School of Health Sciences Research Colloquium

Friday, April 29, 2016

Bismarck Event Center, Exhibition Hall
Rooms 101, 102, 103, 104 and 105
Bismarck, North Dakota
STUDENT & FACULTY CONVOCATION

Welcome, 8:00 am
Dr. Jodi Roller, Dean, School of Health Sciences

Opening Prayer
Ryan J. Buchholz, PT Student

Platform Presentations, 8:20 am – 2:20 pm

Poster Presentations Unopposed, 11:00 am – 11:30 am

Lunch Break, 11:30 am – 1 pm

Continuing education contact hours will be awarded to athletic training, exercise science, occupational therapy, and physical therapy participants.

Platform Presentations

8:20 AM       Relationship Between Ergonomics and Perceived Back and/or Neck Pain in University of Mary Students
               Zach Podoll, Nathan Ellingson, Seth Walton (AT Students)
               Room 101

               Exploring the Effects of Chronic Musculoskeletal Pain on Role Competency and Occupational Performance
               Lexy Brown, Sarah Cross, Kayla Jilek, Kristy Lang, Melissa Martin (OT Students)
               Room 102

               Managing Chronic Pain with a Standardized Protocol
               Laura Schultes, MSN, RN (Doctorate Family Nurse Practitioner Student)
               Room 103

               The Effects of Exercise on Immediate and 24-hour Memory
               Kayla Hanson, Lyndsi Hesch, Andrew Johnson, Shaunna Messmer, Anna Voigt (Exercise Science Students)
               Room 104
8:40 AM  
**Vertical Jump Correlation to 20 Meter Sprint Times for Collegiate Athletes**  
*Jerry Jonas (SPEA Student)*  
Room 101

**Dating Among Young Adults with Autism Spectrum Disorder: Parents’ Perceptions**  
*Thomas Stevens (OT Student)*  
Room 102

**Tele-Continence Care**  
*Melanie Schlittenhardt, MSN, APRN, FNP-C (Doctorate Family Nurse Practitioner Student)*  
Room 103

**Effect of Intense Aquatic Core Stability Exercise on Balance in an Older Population**  
*Taylor Luke, Kailey Christenson, Jodi Oakland, Leah Bloom, Sonia Santoyo (PT Students)*  
Room 104

**A Suggested Protocol for an All Out Anaerobic Performance Testing of Wrestlers and its Comparison to the Results of the Wingate Anaerobic Test**  
*Brendan Eichmann (MSCEP Student)*  
Room 105

9:00 AM  
**A Meta-Analysis on the Accuracy of Vertical Jump Height by Flight Time vs Jump Height by Motion Capture**  
*Cody Croasmun (MS Kinesiology Student)*  
Room 101

**Refocusing the Lens on Life: The Impact of Cancer**  
*Alisha Elsperger, Nikki Helstad, Kyla Johnson, Will Martin, Christina Warn (OT Students)*  
Room 102

**Nurse Educators’ Perceptions of Which Pedagogy Promotes Critical Thinking**  
*Julie Martin, RN, BAN, OCN, MSN-s (Nurse Educator Student)*  
Room 103

**The Effectiveness of Cranial Orthotics on Head Shape in Children with Plagiocephaly: A Preliminary Update**  
*Mollie Merriam, Hunter Stemmer (PT Students)*  
Room 104

**N’ Terminal Pro Brain Natriuretic Peptide (NT-Pro BNP) Response to Anaerobic Stress in Football Players and Wrestlers vs Untrained Individuals**  
*Kayla Cummings, John Dinkel, Chris Knoll, Katie Kusser, Kellie Kvislen, Levi Roemmich (Exercise Science Students)*  
Room 105
<table>
<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Authors</th>
<th>Room</th>
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<tbody>
<tr>
<td>9:20 AM</td>
<td>The Effect of the Menstrual Cycle on Proprioception in Collegiate Female Basketball Players – A Pilot Study</td>
<td>Halee Ternes, Morgan Ohnell, Laken Olson (AT Students)</td>
<td>Room 101</td>
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<td></td>
<td>Transitioning to College: Perspectives from Students with Military Experience</td>
<td>Alexis Colby, Elizabeth Fuhs, Alexus Hoffmann, Karlene Nelson, Sarah Nelson (OT Students)</td>
<td>Room 102</td>
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<td>Improving the Diagnosis and Management of Generalized Anxiety Disorder (GAD) Through Implementation of the GAD-7</td>
<td>Dana L. Rolf, MSN, APRN, FNP-C (Doctorate Family Nurse Practitioner Student)</td>
<td>Room 103</td>
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<td>Standardized Recommendations of Fulcrum Length and Force for the Lelli Test</td>
<td>Kayla Wagner, Kayla Haugen, Lindy Bjella, Rachel Mehus (PT Students)</td>
<td>Room 104</td>
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<td>9:40 AM</td>
<td>Benefits of Core Exercises on Core Strength and Balance in Women’s Collegiate Volleyball Players</td>
<td>Monica Kuether, Kelsey Shea (AT Students)</td>
<td>Room 101</td>
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<td>International Service Learning: A Journey Towards Cultural Intelligence</td>
<td>Dayna Froseth, SaCora Hopfau, Elizabeth Nutsch, Kristi Schwaderer, Anjelica Swallow (OT Students)</td>
<td>Room 102</td>
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<td>What Are the Perceptions of Senior Millennial Baccalaureate Nursing Students’ Perceptions Regarding the Retention of Knowledge in the Experiential Learning Environment of the Flipped Classroom?</td>
<td>Danielle Lakoduk, BSN, RN, MSN-s (Nurse Educator Student)</td>
<td>Room 103</td>
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<td>The Correlation Between Hip Muscular Strength in Runners Who Demonstrate Hyperpronation of the Foot</td>
<td>Jennifer Agnew, Ashley Bernhardt, Megan Stamstad, Nicole Halderman, Alexis Morlok (PT Students)</td>
<td>Room 104</td>
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<td>A Home Exercise Program for Adults Participating in a Supervised University-Based Exercise Program and Its Effect on Health Outcomes</td>
<td>Ellie Gillund, Kate Peterson, Alisyssa Wehri (Exercise Science Students)</td>
<td>Room 105</td>
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10:00 AM

