Growth brings change. One of the major changes for us this year is our transition from a department to a school. Thus, I greet you this year with our new name: School of Rehabilitation Sciences. Increasing admissions in our on-campus transitional Doctor of Physical Therapy program, steady growth in the Doctor of Science in Physical Therapy (DScPT) program (with a new concentration in women’s health), consistent full capacity in the Doctor of Physical Therapy (DPT) program, rising pre-PT enrollment, and the addition of an Occupational Therapy (OT) doctoral program with pre-OT as well has earned us the qualifications necessary to become a school. The name change is not just semantics — it represents a vision for the future built upon the dedication of many faculty and staff over the past 30-plus years as well as the support of university administration.

Our 30-year celebration during Homecoming Weekend was well attended and a great success. Alumni were able to enjoy a day of free continuing education, reconnect with classmates, and make new friends. Attendees renewed and made new commitments to offering mentorship to our students and new graduates and contributing to the School of Rehabilitation Sciences Alumni Endowed Scholarship Fund, which is awarded to several DPT students annually in memory of DoYoun (Step) Chung (97/98).

The school has undertaken a number of recent initiatives. We have started an on-campus clinic pilot project and are reviewing integrated clinical education models to better prepare our students for clinical education experiences. In the fall of 2019, we launched a concentration in women’s health, paired with the DScPT degree. This is the first of its kind in the profession! Continuing with this approach, concentrations in healthcare administration, leadership, and university and college teaching are being developed. Finally, if God’s timing coincides with our plan, the first cohort of the Doctor of Occupational Therapy program will begin studies in the fall of 2023. We love to reconnect, so please keep us informed of your life milestones. I hope that you enjoy this edition of our newsletter. Don’t forget to follow us on social media to keep up to date.

**FAMILY SPIRIT**

**Student Highlight from Our On-campus Transitional DPT Program**

By Rahul Chaitanya Shah, t-DPT

Student, Class of 2020

I completed my bachelor’s degree in Pune, India, and I was very keen on pursuing my studies further. I found out about Andrews University through the American Physical Therapy Association’s website and was immediately interested in the on-campus transitional Doctor of Physical Therapy program. Since this meant moving to a new country, interacting with different people and learning new cultures and practices, I wanted to be sure of my decision. I talked to a few people already in the program and received a very positive review of the program and the university in general. The curriculum included topics that drew my interest, so I applied for the program and got my acceptance letter within a few weeks. Upon arrival, I found many people here at Andrews to be extremely generous and kind, helping international students like me feel at home in this new place. The faculty and staff in the School of Rehabilitation Sciences introduced me to the faculty, staff and students in our department, and I soon started networking and getting to know people. The professors have made new topics easy to understand and have been approachable and ready to help with any questions and problems that I come across. Another advantage of studying at Andrews University is that I have have seen growth in myself spiritually and academically. Additionally, Andrews University has various events and co-curricular activities that have kept me on my toes. At this university, I have developed interpersonal skills, critical thinking and knowledge. I am pleased with my experience so far, and I am looking forward to my future semesters here at Andrews University!
Student Testimonial

By Mette Coleman, PT, CMPT
DSc candidate

The postprofessional physical therapy program at Andrews University has not only provided me with the opportunity to grow clinically as a physical therapist, but as a DSc student with more than 20 years of clinical experience, I feel inspired, challenged, and excited to learn. The collaboration between Andrews University and the North American Institute of Orthopaedic Manual Therapy delivers a unique combination of academic rigor and clinical reasoning, while developing safe, effective, and proficient orthopedic manual therapy skills in their students. The faculty is eclectic, dedicated to teaching, giving back, and they share their expertise and engagement with humility and enthusiasm.

Class of 2020 Student Highlight

Interview with Gibran Hunt
Doctor of Physical Therapy Student, Class of 2020

by Taylor Johnson
Doctor of Physical Therapy Student, Class of 2020

Typically each DPT cohort includes a few students who have a little more life experience from prior careers and being parents. Gibran Hunt is one of those “seasoned” classmates.

Q: What inspired you to go into physical therapy (PT)?
A: I wanted to finally do what I truly loved. I have always been passionate about health, fitness, manual therapy, nutrition, exploring the world that surrounds us, living life to the fullest at any age, and, especially, providing a helping hand. I grew weary of (what I deem) the shallow thought process of making a name for myself. I wanted to choose a career path where I could make a difference in lives physically, mentally, socially, and spiritually each and every day. I dreamed of becoming not just a physical therapist but a progressive clinician of varied talents utilizing the gifts God has given me to build a healthier and stronger community.

