In October, I had the pleasure of attending the annual APTA Education Leadership Conference in Phoenix. The conference is a joint effort between the Education Section (Clinical and Academic) and American Council of Academic Physical Therapists. While I always bring back several good ideas to share with my team in areas such as curriculum, teaching strategies, and program assessment, this year’s key note address sparked a particular cord in me and made me reflect on how we are admitting, preparing, and mentoring our PT students.

Dr. Emma Stokes, BSc, MSc, Mgmt, Phd is an associate professor and a Fellow of Trinity College Dublin. Among her many roles in Ireland, she is currently the President of the World Confederation of Physical Therapy (WCPT). Her talk was entitled, “Formation of a Doctoring Profession: Are We Shying Away from Education that Really Matters in the Lives of Our Graduates?” Her main theme was our need as educators to focus on leadership and advocacy and how this will better serve our profession now and into the future.

While I truly believe the PT Program at the University of Mary is a step ahead of many programs and has focused on leadership and advocacy since its inception, I also recognize there is always room for improvement. Several moments over the past month have reinforced this. A common phone call, Facebook message, or email I receive is from an alumni who is 2-5 years out of school and is at a point in their career in which they wonder, “Is this it?” While initially I was somewhat shocked and a little dismayed that a new graduate could already be disillusioned with this profession, I have come to the conclusion that this post-honeymoon sentiment is a sign that something is missing and they are reaching out for a nudge in the right direction. From my own personal experience, the best nudge I ever received was to become more involved professionally. To borrow from a PT term, Wolff’s law states that healthy bone will adapt to the loads under which it is placed. If loading increases, the bone will remodel itself over time to become stronger. I have found this to be true in regard to professional involvement and leadership as well! Time and time again, I have challenged myself to pursue opportunities in which I had little or no prior knowledge and skill and have found myself more confident, able, and knowledgeable upon completion. I have learned that by surrounding myself with smart, engaged, and enthusiastic leaders, I too am more passionate about this profession. On a day to day basis, PTs are privileged to serve others. By actively engaging on a state and national level, you have the opportunity to be involved in something bigger: to lead and advocate for changes to the profession that will lead to greater service and access for our patients and clients.

As an educator, the research related to the benefits of active learning is undeniable. Students learn most by doing; thus the reason clinical experience is vital. While it is important for PT faculty to lay the foundation and talk about the APTA, leadership theories, and avenues for advocacy, it is even more important for students to apply this knowledge. This year has demonstrated this more than ever. Last year a 3rd year student inquired if our program could hold a white coat ceremony. I challenged her to investigate the pros and cons and how this might work with our program. While her inquiry did not benefit her or her cohort, she passed the torch to the junior cohort and they successfully planned and executed a meaningful, inaugural white coat ceremony for the UMary PT Program. Leadership and advocacy in action.

This past October, 3 of our 2nd year students attended the National Student Conclave. While there, they met hundreds of other PT students and learned more about the important of active engagement in our profession. The flame did not expire upon their return to ND. They immediately advocated for the formation of a student special interest group under the umbrella of the NDPTA. In early November, they presented their initial research and ideas to the NDPTA and initial steps have been taken to make this a reality. This idea has the potential to allow our future professionals to network early in
their career with their future colleagues across the state as well as with current leaders and mentors. Again, leadership and advocacy in action.

So this message is two-fold. For those of you who are pondering “what’s next”, consider pursuing a committee, task force, or board position within your state chapter, APTA section, APTA, state licensing board, and/or FSBPT. Current leaders are eager to mentor and pass the torch to the next generation of leaders! For those of you who are actively involved, share your story with students and young professionals so they can learn from you and share in your passion. You really do make a difference – thank you.

“Challenge is the pathway to engagement and progress in our lives. But not all challenges are created equal. Some challenges make us feel alive, engaged, connected, and fulfilled. Others simply overwhelm us. Knowing the difference as you set bigger and bolder challenges for yourself is critical to your sanity, success, and satisfaction.”
Brendon Burchard

The best of all gifts around any Christmas tree: the presence of a happy family all wrapped up in each other.

