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

Thank you to our volunteers and supporters!

Thanks to the generous contributions of our donors, we successfully raised the $2500 we needed for start up costs!! Please help contribute to our funds by going to:

See all our amazing donors and a full list of September 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
Our Progress

Every month we provide statistics about the patients and volunteers at the clinic each month. Here is a closer look at the progress we made since opening in February.

**Student Involvement**
35 students from the class of 2015 have volunteered at the clinic and 31 students from the class of 2016 have volunteered at the clinic.

**Number of Attending Clinicians Volunteered**
22 Attending Clinicians have volunteered at the clinic.

**Donated hours by Attending Clinicians:**
180 hours

**Number of Patients Seen:**
61

**Gender Totals**
34 females and 26 males have been treated.

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**Estimated price tag of care delivered:**
$27,612 worth of care through patient evaluations, re-evaluations, therapeutic exercises and activities, manual therapies and modalities.

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**Number of Patients in Each Age Range**

<table>
<thead>
<tr>
<th>age range</th>
<th>number of patients in age range</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-9</td>
<td>0</td>
</tr>
<tr>
<td>10-19</td>
<td>8</td>
</tr>
<tr>
<td>20-29</td>
<td>3</td>
</tr>
<tr>
<td>30-39</td>
<td>13</td>
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<tr>
<td>40-49</td>
<td>19</td>
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<tr>
<td>50-59</td>
<td>7</td>
</tr>
<tr>
<td>60-69</td>
<td>5</td>
</tr>
<tr>
<td>70-79</td>
<td>6</td>
</tr>
</tbody>
</table>

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**Areas of the Body Treated**

<table>
<thead>
<tr>
<th>body area</th>
<th>number of cases</th>
<th>percentage of cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>spine</td>
<td>26</td>
<td>39%</td>
</tr>
<tr>
<td>shoulder</td>
<td>7</td>
<td>10%</td>
</tr>
<tr>
<td>wrist</td>
<td>4</td>
<td>6%</td>
</tr>
<tr>
<td>hand</td>
<td>2</td>
<td>3%</td>
</tr>
<tr>
<td>knee</td>
<td>19</td>
<td>28%</td>
</tr>
<tr>
<td>ankle</td>
<td>5</td>
<td>7%</td>
</tr>
<tr>
<td>foot</td>
<td>3</td>
<td>5%</td>
</tr>
<tr>
<td>other</td>
<td>1</td>
<td>2%</td>
</tr>
</tbody>
</table>

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**Areas of Body Treated**

- spine: 39%
- shoulder: 5%
- wrist: 7%
- hand: 6%
- knee: 10%
- ankle: 10%
- foot: 6%
- other: 3%
Many of the people that come to the pro bono clinic have chronic impairments that they have waited months to get checked out. When we are able to help these people get back to their jobs and livelihoods it is an incredible feeling. The patients are absolutely amazed that we have the knowledge and skills to help them even when many have given up hope. I love treating a return patient and seeing first-hand our capacity to assist people and improve their daily lives. It is a powerful and rejuvenating feeling. It makes me want to keep learning and keep improving so that I can benefit future patients during my career.

I think that volunteering has definitely made me a better PT. Everything we do at the clinic is very evidence-based and a high importance is placed on documentation. I really like the fact that the pro bono clinic forces me to be creative every week. We are not in a fancy clinic with lots of high tech equipment. We need to dig deep to come up with interventions that are practical for the setting and highly effective for our patients. We are also challenged to plan for the future with our interventions because we realize that we are not going to see our patients for 3-4 weeks. The standards that we have set for ourselves at the clinic are high and it is a great challenge to try and meet those every week.

I think that volunteering at the clinic has really given me a great desire to learn Spanish so that I can communicate with the patients at the clinic and also my future patients. If my future allows me to stay in Utah, I will most likely be treating some Spanish-speaking patients. I really want to learn Spanish so that I can communicate and gain their trust in order to more effectively treat them.

I would highly recommend that students volunteer whenever they have the opportunity. It is an amazing chance to further your skills as a PT and prepare you for the future. The pro bono clinic has many patients that have multiple impairments. Learning how to prioritize and treat all of their ailments to the best of your ability is very challenging. If a PT student can learn to master this skill and treat the complicated patients, it will really prepare them for the things they will face in their careers later on.

Bio: Jackie is originally from Cascade, Montana and received her bachelor’s degree from Carroll College in Helena, Montana. In her spare time, her favorite activities are skiing, golfing, basketball, watching football, and hanging out with friends and family.

