

## From the (New) Director



► It's been a very interesting year in this new role as program director. On one hand it's certainly been a challenge to learn the different aspects of the job (budgeting – ugh!), and to follow in Dr. Downey's footsteps and strive to maintain the high standards that she established. On the other hand I consider myself very fortunate to have her as a supervisor and Dean of the School of Health Sciences, and I have benefitted greatly from her guidance and support this past year. My job is also much easier than it could be because of

the excellent faculty, students, and alumni who make up our Chatham physical therapy community. So on balance, despite the challenges I am very pleased to have the privilege to lead the program and our community as we build on past successes and look forward to exciting new opportunities and challenges. This alumni newsletter is a way for us to share and celebrate our successes and to invite you to participate in meeting the challenges and taking advantage of the opportunities that will continue and sustain the excellence that is part of the DNA of the Chatham physical therapy program.

Some of the successes you'll read about include exceptional current and incoming students, graduate awards from the class of 2014, alumni who have attained ABPTS specialist certification, two new faculty members, faculty promotions, faculty scholarship, a great alumni reception at CSM in Indianapolis, another fabulous Perry Patio Party, international travel for faculty and students, and expanding service and service learning opportunities for students. Some challenges and opportunities that we'd love your input and feedback on include the difficulty with fitting the continuously expanding physical therapy knowledge base into the limited amount of time in an entry level curriculum, the high cost of tuition and the challenge of substantial student loans, the limited number of clinical education sites, the ongoing need for evidence to support the work that we all do, and the ever-changing health care system in the United States.

Please read on! If you have news that you would like to share with our Chatham PT community, or if you have any comments about our successes, challenges, and opportunities, please send them my way (jschreiber@chatham.edu). We love to stay in touch with all of you!

My best to you all,

## From the Dean



► The School of Health Sciences' inaugural year is winding down. Last July the physical therapy program joined with graduate programs in occupational therapy, nursing, physician assistant studies, and psychology, along with undergraduate programs in exercise science and integrative health studies, to form the new School.

The past year has been a busy and exciting one for the School of Health Sciences. For the first time we will be providing guaranteed admission into the graduate health science programs to a select group of highly qualified undergraduate students. In relation to this, we developed new interdisciplinary undergraduate degrees in health science with concentrations in biology, exercise science and psychology. Other new programs that have started include: a master's degree in nursing for an international cohort from the Shanghai University of Medicine & Health Sciences, a healthcare and business management bachelor's degree and an infant toddler development bachelor's degree. The School is currently developing an interdisciplinary master's degree in clinical informatics and is in collaboration with the Falk School of Sustainability to develop a global health and sustainability master's degree.

My best to you all,

# FACULTY SPOTLIGHT

## New Faculty

### Michelle (Missy) Criss, PT, DPT GCS



► Missy joined the faculty full-time in January 2015, after serving as both adjunct and part-time faculty since 2010. Currently, she is a doctoral student

at Nova Southeastern University pursuing a PhD in Physical Therapy. Dr. Criss' teaching responsibilities will include wound care, motor control and motor learning, modalities and therapeutic exercise, as well as PBL facilitation throughout the program. Missy has practiced in the skilled nursing environment for 20 years and has additional experience in home health, inpatient rehabilitation, and adult day programming. She is an active professional, previously serving the Academy of Geriatric Physical Therapy as Chair of the

Regional Course Committee, Nominating Committee Chair, and currently serving as a Program Committee and GeriEDGE Task Force member; previously serving the PA Physical Therapy Association as alternate and delegate to the APTA House of Delegates, on the Practice Committee, and currently serving on the Membership Committee; and has also served the APTA as an item writer for the Specialization Academy of Content Experts of the American Board of Physical Therapy Specialties. Missy is proud to have developed the recently ABPTRFE-accredited UPMC Centers for Rehab Services Geriatric Physical Therapy Residency program in which she continues to serve as a faculty member and mentor. In addition to teaching, Missy continues to work prn in skilled nursing and spends time with her husband shuttling their two girls to their many activities!

### Sarah Jameson, PT, DPT '11



► Sarah Jameson joined the Chatham University Doctor of Physical Therapy program as an assistant professor in August 2014. She received her Bachelor of Physical Therapy degree from the University of Pittsburgh in 1980 and subsequently a master's in the

LEAD Health Tract in 1987. With a strong interest and clinical experience working with the old-old population, Sarah first became a Geriatric Clinical Specialist in 2000 and recertified again in 2010. She also earned her Doctor of Physical Therapy degree from Chatham University in 2011.

