



MOUNT ST. JOSEPH  
UNIVERSITY®  
Physical Therapy  
Program

# Mount St. Joseph University

Department of Physical Therapy

April 2024



## Pro bono Clinic Patient Spotlight

*By Morgan Rouff, SPT '25*



As part of our mission at the MSJ PT Probono Clinic, we strive to provide optimal care to those who are unable to get necessary treatment due to factors such as insurance. Grant Gerding is one of our long-time patients that has been coming for over a year and improving tremendously. His energy and drive are contagious as he is always ready to work and willing to try new things. I had the opportunity to talk to Grant and his mom, Paula Gerding, about their experience in our free student-run clinic. When asked about the impact that this program has made on their family, Paula shares that the comradery and team-focused atmosphere our students create lifts their spirits and makes their family feel motivated and encouraged. She says it has been awesome to see Grant get this kind of physical therapy because our students excel at keeping activities engaging and really connecting with the patients and their interests.

When asking Grant about the greatest impact, he states the extra time he receives with our students is so valuable and he has really enjoyed focusing on his upper body and core strength as he can really see the gains he is making. He shares it has been cool to be able to work through things with the students that he hasn't seen before and appreciates trying all of the new ideas that they have!

Both Grant and his mom had the same idea when asked what their favorite memory was from their time in our clinic so far: when Grant was able to get into quadruped and onto his knees for the first time. He reflects on this experience and shares it was something they hadn't ever tried before, but he was able to be pushed in the clinic and now is something he can do nearly all on his own. To finish our conversation, I asked Grant what advice he had for future physical therapists and health care workers, and he said *don't be afraid*. "Don't be afraid to ask questions if you don't know something and don't hesitate to be hands on." There are no mistakes, and it is always going to be a learning process for the patients AND the therapists. Everyone is on the same team.

## Annual SPTA Golf Outing

By Dr. Eric Schneider



Mount St Joseph University's Student Physical Therapy Association held its 12<sup>th</sup> annual golf outing on April 13, 2024 at Neumann Golf Course. A total of 32 foursomes participated in the outing, setting a record for the most participants as well as the most money raised in our outing's history. Proceeds from the outing will go directly toward helping our students attend unique professional and educational opportunities such as state and national conferences and seminars, community service projects, and mentorship programs. As always, 10% of the proceeds raised from the event are donated to charity. This year's contribution will go to the [Matthew Mangine Jr. Foundation](#) to help fund their mission to promote education and safety for competitive youth and high school sports.



Thank you to all of those who donated to this year's outing, especially our title sponsors Reliable Transportation Solutions, Neumann Brothers, Lagunitas Brewing Company, and the Pohlman Family. The outing would not have been possible without the hard work of our outing's organizers, Abbi Denham, Hadley Faris, Zach Pohlman, Hunter Mills, and Casey Hite from the DPT Class of 2025, as well as the rest of the Student Physical Therapy Association members who volunteered their time. Planning for next year's outing will start soon so stay tuned for more information.

# Interprofessional Education Quality of Life Forum

*By Dr. Marsha Eifert-Mangine*



The MSJ Interprofessional Education (IPE) Committee is at it again! Once again, the School of Health Sciences' IPE Committee has hosted The Greater Cincinnati Quality of Life Forum on March 21<sup>st</sup>. The theme for 2024 was poignant for both students and faculty facilitators - "Healthcare Provider Burnout, Mental Health, and Wellbeing of Healthcare Team Members." With an aging population, increased technology, and demands for efficient care, clinician burnout, and staffing shortages have created stress on the US healthcare system that has never been seen before. The objective of this year's forum was to address this problem head on and to connect students to professional resources and experts in the field as well as provide engaging dialogue among peers of various healthcare professions. Over 160 Health Science students 20 faculty facilitators from various departments including: Physical Therapy, Physician Assistant, Nursing, Speech Therapy, and Exercise Science participated in the evening's event.

