

## From the Director



► Greetings, and I do hope you all are well. I am once again very pleased to share our annual program newsletter with you and to report that the students, faculty, and alumni continue the great work that is the hallmark of the Chatham Doctor of Physical Therapy program.

Although this has been a trying year for all of us, the flexibility, resilience, and resolve of the students, faculty, staff, and clinical partners has been truly inspiring. Each student cohort has sustained the high standards of the program, despite the challenges of the pandemic. In particular, the Clinical Education team (Ann Williamson, Sarah Jameson, Gordon Riddle, and Julie Englert) along with our many clinical partners, ensured that all of our students participated in high-quality clinical experiences. We are extremely grateful to many of you who have been willing to work with us to continue to provide excellent clinical placements for the students.

Please read on for information about the program, faculty, students, and alumni from this past year. As always, if you have news that you would like to share, or if you have any comments about the newsletter or the program, please send them my way (jschreiber@chatham.edu). You can also post them in our Facebook Group (please join if you haven't already done so!) Please also visit our webpage at [chatham.edu/dpt](http://chatham.edu/dpt) and be sure to check us out on Instagram (@chathamdpt).

Best Wishes,

## From the Dean



► I would like to take this opportunity to let you know about my retirement plans at the end of this year. I have had the privilege to be a part of Chatham University since 1994. My journey has included being a faculty member, a program director, and for the past seven years I have served as the inaugural Dean for the School of Health Sciences. This announcement gives me the opportunity for some reflection and acknowledgements.

First, I would like to thank Chatham for investing in me and my career. It has truly been an amazing ride. In 1994, Dr. Sue Bemis hired Raj Sawhney, Steve Gough, and me as faculty clinicians to teach the biomechanics and musculoskeletal aspects of the curriculum. Later, under Dr. Ray Patterson's leadership, we developed one of the best transitional Doctor of Physical Therapy programs in the country. Drs. Bemis and Patterson were both important mentors for me, supporting my leadership development and encouraging me to pursue my Ph.D. and DPT.

I am also grateful for the talented and dedicated faculty of the PT program over the past twenty-seven years. A special thank you to Dr. Judy Traister, who many times served as a sounding board and moral compass for my leadership, and Dr. Sue Perry, a friend, research colleague, and the person who set the bar and challenged me to be the best teacher I could be. Drs. Raj Sawhney and Steve Gough have been amazing colleagues who have been instrumental in my career, and I will always be grateful to them. Their incredible generosity has allowed for an ongoing student scholarship award that I proudly support. Lastly, Dr. Joe Schreiber, modest but strong in his own leadership, allowed me to step into the Dean's role, knowing that the PT program was in able hands.

Finally, to each of you, the alumni of the PT program, I want to thank you for the gifts that you have shared with me. I am a better person for having had the opportunity to be your teacher and colleague. It has been a pleasure and privilege to be part of your journey and I hope that you will stay in touch as I transition to the next phase of mine.

Warm regards,

## FACULTY NEWS

# Faculty Research and Scholarship, 2020-2021

Lefebvre K, Wellmon R, Bartlo P, **Bednarek, M**, Hoffman J, Karnes J, Vandenberg L. Effects of guarding on the outcomes of the 6-minute walk test. *Cardiopulmonary Physical Therapy Journal*. April 2021.

**Bednarek M**, Childers C, Panaro N, Shaw D. “Advanced Competency in Home Health Live Training” Invited Preconference Course at APTA Combined Sections Meeting. Denver, CO February 2020

**Bednarek M, Woollard J**, Eng J, and Lindenberg K. Time to HIIT It in Home Health: Aerobic Assessment and Exercise Prescription for Older Adults (CSM 2021)

**Jameson S**. Poster presentation at the Interprofessional Education Meeting at Stockton University: “IPE Across Five Professions: Challenges, Triumphs, and Lessons Learned” (2021)

**Karas S**. Windsor B. *Appraisal of de Oliveira et al*. Physiotherapy: (2021)

Jacobson C. **Karas S**. Effects of Acromioclavicular Joint Manipulation on Shoulder Pain, Range of Motion and Outcomes: Case Series. CSM 2021.

