



MOUNT ST. JOSEPH
UNIVERSITY®
*Physical Therapy
Program*

Mount St. Joseph University

Department of Physical Therapy

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Supporting Students with Scholarships

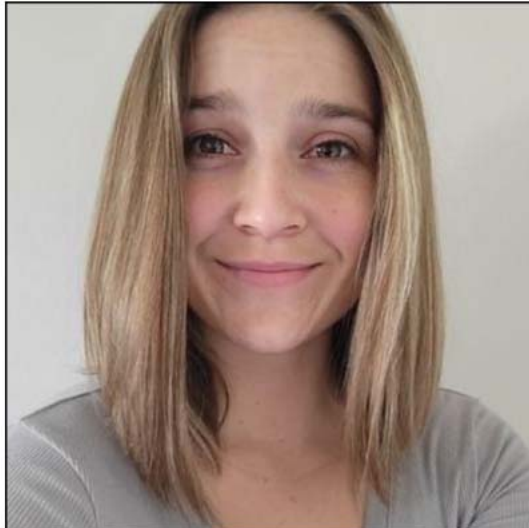
By Dr. Michael Obert

Program affordability has always been a priority of the MSJ DPT program. A few years ago, we began utilizing AccessPhysiotherapy® where students are able to electronically access nearly all of the textbooks used throughout the program at no additional cost to them. We have had our Dr. Peter D. Mosher Book Scholarship for several years, which previously provided a few core textbooks to recipients. With the addition of AccessPhysiotherapy® to our program, we have transitioned this scholarship to be able to provide a tablet or computer to the recipients in order for them to have better access to their textbooks online.

The DPT program has also worked diligently to secure more scholarships for our students. We are extremely excited to announce that due to the generous contributions of our community, we now have 4 scholarships that we are able to provide to our students! We would like to express our gratitude to our community-minded benefactors who have helped support the academic endeavors of these deserving students. We would like to recognize and congratulate our recent scholarship recipients:



- Kelsey Herbert, Class of 2024 – Linda M Dehner Endowed Scholarship
- Ileta Pizano, Class of 2025 – Mary Jo Bryant Endowed Scholarship
- Emily Brewer, Class of 2026 – Klosterkemper Family Scholarship
- Jenna Swartzentruber, Class of 2024 – DPT Alumni Scholarship



Congratulations to all of our scholarship recipients for this year, and a very heartfelt thank you to all of those who have contributed to these scholarships in any way!

Mount Student Wins National Scholarship

By Dr. Kim Perkins



We are so excited to share that a class of 2025 MSJ DPT Student has been awarded the Catherine Worthingham Fellows CSM Scholarship provided by the APTA - a scholarship provided by the APTA's Catherine Worthingham Fellows (FAPTA) to inspire all PT's to professional excellence. Please join us in congratulating Anna DiLonardo, Class of 2025, in receiving this scholarship to assist with the cost of her attendance to CSM 2024 in Boston! Nearly 500 students from across the country applied and Anna was 1 of 7 to receive this scholarship!

Anna shares that she is grateful to have been chosen for this award as it will allow her to grow not only as a student, but as a future PT as well. She is looking forward to attending "Beyond the Clinic Walls: Promoting Health and Wellness Across Populations at Risk for Falls", "Getting to Boston: Myth Busting, Training, and Racing Considerations for Marathoners and Other Endurance Events", and "LAMP Leadership: TED-Style Talks – Shared Lessons on Leading Within and Leading Others".

The Student Physical Therapy Association (SPTA) is also supporting 5 students to attend CSM with scholarships. The recipients are (in alphabetical order only) Anna DiLonardo, Hadley Faris, Casey Hite, Ileta Pizano, and Alicia Sutton. We are thrilled for these class of 2025 students to represent MSJ, to gain experience, to network, and to bring back valuable knowledge to other class mates. If you are attending CSM Boston, be on the lookout for our students and say hello!

Clinical Partner Spotlight

By Dr. Eric Schneider

Our “Clinic Partner Spotlight” highlights outstanding facilities and the clinical instructors who mentors our third-year DPT students on their clinical education experiences.

This quarter we would like to recognize the staff at Mercy Fairfield. Mercy Fairfield’s clinics, both outpatient and inpatient, have provided our students with outstanding mentorship and experience.



