



**SCHOOL OF
HEALTH SCIENCES**
MOUNT ST. JOSEPH UNIVERSITY
Athletic Training Program

Athletic Training & Health and Wellness Newsletter

Spring 2018 Edition



Department Chair's Welcome

Greetings from the Mount and from the Department of Athletic Training. Each Spring we say good-bye to our graduating students and congratulate them for their remarkable achievements. In the 2017-2018 academic year, we will have graduated 9 athletic training and 11 health and wellness majors, the largest group of students in five years. Each of these students have demonstrated a broad breadth of knowledge and skills in the areas of prevention, health promotion, and well-being.

In this Newsletter, you'll read stories about the collaboration between our faculty and Working in Neighborhoods, a community advocacy organization in Cincinnati, the work that our Interprofessional Education Committee in the School of Health Sciences has been accomplishing with the Center for Ethical Leadership to host the Greater Cincinnati Quality of Life Forum in March, and the remarkable skills of our clinical faculty to positively affect the lives of our patients.

The faculty and staff are hard at work continuing to write the CAATE re-accreditation self-study which is due on July 1st, 2018. We are providing evidence of compliance in clinical education, curriculum development, student safety, assessment and resources. We look forward to the site visit team's arrival in the Fall of 2018. We may be calling upon you as a recent graduate, a preceptor, or community advisor to meet with the self-study team. We hope you'll share your experiences and expertise with the CAATE and the Mount.

Simultaneously while we work to maintain our AT accreditation, we are also in the process of putting the finishing touches on the Master of Athletic Training program which will admit its first class of students in May 2019. The AT Centralized Application Service (ATCAS) will open on July 1 and we hope to gain a significant number of applicants from across the country. If you know of anyone that is interested in a career in athletic training, please send them our way.

We look forward to seeing many of you at the NATA Annual Meeting and AT Expo this June in New Orleans or the National Strength and Conditioning Association Convention this July in Indianapolis. Please watch for announcements on the AT Facebook page for dates and times for our alumni receptions.

Enjoy some time to relax during the summer months, remember to wear sunscreen when you're outside, and please come back and visit us at the Mount. We're always interested in knowing how you are doing and how you are serving others.



Blessings,

DR. BC CHARLES-LISCOMBE, EdD, ATC, AT
Department of Athletic Training Chairperson

Cover page photos courtesy of:
Don Denney (Top), Erin Lewis (Middle),
Rachel Hollingsworth (Bottom)

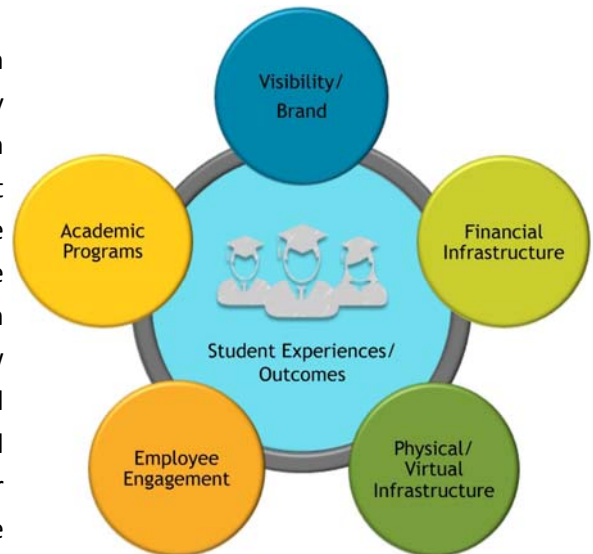
Greetings from the Dean

This academic year is quickly coming to a close. I always enjoy the enthusiasm and energy at the end of spring semester as the weather improves and students prepare for graduation. The School of Health Sciences was well represented at commencement with over 140 graduates.

We started the spring semester by welcoming our inaugural class of the Master of Physician Assistant Studies program. This group of 32 students joins over 600 graduate and undergraduate students in the School of Health Sciences. We are excited these new students will join our other programs in athletic training, health and wellness, nursing, and physical therapy.

As the Mount continues to look to the future, President Williams is leading a new initiative called Transformation 2025. This strategy is thoughtfully designed to prepare students to meet the future and respond creatively with informed and impactful decisions.