Q: Why did you choose to do physical therapy instead of remain in your prior careers?
A: I worked in the field of education as a certified teacher, administrative coordinator, missionary, and university professor in various fields while abroad in Seoul, South Korea. The field of education is a powerful arena for creating change and influencing the mind, but my heart desired more. I remember upon returning to the U.S., I had planned on working in the area of computer informatics at the Center for Disease Control and Prevention or a public health agency since my undergraduate degree was in computer science, I had a master’s in public health, and I had solid connections. Indeed, it would have been a safe financial career choice, but, man, did it sound boring to me! I really wanted to delve into health care and continue to incorporate the tools I had acquired being a teacher, as well as be an influence for change within the local community. Physical therapy was the one career I got excited about and knew instantly was right for me. I knew it afforded me the opportunity to be creative and flexible, to build meaningful relationships, and to fulfill the longings of my heart.

Q: What advice do you have for people who are thinking of changing careers to physical therapy?
A: I think changing careers can be quite daunting initially but also extremely rewarding in many ways. It is of great importance to consider the pros and cons of choosing a career in PT. For me, I had to consider if this was right for my family first. I try not to make unilateral decisions, and honestly, my wife had to give me the green light for the pursuit of this career. Second, discern if this career path is feasible for you financially, including analyzing the financial implications of attending PT school. Third, understand why you are considering PT as a career. Ultimately, it should be about helping individuals to improve/restore function and building healthier communities and not about selfish interests. Lastly, I would suggest getting a second opinion from a trusted source. For some, it may be praying about your career path, asking God directly if such a path is in harmony with His will. For others, it may be having a heart-to-heart with a friend or professional whom you trust.

Q: What are your plans for after you graduate?
A: Upon graduating, I would like to explore work in orthopedics, emphasizing manual therapeutic procedures, but the wanderlust in me desires travel PT. Ultimately, I would like to open not simply a PT clinic but a small health sanitarium that involves naturopathic treatment, physical therapy, education principles based upon NEWSTART, and good, wholesome food since I have been blessed with a wife who is a chef. In all, I’m trusting in God to lead me in the path where He wants me to go and have committed my life to serving Him.

Gibran Hunt

Rehabilitation Sciences
Student Testimonial
By Hina Shaikh
On-campus Transitional Doctor of Physical Therapy Student, Class of 2019

During my third year of physical therapy school back in India, I made the decision to take my education even further so that I could enhance my knowledge and skills in order to become a better physical therapist. This led me to pursue the postprofessional Doctor of Physical Therapy program at Andrews University in the fall of 2017. The curriculum at Andrews has been designed based upon a very keen analysis of the gaps in the professional education of foreign-trained physical therapists. This is what I needed in an on-campus program. The academic advisors and the department chair have always encouraged me to achieve my academic and professional goals. They have worked with me individually, establishing a plan for my courses and clinical practicum that would fulfill the program requirements in time.

Ever since I began taking classes, I noticed that physical therapy practice is quite different in the U.S. The program has prepared me to face these variances in practice. I feel more confident in my ability to provide holistic care to my patients and to refer them to the appropriate medical provider whenever required. In addition to growing professionally, I have also grown personally, through the constant recognition and feedback that I received from the faculty as well as the Indian community members at Andrews. Moreover, I have been able to maintain a healthy balance between my education and my work in a way that gives me enough time for myself and my family. Also, I am an active member of the Indian community in Berrien Springs, which has made this journey a memorable one.

Currently, I am in the last phase of this program, expecting to graduate in December 2019. Andrews University, as a whole, has treated me with love and respect and has given me the opportunity to uplift myself as a strong individual and to advance in my chosen profession.

School of Rehabilitation Sciences Celebrates 30 Years of Service
By Kim Ferreira, PhD, MSPT, PT

During Homecoming Weekend 2018, the School of Rehabilitation Sciences celebrated 30 years of training and nearly 1,500 graduates. Events included free continuing education programs on Thursday, a brunch and alumni discussion panel on Friday, and a celebration over lunch on Sabbath afternoon.

The successes of the school were celebrated during the weekend events by several of the program’s “founding fathers,” including former Chair Bill Habenicht and faculty Keith Gaden and John Carlos, Jr. Thursday included two free continuing education options. Sherry McLaughlin (MSPT ‘90) explained the physical therapist’s role in wellness with her course titled “An Ounce of Prevention: Solving a Piece of the Wellness Puzzle.” The second option was an anatomy refresher taught by Assistant Professor Ryan Orrison (MSPT ’97). This included time in the classroom and our state-of-the-art anatomy laboratory.