Mercy Fairfield offers physical therapy, occupational therapy, and speech language pathology services and employs over 30 therapists at their outpatient clinic and 24 therapists within their inpatient department. The Mount is well represented -- 18 Mount DPT alumni work at Mercy Fairfield.

The outpatient clinic serves a diverse patient population including post-operative care, general orthopedic therapy, sports medicine rehab for local high school athletes, lymphedema and vestibular services, and outpatient rehab for individuals with neurological conditions. The clinic's physical therapists hold a variety of advanced certifications in orthopedic manual physical therapy, dry needling, vestibular rehab, lymphoedema, neurological developmental treatment, blood flow restriction, and board-certifications in both orthopedic and neurological physical therapy through the American Board of Physical Therapy Specialties.



Given the diverse patient population and clinical expertise of their therapists, Mercy Fairfield is a popular clinical site for our DPT students. Jonathan Tatum, PT, DPT, OMT-C, AIB-VRC, who serves as the Site Coordinator for Clinical Education at Mercy Fairfield, says, "Here at Mercy Fairfield, we enjoy having Mount Students. We feel like the students are really prepared during their clinical experience whether it's a two-week introductory experience or a final clinical rotation. Mount students are always professional, dependable, and just seem to intern with a quiet confidence even while developing their clinical skills. We often involve them in special projects around clinic showing off their ability to adapt in various clinical scenarios. Again, we're always thrilled to mentor Mount students throughout the year because we know they will represent best that the physical therapy profession has to offer."

Thank you to Mercy Fairfield, especially Jonathan and his team for all they do for our Program, our students, and our graduates!

MSJ Student Run Pro Bono PT Clinic

By Dr. Karen Holtgreve



New cohort: The class of 2025 completed their first semester in the clinic after participating in a new onboarding process which allowed them to hit the ground running when the clinic started in the fall. Prior to their start in the clinic, they completed documentation audits in PT 770: Administration, Consultation, and Management; reviewing de-identified notes and providing feedback; thus, getting a preview of the documentation templates and expectations.

Data results: We collect a lot of data for the clinic, including its effect on student confidence. The students complete the Self-Efficacy of Student Physical Therapy Outcomes (SEPTSO) multiple times throughout the year. Students in the 2024 cohort reported increased confidence (10-23% increase) in all aspects related to patient care (noted on the survey). We hope this translates to our students having more confidence and feeling better prepared for their clinical education experiences. To date, students have provided 348 visits for patients aged 14-89 with diagnoses ranging from orthopedic and neurologic, to balance and debility for a total of over \$45,000 in free care.

Volunteer or refer patients: the spring clinic runs from January 30th to April 20th (Tuesdays evenings, 6-8:00pm and Saturday mornings, 9-11:00am). Please call or email if you are interested in being a volunteer PT overseeing the care provided by the students, OR refer a patient who has exhausted their insurance benefits or who could benefit from additional therapy. Voicemail: 513-244-4282. Clinic email: MSJPT.Clinic@msj.edu.

SAVE THE DATE Annual SPTA Golf Outing

By Dr. Eric Schneider



The Mount's DPT Program will host its 12th annual Student Physical Therapy Association golf outing on Saturday April 13, 2014 at 1:30 pm. The outing will once again be held at Neumann Golf Course. We had a record number of golfers participate in this year's outing and we look forward to seeing all of you again next year! Proceeds benefit student charities and projects, including scholarships to attend CSM as mentioned earlier in the newsletter.

Please email eric.schneider@msj.edu if you are interested in participating.

Following Passion as the Adaptive Sports Student Liaison

By Ileta Pizano

I fell in love with adaptive sports before I was accepted in MSJ's DPT program. While studying health sciences at The Ohio State University, I was a caregiver for a stroke survivor for five years and was introduced to adaptive sports through attending stroke camp in 2019. I then volunteered in Columbus with Adaptive Sports Connection and got to experience adaptive kayaking and cycling. When presented with the opportunity to be the adaptive sports lead at MSJ, I knew that I wanted this role. I had dedicated time to learn about disability etiquette, read books written by disabled authors, and followed various disability advocates on social media. This role is extremely important because I feel that all physical therapists should know what resources are out there for future patients, as PT appointments are just a small part of their everyday life.