Student experiences and outcomes are the core of Transformation 2025. This core is surrounded by five interrelated and mutually supporting dimensions that are depicted in the circles. Each dimension will augment and amplify the Mount student experience. Improved visibility and brand recognition will enhance our ability to recruit new students. Strong academic programs are at the heart of each student's experience. The Mount will maintain its high standards for academic accreditation while pursuing new programs that fit with our Mission at the undergraduate and graduate levels. A continued focus on a solid financial infrastructure enables our students to benefit from our investments in our people, place, and programs. Employee engagement includes empowering our faculty and staff to generate new ideas, pursue their scholarly interests, and meet the Mission of the Mount.



Transformation 2025
Critical Dimensions



Finally, we are thrilled that the physical/virtual infrastructure dimension includes plans for several new buildings—one of which is a building to be shared by the School of Health Sciences and the School of Business. We are in the very preliminary stages of the discussions but the possibilities are exciting!

Best wishes and I hope you have a chance to get away this summer for travels and rejuvenation.

DR. DARLA VALE, PhD, RN, CCRN-K
Dean of the School of Health Sciences

Faculty Transitions

*Health and Wellness Welcomes Tom Gooding and
Bids Farewell to Rachel Hollingsworth*

This fall, the Health and Wellness students will be seeing a lot more of Tom Gooding in the classroom. For the past two years, Tom has been serving as an instructor in the AT program and as an athletic trainer for the athletic department. This fall Tom will be assuming a full-time Visiting Instructor position for the 2018-2019 academic year filling the position currently held by Rachel Hollingsworth, Instructor of Health and Wellness. Prior to joining the department in 2016, Tom worked out of Buffalo, New York as an Athletic Trainer and Performance Coach to various athletes and teams, including the Buffalo Beauts of the NWHL and FC Buffalo of the NPSL. Tom will be teaching Foundations of Wellness, Exercise Physiology and Epidemiology of Physical Activity and Health in addition to supervising senior student practicums this Fall.

Regrettably, Rachel will be leaving at the end of the year to begin a new position as an instructor in the School of Health Innovation at the Arizona State University, Phoenix campus. She will be teaching in the areas of exercise science and evidence based medicine.

Rachel remarked that ASU was very interested in the work that she and the department have accomplished over the past three years in health promotion, health disparities, and wellness. Rachel has done a remarkable job in developing our collaborative relationships with community partners in Cincinnati. Students have benefitted from Rachel's expertise in exercise prescription and her commitment to holistic health, mitigating health disparities, and developing exceptional writers, thinkers, and lifelong learners.

We wish Rachel well in her new position and look forward to Tom being more involved in the classroom and lab this fall.



Rachel Hollingsworth



Tom Gooding

Health Sciences Faculty Selected to Present at Cincinnati Children's Conference

Dr. BC Charles-Liscombe, along with Dr Jamie Bayliss and Dr. Erin Hofmeyer in physical therapy and Dr Kristin Clephane in nursing, will be presenting in September at the 2018 Faculty Development and Health Care Educator Conference at Cincinnati Children's Hospital and Medical Center. They will be showcasing the Greater Cincinnati Quality of Life Forum, the case based instructional methods used to instruct students about the International Classification of Functioning and Disability (ICF) model, and the team work skills needed to treat patients effectively.

HPAC Provides Resources and Opportunities for Student Success

The Health Professions Advising Committee (HPAC) and the Center for Career and Experiential Education were hard at work this spring helping students prepare for graduate school admission in the health sciences. In addition to AT, HPAC advisors assist students in applying to chiropractic, dentistry, medicine, graduate nursing, occupational therapy, optometry, pharmacy, physician assistant, physical therapy, podiatry, public health, and veterinary medicine programs.

Events this semester included:

- Personal Statement Workshop for graduate school essays;
- Spring Career and Co-op Fair;
- Navigating the Centralized Application Service (CAS) workshop for CASPA, PTCAS, and ATCAS;
- A practice Graduate Record Exam (GRE), and
- Mock interviews for students interviewing this summer.

HPAC co-chairs Yashica Gayle, PA Pathways Coordinator and Dr. BC Charles-Liscombe, Chair of Athletic Training will be attending the National Association of Advisors for the Health Professions Annual Meeting this summer in Washington, D.C.

BOC Exam Results

Congratulations to AT seniors Jessica Baker, Isaac Cosculluela, AJ Glines, Liz Hipple, Michael Huber, and Madi Perry.

These 2018 graduates passed the Board of Certification exam this Spring semester.

