

## College of Health Sciences Newsletter

# Oasis in the Desert



**Professor's trip to  
Saudi Arabia fosters  
future alliances.**

*Message from the Dean***Let's celebrate successes,  
aim high in the future**

As the holidays approach, the advisory board, faculty and staff of the College of Health Sciences at Old Dominion University has much to cheer. In 2014, collectively and individually, your expertise has helped us continue to realize our vision to improve health and quality of life at home and around the world through education, research, service and professional development.

Among our accomplishments:

- We had another 139 graduates for the Dec. 12 ceremony – totaling 393-plus graduates in the past 12 months.
- During a time of declining national funding for research, the College of Health Sciences has received extramural funding for 16 new grants with awards of more than \$1.4 million.
- For the first time at ODU, our college offered a Graduated Certificate Program in Global Health and received approval from the ODU Board of Visitors to offer the Ph.D. Program in Kinesiology and Rehabilitation Sciences.
- We closed the last academic year surpassing our fundraising goal by 400 percent, achieving the greatest ever philanthropic support of nearly \$800,000. Several of the new endowments were established by our own faculty and faculty spouses including the Michele Leonardi Darby Global Oral Health Award, Dr. Shelley Mishoe and Ken Mishoe Faculty Award and Dr. Deanne Shuman Endowed Scholarship in Health Services.
- Bon Secours Health System provided a major gift last year as well as the largest gift ever to the college from an anonymous donor.
- Since July 1, 2014, we have raised \$225,700, which is 45 percent toward our goal of \$500,000 by June 30, 2015.

Endowed funds established in the College of Health Sciences since July 1, 2014:

- Jordan and Carol Levitin Endowed Scholarship in Nursing
- Barbie Morgan Endowed Scholarship for Nurse Anesthesia Students
- LifeNet Health Medical Diagnostic and Translational Sciences Endowed Scholarship

Also to note, Monarch Physical Therapy officially opened during this fall semester and already we are near capacity, developing additional growth plans.

And all of our professional programs are fully accredited with exceptionally high pass rates – five programs have achieved 100 percent first-time pass rates. The nursing anesthesia program received a full 10 years of reaccreditation without a single citation, both of which are highly unique in the profession.

I applaud you for your faithful dedication to our mission. And I wish you a restful, enjoyable, and wondrous holiday season with friends, family and/or/maybe a pet or two. Here's to a Happy New Year and continued success in 2015!

**Table of Contents**

Message from the Dean	2
From the Editor	3
Faculty/Staff Honored	3
Oasis in the Desert	4-5
IPE-Roar	6
AIHA Conference	6
Ghanaians Visit	7
Bad Mix on Roads?	8-9
Student Fulfills Dream	9
Dean's Blog	10
Upcoming Events	10

**College of Health Sciences  
Newsletter**

Editor: Irvin B. Harrell

Designer: Tammie E. Smith

Contact us: [iharrell@odu.edu](mailto:iharrell@odu.edu)  
or 757-683-4095

## *From the Editor*

### **Making the world a better place – again**

Old habits die hard.

I guess you could say my love for newspaper journalism was a passion and -- when the shine began to wear off -- more of a habit. But after much soul-searching, I realized that a career I had fallen in love with more than 20 years ago was not the same career anymore. So I set sail for a new adventure.

During my journey I kept two key coordinates in mind. These were characteristics that buoyed me during my newspaper years.



Irvin B. Harrell

1. Learning something new on a regular basis
2. And more importantly, **the mission**, which I defined as “making the world a better place every day.”

Here at the College of Health Sciences, I haven’t had to give up either of the driving forces that for years made my previous career so meaningful. In fact, making the world a better place is what they do here, and I’m learning so much each day about how these dedicated professionals go about doing it.

The faculty and staff of the School of Nursing, School of Dental Hygiene, School of Physical Therapy & Athletic Training, School of Community and Environmental Health, the School of Medical Diagnostic and Translational Sciences, and the Center for Global Health spend their days lighting fires in the eyes of students bent on helping others, developing ways to embrace and heal the community, looking for alliances to better serve those in need of care, and taking health sciences to new heights through research and innovation.