Moses J. **Karas S**. Evaluation and treatment of trigeminal symptoms of cervical origin following a motor vehicle crash: A case report with 9 month follow up. J Chiro Med: (2021)

Scheets PL, Hornby GT. **Perry SB**, Sparto P. et al. Moving Forward. J Neurol Phys Ther. 2021;45:46-49

Laforme-Fiss A, Rapport MJ, Gagnon K, Kendall E, Wynarczuk K, **Schreiber J**, Experiential Learning in Pediatric Physical Therapist Education: Faculty and Student Perceptions. *Pediatric Physical Therapy*. 33(3):171-179, July 2021

**Schreiber J**, Gagnon K, Wynarczuk K, Kendall E, Fiss A, Rapport MJ. Experiential Learning in Pediatric Physical Therapy Professional Education: Is the Juice Worth the Squeeze? (CSM 2021)



## Farewell from Susan Clinton

► The time has come for me to move into the next chapter of my life. My husband has retired from university life and we will be relocating to our new digs in Sault Sainte Marie, MI at the end of August! I have been the co-owner of Embody Physiotherapy & Wellness since 2013 and will be opening my new company, LTI Physio “learn, think, innovate,” this summer ([www.LTIPhysio.com](http://www.LTIPhysio.com)). I will be continuing my work with consultations, mentoring, educating and health coaching.



My passion projects continue as co-founder and board member for the foundation Global Women’s Health Initiative; acting as co-host of the five-star podcast, “Tough to Treat,” the guide to treating complex patients; and “The Genius Project,” reframing the treatment of persistent musculoskeletal pain. It has been my honor and privilege to be a part of the Chatham DPT program. Although I will miss my colleagues and my work with this outstanding program, I am also looking forward to time for hiking, dancing and enjoying life on the shores of the St. Mary’s River.

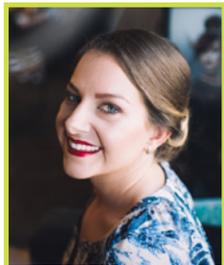
## Dr. Joe Schreiber Selected as a 2021 Catherine Worthingham Fellow of the APTA

► Catherine Worthingham, PT, Ph.D., FAPTA, was a change agent who motivated others to make an impact within the physical therapy profession. She was also a visionary who demonstrated leadership across the domains of advocacy, education, practice, and research. The purpose of the Catherine Worthingham Fellow designation, or FAPTA, is to honor her and inspire all physical therapists to attain the high level of professional excellence and impact in terms of advancing the profession she exemplified. The FAPTA designation is the highest honor among APTA’s membership categories. Eligibility for this award is based on contributions to the profession through leadership, influence, and achievements that demonstrate frequent and sustained efforts to advance the profession for at least 15 years. Dr. Schreiber was recognized for his contributions in research, education, and clinical practice.

*From the APTA website*

## ALUMNI SPOTLIGHT

### Breanne Condon, DPT '13



► After graduating, I began my career as a travel physical therapist in West Virginia. Shortly after completing my first travel contract, I was given the opportunity to pursue my passion, neurologic physical therapy. I transitioned to a full-time position in an inpatient rehab hospital and predominately worked on the brain injury unit over the next year.

My husband (Chatham PsyD 2016 graduate) and I moved to Florida for a year where I worked in both an acute care hospital and in an inpatient rehab hospital. The following year my husband's career took us to Washington, D.C. While in D.C., I worked at the National Rehabilitation Hospital and earned my NCS in 2018. At this time, I also became dry needling certified, LSVT BIG certified, and opened my own private practice. I recently transitioned into my role as the site coordinator of clinical education at the Pittsburgh VA while also working in their outpatient clinic. I am overjoyed to be back in the Pittsburgh area with my son, husband, and dog, close to family and a wonderful network of clinicians.

Over the years, I have taught in a residency program and supervised numerous physical therapy students. I am passionate about working with students and helping them to achieve their personal and professional goals.

As I reflect on my career thus far, I am grateful for the education that I got at Chatham. Not only did I learn the fundamental principles of physical therapy, I also became a lifelong learner. I was inspired by the faculty and still am to this day. I realize that we are more than Chatham alumni. We are mentors, mentees, colleagues and friends.

### Visnja King, DPT '11

► Chatham alumna Dr. Visnja King, DPT '11, began her career in outpatient physical therapy with Allegheny Chesapeake Physical Therapy and progressed to the research realm where she practiced as a research physical therapist for 2.5 years at the University of Pittsburgh Physical Therapy Clinical and Translational Research Center. She has ten years of clinical experience as a physical therapist, with four years as a clinical director and owner/CEO of King Physical Therapy North Huntingdon.

