

CHHS NEWSLETTER

Western Kentucky University | College of Health and Human Services

Newsletter | Fall 2017

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FROM THE DEAN

In the last Impact magazine, several pages were devoted to the implementation of the Five-Year Strategic Plan as the CHHS transitions into the next phase of development. As previously indicated and as presented in this issue, our research profile and prowess continues to exacerbate under the leadership of CHHS Associate of Research & Administration Dr. Vijay Golla. More specifically, our college continues to increase our extramural research expenditures. However, what I am most excited about involves how much of our research is in fact, applied research. That is, we are developing programs and devising solutions to help residents in Southcentral KY live better quality lives. So many of our research projects actually include students as active players in the research activities. A culmination of these student-centered, applied research activities can be found in our feature story, *CHHS Establishes First Research Center* (see pages 3-4).

I am equally excited about further developments from the strategic planning with reference to advancement of teaching performance. A committee was formed and has put forward two key initiatives for improved pedagogical training. The first initiative is a systematic peer assessment process that includes faculty being evaluated by pedagogical experts to provide constructive feedback so that faculty can be provided with insights to present the students with optimal learning. The second initiative is an enhancement to the student assessment of their faculty members' instructional capabilities. WKU currently has a student course evaluation form. However, this committee noted that there is room for improvement and therefore has recommended an appended form that will supplement WKU's form. I am confident that these two teaching initiatives will help promote the success of students.

I appreciate our CHHS faculty members working together to foster personal and professional growth so that our students receive "cutting-edge" information as they enter the workforce.

Thank you for your continued support and genuine interest in CHHS as we continue to work in an atmosphere of limited resources but maintain the mutual respect of integrity and honesty.

Dr. Neale R. Chumbler
Dean, WKU College of Health and Human Services



CHHS Establishes First Research Center

Western Kentucky University's College of Health and Human Services (CHHS) honored the opening of their first student-applied research center, the WKU Center for Environmental and Workplace Health (CEWH) with a ceremonial ribbon cutting on November 29th at the WKU Center for Research & Development.

Western Kentucky University students will have more hands-on opportunities to study prevention of workplace accidents, emergencies and health issues with the opening of the WKU Center for Environmental and Workplace Health (CEWH).

This research center is the first of its kind in the WKU College of Health and Human Services (CHHS). Made possible by CHHS Dean Dr. Neale Chumbler and CHHS Associate Dean for Research and Administration Dr. Vijay Golla, this

center will provide both our students, faculty, staff and our community partners with the ability to collaborate in research that supports evidence-based practice.

The CEWH will address local, regional and national needs in environmental, workplace, and occupational health and safety through innovative student-centered applied research, education, outreach, and service that improves the health of the community.

Dr. Ritchie Taylor, the center's director

and an associate professor in WKU's Department of Public Health, said the center stands as a laboratory for students to test their skills. Potential projects could include helping small businesses comply with workplace health standards or collecting samples to test for contaminants.

Taylor also credited WKU President Timothy Caboni, who has repeatedly described his vision for WKU to be a leading student-centered, applied research university.

"His vision's already led to opportunities such as this," Taylor said.

Currently, the center is working with firefighters in the Green River Firefighters Association. The center is trying to find ways to eliminate firefighters' exposure to carcinogens, which are substances that can cause cancer. Initially encountered

CEWH VISION

To become a leader in student-centered applied research and outreach that transforms environmental, workplace, and occupational health and safety in Kentucky and the region.

during fires, Taylor said it's possible firefighters could be inadvertently taking carcinogens home to their families through their clothing.

Through the center, Taylor said students will be able to witness the effectiveness of best practices and the broad aspects of the field.



Pictured Left to right: Dr. Gretchen Macy, Dr. Cecilia Watkins, WKU President Timothy Caboni, and Public Health Interim Department Head Dr. William Mkanta



CHHS Dean Dr. Neale Chumbler



WKU officials and Bowling Green Chamber of Commerce



CEWH Director Dr. Ritchie Taylor

CHHS Student Named Ogden Foundation Scholar

Ogden Foundation Scholar discovers passion for community nutrition

Author: WKU News

Kelly Burgess wasn't sure where her interest in a dietetics career would take her, but she found a passion for community nutrition and for serving others at WKU.

"I love to spend time with things that I'm passionate about," said Burgess, a 2014 graduate of Franklin (Tennessee) High School. "I tried my best to create time in my schedule to do those things I feel are the most important."

Burgess, a Hospitality Management and Dietetics major (Nutrition and Dietetics concentration), was honored as the Ogden Foundation Scholar, WKU's top academic honor that is presented to one graduating baccalaureate degree senior who has demonstrated exceptional academic achievement and outstanding university and civic engagement.

"When I think of being involved in the community it makes me think of being a leader. And to me one of the most important elements of leadership is to serve others," she said. "I feel like that's kind of evident a little bit with the rest of my story."

The rest of her story began taking shape in the fall of 2015 when Burgess, then a sophomore in the Mahurin Honors College

at WKU, took a Community Nutrition course.

"Community Nutrition was the first course that challenged me to engage with what I was learning outside of the classroom by requiring nutrition-related volunteer hours," said Burgess, the daughter of Keith and Beth Burgess.