Department Uses OSCEs to Test Student's Abilities

Just before exam week this Fall and Spring, the AT students once again completed a round of Objective Structured Clinical Exams (OSCEs—pronounced 'os key') to test their clinical knowledge and skills using standardized patients (SPs). Commonly used in medical school curricula, OSCEs enable students to demonstrate their patient interaction skills and make independent clinical decisions in a realistic AT environment without jeopardizing the welfare of the patient. The Department has been using OSCEs for learning and assessment for the past four years.

Similar to the "AT Haunted House" during Orientation, the OSCEs are based upon clinical scenarios commonly encountered in AT practice. In November, the senior AT students were required to pass 6 clinical stations in order to register for their final clinical course this Spring. The stations were based upon the five Board of Certification domains of practice as well as additional 'soft skills' essential for clinical care.

Students were required to document using an electronic medical record and to develop and issue a home exercise program using the MedBridge platform with images and videos that can be live streamed to a patient.

Thanks to SimIQ, a new software and hardware platform available in the Simulation Center and the Physical Exam Suite, the OSCEs included even greater realism this time around. Each room is equipped with two cameras which can be manipulated to record the interactions in real time. Whereas in the past, faculty have had to be in the room to witness and evaluate student performance. Now, with the new camera system and video monitors, the faculty can set the cameras on time schedule, watch the interactions live from outside the room, and review the videos with the students during debriefing sessions and over the Internet for reflective practice.

In order to create even greater realism, the department recruited SPs that were not athletic training students. Many of the SPs were Mount student-athletes, which enhanced the experience as a more "real-life situation" and helped us better gauge students' communication skills. SPs were asked to complete an evaluation of the student and to provide feedback during our group debrief at the end of the night. Students were excited to receive feedback directly from patients and to hear concerns from the patient's perspective and not just another clinician.

As an example of one of the scenarios this fall, the AT seniors were required to assess and address the needs of a patient that had sustained a concussion during the fall season of softball, had completed a return to play protocol and was cleared to participate. The scenario involved the patient reporting to the AT about developing anxiety two months after the concussion and asking for help. This situation required students to be active listeners, quiet prompters, and overall supporters in addition to asking difficult questions such as: "are you thinking about harming yourself" and/or "do you have a plan to harm yourself?" Students were then required to call a 'standardized physician' by phone and discuss the next plan of care. We strategically placed the physician in an office on the other side of campus. Utilizing these types of scenarios we are able to integrate the skills that students learn in the classroom and clinic and provide opportunities to address difficult situations that are not always readily available during the students' career.



NICOLE HARSHBARGER,
MS, AT, ATC
Instructor / Athletic Trainer

AT Club Activities

The Athletic Training Club continued its commitment to professional development and service this Spring.

In January, students traveled to The Ohio State University to participate in the OATA Quiz Bowl and Student Symposium. The team of Elizabeth Hipple, Madison Perry, Logan Chowning, and Amber Roszell came in 2nd out of 21 competing institutions.

In March, the club traveled to Chicago to attend the GLATA Annual Meeting. Students participated in a variety of presentations. Amber Roszell, junior AT student, served as a lab instructor for a clinical skills lab alongside Dr. Charles-Liscombe.

Also in March, the Cincinnati Recreation Commission returned to campus for their annual Goalball Fundraiser. The fundraiser raises awareness for individuals with visual impairments and money to support both organizations. Six teams participated and a total of approximately \$200 funds were raised for the CRC.

For more information on sports for athletes with blindness and other visual impairments, visit www.usaba.org

Updates in AT Clinical Education

We secured new affiliations with Mercy Health Sayler Park School Health Center, Withrow High School, Hughes High School, Norwood High School, Oak Hills High School, and FC Cincinnati this academic year. Students have been excited to work with new preceptors at the new clinical facilities. As we look to transition to the Master of Athletic Training in May 2019, we will continue to explore new affiliates and preceptors to expand our network of off-campus educators and specialty areas of clinical practice.

During the spring semester, Beacon Orthopaedics continued to offer educational programming for our students in the clinic and the surgical suite. AT students were able to observe surgeries at their Western Hills location on a regular and consistent basis this semester. Student and faculty also participated in a hands-on learning lab as a component of ATR 214: Assessment and Management I: Lower Extremities. Dr. Robert Burger and his physician assistants guided students through joint-specific cadaver dissections of the knee, foot and ankle while also allowing them to manipulate arthroscopy equipment within the joints to visualize commonly injured structures.



