



PHOTO BY LISA BALTOZER

## 9/11 Heart stress

### Researchers link attacks to rise in heart arrhythmias

In the month after the Sept. 11, 2001, attacks on the World Trade Center, millions grappled with the emotional heartache of a national tragedy. Scientists now have discovered new evidence of physical consequences for the heart as well among patients living hundreds of miles from Ground Zero who rely on a pacemaker-like device that corrects dangerously rapid arrhythmias with electric shock.

UF researchers found that patients who saw a doctor for routine monitoring of the device, known as an implantable cardioverter defibrillator, or ICD, had a nearly threefold increase in the number of shocks they received in the four weeks after Sept. 11.

"These data provide real-world evidence that stress affects both the mind and the heart," said Samuel Sears Jr., Ph.D., an associate professor in the department of clinical and health psychology at the College of Public Health and Health Professions and one of the study's researchers. "Even witnessing a national tragedy has a similar effect as experiencing a tragedy. It doesn't have to be a death in your family for it to affect the heart. Fortunately, the ICD protects patients under these unusually stressful circumstances. What's interesting about this study was that the effect occurred because they were Americans. It suggests we've internalized our identity and (the victims') identity as Americans."

An estimated 400,000 people die from unstable heart rhythms each year. Experts say an additional 80,000 receive an ICD, which works by constantly monitoring the heartbeat, halting dangerously rapid rhythms by delivering a small electrical jolt to the heart. It also can correct abnormally slow heart rhythms by pacing the heartbeat with electrical pulses.

UF experts collaborated with researchers at St. Luke's-Roosevelt Hospital in New York, who previously noted an increase in the incidence of arrhythmias and the frequency of ICD shocks among patients living in the metropolitan area in the month after the attack. The current study was the first to show a similar effect in patients living at a distance.

"This is the first time after a tragedy has occurred in our country that anybody has looked to see whether it affects patients all across the country," said lead researcher Omer Shedd, M.D., a postdoctoral

fellow in cardiovascular medicine at UF's College of Medicine. "Because the World Trade Center attacks were so heavily publicized — virtually everybody in the country was exposed to that tragedy — we thought we may find an increase in morbidity and possibly mortality in our area. The implications are that the event had a much more widespread effect than previously recognized."

Physicians increasingly acknowledge that emotional stress is a powerful stimulus for cardiovascular events. Previous research has directly linked cardiovascular and psychological reactions in people experiencing sudden and severe life stress, such as the aftermath of a natural disaster or the terror of war.

For the current study, UF scientists reviewed the medical records of 132 Floridians, mostly men, who were seen for routine checkups at UF or at Gainesville's Malcom Randall Veterans Affairs Medical Center, both in the month before and the month after the Sept. 11 attack. The average age of those enrolled in the study was about 63. The frequency of heart arrhythmias requiring ICD treatment increased by more than 68 percent among the study participants shortly after the attack. Patients with arrhythmias in the month before also experienced twice as many in the month afterward.

In all, 11 percent of study participants had abnormal heart rhythms in the month afterward, compared with 3.5 percent in the month before. Because the research was a retrospective study, however, scientists do not know whether the patients were personally touched by the tragedy, through knowing friends or relatives living in the New York metropolitan area.

The key is to get at-risk patients the psychological help they need to cope with stressful events, and to let them know that if they do experience an increase in arrhythmias caused by stress they are likely to subside with time, said Anne B. Curtis, M.D., a professor of cardiovascular medicine at UF's College of Medicine. ●



Dr. Samuel Sears

### Researchers to study psychological care program for patients with ICDs

A UF research team, led by Samuel Sears, Ph.D., will evaluate the effectiveness of a stress management program in helping patients who recently received an implantable cardioverter defibrillator, or ICD, adapt to health issues raised by the life-saving technology.

The research is supported by a two-year, \$120,000 grant from the American Heart Association.

Previous research has shown that the ICD is the treatment of choice for patients with potentially life-threatening irregular heartbeats. The overall benefit of the ICD, however, may be diminished by the significant psychological distress of receiving a shock, Sears said.

Research done in his lab has shown that between 24 percent and 38 percent of patients with an ICD experience significant distress and may benefit from psychosocial interventions.

"Biomedical technologies, like the ICD, can save lives via a shock to the heart," Sears said. "But their purpose is also to save patients' quality of life, and psychological interventions can help them adjust to the ICD successfully."