The event included presentations from three phenomenal guest panelists, each presenting information and personal experiences pertinent to the topic of healthcare worker burnout, as well as sharing strategies and resources for current and future healthcare providers to manage workplace stress. The panelists included **Jennifer Hamilton**, MSW, LISW-S, LCSW-S, a Licensed Social Worker, Mental Health and Addictions Specialist, Political Science, International Relations, and Women's Studies Educator, **Duane Campbell** the Critical Care Chaplain at The Christ Hospital and **Missy (Craddock) Anthony** the Executive Director at Ohio Occupational Therapy, Physical Therapy, and Athletic trainers Board, Former Policy Advisor at Office of Governor John R. Kasich and Former Deputy of Directors for Public Affairs at Ohio Department of Mental Health and Addiction. The panelists were dynamic and provided real world insights for the students.



Additionally, the MSJ Wellness team, led by Jamie Cabrera, was on hand to assist students during the event and to share additional resources available to them through the MSJ Wellness Center during their time on campus and during clinical placements. In addition to panelist presentations, the students and facilitators working in small group interdisciplinary teams engaged in a case discussion pertinent to the topic followed by large group discussion and debriefing.

The importance of this event topic is significant at all levels, local, state and nationally, as healthcare delivery and healthcare providers struggle to provide quality care to their patients after they were significantly impacted by the pandemic and the realities that of our current health care system faces. The timing of our event could not have been more serendipitously timed as it coincided with the US Senate's recent resolution on health provider burnout - declaring March 18, 2024 the inaugural "Health Workforce Well-Being Day of Awareness".

Mount St. Joseph University is a steward of our community and committed to serving and collaborating that all may benefit from a high quality of life. There is a critical need for healthcare workers in our community to develop the knowledge and skills to collaborate and address the factors impacting our community's health and wellbeing. The commitment from all parties—educators, policy makers, businesses, community leaders, and social service and health agencies at the local through federal levels—is necessary to improve the quality of life in Cincinnati.



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## Student Spotlight

By Kelsey Herbert, SPT '24



As a second year DPT student at MSJ, we get the opportunity to select our clinical placements for our long-term clinical experiences during our fourth year in the program. While this can be a stressful day, I have been blessed with amazing instructors and opportunities throughout my entirety of my clinical experiences. During my third rotation, I was lucky enough to land a pediatric opportunity. While this opportunity was out of state in Indiana, and in a setting I had no experience in, I would find myself to be very surprised by how well it turned out.

My placement was at Pediatric Specialty Associates, which is a home health agency providing home health therapy for children 0-3 years old. The therapy is called first steps intervention, and patients range from children with neurological conditions, orthopedic conditions, premature birth, and so much more. This clinical experience was unique in that I worked one on one with a physical therapist all day long throughout the entire rotation. My clinical instructor never had to go to an office or clinic, was able to make her schedule and move it around as needed, as well as had contacts for DME and other resources for children and their family. Being able to go into families' homes and see the setting they spend most of their lives in, and not just the hour you see them in the clinic, or how they act during their short-term hospital stay was a perspective I feel lucky to now say I have. It has and will continue to allow me to know where they come from, and make interventions more functional and specific to the patient.

Throughout my 10-week rotation, I was able to be involved in great therapy outcomes. I was a part of something a lot bigger than just a pediatric home health rotation. I was a part of children learning how to walk and taking their first independent steps, children being able to finally hold their heads up when on their belly so they could look at their parents and interact with their siblings, and children being able to functionally navigate stairs so they could walk with their classmates to gym class instead of having to be carried and looked at differently. I was a part of changing the lives of not only young babies and children, but their families and caregivers. It is an experience of a lifetime that I will use the skills I acquired throughout my entire career.

Where there are successes, there are challenges. With it being my first time in the home health setting, finding my bearings as far as how to make their home a therapeutic environment was my biggest challenge. Creativity is a key piece to being a home health therapist, and that is exactly what I learned to be. This challenge pushed me, and my CI helped me grow so much in this aspect, that I have continued to use even in my rotation now when coming up with exercises and functional activities for my patients in the hospital setting. Other challenges included the emotional and mental side from both the children and their families/caregivers. While we were there to primarily work on the physical impairments, entering someone's home changes the game a little bit. You may be the only adult they talk to that day to discuss their fears and barriers with, or the only one they feel comfortable asking medical advice to even when the answer might be hard. Having many difficult conversations throughout the 10 weeks with my CI there to guide me every step of the way, has helped prepare me for the emotional component of being a physical therapist.

