Exercise is Medicine® focuses on campus health

The number one public health threat that Floridians face is being overweight. According to Florida Department of Health Bureau of Epidemiology in 2013, 25 percent of Lee County adults are obese and 40 percent are overweight, bit.ly/1mbOi6t.

If this trend continues, by 2030 almost 60 percent of Floridians will be obese. The costs of care for chronic diseases from obesity alone – diabetes, heart disease, high blood pressure and arthritis are estimated to cost Florida $34 billion over the next 20 years. Lifestyle changes, including physical activity, are keys to obesity prevention, and require efforts from the community as a whole to make a meaningful difference in obesity rates, healthylee.com/.

The American College of Sports Medicine’s (ACSM) Exercise is Medicine (exerciseismedicine.org)® (EIM) initiative is designed to create a referral network among health care providers and health and fitness professionals with the ultimate goal of ensuring that physical activity is recorded as a vital sign during patient visits and patients meet the ACSM minimum requirement of 150 minutes of moderate intensity of physical activity per week.

In 2011, ACSM launched EIM® On Campus as a means to improve the health of university students. EIM@FGCU is led by Renee Jeffreys, PhD, EIM-OC program coordinator and assistant professor of Exercise Science (ES). It consists of a comprehensive referral program, ES student service learning projects, and a campus-wide marketing campaign.

To launch EIM@FGCU, Dr. Jeffreys applied for and received a $4,000 intra-professional pilot grant through the College of Health Professions and Social Work to partner with the campus community to improve the overall health of students by promoting an increase in physical activity.

Matthew Cunningham, EIM-OC ES student intern (left), assists Nick Mata, ES student with an exercise routine.
This is the first of our bi-annual newsletter. We hope this newsletter will help our faculty, staff and current students keep in touch with former students, faculty, and staff, and also inform members of the university community and beyond about our department and events of the past semester and plans for the future. In this edition you will find reports on some of the faculty’s recent activities and news about our present and former graduate and undergraduate students. Physical Therapy, Athletic Training, Exercise Science and Occupational Therapy students are now integrated into the Department of Rehabilitation Sciences. One of the most satisfying aspects of being in Health Professions at FGCU is seeing how many successful students have been through the programs.

We have had a busy year with state and national awards and conferences, Exercise is Medicine program, community outreach including the Go Exercise clinics, working with the Florida Department of Law Enforcement Fitness Instructors, continuing education courses, faculty and student scholarly highlights, CHPSW Alumni Networking Night, and many campus events and student activities.

Each of us is interested in continuous quality educational improvement and providing an excellent educational experience for our students. We are excited about the future in each of our programs and the important role our department will continue to play in each of these rapidly advancing professions. I invite you to explore our website for a closer look at our programs, research efforts, faculty, and activities, fgcu.edu/chpsw/rs/.

Finally, I want to wish you all the best for the academic year.
In the first phase, baseline data on student physical activity levels were collected at tables housed in Student Health Services. The results showed that approximately 33 percent of FGCU students did not meet the minimum recommendation of 150 minutes of physical activity per week. The research inspired the EIM-OC campaign organizers to use social media to promote fitness facts and monthly activities including the September kickoff of the Feet on Campus Walking Program. Footprints were placed on the ground across campus as guides to measure distance and the number of steps to campus buildings. This program brought attention to walking as a physical activity that can be monitored daily.

In October, EIM-OC teamed up with Adaptive Services and the Rec Center for Adaptive Rec Day. More than 300 participants took part in blind yoga, wheelchair basketball, adaptive paddling, adaptive softball and goal ball. More than 100 students volunteered for this service learning project. Guest speaker, Carena Winters, PhD, MPH, chair of the ACSM Exercise is Medicine on Campus Committee, presented the National EIM program and was introduced to EIM@FGCU.

In November, EIM-OC partnered with Campus Rec, working with the University Smoking Cessation program for the American Lung Association’s Great American Smoke Out. EIM-OC provided content for the University Smoking Cessation Program series, How to Use Exercise as a Substitute for Nicotine, and held group fitness classes on the Library lawn.