"I love that nutrition is a really good platform to help people who are less fortunate because everyone needs to eat"

She volunteered at Manna Mart, a food pantry that is part of HOTEL INC (Helping Others Through Extending Love In the Name of Christ). "Not only do you get to give food to people, but you get to help them decide what they want to choose," Burgess said. "I loved being able to do that."

That experience led to an Honors thesis research project about how food insecure populations can be positively impacted by customized nutrition education. "I was hoping I could do something involving that population and HOTEL INC provided the way to help me do that."

Burgess also was able to teach a nutrition education session as part of a mission trip to northwest Haiti during 2017's winter break.

"I didn't know that I would be able to teach a nutrition education lesson while I was there, but they have a feeding program that is especially for at-risk moms and babies, toddlers, young children," she said. "I was thankful for what I had learned at Western being able to teach me how to work with different populations."

Since the fall of 2016, she has written a nutrition column for the College Heights Herald, WKU's student newspaper. "I was excited because I thought this was something that I had always wanted to do," she said. "I never thought that I would have the opportunity to do that even in college. It's definitely lived up to my expectations. Having written my last article for the Herald I was sad because I still have a list of things in my journal that I was wanting to write about."

"Kelly wholeheartedly epitomizes the ideal WKU student and truly represents what we hope of every citizen of this country. She is the student every teacher hopes to teach, every parent hopes to raise, every employee hopes to employ and every university hopes to graduate."

-Dr. Mason, Associate Professor of Nutrition and Dietetics in the College of Health and Human Services.



Burgess also completed a summer practicum with the University of Kentucky Cooperative Extension Service office in Simpson County, has participated in church mission trips to Floyd County in eastern Kentucky, has been a leader in Phi Upsilon Omicron Honor Society, Student Dietetics Association and Christian Student Fellowship and has served as student liaison for the Kentucky Academy of Nutrition and Dietetics.

But she's not done yet. "Completing your undergraduate education is just the first step in becoming a registered dietitian," she said. "After that you complete an internship, then you are eligible to take your exam to be a registered dietitian."

TRADING PLACES *One teacher's journey*

What happens when our teachers take on opportunities to become students? Meet Dr. April Murphy, an Assistant Professor in the Department of Social Work, as she shares her life-changing experience, as a student that embarked upon a journey to Prishtina, Kosovo.

I was provided with an opportunity to travel to Kosovo with an organization, Empower International, based out of Phoenix, Arizona. Whether divine intervention or just blind luck, I received an email from a social worker, who was organizing a trip to Kosovo around sex trafficking through Empower International.



Empower International is a non-profit organization affiliated with CIPUSA based out of Cleveland, Ohio. The goal was to provide more opportunities for U.S.-based social workers and social work students to go global and expand their horizons at an affordable rate.

Through a grant from the Office of International Programs at WKU and money

raised through a GoFundMe account, I was able to travel to Kosovo on October 6th, 2017. I went to learn – I did not go as an expert in the field of trafficking or a researcher or an academic. I went as a student – to learn about sex trafficking in Kosovo and approaches they were using to combat trafficking in their country.

While the trip was focused on human sex trafficking in Kosovo, with meetings scheduled with shelters, police, and judges who were working to combat sex trafficking, that was not the message that spoke to me the loudest. What spoke to me the loudest was the horrific atrocities that occurred on that land, without sufficient justice being seen in almost 20 years. What I remember is the woman who opened up her home after she converted it into a museum following the war.

"There was something about standing on that land - I felt the pain, I felt the loss, but I also felt the hope and resilience of these people. It's a feeling that I don't know that I will ever be able to explain."



I remember looking into a glass box that now held two of the outfits her two young boys were wearing when they were snatched from their home. As the woman recounted her story of hiding in the basement with other families trying to be hidden from the definite massacre they would experience if located, I could not help but cry for her - to be angry for her. Her husband and four young boys - the youngest being 14 years of age - were aggressively escorted away from the home and slaughtered. This was one family, the Querkezi family, but this was the story of many families.

What I remember is hearing the chief of police telling of his time in the war as a young boy and how his family had to retreat to the mountains for safety. How they had to stay there for a prolonged period of time - too long for his niece to survive. I remember listening to him talk about how it is still important for him to work together with those ultimately responsible for the death of his niece and others in his community. *Where does that resilience and forgiveness come from?*

What I remember is sitting in front of the small, elegant woman who was the former President of Kosovo, Atifete Jahjaga, and hearing her passion for helping the women of Kosovo. She recounted for us the



phone call she eventually received from a woman who wanted to meet her alone. The President snuck out that night to travel over an hour to meet this woman she spoke to briefly on the phone. But, it was not only her - it was multiple women who all experienced the worst atrocities of war - rape and torture. The stories the President heard led her into action. She knew she had to do something to help these women - and that is what she devoted her Presidency to and continues to devote her life to now. *What if we were all so bold?*

What I remember is going to this little town where the Jashari family lived. His entire family, 58 individuals laid to rest, including children as young as 7. *How can you reconcile the murder and massacre of women and children?*

There was so much more to this trip, but nothing touched me like the stories I have recounted above. But these memories are not just for myself – I feel a responsibility to the Kosovar people to share their story and to help where I can.

I am hoping to write a grant that will provide equipment to the women of Kosovo so they can earn a living and provide for their families.



