

New ODU-EVMS partnership

This graduate degree partnership will help students achieve their goals sooner and strengthen the community

By Angelica Walker

Collaboration is key and a powerful tool that builds and strengthens communities. ODU's College of Health Sciences knows the importance of coming together with regional organizations as an effective approach to creating new opportunities, strengthening relationships, and building healthy communities. Advanced education in healthcare is more important now than ever. There have been shortages in qualified healthcare workers throughout this country for years, but the COVID-19 pandemic has prioritized the need for more pathways that encourage graduate education. That is the beauty of the new Early Assurance Program (EAP) with Eastern Virginia Medical School (EVMS).

The college has partnered with its neighbor, EVMS, to establish an EAP for ODU students with a firm interest in healthcare careers. The motivation and inspiration behind creating this partnership began with ODU's Bachelor in Science in Public Health (BSPH) program in Fall 2019.

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ODU College of Health Sciences Building, photo credit: A. Walker

ODU-EVMS

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"We believe that we should use the BSPH program as a bridge between many health science and clinical programs since it requires the completion of many science courses," said Dr. Muge Akpinar-Elci, associate dean of the College of Health Sciences and professor of community and environmental health. "Before the COVID-19 pandemic, we knew public health would be a great foundation for many graduate and professional clinical programs. Therefore, we decided to explore the possibilities of collaborating with EVMS. We knew that our undergraduate students could maximize their career goals under EVMS' health professional programs."

Students will have the opportunity to gain early assurance acceptance into certain EVMS Health Professions Programs before graduating. The programs included in this agreement are the Master of Laboratory Animal Science, Master of Physician Assistant, Master of Pathologist Assistant and Master of Surgical Assisting. Each program will extend an offer of admission to up to five ODU students annually.

Admission to these programs is competitive, so interested students are encouraged to start planning early. Students must meet certain criteria to be considered for admittance into these programs. Prerequisites vary among programs. Students should pay special attention to requirements for the specific program they are interested in.

To be eligible, interested students must:

- Meet citizenship requirements;
- Meet all institutional and degree requirements to continue as a student in good standing and have no academic or code of conduct violations;
- Be in their Junior year, with one year remaining until graduation;
- Have a GPA of 3.0 and higher (some programs require a higher GPA);
- Gain a minimum of 500 hours of hands-on experience prior to matriculation;
- Complete the required prerequisite courses.

Students should express interest in these programs as soon as possible. The first step is to seek academic advising. Dr. Jim Bellamy, BSPH program director, serves as the ODU EAP academic advisor. The initial advising session includes an overview of

the program eligibility requirements, prerequisites courses, and the application process.

Dr. Akpinar-Elci added, "Once students are in the program pipeline, advising continues to help ensure the maintenance of eligibility requirements and completion of necessary courses."

This is an exciting opportunity for students to pursue their professional and educational goals without leaving the area. They are literally moving down the street! That alone is bringing so much value to the ODU community and Norfolk. This program will break the distance barriers many students feel when searching for a graduate school and simplify the application process. The program will also increase the number of knowledgeable and skilled healthcare professionals in the area and ease the burden of recruitment and retention in healthcare facilities.



Q&A with Diana Zaichenko

Langley Hires ODU Athletic Training Grad

By Angelica Walker

Success stories like this are worth a thousand smiles! Congratulations to Diana Zaichenko, a recent graduate of the ODU Master of Science in Athletic Training (MSAT) program. Diana graduated in Spring 2020 and has used her education, experience and the power of networking to land the job she has worked so hard for. Diana started her position as an athletic trainer in August 2020 at Langley Air Force Base in Hampton, VA and has enjoyed every minute of the experience.

Q: What's the exact title of your new position?

I'm an athletic trainer assigned to the 71st fighter squadron, which is a part of the Optimizing the Human Weapon System (OHWS) Program.

Q: Athletic training is a dynamic career. Could you fill us in about the population you help and the role of your job?