As part of the 2015 Exercise is Medicine World Congress, EIM@FGCU
was awarded the Silver Level of Recognition for engagement of students, faculty and staff in EIM education initiatives. Currently, EIM@FGCU is applying for Gold Level recognition, and Dr. Jeffreys has been asked to present the EIM@FGCU as part of the 2016 award ceremony of the ACSM Annual Meeting in Boston, MA.

Future projects will include a fitness assessment program targeting faculty and staff. Dr. Jeffreys is currently seeking external funding to create a broader collaborative framework that will look at other areas of wellness. In addition, future projects will include working with community partners to implement EIM in Lee County.
Grants, service, research awards highlight FPTA, FOTA conferences

Department faculty and students shine for FGCU in Southeast Florida with recognition and awards for service, research and accomplishments at the Florida Physical Therapy Association (FPTA) and Florida Occupational Therapy Association (FOTA) conferences in November.

Grant Award
Rose Pignataro, DPT, PhD, assistant professor, and Eric Shamus, DPT, PhD, chair, were presented with the Linda Crane Award at the FPTA meetings in September. They were awarded a grant of $10,000 to work on, Creating a Tobacco-Free Future: Peer-Initiated Tobacco Cessation Counseling by Student Physical Therapists.

High Score Award
Rose Pignataro, DPT, PhD, was featured in the National Commission for Health Education Credentialing’s newsletter for achieving the highest score nationally on the Certified Health Education Specialist (CHES) exam for spring 2015.

Service Awards
Eric Shamus, DPT, PhD, chair, received the Fred Rutan Award for Excellence in Service at the FPTA meeting in September. This award recognizes a physical therapist who has provided exceptional service on an FPTA committee or task force. The award was presented at the FPTA Annual Conference Honors and Awards ceremony in Orlando.

Karen Mock, OT/L, MS, assistant professor and clinical coordinator, Occupational Therapy Program, received a lifetime achievement award in November for 18 years of service from the Florida Occupational Therapy Educational Consortium.
OT students awarded best research poster at FOTA conference

Occupational Therapy students were awarded best poster for their Early Intervention Playgroup Research project in the category: Soul of Occupational Therapy at the Florida Occupational Therapy Association meetings in November. Megan Johnston, Kristine Carter, Kristin Hubbell, Amanda Bieber, Angelo Amoresano, Brittini Lallo and Assistant Professor Sarah Fabrizi, OTR/L, PhD, who serves as faculty mentor, were part of five student research groups along with four faculty mentors that attended FOTA.

FPTA Advocacy group works to make a positive impact on PT in Florida

According to the Florida Physical Therapy Association Advocacy group, the statutes regulating physical therapy in Florida have not been updated in 20 years. Although the practice of physical therapy has grown increasingly complex and sophisticated, laws regulating it have not. The organization is working to fix that and recently met to discuss its efforts.

Group members Kathy Swanick, DPT, MS, Florida chapter president of the FPTA, and FGCU faculty, Rick Douglass, DPT, SW district regional director, adjunct faculty along with current DPT students Sierra Griffin and Niko Park, and DPT alumni Josh Lewis, DPT, SW district treasurer and Haley Rogers, DPT, district vice chair headed to Tallahassee for 2015 FPTA State Advocacy Days in November.

The group received in-depth training on advocacy and the issues of the day, met with legislators to discuss issues affecting the practice of physical therapy in Florida, and to promote the practice act bill. For more information and key points of the Modernize PT Practice Act, go to: bit.ly/1QRulwo.
Individuals from as far as Marco Island and Sarasota participated in the 2nd annual Amputee Clinic hosted by the Department of Rehabilitation Sciences in November. Specialists and student volunteers helped assess gait, balance, and strength, and provided free consultation on ways to improve function. Participants ages 30 years to 92 and had lived with their amputation from 6 months to more than 30 years.

