



.....
**COLLABORATING
FOR SUCCESS**
.....

Building an interdisciplinary and intergenerational culture

COLLEGE OF HEALTH PROFESSIONS
2017 DEAN'S PROGRESS REPORT



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Dean's Office Staffing Update

Lauren Zanta

CHP Professional Advisor

Lauren Zanta came to the College of Health Professions' Dean's Office in March 2017. For more than nine years, she was an academic advisor at Walden University. Lauren advises current students who are looking to change their majors, and counsels pre-major students who are considering health and wellness careers.

Rachel Ermer

Outreach and Recruitment Coordinator

Rachel Ermer brought her alumni relations and healthcare experience to the Dean's Office in November 2017. She previously worked at Johns Hopkins University and for a healthcare consulting company. Rachel is building the College's alumni relations program, managing recruitment events, and shaping our communications strategy.



“It is the faculty who
build our legacy
and teach our
students how to
improve our world”

Greetings from the Office of the Dean

The College of Health Professions takes great pride in promoting well-being in a diverse world through the education and success of our students and alumni. As Dean, I truly enjoy our dedicated focus on the health of others and working with faculty, staff and students who share this passion.

This report shares a number of efforts in collaboration within the University and throughout the region. We have expanded and enhanced experiential learning of our students through undergraduate research and interprofessional education initiatives. Grant funding allows our students to experience first-hand the impact of critical inquiry into issues of health and wellness. This year grants from the National Institutes of Health and the Maryland Health Services Cost Review Commission supported student research and clinical nursing education. These grants help us with one of our overarching goals - the success of our newest graduates in entering the workforce.

We are always working to recruit inspiring faculty who contribute to the intellectual wealth of our College, for it is the faculty who build our legacy and teach our students how to improve our world by addressing individual, family and system-level health and wellness issues. Our faculty continue to make important contributions in their disciplines as well as throughout our community. Whether they teach in our classrooms or are educating through clinical fieldwork and community outreach, faculty are the foundation of our students' success.

As you review this report, I hope you will be inspired by our faculty, our students, and the many ways we work to include our community in our efforts to enhance health and well-being. Please keep us informed about your own work as friends and alumni. I encourage you to mentor our students, donate to the DreamMakers' Scholarship Fund, and be a part of building the College's legacy. With your support, we can teach and reach more.

We had an exciting year! Thank you for your part in contributing to our success. I'm looking forward to the year ahead!

Lisa Ann Plowfield, PhD, RN

BY THE NUMBERS 2016-17

1 The only Occupational Therapy education program in Maryland



3rd Largest supplier of new nurses for Maryland's workforce

5 **CENTERS HOUSED AT THE INSTITUTE FOR WELL-BEING**

- Hearing & Balance Center
- Hussman Center for Adults with Autism
- Occupational Therapy Center
- Speech & Language Center
- Wellness Center

6 **DEPARTMENTS**

- Audiology, Speech-Language Pathology & Deaf Studies
- Health Science
- Interprofessional Health Studies
- Kinesiology
- Nursing
- Occupational Therapy & Occupational Science

11 Undergraduate majors

35 Number of programs offered at the Hussman Center for Adults with Autism in the Institute for Well-Being

98

Years of health care education at Towson University

130 Full-time faculty

468 Students in practica or internships at the Institute for Well-Being

1,218 CHP degrees awarded in 2016-17 school year





3,719

Clients served by the Institute for Well-Being's programs and services

4,944

Enrolled students in College of Health Professions, making it the largest TU college by enrolled students



20,761

Total client visits for programs, services and/or health screenings at the Institute for Well-Being

1,266,250

Grant dollars awarded to the Department of Nursing from the Maryland Health Services Cost Review Commission to set up the Collaborative Partnership program (CaPP) to strengthen the relationship between TU and five area health care systems.

POINTS OF PRIDE

Over the last ten years, the College of Health Professions has grown from 480 Bachelor's Degrees awarded annually in 2006-2007 to 990 Bachelor's Degrees in 2016-2017, an increase of 106%.

Towson University's Occupational Therapy program is ranked 25th by U.S. News and World Report and is the only OT program in Maryland.

