Donna Joy El-Din, PT, PhD, FAPTA (1933-2010)

Dr. Donna J. El-Din, Distinguished Professor Emeritus of Eastern Washington University, passed away suddenly on April 26, 2010. Dr. El-Din was born on July 19, 1933 to Florence and John Westerlund in Pontiac, MI. She spent early years in Michigan, and enjoyed summers with her father's family in Coeur D'Alene, ID. Donna married the love of her life, Dr. M. Kamal El-Din in 1967; they were married for 43 years.

Donna received her Bachelor of Science in Education from the University of Michigan, her Certificate in Physical Therapy from the Mayo Clinic School of Physical Therapy, her Master of Science in Physiology from Wayne State University, and her PhD in Health Education from Texas Women's University. She began her career as a staff physical therapist at the Mayo Clinic and then Massachusetts General Hospital, and later served as director of the Department of Physical Therapy at Henry Ford Hospital in Detroit, MI. However, Donna is most highly respected for her meaningful contributions to physical therapist education. She entered academia as Assistant Professor of Physical Therapy at the University of Texas Health Science Center at Dallas in 1971, serving as chair of that department from 1976-84. In 1984, Dr. El-Din, happy to have the opportunity to be close to family in Coeur D'Alene, came to Eastern Washington University to develop the B.S. degree in Physical Therapy. She successfully led the political and financial efforts to establish the first (and only) physical therapist

El-Din, continued on page 2
El-Din, continued from page 2

education program in the inland, intermountain region of the Pacific Northwest -- a program recognized for its quality and innovation. Donna served as chair of the department from 1984-90, 1994-95, and again from 2001-02. She established the first Endowed Chair in Physical Therapy Education in this country, at EWU, in 1991, and was the first to fill this position. Donna offered visionary leadership regarding physical therapist graduate education. She successfully spearheaded efforts to transition to the Master of Physical Therapy degree in 1994, and wrote the proposal that resulted in a change in Washington state law in 2002, permitting the establishment of the Doctor of Physical Therapy (DPT) program at Eastern Washington University -- the first doctoral degree to be offered at a regional university in the state. Today, more than 90 percent of physical therapist education programs in the United States offer the DPT degree. Dr. El-Din retired from EWU as Distinguished Professor Emeritus in 2003, but continued to teach and mentor students frequently in the DPT program. She served the university through various leadership roles on the board of the Eastern Washington University Retirees Association, until her death.

Dr. El-Din shared her professional expertise and perspective through a vast array of service and leadership opportunities. She served on countless committees and task forces at Eastern Washington University, for the Physical Therapy Association of Washington and in the American Physical Therapy Association (APTA). She served on the prestigious Commission on Accreditation in Physical Therapy Education and was sought after internationally as a consultant to developing physical therapy programs, including the physical therapy curriculum at Kuwait University.

Dr. El-Din held leadership or board positions in the sections of Administration, Education, Research, and Geriatrics of the APTA, and the Physical Therapy Association of Washington (PTWA). She was appointed to the State Board of Nursing Home Administrators, by the governor, in 1995.

Donna epitomized the modern Renaissance woman. As a licensed private pilot she flew in the All Women's Transcontinental Air Races in 1965 and 1966, and nurtured her passion for flying as an active board member of the the Ninety-Nines, Intermountain Chapter, an organization of women pilots that provides networking and scholarship opportunities for women and preserves the unique history of women in aviation. She was a regional officer in Zonta International, a professional women’s service organization. Donna proudly served the American Association of University Women as a board member, and was a trustee for the Interplayers Theater in Spokane 1990-94. Dr. El-Din participated in various roles on the board of the American Institute of Parliamentarians, Spokane Alyce Baker Chapter, and was a registered parliamentarian for more than 20 years. Donna also thoroughly enjoyed participating weekly in her Tai Chi group.

Dr. El-Din’s important contributions and commitment to university, professional and community service have been recognized through an abundance of awards. She received faculty leadership, teaching and service awards from EWU (1987, 1994, 1995) and was awarded the Trustees’ Medal, the highest honor conferred upon a single faculty member, in 1996. She was named Physical Therapist of the Year by the PTWA in 1994. The APTA Section on Education honored her with their Leadership Award (1996) and the Pauline Cerasoli Lectureship (2005), and she received the APTA Lucy Blair Service Award in 1993. The designation of Catherine Worthingham Fellow, the highest recognition offered by the APTA, was conferred upon Dr. El-Din in 2007.

