



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

Kindred is a leading provider of interprofessional clinical services that support patients and manage their care across the continuum. Whether this treatment takes place in a hospital or rehabilitation unit, 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.

### WELCOME 2021!



### NEW GRAD SUCCESS STORY



### BLACK LIVES MATTER



### MAKING A DIFFERENCE







### VIRTUAL EVENTS



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# WELCOME 2021!

## Dear Students and Faculty –

I've wanted to write this for nine months or so: Welcome to 2021! While remnants of 2020 still remain – masks, the need to frequently wash our hands, and social distancing come to mind – the active distribution of vaccines gives us newfound hope that the worst is behind us and better times await.

This is true for Kindred, as well. Our specialty hospitals proved their mettle in 2020, providing an invaluable safety net to overwhelmed acute care hospitals and showcasing their important role in the healthcare continuum. In our rehabilitation care settings, our teams worked with patients to provide them with hope, healing and recovery. Of course, our ability to rise to the occasion was only possible because of the incredibly talented and compassionate healthcare professionals who deliver on our vision.

In 2021, we look forward to again building our pipeline of these skilled healthcare professionals, and one of our most effective means is our student clinical internship program for individuals pursuing healthcare careers. Students gain hands-on healthcare experience in our care settings, and sometimes we gain a future team member. So to all of the faculty and prospective student interns reading this, welcome to a new year and to new opportunities to grow with Kindred.

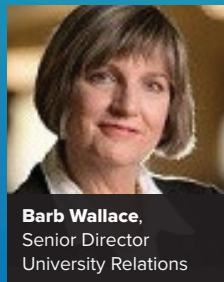


Best regards,

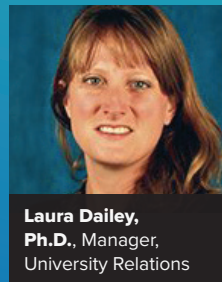
Jason Zachariah  
President and Chief Operating Officer (COO)  
Kindred Healthcare



**Happy New Year**  
from the Student  
Programs/University  
Relations Team!



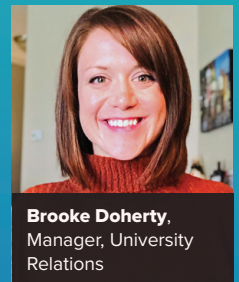
**Barb Wallace,**  
Senior Director  
University Relations



**Laura Dailey,**  
Ph.D., Manager,  
University Relations



**Meeya Hill,** Manager,  
University Relations



**Brooke Doherty,**  
Manager, University  
Relations



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# NEW GRAD SUCCESS STORY

**Kathryn “Katie” Solon, DPT**, a graduate from Saint Louis University, wasted no time pursuing her career goals. We first met Katie at the Des Moines University DPT Professional Career Fair in 2018. At the time, Katie was working PRN at Kindred’s MercyOne Rehabilitation Hospital, and introduced herself. Fast forward to now, she is working full-time at MercyOne and **Kevin Smith PT, DPT**, Director of Therapy, states, “She is a very unique new grad who can come in and quickly become a mentor and leader in our department. She was one of the first two staff members to be trained/certified to use the EKSO and this past year was promoted to Therapy Manager. Her professional competency as a leader and technical competency as a clinician has made her an invaluable presence in our department and in our hospital.”



**Kathryn Solon and Allison Larson**, Physical Therapists at Mercy Des Moines Rehabilitation Hospital

In collaboration with her teammate, **Allison Larson PT, DPT, NCS**, their article, “*Rehabilitation Outcomes for Patients with Severe Presentation of COVID-19: A Case Series*,” was accepted by the *Acute Care Journal of Physical Therapy*.

**Brooke Doherty**, Student Program Manager, reached out to Katie to say congratulations on her well-deserved success a mere two years post-graduation. We could not resist asking Katie to share some advice for new graduates. Read Katie’s responses to Brooke’s questions below!