As part of the full-time faculty, Sarah is responsible for the Principles of Practice thread in the DPT curriculum, where she shares her love for the art of physical therapy with students. When not teaching, she continues to see patients in the home setting. She also enjoys reading, cooking and is looking forward to home renovations as she and her husband move to Shadyside this summer.



## Faculty International Travel

► This past April, Dr. Schreiber traveled to the World Physical Therapy Conference in Singapore as a representative of the Section on Pediatrics of the APTA. This 4-day conference brought together physical therapists from all over the world for networking, sharing research, and participating in world class continuing education sessions.

► Dr. Steve Karas has recently accepted a one-year visiting professor position at Queensland University in Australia. This is a great opportunity to learn about and participate in physical therapy education in Australia, as well as to build collaborative networks for research. Dr. Karas is also looking forward to spreading his Pittsburgh accent across the globe.

# FACULTY PUBLICATIONS, PRESENTATIONS, AND AWARDS

## PUBLICATIONS

Donkers K, **Bednarek M**, **Downey P**, Ennulat C. Implementation of simulation-based learning in a physician assistant curriculum. *Journal of Allied Health*. In press.

**Bednarek M**, **Downey P**, **Williamson A**, Ennulat C. The use of human simulation to teach acute care skills in a cardiopulmonary course: A case report. *Journal of Physical Therapy Education*. 2014; 28 (3): 27-34.

**Karas S**, Pannone A. T4 Syndrome: A Historic Regional Interdependence Model. *SportEX Medicine*, October 2014, 62, 8.

**Schreiber J**, Marchetti G, Racocot B, Kaminski E. Knowledge Translation Program in an Outpatient Pediatric Clinic. 2015. *Physical Therapy*. 95 (4); 613-629

**Perry SB**, Zeleznik H, Breisinger TP. Supporting evidence-based behavior change in neurologic physical therapists: a case study in knowledge translation. *Journal of Neurologic Physical Therapy*. 2014;38:134-143.

**Schreiber J**, **Perry S**, **Downey P**, **Williamson A**. Facilitating Knowledge Translation through Innovative Continuing Education. Accepted for publication in December 2015 (*Journal of Physical Therapy Education*)

## PRESENTATIONS

Eng J, **Bednarek M**, **Woollard J**. "Overcoming Inertia in the Homebound Elderly: An Evidence-Based Program". Educational Session at APTA Combined Sections Meeting. Indianapolis, IN; February 2015

Wells C, **Bednarek M**. "Where Do I Begin When Treating the Medically Complex Patient?" Invited Preconference Course at APTA Combined Sections Meeting. Indianapolis, IN; February 2015

Brence J, **Karas S**, Wetzal A. The Effect Of Spinal Mobilization on Pain Pressure Thresholds: A Review of the Literature. The American Academy of Orthopedic Manual Physical Therapists. San Antonio, TX, 2014.

**Karas S**, Sawhney R. Clinical Reasoning in a Patient with Left Shoulder and Cervical Spine Pain. The American Academy of Orthopedic Manual Physical Therapists. San Antonio, TX, 2014.

Lusardi M, Fritz S, Middleton A, Allison L, Wingood M, **Criss M**, Ochs E. GeriEDGE Fall Risk Assessment and Outcome Measures. Education Session, APTA Combined Sections Meeting (Indianapolis, IN), February, 2015

Romney W, Salbach N, **Perry SB**, Deutsch J. Evidence based practice confidence upon entry to physical therapy school is related to previous research-related experience. Poster Presentation: World Confederation of Physical Therapy Congress, Singapore, May 2015

**Williamson A.**, Jimenez J. M., Jimenez J. C. "Opportunities and Challenges in Clinical Education across Neurologic Practice Settings". Combined Sections Meeting (Indianapolis) February 2015.

