

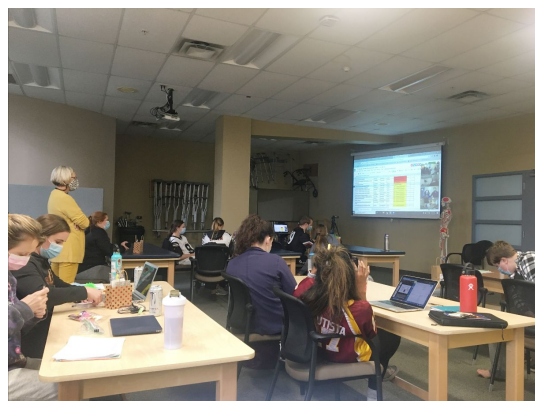


SCHOOL OF
HEALTH SCIENCES
MOUNT ST. JOSEPH UNIVERSITY
PHYSICAL THERAPY

Mount St. Joseph University

Department of Physical Therapy

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Clinical Education Update

By Dr. Jamie Bayliss, PT, MPT, DHSc

Assistant Professor and Director of Clinical Education

Physical therapy clinical education has experienced quite a whirlwind these past few months; with students removed from clinical sites due to the COVID-19 pandemic; as a result of limited personal protective equipment; the unknown of how to protect from the virus; and ongoing changes in staffing and census at healthcare facilities. The state of clinical education was precarious at best, leaving many with uncertainties about when clinical education would resume. Similarly, as a result of delayed face-to-face curricular labs/courses from spring and early summer semesters, the 2021 and 2022 cohorts were unable to participate in clinical experiences this summer.

After nearly four and a half months and with an overwhelming eagerness to begin their clinical education journey, the 2021 cohort began their terminal clinical experiences on August 10, 2020. With a refresher on how to don and doff PPE, masks in hand (and frequently on their faces) as well as education about the virus, the students embarked on this adventure that will carry them through graduation.

Over the next nine and a half months, our students will positively impact the lives of individuals seeking care in specialized populations (vestibular dysfunction, lymphedema, oncology, pediatrics, etc.). They will assist and encourage injured workers to overcome physical impairments as they prepare to return to work. They will collaborate with various healthcare professionals to enhance the quality of life and functional mobility of older adults. They will

empower patients to advocate for their own needs and take control of their future. And they will accomplish all of these great things as they push themselves outside of their comfort zones, take initiative to seek out learning opportunities and develop meaningful relationships with patients and clinical instructors. We are grateful for all of our student opportunities, especially for those who are afforded an opportunity to experience geographical healthcare differences across the country – Utah, Tennessee, Florida, Michigan, and Oregon to name a few.

It is with sincere gratitude that we acknowledge our clinical partners! We would like to thank all of our clinical partners for your continued dedication to the program and our students. As a clinical educator, your commitment to our students has an immeasurable influence on their development and shapes the future of the profession – especially during times of crisis! It would be impossible for our program to graduate competent and compassionate entry-level clinicians without the role models and mentors they have in our clinical facilities and instructors.

Our faculty are grateful for the clinical partnerships we have and the dedicated clinicians. While we appreciate the close relationships with our affiliates, we welcome new partnerships and opportunities for our students! If you would like to learn more about our academic program, clinical education curriculum, or are interested in working with the program and our students, please contact Jamie Bayliss at jamie.bayliss@msj.edu.



Living, Learning, Coping during Covid-19
—from the perspective of our students

By Allison Amodeo, Class of 2021

At the beginning of the online transition, the entire routine I made for myself over the past several semesters was shattered. I was used to going to class M-F, seeing all of my friends and classmates, and exploring downtown Cincinnati on the weekends. It was frustrating being restricted to home, staring at a screen for class, frantically checking emails for updates, and adjusting to yet another class schedule. However, our professors kept us current and encouraged throughout the whole epidemic. They provided us with ideas and suggestions to create healthy routines for ourselves. They even gave opportunities to just stay in touch with them to stay connected. All of them expressed understanding of our frustration due to the shift from what was once normal, and they guided us through it all. I am very thankful and proud of the way our professors handled the situation.