Perhaps, Donna’s greatest tribute and legacy are the thousands of patients, physical therapists, students and educators that she personally touched through her care, compassion, excellence, integrity, trust, warmth, humor and mentorship. Donna concluded the Cerasoli lecture in 2005 with the following story, so imbued with her optimism:

“I will close with the story of Betty. Betty learned that she had a terminal disease. She called on her friend for help. Betty told her friend, ‘When I die, I want you to put a fork in my hand.’ Puzzled, the friend asked her to explain that. ‘Because,’ said Betty, ‘all my life, when I’ve attended professional luncheons and dinners, and when after removing the main plate the server has said, ‘be sure to keep your fork,’ a delicious dessert has followed. So when people come to see me, and they see that fork in my hand, I want them to think the best is yet to come.’”

Dr. Donna El-Din is survived by her husband, Dr. M. Kamal El-Din, numerous cousins, and many students, colleagues, and friends who deeply mourn her loss. May Donna always be recalled for a blessing.

Meryl R Gersh, PT, MMS, PhD

Donations in Dr. Donna El-Din’s memory may be made to the Donna J. El-Din Memorial Scholarship Endowment, check payable to EWU Foundation; Eastern Washington University 127 Hargreaves Hall Cheney, WA 99004-2413 Attention: Asha
Message from the Chair
Greetings from the Riverpoint Campus. With another school year nearing an end, we can look back to a year which was both full of excitement and sadness. Interest in our physical therapy program here at Eastern grew to record numbers this past year, with 403 applications received and over 250 interviewed. The academic qualifications of the students gets stronger each year. Following the trends in the past, we sent out more acceptance letters than we have positions, knowing that many will go elsewhere. Well, to our amazement, many more chose Eastern this year than in previous years and thus we will have a class of around 50 students this coming fall.

At the end of last year, Dr. Ryan Mizner left Eastern to work at the University of Montana. We had several excellent candidates to fill his position and were very fortunate to be able to hire Dr. Patricia Nelson, PT, ScD, OCS, COMT, FAAMPT. She brings a very strong orthopedic clinical background to the program. It was a very exciting year for recognition of the physical therapy faculty. Dr. Meryl Gersh won the “Triple Crown” as she puts it. She received the Lucy Blair Service Award from the American Physical Therapy Association, Physical Therapist of the Year from the Physical Therapy Association of Washington and the Trustees Medal Award for Excellence in Teaching, Service and Scholarship from the Board of Trustees of Eastern Washington University. And, besides that, she will become the chair of the department starting this coming September.

Though we had many reasons to celebrate this past year, it was all overshadowed by the loss of a dear friend and colleague, Dr. Donna El-Din.

Donna meant so much to everyone in the department and the profession of Physical Therapy. After retiring some seven years ago, she continued to teach almost every quarter in the program. She was an inspiration and mentor to all of the students who have gone through this program.

If you are ever in the neighborhood, please stop by and say hello. You can also catch up on the department on the web at www.ewu.edu/pt.

Sincerely,
Byron Russell, PT, PhD

Faculty Spotlight:
Patricia R Nelson
After graduating with a BS in Exercise Science, Patty (or Dr. Nelson) went on to obtain her BS in Physical Therapy from the University of Minnesota. She practiced in the outpatient orthopedic setting, where she emphasized manual therapy training and received her Certificate in Orthopedic Manual Therapy (COMT) from the International Academy of Orthopedic Medicine- US (IAOM-US), in 1992 for the extremities, and 1995 for the spine. In 1995, she became an APTA board certified specialist in orthopedics, which she renewed in 2005. While she has always had a love for outpatient orthopedics, she has practiced in home health, the acute general medical, acute inpatient, and chronic pain multispecialty practice settings.

Patty was awarded an applied Doctorate of Science in Advanced Orthopedic Physical Therapy from Texas Tech University Health Sciences Center in 2008. Her project, Differential Diagnosis and Conservative Management of Chronic Female Pelvic Pain, was a culmination of years working with women’s health patients as well as chronic pain patients. In 2009, she became a fellow of the American Academy of Orthopedic Manual Physical Therapists, th U.S.A participant in the international federation of manual physical therapists.

Patty has been at EWU just over one year, and teaches the first year students functional and surface anatomy, and therapeutic exercise. In the second year, she teaches some of the orthopedic curriculum and a short introduction to women’s health topics. Her research interest is in the women’s health area, with a focus on the musculoskeletal dysfunctions commonly suffered by women. In addition to her teaching and scholarship activities, Dr. Nelson continues to practice at a local outpatient clinic as well as teach weekend continuing education courses with IAOM-US.

Faculty Recognition
Nancy Erikson, Senior Faculty and Director of Clinical Education, was honored to receive the Dale Shaffer Outstanding Alumnus Award from the Mayo Clinic Physical Therapy Alumni Association in Rochester, Minn., on Sept. 19, 2009.