Dr. Devon Dobrosielski in the Department of Kinesiology received \$446,000 from the NIH to study the effects of exercise for people with sleep apnea.

All clinical programs across the College of Health Professions are fully accredited.

Cover Photo: Wellness in Stroke and Head Injury (WISH) participants at the Institute for Well-Being developed an intergenerational carnival for the Children's Therapeutic Program, including activities and ice cream sundaes.

Granting Towson Nursing Students Invaluable Clinical Experience

\$1.3 million in grants help prepare students for positions in Maryland hospitals

The College of Health Professions' Department of Nursing received over \$1.3 million in grants in 2017 to ensure that Towson University nursing students are prepared for and employed in Maryland hospitals upon graduation.

The total consisted of two separate grants, a \$1.2 million grant from the Maryland Health Services Cost Review Commission to set up the Collaborative Partnership Program (CaPP) meant to foster the relationship between Towson University's nursing program and six area hospitals and health systems: Johns Hopkins Hospital, University of Maryland Medical Center, Howard County Hospital, Sinai Hospital, University of Maryland St. Joseph Medical Center, and Mercy Medical Center.

The program will place approximately 185 nursing students over five years directly into these Maryland hospitals and provide them with paid clinical experiences at these sites during the summer and fall semesters. Once they graduate, those students will be offered full-time positions at those hospitals.

The hospitals gain too as students agree to stay at the hospital for 2-3 years. Avoiding turnover would

save the average hospital \$5.13-7.86 million annually according to the 2017 National Health Care Retention & RN Staffing Report.

“There is a nursing shortage and with this program these hospitals will have access to our students and those students will already have experience in their hospitals. Our partners tend to like our students because they stay in the state,” said Department Chair Hayley Mark.

The CaPP grant also allowed the department to hire a full-time clinical liaison, Laura Knox, who will screen applications for the program, and will also host job fairs and be available to all nursing students to offer tips on resume writing and interviewing. This new position expands opportunities for all nursing students, not just those accepted into the CaPP program.

“The program also strengthens relationships with our partners, which benefits every Towson nursing student by making them more marketable to potential employers,” said Mark.

The second grant was over \$100,000 from the Maryland Clinical Simulation Resource Consortium

to update the Nursing Department simulation labs, including the purchase of new equipment such as IV pumps, patient-controlled analgesic pumps, birthing bed, and the birthing mother mannequin.

“This grant allows us to increase the number and quality of simulations for students. Previously we didn’t have the exact IV pumps that are used in hospitals. There is no replacement for true life experience,” said Mark.

Towson University currently graduates the 3rd largest number of new nurses in Maryland, so the preparation of our students directly impacts the care provided to our community at local hospitals.

The combination of these two grants allows students to have increased clinical experiences prior to their first positions as nurses after graduation, leading to better experiences for their future patients and less turnover for local hospitals, a true win-win.



Building a Research Foundation

AREA grant to strengthen CHP's research pipeline

Kinesiology professor Devon Dobrosielski was awarded an Academic Research Enhancement Award (AREA) of over \$440,000 from the National Institutes of Health (NIH) for his work into the negative affects of sleep apnea on exercise.

“The goal of the study is to discover whether sleep apnea impairs one’s ability to improve cardiovascular health and if sleep apnea has an independent effect on one’s cardiovascular health that negates all the positive things they do all day,” said Dobrosielski.

Participants are given a sleep study at Greater Baltimore Medical Center to see if they have sleep apnea. Those with sleep apnea are entered into the study group, and those without sleep apnea are entered into the control group. Those with severe sleep apnea are ineligible to continue in the study.

All participants are enrolled in a six-week exercise program consisting of three non-consecutive days per week of 40 minutes of aerobic exercise (bike, elliptical, walking) at a moderate to high intensity and 15 minutes of weight circuits.

The purpose of AREA grants, in addition to supporting important research, is to expose undergraduate and

graduate students to hands-on research and build a research program for schools that do not already have that infrastructure.

Dobrosielski takes this goal to heart and has worked with more than 15 students. The grant allows Dobrosielski to pay students who are not receiving credit for their work, especially for work done over the summer. The College of Health Professions’ Summer Undergraduate Research Institute also helps to pay these students. A bigger, cross-college impact is felt by the pipeline of students interested in research that Dobrosielski is building through this three-year study.