After working in a variety of physical therapy settings, Dr. King decided to follow her passion and opened King Physical Therapy North Huntingdon with her husband, Dr. Matthew King, PT, DPT and brother-in-law, Dr. Jarrod King PT, DPT, in order to be able to provide individualized, one-on-one, expert orthopaedic manual physical therapy and therapeutic exercise with a compassion for patients to return to the best version of themselves. Her clinic has grown quickly over the past four years with two additional full-time therapists on staff with another joining in September 2021.

Physical therapy is a rapidly changing profession and her and her staff enjoy creating stronger and more empowered people through their treatments. Dr. King earned a Manual Therapy Certification with Evidence in Motion in July 2015, her Board Certification in Orthopaedic Physical Therapy in July 2016, and her Fellowship in Orthopaedic Manual Physical Therapy in June 2018. She is also an

active member of the APTA and AAOMPT. Dr. King has also had the honor of three publications in the *Journal of Orthopaedic & Sports Physical Therapy*, *Telemedicine and E-Health Journal*, and *Travell, Simons & Simons' Myofascial Pain and Dysfunction: The Trigger Point Manual, Third Edition*.

The education she received from the Chatham University DPT program, along with the focus on problem-based learning, fueled Dr. King's desire to partake in education and continued sharing of knowledge. Dr. King is presently on staff with Evidence in Motion serving as faculty and South College Doctor of Physical Therapy program as adjunct faculty in Knoxville, TN. Additionally, she has previous teaching experience with the University of Pittsburgh, Chatham University, and Duquesne University within the Doctor of Physical Therapy Musculoskeletal Curriculum. She is a mentor for fellows-in-training with Bellin College's Fellowship in orthopaedic manual physical therapy program.

Dr. King cherishes every moment with her loving husband and their 2-year-old daughter, Elijana. They are expecting their second daughter in early October 2021. She enjoys CrossFit, biking, and traveling with her family. She is eager to watch her children grow, continue to build her practice with her husband, brother-in-law, and dedicated staff, and strive for excellence in teaching.





## Sawhney-Gough: Year 5!

As you know, Raj Sawhney and Steve Gough created the **Sawhney-Gough Clinical Excellence Scholarship** in 2017. After a blinded review process by the faculty, second-year student Michelle Lucas was selected as the fourth recipient of this scholarship this past year. Each year, Raj and Steve commit \$5,000, and we look to alumni support to match this \$5,000 so that we can offer an annual \$10,000 scholarship. This year, donors to the fund included Nicole Stout, Mark Hughes, Judy Traister, Pat Downey, Lisa DeNisco, Gordon Riddle, and Brad Stotsky.

To make a donation to the scholarship fund, visit [www.givecampus.com/campaigns/5097/donations/new](http://www.givecampus.com/campaigns/5097/donations/new). You can also contact [jschreiber@chatham.edu](mailto:jschreiber@chatham.edu) or Julia Homa, special projects manager in the Office of University Advancement, at [j.homa@chatham.edu](mailto:j.homa@chatham.edu).



## Michelle Lucas: 2020-2021 Sawhney-Gough Scholarship Winner



Dear Chatham Alumni,

My name is Michelle Lucas and I am very honored to say that I am the recipient of the Sawhney-Gough Clinical Excellence Scholarship. I cannot express how thankful I am to have received this scholarship. I would like to thank Dr. Sawhney and Dr. Gough for their commitment and efforts to support future PTs. I would also like to thank all of the donors that made this scholarship possible.

I am writing this passage on a very memorable day; the very last day of my second clinical which is the very last day I will be an SPT in an outpatient clinic. That means when I go back to practice in an outpatient clinic again, I will officially be a DPT. This at first is a scary thought for all of us but Chatham and its faculty have prepared us well. One particular

thing Chatham has excelled at is the emphasis of patient-first mindset, evidence-based practice, and to continue to be a lifelong learner. This scholarship reminds to keep these clinical skills and attributes close to heart and never forget where we came from or lose the passion we have for the profession.