Eventually, I created ways for myself to adapt and cope to the new normal. I stayed within Cincinnati to continue working despite being ~2 hours from the closest family. Therefore, FaceTiming and calling family and friends each and every week was crucial to help me stay connected. Furthermore, this helped the transition to clinicals away from friends as I continue to Facetime with my two classmates/girlfriends each week. We even created a group text and Snapchat group for us to maintain support for each other.

Additionally, I found ways to continue counseling with my awesome MSJ counselor for my anxiety and depression online. We were able to do a version of “FaceTime” through a Tao program. This helped me to communicate my anxieties and continue practicing mindfulness to navigate stressors. Part of my coping included meditating, cooking, baking bread, hanging with my boyfriend, and cuddling more with my guinea pigs, Eleanor and Bernadette. Overall, I believe creating my own support system, maintaining good



mental health, and establishing personal routines or hobbies were the most beneficial for me to adapt to the chaos of this pandemic and online transition.

By Kaitlin Evans & Ripley Stevens, Class of 2022

Spring of 2020 was a memorable time for most people. The world was shutting down all of a sudden, and people were being told that they should stay inside, stay away from their friends, classmates, and family. It was scary, more than anything else, and the uncertainty of the class of 2022 was palpable. We'd come very close to finishing the first year of the three most rigorous years of our lives, and suddenly, our futures hung in midair. Classes became virtual and no hands-on labs were permitted. The APTA released a statement that in-person labs were necessary in order for a program to allow the students within it to take the NPTE. With the future uncertain, not knowing where our education would go or how long that it may be delayed, this announcement only added to the stress of an unknown situation. But despite all of the stress and anxiety, the faculty of the MSJ DPT program weren't going to let us hang in limbo, at least not by ourselves. Among the first of the communications from the faculty was a promise that we would be updated as soon as possible, and worked with when it came to making sure that our education wouldn't suffer in the coming months. And it didn't.

Not to say that the months following weren't hard, but no matter what, through it all, the faculty of the DPT program at MSJ have been attentive and focused, making sure that our cohort, as well as the others, were kept on the right track. Faculty members offered their extra time between countless recorded lectures and voice over PowerPoint slides. They have ended each email with a reminder to reach out if there were any problems or gaps in our understanding of the material- not to say they weren't before this, but with the new barriers to communication, every reminder was a reassurance. 'We're still here', it said, and we appreciated it every time. Finally, the time came where we were able to be together, on a limited basis, covered in masks and in rooms scented with hand sanitizer. All lab material that we hadn't been able to learn hands-on was on the schedule to be made up. Considering that we'd learned the details of this material some months ago and hadn't had any opportunity to practice, and

given the high expectations of finishing it all in three short weeks, there wasn't much spare hope going into it all. However, from the moment we stepped back into those classrooms, there was a distinct feeling of it being 'nice to be back'. They say some of the best leaders do so by example, and that was certainly shown here. In a global health crisis, our faculty demonstrated their professionalism and bravery as healthcare providers- as physical therapists- for us, the next generation.

As far as everything outside of classes, it was certainly easy to feel alone during this pandemic. However, our cohort remained in contact through texts, group messages, and through virtual get-togethers. Even though we couldn't meet face to face, just seeing each other made a difference, making it that much easier to keep our heads above the water. We were all in it together, after all, and we still are. As we've gone through this event, the support we've offered and received from one another has been instrumental in making sure we all get out of the fire not only alive, but thriving. No one gets left behind. Physical therapy is an ever-changing field. We're constantly learning new things and adapting our practice to the stresses and roadblocks placed before it. While this pandemic hasn't been fun or easy, it shows how essential the ability to learn and grow is, not only as students, but after we graduate. Even as difficulties have arisen, with the help of our faculty and peers, we have learned to adapt to pressures as professionals need to. No matter what goes on past, present, or future, there is no place we would rather be than right here, learning to grow into our best professional selves.