PROGRESSIVE AGRICULTURE SAFETY DAY

On September 28, more than 650 fourth graders from Warren, Edmonson, and Allen Counties participated in the annual Progressive Agriculture Safety Day. Ag Safety Day is hosted by the Kentucky Partnership for Farm Family Health and Safety in partnership with the South Central KY AHEC office and the Institute for Rural Health. During the day-long field trip, 4th graders visit different stations learning about a variety of safety topics. This year's topics included: fire safety, large animal safety, car rollover safety, water safety, sun safety, and more. Over 100 volunteers from the community and WKU helped make the event a success.

Clinic for DPT Students

Staff from the Southern Kentucky (SKY) Rehabilitation Hospital hosted an annual neurorehabilitation clinic in September for the second-year Doctor of Physical Therapy students.



Interior Design Students Participate in IIDA 6th Biennial Product Runway Fashion Show

In October, IIDA (International Interior Design Association) held the 6th biennial Product Runway Style fashion show in Louisville, KY at the Kentucky Center for African American Heritage.

Garments fashioned from Interior Design products were modeled by professionals and students from the four universities in Kentucky with Interior Design programs; Western Kentucky University, University of Louisville, University of Kentucky and Sullivan University.

WKU's Interior Design program entry was sponsored by J & J Carpet who provided materials for the Senior Interior Design students. Anna Berger, Rachel Hitch, Cally Hinkle and Jordan McRoberts put in over 50 hours designing and constructing the garment out of carpet backing, carpet tiles and carpet fibers.

There were 17 entries using various architectural styles. The WKU team was assigned the architectural style "Futurism" with the design element of shape. They based their design on the triangular shape which symbolizes dreams and ambitions.

IIDA sponsors this function as a fund raiser and this year's funds being raised will go to the Interior Design programs at the four universities in Kentucky.



ID Students: Cally Hinkle (left) and model Jordan McRoberts (right)

MPH Graduate Featured as Second Author in Research Publication

Ethan Given, a graduate of our Masters in Public Health (MPH) program is second author in publication featured in Science Direct. Given did the research as part of his thesis work for the MPH program. This work was a partnership that WKU Associate Professor Ritchie Taylor, established with the USDA, Food Animal Environmental Systems Research Unit, located at the WKU Center for Research and Development.

Given and Taylor worked directly with Dr. Kim Cook, Microbiologist and Rohan Parekh, Microbiology Laboratory Technician. The thesis work resulted from a grant WKU had, in partnership with the USDA, through the Center for Produce Safety. The grant provided full tuition and a Graduate Research stipend each semester to the student for four semesters. This was a basic and applied research project to improve food safety related to Salmonella contamination in the production of leafy greens, such as lettuce and spinach.

The research is having an impact on the detection of Salmonella in the production of produce. A follow-up paper will focus on changes to irrigation water quality assessment protocols to improve public health protection.

WKU Student Receives Athletic Administration Authorization



Jake Stenberg, a student in the WKU Recreation & Sport Administration online graduate program, recently obtained his Athletic Administration Authorization in the state of Iowa.

Stenberg, currently the Activities Director at West Branch High School, benefited from a partnership between WKU and the National Interscholastic Athletic Administrators Association (NIAAA). The criteria for the authorization consists of the completion of a variety of NIAAA Leadership Training Course (LTC) modules.

“Because of the partnership between WKU and the NIAAA that is included in the Interscholastic Athletic Administration and Coaching concentration, my curriculum included the LTC modules that I needed,” stated Stenberg. The authorization licenses Stenberg to administer athletic programming or peer activities to any high school in the state of Iowa.

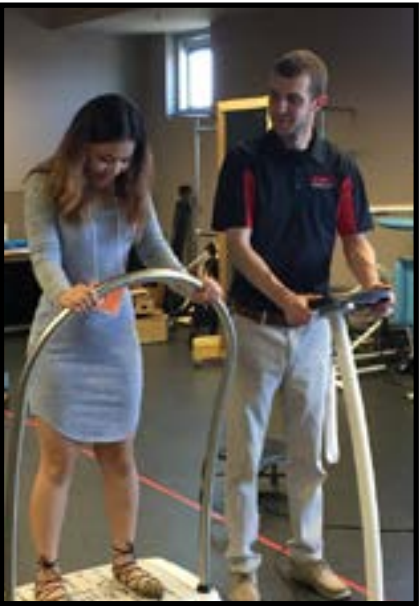
Physical Therapy Students Participate in Student Conclave

The Doctor of Physical Therapy program hosted and participated in the Kentucky Physical Therapy Association’s 2017 Student Conclave on September 8-9, 2017. Three second-year WKU DPT students were awarded scholarships and were placed on the KPTA All Academic Team.



CHHS Health Sciences Career Day

In November, nearly 100 high school students from Warren County visited WKU for the 2nd annual CHHS Health Sciences Career Day. Students rotated through various hands-on stations learning about the different health science programs offered at WKU, and explored the fields of public health, exercise science, dental hygiene, nursing, physical therapy and communication sciences and disorders. Activities ranged from learning how to clean teeth to testing water quality to looking at cadaver brains and so much more!



