

# Student–Run Pro Bono Clinic Newsletter January/February

WELCOME TO THE 2018 JANUARY/FEBRUARY NEWSLETTER FROM  
THE DEPARTMENT OF PHYSICAL THERAPY'S STUDENT-RUN PRO  
BONO CLINIC

## 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:

- ▶ IPE Board spotlight
- ▶ Farewell to the third year pro bono board members
- ▶ A word from third year clinic director Leslie
- ▶ Student physical therapist testimonials
- ▶ Thank you to all the volunteers



Photo credit: Rebecca Ferguson

**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](https://umarket.utah.edu/ugive/index.php?gift_id=68&special=%20Midvale%20Clinic%20HE23467-40165)



Learn more about us!

**Visit our website at:**

<http://www.health.utah.edu/pt/pro-bono/index.html>

**We're on Twitter!** You can follow us at @UofUProBonoPT

**Like us on Facebook:** <https://www.facebook.com/uofuprobonopt>



# IPE Board Spotlight

## "Interdisciplinary Diabetes Care at the Midvale CBC"

ON FEBRUARY 24,  
2018

our pro bono board members of the IPE board Allie Smouse, Taylor Deveroux, and Catherine Fink, along with medical student Kate Peacock, will be presenting at the 2018 Society of Student-Run Free Clinics Annual Conference in Omaha, Nebraska. On November 1, 2017, their abstract submission was accepted and they were approved to speak at the upcoming conference. Students from around the country of all disciplines in health-care will be attending and listening to them speak about some of the work being done through our pro bono services at the University of Utah.

Allie, Board Coordinator, and Taylor, Research Director, head the physical therapy aspect of IPE treatment nights that take place once a month at the Midvale CBC clinic. Local patients diagnosed with diabetes in need of pro bono services come to the clinic to receive interdisciplinary treatment from student physicians, physician assistants, physical therapists, occupational therapists, nurses, nutritionists, and pharmacists. In their presentation, they will be discussing the origination of this treatment night, their treatment model, problems they have faced and how they have overcome them, as well as current and future re-

search associated with this project.

Last year at the Widener Conference, Allie, Taylor, and third year board member Andrea Corwin, presented about IPE diabetes treatment nights and this year they will be giving an update on improvements they have made including changes to treatment protocols as well as adding occupational therapists to the committee. Most importantly, they want to share with other healthcare students the benefits of working in interdisciplinary settings and the impact that it has made, especially as it relates to diabetes.

This presentation will also be delivered to University of Utah students and faculty at the HSEB at the beginning of February. Look out for more information about a date and location if you are interested in hearing more about IPE treatment nights. We wish them the best of luck and are proud of the work they have done thus far.

Both physical therapy and occupational therapy students are invited to volunteer to treat. Contact Allie at [allie.smouse@utah.edu](mailto:allie.smouse@utah.edu) if you would like more information!



## TO OUR THIRD YEAR PRO BONO BOARD MEMBERS

It is that time of year again when the third year PT students complete their didactic coursework in the program. For us, that means losing some wonderful board members as they begin their new clinicals in January. They have done incredible work on the board during their three years and we want to thank them for their dedication and drive to make this clinic what it is today. We will continue to do the same to bring about change and further success in the pro bono clinic .



**Leslie Cagle**  
Clinic Director



**Sarah Ward**  
Secretary



**Andrea Corwin**  
IPE Board



**Audrey Mallon**  
Technology



**Janessa Milne**  
Student Liason



**Casey Smith**  
Finance



**Laila Gerace**  
Attending Liason



**Shelby Lee Harris**  
Outcomes

## A WORD FROM OUR THIRD YEAR DIRECTOR, LESLIE:

"I'm filled with mixed emotions as I write this. I'm happy and excited about upcoming internships and then moving on to a career that promises to be rewarding. But I'm also sad to be leaving such a great group of wonderful, dedicated people and friends. The last three years on the student-run pro bono clinic board was definitely the highlight of my physical therapy career so far.

