

**PRESEASON  
SOCCER**

Students provide  
essential soccer  
evaluations.

**ALUMNI SUCCESS**

PCHCS alumna  
earns prestigious  
promotion.

**INJURY  
PREVENTION**

NSU Sharks  
sighted at MacDill  
Air Force Base.

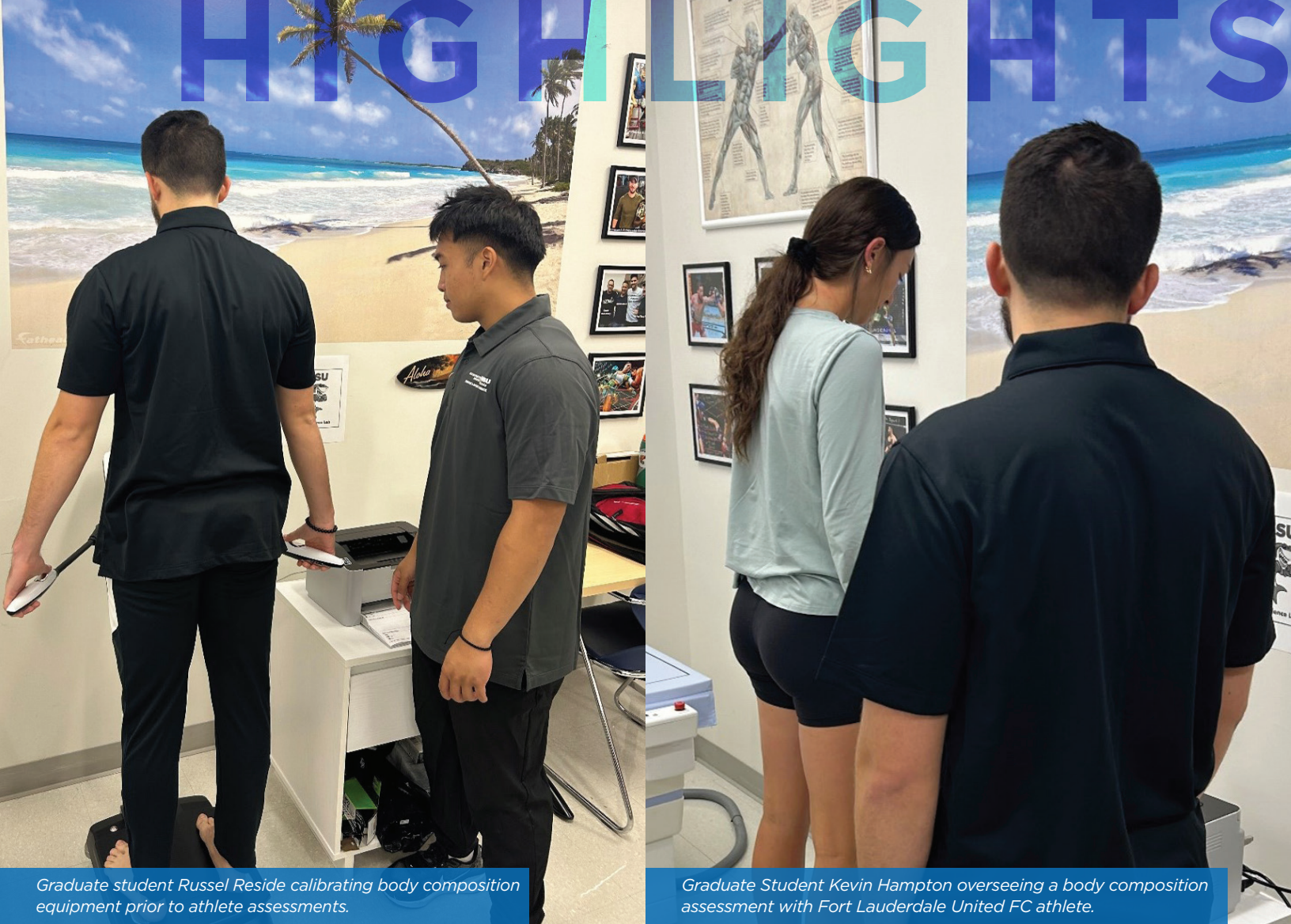
# LINK

PCHCS

Dr. Pallavi Patel College of Health Care Sciences







Graduate student Russel Reside calibrating body composition equipment prior to athlete assessments.