“This clinic provided an opportunity for individuals to meet others, share similar life experiences and find support in those new relationships,” said Ellen Donald, MSPT, assistant professor and co-coordinator of the clinic for the past two years.

The clinic also provided participants with a unique opportunity to learn how to run. Onlookers lined the hallway and applause rang out during an emotional scene as two individuals learned to run for the first time since wearing a prosthetic device. Vern Swanson, MSPT, instructor, and clinic co-coordinator, led the Back to Running Clinic. “One participant was a unilateral transtibial amputee who has been wearing her prosthesis for six months. The other individual was a bilateral transtibial amputee who has had his prostheses for two weeks. Both participants were able to run for the first time in their prosthesis after about 15 minutes of training,” Professor Swanson said.

According to Professor Swanson, almost anyone who has the necessary strength levels can run on a prosthetic when trained properly. “Being able to see an individual run for the first time with bilateral amputations who has only had his prostheses two weeks is nothing short of amazing. The individual who has had her prosthesis six months looked like she has been running for months even though it was her first time running. Both participants were awesome to work with and I hope they keep in touch to further their training,” he said.
Some of the 15 participants brought family members who also joined a lecture by Rose Pignataro, DPT, PhD, assistant professor, titled Saving Your Skin; Good Skin Care. Chris Rosenbrough, a graduate of the Exercise Science program and DPT student at FGCU, was on hand to speak one-on-one about starting and staying with an exercise program.

Fifty-eight area professionals including prosthetists, physical therapists, DPT students from FGCU and PTA students from Hodges University, faculty from both PT and PTA programs and fitness professionals volunteered to participate in the various screenings and information sessions. Professor Donald also noted that “networking between professionals and future professionals provided an opportunity to strengthen collaboration in the local clinical community and provide an interdisciplinary learning experience for the health professional students at the same time. Participants had the opportunity to share their life experiences with each other and gain support from their newly made acquaintances.”

This event will continue to be held annually with plans to broaden the scope to include additional disciplines in the Department and aims at drawing a larger turnout each year.
The Athletic Training program will celebrate 10 years at FGCU with the graduating class of 2016. Over the past decade, the program has seen many changes and successes. Jason Craddock, ATC, EdD, assistant professor and program director, cites many program highlights, including:

- The AT class of 2015 scored a Board of Certification first-time pass rate of 94 percent, well above the national average of 82 percent.
- A few AT students have signed up for the 2016 Study Abroad Program to Rio de Janeiro, Brazil, to attend the 2016 Summer Olympics.
- In the past 3 years, the Eagles Sports Medicine Club team has finished in the top 5 of the Southeastern Athletic Trainers’ Association Quiz Bowl competition out of 19 to 25 teams.
- In the past 2 years, the Eagles Sports Medicine Club has held its annual Golf Scramble fundraiser to offset costs for students attending the annual Southeast Athletic Trainers’ Association (SEATA) Athletic Training Student Symposium.
- The program has added more clinical education opportunities for students including NCAA Division I and II sports teams, Major League Baseball, Disney Wide World of Sports, Air Force Academy in Colorado, St. Lawrence University in New York, and Nova Southeastern University and Cleveland Clinic, both in Florida.
- This year, the program published its first Athletic Training Program newsletter, which is posted on the Alumni page of the Department of Rehabilitation website: fgcu.edu/CHPSW/RS/ATBS/alumni.html

The future is even brighter with the announcement by the Commission on Accreditation of Athletic Training Education that entry-level programs will be taught at the graduate level by 2020. The FGCU AT program anticipates the transition from an entry-level undergraduate program to a master’s program in the next few years, which will allow the program to develop exciting new learning opportunities for students.
Forty area Law Enforcement Officers (LEOs) came together in Marieb Hall in October to continue their training in the Florida Department of Law Enforcement (FDLE) Fitness Instructors course coordinated by the Fort Myers Police Department. The 32-hour course is designed to assist the LEOs with obtaining certification as FDLE certified Fitness Instructors. Dennis Hunt, EdD, CSCS, assistant professor, taught course content on body composition analysis, total daily energy expenditure (TDEE) assessment and cardiorespiratory fitness level evaluation.