“We are able to attract students interested in research because we know this will be going on for two [more] years,” said Dobrosielski. “We are answering an important question in the best, most scientifically-rigorous way, and, at the same time, laying the groundwork for future research as we have dozens of related future research questions.”

The students recruit and enroll study participants, conduct the preliminary and follow-up testing, and train the participants during their six-week exercise plan.



In addition to exposing students to a rigorous study and building a research pipeline in the College of Health Professions, the grant pays for state-of-the-art sleep testing for each respondent, costing \$800 per test, and additional equipment for the lab in the Institute of Well-Being's Wellness Center.

The Towson community is benefiting from the research study as well. Most of the respondents are from Towson, and the training and testing are done at the Wellness Center.

“We advertised in T3 and got lots of responses,” said Dobrosielski who is halfway through the study with 30 participants enrolled and 30 left to find.

Dobrosielski is confident that his research will shed new light into how sleep apnea affects the body, and his study is already building a new research foundation for the College of Health Professions.

New Faculty



Adriane L. Burgess, PhD, RNC-OB, CCE

Dr. Burgess, *Assistant Professor, Department of Nursing*, earned her Ph.D. in nursing from the University of Wisconsin-Milwaukee. She attended

Drexel University for her M.S. in nursing and Villanova University for her B.S. in nursing. Dr. Burgess's current research interests focus on maternal health care quality, preeclampsia and its implications for women's cardiovascular health, and the use of innovative strategies in nursing education.



Marsha G. Davenport, MD, MS, MPH, FACPM

Dr. Davenport, *Clinical Associate Professor, Department of Interprofessional Health Studies*,

graduated from Howard University with a M.D. in medicine and a M.S. in psychology. She received a second master's degree in public health from the Johns Hopkins Bloomberg School of Public Health and a bachelor's degree in psychology from Northeastern University. Dr. Davenport worked for the U.S. Public Health Service for 27 years and specializes in preventive medicine, public health, healthcare management, health policy, quality improvement, and aging. Her current research interests are leadership, healthy aging, healthcare management, and transforming the healthcare delivery system, particularly in primary care.



Karen M. Frank, DNP, MS, RNC-NIC, APRN-CNS

Dr. Frank, *Clinical Associate Professor, Department of Nursing*, is nationally certified and specializes in neonatal

intensive care nursing. She received her nursing degrees from the University of Maryland, Baltimore. Dr. Frank brings thirty years of experience from Johns Hopkins Hospital and Johns Hopkins University. Her most recent research interests include cycled lighting in the NICU and delayed cord clamping in the premature newborn.



Kyungsook Gartrell, PhD, MS, RN

Dr. Gartrell, *Assistant Professor, Department of Nursing*, earned her nursing degrees from the University of Maryland.

She recently completed a three-year postdoctoral biomedical informatics research fellowship at the National Library of Medicine. Her primary research interests include studying health outcomes of patients through the use of electronic health record and personal health record data, using mobile applications to support evidence-based practice among clinicians, and analyzing "big" health data to improve patient safety and quality of care.



Renada L. Gilliard, MS, RN

Professor Gilliard, *Clinical Instructor, Department of Nursing*, earned her M.S. in nursing from Towson University, her B.S. in nursing from the University of Maryland, and her A.A. in nursing from the Community College of Baltimore County. Her background is in surgical nursing, women’s health and gynecology. Her interests include women’s health and medication compliance in the elderly.



Allison M. Kabel, PhD

Dr. Kabel, *Associate Professor, Department of Interprofessional Health Studies*, earned her degrees in anthropology from Wayne State University. She is an applied medical anthropologist by training and has an interdisciplinary program of research that draws on anthropology, gerontology, disability studies, public health, and occupational science/occupational therapy. Dr. Kabel currently focuses on social participation, patient empowerment, and design, specifically apparel-related barriers to participation for people with disabilities and chronic conditions.



