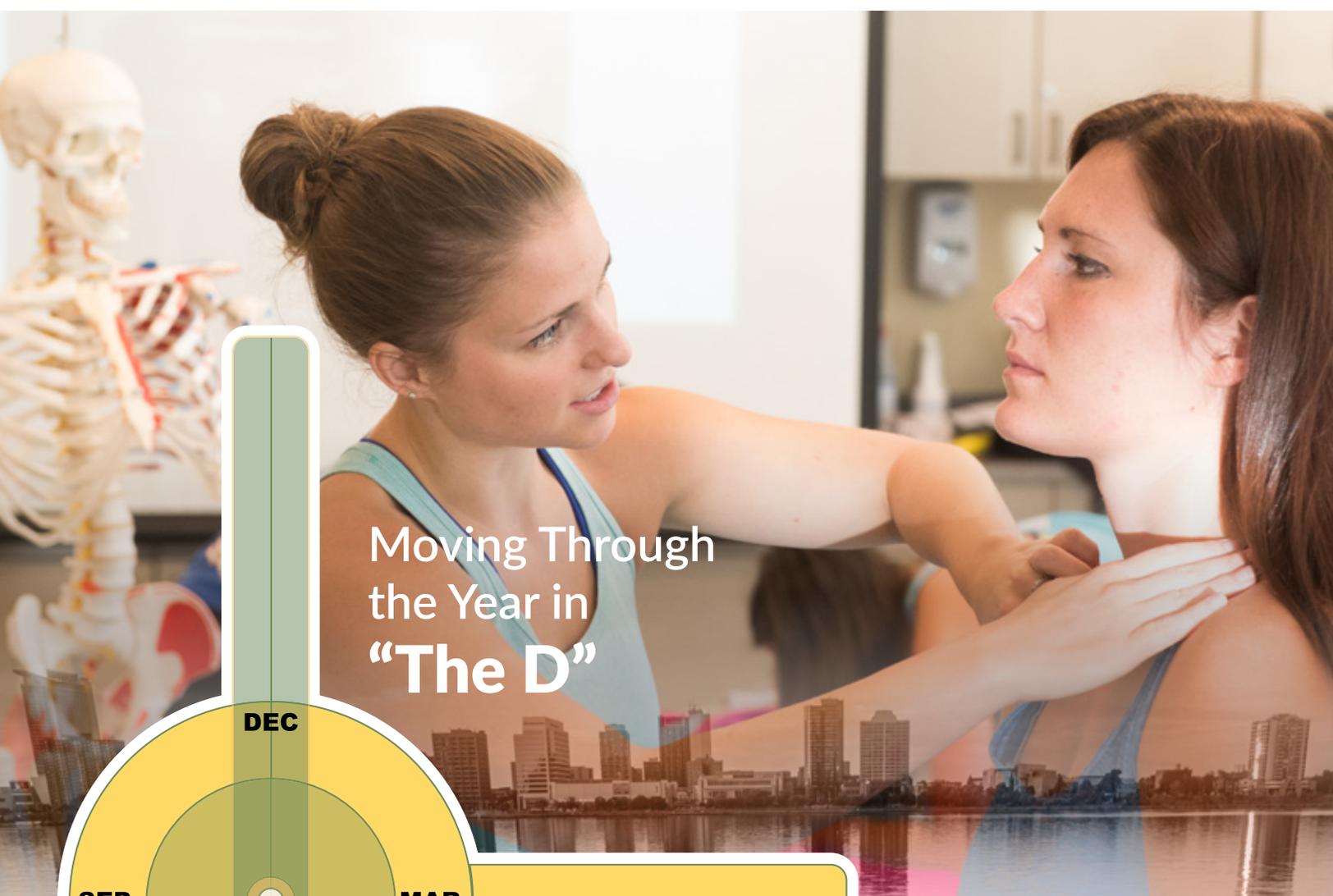




W A Y N E S T A T E U N I V E R S I T Y

PHYSICAL THERAPY PROGRAM

A N N U A L R E P O R T 2 0 1 8



Moving Through
the Year in
"The D"



DETROIT, MICHIGAN



Dear friends and colleagues,

I am thrilled to be addressing you this year as the Wayne State University Doctor of Physical Therapy program director. After 18 years of service on the faculty, I stepped into this new administrative position with a renewed sense of service and support for our program and our students.

