Welcome to the June newsletter from the Department of Physical Therapy's student-run pro bono clinic

Thank you to our volunteers and supporters! A full list of June volunteers and donors are listed at the end of the newsletter.

Our website is live! Check it out at http://www.health.utah.edu/pt/pro-bono/index.html and track our progress towards reaching $2500 in donations for start-up costs. Help contribute to our funds by going to: https://umarket.utah.edu/ugive/index.php?gift_id=68&special=%20Midvale%20Clinic%20HE23467-40165

We’re on Twitter! You can follow us at @UofUProBonoPT

Facebook Page: https://www.facebook.com/uofuprobonopt
Letter from CBC staff member Maria Consuelo Cala

The Midvale CBC Clinic is proud to bring Physical Therapy to our underserved community through University of Utah physical therapy students, who are offering excellent health services to low income people. At the same time, we are satisfied by the community’s response.

Years ago, we [at the CBC] were concerned about the number of uninsured people who presented various health problems without access to the health system. These health problems directly affected their labor and social outcomes, and indirectly affected their family dynamics because it influenced their economic situation. Midvale CBC, in agreement with the University of Utah, opened a clinic for uninsured and low income families in August 2013. In February 2014 the clinic received, with great pleasure, the addition of Physical Therapy services for our community.

During these five months, the Physical Therapy Clinic has treated 36 patients in 77 therapy visits. Their age distribution is as follows: 16.7% patients under 18 years old, 2.7% between 19 to 24 years old, 50% between 25 to 44 years old, 16.7% between 45 to 64 years old, and 13.8 older than 65 years old (Figure 1).

With the Physical Therapy Clinic’s services we have reached 14 males and 22 females (Figure 2). According to this distribution and informal interviews with the community, there are a significant number of females in Midvale without access to the health system who suffer from multiple symptoms [that affect] their family and social life, which can be treated by Physical Therapy services. For males, there are difficulties to complete their treatments due to their work. They have to decide between attending physical therapy and making more money.

Finally, the Hispanic population represents the majority of the Physical Therapy Clinic patients, as self-reported by our customers (Figure 3).

- Maria Consuelo Cala, Community Building Community Staff

“Caring is a professional calling for physical therapists. Providing physical therapy services and supporting organizations that provide services to those without access to care for financial reasons, from a lack of availability of services, or in the event of a disaster are a moral and ethical obligation of physical therapists and physical therapist assistants and for the well-being of society.”

- American Physical Therapy Association

On the next page, we profile a few of the student-run pro bono physical therapy clinics that are helping to fulfill this professional calling. We have been fortunate to have these clinics serve as models for the development and operation of our clinic.
University of Wisconsin-Madison Student Run Clinic, Madison, WI:
Operated by students in the Doctorate of Physical Therapy Program at UW, this clinic is primarily a neurological rehabilitation-focused center (e.g., gait, balance, proprioception, coordination training). All services are provided free of charge by volunteering UW DPT students, with two to three students paired with a client weekly. As stated on their website, their vision is to “create a unique and caring environment for the treatment of uninsured and underserved patients to fulfill a current lack of pro bono physical therapy services in the Madison area.”

More information can be found at: http://ortho.wisc.edu/Home/DoctorofPhysicalTherapy/StudentLife/LearningOpportunities/StudentClinic.aspx

Rockhurst University Pro Bono Clinic, Kansas City, MO:
Developed by faculty and students from the Occupational and Physical Therapy programs at Rockhurst University, this clinic was established and is currently run in cooperation with the Kansas City CARE Clinic, providing care to uninsured individuals in the Kansas City area. Senior year graduate students act as clinic administrators, operating the clinics with the assistance of faculty advisors. All PT and OT graduate students can volunteer to perform evaluations and patient education, while being supervised by PT and OT faculty members.

More information can be found at: http://www.rockhurst.edu/academics/undergraduate/majors/physical-therapy/service/

Widener University Chester Community Physical Therapy Clinic, Chester, PA: In association with Widener University, this clinic first opened in September 2009 and is currently open four evenings a week for two hours each evening and operates completely under student leadership. For a nominal fee, services are provided to under- or uninsured Chester community members. The clinic depends on grants, donations and the efforts of physical therapy students to treat patients and to fill leadership positions.