The School of Health Sciences is growing in size, space, and resources. Our purpose is to prepare competent, caring, and ethical health care professionals who will be servant leaders to their constituents and in their professions. To do that, we need to reach out to high school students to invite them to explore the world of health care; we need to reach out to our clinicians who help us teach our students and show them our appreciation; and we need to continue to develop and grow. Through our Synthetic Cadaver Lab, we are going to conduct six free workshops for our clinicians who teach our students. These will consist of 8 hours of reviewing anatomy with our Syndavers as well as our online Acland Anatomy software. We are also inviting high school anatomy classes to come to our anatomy lab to review what they have been learning through an experience in our lab. Through our innovative departments and diligent chairs and faculty, we are introducing the following programs throughout the next year: Respiratory Therapy Associates Degree to Bachelor’s Degree; 2nd degree Accelerated Bachelor’s in Nursing; and MSN in Informatics. The Occupational Therapy Doctorate (OTD) has been approved by the Higher Learning Commission so one more step is out of the way for an intended implementation in fall 2018. The Master’s Degree in Athletic Training is in its ideation phase will become a reality in the next 3 years and an MSN to DNP is in the works. And finally, our MS in Speech Language Pathology is making its way toward accreditation with the application being finished; our first PhD in SLP hired; and our director, Jessica Smith and clinical director, Robyn Zeltinger well on their way to getting their doctorate degrees. All these endeavors take place while our faculty teach, do scholarship and lifelong learning, serve Umary, their professions, and their communities, raise their families and maintain top notch accredited programs. University of Mary is quite a place!
### Clinical Site Partner Profile

**What is the history of how Apex got started, where are your locations, how many staff members and PTs currently work with Apex?**

Apex started when Kameron & I were driving to a private practice we both worked at 40 min from Fargo. The winter driving and time spent in car was wearing on us both. A couple of days a week, we were able to ride together, which was great for cost-sharing. From those drives, came the idea of Apex! We decided to start the adventure together and began taking a business class, meeting with banks, and looking for a location. We decided on West Fargo because there was no Private Practice Physical Therapy Clinics located there. We found a great little spot to grow in and in 2015, after 7 years of practice, we moved into a beautiful new location on the corner of 13th Avenue and Veterans Blvd (9th St) in West Fargo. We chose to expand Apex into our home communities, which are Lamoure, ND (Kameron) and Jamestown (Brooke). Since our humble beginnings with just the two of us answering phones, scheduling patients, checking insurance, treating patients, billing for services and pounding the pavement to market our clinic, we've grown to 15 full time staff and 2 part time staff. Of those 9 are PTs, and 2 LMTs.

**What is the mission/vision of Apex?**

The mission of Apex is to provide high quality physical therapy services focusing on patient-centered care and tailoring to each individual's needs for the most optimum outcomes and to develop a more personal healthcare experience. Our vision is that our clinic will be the preferred provider of general and specialty physical therapy in the Fargo-Moorhead-West Fargo, and now Lamoure and Jamestown, areas. We strive to provide evidence-based, cost-effective, hands-on care in a friendly and convenient clinical atmosphere. We will serve patients and the community by continually enhancing the education and skills of our staff while developing amicable relationships with professional and community organizations while maintaining autonomy as a Physical Therapist-owned practice.

**What PT specialty areas and areas of expertise?**

I am currently the only WCS provider at our clinic and in our region, but there are 2 other DPTs and a LMT that work with me at Apex to form our Pelvic Health Team. The Pelvic Health team treats a variety of ages and conditions unique to each patient's gender including pelvic pain, constipation, incontinence, prolapse, pre/post-natal, female athletes, and children with bowel and bladder dysfunctions. It has recently expanded to include lymphedema and Breast Oncology Rehabilitation.

We also have a strong emphasis in Manual Therapies of various kinds. Kameron recently received his Manual Therapy Certification (MTC) through St. Augustine, making him the only provider in the region with this distinction. Kameron also does some Dry Needling, Advanced Mechanical Analysis and Grade V Manipulations. We also have 4 Certified ASTYM providers. 7 practitioners trained in Barnes MFR, 2 Craniosacral Therapists, 3 Visceral Manipulation Therapists, and 2 Neuro Manipulation Therapists.

**How do you market your business? How are people aware of your business?**

We have been open since 2008, so now we are getting some word-of-mouth referrals more than anything, but we also use Major Market advertising, social media, event fairs & speaking engagements, and community involvement to get the word out on our unique practice. We love our logo and include it on all our paperwork, apparel, notecards, and around our building to “build our brand.”

**How do you define success as a business owner?**

Kam & I have both been on the same page about what success is to us. We are so proud that our idea of focusing on patient care and doing that really well will make us successful. It's awesome to think that people have embraced this and helped us grow our clinic to the size it is today!

