MESSAGE FROM DR. LOWE

Dear DPT Program,

I am sending my warmest wishes and utmost gratitude to all during this Holiday Season. Everyone has come together in the most remarkable way to navigate countless challenges to achieve our common goal – training future clinicians, leaders and educators in physical therapy. The collective effort created a safe, supportive environment that maintained the integrity of training, so students are prepared to serve patients/clients with compassionate, competent, holistic care. I wish you, your families and friends a joy-filled holiday that renews and revives, and look forward to the blessings of 2021.

Deborah Lowe, PT, MS, MA, MTOM, PhD, L.Ac.
We appreciate everyone working so hard this past year with the given circumstances. Thank you all for your flexibility and versatility to make the SOC events happen during these tough times. Stay safe.

"Happy Holidays!"

Top row left to right:
Zacharia Williams - Committee Chair
Kirsten Hee - Diversity, Equity and Inclusion Coordinator
Katelyn Sullivan - Outreach Coordinator

Bottom row left to right:
Maureen Cobile - Social and Events Chair Coordinator
Joseph Nguyen - Professional Development Coordinator
Talar Kazanjian - Communications Coordinator
A warm welcome and a very special shout out to our incoming cohort for enduring a first semester unlike any other. Way to stay positive, adapt to the changes and continue to thrive.

Welcome Class of 2023

Lindesse Ann
Nick Akapatangkul
Alissa Beall
Eric Bergman
Peyton Ding
Rachael Eubanks
Tyler Fidler
Sean Foley
Samantha Galang
Cindy Gutierrez
Cilina Haddad
Hadley Hageman
Kyle Hietpas
Kristi Hong
Alexandria Kim
Alyssa Koda
Ya Yueh Joyce Liao
Emerly Luong
Rebecca McKim
Kieran McQuade
Charly Nguyen
Emily Olson
Alexander Ojelabi
Sidney Rose Ortega
Andrew Park
Christopher Perry
Tara Rao
Jacklyn Regan
Casey Riordan
Vincent Rios
Adrienne Rossi
Aram Shahnazaryan
Tigran Shamiryan
Justin Shauf
Jay Villanueva
James Yeh
Christina Zikry
CONGRATULATIONS

CLASS OF 2020!!!
Our Graduates

Chelsea Ades
Maria Africa
Dillon Almazan
Eric Bilbo
Jacqueline Cabuhat
Nikolas Dewinne
Holly Garcia
Shimeng Gao
Michael Janjigian
Darryl Jorda
Stephen Lee
Joseph Love
Christopher Lui

Deema Majaj
Kimberly Menendez
Sydney Monkman
Derek Nishikawa
Katy Schneider
Nazanin Shobeiri
Annie Soo
Jordan Stoever
Shivani Suklikar
Chelsea Taylor
Alan Vu
Katrina Wong
Hannah Yoo
Lindsay Yoshiba

BELOW IS THE LINK FOR OUR VIRTUAL GRADUATION. FWD TO 34/35 MINUTES TO SEE FAMILY MEMBERS HOOD OUR GRADUATES

https://www.youtube.com/watch?v=CmfuWlrzIGw&feature=emb_logo

Integrity
Empathy
Social Citizenship
Diversity
Knowledge
Leadership
Effectiveness

Doctor of Physical Therapy
Class of 2020
This year's virtual volunteer events

STEPTEMBER

MSMU STEPPED IT UP for Cerebral Palsy this year by participating in STEPtember - a global health & wellness fundraising initiative that supports life-changing cerebral palsy research. Every participant was encouraged to take 10,000 steps a day and could choose from over 40 wide-ranging activities that they can convert to steps.

RESULTS

MSMU raised over $4,400 for the Cerebral Palsy Alliance Research Foundation
We stepped over 11 million steps in 28 days
Ranked: 58th in the nation for fundraising and 50th for steps

OUR WINNERS

TOP FUNDRAISER: DYLAN MCLEAN

TOP 3 STEPPERS: ALISON GERTLER, KELSEY SEXTON AND ALISSA BEALL
OUR NEWLY CERTIFIED SPECIALISTS

**Geriatric**

BAO NGUYEN, PT, DPT

DR. NGUYEN RECEIVED A DOCTORATE IN PHYSICAL THERAPY IN 2015 FROM MSMU.