ERIN LEWIS,
MEd, ATC, CSCS
Clinical Education Coordinator

Clinical Affiliate Thank You's

ATHLETIC TRAINING PRECEPTORS AND SUPERVISORS

BEACON ORTHOPAEDICS

OUTPATIENT REHABILITATION

*Susan Blackson: Beacon Summit Woods &
Reading High School
Tim Elser: Beacon West*

HIGH SCHOOL

*Allison King: Wyoming High School
Craig Lindsey: Moeller High School
Kevin Stokes: Lakota East High School*

CINCINNATI CHILDREN'S HOSPITAL AND MEDICAL CENTER

HIGH SCHOOL

*Kelly Camp: Withrow High School
Cory Jacobs: Cincinnati Christian Schools
Matt Tepe: Hughes High School*

MERCY HEALTH

OUTPATIENT REHABILITATION

Donald Wells: Wellington Blue Ash

HIGH SCHOOL

Rachael Doll: Sayler Park School Health Center

COLLEGIATE

JP Pizana: Cincinnati Christian University

MOUNT ST. JOSEPH UNIVERSITY

COLLEGIATE

*Tom Gooding
Nicole Harshbarger
Jessi Holley
Brian Lewton
Steph Madura
Amy Demko*

NOVA CARE

PROFESSIONAL SPORTS TEAM

Alex Villasanti: FC Cincinnati

OXFORD PHYSICAL THERAPY

OUTPATIENT REHABILITATION

Charley Meade: Oxford Independence

OAK HILLS SCHOOL DISTRICT

HIGH SCHOOL

Ron Baumer: Oak Hills High School

ST. ELIZABETH HEALTHCARE

OUTPATIENT REHABILITATION

Kathy Boehmer: St. Elizabeth Edgewood

THE HOWELL REHAB CENTER

OUTPATIENT REHABILITATION

*Alan Howell
Drew Burchett*

TRIHEALTH

GENERAL MEDICAL

*Dr. Rob Altenau
Dr. Steven Jung
Dr. Ray Metzger
Dr. Rick Okragly*

HIGH SCHOOL

Lindsey Sipes: Norwood High School

News from Athletic Training—Clinical

The athletic training staff has been working at full tilt while one staff member short – but for good reason. Alex Villasanti, newly hired in August, came to us as a recent graduate from UC after some very promising internships with FC Cincinnati. He was a terrific addition as he jumped right in to the fray and did fantastic work with men's soccer and cross country teams. Shortly before Thanksgiving he was offered an opportunity to work full time with FCC and he jumped at the chance. We were sad to see him go, but delighted to send him on to a once in a lifetime experience. Congratulations and good luck, Alex.

More recently, Tom Gooding, presented at the Celebration of Teaching and Learning on one of the Mount's baseball players, Wyatt Myers. When young, physically fit overhead athletes present with complaints of “burning scalpel pain” across the left shoulder and flank, clinicians and caregivers will most often consider the musculoskeletal system as the likely cause. Tom's case report described the presentation, diagnosis, and management of Stage 3 thyroid cancer and subsequent vocal cord dysfunction in a 21-year old baseball player and his return to athletic participation. Differences between the most common causes of shoulder pain and this patient were also presented. One of the local Fox News affiliates profiled Wyatt's story recently: [Wyatt Myers K's Cancer](#). Tom's presentation was so well attended that a bigger room had to be procured before he could begin. He will get another chance to present this summer at the NATA Annual meeting.



As the academic year comes to a close the Athletic Training department will begin a nationwide search for an athletic trainer to fill two vacant positions and gear up for another exciting year of Mount athletics.

Go Lions!

BRIAN LEWTON, MS, AT, ATC, CES/PES
Head Athletic Trainer



Photo courtesy of: Don Denney

Teamwork makes the dream work with Health and Wellness majors and community champions of South Cumminsville/Millvale

Spring semester 2018 saw the Health and Wellness seniors step up their on-going commitment to collaborating with community members to improve health outcomes throughout the local area. The 400-level Health Promotion and Programming students worked on a semester-long project with members of Working in Neighborhoods (WIN), and numerous health-champion-South-Cumminsville-community members to design health promotion projects.

