

2018

Nicole Wertheim College of Nursing & Health Sciences Annual Report 2017-2018

Nicole Wertheim College of Nursing & Health Sciences, Florida International University

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HEALTHCARE EDUCATION: LEARNING BY HEART

ANNUAL REPORT 2017-18



TRUTH
FREEDOM
RESPECT
RESPONSIBILITY
EXCELLENCE
COMPASSION
CARING
INNOVATION
INTEGRITY
COLLABORATION
CULTURAL
COMPETENCE

OUR MISSION

To prepare diverse healthcare professionals who are providers and leaders in the delivery of high-quality, accessible, culturally competent and compassionate care within a highly technological and global environment. To teach, conduct research and practice in service to the community through interprofessional collaboration. To create, promote, expand and validate scientific knowledge and evidence-based practice through interdisciplinary research.

OUR VISION

To be globally recognized as a higher education destination organization that is innovative, inquiry-driven and technologically advanced; drawing diverse top-class faculty, students, staff and others for positive transformation of society with a focus on the healthcare needs of underserved populations.

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Dean Ora L. Strickland

MESSAGE

from the Dean

Dear Students, Alumni, Donors and Supporters:

Two guiding values of the Nicole Wertheim College of Nursing & Health Sciences are that of caring and compassion. These words, often used as defining characteristics of respected healthcare professionals, only have genuine meaning with heartfelt action. And I'm proud to say our College has a lot of heart.

The theme of this year's report, "Healthcare Education: Learning by Heart," becomes evident with each story you read about the people inspired to dedicate their resources and talents to promote excellence in healthcare education, service and leadership.

Some motivations are borne from a determination to advocate for better healthcare practice in the field and the classroom. Others are motivated by an appreciation of their life's good fortune and sharing it to encourage progress. Others still are founded in mutual interests and a wholehearted desire to extend a helping hand. For a few, it is the soul-searching resolve to turn the sorrow of their broken hearts into lasting remembrances that will forever enhance the lives of others.

Regardless of the motivations, the common thread that binds these individuals and our College is that we equally value the guiding force of our hearts as we do our minds.

Healthcare education, practice and policy is in a perpetual state of change. Whether student, educator, practitioner or leader, we need a constant to keep us focused - that heart to come home to. We should heed that calling from within that drives us to our chosen paths in healthcare and pushes us to learn better, teach better, treat better, conduct research better and do better.

Caring and compassion are paramount among the values of this College. I'd say, so too are benevolence, generosity and perseverance. I am stirred by how our students, faculty, alumni and supporters embrace these principles to propel the College's scope beyond the boundaries of our campus to effect positive change for the health and well-being of those we serve throughout our communities.

Indeed, it warms my heart.

Ora L. Strickland, PhD, DSc (Hon), RN, FAAN

Dean and Professor

FIU Nicole Wertheim College of Nursing & Health Sciences

Reflecting on Dr. Herbert and Nicole Wertheim's Commitment to the College

It's nearly impossible to visit FIU's main campus without running into the Wertheims. Not in person, necessarily, but certainly in name recognition. The family name graces many buildings on campus such as the Performing Arts Center, Concert Hall, Arboretum, College of Medicine, and of course, the Nicole Wertheim College of Nursing & Health Sciences.

Those who've had the distinct honor of meeting local philanthropists Dr. Herbert and Nicole Wertheim in person know it's just as impossible *not* to see how this loving, respectful and dynamic couple has transformed FIU. These devoted and supportive parents and grandparents are steadfast advocates for advanced education and healthcare practice, and are generous patrons for this community and the College.

It was five years ago, in September of 2013, that this College was "adopted" into the Wertheim family through a transformational gift to build a foundation of resources, talents and initiatives promoting excellence in academia, research and service to the community.

The Wertheims made yet another sizeable gift to the College in spring 2018, further endorsing a shared vision of breaking down barriers to quality healthcare education and delivery to positively transform healthcare in our South Florida community and beyond. In a relatively short span of time, their support of the College has advanced several academic initiatives including:

- Permanently establishing PhD and clinical practice doctoral student scholarships, including the Nicole Wertheim Nursing & Health Sciences Scholarship Endowment to support doctoral students in nursing and physical therapy;

- Instituting endowed faculty chairs focused on developing the College's research programs. Dr. JoAnne Youngblut holds the Herbert & Nicole Wertheim Chair in Prevention and Family Health;
- Attracting grants and partners for collaboration across FIU colleges to promote interprofessional education; and
- Supporting innovative interdisciplinary research among healthcare and academic disciplines.

The Wertheims' patronage is also fueling critical faculty research and program innovation. FIU Physical Therapy associate professor Dr. Edgar Vieira and his research team were recipients of the inaugural Wertheim Innovation Faculty Grant, backed by the Wertheim Endowed Innovation Fund. His multidisciplinary team includes investigators from physical therapy, nursing, dietetics and nutrition, medicine and statistics to evaluate the effectiveness of nutrition and exercise interventions to improve glycemic control, diet quality, physical function, and reduce falls in older adults with type 2 diabetes.

The Wertheims' many contributions to FIU are part of a larger legacy of service and generosity to the Miami community and the nation which goes back nearly half a century through The Wertheim Family Foundation. With every past, present and future show of support, Dr. and Mrs. Wertheim have made it their mission to appreciate the blessings in their lives by sharing them with others.

The Wertheims' giving spirit can be summed up by the foundation's motto, "Making life on earth better." And it is that big-heartedness that will continue to inspire countless students of this College and university for generations to come to do just that.

The
POWER
of This Couple



Nicole and Dr. Herbert Wertheim at the Nicole Wertheim College of Nursing & Health Sciences Academic Health Center (AHC) 3 Building



The FIRST Heartbeat



The RN-to-BSN Class of 1972

Health systems nationwide during the early 1970s were initiating a dramatic shift in the nursing workforce by requiring the Bachelor of Science in Nursing (BSN) degree for career advancement and entry into certain practice settings. The problem, however, was that BSN programs were in short supply, which is why FIU's first nursing program – the RN-to-BSN – was met with excitement when South Florida's public university came on the scene in 1972. It was then that a program took its first beats as a professional lifeline for local nurses and ultimately became the very heart of today's Nicole Wertheim College of Nursing & Health Sciences.