Dr. Kimberly Cleary
Dr. Cleary was awarded the Faculty Merit Faculty Award for Outstanding Teaching again this year.
A Great Place to Work!

**Physical Therapists**

Full Time, Flexible Schedule, Great Pay and Full Benefits

We are a 72 bed, Joint Commission accredited, acute care community hospital located at the foothills of the Cascade Mountains in the beautiful Pacific Northwest. Whether you enjoy a peaceful rural setting and outdoor activities such as biking, hiking, skiing, boating and fishing, or prefer the theater, shopping, fine dining and endless activities city life in downtown Seattle has to offer, we are a short 30-60 minute scenic drive to everything the Northwest has to offer. We invite you to experience our open, friendly work environment.

We offer a competitive salary and benefit package. If you would like to join our team, please mail, fax, E-mail or visit us at: Valley General Hospital Human Resources14701 179th Ave. SE, Monroe, WA 98272Ph: 360-805-3478, FAX: 360-805-3459, E-mail hr@valleygeneral.org
Faculty Awards for the Class of 2009

Kevin Rupp earned the Scholastic Achievement Award; Chris Beadle was awarded the Faculty Leadership Award; Kara Andebranh and Isaac Leitz were both selected for the Faculty Merit Award.

Faculty Awards for the Class of 2010

Ashley Guy earned both the Scholastic Achievement Award and the Faculty Leadership Award; Lesley Marcacci was selected for the Faculty Merit Award.

Carnival of Wellness

Four EWU physical therapist students participated in the Carnival of Wellness for people with Parkinson's disease. The Carnival, organized by the Parkinson's Resource Center and NKS Rehab, is in its third year. Jesse Gefroh, Libby Schraufnagel, Ruthe Graham and Erica Bryant worked collaboratively with occupational therapist students from EWU, physical therapist assistant students from Spokane Falls Community College, pharmacy students from Washington State University, the staff at Oz Fitness on the South Hill and other healthcare professionals to provide fun assessments for the participants. Events included the Tinetti Performance Oriented Mobility Assessment, stationary biking, functional reach, grip and pinch strength assessment and the Wii for skiing and balance.

Screening Clinic

Second year physical therapist and occupational therapist students participated in a screening clinic at Riverview View Care Center in Spokane, WA on Thursday, May 7. This screening clinic is a collaborative activity planned during the geriatrics courses of both programs to facilitate students’ interprofessional learning about the roles and responsibilities of physical therapists and occupational therapists, and to provide the opportunity to practice knowledge, skills and behaviors in a community setting with older individuals.

The students work in a PT/OT student team with volunteer elders from the Riverview community. The screen includes a brief health history, assessment of vital signs, vision, upper extremity range of motion, cognition, grip strength and shoe safety. Students also do the timed-up-and-go and functional reach tests on each participant. This year, 76 elders from the community were screened in the two hours at Riverview.

Thank you to EWU graduates Chris Henderson, PT and Shane Nielson, PT from Riverview Care Center for facilitating this learning experience for our students.

Students at CSM

This past February, faculty and second-year DPT students from EWU joined thousands of other physical therapy professionals and students in San Diego for the APTA’s Combined Sections Meeting (CSM). Held annually, CSM offers programming such as lectures, roundtable discussions, and poster presentations from the APTA’s 18 specialty sections.

Four of EWU’s second-year DPT students not only attended CSM, but also presented research they conducted under the guidance of faculty members. Steve Goldrick, SPT, gave a platform presentation entitled, “Analysis of Two Ergonomic Interventions for Lifting Concrete Blocks Over Rebar Wall Supports in the Masonry Trade,” from his research with Professor Dan Anton, PT, PhD, ATC. During Saturday’s poster session, students Jesse Gefroh, Ruthe Graham, and Katlynn Hedgecock presented their poster entitled, “Physical Function, Age, and Mental Status Are Related to Physical Activity and Exercise Self-Efficacy 3, 6, and 12 Months Following Coronary Artery Bypass Surgery.” This was from research led by EWU Professors Tanya LaPier, PT, PhD, CCS, and Kim Cleary, PT, PhD.

To defray the costs of attending the conference, EWU DPT students began their fundraising efforts during the spring quarter of 2009. Fundraisers included a Halloween morning 5k run (the “Jack-O-Lantern Jaunt”), a silent and live auction, Thanksgiving pie sales, and countless others. Together, the second-year DPT class raised over $7,000 to help 32 of its students attend CSM.

Daniel Brasch, SPT
months following coronary artery bypass surgery. Poster – American Physical Therapy Association Combined Sections Meeting, San Diego, CA. Feb 20, 2010

Recent Grant

Cleary KK. Balance and Falls in Well Older Adults. Eastern Washington University Faculty Grant for Research and Creative Work. 2010-11. $5,000.