As part of our Health and Wellness curriculum, we emphasize to students that health promotion works best and is most effective when it is a collaborative process. So, as part of their coursework, students engaged in service learning at WIN, and interviewed some of the local residents who are already working on advocacy and program development to improve the diets and environment in their neighborhood. WIN provides students with role models of how to empower communities to improve health outcomes by focusing on enhancing the various dimensions of wellness, through their community garden and fresh produce stand (environmental and physical wellness), economic development and home ownership workshops (financial wellness), as well as summer camps and after school tutoring for children (intellectual and social wellness).¹

Rigel Behrens and Susan Jorgenson (Community Development Planner and Fresh Food Access Coordinator—Americorps VISTA, both of WIN) helped the students understand the main health concerns of the South Cumminsville community, and hosted a focus group session that included Roy Davis (long-time advocate for improving environmental quality in the neighborhood), Lyah Davis (passionate young advocate for improved wellness in the community), as well as Chevelle Clayton and Derrick High (community members who have recently opened Heart 2 Heart Food Pantry in neighboring Millvale). In addition to conducting extensive research through the Mount's library, students met with these key informants on two separate occasions; once to collect qualitative data on community concerns, and again to share their health promotion ideas for feedback.

During the first meeting, students conducted detailed interviews with each community member about what health promotion activities are on-going in the community, and what they saw as missing. Through this first interview, students narrowed their projects to focus upon the areas of improved nutrition and community beautification. With input from the community members, the students were able to more fully understand both the challenges, and available resources, within the community. Once the students had used course concepts and research data to shape possible health programs, we went back to the WIN offices and once again met with our community partners. This time, the students presented their ideas, and asked for feedback. The seniors' final projects in the course evolved during this second meeting. Joining together students' ideas, and community champion ideas, we came to agreement upon specific health promotion programs for the students to design. These Health Promotion Programs serve as both the students' final project in class (for a grade), and as a template that community members will implement in South Cumminsville/Millvale, and include Healthy Cooking classes using fresh local produce, and an annual Community Beautification Day.

Photo on next page and cover page bottom photo (WIN and students collaborative) courtesy of:
Rachel Hollingsworth

Exercise Science and Fitness Minor

Our students minoring in Exercise Science and Fitness (ESF) have been busy this academic year, with field trips to Cincinnati Children's Hospital, Cincinnati Sports Club, and the TriHealth Fitness and Health Pavilion. Our ESF minors got to see some of the hands-on applications of major course concepts through field trips incorporated into their 300-level Exercise Physiology, and 400-level Exercise Testing and Prescription requirements.



In Fall 2017, the Exercise Physiology students were hosted by two Exercise Physiologists at Cincinnati Children's Hospital, recently ranked the third best children's hospital in the nation.² Sandy Knecht, Sr. Clinical Exercise Physiologist, and several of her student interns, demonstrated maximal exercise testing protocol, called a VO_2 max because it measures the maximal amount of oxygen a person's body can utilize during exercise, in their newly remodeled laboratory. Ms. Knecht shared that max testing is vital to children born with congenital heart issues, because it lets both the patients and their concerned family members know, in most cases, it's perfectly safe for them to run and play, and participate in

sports as much as they want. For our field trip, one of the graduate student interns volunteered to serve as our patient, and helped explain standard protocol and safety measures to the Mount students. We also met with Chris Kist, Exercise Program Supervisor at the Center for Better Health and Nutrition, who discussed some of Children's community outreach programs to help families incorporate more physical activity and healthy nutrition into their busy lifestyles.

This Spring, the ESF minors visited Vic Troha (a Mount Alum from the Doctorate of Physical Therapy program), Brad Messenger (Certified Personal Trainer), and Phil Norton (Business Unit Manager), for a tour of Cincinnati Sports Club, and a question and answer session. Mr. Messenger, who is one of the top trainers in the area, discussed the importance of empathy to building a profitable business as a fitness professional, and all three professionals gave the students tips on interviewing, and designing their own careers in the fitness industry. Students also visited the medical fitness facility run by TriHealth in Montgomery, Ohio, where they received career planning tips and a group training session, from our hosts Fitness Supervisor Tricia Lenhof, Personal Training Coordinator Justin Thompson, and Personal Trainer/Group Fitness Instructor Jeff Phillips.

Community partnerships are one of the major strengths of our Health and Wellness major, and Exercise Science and Fitness minor programs. We are so grateful to everyone in the area who has opened up their offices, labs, and schedules to support student learning!

On behalf of the Health and Wellness program, best wishes for a healthy, fun-filled summer break! We hope to see everyone at the fifth annual MSJ "Just for the Health of It" 5K on Friday, September 21st.