Kathleen Blais, EdD, RN, a professor emerita of FIU Nursing and one of ten graduates from that first RN-to-BSN class, recalls those pioneering days of the program.

"We working nurses were thrilled at the prospect of getting our baccalaureate degree to take on higher positions in hospitals such as head nurse, supervisor or administrator, and enter some non-hospital positions in settings such as public health and the military."

Dr. Blais credits FIU for its fundamental vision to offer solutions that meet the needs of the community it serves. "With very few affordable and accessible BSN programs in South Florida, we were overjoyed when FIU introduced the RN-to-BSN program."

As for the student experience, let's just say it was another time and place.

"The environment was runways and scrub grass – there were no trees, lakes or Starbucks. It wasn't the university atmosphere we know today," remembers Dr. Blais of the campus that was built on the grounds of the original Tamiami Airport.

The academic culture of the program was also very different. There were only a handful of nursing professors. Classes were held one night per week to meet the preference of working students. And there were no onsite clinical courses. Students traveled to health provider sites to obtain the clinical experience necessary to receive credit, specifically community health nursing.

Still, Dr. Blais was keenly aware of the program's significance. "We couldn't predict the future, but we knew we were in on the ground floor of something special at FIU. I had the distinct honor of witnessing the program's evolution into the cornerstone of the College first-hand as a student, alumna and educator."

Dr. Blais, who graduated in 1974, returned to FIU in 1983 as a visiting instructor and permanently joined the FIU Nursing faculty in 1985 until her retirement in 2010.

Nearly five decades later, the pulse of FIU's RN-to-BSN program is still beating strong as one of more than 20 nursing and health professions degrees that epitomize solutions for the ever-changing dynamics of healthcare delivery and practice.

ABOUT THE COLLEGE

Fueled by intellect and driven by innovation and caring, the Nicole Wertheim College of Nursing & Health Sciences has earned a national reputation for academic excellence propelled by a philosophy embracing diversity, technology, evidence-based practice and research to prepare leaders across various healthcare disciplines.

More than 16,000 alumni are practicing in the fields of nursing, athletic training, communication sciences and disorders, health services administration, occupational therapy and physical therapy, embodying the College's ideals for culturally competent and compassionate care and interprofessional collaboration.

INSIDE THE COLLEGE

Total Student Enrollment (in and out of state): 2,373

Degrees awarded (total): 973

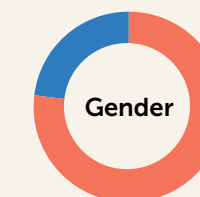
Doctorally Prepared Faculty: 91%

Full-Time Faculty: 90

Departments:

- Nursing
- Athletic Training
- Communication Sciences & Disorders
- Health Services Administration
- Occupational Therapy
- Physical Therapy

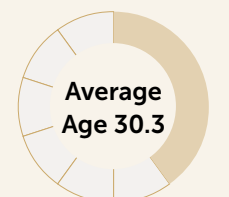
Student Body Diversity:



77% Female
23% Male



57% Hispanic
19% Black Non-Hispanic
14% White Non-Hispanic
6% Asian/Pacific Islander
4% Other



Average Age 30.3

ABOUT FIU

As Miami's first and only public research university offering bachelor's, master's, and doctoral degrees, Florida International University is worlds ahead in its service to the academic and local community. FIU is designated as a top-tier research institution holding the R1 Carnegie classification for Highest Research Activity and is ranked as one of the country's Top 100 public universities by *U.S. News & World Report*.

201
bachelor's, master's
and doctoral
programs

57,000
average annual
enrollment

200,000+
alumni around
the world

\$177M
total research
expenditures

#1
in the nation
awarding
bachelor's and
master's degrees to
Hispanic students

An Everlasting HONOR

Family turns grief into generosity through BSN scholarships



Yanet S. Harris '97

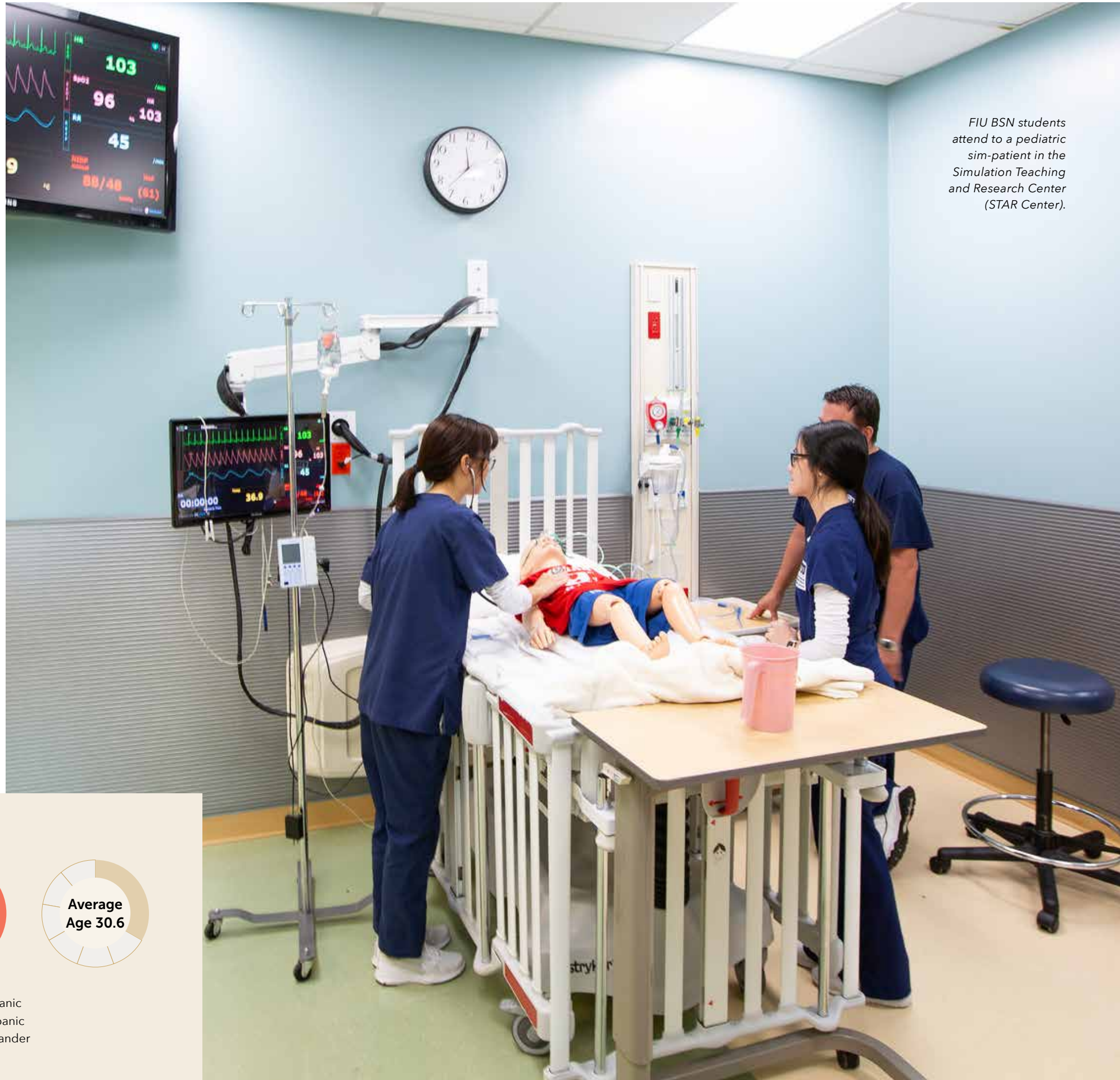
Much has been written about the five stages of grief. But the reality is that the heartache and pain of losing a loved one is an intimately individual experience.