We have had a busy and productive year here in the heart of downtown Detroit. We celebrated the 150th anniversary of Wayne State and enjoyed many events. My most favorite was the WSU “Warrior Strong” float featured in the 2018 America’s Thanksgiving Day Parade. The university also saw the opening of the new state-of-the-art Mike Ilitch School of Business, located just down Woodward Avenue in the District Detroit adjacent to Little Caesars Arena.

Our program has also seen some changes and growth. We bid a fond farewell to Associate Professor Sujay Galen as he set off to a new position in Atlanta. We appreciate his dedication to teaching and research during his six-year service with our program. In turn, we welcomed two new faculty members, Board Certified Cardiovascular and Pulmonary PT Specialist Nanette Hannum, and Board Certified Neurologic PT Specialist Andrew Moul.

We had the pleasure of hosting continuing education courses through the APTA Section of Women’s Health (SOWH) and MPTA this past year. We are excited to announce that we are hosting an additional three courses through the APTA-SOWH this summer.

While this is a lot to celebrate, we have also been hard at work. This was an accreditation year for the PT program, which came with a great amount of work and the opportunity to reflect on our processes and successes. Among our many successes is the productivity of our faculty and students. As a program, in 2018 we presented 37 posters/presentations at local and national conferences, published 17 peer-reviewed articles, and contributed seven book chapters.

Finally, I am very excited to highlight two new website improvements. Our new job posting board allows students and alumni to connect with potential employers. In addition to this, our student-run SAY Detroit Pro Bono Clinic has a new website, through which potential patients can look for PT services and clinicians can sign up to volunteer.

I would like to extend a special thank you to all of our community partners and individuals who help in both big and small ways. From our generous donors who support our program and provide student-scholarships; to our associate faculty, lab instructors and clinical educators who share their expertise; to our research participants who give their time and energy: Thank you all for your support to the WSU DPT Program – you make us WARRIOR STRONG!



Tina Reid PT, DPT

Program Director and Assistant Professor

Physical Therapy Program

Eugene Applebaum College of Pharmacy and Health Sciences

Wayne State University



WAYNE STATE UNIVERSITY

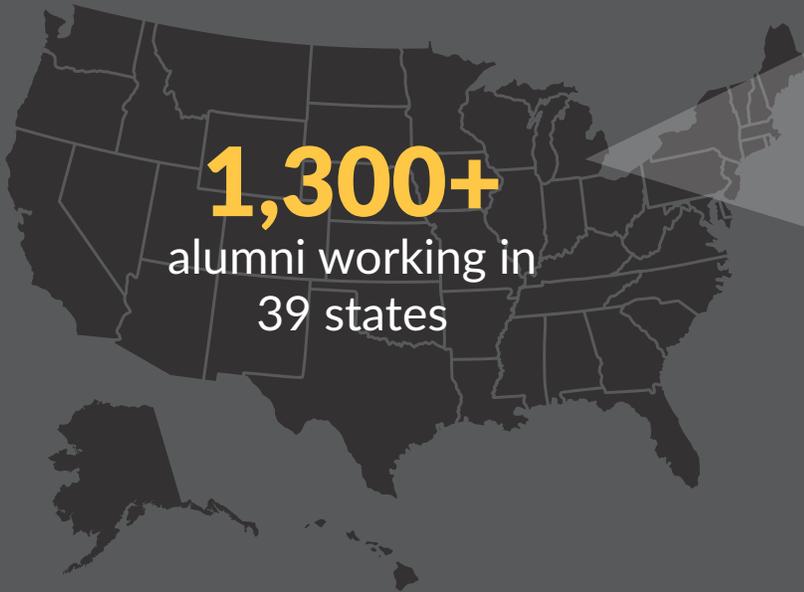
Doctor of Physical Therapy program Fast facts



