

# September / October Student-Run Pro Bono Clinic Newsletter

## 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:

- ▶ *Fall events recap*
- ▶ *Welcome new board members*
- ▶ *Clinic volunteers*
- ▶ *Patient testimonials*



Photo credit: John Center

## *THANK YOU TO 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](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/uofuprobonopt>

# EVENTS

## Midvale Health Fair



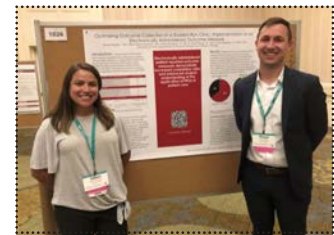
This was the third year that our clinic was represented at the Midvale Community Health fair and our students had a blast! First and second year student PT's performed fall risk assessments on multiple community members via fall risk questionnaires, 5 times sit to stand, and timed up and go outcome measures. They were able to recommend our PT clinic for multiple individuals and provide education for many others.

## Diabetes IPE Night:

Each month, an interdisciplinary team of student PT's, physicians, pharmacists, nurses, OT's, PA's and nutritionists come together to co-treat local community members diagnosed with diabetes. This is a great opportunity for both students and patients alike to be educated on this disease while working side by side other health care providers. These treatments nights are designed to increase cohesion in the health care system and provide care for a much needed patient population.

Next diabetes IPE night: November 25, 2019

Pictured: Trevor Staples & Gillian Beran-Maryott with the poster they presented at the International Society of Quality Life Research conference (ISOQOL) in San Diego.



This second and third year team manage research and outcomes for our student run clinics. Their poster presentation was on implementation of the PROMIS physical function computer adaptive test and student experiences during implementation. They also learned about health related quality of life outcomes from some of the leading researchers in our nation. ISOQOL was a unique opportunity for both Gillian and Trevor to gain knowledge and build a network to help us improve out patient reported outcome collection in our clinic.



## The Pro Bono Network's Mountain West Regional Consortium

Created last year, the Mountain West Regional Consortium is the newest consortia of the Pro Bono Network. Second year Trevor Staples and first year Avery Alexander will represent our school's clinics biannually as they collaborate with other pro bono clinics in the region. These student leaders will meet to share ideas, outcomes, resources, develop connections between clinics, and problem solve issues surrounding pro bono services. The overall goal is to improve the provision of student-run pro bono health services to those in need.



# WELCOME

## New Board Members

**Chandler McDonald**



### Clinic Director

"My passion for pain management and rehabilitation began after teaching yoga to senior citizens across the Salt Lake valley. Shortly thereafter, I started attending my father's physical therapy sessions and I realized a career existed in which I could incorporate my love for movement and helping people restore their physical function. During my undergraduate studies at Weber State University, I was fortunate to part of an international study abroad program that provided free medical services to an underserved rural community in China. This made me appreciate and value the importance of serving those faced with healthcare barriers. Continuing the mission of providing medical treatments to the underinsured and underserved individuals at across the communities I have grown to love is what made me apply for the position."

### Attending Liason

**Amelia Evans**



"I am from South Jordan, Utah and received my BS in Kinesiology from the U of U. I chose PT because I love the amount of time you get to spend with patients and the relationships you build with them. What initially drove me to PT was my love of exercise and overall health/wellbeing. I wanted to get involved with the pro-bono clinic and I saw the board as an awesome opportunity to do that. So far it has been a great experience and it is fulfilling to know that I am contributing to the clinic's success. I recently picked up mountain biking and have been enjoying that with my husband. I also love rock climbing and try to go on any opportunity I can."

**Maegan Stelzer**



### Finance Director

"I grew up in a suburb outside of Phoenix, Arizona, which is why I love anything that will get me outdoors in the sunny weather. My hobbies include hiking, wakeboarding, remodeling projects, and, most recently, snowboarding. I moved to Provo after high school to study at BYU and received my undergraduate degree in Athletic Training. I wanted to become a Physical Therapist because I wanted a career in healthcare where I could specialize in helping people function better and appreciate more all the amazing things our bodies are capable of. I chose this position on the board because I have considered possibly opening my own Physical Therapy practice at some point in my career and I believe this experience will be beneficial should I decide to do so in the future."

### Research & Outcomes

**Anndee Neuman**



"Before moving to Utah, I was born and raised in Soda Springs, ID. After high school, I moved to Salt Lake and completed my Bachelors of Science in Athletic Training at the University of Utah. GO UTES! Physical Therapy is the right graduate degree and career path for me because I enjoy interacting with people who are impaired and helping them to achieve their goals. I am excited to be on the Pro-bono board for the same reasons; I can be a direct part of helping to improve patient care and, hopefully, quantify our work. In my free time, I enjoy any outdoor activity where I can bring my dog Ranger. Our favorites include trail running, hiking, mountain biking, and swimming."

# WELCOME

## New Board Members

### Clinic Coordinator

**Kevin Maxwell**

"I graduated from UVU in Exercise Science. I chose PT because my entire life I have always loved sports and in my undergrad, Biology of the body was my favorite subject. PT was the combination of both. Also during my undergrad, I had the opportunity to be a PT aide and I fell in love with the profession. I wanted to be on the board because as a member of the medical community it is our responsibility to enhance the health of those within our community. This is an amazing opportunity to help those who could benefit from this assistance. In my free time I love spending time with my wife and our yellow lab. I also enjoy watching sports of any type especially wrestling and football."