I’d like to compare my new role as a seat at a sumptuous smorgasbord, where I have the luxury of unlimited servings. But it comes with one caveat: I have to share as I chronicle our successes and help coordinate and carry out our mission. And I shall. After all, there are more than enough servings for everyone.

---

### **Faculty/staff honored for enduring service to ODU**

On Dec. 10 at a luncheon recognizing long-standing service, a couple faculty and staff members from the College of Health Sciences received Service Awards:

- Lauren Arlaud from the School of Dental Hygiene received an award for five years of service.
- Kathie Clagett from the School of Physical Therapy & Athletic Training received an award for 15 years of service.

## *Oasis in the Desert*

### **Professor's trip to Saudi Arabia fosters future alliances**

By Irvin B. Harrell

Saudi Arabia may be an arid country, but it's fertile ground for top-notch dental hygiene education and future collaborations.

Associate Professor Deborah Bauman, an assistant dean for Old Dominion University's College of Health Sciences, spent more than a week there recently teaching and evaluating one of its university dental hygiene programs.

Bauman was invited to King Saud University in the capital city of Riyadh and also visited Princess Nora bint Abdul Rahman University, the largest women's university in the world. During her stay in mid-October, Bauman taught Dental Hygiene, Diabetes and Dental Hygiene Care, and Periodontal Disease and the Dental Hygienist at King Saud. Bauman also examined aspects of the university's dental hygiene program.

In a word, she was impressed by the facilities.

"King Saud has a dental school for men, *and* one for women," she said. "And they have a College of Applied Medical Sciences, which administers all the health-related programs for women.

"The schools there have unlimited resources," Bauman said. "They have technology that is more state of the art than anything we have."

While King Saud spares no expense, it doesn't have the pressures schools in the U.S. would have with such luxuries.

"If we had the same resources, we would be required to meet certain levels of enrollment, retention and graduation rates," Bauman said.

At King Saud, there are no such requirements. They have 30 dental hygiene stations, the same number as the School of Dental Hygiene. Difference is, ODU enrolls 48 students per class and King Saud enrolls 20 to 25.

Bauman, a graduate from ODU's Dental Hygiene Program in 1980 and the Master's Degree Program in 1982, has been teaching dental assistants and hygienists ever since.

King Saud also has an excellent faculty, tenured and non-tenured tracks, and a high-quality curriculum and standards, Bauman said. The university offers a four-year program and provides one-year internships thereafter.

Dental hygiene is extremely important in Saudi Arabia, a country where there is a high prevalence of dental caries. A study published in the Saudi Dental Journal in 2006 found the prevalence of dental caries at 93.7% for 12- to 14-year-old schoolchildren in Riyadh.

One of the aspects of the teaching at ODU that really intrigued professionals at King Saud was the School of Dental Hygiene's competency-based and case-based education.

#### **Campus of King Saud University**





“Where the King Saud dental hygiene evaluation is structured and objective, we have added levels of skill and measureable performance outcomes,” Bauman said. “Dental hygiene faculty members at ODU have developed a very objective and reliable, computerized clinical evaluation system for its students.”

Bauman, on her first trip to Saudi Arabia, was as fascinated by the culture as she was with the quality of education.

“The people were very warm and friendly,” she said. “All of the Saudi women have professional positions and are well educated. Meanwhile, they manage a staff of drivers, cooks, housekeepers and child care providers.”

**Universities in Saudi Arabia have the latest in technology at dental hygiene schools.**

In most of Saudi Arabia, men and women rarely interact. They have separate quarters at home with separate living rooms in some cases. Households include an extended family, children and a large household staff living in their homes.



“During my visit, I was invited to three homes, two of which there was no interaction with men,” Bauman said. “The homes were large with gates, courtyards. They were ornate with lots of gold, velvet and chandeliers.”

Despite the separation between men and women, “male and female children had fabulous manners and education is considered a high priority,” she said.

Bauman was pleasantly surprised to find Wadi Hanifah while sightseeing in Riyadh. The area is the focus of a successful environmental restoration and redevelopment project in the city.