Jorgen B. Kjaer, PhD, MA, MS

Dr. Kjaer, *Lecturer, Department of Kinesiology*, completed his doctoral education at George Mason University and his master’s degrees at George Washington University and the University of Denmark. His dissertation research was centered on effective sport coaching, and he has also conducted research on the professionalization processes in sport. Dr. Kjaer’s scholarship includes the global development of badminton and the professionalization of sport coaching.



Kyle M. Leppert, MA

Professor Leppert, *Clinical Assistant Professor, Department of Kinesiology*, received his master’s degree in exercise physiology from the University of North Carolina. He received his bachelor’s degree in health and exercise science from Gettysburg College. Professor Leppert’s current area of focus is sport performance optimization, including injury prevention and long-term athletic development in youth.



Courtney H. Lyons, MS

Professor Lyons, *Lecturer, Department of Health Science*, earned her M.S. and B.S. in community health from Towson University. She has worked with students in the Baltimore County Public School system for over 20 years. Her areas of expertise are human sexuality and school-health education, specifically instructional methods, curricula, and planning. Professor Lyons’s current research interests include faith beliefs and affirmation of the LGBTQ population.



Skylar Marcoux, MS, CSCS

Professor Marcoux, *Lecturer, Department of Kinesiology*, received her M.S. in exercise and sport science from Smith College and her B.S. in physical education and strength and conditioning from Limestone College. Her current research interests focus on strength and conditioning and the benefits of exercise both during and after cancer treatment.



Carrie Ann McFadden, EdD

Dr. McFadden, *Assistant Professor, Department of Health Science*, received her Ed.D. in instructional technology from Towson University. She earned her M.S. in exercise physiology and a B.A. in exercise science from McDaniel College. Dr. McFadden is currently interested in wearable exercise tracking technology.



Mark F. McKinnon, DHSc, MS, PA-C, DFAAPA

Dr. McKinnon, *Director of the Physician Assistant Program and Clinical Professor, Department of Interprofessional Health Studies*, has more than 13 years' experience in the Commissioned Corps of the U.S. Public Health Service. He completed his doctoral work at NOVA Southeastern University in health science, and he received his M.S. in physician assistant studies and B.S. in clinical management and leadership from George Washington University. Dr. McKinnon's research interests are in disaster relief, public health, global health, and infectious disease.



Sarah W. Rivers, MS, CCC-SLP

Professor Rivers, *Clinical Assistant Professor, Department of Audiology, Speech-Language Pathology and Deaf Studies*, received her M.S. in speech-language pathology from James Madison University and her B.A. in English from the University of Mary Washington. Professor Rivers spent the past seven years working as a speech-language pathologist for various hospitals, rehabilitation centers, and medical centers. Her area of expertise is the evaluation and treatment of voice disorders.



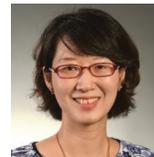
Chetna Sethi, PhD, MS, OTR/L

Dr. Sethi, *Assistant Professor, Department of Occupational Therapy and Occupational Science*, received her Ph.D. in occupational science from the University of North Carolina at Chapel Hill. She received her M.S. in occupational therapy, B.S. in occupational science, and certificates in forensic sciences and interprofessional practice from Saint Louis University. Dr. Sethi's research interests include parental decision-making, intergenerational transmission of parenting practices, the life-course perspective, and grounded theory methodology.



Walter W. Wilson Jr., MSN, RN, ONC

Professor Wilson, *Clinical Instructor, Department of Nursing*, earned his master's degree in nursing and informatics from the University of Phoenix. He attended Towson University for a bachelor's degree in biology and CCBC Essex for an associate's degree in nursing. Professor Wilson holds certifications in orthopedic nursing and healing therapy instruction. His research interests include nursing informatics.



Bo Kyum Yang, PhD, MSN, RN

Dr. Yang, *Assistant Professor, Department of Interprofessional Health Studies*, earned her Ph.D. from the University of Maryland. She received her M.S. in nursing from Towson University and her M.S.N. and B.S.N. from Korea University. Dr. Yang's research interests include healthcare workforce policy evaluations and nursing home quality of care using large healthcare administrative data.

Faculty Publications

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Spotlight On...