Poster Presentation: "Variability of Vestibular Rehabilitation Outcomes Based on Patient's Perceptions of Symptoms and Functional Limitations" Carender W, Sabourin P, **Schreiber J**, Marchetti G, Alsalaheen B. Combined Sections Meeting of the American Physical Therapy Association. February 2014

Pediatric Obesity Part II: Clinical Care Models and Education Curricula. Blanton S, Brown K, York S, Resnik C, Shah D, and **Schreiber J**. Combined Sections Meeting of the American Physical Therapy Association. February 2014

Connolly B, Mulligan H, Elbasan B, Van Schie P, **Schreiber J**. Global perspective on best practices in paediatric evaluation tools and interventions. World Congress of Physical Therapy. May 2015

## AWARDS

**Karas, S:** American Academy of Orthopedic Manual Physical Therapy: Platform Presentation Award, 2014

## PROMOTIONS

**Dr. Sue Perry** and **Dr. Joe Schreiber** were both promoted to full professor during the 2014-2015 academic year.

## ALUMNI SPOTLIGHT

### Michael Ricchiuto, MPT '01, EMT-P



Since 2007 Michael Ricchiuto has owned Physical Therapy Now LLC, an outpatient physical therapy clinic. The focus of his practice is on providing one-on-one individualized and specialized physical therapy care to those who are injured and ill. Michael has embraced wellness as a focal point for integrating physical therapy services to meet the physical and mental demands of the injured patient in today's

healthcare environment. In his practice, Michael has emphasized the importance of a comprehensive analysis of a patient's life, along with direct time spent with the patient, to help these individuals to achieve their goals. Michael continues to achieve excellence in rehabilitation while implementing the latest and most effective physical therapy techniques.

### Jeffrey S. Rothman, DPT '02, OCS



Jeffrey S. Rothman graduated from West Virginia University with a BS in Exercise Physiology in 1999. He then returned to his hometown of Pittsburgh to complete his Doctor of Physical Therapy degree at Chatham. Jeffrey was board certified as an Orthopedic Clinical Specialist through the American Physical Therapy Association in 2008.

Clinically, Jeffrey remains active within the inpatient acute care/intensive care, hospital outpatient and orthopedic rehabilitation as a staff physical therapist at UPMC Shadyside, and currently as a facility director of a corporate/university outpatient Centers for Rehab Services office in Squirrel Hill.

Jeffrey is also a laboratory assistant in the Musculoskeletal Curriculum and applicant interviewer for prospective graduate student at Chatham. He has received certification through the APTA as an Advanced Credentialed Clinical Instructor of students. He also regularly provides community outreach for local community centers and public libraries on health care and physical therapy topics of health and wellness. Moreover, he remains a steadfast member and leader within the Pennsylvania Physical Therapy Association at the district and chapter level in various capacities, serving multiple terms as director of the Southwest District and currently as nominating committee chair and webmaster.

In his free time, Jeffrey is an avid traveler, runner, big band jazz musician, and enthusiastic lover of food, craft beer, and cheering on his alma mater!

### Pan Zhang, DPT '09



Upon graduation from Chatham's DPT program in 2009, Pan Zhang started her clinical practice at an outpatient facility that specialized in workers compensation. During that time, she became a certified manual therapist through the Manual Therapy Institute, and went on to obtain her FAAOMPT in 2013. She now works as a clinic director at Keystone Physical Therapy at the Waterfront clinic. Her treatment focuses on orthopedic

outpatient physical therapy, emphasizing individualized treatment programs to target the "cause of the cause" of patient's dysfunctions. She also is the CCCE for the North and South Pittsburgh markets for Keystone Physical therapy, and is an adjunct faculty at the University of Pittsburgh for the Musculoskeletal course.

In her spare time, she enjoys exploring Pittsburgh and spending time with family, friends, and her new puppy. She also teaches and performs aerial silks with the Pittsburgh Dance Center in Bloomfield.

### Jessica Zink, DPT '07



Jessica Zink earned her Doctor of Physical Therapy from Chatham University in 2007. After graduation she worked at UPMC Southside Hospital as a float PT, primarily covering inpatient rehab and acute care. After Southside merged with UPMC Mercy, Jessica became a staff physical therapist in the General Rehabilitation unit of UPMC Mercy Hospital. In 2010 she moved to Gifhorn, Germany with her husband and infant

daughter, where she was made to jump through an unforeseen amount of hoops to have her education recognized, a process prolonged by the birth of her second child. She has worked in acute care as well as a geriatric rehabilitation unit in the local regional hospital in Gifhorn, and has recently transitioned to outpatient practice. In Germany, physical therapists are not able to diagnose, have to treat according to MD instruction, and direct access is a far off dream. In outpatient practice new grads are only allowed to bill for therapeutic exercise, and any other billable services require extra continuing education, many being in excess of two weeks, and a certificate of completion. Jessica recently completed her certification in Manual Lymph Drainage and is currently working on her certificate for treatment of CNS dysfunction. Jessica credits Chatham for teaching her professionalism and adaptability and for giving her the tools to succeed in any setting, in any country.

