

college of health professions Dean's Progress Report

Partnering with community organizations to fill unmet needs

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Dr. Lisa Ann Plowfield

"We believe in enabling our students to achieve their dream of working in the health professions."

Greetings from the Office of the Dean

The College of Health Professions continues to promote the message of health and wellbeing inside our classrooms and outside to our community. This year was a year of growth in both our academic programs and our outreach. Our Progress Report shares the work of our faculty and students as they contribute to the health, fitness, and quality of life of others. The outreach components of our clinical programs allow faculty to show students what it means to work in the community on issues such as addiction treatment, health care for the homeless, programs for those with autism who have aged out of the school system, and community-based stroke rehabilitation, among many others. This report shows how our faculty have maintained long-lasting and impactful relationships as they share their passion for serving others.

We have truly grown our faculty this year and continue to showcase our contributions to scholarship. Our list of faculty publications is one of the longest we've had in recent memory. We also have an extensive list of new faculty. I enjoy hearing the excitement and innovative thinking of our new faculty voices and believe they add tremendous value to our College.

We believe in enabling our students to achieve their dream of working in the health professions. To further this goal, the College of Health Professions DreamMaker Student Scholarship Fund helps students with great need pursue these careers that change the lives of those in the community. We ask that you help us expand this important mission by giving generously as you are able.

I am honored to serve as the Dean of a College that is constantly growing and changing, allowing each year to be exciting. I look forward to what next year will bring!

Thank you for your continued support!

Lisa Ann Plowfield, Ph.D., RN

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BY THE NUMBERS





Years of health care education at Towson University

525

Students in practica or internships at the Institute for Well-Being

in 2017-18 school year

CHP degrees awarded



3,599

Clients served by the Institute for Well-Being's programs and services

4,939

Enrolled students in spring 2018 in the College of Health Professions, making it the largest TU college by enrolled students

23,324

Total client visits for programs, services and/or health screenings at the Institute for Well-Being

32,822

CHP alumni nation-wide

NOSWC

Cover Photo: During the Children's Therapy Program, Towson University occupational therapy and speech-language pathology students work with preschoolers to enhance speech, language, motor and life skills development.

Points Of Pride

The Department of Occupational Therapy and Occupational Science continues to be ranked in the nation's top 25 programs. In keeping with their ranking and leadership for OT education, the program received formal approval to pursue the Occupational Therapy Doctorate. The first post-professional students entered the program in Fall 2018, and the entry-level program will enroll its first students in Summer 2019.

An interdisciplinary group of faculty from across the College of Health Professions supported students participating in the College's Summer Undergraduate Research Institute, culminating in a 40% increase this year in presentations at the Annual Undergraduate Research Symposium & Networking Event.

Towson University Department of Nursing faculty members Briana Snyder, Hayley Mark and Kathy Ogle received grants totaling over \$2 million to introduce more flexibility into nursing education for students and educators. Dr. Snyder's grant will introduce an online degree option for Associate-to-Bachelor's (ATB) students, who often are full-time working adults with family demands. Dr. Mark's grant will support members of the TU faculty who want to earn doctorates. The focus of Dr. Ogle's award is to examine opportunities for graduate nursing education that will support the ongoing workforce need for nurses and nursing faculty.

Filling Unmet Community Needs

OT Professor and Her Students Serve Public for Over Twenty Years

When Marlene Riley, Clinical Associate Professor in the Department of Occupational Therapy and Occupational Science, sees a need in programs serving the community, she fills it, and she has taught this dedication to her students for over twenty years.

"I ask myself 'What is needed? What exists? Where are the gaps?' I then teach this to my students as well."

Riley teaches a graduate level community health promotion course. Students plan and deliver community-based outreach programs to address organizational needs. Including a community component in Towson University's Occupational Therapy program is important in developing students' ability to have a broader impact beyond the individual, creating greater benefit.