## What advice would you give to soon-to-be graduates?

*Take your time with finding a job. Find a job that you are passionate about, can see yourself growing into, and where you feel that you can make a difference. When I was a soon-to-be graduate, I was applying for any job that was posted just to start making money to pay down my school loans. After working my way through the interview process (and*

*(continued on next page)*

## The Acute Care Journal of Physical Therapy

### Rehabilitation Outcomes for Patients with Severe Presentation of COVID-19: A Case Series

By: Kathryn Solon and Allison Larson

#### Summary:

- A retrospective study on two octogenarian males who experienced functional decline while hospitalized for severe symptoms of COVID-19 and were recommended for further inpatient rehabilitation services.
- Outcome measures that were utilized: Centers for Medicare and Medicaid Services Quality Indicators (QI), 6-Minute Walk Test (6MWT), 10-Meter Walk Test, Timed Up and Go, and Berg Balance Scale.
- The patients made clinically meaningful improvements in each outcome measure. This reveals the positive rehabilitation potential of two older adult patients with COVID-19 and demonstrates the patients’ ability to maintain inpatient rehabilitation facility level of activity.
- The two patients surpassed the QI goals set by CMS by an average of 31.3% which demonstrates their significant rehabilitation progress, and suggests that some patients may have ample rehabilitation potential after recovery from COVID-19.
- Data supports that individuals recovering from COVID-19 should be given consideration for inpatient rehabilitation facility level of care.



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## NEW GRAD SUCCESS STORY (continued)

*talking with my past clinical instructors), I realized that this should not be a rushed decision! I needed to find a position that I could love, and that would motivate me to show up excited to work every day.*

### **What's the most important leadership lesson you've learned so far and how has that been valuable?**

*Get to know everybody on your team! You can't lead a group of people without knowing how they're motivated, and how they like to receive feedback. Forming and maintaining connections with my team has been invaluable to effective communication, which I believe is a cornerstone of great leadership.*

### **What is your favorite Core Value and why?**

*If I had to choose one, it would be "Create Fun in What You Do!" Especially in our current environment, it's incredibly important to find ways to have fun and avoid falling into a pattern of "going through the motions." Creating fun can come in many forms: from meeting up after work or brining in treats, to incorporating patient's hobbies and interests into their therapy sessions. The best work environment is one that allows everyone to enjoy themselves, so don't be afraid to branch out and try something new! #TheFutureLooksBright*



*This year has been full of world-shifting events, during which we were listening. We knew it was our corporate responsibility to speak up about the Black Lives Matter movement. And we did just that. In alliance with our six Core Values and commitment to diversity and inclusion, The Student Programs/University Relations team made their statement:*

## **Black Lives Matter**

The Kindred Student Programs/University Relations Team strives to demonstrate actions that support the understanding of why "Black Lives Matter."

It is more than a slogan to us. We value all of our students and recognize that our students of color enrich our community as they add to the diversity of Kindred Healthcare.

We know that diverse students bring their perspectives and experiences as new and emerging healthcare professionals.

At Kindred, you will see and feel our continuous efforts to improve our culture of inclusion and equity for everyone.



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# MAKING A DIFFERENCE

Below are survey responses from a few students who returned their Post-Affiliation Survey. A special thank you to our clinical instructors and educators for Giving Your Best. The differences you are making for patients truly reflect in the feedback from our students year round.

## What was your favorite thing about this clinical?

*"The staff was absolutely incredible! Every team member guided me towards becoming the best PT I can be. I learned so much from each person that I will carry with me forever."*

– **Courtney David**, PT student at **Lane Regional Medical Center**

*"Learning directly from professionals in the field. I feel 100% more confident in my clinical skillset to appropriately assess, diagnose, and create nutrition interventions for patients at this facility. My preceptor was dedicated to ensuring that I knew there was a reason behind everything she did. Learning the reasoning behind her clinical judgement has really helped me to understand how I can be a successful dietitian."* – **Kelsey Walling**, dietary student at **Central Texas Rehabilitation Hospital**

## Name one way that you've witnessed someone making a difference during your rotation.

*"I witnessed my preceptor, **Carly Austin**, step up and advocate for each and every one of her patients, but specifically one patient transitioning to a nutrition support regimen upon discharge. The patient was feeling discouraged with their new feeding regimen, and Carly took the time out of her schedule to plan a session with this patient, where she not only educated on how to use the home feeding, but provided the necessary humanitarian support to make the patient feel at ease, and feel more comfortable with this transition. Without that support, I am confident the patient would not have had the same quality of life."* – **Kelsey Walling**, dietary student at **Central Texas Rehabilitation Hospital**