By Cheyenne Dunseith, Class of 2023

The summer semester placed a significant challenge on our ability to adapt. Transitioning from undergraduate learning to graduate learning is an experience within itself. Beginning graduate school virtually was not ideal, however the 2023 cohort made the adjustments needed to succeed. Communication was an even more significant quality in the virtual environment - we used a GroupMe to discuss classes, assignments, studying, and many jokes. Our professors, Dr. Murray and Dr. Obert, provided an abundance of resources to contribute to our success. Personally, I scheduled time outside of classes to focus on my physical and mental health through yoga, exercising, and journaling. This allowed me to reflect and gave me time to prioritize self-care. Despite the challenges, our cohort has been able to make the most of it and I look forward to building great rapport with my classmates as we take this journey together!



Class of 2023, Exercise Physiology Lab, August 2020

Student Physical Therapy Association (SPTA)

By Madison Manger (SPTA Secretary) and Grace Weismiller (SPTA VP)

Hi from the SPTA!

As the fall semester gets into full-swing, the Student Physical Therapy Association (SPTA) has been working on how to keep the DPT students involved during mostly online learning! Last month, the SPTA executive board hosted a zoom meeting where we got to “meet” the first-year members! We are also hosting another virtual meeting later this month for both the 2022 and 2023 cohorts to get to know each other as well as share some new opportunities for SPTA members.

This year the SPTA is forming committees, and have 30 students participating in these committees! These committees will serve as a way for students to stay involved and keep in touch during COVID restrictions and will include opportunities for service, fundraising, professional development, and more. We have already been in touch with several organizations including the Be Concerned Food Pantry and Santa Maria Community Services for mentoring

and possibly tutoring for the students at the Oyler School here in Cincinnati. We are excited for the students to have the opportunities to give back to our community as well as our awesome DPT program!

We are looking forward to all of the ways to get involved and for the cohorts to get to know each other this year and we cannot wait until we are all together again!



TOP: Sean Kelley (Treasurer), Bethie Walker (President), Maggie Taylor (Membership Coordinator, student SIG rep), BOTTOM: Sidney Crecelius (Activities Coordinator), Grace Weismiller (Vice President), Madison Manger (Secretary)

Pandemic Pen Pals: Friendships by Mail

By Dr. Jamie Bayliss, PT, MPT, DHSc

Assistant Professor and Director of Clinical Education

The COVID-19 pandemic has immensely impacted individuals of all ages as restrictions and social distancing have made the physical human connection nearly impossible. For several months, one population that was significantly impacted by loneliness and isolation from family, caregivers, and loved ones was the older adult population residing in skilled nursing facilities. Emotional distancing quickly became a side effect to the social distancing.

To stay connected during the #stayhome as well as the restrictions to visit outdoors only, schools and groups across the country launched pen pal programs. The physical therapy program at Mount St. Joseph University

followed suit, reaching out to one of our local partners – Carespring. Twenty-five students from the first, second and third year cohorts wrote letters to residents at Boonespring; one of the Carespring facilities in Boone County Kentucky. When asked to describe what this opportunity meant to them, one student responded, “Being in a socially isolated environment with minimal family and friends (and then throw into the mix a global pandemic!!) is more likely to lead to poorer physical and mental health outcomes. I am so grateful for the opportunity to shed a positive light into the life of an older adult. Just the thought of the smile and happiness a simple letter I wrote them would bring makes it all worth it.” Our students are eagerly awaiting a response from their pen pals and look forward to fostering new relationships!





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Physical Therapy Program

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Our mailing address is:

Mount St. Joseph University
5701 Delhi Road, Cincinnati, OH 45233
513.244.4890 | physical.therapy@msj.edu

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