Faculty member volunteers for Make a Difference Day

Lynne Jaffe, OTR/L, ScD, associate professor, OT program director, was one of more than 350 volunteers from FGCU and Wells Fargo who participated at 12 locations on Make a Difference Day in October. Dr. Jaffe volunteered at the Family Resource Center of Southwest Florida, Fort Myers, where she spread mulch and painted playground equipment.

This has been her second year helping local organizations and serving the local community. Last year she worked at the Harry Chapin Food Bank where she bagged sweet potatoes. “It’s a small way to be involved with the campus at large, doing good work for the community,” she said.

Go Exercise clinics enhance health, well being of Bonita Springs residents

Residents of the Spring Run Golf Club, Bonita Springs, were invited to two Go Exercise clinics as part of the Spring Run iLife program in November. The courses were hosted by Exercise Science faculty member, Dennis Hunt, EdD, CSCS, assistant professor, along with a team of four Exercise Science students.

In the first clinic, Dr. Hunt presented information on the difference between physical activity and exercise that would allow attendees to design an individualized activity or exercise program to fulfill their personal needs and to potentially enhance their health and well-being.

In the second clinic, Dr. Hunt taught participants how to use resistance training in an appropriate manner to attenuate muscle loss and to enhance quality of life, functional capacity, and maintain independence.

Florida Department of Law Enforcement Fitness Instructors train at FGCU

Forty area Law Enforcement Officers (LEOs) came together in Marieb Hall in October to continue their training in the Florida Department of Law Enforcement (FDLE) Fitness Instructors course coordinated by the Fort Myers Police Department. The 32-hour course is designed to assist the LEOs with obtaining certification as FDLE certified Fitness Instructors. Dennis Hunt, EdD, CSCS, assistant professor, taught course content on body composition analysis, total daily energy expenditure (TDEE) assessment and cardiorespiratory fitness level evaluation.
Peter Reuter, MD, PhD, assistant professor, facilitated two Undergraduate Student Scholarship Support Awards (USSSA) in spring 2015 and support from the Honors Program to help pay for travel expenses for three students, Chris Gonzalez, pre AT, Nils-Otto Jaasko, AT, and Ginger Correnti, OT, to attend and present posters at the 2015 Annual Conference of the Human Anatomy & Physiology Society (HAPS) in San Antonio, Texas, May 2015.

Students present posters at FOTA Conference

Left to right: Students Chris Gonzalez, pre AT, Nils-Otto Jaasko, AT, and Ginger Correnti, OT, visit The Alamo, in San Antonio, Texas.
Department connects with FGCU, area community at campus fairs

Job seekers network at 4th annual PT & OT Career Fair

More than 100 FGCU PT and OT students along with physical therapy assistant students from Hodges University and Broward College attended the 4th annual Physical Therapy and Occupational Therapy Career Fair held at the Cohen Center in November.

The fair offered students the opportunity to seek jobs and connect with medical centers, hospitals, institutions and rehabilitation centers from Florida and as far away as Nebraska.

Participants find balance at FGCU Benefits & Wellness Fair

Department faculty and students test individual balance of faculty and staff at the FGCU Benefits & Wellness Fair.

More than 103 students requested AT and ES program information at the Majors Fair in October.
OT students took a “test spin” in several wheelchair models during their trip to Custom Mobility, Inc., Largo, to learn the process of evaluating, designing, and fabricating complex rehabilitation wheelchairs.

Using a tag-team race format, OT students learn how to perform maintenance and adjustments to wheelchairs to enable safety and optimum positioning for clients.