On Friday, there was a panel discussion during which four physical therapy (PT) alumni — Sherry McLaughlin (MSPT ’90), Nicole Edwards (MSPT ’98), Stacy Tarrh (DPT ’06) and Anthony Pribila (DScPT ’12) — inspired fellow alumni, faculty and students as they shared about their innovative private practices. There was also a discussion about establishing a mentorship program for new graduates by partnering them with alumni from the PT program.

On Sabbath, Bill Habenicht presented a history of the program and how God has and is continuing to bless its efforts. The 30-year celebration was a success, with approximately 100 graduates attending throughout Homecoming Weekend. Alumni reconnected with one another and renewed their commitment to their alma mater. If you missed the celebration and want to share a career update and your interest in mentoring a new graduate, please contact Kim Ferreira at kimferreira@andrews.edu.
School of Rehabilitation Sciences Welcomes New Faculty and Staff

By Kim Ferreira, PhD, MSPT, PT

Over the past year, we have had the privilege of welcoming several new faculty and staff to serve on our team. In late May 2018, Michelle Allyn started in a new faculty position. She possesses 25 years of clinical experience with an emphasis in orthopedics and manual therapy as well as clinical instruction and mentorship. Allyn anticipates graduating with her Doctor of Science in Physical Therapy (DScPT) degree with a concentration in orthopedic manual therapy from Andrews University in 2020. Her teaching responsibilities include Therapeutic Interventions, Health Promotion and Wellness, Pathophysiology, and Differential Diagnosis. Her passion for the profession and teaching is contagious.

Gail Elliott joined the team in August 2018 and brings nearly 30 years of clinical experience as well as several years of work as a laboratory assistant in an entry-level program and in the North American Institute of Orthopaedic Manual Therapy curriculum. While her clinical focus was primarily orthopedic manual therapy, she has also enjoyed working in management, women’s health, and clinical instruction. Elliott expects to complete her DScPT degree with a concentration in orthopedic manual therapy from Andrews University in 2020. Her teaching load includes PT assessment, therapeutic exercise and professional compendium. She loves teaching and is a great encouragement to students. We are fortunate to have both Elliott and Allyn on our team, and they were blessed to start at nearly the same time — they have become fast friends and are a great inspiration to one another!

Kirsten Baldwin joined our staff in October 2018 as the operations assistant. A few of her duties include building management, creating and maintaining class and laboratory schedules for all of the degree programs in the school, facilitating any event related to food and celebration (and we love to eat and celebrate!), and most recently, managing social media. She has an associate degree in business, an interest in graphic design, and a special love for plants, which has brightened the office.

Gala Mbaiwa is our newest staff addition. She began in July 2019 as the postprofessional operations coordinator and advisor. She recently graduated with a master’s in organizational management from Andrews University and also holds a master’s degree in strategic management and a bachelor’s degree in business administration. Mbaiwa worked as a graduate assistant in the Postprofessional Program office for a year, which makes the transition to her new position much easier since she already knows many aspects of the job. In addition to her degrees and work experience, Mbaiwa also brings an international perspective to her work, having been an international student herself. This will greatly benefit the on-campus transitional Doctor of Physical Therapy program, which is designed for international students.
It Takes a Village

By Bill Scott, MSPT, PT
Assistant Professor, School of Rehabilitation Sciences

Since 1995, David Village has been a fixture in the School of Rehabilitation Sciences. He previously held the position of general medicine coordinator, teaching General Medicine, Pathokinesiology and Geriatrics and coordinating classes in orthotics, prosthetics, cardiopulmonary, and pediatrics. Over the past five years, he has served as the assistant dean of the School of Health Professions (now the College of Health & Human Services). Village recently announced that as of Jan. 1, 2020, he will be retiring, after 25 years of teaching at Andrews University.

Village was a part of the first graduating Physical Therapy class from Andrews University in 1988. He then moved to Dayton, Ohio, where he practiced for seven years in the Kettering Health System. In 1995, he sensed God calling him to move to Andrews University and become a teacher. “I came to Andrews University because the Lord was very clear to me that I was supposed to be here. I was a physical therapist (PT), not a teacher. I was overwhelmed at first, but I knew He would guide me through. There was a huge learning curve when I started teaching. I was fortunate to have an extremely supportive faculty who mentored and commiserated with me.”