I have learned so much with you all. I've learned that sometimes it's not the most complicated idea that makes the most difference but the simplest – like having food at our meetings. Game changer! I've learned that if you ever feel lost, unmotivated or burnt out, the best thing to do is volunteer so that you remind yourself that it's not about you and that what you do matters. I've learned that one person can make a difference – like producing newsletters, annual reports, getting volunteers, connecting people to get a medical Spanish course for our students, or organizing a party, fundraiser or conference. I've been amazed at what happens when you bring those individuals together – the group can make a lasting change for the community. In the three years my class has served on the board, we, along with our volunteers and counterparts, have saved individuals of greater Salt Lake City about \$175,000 in physical therapy related medical costs, seen about 300 patients and logged over 3,500 volunteer hours.

I'm confident that the current board will continue to improve our clinic and make an even bigger impact on our community. You are amazing, inspiring, and full of great ideas. I'm excited for you!"



*from student physical therapists*

"The pro bono clinic was a big part of what drew me to the University of Utah's program initially. Not only does it allow us students to learn so much, but helping local people in our community in need of our care who might not otherwise have the opportunity is so gratifying. Seeing students and physical therapists in the community come together to donate their time to help other people is truly an incredible thing."

"The attending physical therapists that I have had the chance to work with have been great in facilitating our learning. They guide us as needed, but they really allow us to think, arrive at conclusions, and brainstorm solutions on our own. It is a great experience as a student and we are learning so much while also doing something great by helping those who really need it."



# Many thanks to the following November and December Volunteers

## Attending physical therapists:

- Arian Mohajer
- Grayson Doar
- Nira Salant
- Kim Cohee
- Jessica Tidswell
- Katey Blumenthal
- Robin Cecil

## Student physical therapists:

- |                                |                          |
|--------------------------------|--------------------------|
| Chris Dailey, SPT '20          | Justin Watson, SPT '20   |
| Kelsey Watson, SPT '19         | Catherine Fink, SPT '20  |
| Lisa Palomaki, SPT '20         | Ceci Burton, SPT '19     |
| Amy Ballard, SPT '18           | Kay Osterloh, SPT '19    |
| Gillian Beran-Maryott, SPT '20 | Kade Jones, SPT '19      |
| Tyson Winder, SPT '20          | Addison Collard, SPT '19 |
| Leslie Cagle, SPT '18          | Alex Anderson, SPT '19   |
| Erin Romero, SPT '20           | Tanner Ladsten, SPT '20  |
| Josh Meyer, SPT '20            | Pablo Zarate, SPT '20    |
| Sam Dawson, SPT '19            | Chandler Dunn, SPT '19   |
| Grace Ku, SPT '20              | Melanie Wright, SPT '20  |
| Cosette Burnham, SPT '19       | Dilon Stephens, SPT '20  |
| Allie Smouse, SPT '19          | Shelbie Mathis, SPT '19  |
| Shelby Lee Harris, SPT '18     | Felipe Navarro, SPT '20  |
| Bryan Samuelson, SPT '19       | Becky Palmer, SPT '19    |
| Cade Thornley, SPT '20         |                          |
| Mike Witt, SPT '19             |                          |
| Kaylee Domire, SPT '19         |                          |
| Adam Maxwell, SPT '20          |                          |

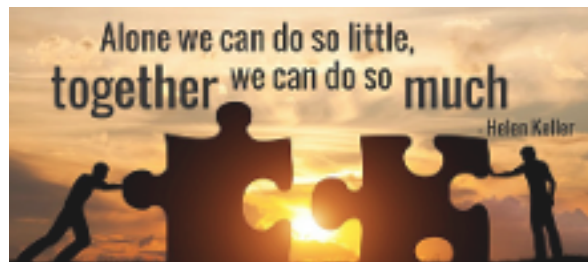
## Spanish Translators:

- Alicia Judd
- Michael Poole
- Arthur Anderson
- Brooke Hussey
- Jared Butler
- Jacob White
- Carina Ream



## 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](mailto:uofuprobonopt@utah.edu)

To donate small equipment items or supplies, contact us at [uofuprobonopt@utah.edu](mailto: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](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 March. For questions about the information provided here or about our clinic in general, please contact [uofuprobonopt@utah.edu](mailto:uofuprobonopt@utah.edu)

Student Board Secretaries,

Cristina Cerrone, SPT '19

Andrea Coffey, SPT '20