Mother and baby in typical Andian attire in the village of Quishuara, Peru.
New in 2015:
Since interdisciplinary health care is the wave of the future, we are expanding our interdisciplinary experiences within SHS and in collaborations with the university's other three schools. In February, SHS held the fourth annual interdisciplinary problem-based learning experience with 21 faculty facilitators and 246 health-science students. Most recently, SHS delivered health care and food to remote villages in Peru's Andes Mountains. Going forward, we are planning to use elements of the MS in Bioethics program as courses, lectures and seminars for the formation of the SHS faculty and seminars for professional formation.

OUR MISSION AND PASSION at the School of Health Sciences (SHS) is to prepare empathetic, competent health care professionals who are servant leaders. We continue to have the opportunity to positively impact health care in our region and beyond, which brings fulfillment to our lives. Faculty, administrators and students take our responsibilities seriously as we strive to improve while responding to ever-changing needs in health care.

In January, most of our faculty went on a four-day retreat in Medora. This was an intense experience, involving reading about and discussing our Catholic and Benedictine heritage, and the Ethical and Religious Directives for Health Care Services published by the United States Conference of Catholic Bishops. We deepened the bonds of friendship and caring among faculty members, as well.

Students entrusted to us will find professors with the knowledge and desire to educate the whole person, based on a solid foundation of faith and reason. This goal has become increasingly important in the changing climate of health care. Our ability to teach the whole person is what sets our school and, therefore, our graduates apart from others.

We are now gearing up for graduation ceremonies in May, when about 240 new health science professionals will receive a bachelor’s, master’s or doctoral degree. On graduation weekend, there will be several important events, including the SHS Scholarship Colloquium and the nurse pinning and respiratory therapy graduation ceremonies. There will also be special hooding ceremonies for graduates in Nursing, Physical Therapy, Occupational Therapy, Exercise Physiology and Kinesiology, as well as an event to honor our Emerging Leaders Academy graduates.

All University of Mary alumni in the health sciences are most welcome to join us at any of these events and welcome our students into the ranks of alumni.

Go Marauders!

In appreciation: Since SHS students work with clinicians in hospitals and clinics nationwide, we are especially appreciative of our clinical teaching partners, many of whom are University of Mary alumni.
Mission Trip to Remote Villages in the Andes

OVER SPRING BREAK, two SHS faculty members—Dr. Jenna Herman, Nurse Practitioner, and Dr. Carol Olson, Occupational Therapy—led an inaugural mission trip to Peru with three staff members and 14 undergraduate students. The nine-day trip was conducted to provide services and explore other medical mission and service opportunities in Peru.

In Lima, the nation’s capital, Dr. Olson examined how OT students can best provide services at a school for students with disabilities this summer. The mission group also visited Cusco, the historic capital of the Incan Empire, on the way to the home base in Ayaviri, a small city in southeastern Peru over two miles above sea level. Faculty, staff and students then traveled 90 minutes by bus to Quishuara, a remote village higher in the Andes Mountains.

In the local clinic, Dr. Herman saw about 200 people, many of whom were experiencing back and joint pain due to intense manual labor, which is common there. Also, Dr. Olson and Mary Wermerskirchen, an OT student, visited a young man at home who had suffered a serious accident several years before. They taught him energy conservation and clothes dressing techniques. Faculty and students brought a large supply of medications, which they dispensed. They also distributed 200 bags of food and 200 pullets, which are young hens to be raised as egg producers or to be eaten when mature. Next, faculty and students traveled eight hours by bus to a very remote village where they handed out 1,000 pullets, as well as bags of food and donated clothing.

Back in Ayaviri, everyone helped our gracious hosts, the Salesian Sisters, prepare for the return of their students. These four Sisters provide housing for about 40 girls, at no cost, so they can attend a local school.

The mission trip was exhilarating and inspiring. As Christine MacLeod, a health administration major, put it: “The most memorable part was how nice and grateful the people were, even when we couldn’t do a lot for them. I was shocked by the living standards and how what is considered basic for us is seen as spoiled for Peruvians.”