*"Daisy, the CNA to whom I was attached gave very kind, descriptive, and clear instructions which made my rotation not only enjoyable but also added to the wonderful learning experience."* – **Miya Takeuchi**, CNA student at **Kindred Hospital Seattle – First Hill**

*"Rachel volunteering to present an in-service about the EKSO skeleton to inform staff members on the benefits it provides to the patients and to allow me the chance to experience it."* – **Nicholas Ellis**, PT student at **Central Texas Rehabilitation Hospital**

*"I had a patient express how thankful they were for the therapy team and how much they learned while at UH Rehab - they expressed that their recovery wouldn't have been the same if they wouldn't have chosen this route of care. That was awesome to hear as it validates why we do what we do for our patients."* – **McKenna Pontoli**, SLP student at **University Hospitals Rehabilitation**

*"One CNA named **Elsa** that I followed for the day was always going over the top and stocking rooms with supplies, taking out the trash, taking the time to talk with patients and getting to know their families. She always worked gently but efficiently and set an excellent example for others to model. In addition to her, I also followed along with a male CNA, and he was also excellent in his work. He would ensure that the workspace was always clean and talked personally with the patients to make them feel safe and secure."* – **Jenna Hanson**, CNA student at **Kindred Hospital Seattle – First Hill**

*"The PT and OT staff were really invested in caring for the patients they were working with."* – **Katherine Sawyer**, ADN student at **CHI Franciscan Rehabilitation Hospital**

*"Nurse **Katherine**. She was incredible - took me under her wing without any complaints. She genuinely wanted me to learn and get my hands in with doing things. I can't say how much I appreciate her for really taking the time to walk me through things and her patience with teaching me. Every respiratory therapist we came in touch with was also so helpful (Ron even took time to show us how to suction and go over other things on the vents)."* – **Katherine Lafleur**, BSN student at **Kindred Hospital Philadelphia**



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# VIRTUAL EVENTS

## Upcoming Virtual Events

For more information on how to connect to these opportunities and more go to [jobs.kindredhealthcare.com/students](https://jobs.kindredhealthcare.com/students) or e-mail us at [scheduleyourclinical@kindred.com](mailto:scheduleyourclinical@kindred.com).

### January 11, 2021

Pima Medical Institute  
Respiratory Therapy  
Students  
Houston, Texas

### January 15–16, 2021

2021 IANS Convention  
(Online through Purdue  
University)  
Nursing Students & Faculty  
Indiana

### January 21, 2021

TCU Virtual Nursing Fair  
Spring 2021  
Nursing Students  
Fort Worth, Texas

### January 27, 2021

Widener University Nursing  
Virtual Career Fair  
Nursing Students  
Chester, Pennsylvania

### February 2, 2021

University of Louisville  
Spring 2021 Virtual Nursing  
Career Fair  
Nursing Students  
Louisville, Kentucky

### February 4 & 25, 2021

Montana State University  
2021 Virtual Internship &  
Career Fair  
Nursing Students  
Billings, Montana

### February 5, 2021

Spring 2021 Virtual HBU  
Nursing & Healthcare  
Career Fair  
Houston, Texas

### February 5, 2021

Nursing and Health  
Science Virtual Fair -  
Spring 2021, Co-Sponsored  
by La Salle's Chapter of  
SNAP  
Philadelphia, Pennsylvania

### March 8, 2021

The University of Iowa  
Spring 2021 Virtual  
Progressive Nursing Day  
Nursing Students  
Iowa City, Iowa

### March 12, 2021

University of Missouri –  
St. Louis (UMSL)  
Nursing Students  
St. Louis, Missouri

We want to connect with students and upcoming grads!  
Contact Brooke Doherty directly to schedule a Virtual  
Guest Lecture on any topic of interest or a Professional  
Development Workshop for upcoming grads!



### Brooke Doherty

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