



The College of Health Science and Public Health (CHSPH), located on the EWU Cheney and EWU Spokane Riverpoint Campuses, offers a variety of undergraduate and graduate programs to prepare students for skilled careers in their chosen healthcare field.



Annual Physical Therapy Wild Moose Chase Success

Physical therapy students organized and hosted the 12th annual Wild Moose Chase Trail Run on October 15th, 2023. The event raised funds to support student attendance at the American Physical Therapy Association (APTA) Combined Sections Meeting (CSM), the largest physical therapy conference in the country. Students plan to attend CSM to learn about current evidence and advancements in the field of physical therapy, and some students will present their research findings. This year, over 450 runners and 50 volunteers participated in the 5k, 10k, and 25k courses through Riverside State Park.

Top Left: First year physical therapy students from left to right: Jacob Hangartner, Sami Sweeten-Rowe, Moose, and Kiley Suters pose with the moose during the Wild Moose Chase.

Exercise Science Club 5k Memorial

This past June, the Exercise Science Club held the 2nd annual Sativa Transue 5k Memorial in honor of Sativa, an alumna of the program who lost her life to domestic violence. This event raised an impressive amount of \$3,300. Of the total funds raised, 40% were donated to the Spokane YWCA to support domestic violence programs. Another 40% of the funds were donated to Spokanimals in honor of Sativa's love for animals. The remaining funds supported the club's trip to the 2023 American College of Sports Medicine's regional conference in Portland, Oregon. Prior club president Erika Jorren described the event as a "huge success in honoring Sativa's memory and raising funds to support domestic violence awareness. I cannot wait to see the difference [the 5k Memorial] continues to make!"

Bottom Right: Club leadership, members and other volunteers pose before the race's start.

Departments of CHSPH

- Adaptive Athletics
- Communication Science and Disorders
- Dental Hygiene
- Early Head Start
- Eastern Washington Area Health Education Center
- Healthcare Administration
- Health Science
- Nursing
- Occupational Therapy
- Physical Therapy
- Public Health
- Regional Initiatives in Dental Education (RIDE)
- Wellness and Movement Science





Therapy Halloween Project

Occupational therapy and physical therapy students and faculty collaborated with Spokane community families to create Halloween costumes for children with mobility aides. Design teams began the project by interviewing the children and families to determine the desired costume for each child. Using various crafting supplies including PVC pipe, paint, cardboard, spray paint, and glitter, teams created a costume for each child. The children, accompanied by their families and their design team, showcased their costumes during a trick or treat event at the River Park Square Mall in downtown Spokane. This annual event was founded and organized by Dr. Lucretia Berg, associate professor and chair of the occupational therapy department.

Top Left: Occupational and physical therapy students pose with a child in a Barbie box costume at the mall. From left to right: Richele Stachofsky, Lindsey Smith, Abby Gering, Jennabee Wacker, Kennedy Cox, and Jacob Hangartner.

Bottom Left: Occupational and physical therapy students pose with a child in a Bluey costume at the mall. From left to right: Rylee Gentner, Lupita Montes, Lauren Tucker, Jillian McClure, Alyssa Moss, and Joseph Roberts.



Physical Therapy Day of Service

The Physical Therapy (PT) Day of Service (DOS), supported by the APTA, is an initiative where physical therapists, PT assistants, and students, along with anyone who supports the PT profession, participate in an act of local community service. Each year, the Department of Physical Therapy selects one or two activities to support our communities. For this year's PT DOS, students and faculty were invited to volunteer at the annual wheelchair basketball tournament in October at the HUB Sports Center in Liberty Lake. Faculty member Dr. Jenny Jordan noted that the basketball tournament was "an intense and fun sporting event" and that she would "highly recommend folks to attend in the future!" If you are interested in participating in this event next year, contact Teresa Skinner at:

tskinner@parasportspokane.org.