100%
pass rate on
board exams



100%
employment
rate



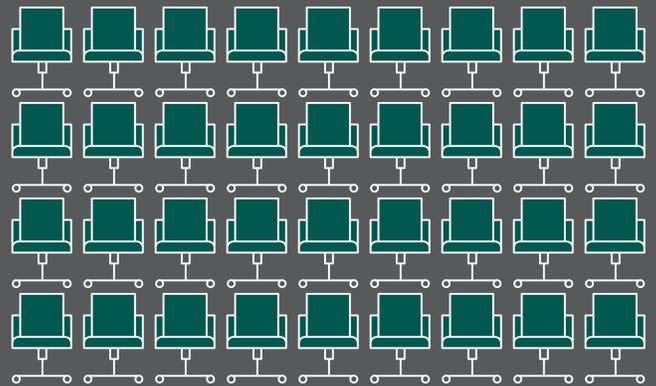
1,300+
alumni working in
39 states

DPT
program ranked
2nd
in Michigan

127
clinical education sites
around the world

Highly competitive
admissions

500
applications *for* **36**
seats



\$1 million
in scholarships
awarded to PT students
in the last 3 years

Established
1966



November 2018: WSU DPT students raised more than \$3,600 for the pro-bono SAY Detroit PT and Diabetes Education and Wellness clinics at the 4th annual DEW What You SAY 5K.

COMMUNITY CONNECTIONS

Residing in an urban setting, the Wayne State Doctor of Physical Therapy program prides itself on many community connections throughout the city of Detroit. This year, we continued to support and contribute to three non-profit organizations, and participated in several community-based programs for youth and adults. The SAY Detroit PT Clinic, Diabetes Education and Wellness (DEW) Clinic, and Community Homeless Interprofessional Program (CHIP) operate year-round and provide care to uninsured and under-insured residents of the greater Detroit area.

Within each of these clinics, first-, second- and third-year DPT students work together alongside faculty mentors and students from other health care disciplines to consult, educate and promote health and wellness in the community. A special “thank you” to the many volunteer PTs who supervise our students and the many associated faculty who give so much to the Detroit community through these clinics!

Keeping a healthy community in mind, our third-year DPT students once again hosted a balance and falls

screening at the St. Patrick’s Senior Center in Detroit. New this year, these same students and faculty mentor Jennifer Dickson created and delivered a very successful six-week wellness series for adults living at a low-income housing co-op near Detroit. These wellness workshops focused on healthy habits and lifestyle modifications for common chronic diseases. Residents learned nutrition tips, participated in a 20-minute exercise session, and were provided with educational handouts created by the students. These workshops had a positive impact not only on the residents, but on the students as well. One student shared, “Through this experience, I learned that these patients are willing to listen and work hard. They were very grateful that we were there and gave them information to help improve their lives.” Another student’s feedback included, “I have greatly enjoyed this workshop and am grateful to have had this experience. I would love to continue to do more things like this in the future.”

The physical therapy program is also proud to participate in community initiatives promoting college readiness



April 2018: Third-year DPT Students present “Healthy Habits for COPD” to residents of a local low-income housing co-op.

and academic achievement for youth minorities in the Metro Detroit area. This year we continued to participate in the C2 Pipeline and the Community Apple Days programs. Enrolled youth had the opportunity to work in small groups with our PT students to learn about careers in physical therapy, and how the health care team works together to treat patients with diabetes. Hundreds of local middle and high school students rotated through the PT classrooms; the energy in the room was contagious for days.