Participants in the study will be randomly assigned to participate in a six-week group-based program or a four-hour workshop. They will receive relaxation training, stress management skills, tips on planning positive experiences and actions, and help in maintaining a positive outlook on their health situation. ●

## dean's MESSAGE

More than 100 years ago, states began to develop public universities. Designed to allow any individual the opportunity of a college education, thereby improving his or her life, the states agreed

to provide reasonable funding to the universities, allowing everyday people access to a college education. For more than 150 years this ideal has guided state legislatures and our expectations of universities.

This began to change in 1980. Between 1980 and 2000, the share of state universities' operating

budgets paid by state tax dollars dropped by 30 percent.<sup>1,2</sup> The share of state revenue allocated to education dropped from 9.8 percent to 6.9 percent, and in the same period, federal funding to universities declined. Universities have responded by raising tuition more than 125 percent since 1990.<sup>1,2</sup> Indeed, in many states, tuition has become the primary source of revenue for universities.

Last year, UF undergraduate tuition increased 8.5 percent and in the current year, undergraduate tuition will increase 12.5 percent.

Declining financial support from state and federal sources has forced universities to become increasingly entrepreneurial, relying upon divergent revenue to support their mission.

The College of Public Health and Health Professions receives approximately 33 percent of our budget from the state revenue. The other 66 percent is generated by grants, clinical operations and contracts. While our faculty has succeeded in obtaining grants and contracts, faculty members dedicated to these projects are not available to teach. Although our success in securing outside funding brings national acclaim, combined with decreasing state support for teaching, the primary mission of the college — education — is threatened.

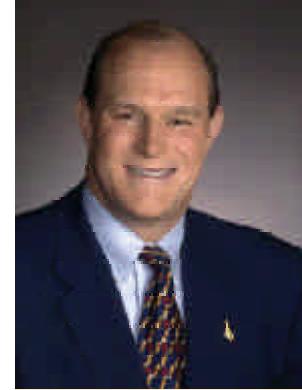
With record numbers of young people seeking admission to the state's universities, tuition increasing and state general revenue support decreasing, universities will face impossible decisions.

Although Florida is renown for the number of seniors living in the state, the proportion of children is virtually equal. For the state to prosper, these children must have access to affordable higher education opportunities. As tuition begins to rise and state support is limited, it is clear the burden of paying for a college education is increasingly moving to the student and his or her family. Many families will be unable to afford increased tuition rates.

The premise of an affordable college education, which has guided the growth of our state and country, is clearly at risk. ●

<sup>1</sup> See Yudof, M. "Is the Public Research University Dead?" *Chronicle of Higher Education*, January 11, 2002, p. B24.

<sup>2</sup> Kirp, D.L. Shakespeare, Einstein, and the Bottom Line: The Marketing of Higher Education, 2003, Harvard University Press, p. 131-133.



**Dr. Robert G. Frank**

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# Rehabilitation research

New grants expand Brooks Center researchers' studies of stroke rehabilitation, traumatic brain injury

Investigators affiliated with the Brooks Center for Rehabilitation Studies and the College of Public Health and Health Professions have recently secured a host of grants to fund stroke rehabilitation research and the development of an assessment tool to measure cognitive function after traumatic brain injury.

Supported by a \$1.5 million grant from the National Center for Medical Rehabilitation Research of the National Institutes of Health, Steven Kautz, Ph.D., an investigator at the Department of Veterans Affairs Brain Rehabilitation Research Center and the director of the Brooks Center's Human Motor Performance Laboratories, will lead a group of researchers investigating the mechanisms responsible for walking impairment in patients diagnosed with stroke.

"While we know that muscle weakness and coordination play a factor in impaired walking after stroke, the bottom line is the causes of impairment are not well understood; that's what we'll find out through this study," said Kautz, also an associate professor of physical therapy.

Reducing the risk of a second stroke and maximizing functional status and quality of life for veterans with stroke is the goal of a recently

funded research project led by Brooks Center Director Pamela W. Duncan, Ph.D.

With a \$1.1 million grant from the VA Health Services Research and Development Service, researchers with the Veterans Affairs Quality Enhancement Research Initiative, or QUERI, seek to systematically implement research findings and evidence-based guidelines into routine clinical practice when treating veterans with stroke.

"The VA QUERI program has been recognized by the Institute of Medicine as one of the most successful programs to enhance quality improvement in health care and translate research into practice," said Duncan, also the director of the VA Rehabilitation Outcomes Research Center for Veterans with Central Nervous System Damage, or RORC. "This \$1.1 million grant is core funding to expand our programs of research in stroke post-acute care."

Additional Brooks Center researchers who have recently received research grants include:

- Huanguang "Charlie" Jia, Ph.D., a research health scientist at the RORC and an adjunct professor in the department of health services administration, who will research Florida veterans' use of health-care services and outcomes after stroke with \$376,052 in funding from the

VA Health Services Research and Development Service.

