student Programs Coordinator), **Laura Dailey** (Nursing Student Programs Manager), **Kailin Leisure** (Intern) and **Brooke Doherty** (Therapy Student Programs Manager – Western US Region).

Not pictured: Barbara Wallace (Senior Director), Meeya Hill (Therapy Student Programs Manager – Eastern US Region) and Hillary Harrison (Nursing Student Programs Manager).

Catch Us on the Road!



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.

January 2020

- 1/23 Houston, Texas • Houston Community College • Guest Lecture
- 1/28 Fort Worth, Texas • TCU Nursing Career Fair (4–6 p.m.)


February 2020

- 2/7–8 Indianapolis, Indiana • Indiana Association of Nursing Students Annual Convention
- 2/10 Houston Texas • Prairie View A&M University College of Nursing Career Fair
- 2/12–15 Denver, Colorado • APTA CSM
- 2/19–22 Austin, Texas • TNSA • Student Nurse Convention
- 2/29 Pueblo, Colorado • CSNA • Student Nurse Convention



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