# STUDENT SPOTLIGHT

## Final Systematic Review Presentations, Class of 2015

Group Members	Title
Brittany Bauman Anne Keller Ashley McKinney Jennifer Mullen	What is the effect of exercise on depression and quality of life in individuals with chronic stroke?
Jenna L Kukla Sarah A Miller Kelsey L Olinski Abby L Watson	Mechanical lumbar traction: the effects and recommended application of treatment for patients with low back pain
Albert Pannone	T4 Syndrome
Megan Krueger Lauren Stacko Ally Evans David Bennett	Impact of Prevention Programs on Anterior Cruciate Ligament Injuries: A Systematic Review
Diana Willy Ryan Wettstein Chris Herren Kevin Gorder	Predicting factors for community reintegration in adults following acute traumatic brain injury: A systematic review
Allison Evans Robert Garner Rebekah Gilbert Brittany Lowe Lauren Stacko Abby Watson	Ecuador: An international service experience
John Buczkowski Dean Grabigel Jeff Homer Michael Zolotnitsky	The Effectiveness of Physical Therapy Interventions for Acute Cervical Injuries: A Systematic Review
Amanda Frank Robert Garner Kelly Greenway Laura Oniboni	Effectiveness of Physical Therapy, Taping, and Bracing in Chronic Ankle Sprains: a Systematic Review

Group Members	Title
Brian Campbell Rebekah Gilbert Erik Simpson Julie Stutzbach	The impact of aerobic exercise and resistance exercise on fatigue and quality of life for breast cancer survivors during and after radiation and chemotherapy
Kayla Cominsky Jaime Connolly Ian Lonich Tamara Veneski	Effects of Treadmill or Robotic Training Versus Over Ground Training in Gait Following Stroke: A Systematic Review
Brittany Lowe Jessica Papale Steven Shutt Adam DeMatteo	The Effectiveness of Exercise on the Quality of Life in Elderly Patients with Chronic Obstructive Pulmonary Disease: A Systematic Review.



## STUDENT SPOTLIGHT

### Class of 2015

► The Chatham University DPT Class of 2015 includes 37 aspiring physical therapists. This group just completed their final on-campus semester as the curriculum changed this year to group all of the final clinical education experiences together. The class will return to campus for one final week in December to debrief about clinical, provide detailed feedback about the program, participate in a licensure preparation course, and present their final systematic review/ matrix project information. Perhaps most importantly, at the end of that time on campus the group will graduate and move on to the next phase of the profession- passing the licensure exam and finding a great first job. The picture of the group is from the Perry Patio Party at the end of May.



### Class of 2016

► The Chatham University DPT Class of 2016 is an intelligent cohort of 41 aspiring physical therapists. The class is composed of 31 women and 10 men who enjoy participating in collegiate intramural sports and staying active together when not in class. For the past two months, the class has been practicing their professional communication and ethical techniques as well as honing their orthopedic clinical skills in preparation for their first clinical experience in July. The majority of the students will be staying in the Pittsburgh area but some will be traveling to Ohio, West Virginia, Maryland and Texas to complete their clinical experiences.



Kathleen Shroyer, DPT, CBIS

### 2015 Physical Therapy Program Awards

#### Potential for Professional Excellence Award

Albert Pannone

#### Potential for Professional Excellence Award

Adam DeMatteo

#### Peer Recognition Award

Albert Pannone

#### Faculty Commendation

Jennifer Mullen

#### Clinician-Educator Award

Kathleen Shroyer, DPT, CBIS

#### Award for Institutional Support

Western Pennsylvania School for Blind Children

Amanda Gallagher, DPT, from the Western Pennsylvania School for Blind Children



### Class of 2017

► In late August of this year, Chatham University will welcome the DPT Class of 2017. We have 40 incoming students: 29 women and 11 men. The students come from California, Illinois, Indiana, Maryland, Ohio, and Pennsylvania. Some of the undergraduate universities represented in this class include: Chatham, Penn State, Pitt, Elon, Lock Haven, Ohio State, and the University of Southern California. We look forward to welcoming this new group of students into the Chatham community.

