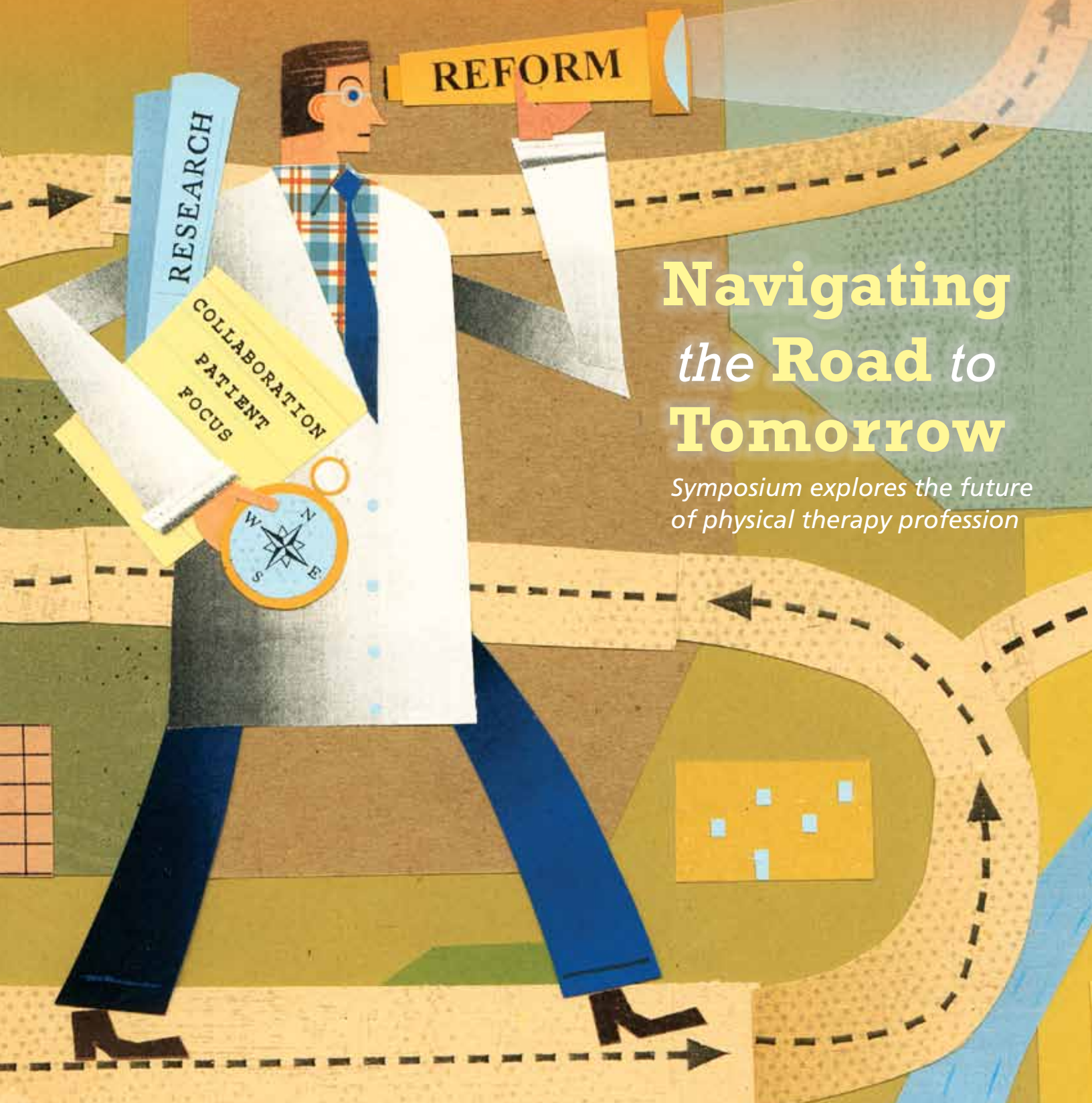


EMORY | extension

SUMMER 2011



Navigating the Road to Tomorrow

*Symposium explores the future
of physical therapy profession*

from the director

On behalf of the faculty, staff and students, I welcome you to *Extension*. This year has been a busy and exciting one for the Emory Division of Physical Therapy.