New this year, the Health Care Sciences programs at Wayne State began a new collaboration with Cornerstone Schools as a community partner. During Cornerstone partner mornings, faculty of the physical therapy program provided information on various careers in health care, volunteer opportunities, and college pathways to seek employment in health care. These events are filled with small group discussions, all of which encourage youth to stay focused on learning and to be college-and/or career-ready at graduation. We appreciate the faculty and staff of Wayne State’s Eugene Applebaum College of Pharmacy and Health Sciences for their dedication to education for students of all ages.



September 2018: Scholars at Cornerstone Health & Technology School in Detroit engaged with faculty mentors Sarah Borland, director of radiologic technology (far left), and Jennifer Dickson, assistant professor of physical therapy (center), during the first of five community partner mornings.

LET’S GET SOCIAL

Follow our Doctor of Physical Therapy program on Instagram to see Wayne State’s PT students and faculty in action.





RESEARCH AND SCHOLARSHIP

Wayne State University's Doctor of Physical Therapy program places a high priority on nurturing innovation and discovery. Our faculty and students take pride in being not only informed consumers of research evidence, but also generators of new evidence to better guide clinical practice and instruction.



PT program among inaugural cohort of Wayne State University Assessment Grant awardees

Program Director and Assistant Professor Kristina Reid and Director of Clinical Education and Assistant Professor Martha Schiller (pictured) received a Wayne State University Assessment Grant for their proposal "Interprofessional Collaboration Assessment of Physical Therapy Students in their Final Clinical Experiences." The grant provided \$2,900 in funding from September 2018 through August 2019. This award was one of only seven total grants awarded by the university, which has over 370 academic programs. Provost Keith Whitfield said, "While many high-quality proposals were submitted, the selected projects stood out for their clear focus on student learning through improvements to core program assessment practices, broad engagement of stakeholders, and high potential for significant impact on students, faculty and staff." The grants were established to promote best practices in program-level assessment of student learning outcomes.



Physical therapy program faculty member receives Wayne State University Center for Urban Responses to Environmental Stressors (CURES) Grant for epigenetics research

Associate Professor Moh H. Malek received \$65,000 in research funding (October 2017 through March 2019) to investigate a potential link between in utero arsenic exposure, changes to skeletal muscle structure and function, and the incidence of type 2 diabetes. Malek's research will use a rodent model of pregnant dams supplemented with an environmentally relevant level of arsenic in the drinking water. Using a comprehensive approach, Malek will examine skeletal muscle structure and function of the offspring across the physiological continuum using an integrative model (functional changes → morphological alterations → epigenetic modifications) during adulthood.

For more on Malek's research, visit cphs.wayne.edu/malek.



Assistant professor of physical therapy publishes book chapter in world renowned textbook

Assistant Professor Nora Fritz authored the book chapter "Multiple Sclerosis" in the 7th edition of *Physical Rehabilitation* (ed. Susan O'Sullivan, Thomas Schmitz and George Fulk), the most widely used textbook in physical therapy education programs and the second most widely used textbook in physical therapy assistant education programs. Fritz's laboratory studies the impact of cognitive function on mobility and new rehabilitation interventions for persons with multiple sclerosis.

For more on Fritz's research, visit cphs.wayne.edu/nnl.



Assistant professor of physical therapy receives Visiting Fellow Grant to train at Stanford Medical School

Assistant Professor Joseph A. Roche received a \$3,500 Visiting Fellow Award from the NIH-sponsored Alliance for Regenerative Rehabilitation Research and Training (AR3T). As a visiting fellow, Roche received two weeks of intensive training in regenerative muscle biology at Stanford Medical School in Palo Alto, CA, under the mentorship of Professor of Neurology Thomas Rando. Roche was selected through a competitive grant application process, sponsored by AR3T, which was open to scholars around the world.

For more on Roche's research, visit cphs.wayne.edu/roche.



