Welcome to the September “Back-to-School” newsletter from the Department of Physical Therapy's student-run pro bono clinic

Welcome back to a new school year! Read on to find out how our summer went and what we have planned for the upcoming year

Thank you to our volunteers and supporters! A full list of August 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
Where we’ve been...and where we’re going
Recap of our progress since opening and goals for the upcoming year
– Student Board Director Ally Armstrong, SPT ‘15

Where we came from

When we first opened our doors seven months ago, our goal was to provide free physical therapy services to underserved and underinsured individuals in our community and an educational opportunity for students and practicing physical therapists. Our first set of challenges was setting up clinic operations in a stable space and recruiting volunteers. Soon this vision became reality, and we began treating a steady stream of patients. As we entered the summer term, our board was unsure if capacity students would be able to volunteer during their clinic rotations. Our student body demonstrated their commitment to this project by providing continuous care throughout the summer, despite working full time at their clinical internships.

Where we are now

Whether transitioning into fall or returning back to school, it is important that we all reflect on our most recent experiences in the clinics and communities we work in. The experiences we have as health care providers make us acutely aware of how important physical therapy services are to comprehensive health care, no matter the community. However, physical therapy services are not accessible for many individuals due to financial constraints.

Where we are going

As physical therapists, we are an integral part of the local community because we work so closely and regularly with community members. Whether providing services in an acute, a home health, or an outpatient setting, physical therapists help individuals, families, and – by extension – communities achieve a high level of function and wellness. I encourage you to evaluate where your services are needed most in your own community. Whether you share your physical therapy knowledge or donate your time to another cause, there is a large need for health care volunteers. Your contributions are beneficial at any

Pro Bono Clinic Information Session for Class of 2017
Monday, September 22nd, 8:55-9:15 am

Calling all first year students!
Are you interested in volunteering at the pro bono clinic?
Do you want to serve on the student board?

If so, then join us at a pro bono clinic information session on Monday, September 22nd from 8:55-9:15 am in the southwest classroom. The current Directors and Student Liaisons will be providing information about how you can volunteer at the clinic – starting October 4th – and run for board positions (elections for the first-year board positions will be held in early November). We’ll also answer any questions you have about the clinic. Get psyched and join us to learn more about this amazing opportunity!
Letters from student volunteers Ally Barton, ’15 and Travis Jarrett, ’15

Working at the pro bono clinic has been a great experience. It allows me to practice the skills I have learned in my classes and see how to apply them in a real clinical setting. Instead of doing all the tests ever learned, you are forced to prioritize. But the team approach helps encourage discussions between students and with a community PT that facilitates learning and clinical problem-solving skills. It is wonderful that we can provide services to a community that would otherwise not have access to this kind of health care and improve their quality of life.

And really it is fun, and you know more than you think you do. It is just putting that knowledge into action.

- Ally Barton, SPT ’15

The pro bono clinic provides an excellent opportunity to improve your PT skills. It gives you considerable freedom and the opportunity to practice and develop decision-making skills, improve and refine documentation, practice application of exercise prescription and manual techniques, work with your future colleagues from the different classes. For myself, most important was the opportunity to work with, and view the different approaches of, the supervising PT. Working with Jake, Robin, Scott, and all the other incredible faculty members is an opportunity that you will never get again.

- Travis Jarrett, SPT ’15

Bio: Ally is a 3rd year DPT student from Underhill Center, Vermont. She graduated from Wheaton College in Norton, Massachusetts in 2009 with a major in Biology. In her spare time, she enjoys mountain biking, road biking, backcountry skiing, and snowboarding.

Bio: Travis is a 3rd year DPT student from Nephi, Utah. He received an associate degree in science from Snow College, as well as a bachelor of Athletic Training and a bachelor of Exercise Science from SUU, with a Minor Study in Nutrition. He enjoys hiking, basketball, and racquetball. He has been married for 6 years to Alison and they are expecting their first little girl due in December.

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

Pro Bono Clinic and Class of 2016 Golf Tournament Fundraiser
Saturday, September 13th

Thank you to everyone who came out and supported the 1st Annual University of Utah Physical Therapy Pro Bono Clinic and Class Golf Tournament on Saturday, September 13th. We’d like to also give special thanks to our sponsors, Dynatronics and Burg Pediatric Dentistry, for their support as hole sponsors – as well as all the organizations that donated items for the prize drawing. Thirteen four-person teams played in the tournament, raising a total of over $3,000. All who volunteered and played had a great time raising much-needed funds for the pro bono clinic and the class of 2016.

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

Each year, our community partner, Midvale Community Building Community (CBC), organizes the Midvale Health Fair. The fair provides and excellent opportunity for community members to receive free medical exams and screenings for glucose, cholesterol, blood pressure, BMI, and diabetes as well as women's health services, oral health education, flu and other immunizations, and nutrition counseling. Each year, the health fair serves between 750 - 1,000 individuals. In addition to health and preventive services, over 30 organizations provide information and resources to benefit the community.

This year's health fair will be held Saturday, September 27th, from 8:00 AM to 2:00 PM at the Copperview Recreation Center in Midvale. We are excited to be able to participate this year. Our students will provide a free balance screening and information about the pro bono clinic.

- Todd Monsen, SPT '16
Student Pro-Bono Clinic Community Liaison
Testimonials from student and attending physical therapists

Students:

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

“Treating patients in the pro bono [clinic] is a great way to practice skills we have learned in class. The greatest challenge is effectively communicating with the patient through a translator. It is a very rewarding experience.”

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.”

“The students were extremely professional and happy to be at the clinic. They worked very well together. This was my first time at the clinic and I was unsure what to expect. I was extremely impressed by the professionalism of the students, their knowledge and the collaboration of the second and third year students. This is an incredible program. I am extremely impressed that it is student run and I will proudly volunteer my time to this clinic as often as you will have me. Well done, University of Utah PT students! I hope that other PT schools will follow your example.”

“Great engagement by the students. Well run.”

Many thanks to the following August volunteers!

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

Attending physical therapists:
Ines Schwemmer, University Orthopaedic Center, Women’s Health
Jessica Tidswell, Summit Sports Performance and Rehab Center, Sports Physical Therapy
Scott Ward, University of Utah

Student physical therapists:
Ally Armstrong, SPT ‘15
Katey Blumenthal, SPT ‘16
Katie Dill, SPT ‘16
Annie Fangman, SPT ‘15
Jed Gorman, SPT ‘16
Emma Johnson, SPT ‘16
Mark Lewis, SPT ‘15
Mitch Lillywhite, SPT ‘16
Katelyn Metcalf, SPT ‘15
Bridger Park, SPT ‘16
Nira Salant, SPT ‘15
Brooke Schlotterback, SPT ‘16
Peter Spence, SPT ‘16
Kayla Trobec, SPT ‘15

Translators:
Maria Consuelo Cala
Adam Russon
Bryan Samuelson
James Tingey

Student Administrative Coordinator:
Katelyn Metcalf, SPT ‘15
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 October. 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

Patient and Volunteer Statistics
Since Opening (28 weeks from February – August)

Compliance: 81% met appointments

Student involvement:
- 31 volunteer students from the class of 2015 (65%)
- 30 volunteer students from the class of 2016 (67%)

Donated hours:
- 130 hours donated by attending PTs
- 3,565 man hours from SPTs, floaters and board members

Patients: 55 total (33 male, 22 female)
- Ages 13 – 70 (average = 45)

Estimated value of services provided:
$24,486 worth of care (incl. patient evaluations, re-evaluations, therapeutic exercises and activities, manual therapies and modalities)