For the family of FIU Nursing alumna Yanet S. Harris (BSN 1997), they have chosen to turn their heartache into a heartfelt opportunity. Her husband of 14 years, Dr. Stuart I. Harris, made a gift in honor of her life and passion as a nurse through the establishment of a scholarship endowment in her name.

"The gift will provide annual, full-tuition scholarships in perpetuity to two deserving undergraduate nursing students who share Yanet's passion to make the most of their nursing career in any setting they choose, whether it's at the patient's bedside, pursuing research, or advocating for those in need throughout our community," said Dean Ora Strickland.

Yanet, who was born in Havana, Cuba, and came to the United States at the age of 16, earned her Bachelor of Science in Nursing degree at FIU and worked in clinical research at Seaview Research Miami.

She lived a rewarding, albeit short life of 44 years before passing away in 2017 as a loving wife, a devoted mother of two, a cherished sister among five siblings, a friend to many and a consummate professional. While her presence will always be missed by those who will forever love her, hers will be an everlasting legacy at the Nicole Wertheim College of Nursing & Health Sciences.



FIU BSN students attend to a pediatric sim-patient in the Simulation Teaching and Research Center (STAR Center).

INSIDE UNDERGRADUATE NURSING

Chair: Maria Olenick, PhD, FNP, RN

Vice Chair: Tatayana Maltseva, PhD, ARNP, PMHNP-BC

Program(s): Generic Bachelor of Science in Nursing (BSN), Accelerated Option (AO) BSN, RN-to-BSN Online, Foreign-Educated Physician to BSN/MSN, Veterans Bachelor of Science in Nursing (VBSN)

Student Enrollment (in and out of state): 531

Number of Graduates: 278

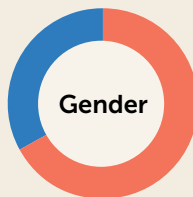
Graduation Rate: 95%

First-Time NCLEX (RN Licensure) Pass Rate: 87%

Full-Time Faculty: 25

Accreditation(s): Commission on Collegiate Nursing Education (CCNE); Florida State Board of Nursing

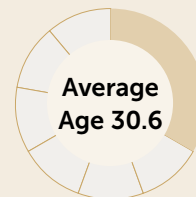
Student Body Diversity:



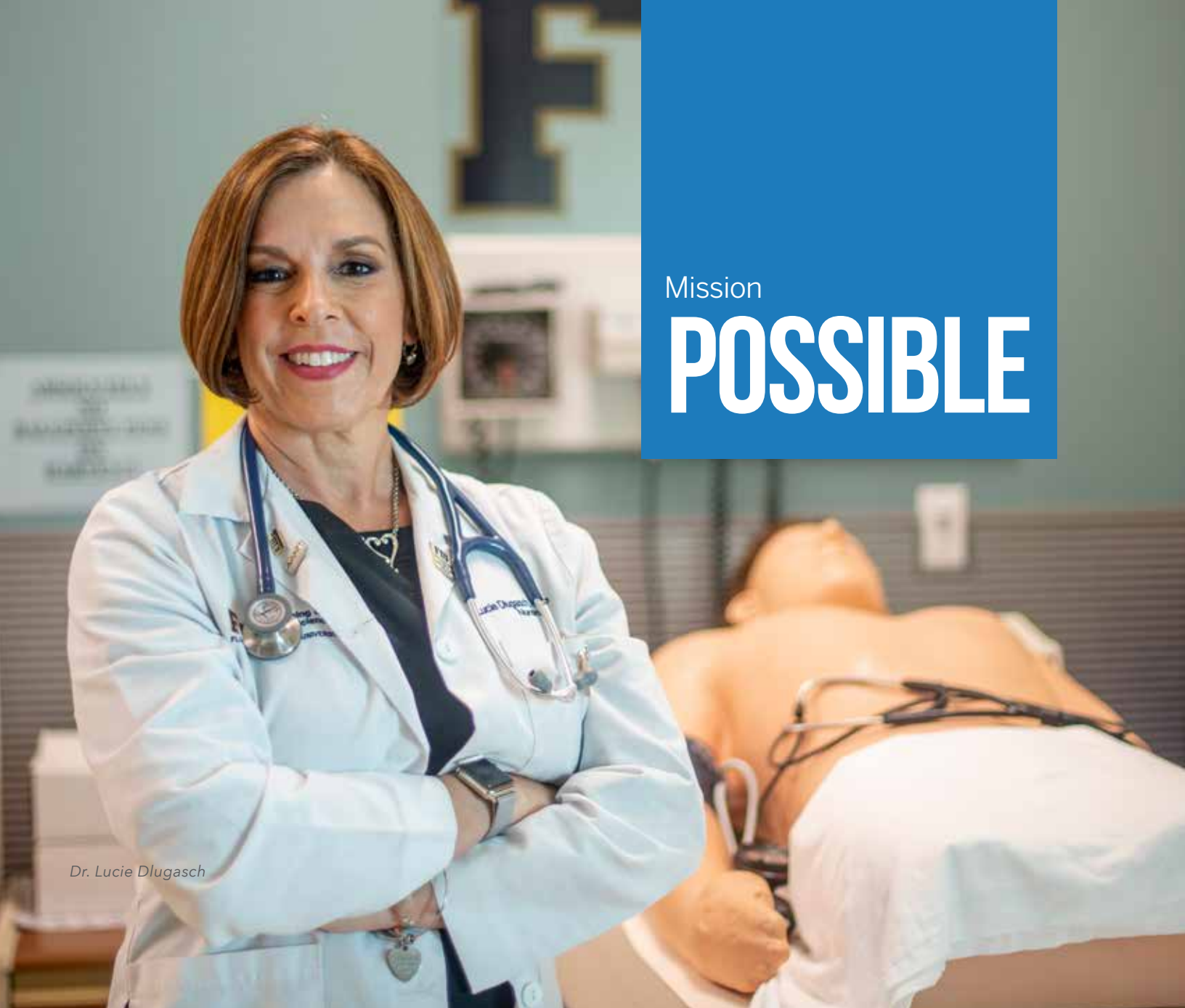
67% Female
33% Male



55% Hispanic
15% Black Non-Hispanic
13% White Non-Hispanic
11% Asian/Pacific Islander
6% Other



Average Age 30.6



Dr. Lucie Dlugasch

Mission
POSSIBLE

Graduate Nursing professor personifies healthcare in action

Lucie Dlugasch, PhD, APRN-BC, Associate Clinical Professor and Adult-Gerontology Program leader does more than teach. She promotes global medical missions to impoverished regions. She's turned a family tragedy into a cause. She's even climbed Mt. Kilimanjaro. To say she has an indomitable spirit is an understatement.

Having first worked in a clinic providing free care to low-income and undocumented individuals, Dr. Dlugasch expanded her vocation for serving vulnerable populations through education and outreach.

She joined FIU Nursing in 2007 and began coordinating overseas clinical missions, first with the ProjectHOPE global health and humanitarian relief organization, now with U.S. Southern Command, to give FIU graduate nursing students the experiential opportunity of a lifetime.

Over the years, FIU nurse practitioner (NP) students have participated in humanitarian missions throughout Central and South America, the Caribbean and Southeast Asia. They've tended to patients in poor rural areas with compassion, while honing their clinical, assessment and resource management skills when access to medical supplies or equipment are limited.

According to Dr. Dlugasch, who joins the missions, the trips are not only personally rewarding, but they immerse students in the ultimate interprofessional experience.

"Our students work alongside physicians, med techs, physician assistants, and other NPs from all over the world in demanding fieldwork settings. They learn quickly to collaborate with health professionals in other roles, from other cultures, and at times with a language barrier thrown in."

Dr. Dlugasch's resoluteness is also evident in her family's actions after losing their daughter three years ago to a choking accident while dining at a restaurant. "Analise was enthusiastic about life. We needed for her memory to live on, and we could only do that by turning tragedy into something meaningful."

The Analise Dlugasch Memorial Endowment supports CPR initiatives at FIU and scholarships for FIU students. "Our hope in supporting CPR initiatives on campus is to extend these life-saving skills into our community and help save lives in Analise's name." Analise earned a bachelor's and master's degree from FIU and had just started her career as an FIU employee before her accident. "FIU was Analise's second home and the student scholarships are a way to support others as FIU supported her."

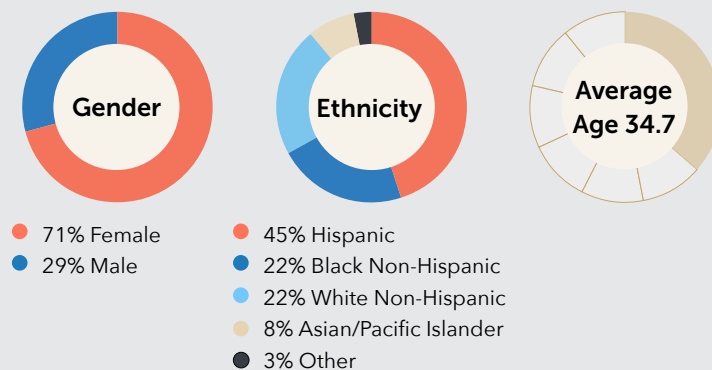
Dr. Dlugasch's ascent to the 19,341-foot summit of Mt. Kilimanjaro in July was both a healing and reaffirming experience. "I seek challenging experiences that push my limits to make me more empathetic to the struggles of those I'm dedicated to helping."

For the many students who've had Dr. Dlugasch as their professor, it's true that she does more than teach. She leads by example, courage and compassion.

INSIDE GRADUATE NURSING

Chair: Yhovana Gordon, EdD, DNP, MSN, ARNP, FNP-BC
 Chair: Linda Wunder, PhD, RN, CRNA | Nurse Anesthesia Program
 Program(s):
 • Doctor of Nursing Practice (DNP)
 • Doctor of Nurse Anesthesia Practice (DNAP)
 • BSN-to-DNP, Master of Science in Nursing (MSN) & Post-Master's Certificates
 – Advanced Adult-Gerontology NP
 – Advanced Child NP
 – Advanced Family NP
 – Advanced Psychiatric-Mental Health NP
 • Nurse Educator Post-Master's Certificate
 • Dual MSN Degree/Nurse Educator Certificate
 Student Enrollment (in and out of state): 399
 Number of Graduates: 202
 Graduation Rate: 93%
 Full-Time Faculty: 24

Student Body Diversity:



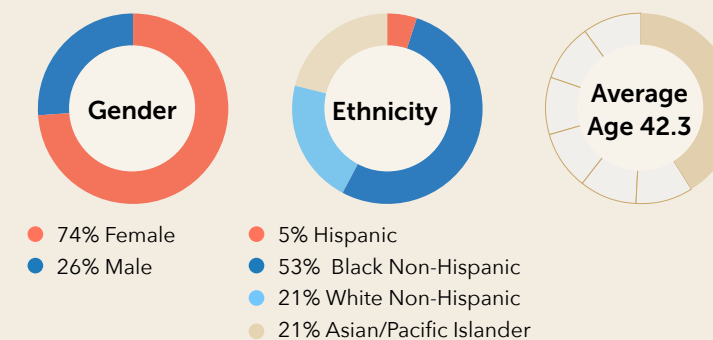
Accreditation(s): Commission on Collegiate Nursing Education (CCNE); Council on Accreditation of Nurse Anesthesia Educational Programs (COA); Florida State Board of Nursing

To support the FIU Analise Dlugasch Memorial Endowment, visit give.fiu.edu/give-now

INSIDE PHD NURSING

Director: Tami Thomas, PhD, RN, CPNP, FAANP, FAAN
 Program(s):
 • PhD in Nursing
 • BSN-to-PhD
 Student Enrollment (in and out of state): 19
 Number of Graduates: 3
 Faculty/Dissertation Advisor Status: 13
 Accreditation(s): Southern Association of Colleges and Schools (SACS)

Student Body Diversity:



A Hall of Fame

LEADER



Athletic Training founding director leaves a legacy of excellence



Dr. Jennifer Doherty-Restrepo

There's no gold jacket to don or bronze sculpture to enshrine, but the lasting impact founding chair Jennifer Doherty-Restrepo, PhD, LAT, ATC, leaves on FIU Athletic Training (AT) is hall of fame worthy.

The inkling to become an athletic trainer came while cheering on her older sister at a college softball game. "Injuries were nothing new for my sports-playing family. But when my sister

sprained her ankle on a play, I was intrigued seeing the athletic trainers rush out to ease her pain and get her back on the diamond."

She also had an intense pull toward education and realized AT offered the best of both worlds. "It's a profession of constant learning because the fitness and healthcare industries are always evolving. You research the science of outcomes to determine the veracity of acute, therapeutic and rehabilitative practices."

With an athletic training bachelor's degree in tow, she continued her studies through to a PhD, seeking out joint positions involving athletic training clinical practice and education. While a doctoral graduate assistant at another university, she was tasked with getting the AT program accreditation-ready. In 2001, FIU drafted her to put its new AT program on the map.

"I wanted our program to be different from the outset by making the entry-level program a master's-level offering."

She overhauled the curriculum and successfully guided the FIU Master of Science in Athletic Training through initial accreditation in 2005, becoming the first program of its kind in Florida, and once more since.

As the discipline progressed, Dr. Doherty-Restrepo spearheaded the development of a Doctor of Athletic Training (DAT) degree – the first and only in the Southeast U.S. and one of six in the nation.

"The DAT is not just about perfecting the practice of the discipline. It's about reinventing it and creating therapies and protocols yet to come. I want FIU leading the way."

Dr. Doherty-Restrepo has also motivated FIU AT students to own their professional advancement by establishing the statewide Student Leadership Enhancement and Professional Success (LEAPS) program. She even kicked off talks with Universitat Ramon Llull in Barcelona, Spain, for faculty and student exchanges and research collaborations with the goal of creating the first-ever internationally accredited AT program.

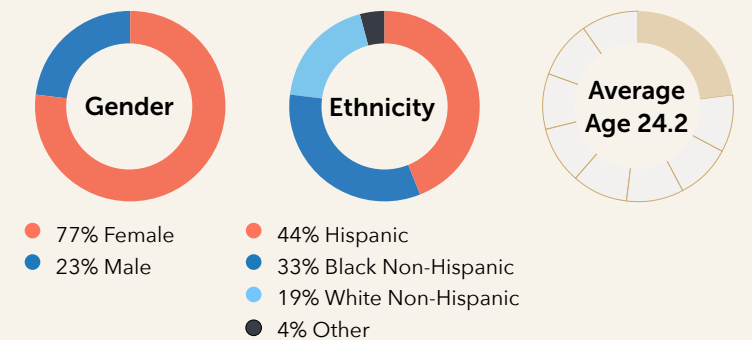
As Dr. Doherty-Restrepo prepares for new challenges as the university's Director of Accreditation, she reflects on her 17 years at the helm of FIU Athletic Training.

"I am immensely proud of how the program has grown in reputation, how our educators stay ahead of the curve to prepare top-class graduates, and how our students and alumni exude the highest level of professionalism in everything they do."

INSIDE ATHLETIC TRAINING

Chair: Jennifer Doherty-Restrepo, PhD, LAT, ATC
 Program(s): Master of Science in Athletic Training (MS-AT)
 Student Enrollment (in and out of state): 43
 Number of Graduates: 21
 Graduation Rate: 91%
 First-Time Licensure Pass Rate: 95%
 Overall Annual Pass Rate: 100%
 Full-Time Faculty: 6
 Accreditation(s): Commission on Accreditation of Athletic Training Education (CAATE)

Student Body Diversity:



Speaking from the
HEART

“Nothing would be more rewarding than to have my students be warriors for the stuttering community in society and champion their right to have their voices heard with respect and understanding.”

– Dr. Angela Medina

Professor emphasizes research and advocacy to empower people who stutter to own their voice

For many of the three million people diagnosed with stuttering, communicating can be a physically and emotionally draining experience. But it doesn't have to be, if professor Angela Medina, PhD, CCC-SLP, has anything to say about it.

While doing a clinical rotation as a doctoral student at a university health center, a Spanish-speaking bilingual student came for help with stuttering that he said was ruining his life. “He did not display the ‘typical’ stuttering behaviors, but his anger at his inability to ‘speak correctly’ in either language was undeniable.”

She was driven to find research about bilingual stuttering, and was disappointed to find that there was not much available on the topic.

“When I saw there was no conclusive data for practitioners to assess and develop therapies for the bilingual stuttering community, I said to myself, *‘this is what I have to do.’*”

Since joining FIU in 2015 to teach a class on stuttering, Dr. Medina has mentored master’s speech-language pathology (SLP) students in an ongoing study to analyze the lived experiences of bilinguals who stutter.

