



MOUNT ST. JOSEPH
UNIVERSITY®
Physical Therapy
Program

Mount St. Joseph University

Department of Physical Therapy

April 2024



High-Fidelity Patient Simulations

By Dr. Ellen Diits



High-fidelity patient simulations have been shown to enhance students' self-efficacy in acute care practice. Originally developed by Dr. Karen Holtgreffe, the Acute Care and Cardiopulmonary course within our physical therapy curriculum utilizes actors to realistically portray patients experiencing physiological abnormalities during therapy sessions. These actors can accurately demonstrate the signs and symptoms that a real patient might exhibit. Students are responsible for monitoring their patient's condition, observing changes in vital signs, and managing medical devices such as lines, tubes, and drains, replicating the demands of an inpatient setting. To prepare for these simulations, students receive comprehensive education and hands-on practice in managing high-acuity patients during lectures and lab sessions.

During simulations, students must make critical decisions to address acute changes in patient condition. Following each simulation, students, actors, and instructors engage in a debriefing session to reflect on the experience and identify areas for improvement. Student feedback suggests that the simulations have heightened awareness of safety issues, including line management, emergency preparedness, and the significance of patient presentation, in addition to vital sign monitoring.

Many alumni and community members have generously volunteered as actors. If you're interested in joining them for this or other PT program simulations, please contact Julie Tolbert at julie.tolbert@msj.edu.

Clinical Education Spotlight

By Dr. Erin Hofmeyer

For this spotlight, we highlight a long-time clinical partner of our program, the **Cincinnati Children's Hospital**. Our students have had clinical experience opportunities with Cincinnati Children's since our program's inception over twenty-five years ago. Three students are currently participating in their third terminal clinical education experience at various locations throughout the Cincinnati region.

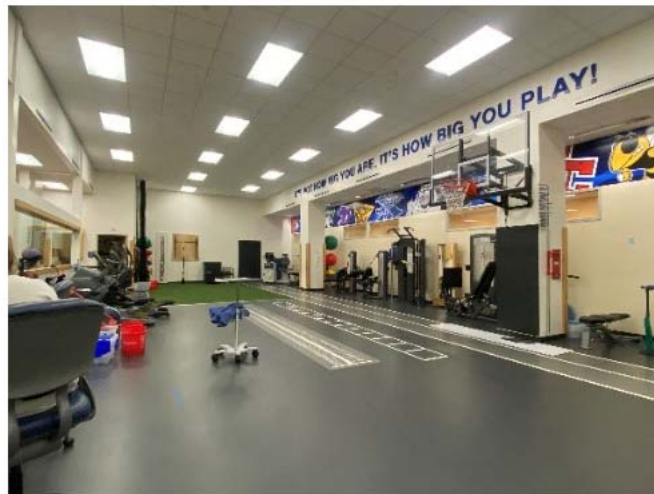


Rebecca Perry, PT, DPT, Abbi Denham, SPT, '25, Hailee Schlager, PT, DPT

Cincinnati Children's Developmental Outpatient Clinic in Mason, Ohio

Abbi Denham, SPT, '25

My clinical rotation at Cincinnati Children's Developmental Outpatient Clinic has exceeded all my expectations and has been nothing short of amazing! During this experience, I've gained invaluable knowledge about pediatric physical therapy while working with patients ranging from infants to teenagers with various developmental disabilities. I've had the privilege of treating conditions such as torticollis, developmental coordination disorder, Down syndrome, autism, cerebral palsy, general developmental delays, and a variety of genetic conditions, including Pearson syndrome and Klinefelter syndrome, just to name a few. Each patient has been unique, providing opportunities to refine my clinical reasoning and treatment approaches. One of the highlights of my clinical has been observing the Cerebral Palsy (CP) Clinic, which brings together an interdisciplinary team of healthcare professionals, including a physical medicine and rehabilitation physician, physical and occupational therapists, a social worker, and nursing staff. Witnessing their collaboration has highlighted the importance of teamwork in providing holistic and effective care for patients. Additionally, I've had opportunities to observe and participate in specialized interventions such as casting for toe walking and orthotics. Next week, I'm looking forward to observing the Neuromuscular Clinic, which focuses on conditions like Duchene muscular dystrophy and spinal muscular atrophy. Cincinnati Children's is a leader in evidence-based practice, and the emphasis on research-driven care has been inspiring. My clinical instructors, who are highly experienced in developmental pediatrics, have shared a wealth of knowledge and have provided me with mentorship that has enhanced my growth as a future physical therapist. Lastly, the staff at the Mason location has been incredibly welcoming and supportive throughout my clinical experience, making this rotation even more rewarding. I am so grateful for this opportunity and look forward to applying the knowledge and skills I've learned as I continue my journey in pediatric physical therapy!