**Neurologic**

LAUREN ELIZABETH EBERHARDT, PT, DPT

MISS. EBERHARDT RECEIVED A DOCTORATE OF PHYSICAL THERAPY IN 2011 FROM MSMU.

**Orthopedic**

CHENG HAO CHEN, PT, DPT

DR. CHEN RECEIVED A DOCTOR OF PHYSICAL THERAPY IN 2017 FROM MSMU.

KARA NICOLE EVERHART, PT, DPT

MISS EVERHART RECEIVED A DPT IN 2016 FROM MSMU.

ALLISON DILLON KEMSLEY, PT, DPT

DR. KEMSLEY RECEIVED A DOCTOR OF PHYSICAL THERAPY IN 2017 FROM MSMU.

JESSICA ANNE PACE, PT, DPT

MRS. PACE RECEIVED A DPT IN 2015 FROM MSMU.

CHRISTOPHER JAMES POQUIZ, PT, DPT

DR. POQUIZ RECEIVED A DOCTOR OF PHYSICAL THERAPY IN 2017 FROM MSMU

MADELINE GILLMORE STAR, PT, DPT

MS. STAR RECEIVED A DOCTOR OF PHYSICAL THERAPY IN 2017 FROM MSMU.
James R. Szalay, PT, DPT
Mr. Szalay received a Doctor of Physical Therapy in 2014 from MSMU.

Leah Rose Wolfman, PT, DPT
Dr. Wolfman received a Doctor of Physical Therapy in 2017 from MSMU.

Pediatric
Shahrzad Sophia Sadrpour, PT, DPT
Dr. Sadrpour received a Doctor of Physical Therapy in 2013 from MSMU.

Sports
Suren Meliksetyan, PT, DPT
Dr. Meliksetyan received a Doctorate in Physical Therapy in 2015 from MSMU.

Women’s Health
Laura Ellen McGuckin, PT, MPT
Mrs. McGuckin received a MPT in 1995 from MSMU.

Desiree Pabin, PT, DPT
R. Pabin received a Doctorate of Physical Therapy in 2014 from MSMU.
**DEI: DIVERSITY EQUALITY AND INCLUSION**

Since May, the nation has been embroiled in a national discourse on racial justice sparked in response to the murder of George Floyd and subsequent resurgence of the Black Lives Matter Movement. The Mount’s Student Outreach Committee felt that discussion and action surrounding these issues did not have to be left to larger stages, but would be impactful and beneficial at the community level. This summer, a group of students came together to form an official DEI branch of the Student Outreach Committee and to develop and send out surveys to Mount DPT community members from the incoming class to alumni. There was an overwhelming response to the surveys. Students and alumni talked about their experiences in the clinic, activities and topics they would be interested in seeing in the curriculum and what they value about the DPT program as it stands with regard to issues of DEI. The feedback from the surveys was shared with a full-time faculty eager to listen and grow. Throughout this fall semester, Student Outreach Committee’s DEI branch has been working with full-time faculty to develop actionable items to continue to embrace and integrate DEI topics into the DPT program. Between the student-faculty collaboration and the survey feedback the following categories for growth were identified: Curriculum, Outreach, Clinical Education and Administration.