“Research is coming from the wrong direction if it doesn’t acknowledge that clients have expertise of their own stuttering,” said Dr. Medina. “By having clients’ lived experiences as bilinguals who stutter drive the research process, we as practitioners can better understand the relationship between bilingualism and stuttering.”

She has also incorporated counseling techniques into the curriculum for use during stuttering therapy. “Mental and emotional stresses brought on by stuttering can be intense and overwhelming for the client. I want my students to appreciate they are treating the whole person, not just the clinical condition.”

Her crusade also entails leading Miami’s first and only chapter of the National Stuttering Association (NSA), located at FIU.

As Dr. Medina explained, stuttering in its clinically truest form is a genetic or congenital developmental condition that manifests in early childhood. About 75 percent of children who stutter outgrow the condition by puberty, but the remaining 25 percent will stutter the rest of their lives.

“The NSA empowers people who stutter to embrace their voice, take control of their stuttering rather than letting it control them, and educate the rest of us to give them the latitude they need to communicate.”

Dr. Medina is optimistic her graduate SLP students will also one day advocate for the stuttering community that is often underserved by practitioners.

“Nothing would be more rewarding than to have my students be warriors for the stuttering community in society and champion their right to have their voices heard with respect and understanding.”

INSIDE COMMUNICATION SCIENCES & DISORDERS

Chair: Monica Hough, PhD, CCC-SLP

Program(s):

- Master of Science in Speech-Language Pathology (MS-SLP)
- Graduate Certificate in Communication Sciences & Disorders

Student Enrollment (in and out of state):

89 (degree program); 142 (graduate certificate program)

Number of Graduates: 43

Graduation Rate: 93%

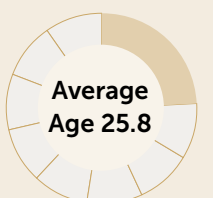
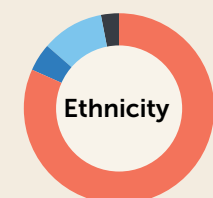
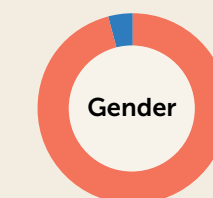
First-Time Board Certification Pass Rate: 98%

Overall Annual Pass Rate: 100%

Full-Time Faculty: 7

Accreditation(s): Council on Academic Accreditation in Audiology and Speech-Language Pathology (CAA) of the American Speech-Language-Hearing Association (ASHA)

Student Body Diversity:



SELF-MADE

Trailblazer



Memorial Healthcare System CEO Mr. Aurelio M. Fernandez, III, FACHE (far right) with FIU Health Services Administration students.

Hospital CEO forges his own path and paves the way for future health administrators

Sometimes what you're looking for will find you. This was the case for Memorial Healthcare System CEO and alumnus of FIU's Health Administration program, Mr. Aurelio M. Fernandez, III, FACHE. He parlayed a chance opportunity into a lifelong career as a highly successful and respected leader of South Florida's healthcare industry, and now patron of FIU FirstGeneration scholars.

Mr. Fernandez was recruited by FIU's founding president, Charles Perry, to enroll in the accounting program when the university opened its doors in 1972. Upon graduating in 1974, he worked at his father's CPA firm in Guatemala. He returned to Miami in a bookkeeping position at Palmetto General Hospital where he was charged with systematizing the capture of patient data that was still being recorded manually at that time.

"Many people were skeptical at first about automated processes, but I saw the future of technology and health informatics and became its biggest advocate."

He made a name for himself in healthcare circles at the age of 27 by fiscally turning around Miami's Cuban physician-operated hospital - Pan American Hospital - through automating the entire billing, reporting and administrative operating systems.

"Automation truly revolutionized the delivery and management of healthcare up to that point - something we are accustomed to today. Being on the forefront of that technological transition

into managed care cemented my zeal for health services administration."

With the support of the hospital's CEO, Mr. Fernandez went back to FIU to enroll in the Master of Health Administration program on the Biscayne Bay Campus.

Over the course of four decades, Mr. Fernandez' leadership roles have included Executive Director of the Pal-Med physician partnership at Palmetto General Hospital; CEO of Tenet's Hialeah Hospital; and his current appointment in 2016 as CEO of Memorial Healthcare System, South Florida's second largest hospital network, fifth largest in Florida, and the only in Broward County with an "A" rating from The Leapfrog Group.

Mr. Fernandez has kept close ties to his FIU family. His hospitals are clinical sites for nursing and medical students. FIU Graduate Nursing is placing a mental health nurse practitioner student in Memorial Healthcare System's Outpatient Behavioral Health Center to collaborate on research. And on a personal level, Mr. Fernandez is a gracious benefactor of FirstGeneration scholarships for FIU Health Services Administration students.

"Supporting these FirstGeneration scholars brings my relationship with FIU full circle in a unique way. I was given the chance to be part of FIU's first generation of students. Now, I'm able to give deserving students a chance to be a part of the FIU family as the first in their families to go to college."

INSIDE HEALTH SERVICES ADMINISTRATION

Interim Chair: Salvatore A. Barbera, DHA, MS, FACHE

Program(s):

- Bachelor of Health Services Administration (BHSA)
- Master of Health Services Administration (MHSA)
- Minor in Health Services Administration

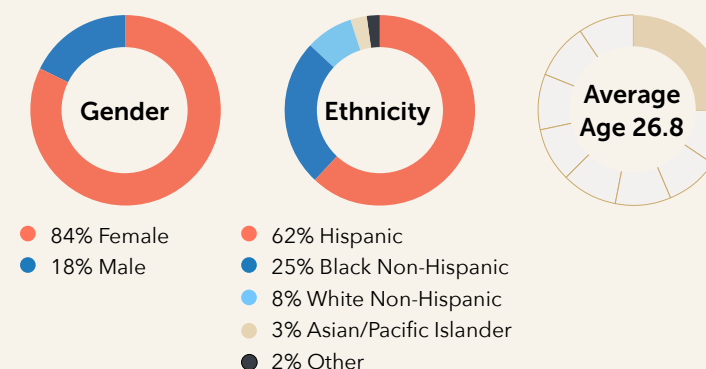
Student Enrollment (in and out of state): 871 (BHSA); 85 (MHSA)