Graduate Student Kevin Hampton overseeing a body composition assessment with Fort Lauderdale United FC athlete.

# STUDENTS PROVIDE PRESEASON SOCCER EVALUATIONS

Master of Science (M.S.) in Sports Science students assisted professors Tobin Silver, Ph.D., and Corey Peacock, Ph.D., along with the Fort Lauderdale United FC’s Sports Performance Team, in evaluating newly signed soccer players.

Under the direction of Jeffrey Duarte, M.A., CSCS, Fort Lauderdale FC head performance coach, the students provided comprehensive body-composition assessments that focused on a multitude of physical variables. This new student-learning opportunity offered graduate students hands-on experience working with professional athletes.

“I am extremely thankful for the opportunity to learn from Jeffrey,” said M.S. in Sports Science student Russel Reside. “He guided us through their assessment philosophy and allowed the students to learn through an unforgettable,

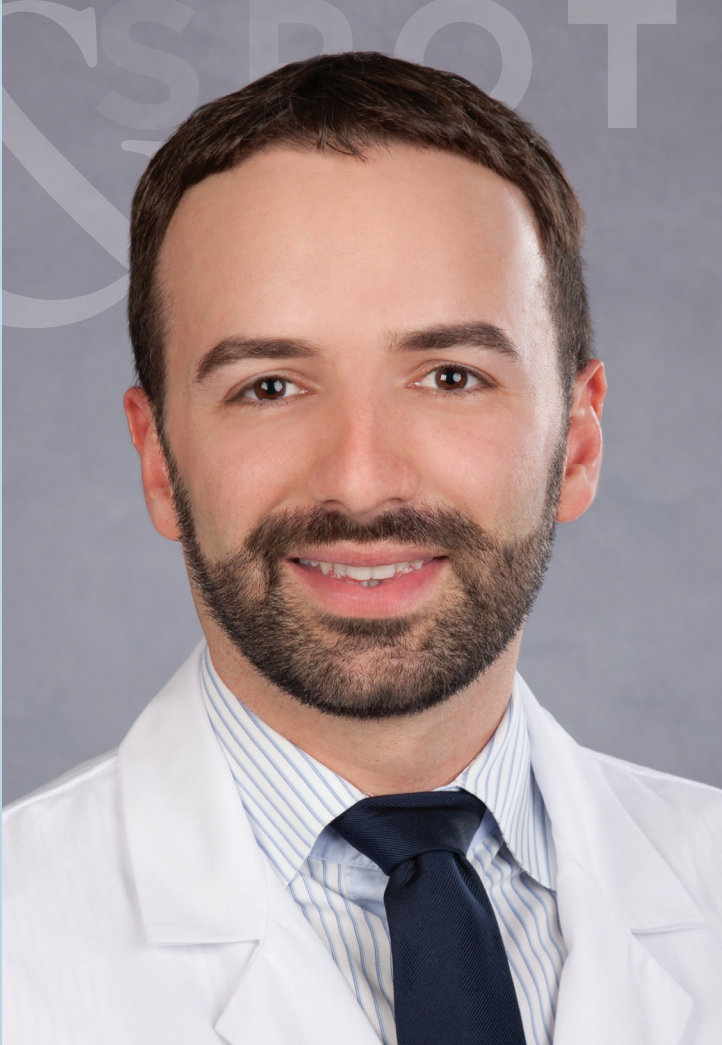
interactive experience.” The students and staff members were able to review the data and understand the application of body-composition testing.

“It was great to work alongside the graduate students, allowing for an interactive testing environment,” Duarte said. “This will be a beneficial relationship that can result in applied research and internship opportunities moving forward. I look forward to continued collaboration with the NSU Department of Health and Human Performance.”

Department of Health and Human Performance—  
Fort Lauderdale

## COVER IMAGE

Pictured from left are Jeffrey Duarte, Fort Lauderdale United FC head performance coach, and graduate students Kevin Hampton and Peter Byers.



# MARIO LANDERA EARNS PRESTIGIOUS PROMOTION

Mario Landera, SLP.D., CCC-SLP, BCS-S, was named chief of speech pathology in the University of Miami Miller School of Medicine’s Department of Otolaryngology, where he oversees the clinical, academic, and administrative needs of the Division of Speech Pathology. Team members address communication and swallowing disorders in acute care and outpatient settings, including specialization in professional voice, neurogenic communication/swallowing disorders, and head/neck cancer.