Sure! My patient population includes fighter pilots who

operate U.S. Air Force fighter jets. The goal of the OHWS program is to provide fighter pilots with the tools necessary to prevent and manage musculoskeletal injuries that pilots withstand during their flight career. The spine of an average person is under constant compression from the earth's gravitational field, which is approximately 1 unit of g. When a pilot flies a fighter jet, pilots can experience up to 9 Gz of compression, which is a tremendous amount of force exerted onto their bodies during a flight.

My role is to find ways to prevent injuries during flight. I give primary attention to the neck and spine and work with the pilots to increase muscular strength, endurance and aerobic capacity so they can perform safely in the jet.

Q: It's amazing that you have the opportunity to care for these pilots and work with them in a preventative capacity. How important is the athletic trainer to the overall program?

The OHWS program is new, so it was important for me and my team to capitalize on laying the



Diana Zaichenko

foundational understanding of the role of an athletic trainer and ways to maximize our services.

My team consists of a strength coach, 3 athletic trainers, and a massage therapist, and we work closely with active duty physical therapists to ensure continuity of care.

This program is a huge culture shift for these pilots. Since the Langley athletic trainers are embedded at the squadron level, they have the convenience of healthcare at their fingertips. It allows athletic trainers to create a strong rapport with their

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assigned pilots and the opportunity to provide an individualized approach for care. The team of athletic trainers compiled a multitude of resources, ranging from pre to post-flight warmups and cooldowns, to programming targeting neck and back health.

Q: What do you enjoy most about your new position?

The best part about this position is how well the athletic trainers

have been received here at Langley. Everyone is very supportive and very excited for us to be here. It feels great to know that you are serving a higher purpose and I am very fortunate to have the sports medicine staff that I have. I have incredible colleagues, who work in a very effective collaborative effort.

We are fortunate enough to be in a position where we can mold the OHWS program to create an

impact in the athletic training profession and a high standard of care for these pilots.

Q: In what ways has your current position aligned with your education and professional goals?

My work is directly related to my degree and I feel very fortunate to have found employment working in the military sector. Those were two of my biggest goals. Getting your foot in the

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Zaichenko inside of the jet hanger at Langley

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door in the military sector can be very challenging. Recruiters often look for athletic trainers with years of division one, Olympic, or professional experience in the field. I am extremely grateful to have this incredible opportunity and it is a privilege and honor to have the responsibility to care for the servicemen and women of our country.

Q: How did ODU prepare you for this new position?

ODU's athletic training program has a high-quality curriculum and it put me in a position to be successful in a graduate assistantship. My clinical site during my time at ODU was in Newport News at The Apprentice School where I performed athletic training to student-athletes who are full-time shipyard apprentices learning their respective trades building carrier ships for the Navy. This unique clinical site inspired me to think outside the box and in a long-term capacity. It's important to think about how

injuries affect one's athletic ability and how a particular injury could affect their job.

I have also been fortunate to have incredible mentors, Sean Hanrahan and Addi Thompson, who have made a significant impact on my initial years as a certified athletic trainer. As far as the curriculum, I believe the research and education component of the program has translated into the role that I am in today.

Q: What advice would you give to students in their last year?

Never lose sight of what you truly want, don't take any opportunity for granted, and network, network, network. Each opportunity is a learning experience, so listen and keep an open mind. You will definitely learn useful information.

I cannot stress enough how important networking is. Get vulnerable, and share your vision

with everyone you meet. You never know who knows who! I was fortunate enough to have an internship with special operations this past winter and that was through telling everyone that I met about my career goals.

Lastly, It's important to always remain a student, whether that be pursuing a higher degree or finding continuing education that pertains to your respective field. Medicine is constantly evolving, so it is important to remain current in the pursuit of providing best practices.

I am planning on obtaining my strength and conditioning certification, as well as other clinical certifications to ensure that I can provide a holistic approach to patient care. I have made efforts to go to athletic training conferences at the regional and national level and I have gained significant knowledge and have been able to connect with a variety of different professionals

Share a student success story from your school or program.

