Our Mission:
Our mission is to provide quality physical therapy services to underserved and underinsured individuals in the greater Salt Lake area, and to enhance the educational experience of University of Utah physical therapy students through community-engaged learning.

"Service through therapy"

Included in this issue:
- Interdisciplinary diabetes care update
- Pro bono clinic birthday invite and information
- Patient review
- Thank you to all who have volunteered and donated

THANK YOU TO ALL OUR VOLUNTEERS AND SUPPORTERS!
Any donation is greatly appreciated. You can help contribute to our funds by going to: https://umarket.utah.edu/ugive/index.php?gift_id=68&special=%20Midvale%20Clinic%20HE23467-40165

Learn more about us!
Visit our website at:
http://health.utah.edu/physical-therapy-athletic-training/patient-clinics/student-run-pro-bono/

We’re on Twitter! You can follow us at @UofUProBonoPT
Like us on Facebook: https://www.facebook.com/uofupobonopt
Improving Healthcare: Interdisciplinary Diabetes Treatment
An update on the Interdisciplinary Diabetes Treatment Model

After attending the presentation "Interdisciplinary Diabetes Treatment Model at the Midvale CBC" given to University of Utah students and faculty by our pro bono board members Allie Smouse, Taylor Devereux, Catherine Fink, and medical student Kate Peacock, we were enlightened on the benefit and importance of interdisciplinary care. They also shared with us their treatment model for interdisciplinary diabetes treatment that occurs once a month at the Midvale CBC. Interdisciplinary healthcare is the future of the medical field and this collaboration is what we should all be striving to achieve in order to provide the best care for our patients. We want to share what we learned from these students and why they do what they do.

<table>
<thead>
<tr>
<th>What is the purpose of interdisciplinary care?</th>
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<tbody>
<tr>
<td>▶ Research has shown limited awareness of each profession's knowledge of other professions when comparing before and after educational courses</td>
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<td>▶ Multiple providers contribute to improving the overall well-being of patient care</td>
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<td>▶ The interprofessional collaborative model helps improve patient education</td>
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<table>
<thead>
<tr>
<th>Treatment Model</th>
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<tr>
<td><strong>OT</strong></td>
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<tr>
<td>- Find out patient daily routines, roles, &amp; habits</td>
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<tr>
<td>- Discuss energy conservation strategies, medical management, community resources, sleep hygiene, &amp; small habit changes</td>
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<tr>
<td><strong>Pharmacy</strong></td>
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<tr>
<td>- Counsel on medications</td>
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<tr>
<td>- Update medications</td>
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<tr>
<td>- Counsel on smoking cessation</td>
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<tr>
<td><strong>Nutrition</strong></td>
</tr>
<tr>
<td>- Perform a 24 h food recall</td>
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<tr>
<td>- Ask about food preferences</td>
</tr>
<tr>
<td>- Counsel on dietary changes</td>
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<tr>
<td><strong>Medical/PA/Nursing</strong></td>
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<tr>
<td>- Educate on the disease process</td>
</tr>
<tr>
<td>- Counsel on diabetes related complications</td>
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<tr>
<td>- Educate on blood glucose check</td>
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<tr>
<td><strong>PT</strong></td>
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<tr>
<td>- Determine the physical activity level of each patient</td>
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<tr>
<td>- Educate on diabetes related guidelines for exercise</td>
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<tr>
<td>- Discuss exercise preferences</td>
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**Patient Centered care**

**Treatment Protocol**

- Obtain diabetes specific hx
- Perform diabetes specific physical exam
- Regroup with proctors to prioritize patient needs, including treatment implementation or changes
- Motivational interviewing and patient education
- Dedicated time for each patient to address their questions and concerns
- Use of teach back method to assess patient learning

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**Student Volunteer Experiences:**

"Diabetes treatment night allows you to be exposed to other occupations and understand what they bring to a treatment plan and well-being of a patient. It is an incredible opportunity." - *Medical student*

"This treatment night helps fill in the gaps in healthcare. We are able to address the patient's needs from all different viewpoints and in all aspects of their health. It is an experience you can't get just staying in your respective positions." - *Physical therapy student*