Rope course challenges OT students

OT students participated in an experiential learning laboratory at the Eagle Challenge Course sponsored by FGCU. Students tackled the ropes course to focus on group processing and encouraging creativity in intervention selection. The Eagle Challenge Course is located at the Buckingham Center, 18 miles north of main campus.
Study Abroad plans trip to Brazil for summer 2016 Olympics

Live Your Passion, is not just the Summer 2016 Olympic motto, but may describe a life changing experience for students in summer 2016. The Department has planned a study abroad program to Rio de Janeiro, Brazil, to attend the Summer 2016 Olympics, the world’s largest international multi-sport event, in August 2016. According to Renee Jeffreys, PhD, lead Rio faculty, the goal of the program is to create a passion for the games and international travel.

Seventeen students along with faculty members, Eric Shamus DPT, PhD, chair, Renee Jeffreys, PhD, and Kelly Henderson, ATC, MEd, plan to attend Olympic events including, cycling, rugby, handball and hockey, as well as visit the Olympic Village. The group will also sightsee at Christ the Redeemer statue at the peak of Corcovado Mountain in the Tijuca Forest National Park, visit a Samba school devoted to practicing and exhibiting samba, an African-Brazilian dance, and tour the city of Rio de Janeiro.

Planning meetings will begin in January to start the visa process, learn the Portuguese language, and ensure that everyone is prepared for the trip. Cost of the program is $3,577 not including the cost of the visa. A $200 deposit is due by the final deadline, Jan. 22. Students can register at the Horizons website: bit.ly/1SQ21X8.

Eagles Sports Medicine Club’s second annual Golf Scramble raises the green

The FGCU Eagles Sports Medicine Club held its second annual Golf Scramble at the ArrowHead Golf Club, Naples in October. Seven teams raised $2,000 to help offset the cost of students attending the 31st Annual SEATA Athletic Training Student Symposium in February 2016. The event also included a silent auction and prizes for the top three teams.
Graduates and staff of the CHPSW enjoyed an evening with new connections and fellow graduates at the annual Networking Night in October. More than 65 guests mingled with health administrators and leaders from the community. Dean Mitch Cordova shared department highlights in his opening remarks and introduced representatives from Lee Memorial, Kristine Fay, chief administrative officer, and Scott Nygaard, chief medical officer. Two distinctive alumni with ties to the Lee Physician Group and Lee Memorial, Brock Billman, ’09, BS – director of property management, and Ben Spence, ’10, MS – Health Science, Chief Financial Officer, both from Lee Memorial Health Systems, shared their stories of success.

Alumni sees Human Performance as perfect choice

His passion for helping people and fascination with the human body made the Human Performance, now the Exercise Science program at FGCU, an obvious choice for ’14 alumnus, Nicholas Abram. A licensed massage therapist before entering the HP program, Nicholas believes HP “was a perfect choice to enhance his career. “The

FGCU, Rehabilitation Sciences Newsletter, 15
Health and Fitness program through CHPSW on the FGCU campus. Armando, Home Base program manager, credits the FGCU Exercise Science (ES) program with helping his transition into civilian life after his tour in the military. “When I got out of the Marine Corps, I had gained weight and I went through some transition issues,” he said. According to Hernandez, the FGCU Exercise Science program helped him not only personally, but allowed him to move toward his career choice. “I wanted to help other people though exercise, like exercise helped me,” he said.

Through his FGCU ES experiential learning experience with the Boston Red Sox, Armando was recruited before graduation and formally hired in May 2014 as Home Base program manager in SW Florida. “Not only was I able to accomplish my goal, I was able to do it with my very own population, helping veterans with the exact issues I had dealt with,” he said.

In the past year, Armando has worked with more than 60 veterans in areas of exercise, nutrition, sleep, mental skills, and social activities. Through the program, Armando has seen veterans experience an increase in quality of life from debilitating injuries, success with weight loss and the ability to forge friendships with a core group of people who have similar backgrounds and goals. “We do all of this this through something that is relevant, through health and fitness,” he said.