My clinical experience thus far includes Concentra in Oakland and PT at the JCC funded by the JAA. I will be heading to UPMC Mercy in the stroke unit and then to HCR Manor Care for my last clinical. My future plans at this moment are to stay in Pittsburgh and find a position I am passionate about and can contribute my best clinical excellence. I hope to one day give back to this program to help a future student with their journey of becoming a physical therapist.

Go Cougars,  
Michelle Lucas

## PT Fund Continues to Grow

► Seven years ago, 22 alumni jump-started the Physical Therapy Fund by becoming “Leadership Donors.” Thanks to their generosity and that of other donors over the years, the fund is now endowed at over \$35,000. As the fund has continued to grow, we have been able to use the annual interest as matching funds to support current students’ attendance at CSM. Eventually when we reach our goal of \$100,000, we will be able to provide much needed scholarship assistance each year to current physical therapy students. Please consider making a donation to the PT fund. You can do so either by visiting [www.givecampus.com/campaigns/14322/donations/new](http://www.givecampus.com/campaigns/14322/donations/new) or by sending a check made out to Chatham University PT Fund to Joe Schreiber, Chatham University, Woodland Road, Pittsburgh, PA 15232. Thanks very much.

## STUDENT SPOTLIGHT

# Systematic Review Projects, Class of 2020

Please contact [jschreiber@chatham.edu](mailto:jschreiber@chatham.edu) if you would like a copy of any of these papers.

Marissa Janiga Mel Byler	Amanda D'Agostino Kim Houston	The Effectiveness of Power Training on Functional Mobility for Individuals with Cerebral Palsy: A Systematic Review
Greg Smith Sam Shields	Lauren Johnson Christina Muehlbauer	A Systematic Review: The effect of physical therapy on strength, balance, physical fitness and functional activity in individuals with Down Syndrome across the lifespan
Jacob Fulton		Effects of education on an Anti-Inflammatory Diet for Individuals with Chronic Low Back Pain: A Case Study
Brian McNally Jimmy Vaccare	Jeff Keegan Cory Hartland	Does the Timing of Initiation of Physical Therapy Have an Effect on Patient Outcomes Following Arthroscopic Rotator Cuff Repair: A Systematic Review of Randomized Controlled Trials
Michaela Golden Marissa Marino	Marissa Erminio Abby Wuensch	A Systematic Review: Blood Flow Restriction Training and Knee Pathology Recovery in Physical Therapy
Diane Busovicki Kara Cordell	Alyssa Manzione Maddie Merkle	Comparing the effectiveness of home-based versus hospital-based cardiac rehabilitation following a myocardial infarction: A systematic review
Maggie Palumbo Sarah Steyer	Lynne Gillott Courtney Gerhart	Early Mobility in the Intensive Care Unit: A Systematic Review
Ted Sova Jesse Rudolph	Brian Ta Jon DeGregorio	Incorporating Pain Science Education in Traditional Physical Therapy Methods
Michelle Tejchman Chelsea Vojtash	Rebecca Perryman Kaitlyn Olstein	Is High-Intensity Interval Training the Superior Exercise Regimen for the Overweight Population? A Systematic Review

## 2020 Physical Therapy Program Awards

### Potential for Professional Excellence Award

Brian McNally  
Michelle Tejchman

### Faculty Commendation

Marissa Marino

### Peer Recognition Award

Christina Muehlbauer

### Award for Institutional Support

Alliance Physical Therapy

## STUDENT SPOTLIGHT

### Class of 2021



► The past year has been anything but ordinary for Chatham's DPT class of 2021. Like many others, we were faced with a multitude of challenges due, in large part, to the Covid-19 pandemic. Virtual classrooms, recorded lectures, and small lab groups were among many of the ways students and faculty adapted to the ever-changing guidelines and health policies at the federal, state, and local level.

On a normal day, you might have found a small group of masked students practicing wheelchair wheelies in the hallway for Dr. Perry's neuromuscular class, or a group of students at the pool practicing under water bicep curls for Dr. Bednarek's multi-systems class. Either way, you would have seen the fruits of all the hard work and dedication put forth by the faculty to ensure the successful completion of didactic coursework. Likewise, you would have seen the eagerness and determination of the students to make the most out of the last strands of time spent in the classroom.