- Christopher Johnson, Ph.D., an assistant professor of health services administration and a research health scientist at the RORC, who has received a \$398,000 VA Health Services Research and Development Service grant to research the utilization and quality of care for veterans diagnosed with stroke receiving community nursing home care paid for by the VA.

- Craig Velozo, Ph.D., an associate professor and associate chairman of occupational therapy, who in collaboration with Shelley Heaton, Ph.D., an assistant professor of clinical and health psychology, is developing a computer-based model for assessing cognitive functional status of patients with a traumatic brain injury that is accurate, efficient and relevant. The research is funded by a three-year, \$346,135 grant from the NIH. ●

Above: Brooks Center research assistants demonstrate the Lokomat Robotic step training system at the opening of the center's Human Motor Performance Laboratory, located at the Malcom Randall VA Medical Center. The equipment helps researchers understand motor function in people with neurological damage.

# Student discovery

Research fair highlights success of student research programs

**R**esearch posters submitted by more than 45 students lined the reception area at the college's 17th Annual Research Fair

in April, and the room was filled with students and faculty members engaged in discussion. The scene was far different from the research fair held just five years ago, when student entries totaled half this year's number.

Participation in the research fair is just one indicator of the college's growth in student research. Research grant awards to the college's students have skyrocketed from \$29,000 in funding in 1998 to more than \$280,000 in 2003. The award of three highly competitive training grants from the National Institutes of Health to faculty members Krista Vandenborne, Ph.D., chairwoman of physical therapy, Michael Marsiske, Ph.D., an associate professor of clinical and health psychology, and Stephen Boggs, Ph.D., an associate professor of

clinical and health psychology, provide more than \$2 million in support to college graduate students.

Leigh Lehman, a doctoral student in the rehabilitation science program, believes that her program has established a supportive research environment through the hiring

of professors, such as her research adviser, Craig Velozo, Ph.D., an associate professor and associate chairman of occupational therapy, who are very involved in research and dedicated to mentoring students.

"The emphasis is very much on research and through grant money we are provided with a very good work environment with all the latest technology needed to be as productive as possible," Lehman said. "Research opportunities now are

vital to the career that I would want at a Research I university."

Winners of this year's research fair received \$500 to use toward travel expenses to a scientific or professional conference. They include: Adrienne Aiken, Gretchen Ames, Mark Bowden, Neila Donovan, Penny Edwards, Tiffany Frimel, Elizabeth (Lisa) Hannold, Adam Hirsh, Mary Murawski, Britta Neugaard, R. Bruce Parkinson, Neeti Pathare and Jia-Hwa Wang. ●



PHOTO BY GERBEN DEJONG

Inga Wang (left), a student in the rehabilitation science program, and Craig Velozo review Wang's research findings.

## student NEWS

**Daniel Bagner**, a doctoral student in the clinical and health psychology department, received a \$3,660 grant from the Children's Miracle Network at Shands at UF.

**David Brown**, a student in the college's doctoral program in health services research, received a Career Development Award through the Association of Teachers of Preventive Medicine, in conjunction with the Centers for Disease Control and Prevention.

**Ashley Butler**, a doctoral student in the clinical and health psychology department, received a minority fellowship from the American Psychological Association.

**Eleni Dimoulas**, a doctoral student in the clinical and health psychology department, is the recipient of a graduate student research award from the American Psychological Association Division 38.

**Melissa Harper**, a graduate student in the health services administration department, placed third in a national student paper competition sponsored by the American College of Healthcare Executives.

**Lisa McTeague**, a doctoral student in the clinical and health psychology department, is among eight students nationally to receive trainee travel awards from the Anxiety Disorders Association of America.

**Mary Murawski**, a doctoral student in the department of clinical and health psychology, received an award for Best Scientific Research Poster and a citation award from the Society of Behavioral Medicine. ●

## faculty NOTES

**Garret Evans, Psy.D.**, an associate professor in the department of clinical and health psychology and the Institute of Food and Agricultural Sciences' department of family, youth and community sciences, is one of fewer than 30 people to be appointed a Primary Health Care Fellow by the U.S. Department of Health and Human Services.

**Russell Bauer, Ph.D.**, a professor in the clinical and health psychology department, is one of five UF faculty members to receive the UF 2003-04 Doctoral Dissertation Advisor/Mentoring Award. The awards are designed to encourage and reward excellence, innovation and effectiveness in dissertation advising.