WKU Recreation Administration Program Hosts River Clean-Up

In October, the Recreation Administration program in our WKU School of Kinesiology, Recreation & Sport (KRS), conducted a river clean-up on Drakes Creek. The clean-up consisted of paddling four hours and covering six miles of river to collect over 15 bags of trash.

CHHS Faculty Accepted for IYO Cuba Program

Dr. Paula Upright, Coordinator and Associate Professor in the School of Kinesiology, Recreation and Sport (KRS) was accepted as one of 10 faculty to participate in the 2018 International Year of Cuba program at WKU. She will represent KRS and CHHS as she travels to Cuba in May, 2018. The International Year Of ... program is intended to provide the WKU campus and surrounding community with a rich, complex sense of place and interconnectedness through a year-long celebration of a single country. Throughout the school year, exploration of and interaction with the country occurs in multiple ways; education abroad program offerings, visiting scholars, performers, and specialists, new institutional partnerships, campus and community events with a country-specific focus, cultural events, exhibits, and lectures.



Recreation Administration Program Celebrates 50th Anniversary

The WKU Recreation Administration Program in the School of Kinesiology, Recreation and Sport celebrates its 50th anniversary this year. The program started in the fall of 1967. Dr. Fred Kirchner developed and coordinated the undergraduate program as the first full-time faculty member. In October the Recreation Administration program hosted a *50th Anniversary Golden Celebration Breakfast* during Homecoming weekend.



A Multi-Year Population-Based Study of Kindergarten Language Screening Failure Rates Using the Rice Wexler Test of Early Grammatical Impairment

Researchers: Brian Weiler, Western Kentucky University | C. Melanie Schuele, Vanderbilt University Medical Center | Jacob I. Feldman & Hannah Krimm, Vanderbilt University

This study was undertaken to address the challenge of under-identification of oral language impairment in the kindergarten population. Epidemiologic studies reveal that at least 7% of kindergarteners have language difficulties. Of critical concern, only 29% of kindergarten children meeting research criteria for language impairment had received intervention services, for example from a speech-language-pathologist (SLP; Tomblin et al., 1997). Mass language screenings at the point of elementary school entry offer the potential to improve the identification of children at-risk for language impairment and subsequent academic difficulties.

The purpose of this study was to evaluate, over two separate school years, the school district-wide failure rate of kindergarteners on a screener of grammatical tense marking – the Rice Wexler Test of Early Grammatical Impairment (TEGI) Screening Test – comprised of Past Tense (PT) and Third Person Singular (3S) Probes. In the fall of two consecutive school years, consented and eligible kindergarteners (n = 148 in Year 1; n = 126 in Year 2) in a rural southern school district were administered the TEGI Screening Test. Children who failed the Screening Test or either of the individual probes (PT or 3S) were administered the Primary Test of Nonverbal Intelligence. All children also completed the Test of Articulation Performance – Screen and, in Year 2, the Get Ready to Read! emergent literacy screener.

The screening tool outcome most closely and consistently aligned with the recommended failure rate of ~30% (Oetting et al., 2016; based on Tomblin et al., 1997) was the TEGI PT Probe. TEGI Screening Test and 3S Probe failure rates fell below the recommended level. The majority of children who failed the PT Probe demonstrated nonverbal intelligence skills within the average range. Additionally, the majority of children who failed the PT Probe would not have been readily identified based only on the results of their articulation or emergent literacy screenings. To identify children at risk for language impairment, it is therefore necessary to directly screen oral language.

***Note – the results of this study were presented at the 2017 Symposium on Research in Child Language Disorders in Madison, WI. A manuscript for this study is currently under revision at the journal *Language, Speech, and Hearing Services in Schools*.

Research Abroad: Teaching and Coaching Caregivers in a Guatemalan Orphanage to Promote Language in Young Children

Author: Allison Hatcher, M.S., CCC-SLP



Allison Hatcher, a speech-language pathologist and Clinical Supervisor for the CHHS Department of Communication Sciences and Disorders, partnered with Dr. Jennifer Grisham-Brown, a professor from the Department of Early Childhood at the University of Kentucky, while completing a collaborative research project during a UK education abroad in June of 2016.

Researchers traveled to Guatemala to investigate a brief caregiver-implemented language intervention with caregivers in a family-style orphanage in Guatemala City.

Research shows a critical need for improved caregiver responsiveness and language learning opportunities in institutionalized settings in Latin American countries. Additionally, research on caregiver-implemented interventions for caregivers from culturally and linguistically diverse backgrounds is much needed.

Mrs. Hatcher served as the PI and used a single-case, multiple-baseline, across behaviors design that was replicated across two caregivers to examine the effects of the intervention on caregivers' use of three specific naturalistic language support strategies across multiple contexts (snack time, joint storybook reading and play).

Components of the intervention included teaching and coaching caregivers using an interpreter to use evidence-based, naturalistic language support strategies with young children with or at risk for language impairment (LI) who lived in the orphanage.

Results of the study indicate this brief caregiver-implemented intervention program was effective for teaching caregivers to implement language support strategies with fidelity. Recommendations were made for future research as well as implications for policy and practice. This research has recently been accepted for publication in Journal of International Special Needs Education.

This will be the first published study on a caregiver-implemented language intervention with Spanish-speaking caregivers in an institutionalized setting in a Latin American Country.