“It is a beautiful oasis where Saudi citizens go to picnic, hold family celebrations and relax,” she said. “Date palm trees shade the semi-private picnic areas where families barbecue and enjoy the breezes. Children laughed and played. I felt at home.”

Besides the bonds Bauman built at King Saud University, she also impressed administrators at Princess Nora bint Abdul Rahman University, a school with more than 42,000 students and 15 colleges.

Bauman says she was invited to return to Saudi Arabia and that she plans to act on the offer.

But her next visit could come sooner than she thinks.

On Dec. 3, she, four faculty members from the School of Dental Hygiene, School of Nursing and the director of the ODU Center for Global Health met with the dean and faculty members from the College of Dentistry to discuss future collaborations between the Princess Nora and ODU.

***IPE-Roar*****Faculty members get grant money for special project**

Congratulations to Linda Bennington (Nursing) James Blando (Community and Environmental Health), Maureen Boshier (Community and Environmental Health), Denise Claiborne (Dental Hygiene), Denise Isabel (Nursing) and Sharon Stull (Dental Hygiene)! These faculty members have won grant funds from the ODU Office of Student Leadership and Involvement, Service Learning Instructional Mini-Grant program. They received this funding to support their Interprofessional Education through Community Service Engagement service learning project. The overall objective of this project is to facilitate the personal, professional, and intellectual growth of health professions students via service learning opportunities. The innovation of the proposal is that the faculty will integrate interprofessional education, service learning and community engagement theory into a student learning opportunity and apply this theoretical framework to the care of vulnerable populations, specifically to the health promotion of local women and children.

**Big day approaches**

The first Annual College of Health Sciences Interprofessional Education Day will be held on April 3, 2015. The keynote speaker will be Julia Fox Garrison, author of "Don't Leave Me This Way." Garrison will speak about the importance of effective interprofessional communication between health care providers as well as highlight the impact of provider-to-patient communication on patient outcomes.

Have ideas for future "IPE Roar" columns... Please contact Kimberly Adams Tufts at 368-5011 or [ktufts@odu.edu](mailto:ktufts@odu.edu).

**Conference offers networking, knowledge-seeking opportunities**

The Tidewater Chapter of the American Industrial Hygiene Association (AIHA) held its Fall Professional Development Conference at Hits at the Park in Norfolk in mid-November.

The Old Dominion University Environmental Health Program and the joint ODU-EVMS Master of Public Health (MPH) program were in full attendance at the event and demonstrated our students' interests in filling the significant need for industrial hygienists and safety professionals in the Tidewater region.

The event provided a great opportunity for our students to network with professionals in the field, learn the latest updates in the profession, exchange technical ideas, and find out about the job market for industrial hygienists and safety professionals. In addition, four students made presentations at the PDC:

- Denise Janowiak – Railroad Workers Injuries & FELA: How is it Different? (MPH program)
- Dawn Whiting – The Potential for Big Data to Improve Air Quality Monitoring (MPH program)
- James Lana – Ammonia Emissions (MS Program)
- My Ngoc Nguyen – Global Perspective on Environmental Health (Ph.D. program in Health Service Research and Global Health Center)

Professionals at the conference said the event was a great opportunity for them to get to know students, their capabilities and discuss potential job openings and employment trends with them. In addition, the event provided students first-time exposure to a professional event.

For additional information about these free AIHA and ASSE events, contact Assistant Professor Jim Blando ([jblando@odu.edu](mailto:jblando@odu.edu)) or Senior Lecturer Charlene Brassington ([cbrassin@odu.edu](mailto:cbrassin@odu.edu)).



The conference brought together Old Dominion University Environmental Health Program and the joint ODU-EVMS Master of Public Health MPH program.

## ODU, Ghana set sights on distance learning program

By Irvin B. Harrell

In a quest to bolster educational opportunities in their country and solidify an alliance with U.S. universities, top delegates from Garden City University College in Kumasi, Ghana, recently visited Old Dominion University and met with several faculty and staff at the College of Health Sciences.