Some action items within these categories included:
- PT career days for local middle and high students
- Inclusion of implicit bias and other trainings hosted by the Mount’s Center for DEI into the curriculum
- Revision of slide decks to reflect the diversity in individual patients we treat and communities we serve

These discussions culminated in the student group’s participation in the November Faculty Retreat. During the retreat students, full-time faculty and adjunct faculty came together to discuss revision and future implementation of the various action items, as well as share experiences of how DEI issues come into play in the workplace and the physical therapy profession as a whole. At this time this student-faculty collaboration has accomplished:
- Develop a DPT presentation for MSMU undergraduate STEM students
- Updated the DPT website and policies and procedures to implement more inclusive and consistent language
- Implicit Bias and Race units included into the Therapeutic Interactions course series
- Changed name of “Specialty Practices in PT: Women’s Health” to “Specialty Practices in PT: Pelvic Health & Women’s Topics”
- First group of students joined the December 5th DPT Information Session for Q&A session

The DEI branch of the Student Outreach Committee looks forward to continuing this work with the faculty in the new year. The group additionally aims to bring diverse guest lecturers to The Mount for lunch and learns and serve as a safe space for marginalized students. If anyone is interested, whether current student or alumni, in working on these initiatives please reach out to Dr. Lowe or the DEI Coordinator Kirsten Hee (kirshee@msmu.edu).
In other exciting news, MSMU has just launched our Alumni Mentorship Program this last November. We started to connect alumni with current students to allow students to have any of their questions answered by recent graduates entering the field. It is a great opportunity for expanding your physical therapy network, professional relationships and spurring personal growth. We hope the program continues to grow and that everyone involved can gain something from it. Thank you to all the Alumni that are participating and continue giving back to the physical therapy community through MSMU.

If anyone is interested or have any questions about being a part of the program, please email Mount.DPT.SOC@gmail.com
**CAL PT PAC CHALLENGE**

**THREE PEAT CHAMPS**

**THE CAL PAC PT CHALLENGE**

Congratulations to Mount Saint Mary's University for winning the annual CAL PT PAC Cub Challenge for the 3RD consecutive time. We made a 2-week comeback nearing the deadline date and surpassed whichever school was in the lead at the time. With our efforts, we are now three peating champions beating out all CA PT schools. It is a terrific achievement, and everyone involved should be proud! Let's keep being the top advocates next year!

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**ALL WE DO IS WIN**

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**MSMU AND THE CAL-PAC PT CHALLENGE**

To remind everyone a bit about the CAL PT PAC, they represent the profession of physical therapy and elect candidates to our state legislature that understand and are sympathetic to the views held by our Association. The donations and Cub challenge help maintain strong connections to these legislators, especially when we need their support during bills that impact us. We must help them fight those battles that we can't fight.
Background:
Subacromial disorders account for up to 85% of shoulder conditions seen in primary care. Diagnostic ultrasound (US) is a useful clinical tool to gather real-time images and assess soft-tissue structures. Many studies have been able to conclude the reliability and validity of US and its use in treatment in patients with shoulder pain, but there has been limited research in the reliability of diagnostic US in measuring the subacromial space in various functional positions.

Purpose:
To determine the inter-rater reliability of diagnostic ultrasound measurements of the subacromial space in adults without shoulder dysfunction.

Methods:
14 participants had their subacromial space measured in a standardized resting position by two testers. The testers were masked to one another’s measurements. A third researcher took the measurements of the images produced by the testers and was masked to which image belonged to which tester. Windows SPSS statistical software determined data normality, statistical significance, and interrater reliability using ICC and SEM values.

Results:
Interrater reliability was assessed using several statistical analyses. There was a non-significant difference in the mean values of Tester 1 and Tester 2 with a p value of 0.076 (p ≤ 0.05) and a 95% CI of 0.009 - 0.173. The ICC value was 0.660 and the 95% CI ranged between 0.269 and 0.866. Based on statistical inference, it would be appropriate to conclude that the level of reliability between testers is “poor” to “moderate.”

Discussion/Conclusion:
It was determined that accuracy of measurements of subacromial space in healthy adults is highly dependent on the extent of training of the testers. Further research to determine exactly how much training would be needed for testers to produce accurate images would be helpful for the physical therapy community.