**Emma Garcia**

### Secretary



"From Richland, WA, I received my degree in Psychology from the University of Washington. After learning about PT, the fit became perfect. It's creative, it's a puzzle (and I'm a huge fan of mysteries), it's a way to engage with people while providing care all at once. I chose pro bono because I believe that health care should not be exclusive, but inclusive. I believe that servicing the community is our duty as clinicians; we have a special skill set that can help many people and to be a part of something bigger than myself is such a privilege. In my free time I like to cheer on my Huskies, read books on psychology, conquer my fear of heights by beginning climbing, spend time with friends and family, and take in the great outdoors."

### Attending Liason

**Avery Alexander**

"I am from Park City, UT and did my undergraduate in Exercise and Sport Science at the U of U. I chose PT because I've always had an affection for helping others succeed in their lives. PT was the perfect combination of helping others with compassion and achievement by using exercise as medicine. I believe everyone should have access to health care, and our student-run Pro Bono Clinics helps underserved populations have access to physical therapy. In my free time, I enjoy being outdoors. I love to hike, bike, run, and camp. When I am not studying or in class, I am usually outside enjoying the mountains."



**Cam Avcu**

### Interprofessional Education



Cam is from Seattle, WA and studied Kinesiology at Washington State University. Cam was a member of the men's rowing team and had his first introduction to physical therapy after experiencing a season-ending injury. He was inspired and uplifted by the physical therapists that helped him, and hopes to do the same for his future patients. He joined the pro bono board because he wanted to find a meaningful way to engage with and give back to the community; his current position is in interprofessional education. In his spare time, he enjoys swimming as a member of the University of Utah club swim and dive team.

### Interprofessional Education

**Hailey Persons**

"I am from Phoenix, AZ and graduated from Arizona State University in May with a bachelors in Kinesiology. I chose PT ultimately because I wanted to be able to help people. My twin sister was born with cerebral palsy and I watched therapists come and work with her and I knew that I wanted to do the same thing and be able to help others like her. I love that physical therapy can improve the quality of life of individuals in a variety of ways. One thing that really impressed me about the University of Utah and why I chose to come here was their commitment to pro-bono work. I chose to join the board because I think it is such a neat thing and love giving back to the community. In my free time I love to read, be in nature and be crafty."





# - September & October -



## TO OUR VOLUNTEERS!

### Spanish Translators:

Valentina Heyn	Melanie Montelongo
Kenzi Wilde	Daniela Tholen
Marisol Montelongo	Miles Jensen, SPT 22'

### Attending Physical Therapists :

Jason Sharpe	Misha Bradford
Lori Yokomizo	Tim Golder
Lance Barton	Alan Brinkernoff
Katie Scaff	

### Student Physical Therapists :

Sutherland Wyatt, SPT 21'	Marisol Sullivan, SPT 21'
Nick Lewis, SPT 21'	RJ Howey , SPT 22'
Lorinda Greeno, SPT 21'	Jeff Denning, SPT 21'
Savannah Yauney, SPT 21'	Anndee Neuman, SPT 22'
Kaytee Peek, SPT 21'	Makenzie Duff, SPT 22'
Andy Proctor, SPT 21'	Amelia Evans, SPT 22'
Robby Lee, SPT 21'	Alli Hahn, SPT 21'
Elaina Smaby, SPT 21'	Spencer Buhler, SPT 21'
Natalie Ferguson, SPT 21'	Mary McCreedy, SPT 22'
Shelbey Magee, SPT 21'	Kelani Ulufale, SPT 21'
Jacob Striejewski, SPT 21'	Chandler McDonald, SPT 22'
John Center, SPT 21'	Corbin Class, SPT 22'
Tori Martinez, SPT 21'	Sarah Brook, SPT 21'
Max Hunter, SPT 21'	Hailey Persons, SPT 22'
Liz Hockett, SPT 21'	Adam Hartshorn, SPT 21'
Ethan Vosburg, SPT 21'	Kevin Maxwell, SPT 22'
Michael Barton, SPT 22'	Jared Smith, SPT 21'
Erin Williams, SPT 21'	

“

What our patients are saying about our student PT's:

"professional and detailed"

"They are really good!!"

"Amazing, helpful and informative. [students] have great upbeat attitude and provide encouragement"

”

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](mailto:uofuprobonopt@utah.edu)

To donate small equipment items or supplies, contact us at  
[uofuprobonopt@gmail.com](mailto:uofuprobonopt@gmail.com) or (385) 887-9002

## 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](mailto:sympa@lists.hsc.utah.edu) with the subject "Subscribe probono\_pt\_clinic YOUR NAME"

Thank you for reading! Look for our next newsletter in January. For questions about the information provided here or about our clinic in general, please contact  
[uofuprobonopt@gmail.com](mailto:uofuprobonopt@gmail.com)

Student Board Secretaries,

Alli Hahn, SPT '21

Emma Garcia, SPT '22