**Robert Frank, Ph.D.**, dean, and **Ronald Rozensky, Ph.D.**, chairman of the department of clinical and health psychology, are both lead editors of recent books published by the American Psychological Association. Frank's book, "Primary Care Psychology," examines the role of psychology in the delivery of primary health care. Rozensky's book, "Psychology Builds a Healthy World," highlights ways in which psychologists can contribute to healthy families, communities and workplaces. ●



Kenneth Pollock, Ph.D., (seated) a former associate professor in the department of **communicative disorders**, measures the hearing of high school students in the late 1960s. The students were surprised to find their hearing was temporarily impaired after listening to a live band at a school dance. Susan Lasley (left), Marsha Singleton and Robert Brill watch as Henry Barber is tested by Pollock.



Megan Witte



# Research exchange

## Doctoral student's trip down under fosters collaboration with Australian university

**W**hen William Mann, Ph.D., Megan Witte's research adviser, suggested she pursue an educational exchange, Witte was intrigued. But when Mann brought up the idea of calling upon his connections as an honorary professor at the University of Sydney to establish a visiting scholarship for Witte, she jumped at the offer.

From the balmy setting of Gainesville, Fla., to the oceanside location of Sydney, Australia. Not bad for this UF doctoral student from Norfolk, Neb.

But Witte did more than enjoy the Australian sights. Her expertise in information networks and assistive technology — devices designed to make everyday tasks easier for people with disabilities — contributed to the University of Sydney's efforts to bring awareness to the potential of assistive technology and has stimulated interest in future research exchanges.

"Having Megan with us has had a number of positive benefits," said Catherine Bridge, a lecturer and director of the Home Modification and Maintenance Information Clearinghouse at the University of Sydney's School of Occupation and Leisure Sciences. "Chiefly, it has improved knowledge and smoothed information exchange. It has also helped to raise the profile of our project and has helped service providers to see bigger international context and value of research."

A second-year student in the college's rehabilitation science program, Witte took classes at the University of Sydney and served as a research assistant during her five-month tenure, which ended in June.

"The University of Sydney has an excellent research program in aging and disability," said Mann, director of the rehabilitation science program and chairman of occupational therapy. "There is much that

we can learn from other country's models of service delivery in long-term care. Exchanges of graduate students and faculty — both ways — provide necessary learning opportunities, and collaborative research is fostered through these exchanges."

Witte's duties included helping to promote the new interactive Web site for the university's Home Modifications and Maintenance Information Clearinghouse, a program that collects and reviews research on home modifications that can help older people and people with disabilities remain independent in their homes and makes the information available to industry and consumer groups.

Witte also collaborated with Bridge and Peter Phibbs at the university's School of Architecture to develop a project with the New South Wales Department of Housing to conduct research on retrofitting tenant homes with an infrared sensor home monitoring system to observe seniors' daily routines and provide alerts to caregivers.

Witte's interest in assistive technology stems from her desire to improve the quality of life for the aging population, especially in the area of maintaining and increasing independence in the home.

"I think assistive technology is a key player in helping this happen, so developments in this arena are especially important," Witte said.

Witte believes that her academic exchange experience has enhanced her education in multiple ways.

"I've gained a better understanding of international health-care delivery systems not only in Australia, but in the United Kingdom and China as well, since some of my fellow occupational therapy students are from those countries," Witte said. "In

addition, dealing with national housing standards has enriched my understanding of public policy and how it relates to health-care delivery."

Not all of Witte's learning took place at the university, however. Australia provided plenty of opportunities for new cultural experiences.

"Some of the adjustments to being in Australia included getting used to Australian terminology for things such as the trunk of the car being the 'boot' and people saying 'how are you going?' instead of 'how's it going?'" Witte said. "Also, Australians really struggle with



Witte poses in front of one of Australia's most recognizable landmarks, the Sydney Opera House.

pronouncing my name, which I wasn't anticipating. They always say 'Meegan' with a long 'e' instead of 'Megan' with more of an 'a' sound. It usually takes people a couple of tries to get it right.

"The traffic was also an adjustment since they drive on the opposite side of the road," Witte said. "It really heightens your awareness as a pedestrian!" ●

## Prolonging independence Occupational therapy chairman explores technologies to aid seniors

**A**s America's population ages, seniors and their families are searching for ways to extend independence and quality of life as long as possible. The work of William Mann, OTR, Ph.D., is leading the way in technologies that will enable seniors to live in their homes and drive safely for longer.

Mann, chairman of the department of occupational therapy, leads the development of new assistive technologies — devices designed to make everyday tasks easier for seniors and people with disabilities — as the director of the Rehabilitation Engineering Research Center on Technology for Successful Aging. In his other major research role as director of the National Older Driver Research and Training Center, Mann and his colleagues offer interventions to help older people drive safely longer and provide counseling, education, and training on alternatives to driving.

