

# NEWSLETTER

## SHARK MOTION CLINIC



### SHARK MOTION CLINIC COMMITTEE GOES TO PRO BONO NETWORK CONFERENCE 2022

#### What is the Pro Bono Network Conference?

The Pro Bono Network is a conference that was developed to allow students across the country who are involved in student-run pro bono clinics that are delivering rehabilitation healthcare services to the uninsured, to participate in networking and exchanging ideas as well as solutions to overcoming common problems faced by student-run clinics.

#### Who attended the Eastern Regional Pro Bono Conference?

The Pro Bono Network consists of 109 Institutions with Regional and Virtual Conferences, across the United States. The conference was held virtually as well as in-person on March 5, 2022, with the attendance of 320 attendees representing 48 different programs. Nova Southeastern University Shark Motion Clinic was recognized as being the furthest southern state student-run clinic to be in attendance for this conference.

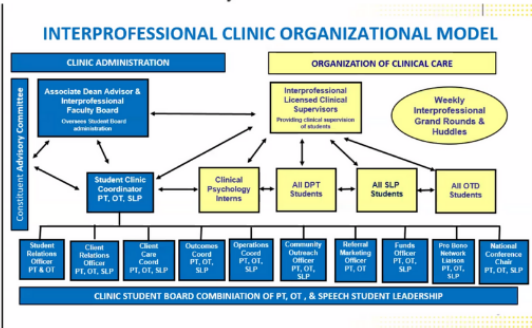
#### What is Shark Motion Clinic's history in the Pro Bono Network?

In 2019, Students from the Tampa DPT program attended the Eastern Regional Pro Bono Conference and were exposed to models of other student-run clinics across the nation. The ideas, information, and research provided at this conference laid the groundwork for what was soon to be called Shark Motion Clinic and Shark Motion Clinic Committee! In 2020, The Pro Bono Network selected Nova Southeastern's Shark Motion Clinic Committee to present at the Eastern Regional Pro Bono Conference. The presentation was a success!

#### What are the highlights from the Eastern Regional Pro Bono Conference on March 5th?

This year the program was divided into 4 topics for separate panels would present; the topics were as follows: student-run models, interprofessional integration into student-run clinics, health literacy in the community, and special topics that covered how students handled Covid-19 related problems which our own clinic had experienced as well! There were many creative solutions with challenges such as how to tackle health literacy in the uninsured; Below we have attached a few images from the conference which demonstrated the wealth of information provided at the Pro Bono Conference!

- |                                      |                                  |                                       |
|--------------------------------------|----------------------------------|---------------------------------------|
| A.T. Still University – 3            | Nova Southeastern University – 2 | University of Evansville – 10         |
| Alvernia University – 15             | Pacific Northwest University – 2 | University of Florida – 6             |
| Arcadia University – 12              | Quinnipiac University – 8        | University of Kansas Medical Ctr – 6  |
| Arkansas Colleges of Health Educ – 1 | Regis University – 1             | University of Missouri – Columbia – 4 |
| Bradley University – 1               | Rutgers University – North – 9   | University of Mary – 1                |
| Briar Cliff University – 24          | Saint Louis University – 1       | University of Pittsburgh – 7          |
| Central Michigan University – 4      | Salt Lake Community College – 1  | University of Scranton – 3            |
| Duke University – 1                  | Salus University – 2             | University of St. Augustine – 5       |
| Elon University – 5                  | Service Systems Associate – 1    | University of Utah – 4                |
| Gannon University – 8                | St. Ambrose University – 11      | Utica College – 7                     |
| High Point University – 3            | Temple University – 20           | Wayne State University – 4            |
| Howard University – 1                | Tennessee State University – 5   | Western Carolina University – 7       |
| Indiana University – 2               | Texas Women's University – 1     | Western New England – 5               |



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Mountain Area Pro Bono Health Services

### Health 101

Staying Healthy From Home

**A Quick Guide to Reading Food Labels**

**Nutrition Facts**

Serving Size: 1 cup (240 mL)		Amount Per Serving	
Calories 230		% Daily Value*	
Total Fat	10g	20%	
Saturated Fat	5g	10%	
Cholesterol	20mg	40%	
Sodium	100mg	20%	
Total Carbohydrate	45g	90%	
Dietary Fiber	10g	20%	
Sugars	10g	20%	
Protein	10g	20%	

**Stepping-up for Your Health**

**Breathe and Feel Re-energized**

Community Garden Update

Welcome to the MAPHealth Community Garden! We are excited to provide fresh and nutritious produce for our patients. Our volunteers have been hard at work preparing the plot for our tomatoes, lettuce, and more. Please contact us at MAPHealth@medicals.edu if you want to know more about the garden and see if you qualify.

### Grand Rounds: Clinical Presentations

- Student present on clinical conditions that they have treated in the clinic.
- Interprofessional representation
- Some previous presentations include
  - Etiology and Rehabilitation of Bilateral Quad Tendon Repair
  - Vestibular Rehabilitation in Children with Developmental Delay

## CASE STUDIES

#### Patient #1

- This patient was diagnosed with PD in 2015 and is currently a Hoehn and Yahr Stage 2.
- When we met in September of 2021 her most prevalent impairments were:
  - She was unable to statically balance on one leg without significant sway.
  - She had delayed and ineffective stepping strategies.
  - She was overall deconditioned.
- Her main concern was being able to continue functioning independently and play with her grandchildren.
- We met one time per week for 60 minutes from September on, and implemented a HEP focusing on her noted impairments.
- Some examples of exercises included: agility ladder drills with RAS, static and dynamic balance on compliant surfaces, intensity interval training, yoga and time-and-tesion exercises.

#### Patient #2

- This patient sustained a right hemorrhagic stroke almost 6 years ago.
- When we met in April of 2021 sessions were primarily focused on upper extremity use, demonstrating the following impairments:
  - She was unable to walk without upper extremity support.
  - She was extremely fearful when attempting new interventions.
  - She would not take of her AFO.
- Though she is independent with all ADLs and IADLs, her goal was to use her left extremities more, as she had developed learned non-use.
- We met one time per week for 60 minutes and implemented a HEP focusing on her noted impairments.
- Some examples of exercises included: ambulation without upper extremity support, floor transfers, standing without her AFO, toe taps on a core board, and functional, upper extremity training.