Reflecting on his time here at Andrews University, Village mused that every day there are joys and challenges with this job, but he loves the energy and humor that come from working with students. “Each class had its own personality, which makes this place a fun place to work. I have had so many wonderful experiences with students while teaching here, in and out of the classroom. I have one fond memory of when a couple of guys invited Lee Olson and me on a canoe trip to the Boundary Waters. We had a wonderful time with them and have always cherished that memory. I also remember walking with a student and talking about some clinical experiences with vestibular patients, and I said, “That sounds like a paper!’ We collaborated and produced a paper out of it. There have been so many rewarding experiences that I can’t mention them all.” Dr. Village has also enjoyed doing service projects in the community — assessing fall risk in the geriatric population and being on the Lakeland Health Board for Long-Term Care during their transition to their new Pine Ridge facilities.

Throughout his time at Andrews, Village’s mission has been to educate and mentor students and to support those who are struggling. But to his surprise, over the years, he has been on the receiving end of support and blessing from students multiple times. “There were many times during advising meetings that students would ask if they could pray with me. I felt blessed and honored by those experiences.”

When asked what he will miss the most about being a teacher at Andrews University, Village said, “I will miss the students and the interaction with them every day. I hope that I can continue to be a part of the school in some capacity. Believe it or not, I will miss faculty council on Tuesday afternoons. I really enjoy my colleagues and the banter and fellowship we have had in faculty council. I will miss the feeling that I had a part in educating students. During my tenure here, I will have taught almost 900 physical therapy students, and I love seeing that they are touching lives all over the world in their roles as PTs, administrators and teachers. I am looking forward to seeing who takes my position would be three things. The first is that you need to have a passion for teaching and be excited about what you are doing. Second, make sure that you have talents and joy in teaching the clinical aspect of your job; otherwise, you could become very frustrated. And the third item is to have happiness in being mission minded.” Village also mentioned that to become a faculty member, you must have an interest in research and in being a lifelong learner.

In his retirement, Village plans to go on more backcountry canoe trips and to continue helping his friend with a documentary film on the life of Sam Campbell. He hopes to spend more time with his two daughters, Alisson and Audra. “I also hope that I will be asked to contribute to Andrews University and be involved in some capacity in the dean’s office or in teaching physical therapy.”

Special congratulations to Gregory Almeter for receiving the Heart® Andrews Award. This award is given by President Andrea Luxton to members of the faculty and staff who are nominated by their peers and students for their demonstration of heartfelt service. Almeter loves to teach and share his expertise with his students. Most importantly, he demonstrates the love of Christ and a passion for serving Him. Congratulations, Gregory Almeter, for this well-deserved award — we are blessed by you!
Andrews University Alumni: Giving Back and Setting the Bar High

By Bill Scott, MSPT, PT

The Andrews University Physical Therapy Alumni Association offers scholarships each year for several deserving first- and second-year physical therapy (PT) students. These scholarships are made possible by donations from individuals as well as revenue from continuing education courses held on campus by the PT Alumni Association. Six students received $500 each from the Physical Therapy Alumni Scholarship Fund. Recipients were Morgan Laux, Jasmine Henry, Ayren Parrish, Lauren Johnston, Andrea Laskowski, and Michael Kovach.

We are able to support quality students like Morgan Laux because of alumni like you who exemplify our mission to empower students who dream of becoming excellent physical therapists. We are excited for the work that our alumni are doing in the clinic each day, changing lives and living by our core values of “Family Spirit, Servant Heart, Inquisitive Mind.”

My Journey to a Doctorate in Physical Therapy

Morgan Laux, DPT
Class of 2020

I truly believe that God intentionally places people and opportunities in our paths. My love for PT began six short years ago during my senior year of high school. That year, I had a one-hour block for any extracurricular course I desired, and I chose mentorship. I chose to spend one hour every morning in the special education department with their wonderfully feisty group of teens, doing whatever they needed. Two students in particular, both diagnosed with muscular dystrophy and both bound to wheelchairs for most of the day, sparked the fire inside of me to make a difference in the lives of kids like them. We did homework, played games, and talked about life, but my favorite activity to do with these bright-eyed, wide-grinned friends of mine was to get them out of their wheelchairs and walk with as much independence as possible. Those few moments of pure bliss and excitement, to be up on their own two feet, were more than enough to drive me straight into the career of physical therapy.

