Welcome to the April Newsletter from the Department of Physical Therapy's Student-Run Pro Bono Clinic

Thank you to our generous donors
A letter from Brooke Schlotterback, SPT, Student and Volunteer
A letter from Alexander Engar, SPT, Community Liaison
Congratulations to Allyson Armstrong, SPT ’15 and Katey Blumenthal, SPT ’16
Thank you to volunteer physical therapists
Photos from the Clinic

Thank you to all the donors that supported the SRPBC during Love Utah Give Utah. With their generosity we have secured funding for another year!!

Please help contribute to our funds by going to:

See all our amazing donors and a full list of March volunteers at the end of the newsletter.

Learn more about us!
We’re on Twitter! You can follow us at @UofUProBonoPT
Facebook Page: https://www.facebook.com/uofuprobonopt
Hi! My name is Brooke Schlotterback, and I grew up traveling between the “Land of 10,000 Lakes” (Minnesota) and the “Big Sky Country” (Montana). There is no doubt that volunteering at the Pro Bono Clinic has enriched my educational experience. It has not only made me more culturally aware, but it has also opened up doors that have allowed me to learn actual tools to improve the quality of care I provide to patients in Midvale.

Becoming more aware of the differences between my own culture and the Mexican-American culture began through patient, clinic staff, and translator interactions at the Pro Bono Clinic. I learned how to respond to language barriers by figuring out appropriate ways of interacting with both the translator and patient at the same time. I also began to see how different beliefs regarding medical care, and differing perceptions of illness, disability, and function can affect treatment. As I continue to learn more about the ethics behind cultural competence in physical therapy school, I realize that cultural competence is something that I will never fully achieve and can’t just learn about in the classroom. While one can learn what cultural competence is in the classroom, it wasn’t until I engaged with different cultures in the clinic that I began to develop cultural sensitivity in the healthcare setting. To me, being culturally sensitive, competent, and aware means being able to consider the patient’s values and be open to dialogue about them. Learning how to integrate that awareness into clinical practice is an ongoing process.

In addition to becoming more culturally aware, I have learned new tools that I can implement into future patient care. One such tool is asking appropriate questions that build trust with patients, which, in turn, transforms treatment, making it more applicable to a patient’s values. I learned this through involvement with three other DPT students in a research project titled “A Critique of Physical Therapy Care for Low Back Pain Based on Mexican-American Cultural Paradigms of Health.” This was thought of and started by the clinic co-director, Katey Blumenthal, SPT, MA. Through this project, Katey, Karina Abrew, Jackie Gebhardt and I hope to gain a better understanding of how Mexican-American individuals perceive their low back pain experience. Through a series of patient interviews, we will ask individuals from the Midvale community a series of questions about various contexts of their life that relate to their healthcare experience. With this project, we intend to strengthen our culturally specific standard of care in Midvale. Simply the awareness of how an impairment affecting a patient’s function can differ between cultures has made me think of alternative ways to manage certain patients.

I believe that every single patient that walks through the clinic door deserves equal, compassionate, competent, and evidence based physical therapy services. Every time I volunteer at the Pro Bono Clinic, I am amazed at how much I learn about pathologies, patient care management, and how to respond to cultural differences. Not only do I feel more confident in the development of my own personal system, but I also feel so grateful to have the opportunity to learn more about how to provide healthcare to this specific patient population!

*Bio: Born in Omaha, Nebraska, but grew up traveling between Woodbury, Minnesota and Billings, Montana. In my spare time, I enjoy spending time with friends and family, watching movies, trail running, downhill skiing, hiking, and traveling to Utah’s beautiful National and State parks! I went to Concordia College in Moorhead, MN, where I received my Bachelor of Arts degree.*
Interprofessional Collaboration in the College of Health:
A Letter From Alexander Engar, SPT, Community Liaison

For the past 6 months, representatives from the University of Utah Department of Physical therapy Student-Run Pro Bono Clinic Board have lead a university-wide effort to collaborate with students and faculty from multiple health science departments. The outcome of this large-scale project has been the creation of an interprofessional student board that will establish and oversee integrated health care treatment for patients with diabetes, in partnership with the Midvale CBC.