KRS Faculty Member Leads Community Partnership

Lacee Carmon-Johnson, Visiting Assistant Professor in the School of Kinesiology, Recreation and Sport led a community partnership with Warren County Day Treatment where Recreation Sports Administration (RSA) students taught life skills within a positive and goal oriented environment. Through weekly programming, RSA faculty and students offered tutorial services, mentoring, and access to guest speakers from the WKU community



WKU Office of Sponsored Programs Awards Recipients

The Office of Sponsored Programs (OSP) at Western Kentucky University is a service unit that assists the faculty and staff at WKU in obtaining external funds. We offer assistance across the entire spectrum of sponsored programs activities, from identifying a potential source of funding to reviewing the terms and conditions of awards made to the institution.

- Dr. Evie Oregon, Assistant Professor/Coordinator, intercollegiate Athletic Administration & Dr. Rachel Tinius, Assistant Professor of Exercise Science, were recognized with the Early Investigator Award.
- Dr. Evie Oregon & Dr. Rachel Tinius were also recognized as a First Time Awardee.
- Lucy Juett, Center Director for the South Central AHEC (Area Health Education Center) was recognized as a member of the 10 Million Dollar Grant Club.



Dr. Evie Oregon



Dr. Rachel Tinius



Ms. Lucy Juett

South Central AHEC Hosts 7th Annual Warren County ESL Fair

The 7th annual Warren County ESL (English as Second Language) Fair was held on Saturday, November 18th at Warren Central High School in Bowling Green, KY. The purpose of the event is to provide screenings and referrals for ESL families in Warren County.

The South Central AHEC facilitated the General Medical Screenings and the Head and Neck Assessments.

General Medical Screenings included:

- Blood Pressure Screening provided by Vanna Trinh, Medical Center Health and Wellness Center. They screened 40 participants.
- Scoliosis Screening provided by Dr. Marian Smith and her students in the WKU School of Nursing. They screened 54 participants.
- Flu Shots were provided by the WKU Institute of Rural Health with Renea Watkins, RN, BSN, Bonny Petty, RDH, and Sherra Coulter. They provided 45 flu shots.

Head and Neck Assessments:

- Dr. Lee Mayer, UofL Dental School, brought 8 dental students to conduct head and neck assessments. This included a gross oral screening and thyroid screening and triage for dental services provided on site by School Smiles. They screened 146 participants.

Other WKU Involvement:

- Dr. Kimberly Green and her students conducted Hearing Screenings.
- WKU Public Health Students participated as volunteers and worked as Patient Navigators.
- Dr. Kathy Croxall, WKU Department of Applied Human Sciences, coordinated the School Physicals.
- Students in the School of Kinesiology, Recreation and Sport provided recreation opportunities for young people during the event.



Participant that received a free book after receiving his flu shot!

Future Healthcare Professionals at the Gatton Academy

During the Fall 2017 semester, South Central KY AHEC partnered with the Carol Martin Gatton Academy to offer a health career exploration program called *Future Healthcare Professionals*.

Thirteen Gatton students were selected to participate in this weekly program. Throughout the semester, students explored different areas of the medical field through hands-on activities, field trips, medical ethics debates, and discussions with healthcare professionals. Activities included learning to suture, measuring vitals, creating public health posters, becoming CPR/AED certified, learning to intubate, and using laparoscopic surgery simulators.

Students also toured the Medical Center and met with the deans of the UK College of Medicine-Bowling Green Campus



South Central AHEC

The South Central AHEC (Area Health Education Center) was established on October 1, 1986. WKU has been the host institution for the South Central AHEC since its inception. Originally, AHEC was housed in the Department of Public Health and then was moved to the College of Health and Human Services when the college was formed in 2002. South Central AHEC has been totally grant funded for the last 31 years

Dr. Susan Jones Receives Florence Nightingale Award

Dr. Susan Jones was selected by the Nightingale Planning Board as one of six winners for the 4th Annual Florence Nightingale Awards in Nursing hosted by the University of Louisville School of Nursing in November.

Inspired by modern nursing pioneer Florence Nightingale, the event recognizes nurses who have excelled in providing patient care and impacted the nursing profession.

Dr. Jones has championed health care for rural populations and underserved areas. In her role at Western Kentucky University’s Institute for Rural Health, Jones coordinates monthly visits where interdisciplinary students and faculty present health education and provide clinical services to the Old Order Mennonite community in south central Kentucky. In 1992, she helped create the Kentucky Partnership for Farm Health and Safety, a nonprofit organization that has established multiple community partnerships to promote health and safety for farmers and their families.



Brad Stinnett, KRS Associate Professor

IAVM Partnership with WKU brings UpStart to VenueConnect in Nashville

The International Association of Venue Managers IAVM’s Foundation partnered again with Western Kentucky University to bring UpStart: Emerging Leaders Experience to VenueConnect in Nashville this past August. The UpStart program is in its third year was designed by IAVM and WKU as a means to provide professional development to future leaders of venue management by providing young professionals the chance to build relationships with current industry leaders, engage in transformative learning opportunities, and interact with other students and young professionals in a conference setting.

Dr. Brad Stinnett, Associate Professor in the WKU School of Kinesiology, Recreation and Sport has been participating in UpStart since its inception. “As educators, we are in the business of providing opportunities for students to fulfill the dream of having impactful and rewarding careers,” said Stinnett. “By supporting the UpStart program, WKU is playing a vital role in the continuous development of students and young professionals of the IAVM.”