Landera earned his doctorate in speech-language pathology from Nova Southeastern University in 2014. In addition to his professional practice, he contributes to advancing the profession through publication of his research within the field of voice/voice disorders, dysphagia, and head/neck cancer in various peer-reviewed journals; his review of manuscripts for multiple journals; and presenting seminars and webinars to professionals at in-person and virtual

conferences. He has also served as an adjunct professor in NSU’s master’s degree program in speech-language pathology, where the students rave about his classes.

He had the opportunity to gain firsthand experience from the patient’s perspective when he received treatment at the University of Miami voice clinic several years ago. Landera’s experience contributed to his outlook as a helping professional who recognized the needs of his patients and the importance of collaborating with them and his team to support the patients.

“My perspective as a former patient, my clinical knowledge and skills, and my leadership experience—along with a fantastic group of speech-language pathologists who care deeply about their patients and this profession—will help us grow and reach new heights,” he said.

Department of Speech-Language Pathology—  
Fort Lauderdale



Pictured from left are Mario Landera and Adam Lloyd, SLP.D., CCC-SLP, MM, NSU and University of Miami adjunct faculty member.





The D.P.T. MacDill participants discuss various issues in the Health and Wellness Center classroom.

# TAMPA SHARK SIGHTINGS AT MACDILL AIR FORCE BASE

The collaboration between Nova Southeastern University’s Doctor of Physical Therapy (D.P.T.)—Tampa program and MacDill Air Force Base introduced D.P.T. students to real-world problems within the military setting, fostering four practical health and wellness initiatives through close cooperation with MacDill’s key personnel.

**Injury Prevention for Active-Duty Service Members:** This initiative focused on injury prevention among active-duty service members. Students conducted needs assessments and found that chronic stress and physical neglect were significant injury contributors. They implemented educational programs and ergonomic interventions, improved gym facilities, and introduced mandatory physical therapy sessions to enhance fitness and resilience.

**Ergonomics Within Military Environments:** This initiative addressed ergonomics, targeting U.S. Air Force plane mechanics. Chronic wrist, shoulder, and elbow pain was prevalent due to repetitive tasks. The initiative included designing a YouTube playlist featuring rehabilitative exercises and stretches tailored to mechanics’ needs. Posters with QR codes linking to the playlist were displayed to ensure easy access, with

an aim to reduce long-term musculoskeletal issues and improve quality of life.

**Reducing Nicotine Addiction Across the Military:** This initiative focused on reducing nicotine addiction, particularly e-cigarettes and vaping among service members. The mission was to empower military personnel to lead healthier lives by providing comprehensive support and resources to reduce nicotine use and addiction. Educational campaigns raised awareness about the risks and financial impacts of nicotine addiction, along with targeted prevention strategies for new recruits.

**Optimizing Fatigue Management for the Warfighter:** This initiative recognized sleep deprivation’s significant impact on military performance. Students developed a program to optimize sleep among service members. They launched a 30-day sleep challenge to encourage better sleep habits. The program highlighted the benefits of good sleep hygiene, such as increased alertness, improved productivity, and reduced healthcare costs, with an objective to enhance health and operational readiness.

**What’s Ahead:** The goal is continued collaboration by student cohorts to assess effectiveness and enhance the four initiatives to improve health and wellness in the MacDill Air Force Base community. ■