Serving populations with unmet needs is not easy. Riley and her students have conducted projects with Head Start, Girl Scouts, homeless programs and people with intellectual disabilities or persistent mental illness. One such program is the RISE for Autism program, which started as a grassroots organization of familyinitiated groups that needed additional support as their children aged out of the school system. Another program Wellness in Stroke and Head Injury (WISH) at the Institute for Well-Being is designed to promote active participation in events, leading to improved communication, performance of daily living skills and overall physical health. Riley has not only had her students work with that program but referred a friend who had a stroke at age 63.

"Skilled rehabilitation post stroke lasts six months at the most. There are very few community-based programs past this point. With the WISH program, we fill that need but also give students invaluable experience. It's an interprofessional program as well, with Occupational Therapy students collaborating with Speech-Language Pathology students," said Riley.

Riley has received many distinguished honors for her outreach and work in the community. In 2014, Riley received the Professional of the Year award from The Arc Baltimore and the Partnership of the Year Award from V-LINC (a volunteer organization of medical professionals



and engineers). In 2015, Riley received a team award for Innovation in Teaching from the Towson University Office of Academic Innovation. In 2017, Riley received a Legacy award from the Baltimore County Department of Aging and was the recipient of the American Occupational Therapy Association's inaugural national award for Emerging and Innovative Practice. In 2018 Riley received the prestigious USM Board of Regents' Excellence in Public Service award. This award is the highest honor presented by the Board of Regents to recognize faculty who participate in and devote effort to Riley has worked in the community for over 20 years, a passion she shares with her students.

activities that benefit the citizens of Maryland, the nation, or humanity in general.

"I am happy to be able to lend my experience to community organizations to create more resources for these underserved populations," said Riley.

Improving Access to Care for Addiction Recovery

Towson Nursing Professor Heads Community Health Initiative

As communities across the United States are ravaged by addiction, Towson University's Nursing department, and specifically, Dr. Mary Lashley, are helping by using their skills to improve access to care among homeless men in recovery from addiction.

"We're restoring smiles."

Dr. Lashley has worked with the Helping Up Mission in Baltimore City for 15 years. Helping Up, an evidence-based residential substance abuse treatment program, aims to provide hope to people experiencing homelessness, poverty and/or addiction by meeting their physical, psychological, social and spiritual needs.

"I was moved to work with this organization by the stories and experiences of people who had gone through the program," said Dr. Lashley.

Dr. Lashley began working in the residential program by providing health screenings. In 2006 she helped establish an oral health program in partnership with the University of Maryland School of Dentistry. Since then, over 1,300 men have been served by the program and over 1,600 students in nursing, dentistry, and dental hygiene have participated.

"We're restoring smiles. Most homeless patients only get emergency dental care, which typically means they pull your teeth. Then it becomes hard to get a job. We give people dentures, crowns and root canals – routine care that is absolutely needed," said Dr. Lashley.

The partnership won a Towson University BTU award, which recognizes partnerships between the university and Greater Baltimore. Both undergraduate and graduate nursing students offer outreach services at the Helping Up Mission. Undergraduate students work in the clinic with a family medicine nurse practitioner, performing routine medical care, conducting screenings, and coordinating health fairs. Graduate students develop, implement, and evaluate community health programs for this homeless population, including education on nutrition, stress reduction, and stroke.

"Experience working with homeless populations is important for nursing students. Many students work in



acute care after graduation, and they will definitely see these types of homeless, substance abuse addicted patients. It also changes their perceptions and shatters stereotypes," said Dr. Lashley.

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After their student experience in outreach at the Helping Up Mission, 99% of students reported they would consider volunteering their professional services to the homeless and Lashley and her students provide health screenings and education for residents of the Helping Up Mission.

underserved. Dr. Lashley and the Helping Up Mission are inspiring students early in their careers to create a sustainable volunteer workforce for community programs with unmet needs. Former students often contact Dr. Lashley to inquire about volunteering with the program. As one of the largest providers of registered nurses in the state of Maryland, Towson's nurses will be the future of health in our community.