Yours truly,

RACHEL ALI HOLLINGSWORTH, MS ERYT-500

Instructor, Health and Wellness

References

- 1) Working in Neighborhoods. Our Work. <http://www.wincincy.org/our-work/>. Accessed 8/26/2017.
- 2) Cincinnati Children's Hospital Medical Center. About Cincinnati Children's: OTHER AWARDS AND RECOGNITION. <https://www.cincinnatichildrens.org/about/awards>. Accessed 4/20/18.

Student Honors and Faculty Award Winners

To cap off a successful National Athletic Training Month celebration throughout March, the Department of Athletic Training at Mount St. Joseph University hosted its annual Scholars' Night on Thursday, March 27th at the Bayley Wellness Center in Delhi.

"Every year, we celebrate our students' achievements and showcase their talent as clinicians, practitioners, scholars, and servants in the community", remarked Dr. BC Charles-Liscombe, Associate Professor and Chair of the Department. "It is important that we recognize the care that our students and our faculty provide and the effort it takes to continue with that work each and every day."

During a networking reception, guests were able to visit with students that have completed senior-level practicum experiences as a requirement for the Health and Wellness major.

Aaron Bloemer	TriHealth Division of Health Promotion
Michele Caster	Cincinnati Children's Hospital Medical Center Access Services
Jordan Corbett	Groundworks Cincinnati
Caesar Dillard	Cincinnati Recreation Commission Therapeutic Recreation Division
Alex Duncan	City Gospel Mission, Addiction Recovery Services
Kaitlyn Fadely	Jimbo's Personal Training Center
Nolan Miller	Griffin Elite Wellness Center
Will Schwing	Griffin Elite Wellness Center

Athletic training students also presented their critically appraised research projects that had been developed during the fall semester of the senior year.



Following the research reception, the department recognized the following students:

Elected officers for the AT Club for the 2018-2019 academic year

President: Logan Chowning
President-Elect: Spencer Kandra
Vice president: McKenzie Frommeyer
Secretary: Rachel Dreiling
Treasurer: Nate Clark

Athletic training student award winners

Haley Bushelman—Sophomore Clinician Award
Rachel Dreiling—Sophomore Academic Award
Amber Roszell—Junior Clinician Award
Logan Chowning—Junior Academic Award
Elizabeth Hipple—Senior Peer Educator Award
Madison Perry—Senior Clinician Award
Jessica Baker—Senior Academic Award

Health and wellness student award winners

Deanna Wilson—Community Engagement Award
Cheyenne Dunseith—Emerging Health and Wellness Leader Award
Erin Wyder—Outstanding Health and Wellness Student Award

Iota Tau Alpha National Athletic Training Honor Society Members

Jessica Baker
Logan Chowning
Nathan Herdemann
Liz Hipple
Michael Huber
Amber Roszell

Faculty and community awards were also given to the following individuals:

Rigel Behrens, Development Coordinator for Working in Neighborhoods, a Cincinnati-based not-for-profit agency, was recognized as a Wellness Champion for her collaboration with the Health and Wellness program this year, her service to others and for promoting a high quality of life in the Millvale and South Cummingsville neighborhoods.

Kelly Camp, Athletic Trainer at Withrow High School through an affiliation with Cincinnati Children's Hospital Medical Center, was recognized as the Off Campus Athletic Training Preceptor of the Year by the athletic training students.

Alex Villasanti, Athletic Trainer with FC Cincinnati through an affiliation with NovaCare, was recognized as the On Campus Athletic Training Preceptor of the Year. Villasanti had previously worked with the Mount's Athletics program during the fall semester before taking a position with FC Cincinnati in January.



Photos courtesy of: Michele Schwendenmann

Mount St. Joseph Students Participate in 2nd annual local AT Research Conference

Athletic training students and faculty at Mount St. Joseph University were busy on Thursday, April 26th. The program's 8 seniors presented in the second annual AT Research Night at the St. Elizabeth Training and Education Center in Erlanger, Kentucky.

Hosted by Northern Kentucky University (NKU), the conference was an opportunity for AT students at five area universities to share their research and scholarship. Students, faculty and clinicians from the Mount, NKU, Xavier University, the University of Cincinnati, and Thomas More College shared research projects, case studies, and critically appraised research topics (CATs) in the areas of injury prevention, biomechanical analysis, therapeutic interventions, and patient education and awareness.