More information can be found at: http://www.chestercommunitypt.com/

PT HEART, Flint, MI: First established in January 2012, this student-led pro bono clinic is affiliated with the University of Michigan-Flint Doctorate of Physical Therapy program, UM-Flint’s Innovation Incubator, and operates out of the North End Soup Kitchen (NESK). NESK has already established a relationship with the community and is close to campus. The PT HEART clinic is sponsored by the department of physical therapy at UM-Flint and collaborates with clinicians in the community. In addition to once weekly physical therapy services, PT HEART also provides free health screens for all its patients.

More information can be found at: http://www.umflint.edu/pt/pt-heart

Although each of these pro bono physical therapy clinics has a unique approach, all share the goal of providing individuals in need access to quality care. For more information about the APTA’s position on pro bono services, please visit: http://www.apta.org/probono/
Testimonials from student and attending physical therapists

Students:

“I really liked working with a 2nd year partner. I was able to get to know one of the 2nd years better and we were able to bounce ideas off of each other before making a final decision.”

“Volunteering at the clinic really was a great experience. The opportunity to practice evals is invaluable and helps to supplement clinicals, coursework, etc.”

“My experience at the pro-bono clinic was awesome! Being able to discuss patient cases with the other SPT and the attending Physical Therapist made for a rich learning experience.”

“It was a great experience. Those who received the services were friendly and patient with us as learning clinicians. It was effective working as SPT teams.”

Attendings:

“I enjoyed the experience and was impressed by the student's clinical skills. I look forward to returning to the clinic again.”

“I had a great experience with the students and the patients.”

“I had a great experience, once again! All of the students were really hard-working and dedicated. And also very appreciative of my time, which is always nice :-) Great work! Keep it up!”

Many thanks to the following June volunteers!

CBC Staff:
Maria Consuelo Cala
Allexandria Taylor
Mauricio Agramont, Director

Attending physical therapists:
Tami Dangerfield, University Pain Clinic
Colbie Jorgensen, Home Health and Hospice
Jake Magel, University of Utah
Robin Marcus, University of Utah

Student physical therapists:
Ally Barton, SPT ’15
Katie Dill, SPT ’16
Jackie Gebhardt, SPT ’16
Trisha Greer, SPT ’15
Brett Fechter, SPT ’16
Natalie Hale, SPT ’16
Caitlin Janeway, SPT ’15
Travis Jarrett, SPT ’15
Jordan Johnson, SPT ’16
Mark Lewis, SPT ’15
Simone Mata, SPT ’16
Melissa McIntyre, SPT ’16
Bailee McGrath, SPT ’16
Katelyn Metcalf, SPT ’15
Katie Quaglia, SPT ’15
Jaron Pope, SPT ’15
Katie Rufenacht, SPT ’16
Nira Salant, SPT ’15

Translators:
Bryan Samuelson
Adam Russon

Student Administrative Coordinator:
Katelyn Metcalf, SPT ’15
### Patient and Volunteer Statistics for the Month of May

- Total number of patients = 20
- Initial evaluations = 7
- Follow-up visits = 13
- Age range = 15-67 years
- New SPT volunteers = 3
- New attending PT volunteers = 1
- Total volunteer hours = 30 hours

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### Interested in helping?

To volunteer as an attending physical therapist or Spanish translator: please contact uofuprobonopt@utah.edu

Help us meet our **goal of raising $2500** for initial start up costs! To donate, go to: [https://umarket.utah.edu/ugive/index.php?gift_id=68&special=%20Midvale%20Clinic%20HE23467-40165](https://umarket.utah.edu/ugive/index.php?gift_id=68&special=%20Midvale%20Clinic%20HE23467-40165) or send a check payable to the Department of Physical Therapy ("Pro Bono Clinic" in the memo line) to 520 Wakara Way, Salt Lake City, 84108. All donations are tax deductible and will go directly to the clinic.

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

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### 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 July. For questions about the information provided here or the clinic in general, please contact uofuprobonopt@utah.edu.

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Student Board Secretaries,

Nira Salant '15  
Jordan Johnson '16