In March, we were honored to host physical therapists from all over the country at Emory to discuss the future of our profession. The event – Exploring the Future of Physical Therapy Symposium (page 2) – was very well received, and I want to thank everyone who participated. In conjunction with this symposium, our doctor of physical therapy students organized a gala to raise funds for the Foundation for Physical Therapy research as part of the Marquette Challenge. The gala and other fundraising activities organized by the students throughout the year (see page 5) raised Emory's total contribution to the challenge to just under \$24,000 – which earned Emory the No. 3 ranking in the Marquette Challenge!



In early May, we graduated the Doctor of Physical Therapy Class of 2011. Dr. Jim Gordon, professor as well as associate dean and chair of the Division of Biokinesiology and Physical Therapy at the School of Dentistry, University of Southern California, gave the commencement address. In

mid-June we matriculated the DPT Class of 2014, our biggest class ever, represented by 66 students from 21 states and South Korea, 48 universities and 26 different majors.

We are excited to welcome Dr. Ben Rogozinski and Dr. Sara Pullen to our fold. A brief description of these faculty members appears on page 8. Dr. Pullen will bolster our efforts in expanding our service learning curriculum (see page 7). And several of our faculty members, under the leadership of Dr. Susan Herdman, play a big role in teaching and hosting the nationally recognized vestibular course at Emory (see page 6).

In order to continue to recruit the brightest and most committed students, last year we initiated our first scholarship campaign. As a result, our alumni participation increased from 4% to 6.2%. While this is encouraging – and my heartfelt thanks to those who contributed – I know we can do a lot better. Please consider making your donation today, as our goal is to have all our alumni participate in this important endeavor.

Finally, I am happy to report that after a national search and about 18 months of serving as the interim director of the Division of Physical Therapy, I was selected to be the next director. I hope to build on the strong foundation laid by Dr. Susan Herdman, who stepped down as the director earlier last year. In particular, I will focus on hiring and retaining the best faculty, recruiting the brightest students who will be tomorrow's leaders in the profession, strengthening relationships with clinical entities within and outside Emory and securing resources to fulfill our mission. I cannot accomplish this task without your active support, and I look forward to working with you as we together accomplish the goals we have set for ourselves.

I hope you enjoy this issue of *Extension*, and my thanks to all who support the Division of Physical Therapy in so many ways.

Best Wishes,

Zoher F. Kapasi

Zoher Kapasi, PT, PhD, MBA
Associate Professor and Director

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Emory's Woodruff Health Sciences Center (WHSC) is an academic center focused on teaching, research, health care, and public service. The Division of Physical Therapy is part of Emory University School of Medicine, a component within the WHSC.



2

Symposium explores the future of physical therapy profession



Navigating the Road to Tomorrow

By Martha McKenzie | Illustration by Rich Lillash

One weekend in March, physical therapists from all over the country descended upon Emory to discuss the future of their profession. Seasoned professionals and recent graduates, alumni and non-alumni, APTA notables and non-members all gathered to attend a first-of-its-kind event, the Exploring the Future of Physical Therapy Symposium.

The symposium was the cornerstone of the First Annual Emory University Division of Physical Therapy Alumni Weekend.

The event integrated findings from the recent Physical Therapy and Society Summit (PASS) and the Vitalizing Practice Through Research and Research Through Practice Conference. It also included a session on health care reform, perspectives from the Centers for Disease Control and breakout sessions for idea exchanges among colleagues. The APTA worked with Emory to facilitate this meeting.

“This symposium provided a valuable opportunity to continue to explore the possibility of a true paradigm shift in our profession,” says Sarah Blanton, DPT,

of efforts to provide physical therapy services, and collaborating with other professions. The symposium generated a wealth of ideas and discussion on these points, but it was only a one-day event. We see it as the beginning of a series of dialogues to foster discussion of our future as a profession. We are hoping that this symposium can serve as a model for other regional symposiums.”

Health Care Reform

After introductory remarks (via video) by APTA President R. Scott Ward, PT, PhD, Emory alum Nate Thomas, DPT/MBA 09, associate director of Federal Government Affairs for the APTA, kicked off the symposium with a discussion about health care reform. “I was the first speaker, and I saw my role as really laying the foundation to frame the rest of the conversations,” says Thomas. “Health care reform provides a lens for how we need to look at the future – how we need to adapt and to react.”