In addition to classroom activities, students have been involved in many service-learning and volunteer opportunities including some familiar and some new. The Chatham community has continued to participate in community service programs such as Go Baby Go! and Graduates Go Green. One group of students spent time as volunteer coaches for the Special Olympics of Pennsylvania (SOPA) where they guided athletes through weekly training sessions and helped them achieve event goals. Another group of students volunteered in the Giving It Forward Together (GIFT) program making weekly phone calls to elders in the greater Pittsburgh area to combat ageism and build intergenerational community. Despite the challenges of the past year, this class has achieved the excellence expected of Chatham DPT students both inside and outside of the classroom, and with graduation on the horizon, we are excited to represent Chatham as professionals.

Chris Bradley  
DPT 2021 Class President



## Grand Rounds

► Chatham University's Physical Therapy Grand Rounds Series continued in 2021 with afternoon zoom sessions with the welcome attendance of alumni from outside the Pittsburgh area. While we are anxious to get together in person, the virtual format has allowed us to have presenters that otherwise would not be able to travel to Chatham.

We heard a presentation from Dr. Angela Gordon, consultant from the Washington Nationals baseball team, NAIOMT faculty, and clinic owner on shoulder injuries in baseball. We also had a very well attended discussion with Dr. Jennifer Reneker Professor of Physical Therapy and Population Health at The University of Mississippi on traumatic brain injury and the impact of social determinants of health on its treatment.

Our fall topic will be announced shortly.

Grand Rounds presentations are announced on our program webpage at [chatham.edu/dpt](http://chatham.edu/dpt) > Resources & Partnerships. If you would like to be included on the e-mail invitation list or would be interested in presenting a Grand Rounds Patient Case, or suggesting a topic or presenter, please contact Dr. Steve Karas ([skaras@chatham.edu](mailto:skaras@chatham.edu)).

## STUDENT SPOTLIGHT



### Class of 2021

► Attending PT school during the pandemic was certainly an unforgettable experience for both students and faculty members. However, what better way to celebrate the end of didactic work than at the famous Perry Patio Party (PPP)? At the end of May, students and staff gathered at the PPP to mark the conclusion of Multi-System Physical Therapy, Principles of Practice V, and the matrix/systematic review paper, and welcome the new adventures that clinical rotations would bring. Of course, as future physical therapists the students care about public safety, which is why a party bus was rented to ensure safe travels for the Class of 2021 to and from the PPP.

Dr. Sue Perry has been kind enough to open her house to the graduating classes for one evening every year for the past 20+ years to celebrate the conclusion of their coursework. This has been a long-standing tradition, and perhaps the Perry Patio Party Bus will be too. The Class of 2018 started this tradition and the rest is history. At this time, the students from the Class of 2021 are spread out in various parts of the country conquering their final clinicals and will return to campus for graduation in December. There are many lessons, take-aways, and fond memories that we each carry from PT school and the PPP Bus will be one of the most memorable for all.

Gabrielle Corey, SPT '21

### Class of 2022

► The Class of 2022 has been through some stuff. It has been a year of isolation, marked by the abrupt halt the world took just as we began to think about starting our PT school careers. It has been a year of both stagnation and rapid change as we put our lives on hold to protect ourselves and our communities. It was also a year of Too Many Zoom Calls.

Despite the pandemic, the Class of 2022 has been hard at work, adapting to ever-changing circumstances and syllabi, and getting involved in events at Chatham and in the greater Pittsburgh area. Our class is well represented in the leadership of Go Baby Go and Graduates Go Green, and many of us have been as active with these groups as social distancing and travel restrictions would allow. In between fundraisers and community outreach events, the Class of 2022 took time for us this year, as hopefully everyone reading this has too, staying active physically and mentally, in our own socially distanced ways. With gyms and studios closing their doors, we had to find more creative solutions like yoga in Mellon Park or indulging in Netflix binges. Mostly the latter, if we're honest.

At time of writing, the Class of 2022 has just begun our first clinical rotations. For many of us this is a welcome break in the routine, which is a strange feeling to have when so many of our routines were totally erased last year. For all of us, it has been an exceptionally difficult time to start graduate school—as if there were an easy time to do that—but we have endured a lot this year, and so far we're still kicking.