Cincinnati Children's Sports and Orthopedics at Green Township—Rose

Ashdown, SPT, '25

My rotation at Cincinnati Children's Green Township clinic in their sports & orthopedic department has been such a cool learning experience! The clinic sees pediatric patients of all ages, with a majority of patients being middle to high schoolers. I've had the opportunity to see a wide range of injuries &

diagnoses, including rehab for more unique cases & procedures such as a hemipelvectomy, periacetabular osteotomy, limb lengthening, and more. I'm able to get a first-hand look at all the research done at Cincinnati Children's – the rehabilitation process, especially for those returning to sports is completely evidence-based and I'm grateful to have such sound evidence to get the best learning experience. Everyone on the team here is super knowledgeable and my two CIs, Kristin & Sydney, have been awesome at optimizing this clinical rotation for me.



The Aaron W. Perlman Center of Cincinnati Children's Hospital Burnet Campus—*Mattie Waddle, SPT, '25*

I have had a great clinical experience at The Aaron W. Perlman Center. Perlman is a specialty center serving the therapeutic and equipment needs of children from birth to 21 with CP and other neuro-motor disorders/deficits. I've had the opportunity to learn from experienced clinicians and to continue to develop my handling, clinical decision making, and communication skills with the pediatric population. Much of my time has been spent in 3 different interdisciplinary programs for age ranges from birth to 5. These programs include children in need of speech, occupational, and physical therapy services. My favorite activity was collaborating with OT to feature an outside sledding activity for one of the groups. I have had many opportunities during this rotation and have observed equipment appointments, participated in aquatics, and engaged in early treadmill training. I appreciate learning from and working with great teams, kids, and the families.

Let's Go Golfing

By Dr. Eric Schneider



The Student Physical Therapy Association will hold its 13th Annual Golf Outing on Saturday, April 12th at Neumann Golf Course. The 4-person scramble will start with an optional lunch from 12:15-1:15 and tee-off at 1:30 pm. The cost for participating in the outing is \$100 per golfer/\$400 per foursome. We are also accepting donations for the outing in the form of tournament sponsorship, prizes, and hole sponsors. For more information regarding the outing or to sign up to play, please contact eric.schneider@msj.edu

PT-PTA Interprofessional Experience

By Dr. Monica Myers



As part of our Neurologic Rehabilitation I class, the Class of 2026 travelled to the University of Cincinnati, Clermont campus on October 10 to collaborate with PTA students in an interactive morning discussing laws, regulations, and delegation practices. All students engaged in role playing of difficult conversations, looking for errors in documentation, defining the scope of practice for PT vs. PTA, and discussing treatment ideas for a neurologic patient.

Students really enjoy being able to meet one another and discuss their professions. One student noted... *"The event made me feel confident in my ability to communicate and amicably work with PTAs in the future. Personally, I thoroughly enjoy the collaborative nature of the profession and have always looked forward to continuing to learn from my peers throughout the entirety of my career...I am excited to gain more insight and perspective from the PTAs that I have the opportunity to work with."*

Students also learned about the **APTA PTA Direction Algorithm** which can help physical therapists decide when it is appropriate to delegate services.

A Student's Best Friend: Therapy Dog Winnie

By Dr. Monica Myers



In October 2024, we welcomed a new, 4-legged member to our faculty, Therapy Dog Winnie! Winnie is a 5-year-old golden retriever who has been a therapy dog at Encompass Health Rehabilitation Hospital for 3.5 years. Her handler, Dr. Monica Myers, brings her weekly throughout the semester to visit with both the first-year and second-year students.