# PT and OT Students Travel to Ecuador

► In August of 2014, six Chatham University PT students and six OT students traveled to Ecuador for ten days for an international service experience. The PT students included Allison Evans, Rob Gardner, Rebekah Gilbert, Brittany Lowe, Lauren Stacko and Abby Watson. In addition to the students, Dr. Schreiber and OT faculty member Ms. Amy Mattila participated in the experience.

The students provided a variety of services to children and adults through the CRECER clinic ([crecerecuador.wix.com/crecer](http://crecerecuador.wix.com/crecer)). This clinic provides rehabilitation services at no cost to children and adults in the Ibarra, Ecuador community. The director, Elaine Keane, opened CRECER in 2013 and our visit was the first time that the clinic was able to provide some physical therapy services to the clients.



In addition to the work at CRECER, the group also enjoyed the spectacular scenery and the opportunities to visit a variety of beautiful places in Ecuador. One highlight was being able to stand on the actual equator, which was about an hour drive from Ibarra.

Later this summer, another group of six PT students will travel to Ecuador for a similar experience. Along with Dr. Perry, the students include Ellen Dilts, Elizabeth Mercado, Heeral Vyas, Mackenzie Bowman, Emily Ward, and Laura Thompson.



## Grand Rounds

► Chatham University's Physical Therapy Grand Rounds Series continues every term on the Shadyside Campus. Refreshments begin at 7:00 am and the presentation runs from 7:30-8:30 a.m. CEU's are presented to all those clinicians in attendance. Our alumni and clinical instructors are especially welcome.

This past year's Grand Rounds began with Dr. Raj Sawhney who presented a case involving differential diagnosis of left shoulder pain in a physician. Dr.

Sawhney is an adjunct professor here at Chatham and co-owner of Allegheny and Chesapeake PT. We also welcomed Dr. Tricia Keen who discussed wellness in a pediatric school setting and types of strategies she uses to maximize function in this population. Tricia is currently a PT with the City of Pittsburgh schools. Finally, Dr. Colin Gundling presented a case study on an endurance athlete and offered his approach to treating this unique population. Colin is a PT with Allegheny Chesapeake,

and recently received his OCS.

Future Grand Rounds presentations will be offered October 22 when we welcome Becky Mehan to discuss wellness in the geriatric population. Tentative months for 2016 are March, June, and October. Please be sure you are on our mailing list or check the Chatham announcement page.

## CLINICAL CORNER UPDATE

# Rotator Cuff Repair

Jason Woolard, Ph.D, MPT, assistant professor

► High levels of patient-reported satisfaction, functional improvements and pain relief have been reported following surgical repair for rotator cuff tears (1). Therefore, rotator cuff repair is considered an effective intervention to improve shoulder pain and function in individuals with cuff tears. However, many individuals who have a rotator cuff tear are asymptomatic and unaware of the presence of a cuff tear in their shoulder(2)(3). Those who have surgery for a torn cuff and then re-tear their cuff following surgery tend to have patient-reported outcomes that are very similar to those who have surgical repair and an intact cuff following surgery (4). Finally, the severity of a cuff tear does not correlate with patient-reported pain levels (5).

Given that the presence and severity of a cuff tear does not correlate with patient-reported pain levels, and many individuals with cuff tears are asymptomatic, is it truly the cuff tear that is causing the individual's shoulder pain? Perhaps conservative care that includes physical therapy can be as effective as surgery.

Recently, a large prospective cohort study and a randomized controlled trial were conducted to determine the effectiveness of physical therapy in improving pain and self-reported function in individuals with atraumatic, full-thickness rotator cuff tears (6)(7). In the cohort study by Kuhn et al (6), 75% of patients with a full-thickness tear did not elect to have surgery during a 2-year long follow-up period. Of those who had surgery, a majority chose to have surgery within 12 weeks of their initial visit to the orthopedic surgeon. Those who continued physical therapy for their shoulder

had American Shoulder and Elbow Surgeon scores (ASES) of 54, 78, and 84 at baseline, six weeks and 12 weeks respectively, indicating substantial improvements in pain and function.