We look forward to future partnership opportunities in Peru and recruiting additional faculty, students and outside medical providers to assist more villages. And yes, there was time to visit Machu Picchu.
ON THE LAST TWO WEDNESDAYS in January, SHS hosted the annual interdisciplinary problem-based learning (PBL) event. Every year, a new case is developed by the faculty PBL team, which this year included: Joscelyn Varland representing Occupational Therapy; Sara Gephardt, Nursing; Jill Nustad, Clinical Exercise Physiology; Rachel Johnson Krug, Athletic Training; Christine Sperle, Respiratory Therapy; and Jodi Roller, Physical Therapy and team chair.

This year’s case involved the medical conditions of a mother and her son who had traumatic brain injury and traumatic amputation, respectively. Two hundred and forty-six SHS students participated in the exercise. They were divided into 21 groups, each of which included one or more students from every discipline. Occupational Therapy students at the SHS satellite location in Billings, Montana, joined their groups via Skype, as did Clinical Exercise Physiology students who are enrolled in a blended learning program and do not live in Bismarck.

The event’s primary purpose is to give students the opportunity to collaborate with many other health care disciplines. “I came to the realization that the ability to provide excellent care takes teamwork,” one student said, “and effective communication between many different health care professionals.” Another typical comment was: “The traumatic brain injury and leg amputation were perfect examples in which to include every discipline. Each professional has an equally important role in the treatment and rehabilitation of clients.”

The faculty PBL team has already started planning next year’s case.

Nikas Kicks Off Bioethics Distinguished Lecture Series

THE CENTER OF DISTINCTION in Bioethics for SHS is coordinating with the Catholic Studies Program to create a Distinguished Lecture Series for Bioethics. The first talks were given by Nikolas Nikas, JD, on January 27 and 28. Nikas is the co-founder, president and general counsel of the Bioethics Defense Fund, a pro-life public-interest legal and educational organization advocating for the right to life and the fundamental right of conscience in the U.S. and abroad.

Interdisciplinary Problem-Based Learning

Nikas has lectured at leading medical and law schools, including those at Stanford and Columbia Universities, and at many conferences such as the annual Mater-Care International Conference in Rome.

Nikas delivered four lectures at various locations on campus: “Should Morality be Legislated: The Example of Abortion and Slavery,” with analyses of five main United States Supreme Court cases; “The Challenges and Glory of Conscientious Practice,” about the rights of conscience and religious freedom; “Dying with True Dignity: The End of Life and Dying Well,” about the Catholic viewpoint on life and death; and “Regensburg Address: The Truncation of Reason in the Modern World,” about Pope Benedict XVI’s lecture in 2006 at the University of Regensburg, where he served as a theology professor and vice rector (1969-71). The pope defended the rational approach to theology and ethics, and called for society to return to “reason’s vast horizons” by reintegrating faith into intellectual discourse.
AFTER 25 YEARS directing what is now called the CHI/St. Alexius-University of Mary Respiratory Therapy (RT) Program, Will Beachey, PhD, RRT, FAARC, will retire in July. In 1990, Dr. Beachey traveled from Wichita State University, where he served as the RT director, to Bismarck for an extensive interview. Dr. Beachey fell in love with Bismarck and then relocated his wife Ruth and their two children here. Under his leadership, our RT program, which was established in the 1970’s, became one of the top programs in the country.

Within his first five months, Dr. Beachey rewrote the RT curriculum and instituted a more academically oriented BS degree program. Since then, the Commission on Accreditation for Respiratory Care (CoARC) accreditation teams have held the program up as a model.

Dr. Beachey’s career was highlighted by several awards, many presentations and 37 publications, including peer-reviewed articles, book chapters and a book. Respiratory Care Anatomy and Physiology: Foundations for Clinical Practice—which Dr. Beachey wrote in longhand on yellow legal pads—was published by Elsevier in 1998. The book’s third edition was published in 2013 and translated into Chinese. Dr. Beachey is planning a fourth edition.