Open Access Hall of Fame

Dr. Mary Bennett Inducted into Open Access Hall of Fame

Director of the WKU School of Nursing, Dr. Mary Bennett, was inducted into the *Open Access Hall of Fame* in November. Dr. Bennett’s scholarly achievements enhance WKU’s reputation and her willingness to post their work in TopSCHOLAR® makes it available to researchers around the world.

Open Access is a free, immediate, online availability of research articles, coupled with the rights to use the articles.

Dr. Bennett has 18 items in TopSCHOLAR® and Selected Works® which have been downloaded more than 31,000 times from 131 different countries. “The Effect of Mirthful Laughter on Stress and Natural Killer Cell Activity,” is her most downloaded article with 17,444 downloads since 2009. She is currently serving as a member on the Kentucky Board of Nursing and belongs to numerous other local and regional professional organizations.

Dr. Bennett holds a Doctor of Nursing Science (DNSc) from Rush University in Chicago, and MSN, BSN and ASN from Indiana State University School of Nursing. Her research interests are the effects of various complementary and alternative therapies on stress and natural killer (NK) cell activity, decision making in end of life care, and workforce development and socialization of health care professionals.





KRS Employees Participate in Chicago Marathon

In October, Associate Professor Dr. Paula Upright and Programs Specialist Kristeen Owens from our WKU School of Kinesiology, Recreation and Sport (KRS), both completed the Chicago Marathon (26.2 miles). This event marks Paula's fourth and Kristeen's second marathon race!

CHHS Faculty Members Serving on Board of Directors for Local Agency

Three faculty members from the CHHS have been chosen to serve on the Board of Directors for Big Brothers Big Sisters of South Central Kentucky. Dr. Amy Cappiccie and Dr. Jay Gabbard, from the Department of Social Work, as well as Dr. Brad Stinnett from the School of Kinesiology, Recreation & Sport were recently elected for board service.

Big Brothers Big Sisters (BBBS) has been serving South Central Kentucky for the past 41 years and is the nation's largest and oldest youth mentoring organization. Both Cappiccie and Gabbard began a two-year term in June. Stinnett, who is beginning his third year of service on the board, has been involved in a number of capacities, including a "big" in the school-based program and most recently as President of the Board of Directors.

The agency's CEO, Susan Waggoner, is appreciative of the service from members of the WKU community. "It is a privilege to currently have three outstanding WKU staff members serve on the Board of Directors. Through Amy, Jay and Brad's involvement in the agency and its mission, we hope to have a stronger presence and partnership within the College of Health and Human Services and on the WKU campus."



Dr. Amy Cappiccie, Department of Social Work, Dr. Jay Gabbard, Department of Social Work, Dr. Brad Stinnett, School of Kinesiology, Recreation and Sport

Dental Hygiene Hosts CE Course

Our Department of Allied Health's Dental Hygiene program hosted a Continuing Education (CE) course during Homecoming week. The course titled "The Basics of Dental Implants" was presented by local oral surgeon Dr. James M. Sutton, with 81 people in attendance for this course.



HMH partners with WKU to create new Registered Nurse career pathway

Hardin Memorial Health (HMH) and Western Kentucky University (WKU) formed a new partnership to remove financial barriers for HMH licensed practical nurses (LPNs) who want to advance their education and careers.

HMH will cover participants' tuition up front, and participants will be able to continue working full-time while earning an Associate's of Science in Nursing (ASN). At the completion of the LPN to ASN Program, participants will be eligible to take the licensure exam and become registered nurses.

IRH Director to serve as President-Elect for the KY Rural Health Association

Dr. Matt Hunt, Director for the WKU Institute for Rural Health was voted in to serve as the new President-Elect for the Kentucky Rural Health Association (RHA) in November. Hunt joined the IRH in the Fall of 2012 and has served on the Board of Directors for the KY RHA since Fall 2015. He is involved with building relationships in the community, providing strategic direction, providing fiscal management and accountability, providing personnel management for professional staff, directing risk management programs, and serving on internal and external committees.





WKU, Medical Center collaborate on project to benefit moms, babies*

The PEA POD has become the centerpiece of a project to improve the long-term health of moms and babies in southcentral Kentucky. The PEA POD, by Cosmed, provides the most accurate measure of infant body composition available and was purchased with contributions from the Kentucky Biomedical Research Infrastructure Network (KBRIN) program, WKU's Office of Research and Creativity Activity, College of Health and Human Services and the School of Kinesiology, Recreation and Sport.

"The PEA POD is the first in the Commonwealth of Kentucky and one of only 40 in North America," said Dr. Rachel Tinius, Assistant Professor in the WKU School of Kinesiology, Recreation and Sport. Dr. Tinius has had a tremendous impact on the research environment within the CHHS and has spearheaded several interdepartmental research collaborations.

The PEA POD is being used to support an ongoing research project by Dr. Tinius titled "Physical Activity during Pregnancy: Novel Pathways and Intervention Strategies

for Improving Maternal and Neonatal Outcomes." The research is supported by a KBRIN IDeA Award.