"Bill Mann has been a strong voice within the profession of occupational therapy for attention to the issues of aging and disability," said Frederick P. Somers, the associate executive director, public policy, at the American Occupational Therapy Association. "His leadership in promoting independence and quality of life for older people with disabilities through technology is unsurpassed."

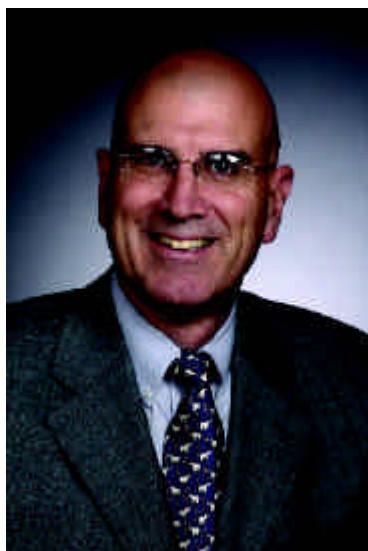
And Mann has the distinction of leading a department that has the largest research enterprise of any occupational therapy academic program in the United States, with faculty research that is widely recognized for advances in aging and technology and rehabilitation outcome measurement.

Boasting one of the largest distance master's degree programs for practicing occupational therapists in the country, and the addition of a new clinical service in older driver assessment, the department is a leader in fulfilling its education and service missions as well.

Mann champions a climate of shared goals within the department so that everyone knows where the department is heading.

"The department works hard to recruit the very best faculty, staff and graduate students, who can take responsibility for given areas," he said. "I give them the responsibility and appropriate resources, and good outcomes happen — I don't have to hover or micro-manage. My role is to be available to help with developing ideas and to deal with difficult problems. I believe in hard work, but it should be fun."

Mann's departmental goals include pursuing opportunities for growth in the college's Center for Telehealth.



**Dr. William Mann**

The potential for telehealth is huge, Mann said, in such new areas as terrorism readiness.

"Another very important goal of mine is to see junior faculty and doctoral students grow and develop strong research careers," Mann said. "Mentoring at the faculty, postdoctoral and doctoral levels is something I consider critical, and given my long career as a

researcher, it's something I take very seriously."

The chairman of the occupational therapy department at State University of New York at Buffalo and a faculty member there from 1974 to 2000, Mann was drawn to the chairmanship at UF because of the opportunity to lead a department while devoting a significant amount of time to his own research that has been funded by more than \$23 million in research awards over the years.

At the Rehabilitation Engineering Research Center on Technology for Successful Aging, Mann is partnering with Sumi Helal, Ph.D., a UF professor of computer and information science and engineering, and private industry

to develop a fully equipped "smart house" for aging occupants. Construction of a smart house is under way at the Oak Hammock at the University of Florida retirement community and researchers will soon be able to conduct research on "smart technology" in a real home environment.

With a centralized computer network to deliver electronically coordinated assistance, features of the smart house include the ability for a resident to deliver voice commands to turn on appliances and open and close window curtains. If a visitor comes to the door, sensors pinpoint which room the resident is in and a camera beams the visitor's image to a TV screen inside the home. The smart house will help with such tasks as medication management, cooking and monitoring for resident safety. The goal is to help elders remain living as independently as possible, and in their own homes.

As the director of the National Older Driver Research and Training Center, Mann addresses another aspect of elderly independence, the ability to drive safely for as long as possible.

"We plan to develop reliable and valid approaches to determining the fitness of elders for unrestricted or restricted driving and develop approaches to solve problems related to unsafe driving," Mann said.

The center's research and training efforts focus on interventions that extend the functional capabilities of older drivers. The center also is partnering with the American Occupational Therapy Association to create a model curriculum for educating occupational therapists as driver safety intervention specialists. ●

The following awards were given to outstanding academic achievers at the College of Public Health and Health Professions' 2004 commencement ceremony on May 1.

### Dean's Office Awards

#### Dean's Scholar

*Undergraduate* — Lori Filichia

*Graduate* — Michael Larson

*Judson A. Clements Jr. Memorial Scholarship* — Brooke Powell

*Alumnus of the Year* — Randall Scot McDaniel, Ed.D.

