Welcome to the third monthly newsletter from the Department of Physical Therapy's student run pro bono clinic. Our opening day was February 15th, and we have treated patients each Saturday morning since.

Thank you to our volunteers and supporters!

None of our accomplishments to date could have been possible without the efforts of our amazing volunteers and generous supporters. Thank you to all the volunteer students, physical therapists, and staff members from Community Building Community who have given so much of their valuable time to the clinic over the past couple of months. February and March volunteers are listed at the end of the newsletter.

Included in this issue:

-- Photos
-- Letter from the Directors
-- Overview of opening month
  -- Treatment model and approach
  -- Patient and volunteer statistics
  -- Testimonials from student physical therapists

Photos from the clinic: Student physical therapists (and current student board members working with patients in clinic (clockwise from top left): Brett Fechter, Ally Armstrong, Todd Monsen, and Nira Salant

Group photo: Student board members and faculty advisor Misha Bradford
**Letter from the Directors**

*Dear Students, Faculty, Staff, and Volunteers,*

*When asked where else they would go to receive physical therapy services, many of our patients at the Midvale Family Health Physical Therapy Clinic respond, "nowhere," or "the emergency department." While there are numerous free health clinics serving populations in need in the Salt Lake City region, there is only one other clinic that offers free physical therapy services. We hope that by bringing our physical therapy and student community together, we can provide care and preventative treatment to those in need, helping patients reduce pain and increase function before they resort to using costly emergency services. We are grateful to the numerous students, faculty members, and volunteers who have joined our efforts. Most importantly, we would not be able to provide PT services were it not for our Midvale community partner, Community Building Community.*

*Ally Armstrong, SPT ’15*
*Katey Blumenthal, SPT ’16*
*Student Board Directors*

**Overview of opening months**

*Treatment model and approach*

Our treatment model is designed to help fulfill the mission of the clinic, which is to provide physical therapy services to underserved and underinsured individuals in our community, while also enhancing the educational experience for students. To maximize the total number of patients we treat, we place a strong emphasis on patient education, home exercise, and empowering patients to self-manage their conditions. Each patient is seen by two student physical therapists (one junior student and one more senior student) which allows for student-directed patient care, collaboration, and peer mentorship. Students are supervised and advised by an attending physical therapist. During the four hours we are open each week, each student team treats either one new patient and one return patient or three return patients, for a total patient census of four to six per day.

**Patient and volunteer statistics**

Statistics for February and March (projected):
- Total number of patients = 26
  - Initial evaluations (new patients) = 14
  - Follow up visits = 12
  - Age range: 15-73
- New volunteer physical therapists = 9
- New student physical therapists = 17
- Total volunteer hours = 380

*Katelyn Metcalf, SPT ’15, recently joined as our Student Administrative Coordinator, and is responsible for relaying patient information from the CBC schedulers at the clinic to the student volunteers each week. Additional DPT students have helped to edit and to translate clinic documents. In addition to the efforts of our supervising and student physical therapists, several University of Utah undergraduates have volunteered to fill interpreting and administrative roles. Finally, since most of our patients are Spanish-speaking, we are extremely grateful to our volunteer interpreters, who facilitate communication between our therapists and patients during each treatment session.*
Testimonials from student physical therapists

“This was an amazing experience.”

“It was a wonderful learning experience... It required me and my partner to really think about our approach for the evaluation... the evaluation that catches you by surprise is when you really feel like a PT!”

“It was a good learning experience and was helpful in showing me areas that I need to improve on. It was also fun working and getting to know a PT student from a different year.”

“I am really glad I had this experience and would work there again. It was excellent practice and a good segue into my internship for this summer. It allowed me to review the areas I need improvement on and what I would like to do better next time so it is a better experience for me and my patient.”

“AMAZING”

"I had a great time at the Pro Bono Clinic this weekend. I was a great place to practice skills we are currently learning. Looking forward to volunteering again!"

“Working at the pro bono clinic was a great way for me to use the skills that I have learned thus far and tap into ones that need more work. The students responsible for putting this together really created something special here; where not only the patients are benefitting, but us the students can take a lot away from this.”

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

Student Board Secretaries,
Nira Salant ’15
Jordan Johnson ’16

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 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).

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".
Many thanks to the following February and March volunteers!

CBC Staff:
Maria Consuelo Cala
Alexandria Taylor
Mauricio Agramont, Director, Community Building Community

Supervising physical therapists:
Misha Bradford, Faculty Advisor, University Orthopaedic Center
Whitney Meier, University Orthopaedic Center
Samantha Marikis, University Orthopaedic Center
Genvieve Olivier, University of Utah
Bonni Monson, University Orthopaedic Center
Laura Wenger, University Orthopaedic Center
Barbara Fink, University Orthopaedic Center
Aaron Hackett, University Orthopaedic Center
Scott Behjani, University Orthopaedic Center

Student physical therapists:
Ana Beiting, SPT ’15
Ally Barton, SPT ’15
Charlene Brenkmann, SPT ’15
Michelle Dean, SPT ’15
Paige Denney, SPT ’16
Annie Fangman, SPT ’15
Liz Fisk, SPT ’16
Corina Gabbert, SPT ’15
David Galaso, SPT ’15
Jackie Gephardt, SPT ’16
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