Expectant moms who are participating in the research are assessed at 32 to 39 weeks into their pregnancy. The assessment includes resting metabolic rate, weight, body fat and blood work. The moms also eat a high fat meal to see how they respond and their physical activity and diet are monitored for a week.

"From that information, we get this nice picture of mom and then we do the scan on the baby," Dr. Tinius said. "From that we can look at does anything the mom did during her pregnancy relate to the outcome in the baby."

As part of the PEA POD scan, the baby is weighed then placed inside the warm machine for two minutes while the body composition (lean body mass vs. fat mass) is determined through an Air Displacement Plethysmography (ADP) system using whole body densitometry.

"From this we can get valuable information about how potentially mom's metabolism and mom's exercise levels during pregnancy, how those might then relate to body composition in their babies," Dr. Tinius said.

After the PEA POD is used to scan 10 to 20 infants, Dr. Tinius and her students will be able to analyze that data along with data from the assessments of the moms.

Dr. Tinius said assessing body composition is important because "right now we use birth weight a lot of times to predict a lot of outcomes. But just like in you or me, if we just use BMI, which is a ratio of weight to length, it wouldn't be the best way to determine our long-term health risk."

The ultimate goal is to improve the long-term health of the baby. Also with a lot of our studies we're interested in the long-term health of the mom. How can we use physical activity and diet potentially to help improve the lives of women and infants in this community?

"If we're just looking at birth weights in babies, we might be missing something. Body composition just offers more information about how much fat versus lean mass the baby has. This could potentially be used to modify how they're fed or maybe some activities that mom can do once they send baby home that could potentially modify outcomes for that baby."

A long-term goal of using the PEA POD would be to scan newborn babies then follow them as they grow up. "Can we figure out what body composition is ideal for a baby to be born with?" Dr. Tinius said. "In order to do that we'd scan a lot of babies then we'd follow them to see which babies end up being overweight or obese or which ones end up having heart disease. That could help inform us on what's an ideal body composition and then we can start figuring out intervention strategies."

**Story taken in part from WKU News*

Research Methods Workshops

Our college hosted three *Research Methods Workshops* this fall to support and assist faculty in their research endeavors:

- “How to Submit an Internal Grant Application” by CHHS Dean’s Office (Dr. Golla and Jo Ellen Scruggs)
- “Qualitative Research” by Dr. Gretchen Macy, Public Health and Dr. April Murphy, Social Work
- “Student Authorship” by Dr. Jean Neils-Strunjas, Department of Communication Sciences and Disorders, Dr. Jill Maples, and Dr. Rachel Tinius, School of Kinesiology, Recreation, and Sport



DPT 3rd Year Student Research Presentations

- *A systematic review examining the exercise parameters required to induce the repeated bout effect: implications for acute care physical therapists* (Students: Melissa Goldberg, Anna Green, Timothy Harrold)
- *The effects of orthotics and whole body vibration on gait, balance, and gross motor function in children with Down syndrome* (Allison Chumbley, Morgen Clayton, Tate Downing, Natalie VanArsdall, Chelsea Watson)
- *Doctor of physical therapy student debt: Amount, impact, and personal financial education to address this mounting problem* (Robert Fuller)
- *Bosnians in the bluegrass state: Development of a survey to assess physical activity in an immigrant population* (Fikret Sabic, Kevin Siu, Milo Tarighi)
- *Assessing gross motor skills in young children with intellectual impairment participating in the young athletes program: A prospective case study* (Lauren Badstibner, Karilyn Kitzinger, Taylor Parker)
- *Acute effects of yoga based warm-up compared to a traditional dynamic warm-up on measures of athletic performance* (Brittany Renfrow, Clinton Hartig, Ben Jones)
- *The effects of static and dynamic warm-ups on functional performance in older adults* (Isaac Buck, Carey Laurent, Ryne McMullen, Wesley Walden, Wade Weatherholt)
- *Limb dominance and symmetry during functional performance tests* (Emily Burke, Michael Newton, Taylor Sydnor, Mitchell Turner)

Bingocize® Updates

The Centers for Medicare & Medicaid awards funds to support Bingocize® in 23 Kentucky-Certified Nursing Facilities

The U.S. Department of Health and Human Services and the Centers for Medicare & Medicaid Services (CMS) awarded \$772,730.00 of civil money penalty (CMP) funds to implement Bingocize®, a preventative health promotion, in 23 Kentucky Certified Nursing Facilities (CNF). This CMP project is in partnership with the Atlanta CMS Regional Office and the Kentucky State Survey Agency.

Bingocize® is designed to increase the functional performance, health knowledge and social engagement of older adults in a variety of settings to improve health care outcomes. This collaborative partnership will have a significant health impact on more than 1,000 nursing home residents participating in Bingocize® within the 23 certified nursing facilities across Kentucky.

Bingocize® is the brainchild of Dr. Jason Crandall, an associate professor in the School of Kinesiology, Recreation and Sport (KRS) in the College of Health and Human Services at Western Kentucky University (WKU).

The funding allows WKU to appoint a full-time program director in the KRS to recruit and train more than 300 certified nursing facilities’ staff statewide. The program director will manage partnerships with other universities throughout Kentucky and assist them in incorporating Bingocize® into their programming.