This board is seeking to break ground on an ambitious educational model that will prepare students to work more effectively in conjunction with other healthcare practitioners. With over 50 individuals involved, there is great enthusiasm among both students and faculty at the prospect of creating an integrated clinical learning opportunity. Representatives from many departments are actively involved, including the following:

- Biomedical Informatics
- Dentistry
- Pharmacy
- Physical Therapy
- Physician Assistant
- Primary Care Progress
- School of Medicine
- Nursing
- Nutrition
- Occupational Therapy
- University Health Sciences Interprofessional Education

The board will consist of 2-3 students from each department and aims to begin offering collaborative treatment opportunities to university students this fall.
CONGRATULATIONS TO
ALLYSON ARMSTRONG, SPT ’15 and
KATEY BLUMENTHAL, SPT ‘16

Congratulations to Ally and Katey!! Our amazing board directors have been awarded the Ivory Prize for student leadership, an enormous honor bestowed by the University of Utah Board of Trustees, which recognizes "extraordinary, influential student accomplishments and leadership, efforts that impact student success and positively affect the broader community". It is a wonderful honor and reflects not only their visionary leadership and relentless efforts but also the great work of the rest of the team: our pro bono student board, our CBC and UU partners, and our volunteers.

Many thanks to the following March volunteers!

Attending physical therapists:
- Brett Peterson, Resident Orthopedic Center
- David Beltramo, Resident VA Orthopedics
- Nikki Pappas, DPT, Chronic Pain, VA
- Paul Harman, Resident Orthopedic Center
- Laura Nice, DPT, InMotion PT

Student physical therapists:
Ally Armstrong, SPT ‘15
Natalie Hale, SPT ‘16
Todd Monsen, SPT ‘16
Mike Reuter, SPT ‘16
Kevin Luiz, SPT ‘17
Katey Blumenthal, SPT ‘16
Brianna Stewart, SPT ‘17
Sonja Septon, SPT ‘16
Neil Scheuermann, SPT ‘17
Casey LaSala, SPT ‘17
Molly Holman, SPT ‘17
Paige Denney, SPT ‘16
Casey Anderson, SPT ‘17
Drew Kosturik, SPT ‘17
Simone Mata, SPT ‘16
Ashley Scherf, SPT ‘17
Alex Engar, SPT ‘17
Preston Ward, SPT ‘16
Sarah Niederbuhl, SPT ‘16
Jackie Gebhardt, SPT ‘16
Brook Schlotterback, SPT ‘16
Melissa Bass, SPT ‘16
Abby Baxter, SPT ‘17
Karina Abrew, SPT ‘17
Michael Smith, SPT ‘16
Brandi Dohmen, SPT ‘17

Translators:
James Tingey
Jordan Ruga
Sam Booth
Brian Samuelson

Ivory Homes
Thank You!!

All of our progress and accomplishments have been thanks to the funds, equipment and supplies provided by our generous donors

Thank you Noah Harper for donating a Theraball

Interested in helping?
To volunteer as an attending physical therapist or Spanish translator: please contact uofuprobono@utah.edu

To donate small pieces of equipment or supplies, contact us at: uofuprobono@utah.edu or (435-612-0066).

Spread the word!
If you know of anyone who is interested in the clinic, please encourage them to subscribe to our Newsletter. To subscribe: send an email to sympa@lists.hsc.utah.edu with the subject "Subscribe probono_pt_clinic YOUR NAME".

Thanks for reading! Look for our next newsletter in May/June.
For questions about the information provided here or the clinic in general, please contact uofuprobono@utah.edu.

Student Board Secretaries,

Jordan Johnson '16
Ann Goding '17