"The research performed this FALL serves as a precursor to additional research we will do in the SPRING that will be more specific to the neurologic population who have increased demands to their shoulder joint."
This year we have all had to improvise, adapt, and overcome. For me this meant this old dog had to learn new tricks including teaching 3rd grade (when did all these new ways to add get invented?), navigating online learning, and managing teaching in small groups in multiple classrooms. As someone who loves to connect with students, I struggled with not having the constant contact that occurs with being on campus. I realized how much I missed running into students in the halls and classrooms and having them drop by my office to chat about life or school. I can’t wait to be able to be in the physical presence of the students again and be able to see their whole faces instead of half.

With so much of my life on hold due to the pandemic, I was provided time to learn and reflect. One issue that rose to the forefront for me was the issue of race in society. I spent the summer and fall listening to current and former students of color to try to better understand their experiences in the world and on campus. I had my eyes opened to a history I was unaware of by reading a number of books including The New Jim Crow, The Black and the Blue, and Blood at the Root and by watching documentaries such as 13th. I was inspired by the words of Dr. Chukwuemeka Nwigwe in his address at the CPTA annual conference “Why I almost didn’t go to PT school”. I am appreciative of Kirsten Hee for spearheading the Diversity, Equity, and Inclusion (DEI) arm of the Student Outreach Committee and for all those students who have stepped up to be change makers. I am committed to standing with you all to make change in this profession and in this program with regard to DEI issues. I have been hard at work over the last month making changes to courses including utilizing more inclusive visual representations in powerpoint slides and adding content with regard to implicit bias and the role that race plays in both the quality and acquisition of healthcare. This is only the beginning of the journey and there is much more to accomplish.
On a personal note, a positive amidst the weirdness of 2020 was defending my doctoral dissertation in October and having all documents signed off in November. I am unsure of when or how graduation will look like at this point, but am happy to have this stage of my life in the rear view mirror. I am excited that I no longer have to wear the square mortarboard on my head at graduation and can finally wear the floppy tam. I am currently working on taking the 175 pages of text that I wrote and turning it into a manageable manuscript that I will attempt to get published. I look forward to my newfound free time to step away from my laptop on weekends, to complete some long overdue home improvement projects, and to get back into shape!

On a final note, I am working on a new project in life that I felt was important during these trying times. Every night before drifting off into insomnia I come up with three things from the day that I am grateful for. In the spirit of that practice and with the year coming to a close, here are the three items that I am grateful for during this year at MSMU.

1. I am grateful to be able to teach DPT students at MSMU. I sometimes feel I learn more from them than they do from me. My cup is so often full from the interactions that I have on a daily basis with them.

2. I am grateful to teach with a group of professionals who are passionate about the field of physical therapy. I am lucky to learn from, be mentored by, and be inspired by them on a regular basis.

3. I am grateful for the DPT students at MSMU. They are diverse, caring, compassionate, and amazing human beings who are going to make enormous impacts on the lives they touch.

Wishing everyone and their families a safe and happy holiday season!

Dr. Benjamin Cornell
ALUMNI SPOTLIGHT

ELIZABETH NAKAMURA, PT, DPT

Elizabeth Nakamura received her Bachelor’s degree in Biology from the University of San Francisco, and then completed her Doctorate of Physical Therapy from MSMU in 2018. After graduating, she completed a year-long orthopedic residency through Southern California Kaiser Permanente, and passed the accredited exam to become a Board Certified Orthopedic Clinical Specialist (OCS).

Currently, she’s working at PelvicSanity in Laguna Hills, specializing in women and men’s pelvic health physical therapy. She gets to incorporate her orthopedic background with patients dealing with pelvic issues! It’s the best of both worlds!

During the start of COVID-19, Elizabeth had a dream to build a mentorship program between recent alumni and the current DPT cohorts to give the students an opportunity to interact with those treating in different settings. It’s not only an outlet to ask about anything and everything related to physical therapy, but builds a network the students can use once they’re out practicing. With the help of the SOC and Dr. Lowe, and the overwhelming support of our DPT alumni, the program came to fruition and will hopefully continue to excel for years to come.