Moosmayer et al (7), completed a randomized trial that allocated individuals with full-thickness rotator cuff tears of less than 3cm to either physical therapy or surgical repair. For the group allocated to physical therapy, the average ASES scores were 48, 75, 84, and 88 at baseline, six months, one year, and two years respectively. The surgical group averaged between five to ten points better on the ASES scores over those time points. With regards to pain, the therapy group had VAS pain levels of 5.3, 2.7 and 1.6 at baseline, 6 months and 1 year time points. The surgical group averaged about 1cm less on the VAS at these same time points. So, while the surgical group had outcomes that were slightly superior to the physical therapy group, both groups showed significant improvements over time and those treated conservatively with therapy had large improvements in function and pain. Similar to the findings of Kuhn et al, about 25% of those assigned to the non-operative physical therapy group chose to have rotator cuff repair.

The results of these two studies provide evidence that non-operative physical therapy management of full thickness cuff tears is an effective treatment option in about ¾ of these individuals. Patients need to be made aware of likely outcomes following surgical and non-surgical interventions for rotator cuff tears so that they can make the best decisions about their care.



1. Millett PJ, Warth RJ, Dornan GJ, Lee JT, Spiegl UJ. Clinical and structural outcomes after arthroscopic single-row versus double-row rotator cuff repair: a systematic review and meta-analysis of level I randomized clinical trials. *J Shoulder Elbow Surg.* 2014 Apr;23(4):586-97.
2. Keener J. Rehabilitation Following Arthroscopic Rotator Cuff Repair: A Prospective, Randomized Trial. *J Shoulder Elbow Surg.* 2013;22(4):e29.
3. Yamamoto A, Takagishi K, Kobayashi T, Shitara H, Osawa T. Factors involved in the presence of symptoms associated with rotator cuff tears: a comparison of asymptomatic and symptomatic rotator cuff tears in the general population. *J Shoulder Elbow Surg.* 2011 Oct;20(7):1133-7.
4. Slabaugh M. Does the Literature Confirm Superior Clinical Results in Radiographically Healed Rotator Cuffs After Rotator Cuff Repair? *Arthrosc J Arthrosc Relat Surg.* 2010;26(3):393-403.
5. Dunn WR, Kuhn JE, Sanders R, Qi A, Baumgarten KM. Symptoms of Pain Do Not Correlate with Rotator Cuff Tear Severity *J Bone Jt Surg Am.* 2014; 96(10):793-800.
6. Kuhn JE, Dunn WR, Sanders R, An Q, Baumgarten KM, Bishop JY, et al. Effectiveness of physical therapy in treating atraumatic full-thickness rotator cuff tears: a multicenter prospective cohort study. *J Shoulder Elbow Surg.* 2013 Oct;22(10):1371-9.
7. Moosmayer S. Tendon repair compared with physiotherapy in the treatment of rotator cuff tears: a randomized controlled study in 103 cases with a five-year followup - *J Bone Jt Surg Am.* 2014;96(18):1504-14.



## CLINICAL CORNER UPDATE

# Growing Numbers of Clients Over 90

Sarah Jameson, PT, DPT

► Geriatric practitioners have long noted the increase in numbers of patients over 90 years old. Analysis of the 2000 and 2010 censuses reveals a marked increase in the number of both women and men in the 90-99 year old cohort. Even though women still outnumber men by a large margin, the cohort of men has grown faster than the number of women.

In the cohorts of men and women in the 90-94 year range the percentage of men increased by 50.3% compared to an increase in women by 23.3%. In the cohorts of men and women in the 95 - 99 year range the percentage of men increased by 41.6% compared to a 26.4% increase in the number of women.

		2000	2010	Change
Men	90-94	282,325 (25.3%)	424,387 (29.3%)	+ 50.3%
Women		830,206 (74.6%)	1,023,979 (70.7%)	+ 23.3%
Total		1,112,531	1,448,366	+ 30.2%
Men	95-99	58,115 (20.2%)	82,263 (22.1%)	+ 41.6%
Women		228,669 (79.8%)	288,981 (77.8%)	+ 26.4%
Total		286,784	371,244	+ 29.5%

Epidemiologists have not been able to give a definitive answer for the accelerated increase in the number of men in the “old-old” age range of 90-99 years. Heart disease has long been thought to explain the difference in longevity between men and women. Changes in CHD management might partially explain the numbers. Decreases in smoking are attributed as a factor for increased longevity in both groups and, as historically more men smoked than women, the change would have a greater effect on the male population numbers. Conversely the exposure of women to workplace stress may level off some of the previous longevity advantage that women have enjoyed.