The senior students presented their CATs research which were completed as a component of ATR 432: AT Clinical Perspectives V in the fall semester. AT faculty members from varying institutions served as judges for the event.

The nine presentations included:

- Does Conservative or Surgical Management Have a Lower Incidence Rate of Redislocations of the Patella
—Jess Baker
- Concussions in Adolescents: return to Drive Assessment Tools and Protocols
—Isaac Cosculluela
- Effectiveness of Foam Rolling and Manual Massage on Delayed Onset Muscle Soreness in Male and Female Athletes
—AJ Glines
- The Use of Neuromuscular Rehabilitation for Acute Hamstring Strains Compared to a Stretching Protocol in Male Soccer Players
—Nathan Herdemann
- Accessory Abdominal Activation and Patient Outcomes in Individuals with Low Back Pain in Comparison to Traditional Rehabilitation Exercises
—Liz Hipple
- Neuromuscular Training as a Primary Prevention Strategy to reduce the number of Recurrent Ankle Sprains
—Michael Huber
- The Effectiveness of Surgical and Non-Surgical Intervention in the Treatment of Triangular Fibrocartilage Complex Injuries
—Madi Perry
- Effectiveness of Scapular Stabilization Exercises Versus Conscious Control of Scapular Muscles on Subacromial Impingement with Secondary Scapular Dyskinesis
—Matt Stecht
- Non-Pharmacological Treatments for Joint Pain: A Critically Appraised Topic
—Emily Townsend



Photo courtesy of: Tom Gooding

Following the presentations, the Mount's very own Michael Huber took home the award for the 3rd best presentation overall. "Having Michael selected as one of the top 3 poster presenters this evening demonstrates that the Mount is more than capable of measuring up against the AT programs at the larger research universities in the area", remarked Tom Gooding, Instructor of Athletic Training.

On taking home his award Huber commented, "It was an honor to be ranked 3rd out of all the posters present. I believe it reflects on the education that the Mount has provided me through the athletic training department. I was able to showcase the knowledge that I've gained from preceptors and professors during my presentation."

Dr BC Charles-Liscombe, Program Director and Department Chair commented, "I am proud of our senior students and their ability to present in a professional forum of athletic trainers. These critically appraised topic projects required students to evaluate the best available research evidence in medicine and utilize the results in making clinical decisions."

Following the poster session, attendees heard from an experienced panel of veteran ATs: Theresa Behan, Head Athletic Trainer at Thomas More College; Pat Graman, former director for the University of Cincinnati's AT education program; Keith Webster, NATA Hall of Fame member and former president of two state athletic training associations; and Dr. Bobby Barton, former NATA president and NATA Hall of Fame member. Each panel member shared life lessons learned over their career as ATs in a variety of work settings. The panelists also offered their own perspective on where the profession is moving in the future.

"This evening, our junior level AT students were able to support their peers, to learn about research being conducted at other programs, and to develop questions of their own for next year," commented Assistant Professor and Clinical Coordinator for Athletic Training Erin Lewis. "We look forward to next year's research night and where our students can network with fellow AT students and ATs in the field and share the results of their research projects."

For more information about the Master of Athletic Training Program and Mount St. Joseph University, please visit www.msj.edu/MAT



Photo courtesy of: Tom Gooding



TOM GOODING,
MEd, AT, ATC
Instructor / Athletic Trainer

Alumni Updates

TRE CRONE

Health and Wellness, minor in biology, Class of 2015

Tre is currently employed at Griffin Elite Sports and Wellness as a soccer performance coach.

JORDAN CORBETT

Health and Wellness, minor in business administration, Class of 2017

Jordan is currently enrolled in the Mount's +1 MBA program.

SUMMER HAMILTON

Health and Wellness, minors in psychology and socio-psychology, Class of 2017

Summer was recently appointed Coordinator of Student Engagement at Thomas More College in Crestview Hills, KY. She served as the Student Affairs Co-op and Head Orientation Leader as an undergraduate.

NICK BROWNING

Health and Wellness, minor in leadership and civic engagement, Class of 2018

Nick is currently employed with Oxford Wellness Center in Oxford, OH.

NOLAN MILLER

Health and Wellness, minor in business administration, Class of 2018

Nolan is currently employed by Griffin Elite Sports and Wellness as a football performance coach. As a component of his practicum, he developed a character education curriculum for young men which he embedded into his coaching philosophy.