Dr. Dan Anton:

Recent Publications


Recent National Presentations

Cleary KK, LaPier TK, Jamison A, Beadle C. A novel approach to a typical cardiac rehabilitation program: For Your Heart, an exercise DVD. Platform – American Physical Therapy Association Combined Sections Meeting, San Diego, CA. Feb 19, 2010


LaPier TK, Cleary KK, Gefroh J, Graham R, Hedgcock K. Physical function, age and mental status are related to physical activity and exercise self-efficacy 3, 6 and 12 months following coronary artery bypass surgery. Poster – American Physical Therapy Association Combined Sections Meeting, San Diego, CA. Feb 20, 2010

Conference Posters


Conference Presentations


youtube Video


Grants


Senior Fall Prevention Awareness Day
EWU physical therapist students joined PT, OT and PTA students from other programs in our state in participating in the annual Washington State Senior Fall Prevention Awareness Day, during the month of September. As a result of a statewide report on falls, Washington Governor Christine Gregoire signed a statewide proclamation designating the first day of autumn as Senior Fall Prevention Awareness Day and encouraged students to provide screening clinics for seniors across the state.

Events at PT clinics and community/senior centers were designed to educate older adults, their families and their friends about the factors that increase the risk of falling and what can be done to prevent falls in the community and at home. Students provided educational materials, talked with older adults about causes for instability and offered advice on how to prevent falls. Interested adults participated in a falls screening that included the Timed-Up-And-Go (TUG) and Functional Reach (FR) tests. Based on the results of these tests and other factors (such as type of shoes, previous number of falls, etc.), the students provided participants with an assessment report card.

The goals for the rehabilitation students are: to continue falls prevention activities by expanding the knowledge of falls prevention throughout the state, and to have students from all PT, OT, PTA and OTA programs in the state of Washington participating in this event. Experienced students mentor junior students for the continuing annual success of falls prevention day by organizing training sessions, recruiting new students and developing their own skills through various leadership roles.

If you would like to sponsor a student-run Senior Falls Prevention Day screening at your facility next fall, please contact Nancy Erikson, PT, MS at 509.368.6612 or nerikson@ewu.edu.

EWU Third Year DPT Student Presents Poster at CSM in San Diego

Amidst the hubbub of my third-year clinical affiliations, I flew to San Diego to present my poster: Gait deficiencies in a patient with bipolar schizoaffective disorder and cognitive impairment: A case report at the Combined Sections meeting in February. It was an honor to participate and present my case report on a patient I had worked with during my second year internship. I am deeply grateful for the encouragement of my faculty mentor, Dr. Kimberly Cleary, who originally suggested that this unique case report topic needed to reach a larger audience.

I had a wonderful time sharing my research with many interested acute care therapists, students and faculty from other DPT programs. One therapist had worked in a psychiatric facility in her home nation of Colombia -- her stories seemed like something out of a movie compared to the more advanced psychiatric inpatient services seen in our first-world nation. It was also interesting to play “myth buster” for most of my audience: experienced clinicians did not know that bipolar disorder and schizophrenia alone cause movement dysfunction, but believed that the primary culprits were pharmaceuticals.

I enjoyed spending the rest of my time attending courses, which were even harder to choose this year than last year, now that I am developing specific professional interests. As with last year, it felt great to sit in a variety of courses and think, “Hey, I know what’s going on here!” thanks to the education we receive at Eastern. It was fun to keep running into the second-year DPTs. I applaud their heroic fundraising efforts to attend this year! Their hard work will undoubtedly continue a trend that will bring about greater community and alumni support for the EWU DPT students.

When I returned home, I looked back through the CSM handbook and realized that my poster had been the only presentation addressing major psychiatric illness. I hope that it lit a small fire of interest that will spread, encouraging further discussion within our profession on how to better treat the motor dysfunctions of the mentally ill. Finally, my hearty thanks to the EWU Graduate School, whose generous grant covered a portion of my expenses to attend CSM this year.

Megan Kranenburg, DPT III Student, Eastern Washington University

---

Richland Rehabilitation/Eagle Healthcare, Inc
1745 Pike Ave, Richland, WA 99354
E-mail: mnelson@eaglehealthcare.net

Full Time Physical Therapist Opening!

Seeking a physical therapist to join our dynamic therapy department. Our facility has an outstanding reputation for rehabilitation. Over 50% of our admissions return to home or assisted living! We have one of the largest therapy gyms in the area, as well as exceptional equipment. Give us a call to discuss opportunities with Eagle Healthcare. We offer competitive salaries as well as an incredible student loan reimbursement plan. Call Michelle @ 509-302-1459