Regardless of the cause, clinicians will continue to see more patients of 90 years old and older. This group of clients presents unique rehab challenges. Historically medical research has excluded this group as they were few in number and likely to have comorbidities. Newer studies are looking at function and rehab outcomes with results stratified by age including the oldest adults. As the body of evidence grows we can look forward to new insights into optimal care for men and women 90 years old and older.



Chui K., Lusardi M. Spacial and temporal; parameters of self-selected and fast speeds in healthy community dwelling adults aged 72-98 years. J G Phys Ther. 2010;33(4):173-183.

Medley A. Thompson M. Contribution of age and balance confidence to functional mobility test performance: Diagnostic accuracy al L Test and normal paced Timed Up and Go. J G Phys Ther.2015;38(1):8-16.

Sions JM. Et al. Age and stroke related skeletal muscle change: a review for the geriatric clinician. J G Phys Ther.2012;35(3)155-161.

Fabre J M.et al. Age related deterioration in flexibility is associated with deterioration of health-related quality of life in nonagenarians. J G Phys Ther.2007;30(1):16-22.

## Clinical Specialists

**Congratulations to these Chatham alumni and newly certified clinical specialists!**

- Katie Abebe, DPT '11, OCS
- Tricia Patsilevas, DPT '11, OCS
- Claire Kopko, DPT '12, OCS
- Greg Vojcsik, DPT '10, NCS
- Jocelyn Vojcsik, DPT '10, NCS

## New Fellowship Created

► We are very pleased to announce that Barbara Whiteside Schilling '50 and Dr. Richard Schilling have established the Dr. Richard Schilling and Barbara Whiteside Schilling Doctor of Physical Therapy Fellowship at Chatham University. This fund will award \$10,000 per year to one eligible student during each of the next seven years. The first fellowship will be awarded in the spring semester of the 2015-16 academic year.

The Schillings established this fellowship to honor individuals who completed undergraduate studies at Chatham University and then continued at Chatham for their graduate education. Ideally this assistance will enable the fellowship recipient to concentrate on his or her studies rather than finances. The Schillings also fund the Barbara Whiteside Schilling '50 Scholarship Fund, the Dr. Richard J. Schilling and Barbara Whiteside Schilling Physician Assistant Fellowship, and the Dr. Richard J. Schilling and Barbara Whiteside Schilling Pathways to Nursing Scholarship. Chatham is truly grateful for their outstanding generosity.

## PT Fund Continues to Grow

► As you may remember, last year 22 alumni jump-started the PT fund by becoming "Leadership Donors." Thanks to their generosity and that of other donors over the years, the fund is now endowed at over \$33,600. This fund will be used exclusively for current students to support participation in educational and leadership opportunities. This upcoming year will be the first year that we are able to use funds from the endowment as a match for student fundraising efforts to support attendance at a national physical therapy conference. 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 <https://www.chatham.edu/giving/gift/?fund=pt> or by sending a check made out to Chatham University PT Fund to Chatham University, Dr. Joe Schreiber, Woodland Road, Pittsburgh, PA 15221. Thank you very much.

## ALUMNI EVENTS



► Chatham faculty, students, and alumni came together for a reception at the APTA Combined Sections Meeting in Indianapolis in February. We met at a local restaurant on Thursday afternoon, February 5, just after the conclusion of the continuing education sessions for the day. We're looking forward to a similar reception next year at CSM in Anaheim - hope to see you there!

► The Class of 2000 will be coming together for a 15 year reunion celebration on Saturday, August 22 at 6:00 p.m. in the Kresge Atrium in the Science Complex at Chatham. Contact the program for more details, call 412-365-1409.

► Plans are in the works for a 20-year anniversary celebration; the tentative date is Friday, June 17, 2016. This will include continuing education opportunities and an anniversary dinner. Keep an eye out for more details on the Chatham PT program webpage, and for e-mails from the program and from Alumni Affairs.

**Do you have professional news? Are you interested in accessing the online directory? In order to get the most up to date information from your alma mater, please be sure to keep your contact information updated with the Office of Alumni Relations.**

Keep in touch with Chatham and your classmates by visiting [chatham.edu/alumni](http://chatham.edu/alumni). There you can become a member of the alumni directory, view and share classnotes, as well as register and pay for events online! Contact [alumni@chatham.edu](mailto:alumni@chatham.edu) for your unique ID needed to login!