New Faculty: Expertise and Research Interests



Gashaw Abeza, Ph.D.

- Social Media and Sponsorship
- Sponsorship & Ambush Marketing
- Branding
- Research Methods in Sports



David Alexander, Au.D.

- Pediatric and Adult Diagnostic Audiology
- Newborn Audiologic Assessments

Nasreen Bahreman, M.S.N., R.N.

• Pediatrics, Particularly Adolescents

• Parent and Adolescent Relationships

Hearing Aids



Scott Choi, Ph.D., R.N.

• Rejection of Care, Aggression, and Agitation Behaviors among Community-Dwelling Persons with Dementia

Surrounding Management of Type 1 Diabetes

• Managing Withdrawal Symptoms in Individuals with Substance Abuse Disorders

Sam Clevenger, Ph.D.

- History of Sport and Physical Culture
- Gender, Race, and Sport



• Geriatrics





McKenzie Fama, Ph.D. Aphasia

Lisa Custer, Ph.D., ATC

Kathleen Dondero, M.S.

Clinical Exercise

Cardiopulmonary Rehabilitation

• Physiology and Exercise Prescription

Corrective Exercise and Functional Assessment

- Adult Neurogenic Disorders
 - Neural Bases of Language Processing



Rachel Guilfoyle, M.S., OTR/L, CBIST • Adults with Physical Disabilities

- Traumatic Brain Injury/Cerebral Vascular Accident

Mary Teresa Countryman, M.S.N., R.N.

• Biomechanical and Postural Control Alterations

Associated with Lower Extremity Injuries

Parkinson's Disease



Ari Kim, Ph.D.

- Sport Consumer Behaviors
- Sport Event Sponsorship
- Sport Media Consumption

Dillon Landi, Ed.M.

- Health and Physical Education
- Sexuality Education
- Critical Social Theory
- Curriculum Theory and Development

Rian Landers-Ramos, Ph.D. • Improving Novel Cardiovascular Risk



Factors through Exercise Metabolism



- Justin Malone, M.A.
- Initialization in Sign Language
- Sign Language Archaeology
- Impact of Sign Language before and after Segregation

Aastha Monga, M.A.

- Specialization in Orthopedics Physical Therapy
- Designing Customized Rehabilitation Protocols
- Outdoor Play for Children with Intellectual Disabilities



















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Laura Sessions, Ph.D., R.N.

- High-alert Medication Safety
- Specialties in Neurology, Nephrology, and Neonatal Intensive Care



Marie Statler, M.S., R.N.

• Simulated Patient Care Environments



Ju-Lee Wolsev

• Experiences and Perspectives of DeafBlind Individuals



Zuojin Yu, Ph.D.

- Injury Prevention
- Occupational Safety and Health
- International Health Disparities

Dean's Distinguished Alumni Award

Each year the Dean's Distinguished Alumni Award is presented to a distinguished College of Health Professions alumnus/a. Nursing alumna Rear Admiral Susan Orsega (B.S. '90) was honored with the Dean's Distinguished Alumni Award on May 24, 2018. Rear Admiral Orsega is the Chief Nurse Officer of the U.S. Public Health Service. She leads the Commissioned Corps of the U.S. Public Health Service Nurse Professional Affairs and advises the Office of the Surgeon General and the Department of Health and Human Services on the recruitment, assignment, deployment, retention, and career development of Corps nurse professionals.



Be a DreamMaker

GIVE THE GIFT OF EDUCATION

To donate today, visit: towson.edu/TUDreamMaker The DreamMaker Student Scholarship Fund in the College of Health Professions is dedicated to helping Towson University students address the increasing costs of higher education and seeks to offset some of the financial stress caused by student loans. The College is seeking donors who want to impact the professional development of Towson's CHP students through scholarship support.