Leaving home to live 2 hours away and endure a 10-week clinical rotation in a setting you have no experience in is not an easy thing to do. However, I could not recommend this placement, or any other unique placement more. I have learned so much, grown more than I thought possible as a student PT and a person, and will carry skills and experiences I learned during this rotation through the rest of my career.

## Making a Difference: Dr. Pete Mosher Health Sciences Day of Service

*By Dr. Christy Heinrich*

On April 6th and 13th, our Health Sciences community came together in a remarkable display of compassion and solidarity for the annual Dr. Pete Mosher Health Sciences Day of Service. Forty-four dedicated students and faculty members generously volunteered their time and energy to contribute to the betterment of our local community.



Spanning across four different locations, our volunteers made a tangible impact on the lives of those in need. At [Lighthouse Youth Services](#), which is an organization that provide invaluable support and care to young individuals facing various challenges such as homelessness, our volunteers organized donations in the warehouse for better ease of distribution and put together hygiene kits. Our team at Habitat for Humanity dedicated their time and skills to supporting the mission of the organization through their work at the [Habitat ReStore](#). They assisted with organizing merchandise to ensure the smooth operation of the store. Over at [Matthew 25 Ministries](#), our volunteers lent a helping hand by sorting essential resources that will be distributed to communities affected by poverty and disaster. Lastly, our participation in the [Best Buddies Friendship Walk](#), a walk to foster inclusive communities and celebrate the unique bonds of friendship that transcend differences, involved helping with set up and registration of the participants.





Together, our collective efforts underscore the profound impact that can be achieved when individuals come together with a shared purpose. Through acts of kindness and service, we have the power to create meaningful change and build a brighter future for all!



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## April is "Donate Life" Month

*By Dr. Lisa Dehner*



April is National Donate Life Month and we encourage all reading this newsletter to consider registering to be an organ donor. Our colleague, Peter D. Mosher, a force of good for all, was lost to us while waiting for a lung transplant. In his honor, we recognize and promote organ donation and support those living post-transplant. Visit [Donate Life America](https://www.donatelifeamerica.com) to learn more and register. **Thank you so much to everyone who is a registered organ donor!**

We have also established a scholarship in Pete's name to support student technical needs in the program. If you'd like to donate, please visit the program donation button below and select Peter D. Mosher Scholarship.

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## Class of 2025 at APTA Combined Sections Meeting

By Dr. Mike Obert



Combined Sections Meeting (CSM) is the largest annual physical therapy conference in the United States. This conference offers lectures on current research, new innovations and technologies, as well as endless opportunities to network with fellow physical therapists around the United States and worldwide. Supported by SPTA and other scholarships, 5 second year students had the privilege and opportunity to attend this year in Boston, MA. Students were surprised how much knowledge they brought to the conference. They were able to understand the medical jargon, biomechanics, and clinical importance of physical therapy. They got a big confidence boost and learned a lot of new things to take into their terminal clinical experiences, starting this July.

“CSM was such a valuable experience and I am so thankful I was able to attend. It was so cool being in a big city full of PTs and SPTs that share the same passions and interests. I was able to make connections and acquire new knowledge from professionals all across the country. This experience truly reminded me why I decided to “choose PT!” - *Casey Hite, SPT '25*

“CSM was one of the best experiences I have had throughout PT school. It was so interesting to learn about the most current research and acquire unique ideas from some of the best in our field that I could bring back to my classmates and utilize with my patients. I didn't think I could love PT more than I already do, but CSM proved me wrong! We serve an awesome profession.” - *Hadley Faris, SPT '25*