"Being a relatively new clinician and going through residency, I appreciated any help and insight I could get from my mentors and colleagues. My hopes are that I can bring those same values into this mentorship program so that our students rock the physical therapy world!"
"I was thrilled to receive the Robert L. Reeves Scholarship from the Palo Alto Elks Lodge. It's an honor to be recognized for the hard work and long hours we log to better ourselves as physical therapists. I applied for this scholarship to help lighten the financial burden that comes with pursuing a graduate level education, and so I can focus more on my studies. I am passionate about the field of physical therapy and enjoy working with patients to better their lives. One day I hope to be able to give back to the community and help others, just as the Palo Alto Elks Lodge helped me, so future students have one less thing to worry about while pursuing their dreams."

Elizabeth Reid

"I am honored to be chosen as one of the recipients of the 2020 Robert L. Reeves Trust Scholarship. The Reeves family vision is to provide physical therapy to children with physical challenges. This mission is close to my heart because I enjoy volunteering with kids with disabilities and I plan on becoming a pediatric physical therapist. I am grateful to Dr. Fietzer for her support with my application process."

Jorge Moran
Jero Sabangan (Class of 2009) (pictured far right) is part of the VA Palo Alto Health Care System (VAPAHCS). It is one of the first VAs in California to provide dry needling, a low-risk and no-medication treatment, for Veterans. Also, Dr. Sabangan hired Rebecca Raines-Lehmann (Class of 2013), another MSMU graduate to be the lead PT for their transitional rehab unit.

welcome little one!

Adam Gyi (Class of 2018) and his wife welcomed their first child which has definitely put a different spin on the current pandemic. Owen Pierce Gyi arrived into the world 7/6/20 at 11:04pm, 6lbs 5oz. Everyone is happy and healthy, and adjusting to the sleep deficit!
Shahrzad Sadrpour (Class of 2013) shared pictures of her wedding this past May 2020. She was happy to move forward with her wedding in light of Covid-19 restrictions. She currently works with Dr. Chang teaching Anatomy Lab in the Chalon Campus.

On Saturday, December 12th; Gabriella Lopez, our beloved Department Administrative Assistant, married Sevag Konyalian. Congratulations to both!!!
MORE ALUM NEWS!!!

Sarah Hirahara (Class of 2019) was offered an adjunct faculty position at Glendale Community College. She started teaching anatomy in the spring 2020.

Dr. Sarah Severios held a seminar on Zoom this October, during the pandemic, making sure to keep educating PTs and future PTs on the importance of pelvic floor muscles. Stay tuned for more seminars to come in the near future!

Orthopedic Connections to the Pelvic Floor Muscles
Speaker: Sarah Severios, PT, DPT
Location: Zoom (information to be emailed upon payment and registration)
Cost: Members - $10, Prospective Members - $30, Student Members - FREE
Student Prospective Members - $5, CPTA Life Members - FREE
Provider: Long Beach/South Bay District
Registration: https://forms.gle/oSqQYQRQ2zFSN97
Payment: https://www.paypal.me/cptalbsbdistrict
October 19
6:00-8:30 p.m.

DPT to PhD Pipeline Discussion with Dr. Erin Hannick

Q: What is your research subject?

Q: Why did you start your PhD?
A: I moved to the UK after 2 years of clinical practice, but I didn't know exactly how the health system operated in England. So I emailed physiotherapy research groups associated with Oxford University and got a position as a research assistant. I wanted to learn more and have more independence with research so I applied for a Clinical PhD Fellowship funding a 4-year PhD while still having time for some clinical work.

Q: What advice do you have for DPT students that are interested in a PhD program?
A: (1) Get research experience first, anything from data collection to basic data analysis to observing a large trial or smaller studies.
2) Talk to people within physical therapy and in neighboring research fields (occupational therapy, nutrition, behavioral therapy, computer science, biomechanics, medicine, health economics, etc) since a multidisciplinary approach is important.
In light of recent acts of aggression in Artsakh, fueled by a longstanding history of animosity and denial, many Armenians are once again forcefully displaced from their homeland. During these troubling times, I decided to support those families by fundraising through Sweet T Bakeries, where all proceeds from my cupcakes went directly to Armenian organizations helping Armenia.