From 2001 to 2009, Dr. Beachey served on CoARC. In 2008, he was named a Fellow of the American Association for Respiratory Care, which is a top award in this profession. Two years later, he established the MS degree in Respiratory Therapy for students with a BS in another field. In recent years, Dr. Beachey conducted research with two MS Respiratory Therapy students, Nicholas Werre and Erin Boucher, who graduated in 2013.

The research findings were published in an article they authored, titled “Comparison of Therapist-Directed and Physician-Directed Respiratory Care in COPD Subjects With Acute Pneumonia,” in the February 2015 issue of Respiratory Care. The article was featured as the Editor’s Choice and accompanied by the Editor’s Commentary.

Fortunately, Dr. Beachey plans to stay active in teaching and writing. We are extremely grateful to Dr. Beachey for his contributions to RT and the University of Mary.
Publications


**DR. BILLIE MADLER** and (alumna) Andrea Rudnick, “Managing Cancer Pain,” Advance Healthcare Network for NPs & PAs, published online at: http://bit.ly/1D5q4cE.


Presentations

Below are the Physical Therapy Presentations by SHS faculty and alumni at the Combined Section Meeting of the American Physical Therapy Association in Indianapolis, IN, February 6-8, 2015. The research was conducted with students from the PT Class of 2014 who are now alumni.

**DR. DON ALLEN** and (alumni) A. Gimbel, S. Newman, E. Ver Burg, A. Wahl, “Impairments in Laterality Recognition in Patients with Chronic Low Back Pain.”


**DR. MICHAEL PARKER** and (alumni) D. Peterson, J. Backstrom, L. Steiner, S. Allen, “The Effects of the Inter-Phase Interval of Biphasic Pulsed Current and Volitional Muscle Fatigue on the Electrically Induced Contraction Levels of the Quadriceps Femoris Muscles.”

**DR. ROBERT SCHULTE** and (alumni) B. Selvig, R. Reynolds, Z. Lambrechts, “Relationships Between Functional Movement Screen™ and Field Tests, Strength, Power and Agility Measures in Male Football Players 14 to 18 Years Old.”

**DR. MELISSA TAYLOR** and (alumni) C. Deiter, E. Judkins, M. Naumann, K. Schulz, “The Effectiveness of Weight-Shift Training on Balance in a Patient with a Chronic Stroke.”


Alumni Promotion

**KAREN ZIMMERMAN**, MSN, was named Vice President and Chief Nursing Officer for Trinity Health, Minot, ND.

Faculty Awards

**DR. MARY DOCKER** served on a task force for the American Physical Therapy Association’s Section on Women’s Health. The task force won the Volunteer of the Year Award at the national annual meeting in Indianapolis in February. The award was given for the task force’s work on the second edition of the entry-level education standards for women’s health education.

**RACHEL JOHNSON KRUG** was awarded the Guardian Angel Award by the Burleigh County Sheriff’s Department on January 29. Krug is an Assistant Professor and Chair of SHS’s Department of Athletic Training and Kinesiology. Last fall, she witnessed a vehicle accident resulting in several injured individuals. Krug immediately left her vehicle and put her athletic training skills to work helping law enforcement by stabilizing victims on the side of road until an ambulance arrived. The Guardian Angel Award is given to citizens who assist the sheriff’s department in dangerous situations without regard for their safety.

Deputy Elliot Carvell congratulates Rachel Johnson Krug during the presentation of the Guardian Angel Award.
Focus on Alumni

TWO MAJOR-LEAGUE BASEBALL teams recently acquired two SHS graduates—and are almost guaranteed pennant victories as a result. At least, the players will get into better physical shape and recover from injuries more rapidly.

BRETT WALKER graduated with a BS in Physical Therapy in 2004 and then an MS in Athletic Training in 2013. Three years earlier, while working as a physical therapist in Great Falls, Montana, Walker volunteered his services to the Great Falls Voyagers, a rookie-level team in the Chicago White Sox organization. After two seasons with the Voyagers, Walker was invited to spring training in Glendale, Arizona, where the White Sox and their affiliated minor-league teams work out. During spring training in 2013, he interned with the Minnesota Twins as a physical therapist. Then last year, the White Sox hired Walker as a physical therapist at the rehabilitation facility in Glendale where he works with injured players from the White Sox major and minor league teams. Occasionally, he will travel with the White Sox for road games.