Additionally, 12 PT students volunteered to provide transfer training to EWU dental hygiene students on November 2nd, 2023. The event included a short lecture on safety with transfers, led by second-year PT student Rachel Park, followed by small group training sessions in the dental hygiene clinic. The collaboration allowed students to share their expertise, get to know each other, and learn more about each other's professions. What a wonderful learning opportunity for all who were involved!

Bottom Center: PT student Jocelyn Simpson observes dental hygiene students as they practice a squat pivot patient transfer from a wheelchair to a dental hygiene chair.



Top Right: Two dental hygiene students (front) practice a squat pivot patient transfer from a wheelchair to a dental hygiene chair under the direction of a physical therapy student Eli Eckelberg (back).

Exercise Science Club Recognized for Leadership

The 2023 Student Leadership Excellence Awards Committee announced the Exercise Science Club as the student organization of the year. The Student Leadership Excellence Awards provide recognition to various organizations and individuals for their excellence in different categories.

Additionally, the Sativa Transue 5k Memorial, organized by the Exercise Science Club, was nominated as the Event of the Year.

Bottom Right: Exercise science club members from left to right: Dr. Katie Taylor, Jocelyn Simpson, Erika Jorren, Caitlyn Cronce, and Eli Eckelberg.



Exercise Science Graduates Progress to Graduate Studies

The Bachelor of Science in Exercise Science is highly regarded in the academic community as evidenced by the success of spring 2023 graduates. 100% of students who graduated from pre-professional tracks in athletic training (AT), physical therapy (PT), and occupational therapy (OT) and who applied to graduate programs were accepted into a graduate program. Two additional students were accepted into other kinesiology-related graduate programs. Congratulations to the program and graduates!

Faculty Spotlight: Dan Anton

After a fulfilling career both in practice and in academics, the Department of Physical Therapy is sad to announce the retirement of Dan Anton, PT, PhD, AT (ret). Dr. Anton received his physical therapy degree from Northwestern University and worked in, as well as managed, outpatient orthopedic clinics in Minneapolis and Oregon for 16 years. He went on to earn his PhD in Rehabilitative Sciences from the University of Iowa where he began his teaching career. At the University of Iowa, Dr. Anton's research focused on ergonomics and workplace injuries, which he continued to study when he transitioned to EWU in 2007. In 2015, Dr. Anton began his service as Chair of

the Department of Physical Therapy. In his time as Chair, Dr. Anton began the pro bono clinic at Union Gospel Mission, where physical therapy students provide rehabilitative services to homeless individuals. Dr. Anton describes the clinic at Union Gospel Mission as being a rewarding experience for students, faculty, and for the underserved population to whom they provide care. In his research, which focused on work related musculoskeletal disorders, Dr. Anton was awarded over 2 million dollars in extramural grant funding, mostly from the National Institute for Occupational Safety and Health. Through this funding, Dr. Anton was able to employ over 40 students to assist in his research over his career at EWU. Throughout Dr. Anton's career, he served as a grant reviewer for the Washington State Department of Labor and Industries and a manuscript reviewer for many journals including the Journal of Orthopedic & Sports Physical Therapy. Dr. Anton was invited by the American Physical Therapy Association to serve as the academic consultant for state legislation allowing physical therapists to perform spinal manipulation, which involved a year-long, formal mediation with the state chiropractic association. As a result of this service, he was awarded the state of Washington

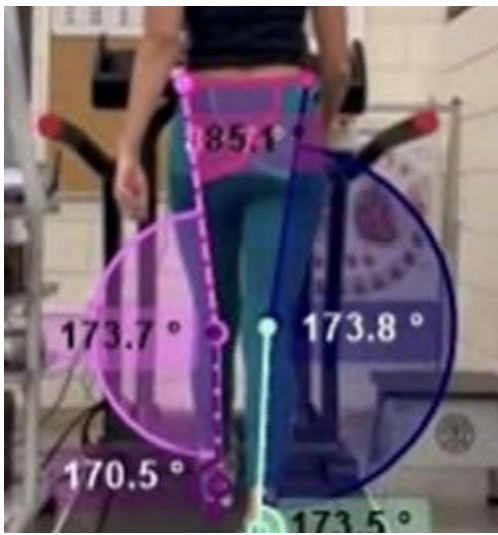


2014 Physical Therapist of the Year. Dr. Anton recollected his time at EWU with great joy and felt most gratified in seeing his own students as they became practicing professionals. Dr. Anton is looking forward to his retirement to explore outdoor activities and spend more time with his wife and adult daughters.