Thomas sifted through the gargantuan bill to pull out sections that are particularly relevant to physical therapists. He divided those points into opportunities and challenges.

On the plus side, he pointed out that state exchanges were created for small employers and individuals to allow them to purchase health care coverage. These plans must meet a minimum benefit package, and rehabilitation and rehabilitation services were included in that package. Another opportunity, he said, is the creation of the Center for Medicare and Medicaid Innovation. “This center will look at innovative alternatives to current operations of payment and billing and care delivery,” he says.

Falling into the challenge category are cuts in skilled nursing care and home health care. Also, a payment advisory board will be created to recommend cuts to the Medicare and Medicaid systems. “That has a lot of providers extremely nervous,” says Thomas.

PASS – Physical Therapy and Society Summit

The next session, which built on the themes that emerged from the Physical

Therapy and Society Summit (PASS), was moderated by Colleen Kigin, PT, DPT, FAPTA, chair of the PASS Steering Committee and current chief of staff for the Center for Integration of Medicine and Innovative Technology. Panel members were Joannell Bohmert, PT, MS, a physical therapist with Anoka-Hennepin Independent School District 11, Minnesota; Andrew Butler, PT, PhD, MBA, FAHA, associate professor, Department of Rehabilitation Medicine, Emory University; Steven Wolf, PT, PhD, FAPTA, professor, Departments of Medicine, Rehabilitation Medicine and Nell Hodgson Woodruff School of Nursing, Emory University; and Ben Braxley, PT, DPT '06, a clinician at the Shepherd Center.

The PASS Summit declared that a paradigm shift in the industry is critical for physical therapists to thrive in the future health care environment. No longer can a therapist and patient exist in a vacuum. Rather, the therapist must work in collaboration with a multi-disciplinary team for the benefit of the “whole patient.”

“This is part of a trend away from ‘sick care,’ which is what we have essentially been delivering, toward ‘health care,’” says Butler. “You get paid for your performance, which means keeping the patient healthy and out of the hospital. And to do that, you need to work with the entire health care team.”

PASS panelists stressed, however, that understanding the need for multi-disciplinary collaboration in both research and treatment is not enough. The panel challenged participants to actually take ownership of the message and implement actual change. “Are you going to be the person to start that preventive medicine course at your university?” challenges Butler. “Are you going to be the person to incorporate preventive medicine in your clinic?”

Braxley so took this message to heart that he changed jobs to expand his skills in a new area. “The summit really challenged us to expand our breadth of knowledge,” he says.

After the summit, Braxley also developed a new professional blog focusing on collaboration, new



Division of Physical Therapy Director Zohar Kapasi welcomes attendees to the first-of-its-kind symposium on the future of the profession.

Emory assistant professor. “Similar themes which emerged from the recent summit and conference created a framework for our symposium: exploring data mining efforts and the creation of clinical registries, putting the patient at the center

APTA President Scott Ward delivers opening remarks to conference attendees via a video presentation.



Above l-r: Vitalizing Practice panel, Joannell Bohmert, Tara Jo Manal, Anthony Delitto, Rebecca Craik and Marc Goldstein. Left: PASS panel, Ben Braxley, Andrew Butler, Steven Wolf, Joannell Bohmert and Colleen Kigin.



technologies in physical therapy and issues that new PTs face. The blog can be found at moveitnps.blogspot.com.

Vitalizing Practice Through Research and Research Through Practice Conference

Marc Goldstein, EdD, senior director of research for the APTA, led a discussion drawn from findings from this 2009 conference, held in Philadelphia. Included on the panel were Joannell Bohmert, PT, MS (previously mentioned); Rebecca Craik, PT, PhD, FAPTA, professor and chair of the Department of Physical Therapy at Arcadia University and editor-in-chief of *Physical Therapy*; Anthony Delitto, PT, PhD, FAPTA, professor and chair of Department of Physical Therapy at University of Pittsburgh; and Tara Jo Manal, PT, DPT, OCS, SCS, director of clinical services and associate professor, University of Delaware.

“There is an ongoing controversy in our profession,” says Goldstein. “Researchers contend that a large number of clinicians don’t practice based on evidence. Clinicians say they know what is effective and that they don’t have time to read all the literature to stay current.”