Department of Physical Therapy—  
Tampa Bay Regional Campus



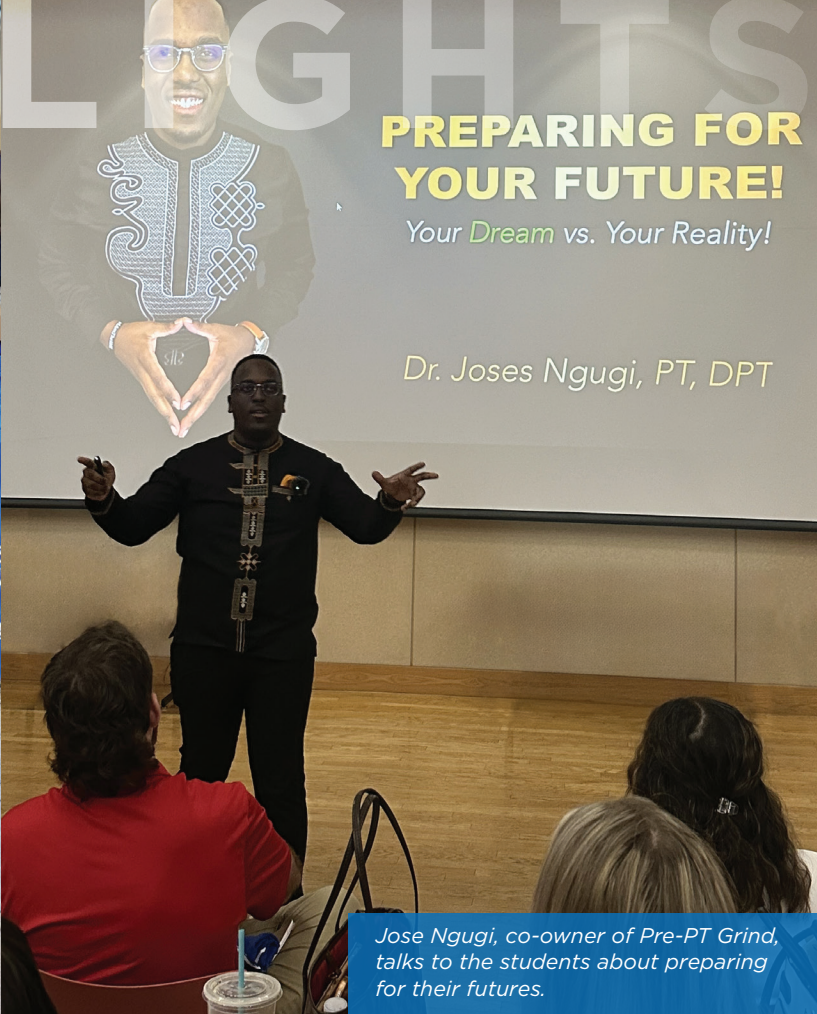
Pictured from left at the great giveaways registration table are class of 2025 D.P.T. students Kaiwen Wu, Joseph Diones, Lauren Fairchild, Allie Mondelli, and Andrea Bucaro.

# SHARKS DIVE DEEP AT PHYSICAL THERAPY STUDENT CONCLAVE

In February, the NSU Fort Lauderdale Doctor of Physical Therapy (D.P.T.) program hosted the Florida Physical Therapy Association (FPTA) Student Conclave. Three-hundred students from throughout Florida attended the event, which is often regarded as the premier annual conference for Florida PT and PTA students.

The evening kicked off on Friday, February 2 with welcome speeches from Jennifer Canbek, Ph.D., PT, NCS, program director, and Student Physical Therapy Association leaders/hosts Kaiwen Wu and Danica Buse. Following the introductions, FPTA President Leiselle Pilgrim, D.P.T., Ed.D., M.P.H., PT, spoke to the students and detailed her leadership journey, encouraging students to become involved in the FPTA and the physical therapy profession. The evening concluded with a student social, with music provided by first-year physical therapy student DJ Krig.

Saturday morning began with a catered breakfast and opportunities to network with the exhibitors. Afterward, keynote speakers



# PREPARING FOR YOUR FUTURE! Your Dream vs. Your Reality!

Dr. Jose Ngugi, PT, DPT

Jose Ngugi, co-owner of Pre-PT Grind, talks to the students about preparing for their futures.

from Pre-PT Grind galvanized the students with their talk titled “Preparing for Your Future.” Throughout the day, multiple speakers presented on various physical therapy topics, including pediatrics, geriatrics, pelvic floor, acute care PT/PTA roles, manual therapy, and regenerative medicine.

Nationwide exhibitors, such as NPTE Final Frontier, Scorebuilders, Confluent Health, Memorial Healthcare System, and more, made an appearance to connect with students and provide them with free equipment and resources. Other highlights of the student conclave included free food, raffled giveaways, and professional headshots, provided by SaintVille Images, to all students in attendance.