Does the Absence of the Palmaris Longus Muscle Increase the Chance of an Ulnar Collateral Ligament Rupture in Collegiate Baseball Athletes?
Robin Flowers (MS Kinesiology Student)
Room 101

Prevalence of Burnout in Occupational Therapy Practitioners in the Upper Midwest
Amanda Grycki, Allie Handyside, Samantha Nygaard, Alexis Tatter, Lisa Van Heukelom (OT Students)
Room 102

The E-Card; A Rural Health Quality Improvement Project for Children with Complex Medical Conditions
Mindy Ostrowski, MSN, RN (Doctorate Family Nurse Practitioner Student)
Room 103

Analyzing the Effects of a Pre-Practice Warmup on Lower Body Injuries in Collegiate Basketball Athletes
Karl Sorby (SPEA Student)
Room 104

Effect of Load Carriage on Maximal Oxygen Uptake and Hemodynamic Responses During the University of Mary NDKS VO2max Test
Sarah Van Dyke (MSCEP Student)
Room 105

10:20 AM

Perceived Wellness and Job Satisfaction of Athletic Trainers in the Mid America Athletic Trainer Association District 5 (MAATA/D5)
Kathleen McRae, Carolyn Knox, Claire Gapinski (AT Students)
Room 101

Effect of a Multifactorial Fall Prevention Program on Fear of Falling in Older Adults
Alyssa Hogan, Courtney Kosovich, Ashley Riesinger, Addie Rogers, Stephany Sedillos, Casey Sievers (OT Students)
Room 102

A Healthy Nurse is the Best Nurse to Keep Patients Healthy: Bedside Registered Nurses Perceptions of Professional Nurse Burnout
Leah Beekman, BSN, RN, MSN-s (Nurse Educator Student)
Room 103

Does Hydration Help Athletic Statistics in Women’s Collegiate Basketball?
Shannon Thompson (SPEA Student)
Room 104

Development of an Incremental Stepping Protocol in Low and Moderate CHD Risk Individuals
Makenzie Gedrose, Nathan Inkman, Tom Johnson, Madi Klatt, Nolan LaValley, Molly McDonald (Exercise Science Students)
Room 105
10:40 AM

**Lower Extremity Injury Prevalence in High-School Female Multi-Sport Athletes and Single-Sport Athletes**
Brooke Wolf, Annie Hinnenkamp (AT Students)
Room 101

**A Comparison of Demographics and Services for Autism Spectrum Disorders Between 2010 and 2015**
Ellen Anderson, Kaysie Batchelder, Hope Jay, Angela Maxwell, Kyla Salisbury, Tia Sutton (OT Students)
Room 102

**Heart Failure Readmissions: From the Eyes of a Patient**
Allison Sadowsky, BSN, RN, MSN-s (Nurse Educator Student)
Room 103

**Physical Literacy**
Leah Wheeling (SPEA Student)
Room 104

**Estimating One’s VO2max During the NDKS Maximal Aerobic Exercise Test via the Results of the Sub-Maximal NDKS Aerobic Exercise Test**
Chris Sherve (MSCEP Student)
Room 105

11:00 AM – 11:30 AM: Poster Presentations Unopposed

11:30AM – 1:00PM: Lunch Break

1:00 PM

**A Comparison of Patellar Tendon and Hamstring Autografts in ACL Reconstruction and Return to Play Timeframe**
Tiffany Dutke, Morgan Peters, Therese Hinnenkamp (AT Students)
Room 101