To help bridge the gap between practice and research, the conference recommended the creation of networks where clinicians contribute data to a database or registry. Researchers can then use this data to conduct translational studies which can easily be applied back to clinicians and patients.

“It’s very difficult for researchers to collect huge amounts of data right now from their own facilities,” says Goldstein. “If clinicians all over the nation contributed to a databank, that would put a huge amount of data at researchers’ disposal. And clinicians and researchers could concentrate on what they do best.”

Another conference recommendation is a greater emphasis on patient-focused physical therapy practice. “That might seem self-evident, but a lot of times you’ll hear, ‘I’m practicing this way

because it maximizes my payment,” says Goldstein. “Profit is essential, but it can’t be the driving force. We must concentrate on providing the best care for the patient.”

Putting It All Together

The symposium concluded with afternoon breakout sessions. Participants were asked to ponder the same question: Reform is an opportunity to redesign physical therapy to a patient-driven model. Please consider how this can be accomplished in the following areas: practice; research and translation; education, and finances. The lively debates that followed resulted in five take-away points on which the profession needs to build:

- ◆ The need to foster translational research both by guiding young clinicians toward research careers and by developing an infrastructure that supports funding for such research.
- ◆ The importance of interdisciplinary collaboration, including researchers, rehab engineers, health care economists and dietitians, among others.
- ◆ The need to define patient-centered care and to determine methods to ensure it is carried out on a micro and macro level.
- ◆ The importance of viewing health care reform as an opportunity, including demonstrating physical therapists’ value in the current health care system and developing the PT role in prevention and wellness areas.
- ◆ The need to re-evaluate the relationship between practice (clinicians) and education (entry-level programs).

“The reaction to this symposium was terrific,” says Goldstein. “People said they were going to start implementing many of the points that were made. Just about everything stated in the course of the conference really resonated with people.”

Already a second symposium is being planned in Philadelphia that will run almost exactly like the Emory meeting. “Our idea all along was for this to be a springboard,” says Blanton. “We hoped others would take this concept and replicate it. The conversations that were started here will continue to evolve.” e

INVESTING IN EVIDENCE

Students raise funds to support physical therapy research

The physical therapy profession is moving toward evidence-based practice.

“But in order to treat based on evidence, you need to have the evidence,” says Crystal Huber, a DPT second-year student and fundraising chair for her class.

To promote the research that will yield such evidence, Huber and fellow first- and second-year DPT students have worked hard this year to raise money for the Marquette Challenge. Instituted in 1989 by physical therapy students at Marquette University, the annual challenge urges schools to compete for the largest donations to the Foundation for Physical Therapy. The foundation uses the donations to fund physical therapy research. Since its inception, students have raised over \$1.8 million for the foundation.

Last year, the Emory DPT program received an Award of Excellence from the Marquette Challenge for raising over \$10,000. This year students were determined to double that figure.

Their biggest fundraiser by far was the Alumni Reunion Weekend. Both the Exploring the Future of Physical Therapy Symposium and the gala with its silent auction were put on almost entirely with volunteer labor, so the proceeds for both events went directly into the Marquette

pot. Second-year DPT students manned the symposium, setting up and decorating the venue, collecting admission fees and offering snacks during the breaks. First-year students focused on the gala and silent auction. Students solicited donations from the local community for the auction, assembling an impressive offering that included a \$1,000 gift certificate from AirTran, a gift certificate for any dress in an exclusive boutique, golf packages, spa packages and a lot of artwork. The two events raised about \$17,000.

DPT students ran a host of other small fundraisers this year, including car washes, bake sales during grand rounds, T-shirt sales, and care package sales.

“We also did a 5-K costume run in October,” says Kaitlin Trudeau, a DPT first-year student and co-chair of fundraising for her class, with Emma Czarka. “Big Peach Running ran it for us, and we were able to get not only students to run, but also people in the community. It was a very successful event.”

These smaller fundraisers contributed nearly \$7,000 to the coffers, bringing Emory’s total contribution to the challenge



Symposium and gala organizers Marti Ebert, DPT '11 (far left) and student Crystal Huber (far right) with faculty members Beth Davis and Sarah Blanton

to just under \$24,000 – which earned Emory the No. 3 slot in the Marquette Challenge. “That’s quite a feat for us,” says Trudeau. “It’s a very big deal for our program to be able to donate this amount of money. It is, by far, the most that Emory has ever been able to raise.”