Email Angelica Walker, awalk050@odu.edu

Dental Hygiene Care Facility, open for business

Big changes and upgrades have been made to respond to COVID-19

By Angelica Walker

Due to the COVID-19 pandemic, ODU's Dental Hygiene Care Facility closed with the rest of the university after Spring Break in March 2020. The clinic provides quality preventive care for the community in a hands-on, educational environment. Patient care is provided by dental hygiene students who are directly supervised by licensed dental hygiene faculty. The shutdown resulted in delayed oral health care services and created a barrier for many to access affordable dental hygiene treatment.

Dental hygiene is an up-close and personal profession with limited physical distancing, so new policies had to be put in place to combat COVID. Faculty and staff used the summer months to create a reopening strategy and began revamping the clinic and

implementing safety measures and upgrades. "This past summer, nearly 500 pages in the school's policies and procedures manual were discussed, reviewed, and revised with new COVID protocols," said Ann Bruhn, associate professor and chair of the School of Dental Hygiene. "In early May, we initiated a COVID Infection Control Task Force of full-time



Dental hygiene students back together after a long break

faculty to divide the extensive amount of work needed to re-open the clinic." The team also included leadership from Jessica Suedbeck, assistant professor and director of clinical affairs. Faculty also spent time researching and interpreting guidelines from agencies and organizations like the Occupational Safety and

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Health Administration, Centers for Disease Control and Prevention, American Dental Association, and the American Dental Hygienists Association to learn and utilize best practices for mitigating COVID-19 for dental hygiene care.

To reopen the clinic in the fall semester, work in the clinic needed to begin and new policies needed to be put in place. Some of the most pertinent new policies include conducting COVID-related phone screenings that ask patients questions about exposure to the virus, the presence of symptoms, and recent travel. Staggered appointment times were initiated to eliminate large patient groups entering and leaving the clinic at the same time. Also, the current 30 treatment chair open bay facility has been reduced to 14 students treating patients per clinic session. As a result, the facility is operating multiple clinic sessions throughout the week, including three evening sessions and weekend appointments.

The Dental Hygiene Care Facility re-opened on August 31 and began accepting patients from the community with the following safety measures from the CDC Infection Prevention and Control Guidance for Dental Settings During the COVID-19 Response:

- Screening patients for signs or symptoms consistent with a COVID-19 infection;
- Conducting temperature checks on patients upon arrival;
- Conducting temperature checks and screenings on all faculty, staff and student clinicians at the beginning of each workday;
- Ensuring personal protective equipment (PPE) is available for all procedures that will be performed;
- Using high-speed evacuation for all dental



Dental hygiene students

hygiene procedures producing an aerosol;

- Providing increased hand sanitizer stations throughout the clinic for staff and patients;
- Limiting the number of patients in the clinic at one time and requesting no other individuals come to the appointment except when the scheduled patient requires a parent, guardian, or translator;
- Requesting all patients arrive wearing a mask and continue to wear it in all public areas of the clinic;
- HEPA and UV-C air filtration units throughout the clinic;
- Completing COVID-19 safety training and ODU daily COVID-19 self-reporting online form by all faculty, staff, and student clinicians;
- Complying with ODU Environmental Health and Safety policy and procedure.

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Financially, these changes and upgrades were a necessary but costly investment. The costs of regular PPE supplies like masks and gloves have greatly increased due to the demand from COVID-19 and the additional supplies and equipment have been very expensive for the clinic.

The faculty regularly evaluate new practices and look for more efficient ways to be safe. Policies, procedures and industry updates are re-assessed and revised on a weekly basis.