Number of Graduates: 312 (BHSA); 26 (MHSA inaugural class)

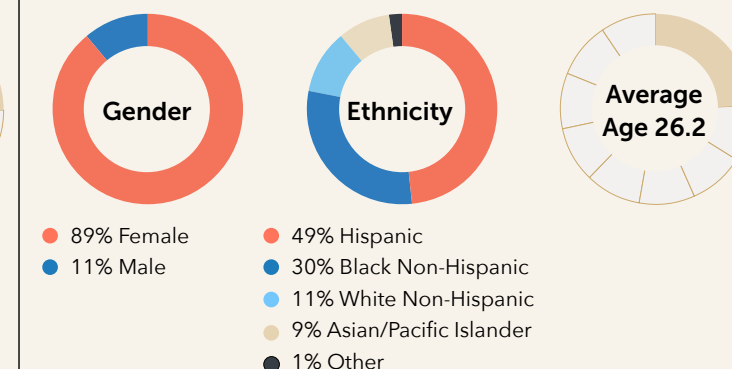
Full-Time Faculty: 7

Accreditation(s): Southern Association of Colleges and Schools (SACS)

BHSA Program | Student Body Diversity:



MHSA Program | Student Body Diversity:



Balancing
ACT



"Aikido and OT train people to be strong and independent by focusing on personal responsibility to overcome physical, mental and emotional challenges with the situation before you."

– Cristina Dumlao

Derrick Wilkes

Occupational Therapy alum and student find friendship and support on the Aikido mat

She's an entrepreneur with an irrepressible personality. He's a stay-at-home dad with a calming spirit. Through a shared love of Aikido, FIU Occupational Therapy (OT) alumna Cristina Dumlao and student Derrick Wilkes found their professional calling while striking the perfect balance for a special friendship.

She still practices as a contract therapist and keeps her diagnostic eye open at the dojo to support deficiencies in students and incorporate therapeutic principles on the mat. The pursuit of family wellness also spurred Cristina into business partnerships to provide academic tutoring onsite for kids and Tai Chi classes for fall prevention.

Aikido is a non-competitive martial art stressing synchronization of mind, body and spirit to keep one's balance in defense, while methodically diminishing the attacker's balance so as not to injure. Cristina is a "sensei" (master) and founder of Gold Coast Aikikai dojo, teaching adults and children since 1997. Derrick has been her "kohai" (student) since moving to Miami from North Carolina 10 years ago.

Derrick was introduced to OT by Sensei Cristina. "I told Sensei I wanted to build on my psychology degree, and she immediately suggested OT and arranged for a meeting with Dr. Alma Abdel-Moty at FIU."

Both were attracted to the centeredness Aikido brought to their lives. "I needed an outlet to channel my deep-seeded hyperactivity," said Cristina. "I took to the serenity and deliberateness of the form," remarked Derrick.

Derrick also draws parallels between Aikido and OT. "You come to the dojo or the therapy session with what you have. Progress only comes when you espouse the motivations and instructions of your sensei or therapist to gain confidence in your own actions and advance your position."

Both also ended up on a path to OT, thanks to a couple of friendly pushes.

Cristina believes OT was perfect for Derrick because, "he is generous with his support, compassionate in his actions, and sympathetic of any situation. Those qualities will make him an exceptional practitioner, and already make him a cherished friend."

Cristina's mother suggested applying her psychology degree, active lifestyle and motivational nature toward the discipline. "After meeting with an advisor, I realized how much OT mirrored my personal approach to life and accountability for my outcomes."

Cristina continues guiding Derrick with his OT education while at the dojo by sharing observations and instructions for him to see the connections between disciplines.

Cristina explains that Aikido and OT are about the pursuit of self-development. "Both train people to be strong and independent by focusing on personal responsibility to overcome physical, mental and emotional challenges with the situation before you."

"One of my professors said that sometimes people see things in us that we don't see," recalled Derrick. "I guess Sensei saw the OT in me. On and off the dojo mat, she's been a true friend and advocate to help me discover my best self."

INSIDE OCCUPATIONAL THERAPY

Interim Chair: Lynne Richard, PhD, OT/L

Program(s): Master of Science in Occupational Therapy (MS-OT)

Student Enrollment (in and out of state): 155

Number of Graduates: 47

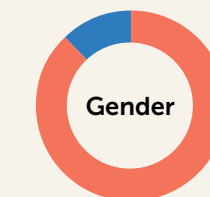
Graduation Rate: 90%

Annual Licensure Pass Rate: 96%

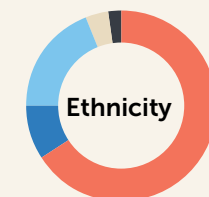
Full-Time Faculty: 6

Accreditation(s): Accreditation Council for Occupational Therapy Education (ACOTE)

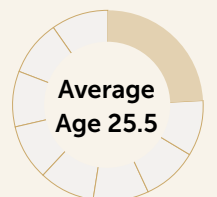
Student Body Diversity:



88% Female
12% Male



66% Hispanic
9% Black Non-Hispanic
19% White Non-Hispanic
4% Asian/Pacific Islander
2% Other



GIVING

- As Good As One Gets

“Our human responsibility is to help others, which is why many of us chose physical therapy as the means to galvanize people toward a better quality of life.”

– Jemma Lopez



FIU DPT students (L-R): Rachel Hagiel, Jemma Lopez and Rohmoya Baily.

Physical Therapy students flex their volunteer muscles

Optimizing movement to improve the human experience is the guiding principle for physical therapists. These six FIU Doctor of Physical Therapy (DPT) students have optimized their skills to improve the human experience beyond the classroom and define their outlook as practitioners.

Rachel Hagiel and Rohmoya Baily volunteered for the 2017 Special Olympics performing screenings on athletes to assess hamstring flexibility, joint range of motion, standing balance, abdominal strength and more. According to Rachel, their engagement with the special needs population gave them a deeper awareness of inclusivity. “Individuals with special needs shouldn’t be automatically excluded because of assumptions that they might not be able to perform.”