*Horse Farm 100 Scholarship* — Jake McKelvey

*UF Outstanding Leader Award* — Amelie Romelus

*Honorable Mention* — Lori Filichia, Lisa Petransky and Kelly Simpson

*Bachelor of Health Science Program*

*Outstanding Leadership* — Jake McKelvey

*Academic Excellence* — Lisa Petransky

### Shands at UF Auxiliary Scholarships

Kiri Hooper, Sarah Wimpee and Claudia Mena

*Louise Barringer Scholarship* — Ines Alamo

*Anna Gutekunst Scholarship* — Lindsay Berry

### Clinical and Health Psychology

*Florence Shafer Memorial Award* — Mary Brinkmeyer

*Molly Harrower Award* — Rebecca Jump and Christina Wierenga

*Department Research Award* — Lisa McTeague

*Scientist-Practitioner Award* — Gregg Selke

*Robert and Phyllis Levitt Research Award* — Christina Wierenga

*Geoffrey Clark-Ryan Memorial Award* — Laura Bimbo

*Classroom Teaching Award* — Michael Marsiske, Ph.D.

*Research Mentor Award* — Eileen Fennell, Ph.D.

*Hugh C. Davis Award for Excellence in Psychotherapy Supervision* — Lori Waxenburg, Ph.D.

### Communicative Disorders

*Kenneth R. Bzoch Speech-Language-Hearing Award for Excellence in Research* — Charles Ellis

*Lowell C. Hammer Outstanding Clinical Speech-Language Pathology Award* — Jerrica Oldham

*Kenneth C. Pollock Outstanding Clinical Audiology Award* — Katie Ruffett

### Health Services Administration

*Master of Health Administration Faculty Award for Excellence* — Matthew Grinstaff

*Master of Health Administration Alumni Award for Service* — Melissa Harper and Carianne Johnson

*Master of Health Administration Excellence in Teaching Award* — Murray Côté, Ph.D.

### Occupational Therapy

*Kay F. Walker Award for Excellence in Distance Master's Program* — Matthew Press

*Awarded in December 2003:*

*Alice C. Jantzen Award for Academic Excellence* — Sophia Hulst

*Ann Sirmyer Ballard Memorial Award* — Lana Harris

*Jane Slaymaker Memorial Award* — Elke Roese

*Lela A. Llorens Award for Excellence in Research* — Christina Posse

*Kay F. Walker Award for Excellence in Distance Master's Program* — Janice Renee Owens

### Physical Therapy

*Claudette Finley Scholarship Award* — Emily Hatcher

*Frederick Family Scholarship (entry-level student)* — Amber Goodman

*Frederick Family Scholarship (advanced-level student)* — Neeti Pathare

*Julia Conrad Trojanowski Scholarship* — Gabrielle Shumrak

*Dr. Mark H. Trimble Memorial Scholarship* — Joel Cabrera

*Outstanding Clinical Performance Award* — Candace Williams

### Rehabilitation Counseling

*Graduate Leadership Award* — Cosette Tamargo

*Undergraduate Leadership Award* — Tianna Rosario

*Scholarship Award* — Dan Pekich

*Bruce Thomason Memorial Award* — Joanna Sadowska

*Horace Sawyer Clinical Excellence Award* — Lara Smith

*John Muthard Research Award* — Jamie Pomeranz

# A new path to restoring health

## Physical therapist incorporates Pilates exercise method into patient care

**B**onnie Carr, physical therapy '70, enjoys telling the story of an 81-year-old client she treated recently.

The woman, who had been athletic and active in her younger years, came into Carr's practice limping. Following treatment, she's not only walking pain free, she's climbing mountains in Switzerland.

And Carr has lots more patient success stories like the mountain climber's to share with visitors to her facility, Balanced Body Pilates in Gainesville.

"What's so exciting is that you can give someone back her life," Carr said.

Developed by Joseph Pilates after World War I, the Pilates method emphasizes proper breathing and posture while carefully executing exercises on specially designed equipment to simulate normal movement. Pilates is intended to strengthen the body's core — the abdominal muscles and the muscles closest to the spine. The result is increased strength, balance, flexibility and proper mechanics.

"Pilates is about prevention and being proactive," Carr said. "The world says 'no pain, no gain,' while Pilates says 'all gain, no pain.'"

Once popular among athletes and professional dancers, Pilates has moved into the mainstream over the past several years as a program for people at all levels of fitness. Carr's practice of combining Pilates with physical therapy is part of an emerging trend.

Used in rehabilitation, Pilates can benefit people with disabilities, osteoarthritis, chronic pain, injuries, low back pain and problems with posture, gait and balance.

Pilates-based physical therapy is more efficient and can be accomplished in less time than traditional physical therapy, Carr said. Patients discharged from these services are stronger, more flexible and less likely to reinjure themselves. The therapy is performed on Pilates equipment, which lightens the therapist's load because the equipment provides assistance in managing the patient's position, base of support, and amount of resistance applied.