**What are some business accomplishments you and your colleagues are proud of?**

Oops! I jumped a head a little bit! We are most proud that we have continued to grow in the increasingly tough times of healthcare reimbursement, coding changes, and expansions of big healthcare companies in our region. We are also proud that we have had our employees stay with us 6-7 years while we've found our way through the business side of healthcare. And lastly, we are extremely proud of the reputation we've built over the years as being a practice of high skill, integrity, and a lot of fun!

**What are some areas of difficulty or challenges for your business in this current health care climate?**

Reimbursement rates are always challenging in this healthcare climate. The consistently changing coding and insurance regulations, collections, and keeping up with all the changes can be hard. It's really great to be able to approach it all as a leadership team, Kam & I. It makes the constant changing more manageable for each of us to have a family life outside of Apex. That is another major challenge for us. We love where we work, but we love our families too. Keeping the balance is a constant challenge that we struggle with.

**What are your goals you’re yourself and the company over the next 3-5 years?**
Outstanding Clinical Educator of the Year

We are pleased to announce this year’s clinical educator of the year: Wade Fligge, PT, DPT, OCS!

Wade is a co-owner of Big Stone Therapies, Inc, with a primary location in Watertown, SD. Wade is an alumni of the University of South Dakota PT Program.

Wade was nominated by his recent student, Levi Peterson, who is a 2nd year Student Physical Therapist. In his nomination, Levi remarked, “Wade offered me a very large array of experiences in a comfortable and welcoming environment that included practicing in the clinic, off-site programs in the community, workplace assessments at an ethanol plant, running a strength program 3 days a week, and he allowed me to sit in on continuing education with him. He was very cognizant of my way of learning and not only respected it, but he also pushed me to become a better clinician by challenging me. He allowed me to practice in my own way, free of judgement, and the best thing he allowed me to do was to make mistakes and let me correct them, with a little guidance. He and his staff were very welcoming to me and all the therapists allowed me to shadow them in their areas of expertise. Wade showed the Benedictine values of community, hospitality, moderation, respect for persons, and service on a daily basis and was a man of strong faith. I believe that He is a very good candidate to receive this award and I can’t thank him enough for the experiences that he provided me with.”

Congratulations, Wade, and thanks for your commitment to the University of Mary Physical Therapy Clinical Education Program!

UPDATES FROM EACH CLASS IN THE UMARY DPT PROGRAM

The class of 2017 houses 45 students, with a great deal of diversity and differing backgrounds, but we all share the same passion for physical therapy. The beginning of our third year has been off to a busy start, with a full course load, as well as preparing for the written and lab comprehensive exams. Beyond that, we have all taken on the role of the servant leader, completing events such as UMary Day of Service, Home Run Heroes, events around the campus and community, and 1/3 of us travelled to Guatemala for the for the Mission Trip, which I can attest, was the best experience I have had yet!

Merging from the second to the third year, we continue to better our skills from a physical therapy standpoint, but I also see us emerging as leaders, advocates, and lifelong learners for our profession. With two clinical rotations to occur in the spring of 2017, I feel that we are rapidly approaching entry level physical therapists, zealous and ready to serve all that come our way!

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Katie Bradley, SPT   Class of 2017 President

The 2nd year class has been busy this past year. We started the year by hosting a picnic for all three classes to get to know each other. Many students have been involved in numerous service learning opportunities including the annual University of Mary Day of Service, Home Run Heroes, events around the campus and community, and 1/3 of us travelled to Guatemala for the for the Mission Trip, which I can attest, was the best experience I have had yet!

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Jenna Giesick, BS, ATC, SPT Class of 2018 President

We would like to continue to keep our Mission, Vision, and Values at the forefront of our clinic growth. Keeping our brand reputation is our ultimate goal through all the growth we’ve experienced. Hiring and training staff to help us with this continues to be a privilege of our job that we hope continues.

Personally, I think Kam & I both have plans to continue to seek out inspiring continuing education that keep us on the cutting edge of treatment development. We will both be keeping up our current certifications and possibly adding more. Kam has plans to get his OCS as well. I am looking at other certifications in a few different areas, but I just can’t decide which to pursue first!