ERIN WYDER

Health and Wellness, minors in paralegal studies, Class of 2018

Erin will complete her summer practicum with the Freestore Foodbank in the West End in Cincinnati as an Americorp Vista volunteer. She will serve a one year commitment working on food insecurity issues in the Cincinnati and Ohio River Valley region.

Student Achievements

ALEX MERKEL

Health and Wellness, class of 2019

Alex, a junior Health and Wellness major with an Exercise Science and Fitness minor, was selected to complete The Ohio State University Athletics Summer Internship Program with the Strength and Conditioning Department. Alex will reside in Columbus and work on a daily basis with a variety of team and individual sport athletes. He had to complete a full-day interview with the strength and conditioning staff. We look forward to reporting more about his experiences when he returns in the fall.

Faculty Achievements

STEPHANIE MADURA, MS, AT, ATC

Instructor of Athletic Training

Stephanie will graduate in June 2018 from A.T. Still University of health sciences in Mesa, AZ with a Doctor of Athletic Training degree. Her dissertation project involved assessing core strength and stability of the Men's Volleyball team and its contributions to athletic performance and mitigation athletic injury. Congratulations!

Flying Pig Marathon

The weekend before exam week at the Mount, most students are busy studying and preparing final projects or papers. Students and faculty in the Athletic Training program were busy too. Instead of staying indoors, they chose to get up early on Saturday and Sunday to serve on the all-volunteer Medical Staff at the 20th Anniversary Flying Pig Marathon.

The athletic training students provided emergency care at the finish line main medical tent and the recovery zones at Smale Park for both the 10k/5k on Saturday as well as the half/full marathon on Sunday. In collaboration with team physician Rick O'Kragly with TriHealth, several athletic training preceptors and alumni and 70 other health professionals, the Mount students used their knowledge and skills to provide care for sprains, strains, and cramping common after distance races. Due to the heat and length of the events, however, they were also called upon to care for patients dealing with heat stroke, diabetic emergencies, dehydration, and exhaustion.

Amber Roszell remarked, "As the temperature rose during the day, we definitely began to see more cases of heat illness. While we often treat these conditions in August during pre-season with our athletic teams, the number of participants in the race definitely forced us to use our diagnosis and treatment skills to decide if patients could be treated on-site or if they needed to be transported to the Main medical tent for a more comprehensive care. This is similar to the work we have to do at our clinical sites in determining when it is necessary to call EMS and transport patients to the emergency department at the hospital."

This is the 12th year that the Mount AT program has participated in the Flying Pig on the medical staff. First-time staff member Alec Glines, a senior AT student, reported, "I was surprised at how busy we were as runners and walkers were coming in after the half and full marathon races. It allowed me to use several of my skills in prevention, nutrition counseling, emergency care, and communication with other healthcare provider." He also remarked, "I'm definitely looking forward to participating next year despite it falling on the weekend before exams." Along with several of his senior classmates, Glines recently passed his Board of Certification exam and will graduate this weekend with a Bachelor of Science in Athletic Training. He will begin the Doctor of Physical therapy program at the Mount in June.

Athletic Training program director BC Charles-Liscombe, EdD, ATC and Nicole Harshbarger, MS, ATC supervised the students over the two days. "The Flying Pig is a great opportunity for our students to experience the rush of working a mass participant event of this size and treating patients from all levels of ability. Thanks to our relationship with Jessica Mann, AT class of 2008, our team physician Dr. Okragly with TriHealth, and our preceptor Corey Jacobs, with Cincinnati Christian School and Cincinnati Children's Hospital, our students get an up-close experience to caring for the 1000's of runners at the finish."

Serving as a clinician at the Flying Pig is one of several clinical components required in the AT program which is accredited by the Commission on Accreditation of Athletic Training Education. Beginning in May 2019, the Mount will be offering a 24-month (six-semester) full-time Master of Athletic Training (MAT) degree that will prepare students to earn the certified athletic trainer credential (ATC). Athletic trainers (AT) are licensed health care professionals who collaborate with physicians in the prevention, emergency care, clinical diagnosis, therapeutic intervention, and rehabilitation of injuries and illnesses to optimize physical activity and well-being in all types of patients, not just athletes participating in sports. Individuals interested in more information about the AT program at the Mount should email athletic.training@msj.edu or visit www.msj.edu/MAT.



Photo courtesy of: Anna Thorton and Rick Okragly





Photo courtesy of: Don Denney

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