"There is a lot more to the management of every patient and it's great to see other prospective. It helps different health professionals to see the whole picture. It helps us to know in the future as professionals, what is available for our patients. It is a humbling experience." - *Pharmacy student*

Their developed treatment model also comprises of patient developed goals or "metas" including 3 patient goals in regards to nutrition, physical activity, and medication adherence
You are invited to celebrate the 4th Birthday of
the Student-Run Pro Bono
Physical Therapy Clinic

Monday, March 5th
6pm – 7:30pm
Light Dinner will be provided at 6pm
~6:45pm Student Presentations~

520 Wakara Way, SLC
South Classroom

Please RSVP by March 1st
to UofUProBonoPT@utah.edu
Hope to see you there!

The pro bono student board is throwing a birthday party to celebrate the 4th year since the opening of the Midvale clinic! All are welcome including families! There will be a taco dinner and dessert to follow. Some of our student board members will be giving a brief presentation on clinic outcomes and interprofessional treatment. We want to say a big thank you to all who have supported and participated in the success of the clinic and we look forward to many years of success to come! We hope you can be there to celebrate with us!
Many thanks to the following January and February Volunteers!

Attending physical therapists:
Neil MacKenzie  Aaron Lowry
Nira Salant      Misha Bradford
Lance Barton     Jordan Tazoi

Spanish Translators:
Jared Butler     Felipe Navarro
Tony Rossi       Tony Rossi
Colin Andrews    Nicholas Koch

Student physical therapists:
Anna Farrell, SPT ’20  Shannon Ballinger, SPT ’20
Caleb Falck, SPT ’20    Jess Glover, SPT ’19
Tom Petersen, SPT ’19   Tyson Winder, SPT ’20
Mitchell Orr, SPT ’20   Dusty Campbell, SPT ’19
Allie Smouse, SPT ’19   Erin Romero, SPT ’20
Cristina Cerrone, SPT ’19 Alan Brinkerhoff, SPT ’19
Paul Kezerian, SPT ’19  Lisa Palomaki, SPT ’20
Carson Chandler, SPT ’20 Shaun LaVigne, SPT ’20
Dilon Stephens, SPT ’20 McKinsey Wickel, SPT ’20
Kaylee Domire, SPT ’19  Christie Bunnell, SPT ’19
Anna Ratliff, SPT ’19   Josh Meyer, SPT ’20
Megan Tierney, SPT ’19  Melody Rogers, SPT ’20
Cossette Burnham, SPT ’19 Danaya Olmstead, SPT ’19
Haley Norman, SPT ’20   Alexa Mendenhall, SPT ’20
Chandler Dunn, SPT ’19  Trevor Bonn, SPT ’20
Addison Collard, SPT ’19 Megan Smith, SPT ’20
Aldo Ornelas, SPT ’20   Bryan Samuelson, SPT ’19
Kade Jones, SPT ’19
Stephanie Hayes, SPT ’20
Gillian Beran–Maryott, SPT ’20
Jenna Stone, SPT ’20
Taylor Devereux, SPT ’19
Melanie Allegretti, SPT ’20
Dylan Wile, SPT ’19
Melanie Wright, SPT ’20
Marc Humbert, SPT ’19
Cade Thornley, SPT ’20
THANK YOU TO ALL WHO HAVE DONATED!

All of our progress and accomplishments have been thanks to the funds, equipment, and supplies provided by our generous donors.

INTERESTED IN HELPING?

To volunteer as an attending physical therapist or Spanish translator, please contact: uofuprobonopt@utah.edu

To donate small equipment items or supplies, contact us at uofuprobonopt@utah.edu or (435) 612-0066

SPREAD THE WORD!

If you know of anyone who is interested in the clinic, please encourage them to subscribe to our newsletter. To subscribe: Send an email to sympa@lists.hsc.utah.edu with the subject "Subscribe probono_pt_clinic YOUR NAME"

Thank you for reading! Look for our next newsletter in May. For questions about the information provided here or about our clinic in general, please contact uofuprobonopt@utah.edu

Student Board Secretaries,

Cristina Cerrone, SPT '19
Andrea Coffey, SPT '20