Home Base operates the largest private-sector clinic in the nation devoted to healing invisible wounds such as post-traumatic stress disorder, traumatic brain injury, anxiety, and depression and family relationship challenges and serves veterans through clinical care, wellness-based programs, community outreach, education and research. Since its inception, Home Base has served more than 7,500 veterans and family members with care and support, trained more than 12,000 clinicians national, and remains at the forefront of discovering new treatments – ensuring a brighter future for the 21st century warrior and military family. For more information, visit homebase.org.

Graduate, cont’d from page 15

knowledge and skills acquired have helped me improve the lives of my clients exponentially,” he said.

Nicholas is an ACSM Health and Fitness Specialist at the Lifestyle Center for the Bonita Bay Health Club, Bonita Springs, where he performs health-related physical assessments, organizes and teaches group exercise classes, education workshops, equipment orientations and individual exercise programs. He has also worked as a CPT for Naples Personal Training, Naples. For the past four years, he has served as vice president for the local chapter of the Florida State Massage Association and was awarded the 2013 Outstanding Sports Massage Team Member.

Nicolas lives in Ft. Myers with his wife, Amber and their 9-month-old son, Oliver and enjoys boating and fishing on the Caloosahatchee River in his spare time.
Awards or Recognitions


Jeffreys RM. 2015 FGCU, Well Being Seminar Grant, 2015. The Brining Theory to Practice Project, with the support of the S. Engelhard Center and the Christian A. Johnson Endeavor Foundation. $775, November 2015.

Shamus E. Fred Rutan Award for Excellence in Service. FTPA Annual Conference and Awards Ceremony, September 2015.


Reuter P. 2015 Lucas Center Faculty Travel Grant Attendance of Research on Teaching and Learning Summit, Kennesaw State University, Kennesaw, Georgia, $408, April 2015.


Reuter P. Correnti G. 2015 FGCU Undergraduate Student Scholarship Support Award (USSSA) Is there a correlation between in-utero exposure to sex hormones, age of first menstruation, sexual orientation and prevalence of PCOS? $750, April 2015.

Reuter P. Gonzales C. 2015 FGCU Undergraduate Student Scholarship Support Award (USSSA) Correlation of 2D:4D ratio, vital lung capacity and self-reported athletic ability in women. $750, April 2015.

Reuter P. 2015 Robert B. Anthony Scholarship, Human Anatomy & Physiology Society (HAPS)

Professional Presentations


Book in Publication

Shamus E, Cordova M. Upper Respiratory Tract Infection, In Staples W. Geriatric Case Study Book. McGraw-Hill, NY, New York, 2016. (15 other cases submitted ranging from wound care to cardiac cases)


Book Publication


Scholarly, cont’d from page 17

Book Chapter


Publications


OT group shows off their splint projects in lab.
2016
UPCOMING EVENTS

Eagle Wellness Fair
January 20, 11 am - 2 pm
Cohen Center

Eagle EXPO
February 20
Cohen Center

Study Abroad
August 4 -16
Brazil Summer 2016 Olympics

PT & OT Career Fair
November 17
Cohen Center

YOU CAN MAKE A SIGNIFICANT IMPACT

for deserving REHABILITATION SCIENCE STUDENTS
by making a gift of any size today.

WITH YOUR SUPPORT,
THE DEPARTMENT OF REHABILITATION SCIENCES CAN:

► Purchase new laboratory equipment & supplies
► Provide scholarship support
► Enhance academic programs
► Increase research opportunities

TODAY’S GIFT drives tomorrow’s success for REHABILITATION SCIENCES

DONATE ONLINE AT alumni.fgcu.edu
Specify other designation: Rehabilitation Sciences

Your giving provides INSPIRATION
to those who go on to inspire others,
a transformative POWER we call
THE FGCU EFFECT.

For questions, email Sean LeBlanc at gifts@fgcu.edu or call 239-745-4347

FGCU, Rehabilitation Sciences Newsletter, 19