Rowan Unger  
President, DPT Class of 2022

# Go Baby Go Update

Emma Stine, DPT '20 and Go Baby Go Club President

► While the 2020-2021 school year has presented Chatham's GoBabyGo! program with multiple challenges, we were still able to make it one of our best years yet! Since COVID derailed our typical methods of fundraising, we had to brainstorm alternative ways to continue bringing in funds. Instead of asking local businesses for donations, we created a Go Fund Me that we were able to share via text/e-mail, social media, etc. While we'd prefer to speak to our donors in person, this method did allow us to give everyone a better idea of what GBG entails by attaching photos and videos from previous events. We also received an incredibly generous donation from an anonymous donor. Finally, a family member of a child who previously received a car reached out to the club with hopes of fundraising through a nonprofit organization she's involved in, called "Need Knots." Through this organization, she was able to raise enough money for almost five cars! Thanks to all of our donors, we were able to put on our two largest events yet this year, providing ten kids with cars at each one!

With the recent addition of OT students, we wanted to focus on improving modifications and finding ways to better personalize the cars to each child's interests this year. For our spring event, we



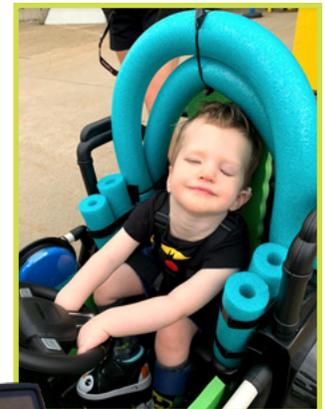
hand painted the hood of each car and added each child's name. A few of the cars had Elmo on the hood, while one was made to look like a police car for a little boy whose father is a police officer. In the summer, we used vinyl stickers, which allowed us to personalize the cars in a different, more efficient way.

Another improvement we made was the addition of Zoom sessions with each child and family before the event. This allowed us to get a better idea of each child's posture, stability, strength, etc., and helped guide us in deciding what we could do to ensure they would have the appropriate amount of support while riding around in the cars. We also got more creative with car modifications this year, using items such as garden kneeling pads, small pillows, etc.

With COVID in mind, our events were held outside in Eastside's parking lot instead of inside this year. We found that this actually works out better because it gives the kids more room to freely ride around and test out their new cars. As

members of GBG, we are all so grateful to be a part of this incredible organization that makes a positive impact in so many ways.

If you have any questions about the club or know someone who would benefit from receiving a car from GBG, please send an e-mail to [gobabygo@chatham.edu](mailto:gobabygo@chatham.edu)! If you would like to make a donation, please contact our faculty advisor, Dr. Schreiber, at [jschreiber@chatham.edu](mailto:jschreiber@chatham.edu).



# Collaboration Yields a Valuable Classroom Lesson

Sue Perry

► Many alumni will recall that the best part of the Neuromuscular class was when they were able to get off-campus and into the clinic. Reliable partnerships with Encompass Harmorville and Sewickley, West Penn Hospital, UPMC Mercy, and Lifecare Hospital, among others, enabled patient visits embedded into the classroom day-to-day. In the spring of 2021, however, the pandemic prevented these highlights from occurring.

Most fortunately, a collaboration with Carolyn Kiliany, PT, DPT '13, UPMC Mercy Hospital, permitted a live patient demonstration. Using Microsoft Teams (similar to ZOOM), Dr. Kiliany was able to virtually enter the classroom along with a patient with an acute stroke. After an interview and examination, students were able to suggest interventions in real time, which Dr. Kiliany and the patient then carried out. A helpful PT aide provided the camera work using an iPad. The students had recently learned the evidence and procedure for high-intensity gait training in acute stroke<sup>1,2</sup>. Dr. Kiliany had engaged in continuing education on the same. Thus, students

and therapist were both invested in using the PT session to have the patient take as many steps as possible **and** have him work at a high heart rate (70-85% MHR). Increasing heart rate during ambulation tasks after acute stroke can be challenging, and simple gait training with this patient had little effect. A student suggestion of backward walking for an extended distance yielded the highest heart rate result, reinforcing the evidence-based notions of variable, intense stepping tasks as a critical element of stroke gait recovery.

This is yet another example of the wonderful and sometimes unique contributions that Chatham PT alumni continue to make to the program!

## References

<sup>1</sup>Moore JL, Nordvik JE, Erichsen A. et al. Implementation of high-intensity stepping training during inpatient stroke rehabilitation improves functional outcomes. *Stroke*.2020;51:563-570.