Kam is also starting his family with his wife Keri and their new baby boy due March, 2017. I, and my husband Bryan, hope to keep up with our 3 kiddos, Blake, Brogan, & Bradie with all of their events and activities.
The fall semester has started out great for the class of 2019. We elected officers in the first month and have started planning for a White Coat Ceremony to take place in the spring of 2017. As many know, the University of Mary recently purchased Syndavers—synthetic human cadavers—that we’ve been using in anatomy lab. They have been helpful learning tools for us to see and feel the muscles, nerves and vessels of the body. We have really enjoyed the experience they bring to the program. Recently, the NDPTA meeting was held at the University of Mary and we had a great turnout from our class for the student social. It was a great opportunity to hear what board members had to say and to interact with some students from other physical therapy programs. Lastly, as a class, we were able to get out to gain some clinical experience very early thanks to the Integrated Clinical Experience program. It has been fun to go out and start seeing concrete application of the information we are learning. We’re looking forward to Christmas break as our first semester winds down!

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Kayla Hanson, SPT

SPTA update

The Student Physical Therapy Association has been busy this fall. We first welcomed four new board members from the Class of 2019, Kayla Hanson (President), Kristy Johnson (NDPTA Rep), and Ally Nelson and Dat Mao (SPTA Reps). Quickly after, the first three Sundays of October, we hosted our 12th annual Home Run Heroes event that allows children with disabilities to participate in practicing their baseball skills and play in a baseball game that they might not otherwise have the opportunity to do. PT students were paired up with a child, or “buddy”, with whom they assisted throughout the night. It was a huge success thanks to the work of the SPTA board members and a large number of PT student volunteers. There were about 14 kids that attended each evening. We hope to continue to grow the program each year!

Most recently, the SPTA has met to discuss and support students interested in starting a Student and New Professionals Special Interest Group (SIG) in the state of North Dakota. The goals of the SIG would be to advocate for the profession and keep us integrated into current issues and evolving evidence, as well as network with students and clinicians from other areas of the state. Moving into the spring semester, we will be gearing up for the SPTA’s yearly on campus service activity.

Katie Bradley
Class of 2017 President
SPTA President
Guatemala trip

TR 4 Heart and Soul, 501c3 non-profit corporation, seeks to improve the quality of life, both physically and emotionally of adults and children with disabilities, learning, speech, and behavioral challenges through the heart and soul of a horse utilizing therapeutic riding.

Volunteering at Therapeutic Riding 4 Heart and Soul this fall was an amazing experience for myself and six other 3rd year University of Mary physical therapy students. We created a service learning project in which we all had the chance to volunteer for a child and help them advance with their skills over the course of the six-week riding sessions. I had the opportunity to help with 2 lessons each week, as well as the Fall Play Day, which allowed me to work with different riders, horses, and volunteers. Katie Oakland, the founder of TR4HS is a true inspiration with her ability to lead lessons that are continuously adapted to create the most beneficial and safe experience for each specific rider and horse. One of the most beautiful moments, for me, is when I’m in the arena with the rider and look over to the gate where her tiny pink wheelchair is sitting outside the fence, empty. For that one half hour a week, she can ditch her wheelchair and just be a kid. I think anyone who enjoys horseback riding can attest that you experience a peace that can’t be replicated anywhere else. Therapeutic riding gives kids, and adults, a chance to be in charge of their own destiny. Witnessing a child’s smiles and giggles of pure joy while improving strength, endurance, awareness, and control is truly magnificent. - Kara Buss

Stepping On is a falls prevention program designed to improve balance and mobility confidence in older adults. This is a seven-week program that consists of workshops that cover a variety of fall-related topics. Community guest experts were brought in to discuss medication management, age-related visual changes, such as glaucoma, and community safety. Student physical therapists educated the participants on home safety, proper shoe wear, assistive devices, and community navigation. Participants were given the opportunity to learn strength and balance exercises, as well as strategies to improve safety awareness in their home and community settings. This year, twelve older adults participated in the program, which was led by seven physical therapy students as part of their community service-learning project. Participants benefited greatly from the program and expertise of the student physical therapists as reflected by an improvement in their balance and mobility confidence. The physical therapy students gained valuable experience through serving the needs of this community and fulfilling their role as servant leaders.

Desiree’ Willman and Caitlin Miller
Research colloquium - Save the Date: Friday, April 28, 2017

PHYSICAL THERAPY RESEARCH

By Michael G. Parker, PhD, PT, FACSM
Professor, Research Director

The 20th Annual University of Mary School of Health Sciences Scholarship Colloquium will be held on Friday, April 28, 2017 in the Bismarck Civic Center. The Colloquium is an interdisciplinary event featuring student representatives from the University of Mary Programs in Athletic Training, Exercise Science, Occupational Therapy, Nursing, Physical Therapy, and Respiratory Therapy. The purpose of the Colloquium is to celebrate the scholarship of discovery as our students’ present current and new knowledge in their respective field of study.