STUDENT PUBLICATIONS

The physical therapy program is proud to highlight the following publications authored by our DPT students (names of students are in boldface fonts and names of faculty mentors are underlined):

- Repeated Incremental Workouts Separated by 1 Hour Increase the Electromyographic Fatigue Threshold. **Bremer N, Peoples G, Hasler B, Litzenburg R, Johnson A, Malek MH.** J Strength Cond Res. 2019 Jan 17. doi: 10.1519/JSC.0000000000002919. [Epub ahead of print].
- Pre-exhaustion Exercise Differentially Influences Neuromuscular Fatigue Based on Habitual Physical Activity History. **Harlan KG, Merucci RB, Weaver JJ, Windle TC, Malek MH.** J Strength Cond Res. 2018 Sep 27. doi: 10.1519/JSC.0000000000002796. [Epub ahead of print]
- Reduced Electromyographic Fatigue Threshold after Performing a Cognitive Fatiguing Task. Ferris **JR, Tomlinson MA, Ward TN,** Pepin ME, Malek MH. J Strength Cond Res. 2018 Feb 22. doi: 10.1519/JSC.0000000000002490. [Epub ahead of print]
- Revisiting the Single-Visit Protocol for Determining the Electromyographic Fatigue Threshold. Khan FL, **Lawal JM, Kapture DO, Swingle JD, Malek MH.** J Strength Cond Res. 2017 Dec;31(12):3503-3507. doi: 10.1519/JSC.0000000000002274.
- Pepin ME, Devour A, Coolsaet R, Galen SS. Correlation Between Functional Ability and Physical Activity in Individuals With Transtibial Amputations. 2018; Cardiopulmonary Physical Therapy Journal: June 13, 2018 – Volume Publish Ahead of Print – Issue – p doi: 10.1097/CPT.0000000000000091
- Asymmetries in force matching are related to side of stroke in right-handed individuals. **Anderson C,** Rajamani K, Pardo V, Adamo DE. Neurosci Lett. 2018 Sep 14;683:144-149. doi: 10.1016/j.neulet.2018.07.034. Epub 2018 Jul 25.

MORE RESEARCH ONLINE

For a full list of scholarly achievements of our faculty, visit cphs.wayne.edu/pt-scholars.



STUDENT AWARDS AND HONORS

The Wayne State Doctor of Physical Therapy program is proud to highlight the following student awards and presentations at national meetings (names of students are in boldface fonts and names of faculty mentors are underlined):

Outstanding Student Poster Award to Abigail L. Myles, Lauren A. Bollinger, Madison M. VanAntwerp, and Kristin N. Brown, from the Michigan Physical Therapy Association Institute for Education and Research at the MPTA Fall Conference. Poster titled, “Physical Markers of Functional Fitness in Persons with Dementia and Their Family Care Partners.” Authors: **Abigail L. Myles, Lauren A. Bollinger, Madison M. VanAntwerp, Kristin N. Brown**, Fredrick D. Pociask, Diane E. Adamo and Rosanne DiZazzo-Miller.

\$1,000 Travel Award to Andrea K. Eaton, from the NIH-supported Alliance for Regenerative Rehabilitation Research and Training (AR3T). Poster titled, “Minimally-Invasive Muscle Embedding (MIME) Generates Donor-Derived Muscle Fibers that have Multiple Sarcomeres and Nuclear Domains in Series.” Authors: **Eaton AK, Elkins CJ, Johnson JP, Rosinski MM**, Begam M, Galen SS, and Roche JA. Poster Presentation at the 7th Annual International Symposium on Regenerative Rehabilitation. Seattle, WA. October 2018. **This research is supported by NIH 5R03HD091648-02 to Roche JA.**

Abigail Myles and Taylor Thurston contributed to a National Multiple Sclerosis Society funded pilot program “Feasibility, Acceptability, and Preliminary Efficacy of a Telephone-Delivered Exercise Intervention for Multiple Sclerosis Fatigue.” Dissemination of this work includes a **platform presentation at the Combined Sections Meeting of the APTA (February, 2019)** and a **poster presentation at the Progressive Multiple Sclerosis Alliance Meeting in Toronto, Ontario (May 2018)**. A manuscript from this work, by authors Kratz AL, Atalla M, Whibley D, Myles A, Thurston T, and Fritz NE, is under review.