Dr. Wilhemina J. Donkoh, the president of the college, and Albert Acquah, its chancellor, spent Nov. 25 on ODU's campus discussing the details of a possible distance learning program for nursing students in Ghana. If successful, the program would allow students there the opportunity to earn a Master of Science in Nursing with a focus on nursing education.



Albert Acquah, chancellor of Garden City University College, and Dr. Wilhemina J. Donkoh, the president of the college, spent Nov. 25 visiting ODU.

---

***"The need for nursing continues to grow and we are looking for partners to help mentor our programs," - Dr. Donkoh***

---

"We offer a Bachelor of Science in Nursing at our School of Nursing & Allied Health," Dr. Donkoh said. "The school has about 800 students, with about 200 graduates each year.

"The need for nursing continues to grow and we are looking for partners to help mentor our programs," she said.

Dr. Donkoh and Chancellor Acquah were greeted by Dr. Kimberly Adams Tufts, the director of community and global initiatives for the School of Nursing and assistant dean for interprofessional programs for the College of Health Sciences.

In October 2011, Norfolk was arranging a sister city program with Tema, a city on the Atlantic coast of Ghana. When a contingent from Ghana was unable to come to Norfolk, Acquah volunteered to visit the area and represent Ghana. While here, he had lunch at ODU and distributed information about Garden City.

In June 2012, Dr. Adams Tufts went to Ghana on a fact-finding mission. While there, she visited the college and met with its top administrators and faculty. She also met with the heads of the country's Ministry of Health and its National Accreditation Board.

"I was pretty impressed by the development going on at the college," she said. There were new buildings under construction. They were building suites for visiting faculty and scholars."

After Dr. Adams Tufts' visit, talks continued and a plan was developed to provide distance learning. About 10 students from Ghana already have applied for the program, but ODU and Ghana are still working out some of the program's details.

Dr. Adams Tufts had hoped to start the program in the spring, but negotiations have left things in limbo. She says she remains optimistic, because of the importance of these types of global collaborations.

"Globally, we have a high prevalence of chronic conditions that necessitate the delivery of quality nursing care," she said. "Before we can have quality nurses, we need to have quality nurse faculty."

Among the major health issues in Ghana are malaria, cholera, cancer and Type 2 diabetes. There are far fewer medical facilities in their country than in the United States.

"A lot of the time we must improvise in positive ways," Dr. Donkoh said.

Dr. Donkoh and Chancellor Acquah say a nursing program with ODU could lead to an ongoing, expanding connection with ODU and the College of Health Sciences.

"Right now, we're close to finishing our dental hygiene school," Chancellor Acquah said. "We see this opportunity as just a start of a long-term relationship with faculty and staff here."

For more information on Garden City University College, go to [www.gcuc.edu.gh](http://www.gcuc.edu.gh)

## Study looks at teen drivers, early start times

By Irvin B. Harrell

Teen drivers. Early start times at high schools. A catastrophic combination?

A new study conducted by researchers at Old Dominion University, Eastern Virginia Medical School and Virginia Commonwealth University compared auto crash rates over two years at Chesterfield and Henrico counties. The two Central Virginia counties start their classes about an hour and a half apart.

Chesterfield County, where high school begins at 7:20 a.m., had a significantly higher rate of crashes among teen drivers than Henrico County high schools, which start classes at 8:45 p.m.

The study is the latest to suggest that early school start times are challenging for teens. As a result, a growing number of school systems are rethinking their early high school start times.

Dr. Mariana Szklo-Coxe, an associate professor in the School of Community and Environmental Health at ODU, worked closely with Dr. Robert Vorona, lead author and associate professor of internal medicine in the sleep division at EVMS on this study and the prior study published in the Journal of Clinical Sleep Medicine in 2011.

---

***"We believe our results and conclusions regarding increased teen car crashes in counties with earlier school start times are strengthened," Szklo-Coxe said,***

---

"We believe our results and conclusions regarding increased teen car crashes in counties with earlier school start times are strengthened," Szklo-Coxe said, "as this is a replication study and in light of the stability of our findings over four sequential years."