Dr. Jason Crandall and Associate Provost for Research and Creative Activity Dr. Cheryl Davis

Dr. Jason Crandall, Associate Professor of Kinesiology, Recreation, and Sport was awarded the \$1,000,000 award during the WKU Office of Research and Creativity reception in December. Dr. Crandall has secured over \$1 million in external research funding during his career at WKU.

HOMECOMING



WKU Homecoming 2017: *There's No Place Like Home*



WKU Recreation Administration faculty, staff and alum enjoying a 50th Anniversary Golden Celebration Breakfast



CHHS Hospitality Tent on South Lawn

CHHS Representing WKU Homecoming Court

Haley Jones, a senior in the Communication Sciences and Disorders program was nominated and voted on by her peers to represent the National Student Speech-Language Hearing Association (NSSLHA) on this year's Homecoming court.

"This experience was truly the highlight of my time at WKU. It was a humbling opportunity and experience to represent my peers and faculty--all of whom I hold in high regard."

* * *



Lauren Hutchinson, a senior in the Bachelor of Science Dental Hygiene program in the College of Health and Human Services was voted on and nominated by her peers to represent WKU's Student American Dental Hygienists' Association (SADHA) organization.

Lauren, the daughter of Don and Jill Hutchinson, is from Hendersonville, TN.

CHHS Homecoming Court Representatives

Jenna Curtis - of Franklin, Exercise Science major

Hang Pham - of Vietnam, Fashion Design major

Iesha Sanchez - of York, Pennsylvania, Social Work major

McKenzie Wilson - of Franklin, Healthcare Admin & Communication Studies major

Jeremiah Jaggers

MSW, May 2008

Why did you choose to study Social Work?

I became interested in social work by chance. My bachelor's degree was in Political Science, and as an undergraduate, I began to notice the number of people who were in poverty and who were denied the essential resources to get out of poverty. At the time I had a co-worker who was a BSW student. I was discussing this with her, and she mentioned that I should look into social work. After some research, I found that social work aligned well with my beliefs.

What activities, organizations were you are a part of at WKU?

While at WKU, I had a number of positive academic experiences. I served as President of the MSW Student Organization for two years and completed a two year internship with Fairview Community Health Center. Additionally, I had the privilege of working with a number of faculty in the Department of Social Work on research projects. I co-authored a number of scholarly publications and attended a major academic conference in Hong Kong with Dr. Jay Gabbard.



"My time at WKU was transformative. I moved from a disenchanted young person, to a professional driven to promote positive social change."

-Jeremiah Jaggers

How did WKU prepare you for life after college?

My time at WKU was transformative. I moved from a disenchanted young person, to a professional driven to promote positive social change. The faculty were supportive, but also challenging. Social work is a tough profession, but I was ready for the day-to-day challenges in large part because of my education.

What have you been doing since graduating from WKU?

I worked as a social worker for some time before pursuing my PhD in Social Work from the University of Alabama. Since that time, I have served as a faculty member at Indiana University, training aspiring social workers, using many of the same techniques I learned at WKU.

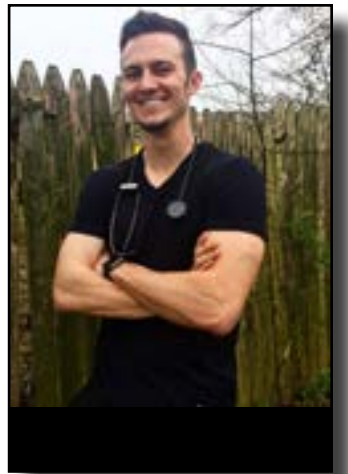
James "Boone" Simmons

BSN May 2017

Why did you choose to study Nursing? I have always enjoyed helping other people. My Mom has been a nurse for 25 years. Growing up I have seen how rewarding she finds the career and throughout my clinicals and work experience I have found the same fulfillment in caring for patients.

What activities, organizations were you a part of at WKU?

I served as President of our Kentucky Association of Nursing Students (KANS) chapter at WKU, participating and organizing several volunteer activities and events throughout the community. I also participated in the VESNIP (Vanderbilt Experience Student Nurse Internship Program) offered through a collaboration of the WKU School of Nursing and Vanderbilt University Medical Center. At the end of this internship I was awarded with Vanderbilt's CREDO award which is awarded to a student nurse that exemplified Vanderbilt's CREDO throughout the internship.



"I feel confident as a new nurse taking on any challenge that I have thrown at me because of all the hard work the WKU School of Nursing staff has put into helping me grow and learn as a student nurse."

-James "Boone" Simmons

What have you been doing since graduating from WKU?

I have accepted a position at Vanderbilt in their Cardiovascular ICU. I plan to work extremely hard to learn as much as I can throughout the residency program. I also am going to gain several certifications to run certain machines that are used in the CVICU as well as obtain my Critical Care Registered Nurse certification along with any other competencies that will make me a better nurse!

Any advice to current WKU students and/or Nursing majors?

• Take advantage of the extra opportunities to gain clinical experience, inside the hospital is where I was able to link everything I was learning in the classroom to real life • Don't be shy, jump in on any chance to perform any skills that you have learned in school • Take some time off to do things that you enjoy • Every clinical that you attend is a job interview, so make a good reputation for yourself • When you find somewhere that you think you would like to work make connections, go up and introduce yourself to the staff leaders show your interest!