Fast forward one year, and I was making one of the easiest decisions I have ever made, declaring my major as pre-physical therapy at Ball State University. Fast forward again another three years, and I was facing the second easiest decision I have ever made — choosing Andrews University as the institution where I would learn exactly what I needed to know in order to help those kids I’d been thinking about every day for the past four years. I had to decide between Andrews and two other public institutions located in Indiana, but the decision came quite naturally to me. Over the course of my undergraduate career, I spent countless hours observing physical therapists in many types of clinics. I observed two Andrews alumni and met several Indiana University graduates along the way. My personal experiences with the PTs I encountered were all positive, but one practitioner stood out. This particular Andrews graduate demonstrated an abundance of knowledge and passion for the field, so much so that the other PTs who were not Andrews graduates could not compare. I made my decision to study at Andrews based on personal experience of the knowledge that is provided by their dedicated team, as well as their Christian values and morals that are held to a high regard.

I believe my dedication to bettering the lives of others is not something I have learned over the years but is an inherent characteristic. In my career, I will aspire to treat all of my patients with respect and equality. Remembering that all of my patients are also my brothers and sisters in Christ, I will strive to provide therapy from a holistic and Christian approach. Each of my patients will receive equal and empathetic care, and I hope that they will consistently feel heard and cared for. I desire to impact the lives of not only my patients but also their families and loved ones. I want to help as many individuals as possible to recognize and achieve their full potential, physically and in other areas as well.
Student Highlight

By Rachel Silver
Doctor of Physical Therapy Student, Class of 2021

Justin Ham (’21) was initially drawn to physical therapy (PT) through a lifelong love of sports and a sense that PT’s tend to have a healthier work-life balance than the other health professionals he had observed.

Prior to studying at Andrews, Justin lived in Korea and Canada. After his first year of college, Justin served in the South Korean army for 21 months. His faith convictions were tested almost immediately. Justin was asked to stand guard on the first Sabbath he spent in training. He refused.

For Justin, as a private first class and brand-new to the army, refusing an order was a harrowing experience. He was not met with sympathy and ended up going to jail.

“It was like the courtroom scene in the movie ‘Hacksaw Ridge,’” Justin recounted. “Not that I would compare my experience to that, but they asked pretty much the same questions.”

Justin’s family got in touch with someone who was able to help, and he was granted allowance and relieved of having to stand guard on the Sabbath. Being allowed to leave for the weekend is usually a privilege based on achievement, so this permission was unusual for someone new to the army. “My family and I really saw the hand of God in that situation,” Justin said. “He worked it out and showed that help was there.”

Faith also played a role in Justin’s choice of PT school. Adventist education was important to his family, so Andrews stood out as an option. His grandmother joked that, out of all the Adventist PT schools, Loma Linda, in California, had too many earthquakes, and AdventHealth, in Florida, had too many hurricanes, which meant Andrews was the best choice. Justin said he hopes to eventually find work in sports PT, “but God could always take me somewhere else.”

DEVELOPING AND SHARING OUR SERVANT HEARTS

HERBIE & PT Student-Run Service Clinic

By Kim Ferreira, PhD, MSPT, PT

With a desire to serve and a need to practice, students in the class of 2017 approached the physical therapy (PT) faculty with the idea of holding a one-day student-led service clinic. We were excited to give them the chance to lead and practice their skills and yet not sure how well they would follow through on the idea since their schedules were extremely full of classes and studying. Well, the students not only pulled off a great opportunity for the community to receive pro bono PT services, but they also started a tradition that has been embraced by each cohort since then. Every fall and spring semester, our students organize and conduct a service clinic that serves approximately 30 to 60 clients. The class officers work together to assign tasks and distribute the load among all the volunteers; they recruit faculty, local alumni and classmates to staff the clinic.

This clinic experience, although only one day per semester, has many benefits. It has increased the community’s awareness of our physical therapy program, benefited those who do not have insurance or are underinsured, improved interpersonal and basic assessment skills of first-year Doctor of Physical Therapy students, refreshed second-year students’ clinical skills prior to clinical experiences, and developed the leadership “muscles” of our third-year students as they act in a mentor role for the first- and second-year students. The clinic also allows our local alumni to share their expertise and be a part of our program and has also given the faculty a chance to practice their clinical skills. And most importantly, all of the volunteers have been blessed by the opportunity to serve. This is a tradition we plan to continue, and we hope to expand the program to serve the community more regularly, which will benefit both the students and the community. We are currently piloting an on-site clinic two evenings per week. Advertisement has only been by word of mouth, and we are already beyond capacity; there is clearly a need for this service. We invite you to join us in prayer for this endeavor as we seek to serve the community and better prepare our students for clinical experiences.