As the student liaison for my cohort, I work closely with Dr. Heinrich, who is in charge of helping me with this role, and I tell my classmates about the different experiences and opportunities there are in the Cincinnati area. Additionally, I present the role to the next cohort and select someone taking my position the following year. With this role, I have networked with many amazing people doing incredible things for individuals with disabilities. I have got to connect with individuals including other physical therapists, but also individuals who are not in the healthcare field and continue to make a difference. Through this position I have had so many great opportunities seeing what resources are available in Cincinnati including Ice Breakers, CP soccer, The Bridge, and Iron Core. Working closely with Dr. Heinrich has truly been a blessing. Dr. Heinrich is just as passionate as I am when it comes to adaptive sports and helping out others in any way possible. She is one of the head coaches for CP soccer and ultimately got me to fall in love with this sport and team. It has truly been inspirational to have a professor/mentor dedicate the time to pursue her passions and give back to the community. Dr. Heinrich's presence always puts a smile on my face and continues to be one of my biggest cheerleaders.

Recreational sports, gyms, and exercise classes not only benefit the person's health, but have the chance to enhance someone's quality of life. Having accessibility to recreational sports that fit the needs of each individual that has a disability is life changing and is needed in every city. The Bridge is a local Cincinnati program that strives to achieve this in their community, offering various programs for individuals with various disabilities. Unfortunately, our society is lacking accessibility to playgrounds, buildings, schools, churches, etc. and I believe the only way that we can change that is to continuously bring awareness and advocate for change. I want my future patients to know that I see and hear them, and as an able-bodied person, I will continue to fight for accessibility everywhere. During my years in physical therapy school in Cincinnati, I have seen how Ice Breakers Adaptive Sled Hockey, Cerebral Palsy soccer (CP), and individualized programs like Iron Core (which is a strength and conditioning program led by PT students from two universities) have changed the lives of children and their parents. Having a sports team that recognizes each individual's abilities and empowers and encourages them, and advocates that they belong in this community, is truly remarkable and rewarding to witness. One of my aspiring goals that I have after I graduate PT school is to create a CP Soccer team in Columbus and hopefully play against Cincinnati's CP soccer team.



I have fallen more in love with adaptive sports since starting PT school and have met so many inspiring people and children. This adaptive sports student liaison role is something I am extremely proud of and passionate about, and I hope that others see the wholesomeness that adaptive sports have to offer the way that I do.

PT Alumni Spotlight

Kelley Volpenhein, PT, DPT, NCS, LMT '16



Kelley graduated from Mount St. Joseph DPT program in 2016 and is currently working at the VA hospital as an outpatient physical therapist in the chronic pain clinic. She started there in 2019 under a grant from the Office of Rural Health. The purpose of the program was to reach Veterans in rural areas with progressive neurological diseases via telehealth. Initially the program was piloted for patients with multiple sclerosis and expanded to Veterans with ALS. After being involved in the program for a year, Kelley grew the program to include patients with Parkinson's disease as well. Initially, the program was designed to reach Veterans in rural areas but since many patients with neurological conditions often require a lot of time and effort to get to their appointments, the program was expanded to all Veterans with those neurological conditions. This allowed these patients to have a home exercise program via Telehealth and overcome some of the barriers to receiving physical therapy. The success of the program led her team receiving an Executive Leadership Team Recognition Award and the program continues to expand throughout other VA centers. Once hired on outside of the grant, she was offered a role in chronic pain clinic where she is currently working and is looking forward to progressing the program along with the interdisciplinary team that includes a pain psychologist, pain pharmacist, pain physician, nurse practitioner, and physical therapist. Lastly, she recently earned her NCS and also enjoys working as faculty within the residency program and serving as the treasurer for the APTA Federal Section.

Outside of work, I am looking forward to fall with lots of Kan Jam, football, bonfires, bike riding, and fall hiking. My favorite thing about the Mount is that everyone was friendly and welcoming. I was nervous about coming back to school as a non-traditional student and feeling out of place but I was welcomed and even made some friends I still see to this day. I liked that the clinicals were at the end of the curriculum so that I felt ready to start treating and making the most of it. I was thankful to have placed a special request for my final clinical that MSJ faculty worked to secure. For clinicals, my advice would be to remember to look at the whole person through the lens of the bio-psycho-social model. I have found working with chronic pain and Veterans that finances, social support, and trauma play a large role in a person's experiences to pain and outcomes. What works for one person may not work for another when factoring in the whole person. My advice for students for their time in school would be to take each day in stride and try to not get too overwhelmed, it all comes together.

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

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.

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