The weekend event earned praise for its educational sessions, networking opportunities, and entertaining games and raffles. Overall, the FPTA Student Conclave was an overwhelming success for everyone involved—especially the students. ■

Department of Physical Therapy—Fort Lauderdale





## CARDIOVASCULAR SONOGRAPHY STUDENTS JOIN THE AREVOLUTION

Entering class of May 2024 students in the Cardiovascular Sonography program at the Tampa Bay Regional Campus were excited to receive their newly issued HeartWorks Augmented Reality (AR) tablets at the start of the summer term. The advanced technology tablets are a revolutionary tool that goes beyond traditional anatomy tools and techniques.

adult echocardiography, as well as provide students with a portable, learn-anywhere/anytime resource. These simulation resources supplement extensive, hands-on training in the sonography training lab and help students apply didactic knowledge in a fun, easy-to-use way. The investment in these high-technology learning resources is indicative of NSU's commitment to provide its students with the edge in their education and in their new careers as cardiovascular sonographers. ■

*Bachelor of Science—Cardiovascular Sonography Program, Tampa Bay Regional Campus*

AR and 3D simulation capabilities help students learn the intricacies of the human heart's anatomy. It also portrays all the standard views or approaches to view the heart, as used in adult echocardiography—one of the specialties of ultrasound in medicine the students learn about in the program.

"The AR tablet is awesome. It is a great tool for visual learners," said first-year student Paige Dalbke. Her classmate Anshu Mehta added, "I really love the tablet, as it helps us learn all about the views used in echocardiography."

The AR tablets supplement two manikin-based, high-fidelity simulators also used in the program for learning about

## MOYA ALFONSO PRESENTS COVID-19 STUDY RESULTS

In March 2024, Moya L. Alfonso, Ph.D., M.S.P.H., presented the results of a phenomenological study that documented women's lived experiences with the COVID-19 pandemic and the ways in which working mothers coped with caregiver stress during the quarantine phase. Alfonso, who serves as program director of doctoral programs and associate professor of health science, presented the results at the annual Society for Public Health Education conference in St. Louis, Missouri.

According to the study, alcohol beverage sales in the United States increased 55 percent immediately after the stay-at-home COVID-19 policies were implemented in 2020. This increase was greatest among female caregivers, especially Black and non-Hispanic white women. Since 2020, 1 in 10 women in the U.S. report a 40 percent increase in alcohol-related problems.

To date, there have been few to no qualitative studies that have examined women's lived experiences with the COVID-19 pandemic and related coping behaviors, including excessive alcohol use. Using resilience theory, 12 individual, in-depth interviews were conducted with female caregivers between the ages of 25 to 40 years residing across the U.S.

Individual and cross-case analysis resulted in the following themes: pandemic as a thunderstorm, triple duty, workplace conditions, reaching out for help, coping with the storm, and resilience. Participants described living with a storm they couldn't escape; their daily routines and responsibilities during the shutdown; employer support (or lack thereof); the importance of emotional and instrumental support in surviving the storm; coping behaviors, including alcohol use, physical activity, and spirituality; and their definitions of resilience, especially as they relate to race and gender.

The study serves as the foundation for future research using larger samples and mixed methods to confirm study results and further inform interventions targeting excessive alcohol use among diverse groups of women.

*Department of Health Science—Fort Lauderdale*

## FORT MYERS FACULTY MEMBERS PUBLISH SEVERAL INTRIGUING ARTICLES

During a University of Michigan White Coat Ceremony in July 2022, dozens of medical students walked out after taking their oaths in protest of keynote speaker Kristin Collier, M.D. Collier, a primary care provider and University of Michigan faculty member, is known for her pro-life worldview, but that view had no part in welcoming students to their clinical journey.

The walkout motivated Stephanie Anderson M.D., J.D., a Fort Myers Physician Assistant Program faculty member, and former medical director Frederick Paola, M.D., J.D., to partner with Collier to explore the ethical implications of the event. While Anderson and Paola had previously teamed up in 2022 to write the textbook *Ethical and Legal Aspects of Health Care Practice*, Collier offered a new collaboration.

The trio participated in a panel presentation at the 2022 American Society of Bioethics and Humanities Annual Conference in Portland, Oregon, titled "Boycotting White Coat Speakers: Ethical and Professional Implications." Their passion for the topic drove them to unite with John Coulehan, M.D., a physician and bioethicist at Stony Brook University in New York.

The collaboration resulted in two recently published articles—one in the *Southern Medical Journal*, while the other allowed for international reach in the Italian bioethics journal *Medicina e Morale*. Both articles discuss whether students who publicly reject individuals and exclude views they disagree with are trampling the moral laws and the oaths they have sworn to uphold. The articles posit the difficult question of whether educators are responsible for steering students away from uncivil behaviors that silence and exclude a disagreeable position. ■

*Department of Physician Assistant—Fort Myers*

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