Collaborating with other organizations and professionals in the field has guided the updates for a safe environment. "The American Dental Education Association facilitates regular bi-monthly meetings for program directors of dental hygiene clinics from around the country to collaborate and share and compare information — this has been beneficial to attend. The clinic's director, Jessica Suedbeck, was asked to speak in a webinar for the American Dental Hygienists' Association

on our COVID safety procedures" said Bruhn. Since reopening, the clinic has received positive feedback about the new changes.

According to Bruhn, "patients are grateful to receive care here. Our students are thankful to be back in their clinic working towards graduation and treating patients again." "Everyone has been receptive to the changes and are complying with policies and upholding the safety measures to receive care in the facility."



Inside of the facility



Dental hygiene students

Board Member Spotlight: Carter Ficklen

By Angelica Walker

The October Virtual Seminar was a great kick-off for the series of webinars that will be hosted by COHS advisory board members. This series was created to build a connection and engage with students and the community, especially while physically distant.

Carter Ficklen is an ODU graduate, a global expert on occupational health and safety (OHS), a health sciences advisory board member, and the program manager for Mission Technologies, Inc. with the NASA Langley Research Center. He led, "Adapting Health and Safety Policy to Meet the Demands of the Post-COVID Workplace" on Monday, Oct. 19, an overview of the progress in the field of OHS and a timely and informative presentation about the impact COVID-19 has made in the workplace.

"COVID-19 is affecting everyone," said Ficklen. Work is different, school is different and interactions are just different. Workers that have been most affected by the pandemic are first responders and medical staff, those in the service industry, employees in plants (like meatpacking), and in industries where people are in close

proximity with each other, with lots of exertion and poor ventilation. Those who work as independent contractors and in hands-on jobs like massage and physical therapy have also been affected.

This country has gone through the quarantine phase and stay-at-home orders and has implemented new regulations, policies and standards like the six-foot rule, facial masks, reduced building capacities, and increased handwashing. Plus, many people are working from home for the first time. An area that many employers need to address is how to meet the demands of this new normal. Ficklen said that "regulations are not going to keep workers safe. It's going to be about knowing the risks, addressing them, and reducing them." Industries will need to invest in new resources and keep communication transparent with workers. Employers should also consider



Carter Ficklen III

mental health challenges as a result of COVID and have resources for staff working in-person or remotely. Employees can do their part by staying informed and being selective in the news they watch. Misinformation is everywhere, so getting news and information from credible sources is key.

**Watch the recording
of the webinar:**

<http://bit.ly/ovs-20>



OLD DOMINION
UNIVERSITY

College of Health Sciences

November Virtual Seminar

**Journey on the FDA COVID-19 Emergency Call Center:
Responding to America's Critical Public Health Needs**

November 16, 2020

6:00 – 7:00 p.m. EST

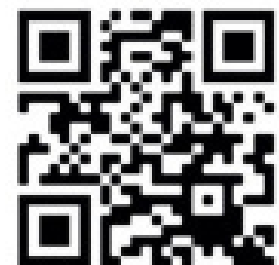
Featuring LCDR James Speckhart

Environmental Health Officer,
Commissioned Corps of the U.S. Public Health Service
and Health Sciences Board Member



The event is free, but registration is required.

Please RSVP by November 15th at
<http://odu.imodules.com/nvs20>.



The Zoom link will be sent one day prior to the event.

George Maihafer gives back to ODU

By Angelica Walker

George Maihafer was hired as an assistant professor more than thirty years ago and started two scholarships at ODU for the physical therapy program over fifteen years ago when he was the program's chairman.

"My involvement in the program was a part of the reason I wanted to give back to ODU," said Maihafer. "Being a part of ODU's faculty allowed me to grow and develop professionally as a professor and physical therapist. ODU really nurtures its professors. It's an innovative place to be that allows you to grow. Giving back as much as I can is an opportunity to say thank you."

When Maihafer was contacted about the plans for the new COHS building, he saw the opportunity to give back in a major way. He was eager to be a part of the process and provide some support for a "bricks and

mortar project." This is the first time Maihafer is giving to a construction project but he knows this building will add great value to the school and university overall since the campus is changing and growing every year.