LEADING BY EXAMPLE

Wayne State DPT student finishes third in Detroit half marathon

Thomas C. Windle, who graduated from our DPT program in December 2018, made us incredibly proud by finishing third in the famed Detroit Free Press Half Marathon (October 2018). Windle finished with a superb time of 1:09:42. Incidentally, Windle’s DPT research project was on fatigue and is published in the *Journal of Strength and Conditioning Research*.



DONOR HONOR ROLL

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- Timothy I. Bondy
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“
**The generosity of donors
 to the Wayne State
 physical therapy program
 helps me move one
 step closer to achieving
 my dreams.”**

Scholarship recipient Hanna Alzoubi



To support the Wayne State University DPT program, please visit:

giving.wayne.edu/donate/eacphs



BEYOND THE GLASS CEILING

Beverly Schmolle '67 is a role model, advocate for PT students

Beverly Schmolle is nothing short of a trailblazer. A graduate of the Wayne State University physical therapy program's inaugural class and the first woman to lead the university's pharmacy and health sciences college as dean, she has forged pathways not only for the profession, but also for women in health care careers.

Now retired and having just achieved her latest goal of visiting every continent on the planet, Schmolle has lived a full life of challenging the status quo – and opening countless opportunities for others along the way.



This year, Beverly Schmolle visited Antarctica. She has now spent time on all seven of the Earth's continents.

Dressing for success

In the early days of the physical therapy profession, hospital dress codes still required women staffers to wear uniforms with skirts – not the most practical attire for physical therapists who need full mobility themselves to help their patients move their own bodies.

“You can imagine how impeded we felt even just trying to get up off the floor in the miniskirts of the early 1970s,” Schmolle said.

So when she first laid eyes on a revolutionary pantsuit uniform for women while shopping for workwear, she didn't hesitate. She bought it and, the very next day, wore it to her job as director of physical therapy at the Children's Hospital of Michigan, part of the expansive Detroit Medical Center (DMC).

“I've always been one to ask forgiveness rather than permission,” she said.

Her outfit caused a near-uprising. The phone of the Children's Hospital vice president rang off the hook with calls from women on staff who wanted to know whether they too could wear pants to work — and where to get them. And just like that, the dress code for the entire hospital system was changed to allow women the freedom to ditch their skirted uniforms in favor of much more practical pants.

Making her mark

For more than 50 years, Wayne State has been a major part of Schmolle's life. She graduated in 1967 as one of five students in the then-brand-new physical therapy program and embarked on a long, fruitful career in physical therapy and education across the region.

First a physical therapist at the Rehabilitation Institute of Michigan and Roseville Public Schools, she received her second Wayne State degree – a master's in human development and relationships – while working at Children's Hospital. And she continued to climb, earning a Ph.D. in higher education administration from Michigan State University, and then serving University of Michigan–Flint for nearly two decades as professor, director of the physical therapy program, dean of graduate programs and research, and interim chancellor.

In 2001, she was tapped to become dean of her first alma mater. At the time, Wayne State's pharmacy and health sciences college was readying a move into its current building and had just been renamed in honor of alumnus, Detroit-area businessman and philanthropist Eugene Applebaum, with whom Schmolle maintained a strong relationship until his death in 2017.



Beverly Schmolle during her tenure as dean, with college namesake Eugene Applebaum

"I enjoyed Mr. Applebaum immensely," said Schmoll. "He was a wonderful supporter of not only the college, but also my leadership of it."

As dean, Schmoll advanced the college's culture and distinction by focusing on interdisciplinary collaboration. The college is rare among universities nationwide in that it houses both pharmacy and health sciences programs.