Physical Therapy Student Research

Platform presentations of the research completed by 10 – groups of physical therapy students will be presented at the 2017 Colloquium. The following are the titles of the projects to be presented:

Factors in the Development of Ethical Reasoning in Physical Therapy Students

The Effects of Recruitment of Jaw Musculature on Postural Control in Static and Dynamic Stance

Effects of Aquatic Walking on Gait Velocity in Healthy Elderly

Adductor Canal Block versus Adductor Canal Block with Local Anesthetic Exparel following Total Knee Arthroplasty: Effects on Length of Stay and Function: Preliminary Results

A Community all Access Dance Class for Children of all Abilities: What does the mean for Parents and Children

Core Strengthening influences on Balance and Gait Speed in Older Adults

Comparison of Interstim®, Urgent PC® and Botox® Treatments on People with Overactive Bladders

A look into the World of High School Athletes who Suffer from Vestibular Symptoms Post Concussion: A Series of Cases

Effects of a Community Based Running Program for the Youth

Quality of Care and the Patient Experience in the University of Mary Pro-Bono Clinic

The research projects fulfill the scholarly project requirement for the Doctor of Physical Therapy degree. The research projects were completed with faculty members serving as the student’s research committee Chairperson.

The students are congratulated for their perseverance, sound critical thinking, and the scholarship they demonstrated during the completion of these projects.
Alumni Spotlight
Laura Keller-Huber
Umary PT Class of 2004

Hometown: Hoven SD
Current City: Aberdeen SD

Brief Bio: I received a University Studies degree in Rehabilitative Care from UMARY in 2003 and Masters of PT in 2004. I live in Aberdeen SD with my husband CJ and we have one daughter Maddie, who is 9 years old.

Hobbies outside of work? Watching my daughter in all her activities, spending time with family and friends, exercising, gardening, craft projects

Current Employer: Avera St. Luke’s Hospital

What is your current position/title? Staff physical therapist- Cardiac Rehab and Acute Care

What have been some obstacles you’ve had to overcome in pursuit of your personal and professional goals?
I was diagnosed with post-partum cardiomyopathy following the birth of our first child and was emergently implanted with a Left Ventricular Assist Device (LVAD) when my baby was just 3 weeks old. I’ve been living the last 9 years with heart failure, but because of the LVAD, I was able to return to work within 3 months following my heart surgery.

Greatest professional accomplishment(s)? Helping achieve AACVPR National Certification of our Cardiac Rehab program, 1 of 6 programs certified in SD.

Best part of your job? Seeing the progress of my patients each day and providing hope to other cardiac patients by telling them my story.

Why did you choose the Umary PT for your studies? I also did my undergraduate studies at UMARY and loved the campus, location and students and staff.

Favorite Umary PT memory? Mission trip to Guatemala through the God’s Child Project

Do you have any advice for students interested in the PT field? Currently in DPT Program? Be passionate about your work, be respectful and show compassion toward your patients, smile daily, always keep a positive attitude in life.

Where do you see yourself in 10 years? Continuing my work with cardiac patients and providing hope to those whose lives I touch?

What have been some sources of inspiration both in your career and in your life?
*FROG it! (Fully Rely On God!)
*spending time with family and friends
*meeting others who are also living with heart failure and hearing their stories
*staying positive and surrounding myself with positive people
*helping others who are less fortunate and truly understanding that there’s always someone else who is suffering more than me and there’s always, always something to be thankful for.
FACULTY RECOGNITIONS

Dr. Heather Lundeen, PT, DPT, PCS. American Physical Therapy Association Academy of Pediatric Physical Therapists Education Summit 2 appointed member of 3 person Planning Committee. November 9-10, 2016 Denver, CO

PEER REVIEWED PUBLICATIONS


PEER REVIEWED PRESENTATIONS


Missy Taylor presented at CHI St. Alexius Senior Healthcare Professional Summit on Evaluating Fall Risk and Fall Prevention in March 2016


POSTER PRESENTATION

Taylor M, Boom W, Flemmer J, Hanson J, Kessel J, Meyer K, Moisan M, Neshem T, Rensvold L, Roberts E, Witowic T. The Effect of a Multidisciplinary Community-Based Program on Fall Risk and Balance Confidence in Older Adults. Poster accepted APTA Combined Sections Meeting; February 2017; San Antonio, TX.

May Peace be your gift at Christmas and your blessing all year through! ~Author Unknown