<sup>2</sup><https://www.neuropt.org/practice-resources/anpt-clinical-practice-guidelines/locomotion/resources>

# Third-year Student Participates in Jewish Healthcare Foundation Patient Safety Fellowship



► Amelia Dick, a third-year PT student, participated in a 9-week patient safety fellowship from June 1-July 27, 2021 designed to educate fellows

from different backgrounds about ways to improve living situations for older adults.

*“Each week special guests ranging from Senators to Directors of Long Term Care (LTC) facilities shared their knowledge of ways to improve care for residents. Throughout the sessions, we learned about how aspects such as technology, design of homes, policy, and affordability impacted safety and quality for older adults residing at home or in nursing homes. Other fellows and I were able to work as a team to design a nursing home model that maximized safety and quality for seniors and supportive staff. At the end of the fellowship, we presented our ideal nursing home to the experts. This experience provided me with unique knowledge regarding the care of older adults outside of the physical therapy realm and has provided me with ways to advocate for future patients regarding their safety and quality of life.”*

# Service Learning

► As in many things, Service Learning had to take a dramatic shift due to the pandemic. Our community service partners, The Woodlands, Safety for Seniors and Three Rivers Adaptive Sports halted volunteer participation due to the health risk to the community. Chatham DPT developed new virtual opportunities through partnership with The Special Olympics of PA and with GIFT, an organization committed to reducing isolation of older adults in the community. The students developed creative ways to serve these organizations that exceeded the program requirements. The new partners were as impressed with the student contributions as the students were thrilled to be able to make a difference. In fall 2021 we hope to reengage with our historic partners while building our involvement with new partners.

## Clinical Education Update

Dr. Ann Williamson, [awilliamson@chatham.edu](mailto:awilliamson@chatham.edu)

► Similar to many healthcare training programs, our clinical education curriculum continues to experience cascading impacts from the COVID19 pandemic. However, we are delighted to report that Chatham students are still achieving performance benchmarks that meet or exceed the expectations of our program and our clinical partners. Furthermore, we have been able to ensure that our students gain experience across a variety of clinical settings and patient populations, despite reduction of clinical placement opportunities in some practice areas.

Many of our alumni serving as healthcare administrators, clinical coordinators, and clinical instructors continue to go above and beyond the call of duty to support clinical education for our students during these uniquely challenging times. Please accept my sincerest thank you on behalf of the CE team, our DPT program, and the University. Lastly, as 2022 approaches, we greatly appreciate your continued support, and hope that those of you who are able to do so will reach out to establish new clinical education opportunities for our students.

## Alumni Advisory Panel and Mentoring Program

► The Alumni Advisory Panel has expanded to 24 members this year and met over Zoom and in person on September 2, 2021. The primary purpose of this group is to guide us in providing an optimal educational experience for our current students so that they are well prepared to practice at a high level at the time of their graduation. In addition, this panel advises the faculty on current trends in physical therapy practice and provides guidance for any potential high-impact program initiatives or changes. This group meets formally once/year and also responds periodically to email inquiries. The program greatly benefits from the input provided by these individuals.

The alumni mentoring program (M2M) was created by this panel, and continues through



LinkedIn. The primary goal of the mentoring program is to support mutually beneficial professional relationships in which an experienced person (mentor) provides advice and support to another individual (mentee) to maximize professional growth, skills and knowledge. This program is mentee driven and collaborative, which allows flexibility within the mentor/mentee relationship. The relationship can be both long-term and short-term solution focused. The mentor and mentee will establish the length of the relationship, goals, communication methods and frequency of meetings based on their individual schedules. For more information, please to the Mentoring Program LinkedIn page at [www.linkedin.com/groups/12155606/](http://www.linkedin.com/groups/12155606/)

## Stay connected

**Have you earned a PT related certification? Started a new niche practice? Have an interesting practice related story to share with your Chatham colleagues? No accomplishment is too small—we want to hear about it!! Please contact Missy Criss at [mcriss1@chatham.edu](mailto:mcriss1@chatham.edu) with your exciting information to be included on the web page, Facebook, and future newsletters!**

Stay connected and get involved with the Office of Alumni Relations! We offer numerous volunteer and networking opportunities as well as alumni receptions at professional conferences and exclusive events at local Pittsburgh attractions. Interested? Please send us an e-mail at [alumni@chatham.edu](mailto:alumni@chatham.edu) or visit us at [chatham.edu/alumni](http://chatham.edu/alumni). Stay connected with the Alumni Association via Facebook.