**Hey students!** If you have volunteered in the clinic and would like to write about your experience for an upcoming newsletter, please contact nira.salant@utah.edu
Clinic-Related Community Events

Midvale City Health Fair, Saturday, September 27th, 8 am – 2 pm
Copperview Recreation Center

We were invited by our partners at the CBC to participate in the annual Midvale City Health Fair held at Copperview Recreation Center on September 27th. Since National Fall Day was just a few days before the fair, we decided to offer a balance/fall risk screening for the community of Midvale. The event was a huge success! With over 800 people at the fair, our team of twelve student physical therapists stayed busy throughout the day, providing balance screenings and fall risk education to community members. Several of our Spanish-speaking students were also there to help our team interpret. We evaluated more than 100 people and made a dozen referrals to our clinic or other medical professionals for further examination and treatment. The University of Utah Department of Physical Therapy is an advocate for spreading awareness about fall risk. With this event, we were able to share the value of balance training and fall prevention with the Midvale community. We are proud to have helped contribute to the better health and safety of this community, and look forward to continuing to advocate for fall risk awareness and safety in the coming years.

A huge thanks to the amazing volunteers who made this event such a success!

Attending physical therapist: Colbie Jorgenson
Student physical therapists: Todd Monson, SPT ’16, Lauren Pabst, SPT ’16, Katey Blumenthal, SPT ’16, Ryan Shawcroft, SPT ’16, Gubler, SPT ’16, Braiden Kingsford, SPT ’16, Suzy Zavodni, SPT ’15, David Kunz, SPT ’16, Kayla Trobec, SPT ’15, David Galaso, SPT ’15, Katie Ruefenacht, SPT ’16, Katelyn Metcalf, SPT ’15
Translators: Brian Samuelson; Karina Abrew, SPT ’17; Sarah Fallon, SPT ’17; Ramsey Miles, SPT ’15
Testimonials from student and attending physical therapists

Students:

“It was a great experience and helped me use my orthopedic skills, which were a little rusty since my internship was at an acute setting this summer. It also helped me stay flexible with treatment flow and planning because patients will arrive late in clinics and I have to be able to adjust.”

“This experience was great. It opened my eyes to how hard it can be for some people to get the healthcare they need.”

Attendings:

“I was very impressed that students with different strengths, weaknesses, and styles were interacting to provide and receive constructive criticism after the session in a professional manner to help improve patient interactions.”

“I am so impressed with and proud of the professionalism and preparation of the U of Utah PT students. It was amazing to be a part of this and to see how the students manage this operation with such dedication, consideration, and enthusiasm”

“Fantastic. Excellent. Thanks for allowing me to participate, I would be happy to come back another date”

“Things went very smoothly. Student teams and our volunteer interpreter from the 1st year class were wonderful. Engaged, professional in appearance and behavior, etc. The floater kept teams on task and was very helpful in creating HEP sheets, gathering files, cleaning up, assisting with patient intake, etc. When one team had some down time we discussed cases but, since the other team was seeing a patient, I needed to pay attention to them and wasn’t able to do as much with the "off" team during those no show times as I’d imagined we could do.”

Many thanks to the following September volunteers!

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

Attending physical therapists:
Barbara Fink, University Orthopaedic Center
Brad Jensen, University of Utah
Jessica Tidswell, Summit Sports Performance and Rehab Center, Sports Physical Therapy

Student physical therapists:
Ally Armstrong, SPT ’15
Ally Barton, SPT ’15
Katey Blumenthal, SPT ’16
Corina Gabbert, SPT ’15
Jackie Gebhardt, SPT ’16
Jed Gorman, SPT ’16
Jacquelyn Johnson, SPT ’15
Nicholas Langelotti, SPT ’16
Mark Lewis, SPT ’15
Katelyn Metcalf, SPT ’15
Sarah Niederbuhl, SPT ’16
Lauren Pabst, SPT ’16
Kyle Passey, SPT ’15
Rachel Porubek, SPT ’15
Brooke Schlotterback, SPT ’16
Erin Sweetser, SPT ’15

Translators:
Karina Abrew, SPT ’17
Maria Consuelo Cala
Sarah Fallon, SPT ’17
Ramsey Miles, SPT ’15
Adam Russon
Bryan Samuelsen
James Tingey

Student Administrative Coordinator:
Katelyn Metcalf, SPT ’15
Thank You!!

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

University Orthopedic Center
A special thanks to Kim Cohee at the University Orthopaedic Center for donating rolling stools, medicine balls and a foam pad for balance training.

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".

Thanks for reading! Look for our next newsletter in November. 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