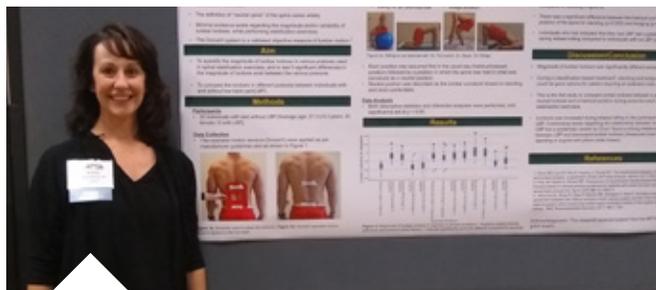
"We were able to really create some synergies. While there are differences among the disciplines, as people got to know one another, they realized they had much in common. You began to see faculty from pharmacy working with faculty from the physician assistant program or physical therapy," she said. "Opportunities present themselves through this interdisciplinary work. This college is made-to-order to do really creative things."

Schmoll also prioritized initiatives in diversity and inclusion. In 2006, she established a diversity task force that over time evolved into its current form, the 30-member Council on Diversity and Inclusion. The council develops and implements strategies to build a diverse educational environment college-wide.

"I am pleased to see the commitment to diversity at the college has carried on exponentially," Schmoll said. "Initiatives in this arena are key to ensuring the competitiveness and effectiveness of the college now and in the long term."

Giving back

The pathbreaking experiences Schmoll led at Wayne State inspired her desire to give back. In 2012, she created the Physical Therapy Founders Endowment to honor the program's pioneering faculty members, George Andrews and Jean Cuthbertson, and her peers in the inaugural class of students. The endowment funds a scholarship designed to enhance the experience of physical therapy students by encouraging their involvement in professional organizations and by increasing their opportunities to participate in conferences across the country.



Kristen Robertson presented her research at an APTA conference with the help of the Physical Therapy Founders Endowment.

"The diversity of perspectives students get to interact with at a conference, especially a national one that can bring together more than 10,000 people, is invaluable," Schmoll explained. "It is really an awesome experience for them to see the breadth of research, methods, cultures and styles of care that are out there. It has a profound impact and can create lifelong career connections."

During the 2018-19 academic year, 14 students benefited from the endowment. One of the recipients, Kristen Robertson '19, said she was deeply honored to receive the scholarship.

"I take great pride in my education and representing Wayne State University's physical therapy program. This scholarship has helped me attend state, regional and national physical therapy conferences," she said.

The recipients had the opportunity to thank Schmoll in person this May at the college's annual Donors & Scholars luncheon.



Beverly Schmoll with scholarship recipients Michael Fowler, Rachel Smith and Emily Denn

"This scholarship helps me grow academically as well as professionally. It provides me with new opportunities and allows me to network with professionals in the physical therapy field," said Michael Fowler.

And Rachel Smith said, "Thanks to Dr. Schmoll, I am able to follow my dream of becoming a physical therapist and spending the rest of my life helping people live to their fullest potential."

SUPPORT PT STUDENTS

Visit go.wayne.edu/give-ptfounders to contribute to the Physical Therapy Founders Endowment, or contact Denise Thomas at deniselei@wayne.edu or 313-577-1095 to learn how to create your own endowed fund.



WAYNE STATE UNIVERSITY

Physical Therapy Program
Eugene Applebaum College of
Pharmacy and Health Sciences
259 Mack Avenue
Detroit, MI 48201



WAYNE STATE UNIVERSITY

WARRIOR STRONG
SINCE 1868

Credits: Compiled and edited by Roche JA, Dickson J, Reid KR, and Pardo V.

Front page logo and caption winners: 1st Prize – Hannah Alzoubi (DPT PY2), 2nd Prize – Stephanie Mehmed-Bialowicz and Kristen Robertson (DPT, PY3)

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