Top Right: Dr. Anton and his wife, Mary Ellen, enjoying a day of skiing.

Bottom: Dr. Anton poses with second year physical therapy students after his final lecture with their class (below).





Exercise Science Student Receives Research Grant from ACSM Northwest

Meena Jain was awarded funding through the American College of Sports Medicine (ACSM) Northwest Student Research Award Program, which provides financial support to undergraduate and graduate students conducting research in the field of sports medicine. Eligible students must be members of ACSM Northwest, maintain a minimum GPA of 3.0, have a faculty sponsor, and submit an outline of their proposed research, including background rationale, supporting research, and budget. Jain's research explores the topic of postural control and stability across the lifespan, examining how their decline leads to atypical movement patterns that can result in pain and injury. This subject holds particular significance for Jain due to personal struggles with hip instability, which have led to multiple injuries and decreased physical activity. Jain can be contacted directly to learn more about participation and for results of her research: mjain1@ewu.edu.

Top Left: Meena Jain with overlaid angles analyzing her walking pattern.

All About Eastern Washington Area Health Education Center (EWAHEC)

EWAHEC is dedicated to helping students of all ages explore careers in healthcare by providing activities and presentations for individuals preschool age up to adult age. EWAHEC provides resources and



presentations on the different health care careers students can pursue. The most frequent activity the EWAHEC provides involves a series of "Hands-on Healthcare" stations, in which students have the opportunity to experience skills performed by professionals, such as IV insertion, dental teeth scaling, and suturing.

EWAHEC provides Pre-K through 2nd grade students the opportunity to become familiar with the doctor's office by participating in Teddy Bear clinics. EWAHEC provides each young child with a backpack containing a patient chart, crayons, a stethoscope, and a stuffed animal and guides them to perform a checkup on their stuffed animal. Another activity, "Bones in a Box" has a variety of different bone sections, helping students learn more about specific sections of the body.

Top Center: Students checking the heartbeat of their Swoop doll during a teddy bear clinic.

Bottom Center: Students receiving education suturing during a "hands-on-healthcare" station.



DPT Research Projects Inform Clinical Practice - Calling all students!

The research laboratory of Dr. Elena Crooks is currently exploring four research topics: (1) hospital size and perceived acute care patient mobilization barriers; (2) sleep and pain in ALS; (3) effect of light interventions on performance post-stroke; and (4) chronic pain and functional outcomes in patients attending outpatient cardiac rehabilitation. Dr. Crooks' research on barriers to early patient mobilization as reported by diverse acute care providers has been published in Archives of Physical Medicine and Rehabilitation. Students who are interested to participate in ongoing research projects with Dr. Crooks should email her directly: ecrooks@ewu.edu

Dr. Tanya Lapier's research explores prognostic indicators and optimization of functional recovery of patients following open heart surgery via median sternotomy. Post-operative precautions include "sternal precautions" which contribute to short-term and long-term loss of function during recovery. In seminal journal articles, Dr. Lapier was part of a team that collated current research and proposed strategies to mitigate the detrimental effects of sternal precautions while still protecting the healing structures. Dr. Lapier is currently investigating the use of alternate movement strategies and feedback training to allow patients with sternotomy to safely accelerate their return to functional activity. Dr. Lapier's goal is to involve students in research projects and hopefully inspire them to believe this is a beginning not an end to their participation in research. Interested students should contact Dr. Lapier directly: tlapier@ewu.edu.