**The Impact of Equine-Assisted Activities on Self-Confidence, Motivation, and Self-Perception of Youth: A Pilot Study**
Mary Dahly, Shana Halldorson, Tawni Harper, Jennifer Kienzle, Michell Peterson, Lorna Wollman (OT Students)
Room 102

**Addressing Antibiotic Prescribing Practices of Primary Care Providers for Patients Who Have Long Term Indwelling Urinary Catheters: An Evidenced Based Project**
Molly Berg, MSN, APRN, FNP-C (Doctorate Family Nurse Practitioner Student)
Room 103

**Screening for PTSD: The Physical Therapist’s Role in Reducing Psychophysiological Burden**
Brandon Carps, Nathan Mayernik, Stephanie Micklich, Brian Rodriguez, Kimberly Williams (PT Students)
Room 104
A Variation of a Standardized Partial Curl-Up Test and Its Effect on Performance  
*Meghan Huber, ReeAnn Mehus, Christian (Jayme) Rupp, Brandon Tyler*  
*(Exercise Science Students)*  
Room 105

**1:20 PM**

**A Study to Determine if Knowledge of and Attitude Towards Concussion Changes After Coordinated Educational Programming**  
*Morgan Berger, Ashley Morast, Carly Ruscheinsky* *(AT Students)*  
Room 101

**The Journey of Role Adjustments During Widowhood**  
*Jordyn Fischer, Samantha Riebe, Madelyn Van Wyk, Teah Wolden* *(OT Students)*  
Room 102

“I Mean, I Respect The Older Adult. I Love Them You Know But…”  
**Nursing Students’ Perceptions of Their Long-Term Care Clinical**  
*Susan Hall, MSN, RN* *(Nurse Educator)*  
Room 103

**Effect of Kinesio® Tex Tape on the EMG Activity of Muscles in Healthy College-Aged Males During Glenohumeral Upward Rotation in the Scaption Plane: A Continuation Study**  
*Michael Mitchell, Jeremiah Bradford, Trevor Wagner, Noah Eshleman, Jonathan Heger* *(PT Students)*  
Room 104

**N’ Terminal Pro Brain Natriuretic Peptide and Hemodynamic Responses in Multiple Repetition Max vs 1-Repetition Max Tests**  
*Aaron Brydl, Tayler Chavez, Kelsey Ekstedt, Eric Drake, Casey Sailer, Jason Shaul* *(Exercise Science Students)*  
Room 105

**1:40 PM**

**Pain Perception in Collegiate Level Men’s Soccer Players**  
*Michael Berger, Sean Charley, Zak Kuznia* *(AT Students)*  
Room 101

**Determine the Effects of the Pilates Reformer on Perception of Flexibility in Middle – Aged Woman Ages 35-55**  
*Nick Jolliffe* *(MS Kinesiology Student)*  
Room 102

**Patient Discharge Education Improvement Project**  
*Makayla Vaughan, MSN, APRN, FNP-C* *(Doctorate Family Nurse Practitioner Student)*  
Room 103

**Adductor Canal Block vs Adductor Canal Block with Local Anesthetic Exparel Following Unilateral Total Knee Arthroplasty: Preliminary Results**  
*Ryan Buchholz, Tiffany Eitreim, Brett Hample, Cole Muller, Ross Moser, Matthew Schumacher* *(PT Students)*  
Room 104
2:00 PM  A Comparison of Anterior Knee Pain in Collegiate NCAA Division II Track and Field Athletes
Josh Gallagher, Kristina Nelson (AT Students)
Room 101

Difference in Injury Rates of College Football Players When Comparing Injury Prevention Screening Process
Lance Shuler (MS Kinesiology Student)
Room 102

Improving Compliance with Antipsychotic Monitoring in the Psychiatric Population
Melissa M. Horner, MSN, APRN, FNP-C (Doctorate Family Nurse Practitioner Student)
Room 103

The Effect of a Multidisciplinary Community-Based Program on Fall Risk and Balance Confidence in Older Adults: A Continuation Study
Jasmin Hanson, Jessica Kessel, Erica Roberts, Taylor Neshem, Viktoria Witowic (PT Students)
Room 104

2:20 PM  A Study of KT Tape and Its Use in the Reduction of Knee Pain
Cori Moberg, Ashley Stifter (AT Students)
Room 101

Pelvis Stabilization Exercises Implemented to Decrease Lower Limb Injuries in High School Girls’ Basketball Players
Kayla Shea (MS Kinesiology Student)
Room 102

Early Recognition of Sepsis During Triage in the Emergency Room, A DNP Project
Stacy Cederstrom, MSN, APRN, FNP-C (Doctorate Family Nurse Practitioner Student)
Room 103