In the new building, he hopes that there will be spaces to foster new relationships among students. He added, "this will allow students to meet majors in and outside of their programs and build the connections they need to be successful after graduation. This new building will also be a collaborative space for faculty."

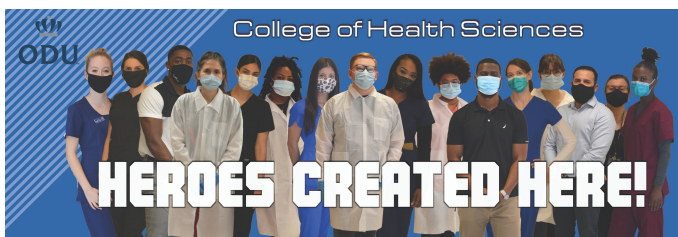
Maihafer is a member of the 1930 Society which honors all planned giving donors for their support of the university's mission. He has named ODU a beneficiary of his estate and has a planned gift in place. Through this generous gift, he will leave a legacy of philanthropy and support that will make a lasting impact at ODU.



George Maihafer

When asked how others can give back and donate to ODU, Maihafer noted that anyone who's interested can do it and will often step up. When he started the scholarships in the physical therapy program, he started small but made giving a priority. He encourages others to do the same and create a manageable savings plan that will mature over time.

Health Sciences Heroes



The Health Sciences Heroes campaign raises scholarship funds, assists COHS students who are at risk of not completing their degrees, and creates impactful ways to stand up in support of academic achievement and student success. Learn more at <http://bit.ly/odu-health-sciences-heroes>.

Professor Barbara Kraj accepts \$141K award

By Angelica Walker

The Medical Laboratory Science program was awarded a grant of \$141,000 earlier this year from the Commonwealth Transfusion Foundation (CTF). CTF is a non-profit, private foundation whose mission is to inspire and champion research and education that optimizes clinical outcomes in transfusion medicine and assures a safe and sustainable blood supply for the U.S. Associate Professor and MLS Program director Barbara Kraj

spearheaded this grant to incorporate semi-automated blood bank testing methods into the Medical Laboratory Science program curriculum.

While in the program, students gain knowledge and experience using manual tube agglutination methods. Even though automation is a part of the curriculum and discussion, students do not experience automated testing methods until they enter clinical rotations.

"Understanding the concepts of immunohematology (a more precise name for the blood banking sub-discipline of Medical Laboratory Science) through manual tube testing is a fundamental and necessary part of student training," said Professor Kraj. "But, many hospitals are adopting semi-automated methods to increase efficiency when identifying clinically significant antibodies in patients who may need a transfusion."

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Susan Dewberry (Technical Director, CTF) Professor Barbara Kraj, Professor Harold Riethman, and Dean Bonnie Van Lunen

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That's the reason this grant is a game-changer! This grant is specifically an education grant and is instrumental in the development of multiple exercises for the MLS 336 - Immunohematology Laboratory.

In the spring, students in this blood bank laboratory class will gain experience with semi-automated solid-phase technology using Capture R workstations (Immucor) and will advance into the summer clinical blood bank simulation using Ortho workstations (gel-based technology). Having hands-on experience using these tools will give students more confidence and a head start during their hospital rotations.

Following the implementation of this project, the Program will analyze student learning outcomes, specifically the performance of the graduates on the national certification exam for Medical Laboratory Scientist administered through the American Society for Clinical Pathology. This is a five-year grant that will cover the costs of reagents and consumable supplies for the semi-automated workstations. It also includes funds for standard blood bank reagents and supplies starting in spring and summer 2021 and a blood bank equipment repair fund.



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Memorial Blood Drive**
Sponsored by: The Medical Laboratory
Science Student Association

Wednesday, Dec. 9th • 1 p.m. – 6 p.m.

Front Lobby
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visiting RedCrossBlood.org/RapidPass to complete your
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