All about Eastern Washington Area Health Education Center (EWAHEC) continued

EWAHEC is a big supporter of the national high school organization, Health Occupations Students of America (HOSA), providing support to Spokane-area high school clubs. EWAHEC also supports CHSPH student clubs, such as occupational therapy and communication disorders student clubs, by providing fundraising opportunities. EWAHEC provides continuing education opportunities for staff to maintain licensure. One of EWAHEC's hidden gems is the AHEC Scholars program which is nationally recognized and is offered to various EWU graduate students enrolled in the following programs: bachelor of science in dental hygiene, psychology, doctorate in physical therapy, masters in occupational therapy, certification in substance use disorder professional, and masters in public health. The AHEC Scholars program is a two-year program with a didactic class each year. These classes are 8 weeks long with one class a week in the evening. Core topics include connecting communities & supporting health professionals, current & emerging health issues, behavioral health integration, virtual learning & telehealth, social determinants of health, interprofessional education, cultural competency, and practice transformation.

The AHEC Scholars program is free for students. For more information on this program, please visit AHEC Scholars Program – Washington AHEC <https://depts.washington.edu/ahec/www.mi-ahec-scholars-program/>. There are many opportunities from EWAHEC, please contact jmcdonald11@ewu.edu to find out how EWAHEC can support you or your program.

Top Left: Students wearing vision goggles to simulate visual deficits during an AHEC school event.

Centered: Students inserting an IV during a "hands-on-healthcare" station at an AHEC school event.



Washington State Dental Hygienists Association (WDHA) House of Delegates Meeting

Several of EWU's dental hygiene faculty and 22 dental hygiene students participated in the WDHA House of Delegates meeting on October 14th and 15th. The House of Delegates is comprised of delegates from each local dental society and acts as the legislative body of the Washington State Dental Association. EWU attendees advocated for the dental hygiene profession with their voice and presence. During this weekend, important decisions were made that will impact the dental hygiene profession in Washington. A big shoutout to all those who served and showed their support during the WDHA House of Delegates meeting!

Top Right: EWU student attendees of the meeting from left to right: Rachel Neher, Simona Mateas, Caitlin Todd, Maddie Sandifer, Kayah Symon, Whitnie Dutt, Everardo Silva James Chavez Gayton.

Bottom Right: Faculty and Alumni leadership in the Northeastern dental hygiene component from left to right: Sarah Jackson, Lorie Speer, Barbi Lynch, Heather Anderson (seated), Lisa Bilich, Heidi Desmarais, Ruth Paszkeicz, Jenna Gail, Christie Schmidt.





Featured Article for National Dental Hygiene Month

Faculty member Sarah Jackson, RDH, BS, MSDH, of the Dental Hygiene Department, wrote an article that was recently featured in RDH Magazine as the cover story. The article titled “The Future of the Dental Hygiene Profession Depends on Wellness, and It Starts With You,” provided an in-depth view of topics related to holistic self-care for dental professionals, focusing on the 8 pillars of wellness. What an extraordinary achievement, congratulations to Sarah!

Top Left: Cover page of RDH Magazine highlighting Sarah Jackson’s article as the cover story for the month of October.

CHSPH Mission

“The College of Health Science and Public Health at Eastern Washington University was founded in 2014 with the mission to graduate health care professionals in their chosen disciplines who are professionally, intellectually, and ethically prepared to meet the health care and wellness challenges and leadership demands of society.”

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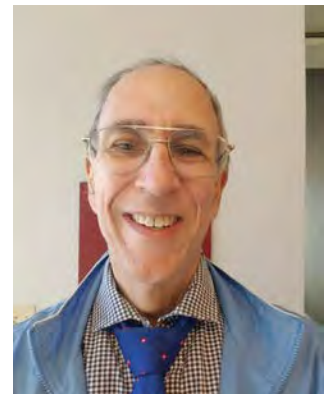
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