Anna Marzak and Shana Saffer took the reins for volunteer experiences involving hippotherapy – the use of horseback riding as a therapeutic or rehabilitative treatment. A horse owner herself, Anna spent time with HOPE (Horses Helping People), which provides equestrian therapies for children and adults with special needs, veterans and first responders. She assisted clients dealing with neurological, visual, auditory, motor, sensory, and cognitive deficits. “The experience helped me better understand what it takes to serve people of all age groups with unique backgrounds and diagnoses.”

Shana’s semester with GREAT! (Gainesville Riding through Equine-Assisted Activities and Therapy) elevated her appreciation of the

practice and for alternative ways a patient can receive therapy outside a gym setting. “It’s one thing to read about a diagnosis, treatment, and anticipated outcomes in a textbook. But to see a treatment approach, especially an unconventional one such as hippotherapy, have such a profound impact and improve the quality of life for an individual – that’s truly awe-inspiring.”

Kristie Serrano, a “habitual volunteer,” recently gave her time and talents to Camp Shriver, an adult fitness camp for athletes with intellectual disabilities. She facilitated different sports and leisure activities such as relay races, swimming and weight lifting for the campers. The experience enhanced her skills at keeping patients engaged and motivated, which is crucial to physical therapy activities.

Jemma Lopez and her husband have volunteered at the Homestead Food Pantry since 2005 preparing food care packages for more than 500 migrant worker families. “Seeing first-hand that hardship does not discriminate has transformed me as a person and practitioner. By understanding the challenges that exist – whether physical, financial or emotional – I can be more sensitive to their needs and carry that perspective into practice to help them overcome their frustrations and reach their goal.”

Jemma summed up all the FIU DPT volunteer experiences best. “Our human responsibility is to help others, which is why many of us chose physical therapy as the means to galvanize people toward a better quality of life.”

INSIDE PHYSICAL THERAPY

Chair: Mark D. Rossi, PhD, PT, CSCS

Program(s): Doctor of Physical Therapy (DPT)

Student Enrollment (in and out of state): 173

Number of Graduates: 51

Graduation Rate: 91%

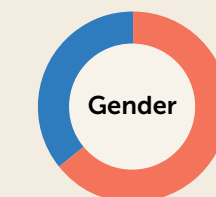
First-Time Licensure Pass Rate: 89%

Ultimate Licensure Pass Rate: 98%

Full-Time Faculty: 10

Accreditation(s): Commission on Accreditation in Physical Therapy Education (CAPTE)

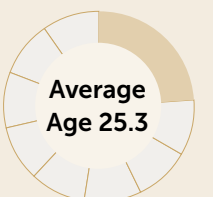
Student Body Diversity:



64% Female
36% Male



44% Hispanic
8% Black Non-Hispanic
36% White Non-Hispanic
10% Asian/Pacific Islander
2% Other



Taking Good

CARE

with Home Health



Diane Ramy Faulconer supports College's vision for home care delivery



Diane Ramy Faulconer

Home is where the heart is," so the saying goes. And as this country's large baby boomer population ages, home is increasingly going to be where healthcare is provided. Ms. Diane Ramy Faulconer, long-time supporter of FIU and the College, is making an investment in the future of healthcare delivery with a sizeable gift to the College's Collaborative Advanced Research & Rehabilitation Center, or CARE Center.

"Study after study has proven that recovering at home leads to improved patient outcomes," said Ms. Faulconer. Yet less than 12 percent of individuals who are homebound due to debilitating chronic conditions, age, and/or disability report being able to receive primary and rehabilitative healthcare services at home.

Ms. Faulconer's gift will create an endowment to revamp the 16,000-square-foot CARE Center and support the College's vision to provide an advanced clinical, rehabilitation, and home-based healthcare simulation center that promotes evidence-based education in interdisciplinary patient care and therapies specifically for the home setting.

"Opportunities to effectively prepare and assess the learning and acquisition of home-based primary and rehabilitative care are limited. I see an opportunity to rectify that together with the College," added Ms. Faulconer. "The FIU CARE Center will be an engaging environment for specialized healthcare education, interprofessional practice and evidence-based research that will define home health delivery and management for the industry."

Through the CARE Center endowment, the College will have the resources to acquire critical equipment and technology to facilitate student learning and faculty research activities to advance knowledge related to home-based care; host conferences and expert lecture series to bolster thought leadership; and create student assistantships to support projects

that require the contributions of advanced discipline skilled students.

According to Ms. Faulconer, technological progress, shifts toward outpatient treatment, and greater use of chronic disease management programs are dramatically reducing the length of hospital stays, putting the onus on home recovery, rehabilitation and health management.

"The CARE Center will help prepare health professional graduates – be they nurses or therapists – to serve their patients 'on their own turf' as the rise of telehealth, care coordination and transition management gets people from hospitals back into their home faster than ever."

At the heart of the CARE Center will be a state-of-the-art, simulated home environment – including bedroom, bathroom, kitchen and living room. This model will serve as a focal point for the development and testing of home-based care strategies with an emphasis on rehabilitation.

The Center will be equipped with the latest in assistive and adaptive technologies to sharpen assessment and therapy skills. The human performance lab will be newly outfitted with advanced analytical instruments to evaluate gait, balance and body mechanics to aid in rehabilitation care. This will be especially useful for individuals recovering from a stroke, those suffering from Parkinson's Disease, neuropathy and other balance disorders.

Ms. Faulconer concluded that the instructional, clinical and research outcomes yielded from the CARE Center will ultimately support family members who have taken on the mantle of caregiver for a loved one at home.

"The CARE Center will effectively combine research-driven advancements with real-world application for our graduates to reinforce their knowledge base and expertise in home care delivery. In return, they will have the confidence to impart their experiences on to family caregivers who want to provide the treatment and therapies their loved ones need to recuperate back to health in the one place they really want to be – their home."



WE ARE FUELED BY INTELLECT; DRIVEN BY INNOVATION AND CARING



The faculty and staff of the Nicole Wertheim College of Nursing & Health Sciences have contributed greatly to the many important strides in program excellence this past academic year. Through their dedication we can provide students with high-quality academic health programs that address the culturally diverse healthcare needs of South Florida and the nation. These professionals embody the mission, vision and values of the College in everything they do and with every student they support.



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