HERBIE (Healthcare & Evangelism Reaching Beyond Including Everyone) clinic is another avenue of service for our students, faculty and local alumni. Several years ago, physical therapy and nursing students started volunteering for this pro bono medical clinic in Benton Harbor, Michigan, run by Dr. Sherry O’Donnell. Once per month, the clinic provides medical and pharmaceutical care for individuals without insurance. Once students began to volunteer, they became passionate about the cause and wanted to do more. At their prodding, faculty began accompanying them so that we could offer PT evaluations and treatments as appropriate. Due to space limitations, we were only able to serve a few patients. In July 2018, the HERBIE clinic moved to Niles, Michigan, and is now housed in a permanent space in the United Methodist Church’s community center. This new space is much larger and has the capacity for a room dedicated to PT services. We now regularly staff the HERBIE clinic with students, faculty and local alumni when it runs each month. This clinic has provided a wonderful opportunity for us to serve, practice our skills, share the love of Jesus and extend His healing touch. Our service is not without influence: students from the Department of Medical Laboratory Sciences have begun volunteering and now offer basic laboratory services, and the School of Social Work has expressed an interest in getting involved as well.

If you would like to learn more about volunteer opportunities, please contact our office.
Alumni Serving Alongside Us

By Kim Ferreira, PhD, MSPT, PT

In March 2019, our physical therapy (PT) mission trip took place in Beirut, Lebanon, in partnership with Glenn Russell’s Friendship Team, Middle East University, the It is Written medical team and the Middle East and North Africa Union. A few PT alumni joined us to share their expertise. We are indebted to them because they so graciously took time out of their schedules, gathered countless PT supply donations, patiently mentored students, and selflessly worked for long hours to serve those in need.

Erin Brinkley (’03) has a servant heart indeed. She has participated in many other mission experiences and worked internationally in numerous countries. “I had the privilege of joining the mission trip to Lebanon with the Friendship Team and PT students. This was a life changing experience for all, enriched by Pastor Russell’s insight into Lebanese culture and the obstacles faced by refugees displaced by war. The people we worked with were kind and gracious. Mobile clinics were established in schools, churches and refugee camps. Our students exceeded expectations by meeting the added challenges to care, including language barriers, limited resources, spontaneous schedule changes and lengthy days. This experience has exponentially developed each student’s compassion, clinical skills, problem solving skills and life experience. I am so proud that Andrews University was able to send these mature and respectful students as representatives of our country. I hope other therapists will join in this compassionate effort abroad.”

Chantal Williams-Lopez’s (’17) enthusiasm for service is contagious. Two years ago, she inspired service in her classmates and one of her professors, which resulted in the first PT mission trip to Lebanon. For Chantal, “the week was packed with interaction with each family was endearing. The students poured their hearts into serving each patient, not caring that they were strangers. With every smile and touch, they communicated from a deep place within their heart, despite the language barrier, ‘I am here with you.’ This trip was more than just a preclinical experience — this was real, and it helped them further develop their abilities to empathize with those in need, just as Jesus himself placed his hands on the rejected, the poor and the abandoned and told them, ‘I am here with you. Do not worry.’ There was a desire to give more and a desire to return and continue to be Jesus’ feet and hands.”

Andrew Sorensen (’12) was excited to join us for his first mission trip experience. “God blessed in countless ways. Each PT student who was on the trip was used in a unique way. I saw connections being made between patients and students every day. We had young local interpreters who showed empathy and respect as they assisted us and the patients. We worked in makeshift clinics located in churches, schools and a refugee camp. It was amazing to see God working; the patients were so appreciative and kind, despite their many obstacles. Our leaders, Dr. Ferreira and Dr. Russell, were absolute blessings in coordinating and assigning the unique individuals on the trip to the best suited roles. It was a wonderful experience that I would love to be a part of again. God moved through PT students, practicing therapists, leadership, local churches, community residents, patients, children, and many more. I believe that God was and still is on the move.”