Balanced Body Pilates boasts more Pilates-trained physical therapists in one practice than any other in the United States. Several of them are UF physical therapy graduates: Janice Dickhaus '71, Santiago Casanova '86, Nancye Henkle-McPeek '94, Sue Pundt '94, Jodi Jainchill '98 and Amy

(Unger) Borut '02.

Following her UF graduation, Carr held physical therapy positions in a rehabilitation center, orthopaedic surgery practice, home health agency and physician practice while raising two sons. Ten years ago, a New York colleague encouraged Carr to get involved with Pilates. She received training from a St. Petersburg-based therapist, the only Pilates-trained therapist in Florida at the time.

"I immediately felt that Pilates is the missing piece in therapy," Carr said. "Pilates gave me the tools for therapy. For the first time in my life I could easily treat a person much larger than myself because of the assistance of the equipment."

A client Carr successfully treated with Pilates convinced her to partner in the opening of Balanced Body Pilates three years ago.

Carr enjoys the opportunity to pass along her knowledge of Pilates-based physical therapy to new therapists while watching the field develop.

"I'm very blessed and grateful I'm doing this kind of work," Carr said. "If we have to work, what a wonderful way to do it. Plus I have the strongest abs of most 57-year-olds I know!" ●



Carr treats a client in Balanced Body Pilates' heated pool.

# Alumnus of the year recognized for contributions to health education

**R**andall McDaniel, Ed.D., OTR/L, CRC, recalls that in 1961 his father held up a UF course catalog and told McDaniel "your future is in here."

"There was no question I would go to UF. My father had started but didn't finish. The only question was, what would my major be," McDaniel said.

Under the guidance of Alice Jantzen, Ph.D., founding chairwoman of the occupational therapy program, McDaniel found his career in the College of Public Health and Health Professions, graduating from the college's programs in occupational therapy in 1966 and rehabilitation counseling in 1968.

For his longstanding commitment to educating health professionals, McDaniel has been named the College of Public Health and Health Professions' 2004 Alumnus of the Year.

McDaniel serves as the Wayne T. Smith Distinguished Professor of Education at Auburn University and works in private practice as a vocational and rehabilitation expert.

As the director of Auburn's graduate programs in vocational evaluation and rehabilitation counseling, McDaniel has secured more than \$4.8 million in grants to support students and educational programs, and is the author or co-author of more than 40 publications.

"McDaniel is a nationally recognized leader in rehabilitation education who has been responsible for innovations in computer-assisted technology and vocational consultation strategies," said Horace Sawyer, Ed.D., chairman of UF's rehabilitation counseling department.



**Dr. Randall McDaniel**

McDaniel's current interest is in electronic course delivery and accommodating students with disability. He has pioneered the first online rehabilitation program using streaming media in the nation and is presenting on this topic at the 20th World Congress on Rehabilitation International this summer in Oslo, Norway. He also is working on a grant proposal to the National Science Foundation with Auburn University's department of engineering to provide wireless engineering solutions for the mobility and communication needs of people with sensory impairments.

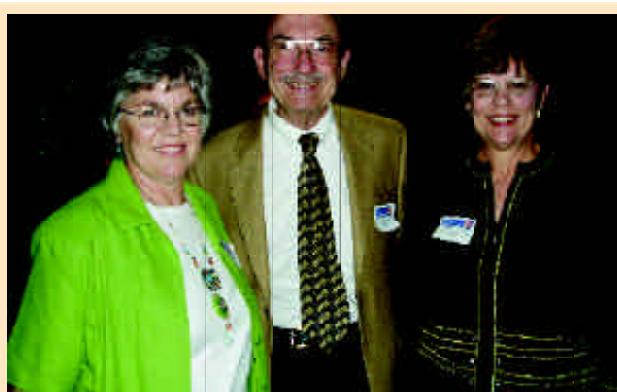
McDaniel received the U.S. Department of Education Rehabilitation Services Administration Commissioner's Award for Excellence, and a 2001 Alabama Senate resolution commended him for distinguished service to Auburn University and a legacy of exemplary leadership and humanitarianism. Additional honors include awards from the National Rehabilitation Association for his service to people with disabilities and recognition from Auburn University for outstanding teaching.

And looking back on his career, McDaniel credits UF with setting him on the right track.