Kent Fuller, Jr., Graduate Student, MS, Health Science

Recently, Outreach and Recruitment Coordinator, Rachel Ermer, sat down with Kent Fuller, Jr. to discuss his education and career direction.

Why did you decide to come to Towson University to study Health Science?

I'm from Los Angeles, California, and I wanted to travel for my master's degree. I came to visit Towson, met Dr. Werts and Dr. Hutton-Rogers, and toured the campus. The visit really sold it for me; the campus was big and beautiful compared to where I received my undergraduate degree. The Health Science program allows me to have dual concentrations in community health and health administration, which I really enjoy.

What do you do outside the classroom?

As Vice President of and the College of Health Professions' representative on the Graduate Student Association (GSA), I sit on three university committees - the Diversity Action Committee, the Admissions & Financial Assistance Advisory Committee, and the University Assessment Council. I'm also a Graduate Assistant for Dr. Hutton-Rogers, Health Science Department Chair. To prepare for medical school, I volunteer at Greater Baltimore Medical Center in the Surgical Intensive Care Unit helping to get patients anything they need.

What are your plans post-graduation and how is Towson preparing you?

I am applying to medical school this summer. My health science degree is giving me the research and writing background I will need in medical school and when I become a doctor. As a doctor, I want to be able to help each individual patient. My community health concentration teaches me how to understand each patient and meet them where they are. My delivery of care will need to be different for each person. Eventually, I'd like to be in hospital administration or own my practice, so my health administration concentration will be important to be successful.



Dean's Distinguished Alumni Award

Each year the Dean's Distinguished Alumni Award is presented to an accomplished College of Health Professions alumnus/a. Physical Education alumnus Dr. James R. Churilla (B.S. '89) was honored with the Dean's Distinguished Alumni Award on May 5, 2017. Dr. Churilla is currently an Associate Professor and Graduate Program Director of the Exercise Science and Chronic Disease Program at the University of North Florida in Jacksonville. His research focuses on physical activity, metabolic syndrome, and population health. Prior to his professorship at the University of North Florida, Dr. Churilla spent 15 years as a fitness professional working with both healthy and clinical populations.



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The DreamMaker Student Scholarship Fund in the College of Health Professions is dedicated to helping Towson University students address the increasing costs of higher education and seeks to offset some of the financial stress caused by student loans. The College is seeking donors who want to impact the professional development of Towson's CHP students through scholarship support.

The Institute For Well-Being

The Institute for Well-Being (IWB) gives our students high quality clinical experience, while deepening Towson University's connection with its surrounding community. The IWB houses five centers that provide services – Hearing and Balance Center, Hussman Center for Adults with Autism, Occupational Therapy Center, Speech & Language Center, and the Wellness Center. This past year the IWB served 3,719 persons who came for 20,761 visits. In addition, 468 students were involved in practica or internships at the IWB last year.

The Speech & Language Center at the IWB

Originally located on campus in Van Bokkelen Hall, the Speech & Language Center has provided services to children and adults from the greater Baltimore community for 53 years. Treatments are provided to improve speech, language, social skills, fluency, voice, literacy, and other communication skills. The Center provides a full range of evaluation and treatment services to diagnose various communication disorders. Services are provided by Speech Language Pathology graduate students during their first year, under the supervision of faculty who are licensed professionals.

In 2012 with its move to the IWB, the Speech & Language Center expanded its services and developed new interdisciplinary programs that immerse students into experiences with other health care professionals. *The Children's Therapeutic Program* offers speech and occupational therapy services to pre-school children



with a variety of disabilities. Graduate students work together under the supervision of professionals from each discipline. On the other end of the age spectrum, *Wellness in Stroke and Head Injury* (WISH) is a program for adult stroke survivors and their families. WISH participants attend two mornings each week for group speech and occupational therapy and an adapted exercise program with exercise science students in the Wellness Center. Each semester as part of their therapy, the WISH participants develop an intergenerational event for the Children's Therapeutic Program including carnivals and ice cream socials. These programs provide our students with real world experience, keep our faculty connected to clinical practice, and provide the community with needed therapy services.

To learn more about the centers and services our students and faculty provide at the IWB visit towson.edu/iwb.

College of Health Professions



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