Christina Goosey (’18) participated in a mission trip to Haiti while in PT school and was enthusiastic about taking another trip as a new graduate. “Lebanon was a beautiful experience in more ways than one. The countryside, the cedars of Lebanon, the culture — the whole experience left a deep impression on my heart and mind. Before going on the mission trip, I had many preconceived ideas about what Lebanon would be like. I assumed the people would be cold and need copious amounts of coaxing to open up to our aid. I thought all the Syrian refugees would live in rows upon rows of tents. I couldn’t have been more wrong. We were met with wonderful hospitality and warm greetings in English all along the streets of Beirut, and the refugees who lived in Beirut had settled into the culture, holding apartments and jobs for several years. We were able to serve the refugees, and students and staff of several schools by providing PT services and education on good posture at school, home and work. As a recent Doctor of Physical Therapy (DPT) alumna, my role was to supervise the DPT students as they evaluated and treated patients, allowing me to help not only the patients but also to mentor the next generations of PTs. The trip highlight was serving the refugee women by providing a spa day, complete with sugar scrubs for their feet and full body massages. The look of complete serenity on their faces afterward was payment enough. I am so humbled to have had the chance to serve and commune with the refugees and local people of Lebanon. Truly, there is nothing more gratifying than being God’s hands and feet — to impart His healing touch to the world.”

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Teaching Wellness

By Tenneil Ratteray
Doctor of Physical Therapy Student, Class of 2020

During summer semester 2019, we were required to create and participate in a service project that would promote health and wellness in individuals who may be at risk of injury or disease. As a group of five Doctor of Physical Therapy students, Jasmine Henry, Ashera Hunt, Philip Jardine, Nicholas Little and I decided to design a wellness program catered to the children at the Boys & Girls Club in Benton Harbor, Michigan. We chose to focus on this particular group of individuals after researching the health statistics of this community. The prevalence of obesity and poor health is extremely high in Benton Harbor. This may be due to the lower socioeconomic status of many families who live in this community. We designed the program around the NEWSTART guidelines developed by the Weimar Institute. NEWSTART is an acronym which stands for nutrition, exercise, water, sunlight, temperance, air, rest, and trust in God.

We left with a sense of wanting to do more. After seeing the scope of the need, it was natural to want to go back with more resources, more knowledge, and more time. The School of Rehabilitation Sciences organizes mission trips to Lebanon and other places every year, and involvement is a great way to reach out to those in need. You meet incredible people and see God’s grace in action every day. Through service learning on mission trips, students deepen their sense of purpose in their profession, as well as their personal relationship with God.

Mission to Lebanon

By Rachel Silver

In March 2019, a group of Andrews Doctor of Physical Therapy students, faculty, and alumni traveled to Lebanon to provide service clinics in partnership with the Adventist Development and Relief Agency, It Is Written, and local Adventist schools and churches. The team also included Andrews students from other departments who ran evangelistic meetings and children’s programs.

By some estimates, about a third of the people currently in Lebanon are refugees, primarily from Syria. We saw a number of patients who were double refugees: first from Iraq to Syria, and then from Syria to Lebanon. Regardless of their previous professions, many refugees have no option but to work in low-paying, physically strenuous jobs, which contributes to chronic pain. The stress of displacement, poverty, or separation from family can contribute to mental illness, exacerbate physical issues, and drive people toward unhealthy coping mechanisms like smoking. In addition to these risk factors, refugees often have little or no access to health care.

The physical therapy (PT) crew saw patients for low back and sacroiliac joint pain, neurological concerns, women’s health issues, neck pain, wound care, and dysfunctional gait. Similar to residents of the U.S., many people there suffer from both inadequate nutrition and diabetes or prediabetes due to a poor diet. Smoking is widespread in Lebanon, a common coping strategy for severe stress. In addition to providing PT treatments, we referred patients to a stop-smoking program.

We were also able to provide a spa day for the women in the community and health education at local schools. In the process of delivering physical therapy, we often found that our patients wanted to have their stories heard. Listening, while always key to quality health care, is an especially important way to meet people’s needs and extend God’s love in situations of heightened emotional stress.

The settings in which we worked presented challenges: How do you provide effective physical therapy in the context of limited resources? When you have only one brief session to evaluate and treat your patient? When their access to medical care is unreliable, so they arrive with an X-ray from months ago? When you do not have the equipment or assistive devices they need?

As a first-year PT student, I gained a new appreciation for physical therapists’ ability to think through multiple ways of approaching a problem. This kind of versatile, flexible critical thinking is crucial when working in a situation with substantial constraints. For example, you might be unable to definitively diagnose a patient, but you can still assess functional deficits and provide a few simple, functionally-oriented interventions to improve his or her quality of life. You might not be able to follow up with a patient, so you keep the home exercise program simple and easy to remember and include steps for the patient to expand on the exercise. Strong assessment skills and an extensive knowledge of biomechanics allow for effective improvisation. It is important to think on your feet, be flexible, and bear in mind that compassionate listening may be just as important as your intervention. And of course, every day should begin with prayer.