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Dr. Laurencia Hutton-Roaers teaches students about the planning and implementation of community health programming.



Spotlight On... **Rivkah Nakhon**

College Ambassador

How did you choose to attend Towson and select Speech-Language Pathology & Audiology as your major?

My older sister and brother both attended Towson University and had great experiences. I visited the school and really liked it. Now my younger sister attends Towson as well.

In the initial stages of my college experience, the field of audiology was introduced to me entirely by chance, but I can confidently say that it has in every way led me in the right and best direction. From a young age, I always had a proclivity towards helping and giving to others and this was instrumental in developing my interests in healthcare.

After some research, I thought I wanted to be a speech-language pathologist, so I applied to Towson's Speech-Language Pathology and Audiology major. While I sincerely enjoyed my speech classes, when I came across audiology, I knew I found the field in which I was meant to be. I have always enjoyed math and science, and so I love that the field of audiology is one where science is so beautifully blended with helping, counseling, connecting, and sharing with others. I shadowed professional audiologists and spoke with professors to be sure that this is the career I want to pursue. Because of Towson, I found the perfect field that I have developed a genuine passion and devotion for.

What do you do outside the classroom?

I direct a community youth group mentoring program for middle and high school girls of Jewish - Persian heritage. The program I run now was one I benefited from growing up. Our goal is for the girls in our community to connect with each other on a personal level while enjoying time together on trips, social gatherings, and religious activities. My hope for our youth members is to have the opportunity I had in creating relationships with people of the same social and cultural background and to take pride in the rich heritage we share.

I also pick up and distribute meals every Friday to families battling lifethreatening illnesses through a program called the Jewish Caring Network.

I have two jobs as well. I work as a private tutor and an assistant branch manager for Professional Tax Preparers, LLC.

What are your plans post-graduation?

I graduate in spring 2019, and I am currently applying to Doctor of Audiology programs, including Towson University, University of Maryland, and schools in New York and Pennsylvania.

The Institute For Well-Being

The Institute for Well-Being (IWB) offers professional services from licensed and certified clinicians to the Towson community, while giving students the opportunity to gain direct supervised experience in their fields. The IWB houses five centers that provide services - Hearing and Balance Center, Hussman Center for Adults with Autism, Occupational Therapy Center, Speech & Language Center, and the Wellness Center. This past year the IWB served 3,599 clients who came for 23,324 visits. In addition, 525 students were involved in practica or internships at the IWB last year.

Wellness Center at the Institute for Well-Being

The Wellness Center recently celebrated 25 years of serving the greater Baltimore community. It initially was a small postcardiac rehabilitation program affiliated with St Joseph's Medical Center and now it serves the community and Towson University employees with a wide variety of wellness programs at the IWB. It is also a primary research facility for faculty, investigating healthy aging, sleep apnea, and post-partum health. Finally, the Wellness Center offers internships and other professional experiences for students from a wide variety of majors. Students from Exercise Science, Nursing, Physical Education, Health Sciences, Occupational Therapy, Gerontology, and Speech Language Pathology have been included in these training opportunities. Recently students were involved in presenting health education workshops that were offered in collaboration with the Osher Lifelong Learning Institute.



The Wellness Center offers several membership options ranging from standard gym memberships to LIFEWORx, a personalized health coaching program for individuals with a variety of chronic medical conditions including heart disease, diabetes, arthritis, pulmonary disease, and cancer. Group exercise classes range from Yoga to Zumba to Strength Training and Core Fitness, and are offered at times that fit busy professional schedules. Group classes and personal training sessions are open to members and non-members.

The Wellness Center also specializes in fitness for persons with disabilities. We coordinate with other Centers at the IWB to offer fitness programs for adults with developmental disabilities and autism, and for adults recovering from stroke and head injury. For more information about Wellness Center programs or classes, our web site is www.towson.edu/iwb/wellness.





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