"I attended a lecture, *LGBTQIA+ Affirming Physical Therapy*, and one of the presenters was from Australia. To see physical therapists conducting research from the United States and Australia in order to provide quality care to vulnerable populations was amazing to witness. It was mentioned in my lecture that we don't get a lot of education in treating this population, so I was really happy to attend and expand my knowledge. During the Q&A, I heard stories from clinicians about their patients' struggles as well as the clinicians' personal stories. I took a lot away from the lectures that I attended and it opened up my mind about how I can make my future patients feel safe and cared for." -*Ileta Pizano, SPT '25*

"We realized how much time and effort our professors put into staying up-to-date on the latest research and how up-to-date our lectures are!" -*Alicia Sutton, SPT '25*

"Attending CSM was an amazing opportunity I am glad I got to experience as a student. I was able to learn more about the physical therapy profession and current research, as well as realize how much I already know. I cannot wait to go back when I am a practicing clinician so I can stay up to date on current research and the cool things happening in the PT world. I would like to thank my scholarship sponsor and the MSJ DPT Program for allowing me this incredible opportunity!" -*Anna DiLonardo, SPT '25*



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## Alumni Spotlight

*John Wise, PT, DPT, ATP (Class of 2015)*



I can't believe it has almost been a decade since graduating from MSJ! Following graduation, I moved back to my hometown of Louisville, KY and took a job in an outpatient orthopedic setting. Although I enjoyed this setting, my true passion was always working with patients with neurological conditions. I ended up taking a PRN job with Encompass Health where I was able to work closer with patients who were recovering from SCI, CVA, and Parkinson's Disease. It was during this time that I got my first professional experience in the world of wheelchairs. I began completing mobility assessments and evaluating patients for their wheeled mobility and seating needs. I was able to work closely with several Assistive Technology Professionals who specialized in providing wheelchairs. I absolutely fell in love with the ever-evolving equipment and technology that was used to promote patient independence.

In 2018, I became a certified Assistive Technology Professional and took a job with Reliable Medical Supply in the Cincinnati and Northern Kentucky areas. As a clinician, I quickly learned how difficult obtaining a wheelchair could be through insurance. I also experienced this difficulty with close family members who are dependent on wheelchairs. This made me want to make this process easier by improving the service that clinicians and ATPs provide their clients. One of my favorite aspects of being an ATP is the constant learning and education that is required. As an ATP, you must be up to date on the best equipment and technology that will help make an individual's life easier. I really enjoy educating other clinicians on wheelchairs and raising awareness for the field of Assistive Technology.



I am very fortunate to get this opportunity as a guest lecturer for second year DPT Students at The Mount. I always emphasize the importance of keeping an open mind in utilizing their education. Despite my initial plans for full-time clinical practice, transitioning to an ATP role has been incredibly fulfilling. I credit MSJ's DPT program for providing a well-rounded education that prepared me for success both in and out of the clinic. One of my favorite things about MSJ was the lifelong relationships that I developed with my classmates. These are personal and professional relationships that I continue to build after all these years. I love staying in touch with everybody and enjoy getting to work alongside many as an ATP.

Outside of being an ATP and a PT, I love spending time with my family. I have a wonderful wife, Ashley, and a beautiful 3-year-old daughter, Hayden. We spend most of our free time hanging out and cheering on the Cincinnati Bengals and Kentucky Wildcats! Hayden is currently a big sister in training as she is expecting a baby brother in July 2024!!

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Are you also a Mount alum living outside of the OH-IN-KY region? We would love to hear from you! Click the button below to tell us a bit about yourself and your practice and we'll be in touch.

[ALUMNI UPDATE](#)

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## Support the Program and Students

The Alumni Board continues to encourage your participation in supporting our program and engaging with fellow alumni as well as supporting students in their goal in becoming physical therapists. Please consider joining in our efforts by donating to the PT Alumni Scholarship.

[DONATE](#)

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We welcome donations to the DPT program of any amount. We use donated program funds to buy equipment and supplies for classes, laboratories and for the pro bono clinic. Click the button below to donate and select Physical Therapy Program. Thank you in advance for supporting the program!

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