None of our clinical work would have been possible without the young people who interpreted for us. Most of our interpreters were teenagers from Syria, refugees themselves, who demonstrated incredible patience and compassion while working with patients. An interpreter must convey meaning, not simply words, and we were all impressed with these teenagers’ quick understanding of unfamiliar medical terminology and concepts. It was a blessing to get to know our interpreters in the short time we worked together.

We left with a sense of wanting to do more. After seeing the scope of the need, it was natural to want to go back with more resources, more knowledge, and more time. The School of Rehabilitation Sciences organizes mission trips to Lebanon and other places every year, and involvement is a great way to reach out to those in need. You meet incredible people and see God’s grace in action every day. Through service learning on mission trips, students deepen their sense of purpose in their profession, as well as their personal relationship with God.
identical to the pretest, so we could adequately assess what they had learned. The average score on the first test was 5.4, while the average score on the posttest was 7.1 (out of 8 points). This was a very impressive increase in score after only one 60-minute session. They were enormously receptive to the information, and it was evident that they enjoyed learning about these health principles. The administrators at the Boys & Girls Club were especially grateful for our services. They expressed a need for volunteers from Andrews University, and we are considering how we can help consistently in the future. This would allow us to build a strong connection with the Benton Harbor community.

This experience has inspired me to become more involved in sharing the knowledge I have acquired as a physical therapy student so that I can truly make a difference in the lives of children and their families in communities in need. My classmates were also positively impacted by this experience. Ashera Hunt said, “It was extremely eye-opening to provide education regarding holistic health to a community that is so close to us geographically yet often doesn’t have the privilege or access to the information we had the opportunity to provide.” Jasmine Henry was reminded that “while it is important for me to learn as much as I can through this institution, it’s even more important for me to share it with others.” Nick Little felt it was a privilege to serve children in a community that is underserved and often misunderstood. He stated, “This experience has enriched my life, and I am hopeful to have made a difference that lasts.” And finally, Phil Jardine, who previously served as a substitute teacher in Benton Harbor, said, “Volunteering at the Boys & Girls Club is a great opportunity to interact and provide educational information with kids who, unfortunately, have not had the same opportunities and education as many of us have. I really enjoyed spending time with the kids, playing games, and getting to know them in just a short amount of time. It was amazing to see the kids engaging in our information and activities. The Boys & Girls Club was very accommodating and encourages any opportunity for further success for the students.”

**INQUISITIVE MINDS**

Research Updates

By Bill Scott, MSPT, PT

The American Physical Therapy Association’s “Guidelines for Clinical Education and Physical Therapist Clinical Education Principles” lay the framework for the development and enhancement of clinical education for academic programs. They do not, however, include a specific description of what clinical instructor competence looks like. Kim Ferreira’s scholarly qualitative study titled “Achieving Clinical Instructor Competence: A Phenomenological Study of Clinical Instructors’ Perspectives” was recently published in the Journal of Physical Therapy Education. This study conducted by Ferreira, along with Melissa Tovin, Shari Rone-Adams, and Aaron Rindflesch, attempted to describe the meaning of competence and the experiences of achieving competence as perceived by both credentialed and non-credentialed clinical instructors (CIs) within the physical therapy profession. The study found that the journey to competence, though unique to each CI, included commonalities. Empowerment emerged as the overreaching theme. Participants’ descriptions of the meaning of competence included the roles of skilled clinician, teacher, mentor, reflective learner, collaborator and effective communicator. Through this study, Ferreira hoped to inform CIs of the variety of pathways to achieving competence as a CI and to share a concrete definition of what competence is in the field of clinical education. With an understanding of competence, clinicians can give students quality mentorship and consistent direction during their clinical experiences.

Functional assessment tools are relied upon more and more in the clinical setting because objective data has become a necessity for best practice and insurance reimbursement. The reliability and validity of such tests and measures must be proven in order for them to be considered the “gold standard” in practice. Lee Olson’s study titled “Functional Reach Test Using a Pole Versus the Traditional Fixed Ruler” was published in the Journal of Acute Care Physical Therapy. The purpose of the study was to evaluate the reliability of the Functional Reach Test (FRT) using both the traditional ruler and the mobile pole. The FRT requires attaching a yardstick to the wall for measuring how far a person can reach while maintaining balance. There are settings where that may not be feasible, such as home care, or in acute care. Olson proposed performing the FRT using a measuring tape and a mobile pole. This modification would make it a portable and viable option for fall risk evaluations in settings where a fixed ruler is not an option. The results of this study demonstrated that there was moderate to excellent intertester reliability between the traditional and mobile versions of the FRT.