And the cause could not be a better one. “The foundation allows the funding of research projects which directly impact how we practice,” says Huber. e

Fundraising efforts included bake sales, the gala with its silent auction and a costume fun run.





IN A CLASS BY ITSELF

One-of-its-kind vestibular rehab course draws hundreds

Each spring, some 200 physical therapists, occupational therapists and medical doctors come to Emory to take a one-of-its-kind course in vestibular rehabilitation. The intense, evidence-based six-day course is co-sponsored by the APTA and Emory University and is taught by a faculty hailing from renowned institutions including Duke University, NYU, Mayo Clinic, University of Pittsburgh, University of Southern California and Johns Hopkins University.

The course was developed in 1999 by Susan Herdman, an internationally recognized expert in vestibular disorders and rehabilitation, while she was still on the faculty at University of Miami. When she joined the Emory Division of Physical Therapy in 2000 to establish a Dizziness and Balance Center, she brought the course with her.

“There is no other course like this one,” says Herdman, PT, PhD, FAPTA, professor in the Department of Rehabilitation Medicine. “We have 220 participants and 14 faculty members. Our ‘students’ are practicing clinicians from all over the world – though some Emory and Duke DPT students can take the course as an elective. Our faculty are amazing and are recognized as leading experts in the field. And they are passionate about what they do. It’s a big time commitment for them – they are away from their universities and practices for a whole week. But they all really want to make sure that clinicians who are treating patients with vestibular problems know what they are doing.”

In addition to the visiting faculty, several Emory experts participate, including: Courtney Hall, PT, PhD; Lisa Heusel-Gillig, PT, DPT; Jeffrey Hoder, PT, DPT, NCS, and Ronald Tusa, MD, PhD.

What truly sets the course apart, however, is its competency testing. After attending lectures, labs and self-study sessions from 8:00 a.m. to 5:00 p.m. each day, participants are tested on the skills they have learned each evening from 5:30 p.m. to 9:30 p.m. “We give written, video and practical exams on every skill we teach,” says Herdman. “Every participant gets a certificate of participation, but only those who pass every test get a certificate of competency.”

Four other vestibular courses have evolved from Emory’s vestibular rehabilitation course, all part of the competency-based course series. Emory offers a course on Vestibular Function Test Interpretation. The University of Southern California has a course on Cervicogenic Dizziness (a clinical syndrome of disequilibrium and disorientation in patients with many different diagnoses of neck pathology). Advances in Vestibular Rehabilitation is taught at Duke, and a Pediatric Vestibular Rehabilitation competency course is held in Florida (not at a university). The Emory vestibular rehabilitation course is a pre-requisite for each of these courses.

“Our course has a strong reputation,” says Herdman. It’s been good for Emory, good for clinicians and, ultimately, good for patients with vestibular disorders.” e

LEARNING THROUGH SERVICE

Students gain real-world experience in town and far afield

Many students are drawn to Emory’s DPT program by its opportunities in service learning, particularly in Guatemala and South Georgia. The program’s new head, Sara Pullen, DPT, MPH, CHES, assistant professor, is working to create even more offerings by establishing ongoing opportunities closer to home.

“In the metro Atlanta area, there is an enormous need for community-engaged service in the areas of urban health, education and community empowerment,” says Pullen “Within the Division of Physical Therapy, there is a prime opportunity to address this need through the service learning program.”

In April, students conducted injury prevention screenings for high school athletes at a physical therapy clinic in Woodstock, Ga. That same month, students provided fall risk screens at the West Side Health Fair in Atlanta.

Other new service learning opportunities include:

■ *Druid Hills Night Shelter*

This shelter is the result of a partnership of more than 20 churches and organizations throughout the metro-Atlanta area. The shelter provides transitional housing for up to 30 men who are employed or actively seeking work. Emory DPT students will conduct health education workshops at the shelter.

■ *Ponce de Leon Center*

This is one of the largest, most comprehensive facilities dedicated to the treatment of advanced HIV/AIDS in the U.S. The Ponce Center and its onsite affiliates provide various medical and support services to approximately 5,000 people living with HIV/AIDS. Emory DPT students will investigate safe exercise protocols for this population and will develop an exercise class.