Therapy dogs are amazing friends to students. According to [Peel et al \(2023\)](#), "Therapy dog interventions are still used for the purpose of managing student stress as they are resource-efficient, can target a large number of students, and can capture the interest of students more than other mainstream interventions." [Carey et al \(2022\)](#) states "Therapy dogs have proven to help patients have significant decreases in pain, anxiety, and depression while significantly improving well-being!"

Follow Winnie adventures on Instagram! @winnietherehabtherapydog



Alumni Spotlight

Jen Rae, PT, DPT (Class of 2019)



After graduating from the Mount in 2019, I moved back to Cape Cod, MA and started working at a physician-owned outpatient clinic. I was fortunate to continue to work through the start of the COVID-19 pandemic, to provide care for our immediate post-operative patients. In the fall of 2020, I moved to Boston and worked in a small, private practice outpatient clinic south of Boston for a year. Since December of 2021, I have been working for Spaulding Rehabilitation Hospital in the Malden Outpatient Center, just north of Boston. I thoroughly enjoy working for Spaulding in a large outpatient clinic that uses a 1:1 treatment model. I have been certified in Dry Needling since 2021, completing both the Foundations and Advanced Courses through Integrative Dry Needling (IDN). I utilize dry needling in my practice for my patients (and patients of other clinicians) with acute and/or chronic conditions. Outside of work, I enjoy spending my time with my fiancé, Chris, and our dog Bruin. We love to travel, go to Boston Bruins hockey games, and are currently in the process of looking for a house and planning a wedding!



My favorite aspects about the Mount are the strong relationships I built with my professors and the great friends I gained from my cohort. One of my favorite memories was traveling to New Orleans in 2018 for the APTA's Combined Sections Meeting. My advice for students at the Mount is to ask questions and do not hesitate to reach out to your professors for anything. Also, travel for your clinical rotations! I went to Denver (CO), Lexington (KY) and Westchester (NY) for three of my four clinicals and had the best experiences in my final year at the Mount. For students interested in traveling to the East Coast for a rotation, Spaulding Rehabilitation Network has 30 outpatient centers across Massachusetts and Rhode Island, in addition to several inpatient sites. We are always looking for student physical therapists for clinical rotations and would be happy to have you! There are great incentives, including sign-on bonuses, at several clinics and also a New Graduate Bonus Program for our Orleans site on Cape Cod.

Are you a Mount Alum? We'd 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.

DONATE

Pro Bono Clinic

By Dr. Jamie Bayliss

The Class of 2026 completed their first semester in the clinic this fall with 16 students serving on the Pro Bono Student Board and all students treating patients. To date, students have provided **over 566 visits** for patients aged 10-89 with a variety of diagnoses ranging from orthopedic and neurologic, to balance and debility for a total of **over \$69,000 in free care!** A special thanks to our volunteer clinicians for supervising and mentoring our students.

The spring clinic runs from January 28th to April 12th (Tuesdays evenings, 6-8:00pm and Saturday mornings, 9-11:00am). Please call (513-244-4282) or email (msjpt.clinic@msj.edu) to be a volunteer or to refer someone who could benefit physical therapy.

MSJ STUDENT RUN PRO BONO PHYSICAL THERAPY CLINIC



SPRING SESSIONS | Tuesdays 6–8 p.m. and Saturdays 9–11 a.m.

Tuesday, January 28
Saturday, February 1
Saturday, February 8
Tuesday, February 11
Saturday, February 15
Tuesday, February 18
Saturday, February 22
Tuesday, February 25
Tuesday, March 11

Saturday, March 15
Tuesday, March 18
Saturday, March 22
Tuesday, March 25
Saturday, March 29
Tuesday, April 1
Saturday, April 5
Tuesday, April 8
Saturday, April 12

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Support the Program and Students



We gladly accept donations of any amount for the DPT program. The donated funds are used to purchase equipment and supplies for classes, laboratories, and our pro bono clinic. Check out our newly acquired Upper & Lower Body Combo Cycle in the picture above.

We truly appreciate your support for the program! To keep supporting us, please click the button below to donate and choose the Physical Therapy Program.

[DONATE](#)