The Virginia Department of Motor Vehicles supplied the researchers with data on weekday crashes and time-of-day for 16- to 18-year-olds and adult drivers for school years 2009-2010 and 2010-2011 in the two counties.

Chesterfield teens had a statistically higher crash rate of 48.8/1,000 licensed drivers versus Henrico's 37.9/1,000 for 2009-2010. For 2010-2011, Chesterfield's 16- to 17-year-olds had a crash rate of 53.2 per 1,000 versus 42 per 1,000.

There was no discernible difference in crash rates among adult drivers in the two jurisdictions in either school year.

"Importantly, the significant differences in car crashes between counties with different school start times were observed for teen drivers only, not adults," Szklo-Coxe said, "further suggesting early start times could be an important potential contributor to preventable auto crashes in teens, which is a significant cause of premature death and morbidity in this population."

The findings closely resemble those from a 2011 study of teen drivers in Chesapeake and Virginia Beach, also conducted by Szklo-Coxe and Vorona. The 2011 study used data from 2007-2008. The latest study appears in the Nov. 15 issue of Journal of Clinical Sleep Medicine as the lead article.

"More and more data suggest that insufficient sleep is common in our teens and that early high school start times contribute to teens' reduced sleep," Vorona said. "Insufficient sleep appears to have deleterious consequences such as decrements in mood and increased risk-taking, impaired academics and increased crash rates."



---

***“More and more data suggest that insufficient sleep is common in our teens and that early high school start times contribute to teens’ reduced sleep,” Vorona said.***

---

The issue of early start time crash rates among teens is a growing issue among schools.

In October, Fairfax County’s school board approved a new initiative that will push back the first class of the day in its 22 high schools and three secondary schools to 8 a.m. or later. “The growing body of research of the health benefits of adolescents has become so clear and compelling, we felt that we had to make a change,” said board chairman Tammy Derenak-Kaufax after the 11-1 decision. Other Virginia jurisdictions are now considering delaying high school start times.

Data for both studies came from the Virginia Department of Motor Vehicles. Among other things, the study also reviewed police-reported crash causes that showed significantly more instances where teen drivers from Chesterfield ran off the road to the right — a common finding in crashes where inadequate sleep is suspected.

“Our latest data can be used to further help inform policymakers,” Szklo-Coxe said.

---

## Student fulfills dream with outstanding form

Ali Almutab was honored Dec. 11 with the distinction of Old Dominion University Alumni Association’s Outstanding College Scholar from the College of Health Sciences. Almutab, from Saudi Arabia, came to ODU on a scholarship that took him 10 years to obtain. He received his Bachelor of Science in Medical Technology from the School of Medical Diagnostic and Translational Sciences.



Ali Almutab

“I never gave up on my dream,” he said. “I set a personal goal to achieve an American higher education and I accomplished it.”

In recognition of the honor, Almutab carried the college banner and led other graduates at the Dec. 13 commencement ceremony.

“The Medical Technology program at ODU was challenging, but I was able to get through it with the help of my professors who were both caring and cooperative,” he said. “Now that I am finishing up with my undergraduate studies, my next step is to find the best-suited Master’s program here, in America.”

Almutab named Associate Professor Faye Coleman as his Most Inspirational Faculty Member, which is a high honor at ODU.

“Professor Coleman encourages her students to study hard and be well prepared for all examinations,” he said. “Her way of teaching seemed to be tough at first but at the same time it’s challenging, which made me more focused on the study materials.”

## Dean Mishoe explores the blogosphere

Dean Shelley Mishoe has diversified her communication portfolio. In other words, she has launched her own blog (<http://www.odu.edu/hs/blog>) this month. Her mission is to provide a one-stop shop for the latest news, upcoming events, and top messages from the College of Health Sciences.

To stay in “the know,” be sure to look for weekly posts.



### New semester, new chairs

Darrell Mellott of Benco Dental installs one of several new chairs in the College of Health Sciences School of Dental Hygiene during winter break.

## Upcoming Events

### January

- 5      *University Reopens*
- 8      *Faculty Retreat, 10 am-2:00pm*
- 10     *Spring Classes Begins*
- 19     *Martin Luther King Holiday-University Closes*