■ *League of Hope*

This Atlanta-based nonprofit focuses on improving the quality of life in Haiti through agricultural, health and education initiatives. Since the devastating earthquake, League volunteers travel to Haiti to conduct medical clinics for residents who have been injured. Emory DPT students will instruct the League workers who will be traveling to Haiti in beneficial therapies for the victims. Down the road, Pullen hopes to organize a student trip to Haiti to actually work in the clinics.

The program will keep its two popular service learning opportunities – the South Georgia Farmworkers Health Project and the Guatemala Obras Sociales Project.

The former sends students into the fields, literally, where the migrant workers toil, to teach injury prevention programs and to provide physical therapy services to the workers and their families. While the

project used to be a two-week venture, it now occurs over two long weekends in June.

In Guatemala, Emory DPT students work with patients at Obras Sociales Santo Hermano Pedro, a hospital in Antigua which is the primary residence for over 200 children and adults with disabilities. The students work under the supervision of Emory faculty, including Susan Freed, DPT, MMSc, PCS, emeritus professor, who initiated the Guatemala program. The goal is to have Emory students, alumni and faculty work with the local physical therapists to expand resources available to their inpatient, outpatient and post-operative physical therapy programs.

Students who can and want to travel abroad will have new opportunities as well. Pullen is working to create a program in Jamaica that would allow students to work in a stroke rehabilitation clinic. She is also collaborating with Emory’s School of Nursing, which already has a program in the Dominican Republic, to include DPT students in a cross-discipline, cross-cultural venture, allowing them to team with clinicians in physical therapy and work in a rehabilitation hospital.

“Implementing these new initiatives will institutionalize community-engaged scholarship and service and will form critical community partnerships that will endure over time,” says Pullen. e



Rogozinski and Pullen join DPT faculty

Ben Rogozinski, DPT, and Sara Pullen, DPT, MPH, CHES, have joined the DPT faculty. Rogozinski, who came on board in May as assistant professor, has a background in biomechanics as it relates to normal and pathological gait, particularly in the pediatric population. "My background is primarily in clinical work within a motion analysis lab," he says. "I will be speaking with Children's Healthcare of Atlanta, trying to foster a relationship using the motion analysis lab for clinical purposes with Children's."

On the academic side, Rogozinski will be teaching a kinesiology/biomechanics course. He is also responsible for the pediatric course.

Rogozinski comes to Emory and Atlanta from Greenville, S.C., where he most recently worked as an outpatient therapist for St. Francis Hospital developing their motion analysis lab. Prior to that post, he worked in the motion lab in Shriners' Hospital, also in Greenville. Rogozinski earned his DPT from the University of South Carolina and his BS in exercise physiology from the same university. He made the move to

Atlanta with his wife, three children and dog.

Pullen came to the DPT program from Emory Healthcare, where she was a practicing physical therapist since 2007. While practicing, she enrolled in Emory's Rollins School of Public Health and earned her master of public health in 2009. Currently, she practices part-time and also heads the dual degree DPT/MPH program.

Prior to joining Emory, Pullen worked in varied settings in Atlanta, Boston and New York City and has performed pro bono medical and public health work in Latin America and in the U.S. She has worked extensively in the AIDS community and in 2009 was elected the Georgia state representative to the Latino Commission on AIDS' Deep South Project. Pullen received her DPT degree from Simmons College and her BA from Wesleyan University.

Before becoming a physical therapist, Pullen was a professional



Sara Pullen, left, and Ben Rogozinski recently joined the Emory DPT faculty as assistant professors.

dancer in New York and Boston. "I studied dance my whole life," she says. "I majored in dance and Spanish at Wesleyan. While I was a dancer, I saw so many of my dance peers get injured and then get helped by PTs. I saw how therapists could heal dancers and teach them how to prevent future injuries."

Pullen is married and has an infant daughter.

Graham awarded endowed professorship at UAB

Emory alumna Cecilia Graham, PT, PhD, has been named as the first recipient of the Bergman/Pinkston Endowed Professorship in the Department of Physical Therapy at the University of Alabama at Birmingham. Graham, who received her master of medical science in physical therapy from Emory in 1987, serves as an associate professor and director of the Doctor of Science Program in Physical Therapy.

