



February is the month associated with love because of Valentine's Day. You can join the excitement and support the "Go Red for Women" movement to bring awareness, education and research to the issues of heart disease and stroke in women. In the spirit of love I am reminded of a popular R&B song produced by Quincy Jones, and sung by James Ingram, "One Hundred Ways". The lyrics begin:

Compliment what she does
Send her roses, just because,
If it's violins she loves let them play.
Dedicate her favorite song
And hold her all night long,
Love her today,
Find one hundred ways.

We would like to show our love to you our alumni family by sharing the many achievements of students and faculty in the College of Health Sciences. In this issue the faculty and students have out done themselves.

Rebecca Poston and Denise Claiborne, members of the IPEC task force, stepped out to disseminate findings from pilot work conducted over the course of the past several months and submitted a paper for presentation at the Virginia Network for Women in Higher Education Annual Conference, May 2014. The importance of sharing lessons learned during our planning process will help others involved in this work.

Steven Morrison, professor of Physical Therapy and Athletic Training, describes his research in fall prevention an important area for aging seniors who want to maintain their independence. Research conducted at the Center for Brain and Rehabilitation Research focuses on identifying risk factors specific to vulnerable groups and then planning interventions to reduce the risk of falling.

Q&A with Susan Daniel, the new Chair of the School of Dental Hygiene is an opportunity for us to get up close and personal with Dr. Daniel who is known for her work in the use of Telehealth in dentistry. Welcome again to Dr. Daniel.

Congratulations to Dr. Carolyn Rutledge, associate professor in the School of Nursing was the 27th faculty member from ODU to be honored with SCHEV's Virginia Outstanding Faculty Award. Faculty Advisor of the Year Award has been awarded to Janice Hawkins who will represent the university at the Region 2 National Academic Advising Association Conference.

Drs. Patrick Bruno and Robert Sachs, faculty in the School of Medical Diagnostics and Translational

ODU Center for Global Health Moving to Address 'Big Picture' at Home and Abroad

Akpinar-Elci most recently served as an associate professor and environmental and occupational health track director at St. George's University School of Medicine, Department of Public Health and Preventive Medicine, in Grenada, where she was also a member of the university's Institutional Review Board. Akpinar-

Carolyn Rutledge Recognized with 2014 Virginia Outstanding Faculty Award

By Jon Cawley

Carolyn Rutledge, director of Old

Our rural citizens suffer to a much greater extent from chronic illness such as diabetes, hypertension and kidney failure; childhood obesity resulting in diseases previously only found in adults; and infant mortality and morbidity. This is a travesty especially in a country that spends more money than any other nation on health care. In fact, the health status of our citizens is rated as the poorest among industrialized nations. My mission as an educator, scholar and clinician is to address this crisis."

Old Dominion honored its nominees for the 2014 Virginia Outstanding Faculty Awards at a luncheon Jan. 13 in Webb Center (see photo below). Administered by the State Council of Higher Education for Virginia (SCHEV) and funded



"The ultimate goals are to provide a more complete assessment that can better identify risk factors that could predispose a person to increased risk of falling, and implement an appropriate intervention in order to reduce their risk and improve quality of life," he said. "Of the numerous falls risk factors identified, those of greater significance tend to be impaired balance, mobility and gait, with age-related deterioration of postural stability considered to be the primary underlying cause. Consequently, most screening tools and interventions have been specifically designed to target variables such as balance, walking dysfunction, reactions and muscle weakness, since they are modifiable and most likely to positively influence by tailored interventions. As many older persons at heightened risk of falling lead a sedentary lifestyle, exercise is an obvious and appropriate intervention."

In a recent series of studies, conducted at the ODU Center for Brain Research and Rehabilitation, the impact of balance training on walking ability, posture and falls risk in healthy older adults and persons of similar age with type 2 diabetes (T2DM) was assessed. Prior to training, the T2DM subjects were at a significantly greater risk of falling compared to the healthy, age-matched control population. However, following six weeks of structured exercise, all individuals exhibited a significant reduction in falls risk, which was linked to improved (faster) reaction times and increased leg strength, Morrison said.

"Based upon those findings, we are currently conducting a three-year funded project to determine the benefits of supervised balance training and unsupervised, home-based activity (using the Nintendo Wii) for improving falls risk, walking ability and general balance," Morrison said. "Projects of a similar nature are currently being undertaken for other clinical populations, including older persons with multiple sclerosis and Parkinson's disease."

Interprofessional Education Collaborative

Complex health care systems create challenges requiring interprofessional approaches to solve multifaceted patient issues. Shifting the way we train and educate health professionals to ensure the development of the necessary interprofessional skillsets requires changing the landscape of the curricula for health professionals.

In the spring of 2013 Dean Shelley Mishoe of the College of Health Sciences (COHS) invited nine faculty members to be a part of the Interprofessional Education Collaborative Task Force (IPEC). The IPEC Task Force consisted of faculty from the COHS with diverse backgrounds and Associate Dean Dr. Richardean Benjamin.

The faculty members included Dr. Rebecca Poston (School of Nursing), Ms. Denise Claiborne (School of Dental Hygiene), Dr. Karen Kott and Dr. Gail Grisetti (Physical Therapy), Dr. Gianluca de Leo (Medical Diagnostics and Translational Sciences), Dr. James Blando (Community and Environmental Health), as well as faculty from the Darden College of Education Department of Communication Disorders and Special Education (Dr. Jonna Bobzien) and the College of Business and Public Administration Department of Finance (Dr. Najad Mohammad). The formation of the Task Force represents a strategic step towards participating in the revolution in health sciences education that engages students in interprofessional team approaches to patient care from the beginning of their educational experience. Innovative faculty, engaged students, visionary



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