"A degree from UF is like blue chip stock," McDaniel told the college's graduates at this year's graduation ceremony. "It just increases in value." ●



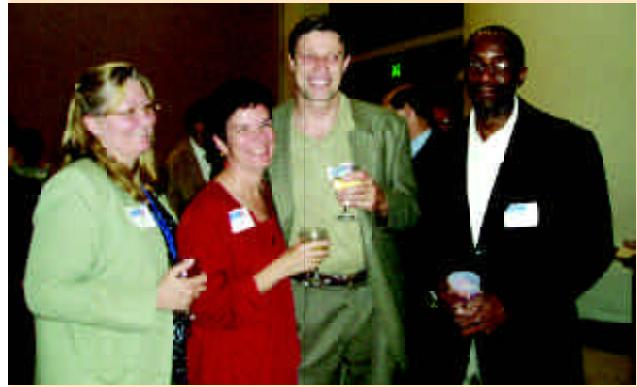
Mary Ellen Young, Ph.D., assistant professor of rehabilitation counseling, catches up with 1974 alumni Donna Kozburg and Ron Kozburg.



Horace Sawyer, Ph.D., chairman of rehabilitation counseling, is joined by Dr. Bruce Thomason's daughters Patsy Nininger (left) and Rebecca Hayes.



Sheree Inman Fugate '96, with faculty members Dee Dee Locasio, Ph.D., a 1990 graduate, and Linda Shaw, Ph.D.



Faculty member Laura Perry, Ph.D., a 1987 graduate, poses with Ginny Linder '87, Markus Dietrich '97 and James Martin '77.

# The big 5-0

## Rehabilitation counseling department celebrates 50th anniversary

Alumni, faculty and students celebrated the rehabilitation counseling department's 50th anniversary with a continuing education program and evening reception on March 26.

Created in 1954, the UF rehabilitation counseling program was the first graduate program of its kind in the Southeast and one of the first in the nation. Led by founding chairman Bruce Thomason, Ph.D., the department was established in the College of Education, later finding a home in the College of Public Health and Health Professions in 1959. Photos by Michele Rollen. ●

## alumni UPDATES

**Courtney Crandall**, occupational therapy '03, works at Avante at Mount Dora, a skilled nursing facility. She currently lives in East Lake Weir, Fla.

**Casey Dull**, physical therapy '99, is a staff therapist in the new physical therapy department at the Pensacola, Fla.-based Medical Center Clinic.

**Rachel (Landau) Garr**, occupational therapy '86, lives in Prescott, Ariz., and works as an occupational therapist for a pediatric private practice. She relocated to Arizona two years ago with her family after 30 years in Florida. Rachel writes, "I enjoy living and working in Prescott and traveling to nearby communities, servicing schools and home health clients as well as seeing outpatients at the main office. My hobbies include time with family, photography, traveling and walks in the mountains."

**Patricia Beck Koff**, bachelor's of health science '80, is the new care initiatives coordinator at University of Colorado Hospital in Colorado Springs. She writes, "I'm excited to still be using my B.H.S. and M.Ed. as we work on the redesign of chronic health-care delivery, educating patients is a cornerstone and addressing hospital finances in the process is a major key." Her career history includes work in other countries, and she is the author of two textbooks. Patricia has been married to a fellow UF grad for 22 years and they have an 11-year-old daughter.

**Belinda Felhandler Wurn**, physical therapy '75, and her husband Larry own Clear Passage Therapies Inc. with clinics in Gainesville and Toledo, Ohio. They specialize in the manual treatment of abdominal and pelvic pain and dysfunction, and complex chronic pain. ●



## W H A T ' S N E W

### Share your news with classmates!

Submissions will be published in the Alumni Updates section of a future issue of PHHP News

NAME (INCLUDING MAIDEN)

MAJOR/YEAR

PHONE

HOME ADDRESS (CITY, STATE, ZIP)

E-MAIL ADDRESS

CURRENT POSITION

NEWS TO SHARE

Mail to PHHP News, News and Communications, Health Science Center, P.O. Box 100253, Gainesville, FL 32610-0253; fax 352.392.9220; e-mail [jpease@vpha.health.ufl.edu](mailto:jpease@vpha.health.ufl.edu) or post your news online at [www.phhp.ufl.edu/alumni](http://www.phhp.ufl.edu/alumni)

## Save the date

### Alumni Reunion 2004

Join us in celebrating the College of Public Health and Health Professions' Alumni Reunion 2004. Mark your calendars for the Gators vs. LSU Tigers football game on Saturday, October 9. A brunch for college alumni will be served from 10 a.m. to noon; game time will be announced two weeks prior.

Football tickets will sell quickly for this game, so please fill out your registration forms as soon as you receive your reunion brochure in early summer. Hope to see you there! ●