"It was the wish of Drs. Bergman and Pinkston that the endowment would be dedicated to educational research," says Graham. "I have focused my research on teaching/learning processes and outcomes in physical therapy, and I have several projects in mind for this endowment."

Graham earned her doctoral degree in adult education from Texas A&M University and her bachelor's degree in physical therapy from the University of Texas Medical Branch.



Support the Emory DPT Program!

As a graduate of Emory's Physical Therapy Program, you know the value of the education you received here. In order to continue to attract the best and brightest students, we need your support. A gift to the DPT program will go directly to our students to help offset their educational costs and reduce their debt loads. To give, return the enclosed envelope or go to www.emory.edu/give and select "Health Professions" from the first menu, "Physical Therapy" from the second menu, and continue to follow the online form. Please make your annual gift today.



Foot studies afoot

Assistant Professor Marie Johanson, PT, PhD, OCS, is using the Oxford Foot Model to differentiate motion at the forefoot/midfoot from the ankle/rearfoot. "That helps us understand the biomechanics of gait for many different patient populations," she says.

Johanson is using the model in two very different studies. In the first, she is comparing midfoot motion in patients who have had an ankle replacement versus those who have had an ankle fusion. "We know patients who have a fusion tend to recruit more motion at joints adjacent to the fused joint, so a fused ankle would recruit more motion in midfoot, which then leads to arthritis in the midfoot," she says. "So our hypothesis

is that the patient with the ankle replacement would have more normal motion at the midfoot during gait than one with fusion."

In another study, Johanson is looking at variations of an often prescribed stretching technique for patients with overuse conditions associated with tightness of the muscle in the back of the calf. "We've randomized participants into two groups, with each group using a different heel position during the stretch. Using the Oxford Foot Model, we'll see which heel position results in participants recruiting more motion from the ankle/rearfoot versus the midfoot, which is what we want.

"I've done this type of research for many years, and I was always frustrated because I often lacked the ability to make definitive conclusions," she continues. "This sophisticated foot model will allow me to do just that."

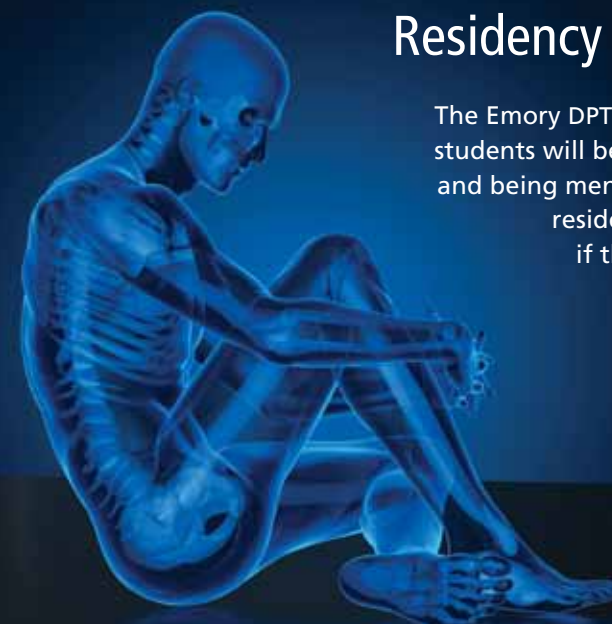


Residency in orthopedics

The Emory DPT program recently launched a new orthopedics residency. Two students will be the first to go the extra year, taking classes, working in a clinic and being mentored by orthopedic specialists. At the end of their year in the residency program, the students will sit for their orthopedic boards, and if they pass, will earn an OCS (orthopedic clinical specialist) from the American Board of Physical Therapy Specialties.

"When patients are referred to outpatient practices, it's very valuable to have a person there who has a clinical level of expertise in orthopedics," says Kathleen Geist, PT, DPT, OCS, COMT, assistant professor and head of the orthopedic residency program. "It will improve outcomes for patients and give graduates of the program greater opportunities."

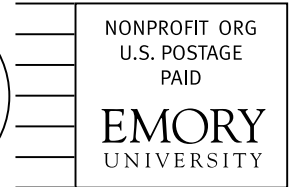
Geist says the program will expand to accept more students each year.





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