DEREK SOMERVILLE graduated with a BS in Exercise Science in May 2014 and then passed the Certified Strength and Conditioning Specialist exam in November. As a student here, he completed an internship with the University of Arizona Wildcats football team. Upon graduation, Somerville reached out to his high school baseball coach who now works for the Giants and helped arrange for a job interview in December. Somerville was hired in January 2015 to join the team’s strength and conditioning staff. Currently, he is working with players from the Giants’ major and minor league teams for spring training in Scottsdale, Arizona. During this year’s regular season, Somerville will work with one of the Giants’ rookie teams in Arizona. Primarily, he works with players on injury prevention and trains them in mobility exercises.

Somerville credits Mike Silbernagel, the University of Mary’s Head Strength and Conditioning Coach, for helping greatly with his success.

Alumni Connections

IN THE NEWS? If you or your business has been in the news recently, please let us know. Also if you have changed your address, telephone number or career, please inform us via the “Keep in Touch” form, available at www.umary/forms/alumni.

CAREER ADVANCEMENT: The only thing better than being an SHS alum is doing it again. The School of Health Sciences offers many graduate degree programs that might suit your career aspirations at an affordable price. Programs are offered in online, blended and traditional formats.

GIVE BACK TO UNIVERSITY OF MARY: Providing the best education for current and future students requires continual investments at an increasing cost. Please consider becoming a University of Mary donor. Please go to www.umary.edu/giving to contribute by debit or credit card, or to pledge a gift by check.

CONTACT INFO: For all alumni-related issues or for more information, please contact Paul Keeney, Director of Alumni by email (alumni@umary.edu) or by phone: (800) 408-MARY x8370 or (701) 355-8370.
LAST FALL, the undergraduate nursing faculty hosted a nationally known consultant, Tim Bristol, PhD, the founder of Nurse Tim, Inc., to help re-envision classroom teaching in today’s educational environment. Dr. Bristol focused his visit on the “flipped classroom” as a pedagogical approach that engages students in collaborative learning activities, in which theory is applied to practice scenarios replicating real-life situations.

The flipped classroom approach has benefited greatly from technological advances that facilitate student engagement in both pre-class and in-class activities. Students are given pre-class homework consisting of readings and audio-visual lecture materials. Dr. Bristol emphasized that learning improves when students come to class just as prepared as they would for a clinical experience, transforming the classroom into a clinical learning environment.

Students learn to prioritize which skills need to be applied, which patient needs to be seen first and what information is most important. Faculty members assist students in higher-order thinking through analysis activities, which sharpen clinical reasoning skills. These classroom activities increase peer interaction, which meets the Institute of Medicine’s recommendation that health care professionals should be able to work together.

Faculty and students found that flipping the classroom is not an easy adjustment. However, the engagement and effort this approach demands from students prepares them to be successful in their practices when they graduate.

PLEASE JOIN US in celebrating the Scholarship of Discovery: the yearly event where new SHS graduates present the knowledge they gained through the research process. The following degree programs will be represented: Doctor of Physical Therapy; Master of Science in Nursing, Occupational Therapy, Kinesiology, and Exercise Physiology; Bachelor of Science in Athletic Training and in Exercise Science; and Bachelor of Respiratory Therapy.

Scholarship of Discovery

DATE: 8 AM to 3 PM, May 1, 2015
LOCATION: Bismarck Civic Center-Exhibit Hall

SCHEDULE OF EVENTS

8 to 8:15 AM: Welcome & Prayer
8:20 AM to 3 PM: Platform Presentations
8:20 AM to 3 PM: Occupational Therapy Poster Presentations

Continuing education contact hours will be awarded to clinicians who attend these presentations in the following disciplines: Athletic Training, Exercise Science, Occupational Therapy, Respiratory Therapy and Physical Therapy.