Armenia dates back to its roots as a kingdom founded in 331 BC. Nagorno Karabakh, although an ethnically Armenian region, has been disputed land between Armenia and Azerbaijan since the fall of the Soviet Union when Stalin gifted this territory to Azerbaijan. Although a majority vote referendum recognized Artsakh as an independent state and a ceasefire was signed in 1994, in the recent months Azerbaijan violated the ceasefire, backed by Turkey, executing a premeditated military attack on the region. Turkey, a nation who has previously committed genocide of 1.5 million Armenians in 1915, has, yet again, capitalized on the world being distracted by the pandemic to carry out their life long goal of Pan-Turkism. The first step being erasing Armenia and Armenians off the face of the earth. Both nations have denied any wrongdoing but evidence over the last few months has shown otherwise, from Armenians being executed, cluster bombs on civilians and endless hate crimes.

With so many injured soldiers, countless numbers of refugees, families left without fathers, husbands, brothers, and no place to go, the people of Armenia need all the help they can get. During my fundraising I was so touched by all the DPT students at MSMU, who constantly reached out, supported my cause, ordered cupcakes and helped spread awareness. Thank you to all of you you have touched the lives of so many people and have supported me through these tough times.

Talar Kazanjian, Class of 2022

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HUMANITARIAN CAUSE THAT NEEDS URGENT ATTENTION

Armenians in Artsakh (Nagorno-Karabagh) experienced a brutal war on their ancestral homelands threatening their existence in a genocidal effort. As a result, we have thousands of wounded soldiers and civilians. I was shocked to learn that rehab centers and systems are not available in Armenia! I recently heard about the Armenian American Sports Medicine Coalition – they are working on establishing tele-physical therapy visits and are in dire need of volunteers. Might you or someone in your PT (or OT) network of colleagues be interested in this global aid initiative? Please feel free to reply to me or reach out to AASMC directly (email: info@aasmc.org).

In addition, the Ministry of Health in Armenia has also communicated a need for on-the-ground physical therapy volunteers. Dr. Nazarian can assist with sponsorship of an interested individual by a local non-profit organization. Please have any interested candidate send a CV and their available duration/timing for the proposed mission.

Rosalynn M. Nazarian, MD
Associate Professor, Harvard Medical School
Massachusetts General Hospital
Email: rmnazarian@mgh.harvard.edu

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CUPCAKES FOR A CAUSE

In light of recent acts of aggression in Artsakh, fueled by a longstanding history of animosity and denial, many Armenians are once again forcefully displaced from their homeland. During these troubling times, I decided to support those families by fundraising through Sweet T Bakeries, where all proceeds from my cupcakes went directly to Armenian organizations helping Armenia.

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Talar Kazanjian, Class of 2022

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Resources:
- https://anca.org/action-alerts
- https://onearmenia.org/
- https://armenianwoundedheroes.com/
- https://arswestusa.org/
- https://www.aasmc.org/
- https://www.unicefusa.org/

Donations needed: clothes, blankets, diapers, winter necessities, batteries, medical supplies, AFOs, assistive devices

For more ways to help this cause or spread awareness please contact me at talakaza@msmu.edu and follow @sweet_t_bakeries on Instagram to order cupcakes and help donate.
CONGRATULATIONS TO DR. ALAN C. LEE AS HE WAS JUST NAMED THE 2021 HPA THE CATALYST TECHNOLOGY AND INNOVATION Awardee

Dr. Julia Chang and et al:
- Novel Tonometer Device Distinguishes Brain Stiffness in Epilepsy Surgery
  Publication in Scientific Reports (accepted).

Dr. Ben Cornell and et al:
- Dr. Ben Cornell completed his PhD Dissertation: The Predictive Relationship of Academic and Overall-life Psychological Capital and Test Anxiety in Doctor of Physical Therapy students
  Completion Date:
  November 6, 2020
  Grand Canyon University
  Program: PhD in General Psychology with Performance Psychology emphasis

Dr. Alan C. Lee and et al

Books:

Journals: