

Health Sciences ^{Matters}

FACULTY OF HEALTH SCIENCES ALUMNI MAGAZINE

FALL 2012



LEADERS OF TODAY AND TOMORROW

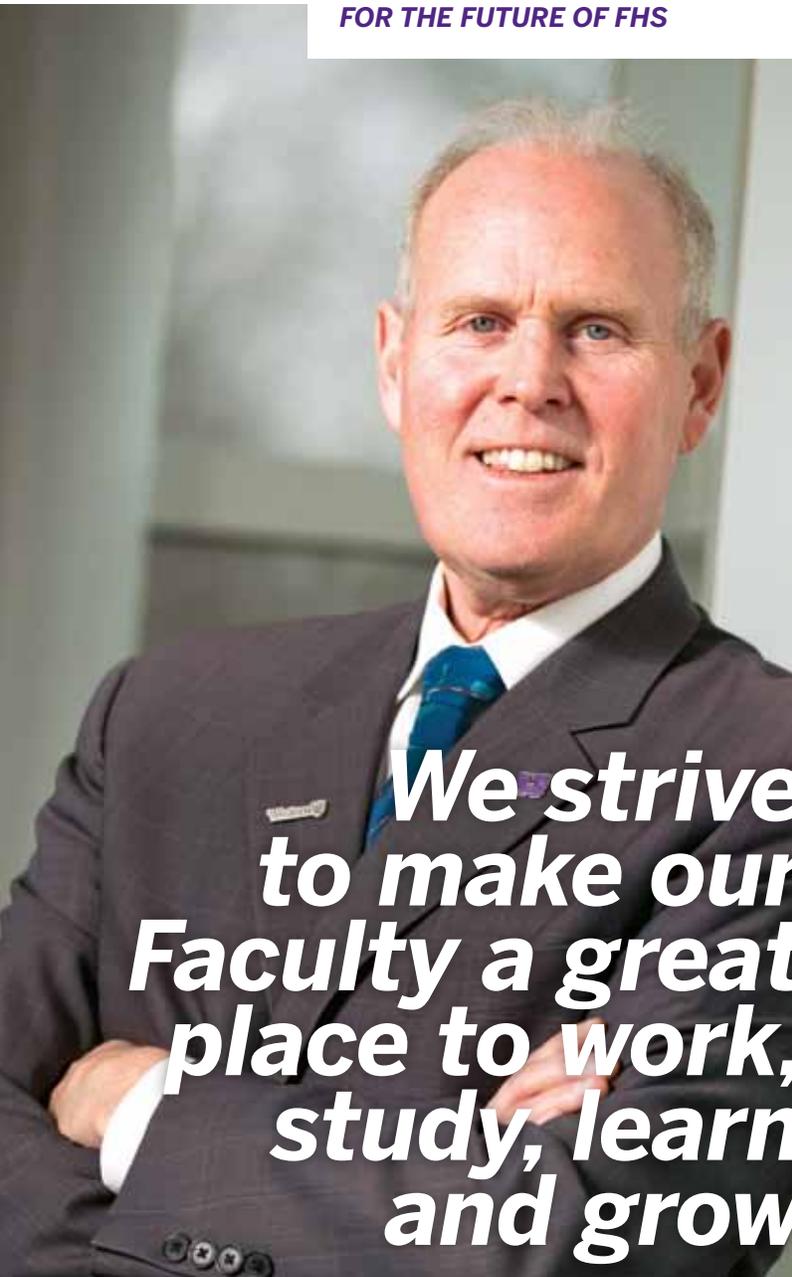
FHS alumnae,
Stephanie Kwolek,
BHSc '12 and Bonnie
Adamson, MScN '84,
doing their part to
change the world



Western

IMPROVING THE HUMAN CONDITION

DEAN WEESE'S VISION FOR THE FUTURE OF FHS



**We strive
to make our
Faculty a great
place to work,
study, learn
and grow**

Since becoming Dean in 2004, Jim Weese and his leadership team have worked tirelessly to make the Faculty of Health Sciences an international leader in health, health care, rehabilitation and physical activity. With the ultimate goal of improving the health of the community, the country and the world through teaching, research and service, Weese realizes it is the people in the Faculty that ultimately make the difference.

“We strive to make our Faculty a great place to work, study, learn and grow,” says Weese. “It is imperative to develop a culture that fosters creativity and growth, and out of that comes learning and discovery that make tangible contributions to the well-being of people around the globe.”

Possessing research and teaching expertise across a number of areas in the Health Sciences – Nursing, Kinesiology, Health Studies, Physical Therapy, Occupational Therapy, Audiology, Speech-Language Pathology – the Faculty is able to offer its students a unique look at human health from a variety of perspectives at both the undergraduate and graduate levels. It is this diversity of programming that the Faculty believes sets it apart from others in the country.

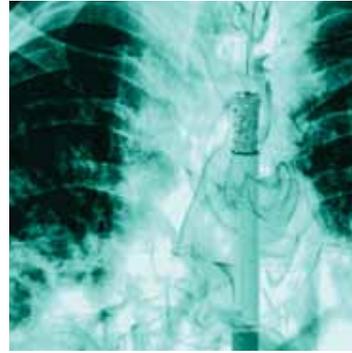
“Even though we are a large Faculty, we are all dedicated to the same thing,” says Weese. “Regardless of the lens we are looking through, all our members have a strong interest in improving the human condition. This unifying focus promotes collaboration among researchers and lends itself to innovative learning experiences for our students.”

Those learning experiences are among the things that shape Dean Weese’s vision for the future of the Faculty of Health Sciences. He believes that bringing together researchers at the forefront of their respective fields with talented and motivated students can create endless opportunities for discovery and will only serve to enhance the quality of education being provided at Western.

Across all areas of study, student interest in the Faculty has never been greater and the quality of students coming to campus continues to increase. This is a trend Dean Weese hopes to see continue.

“We need to continue to be the program of choice for the best students,” says Weese. “Part of that recruitment process is showing prospective students that we are committed to helping them with the resources necessary for success, and that includes scholarships.”

Another way Weese hopes the Faculty can show its commitment to students is by creating Research Chair positions in strategic areas to attract some of the top academic minds in the world to Western. These researchers would complement the Faculty’s existing strengths and create synergies to enhance Western’s reputation for providing an unparalleled student experience.



ABOUT THE FACULTY

Comprised of six Schools – Communication Sciences and Disorders, Health Studies, Kinesiology, Nursing, Occupational Therapy, Physical Therapy – and one interdisciplinary graduate program – Health & Rehabilitation Sciences – the Faculty of Health Sciences strives to be a leader in the generation and dissemination of knowledge in the areas of health and health care, rehabilitation, physical activity and sport.

HEALTH SCIENCES MATTERS

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PEOPLE MAKE THE DIFFERENCE

***LHSC CEO REALIZES THE STRENGTH
OF THE ORGANIZATION IS IN ITS
10,000 STAFF MEMBERS***

BY NICOLE LAIDLER

Bonnie Adamson says she has the best job in the hospital.

As President and CEO of London Health Sciences Centre (LHSC), Adamson (MScN '84, Nursing Administration) is charged with steering the organization's 10,000 staff, physicians, nurses and other health care providers through a time of transformation as Canada's health care system grapples with the challenges of trying to do more with less.

**TOM CHEUNG – BSc '07, MD '11
PHYSICIAN, LONDON HEALTH SCIENCES CENTRE**



***When you get people
working together
collaboratively you can
solve any problem***

BONNIE ADAMSON – MScN '84
CEO, LONDON HEALTH SCIENCES CENTRE

NOUR AL-FARAWI – BScN '12
RN, LONDON HEALTH SCIENCES CENTRE



“We’re going through very turbulent times right now and need to balance cost reductions with quality and patient safety,” says Adamson, who stepped into her role as LHSC chief executive in October 2010.

With a 135-year tradition of providing regional health care in an academic teaching setting, LHSC offers a broad range of clinical services. It is home to Children’s Hospital, University Hospital, Victoria Hospital, South Street Hospital, two family medical centres and Lawson Health Research Institute – a joint initiative with St. Joseph’s Health Care, London.

The organization’s people have always been its strength, says Adamson, commenting on the challenges ahead. “With 10,000 people, the collective wisdom is quite profound if you let it be released and maximized. When you get people working together collaboratively you can solve any problem.”

Adamson is no stranger to LHSC, or to London. She grew up outside the city and found her professional calling after witnessing a car accident as a teenager. “I was part of the relief effort and at that point I decided that I wanted to be a nurse,” she recalls.

Adamson received her Bachelor of Science degree in Nursing from the University of Toronto and worked as a critical care nurse and a night supervisor at Sunnybrook Hospital.

“I loved professional nursing. It’s a wonderful career,” she says. “But I became fascinated by the influence

that leadership had on the work I was doing and on the members in each professional team. I could see that they were accountable for organizing how the work was done and getting the right talent in the right places. I decided to take a serious look at management and leadership roles.”

In 1978 Adamson returned to London to work at LHSC and Victoria Hospital, where she spent 20 years in a variety of roles including Clinical Educator, Nurse Supervisor, Head Nurse, Director of Nursing and Vice President of Nursing.

While serving as Head Nurse, she decided to return to school to pursue a graduate degree in Nursing Administration at Western University.

“I was privileged to be in London and have access to such a high quality education focused on administration,” she says. “It was a wonderful program that combined the best of advanced nursing practices with leadership development and organizational behaviours and competencies.”

In 1998, Adamson fulfilled a personal goal of becoming an executive officer when she was hired as the founding President and CEO of the Huron Perth Partnership, merging eight independent hospitals into a single integrated service delivery system.

Prior to her most recent appointment with LHSC, Adamson served as President and CEO of Toronto’s North York General Hospital, leading the organization through the 2003 SARS epidemic and a successful strategy-driven cultural transformation.

People have always been our strength

In June 2011, she received the Chairman's Award for Distinguished Service from the Canadian College of Health Leaders.

Although Adamson has achieved provincial and national recognition for her leadership abilities, she remains grateful for her clinical and nursing background. "It has been my cornerstone as I approach management and leadership," she says.

"Having my roots in a health care profession like nursing, I understand that the business of the organization is the patient-caregiver relationship," she explains. "A leader's role is to provide the front line team with the resources, support, and work environment needed to provide the best care possible."

At LHSC, Adamson says that means moving towards a team-based, patient-centred culture where stakeholders have a strong sense of empowerment and accountability. "Any individual cannot move the organization. Being CEO is a facilitating exercise, and really about liberating people to use their best experience," she says.

It's also about establishing a succession plan for the future. "There is a shortage of health care professionals in nursing and other areas, but also in leadership," says Adamson. "So growing our own leaders is a very important accountability for the CEO."

Having been mentored throughout her career and during her time at Western, Adamson is passionate about nurturing the next generation of health care professionals. "Being a nurse is a great privilege and a wonderful career, and it also gives you the academic tools and fundamental competencies to take on a leadership role." The qualities that make a good nurse – compassion, listening skills, and relationship building – are also the qualities of a good leader, she notes.

Working closely with Dr. Michael Strong, Dean of the Schulich School of Medicine & Dentistry, is another way to keep LHSC at the forefront of excellence in Canadian health care.

As an academic health sciences centre, LHSC is able to apply research in day-to-day operations, says Adamson. "There is a strong focus on evaluation and research, and taking that evidence into practice. Those were fundamentals that I learned in the graduate program, and they are still true today."

McWILLIAM HONoured WITH PRESTIGIOUS PLEVA AWARD



Nursing professor Carol McWilliam has multiplied her impact through hundreds of consultations with colleges and universities, hospitals and health-care providers, public health units and provincial ministries of health.

In recognition of her commitment to providing her students with the best learning experience possible, she was awarded the 2012 Edward G. Pleva Award for Excellence in Teaching, Western's most prestigious teaching award.

Joining Western in 1990, she pioneered the university's doctoral education in nursing and has trained many scholars in the field. McWilliam received the Faculty of Health Sciences Teaching Excellence Award in 2010 and was the faculty's first recipient of the Faculty Scholar Award.

For McWilliam, teaching and research have not been separate activities, but intertwined aspects of "transformative knowledge translation." She has published numerous articles, yet perhaps her greatest contribution is a generation of nurses and nursing education scholars now reaching leadership positions in their field.



LEARNING IT TOGETHER

HOW AN INNOVATIVE, STUDENT-RUN PROGRAM IS CHANGING WESTERN'S COMMUNITY, ONE CHILD AT A TIME

BY KATHERINE LOW

Five years ago, a group of Health Sciences students at Western designed a health promotion program to positively impact area children by increasing literacy and knowledge of healthy behaviour. When the Learning it Together (LiT) program was first created, it was given its title because the executive hoped that both the student volunteer mentors and the children they partnered with would grow and learn as a result of the program. And they were right – both volunteers and the children participating in the program reported positive experiences and LiT has been growing ever since.

Designed as a play-based enrichment of literacy and health, the LiT program content is based on the Ontario curriculum and feedback from elementary and special education teachers. LiT provides a supportive and secure environment to help children at an early stage in their educational career.

The program provides children in grades one through three with the tools and motivation they need to stay physically active, gain self-esteem and to ultimately live a healthy and active lifestyle.

The program runs at every site once a week for a total of eight weeks. Children are paired with one student for the duration of the program. "One of the greatest advantages of our program is our low student-to-mentor ratio, which means children get individual, one-on-one attention and a flexible program that fits to suit each child's needs," says Western student Jasreen Cheema, LiT Program Director.

The program's trained volunteers provide students with an opportunity to "revisit information taught in the classroom in a fun and informal setting," says Joe Sheik, Principal at Lord Elgin P.S.



Providing children with the tools and motivation to stay physically active, gain self-esteem and live a healthy and active lifestyle

"The messages of health, active living and proper nutrition are wrapped within a literacy regime. As a result, the mandate of the LiT program fits perfectly with a number of the learning goals of Lord Elgin P.S. I could not ask for better role models for my students than the dedicated volunteers of the LiT program."

In fact, the program recently won a Charity Republic contest for having the most volunteer reviews submitted. "The prize money from Libro Financial Group will go a long way to help us purchase program supplies and healthy snacks for next year's program," says Cheema.

"The LiT program is an excellent example of the potential that exists in Western's Faculty of Health Science students," says Lorie Donelle, Assistant Professor with the Faculty of Health Sciences and LiT's faculty supervisor. "It's also an excellent example of student-driven community service learning, where the classroom is extended into the community and students have the opportunity to connect real-life experience with 'textbook' learning."

Donelle cites the support of Professor Steve Trujillo as a contributing factor to the program's success. "He was instrumental in supporting the plan to offer an after-school program for underprivileged children in London," she says. "Dean Weese has also been a significant support of the LiT program, both encouraging the development and providing program start-up funds for the group."

As it enters its sixth year of operation, LiT plans to expand to more sites, including housing communities. "LiT has been a huge part of my undergraduate experience here at Western," says Cheema. "It has allowed me to apply what I've learned in the Faculty of Health Sciences to real life, while making a visible difference in the greater community."



Learn more about LiT at: www.uwo.ca/fhs/LiT/

LASTING LESSONS ONE LAST TIME

**AFTER 35 YEARS, KINESIOLOGY PROFESSOR
GARRY LAPENSKIE RETIRED FROM WESTERN IN 2011.**

BY HEATHER TRAVIS, WESTERN NEWS

A soft-spoken man in a beige suit stood in front of an audience of hundreds of kinesiology students last Friday as black-and-white photographs of an energetic young man flashed across the screen above. The quiet man suddenly transformed into the curious boy on the screen.

"I'd like to do my talk for my boss," he says nodding to the students.

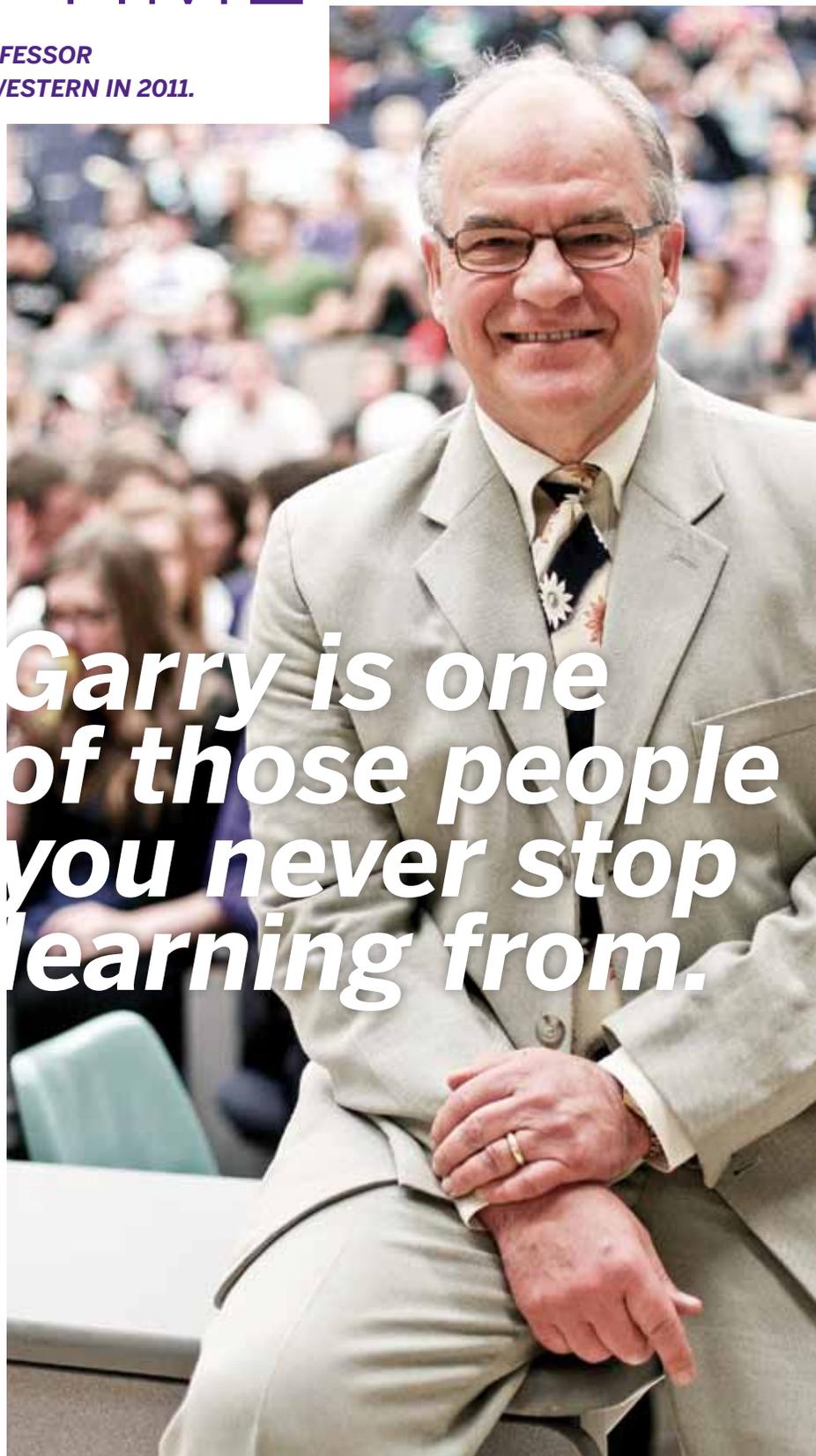
On Friday, April 8, 2011, kinesiology instructor Garry Lapenskie delivered his last lecture.

A natural storyteller, he began down the road of talking about 'How did I get here?' focusing his lecture on the highlights and challenges he faced along life's journey. He reiterated to the students he sees them as his 'boss,' and promised to deliver, even on his last day, their money's worth.

"Your responsibility is to latch onto me and suck out all the information from me you can," he says.

The crowd was committed to following along, as they settled back into the seats and let Lapenskie's smooth cadence wash over them. "I have the best job in the world. I have the best employer in the world," he begins.

After 35 years at Western, Lapenskie retired. His teaching philosophy was simple – he was fully committed to helping students succeed. During his time at Western, he taught multiple generations of families.



**Garry is one
of those people
you never stop
learning from.**



If students approached him with a question, his first response was to say “Never come up to me and say, ‘Excuse me, can I ask you a question?’ I told them, I work for you. You are my employer.”

He made a name for himself on campus with his dynamic teaching style. His resume reads like a ‘greatest hits’ list: Edward G. Pleva Teaching Award nominee (1989); 3M Teaching Fellowship nominee (1997); countless teaching awards in the School of Kinesiology, Faculty of Health Sciences (and former Faculty of Physical Education) as well as University Students’ Council teaching honours.

In addition to being a working physiotherapist, Lapenskie also travelled to the Middle East to teach physiotherapy at a number of hospitals over the years.

With so many accomplishments and hundreds (or thousands) of lectures under his belt, the idea of a ‘last lecture’ tripped him up.

Lapenskie was first asked in October to present a last lecture to kinesiology students and he turned the opportunity down. Why? “It was self-protection,” he says.

As someone who describes himself as emotional, Lapenskie was hesitant to agree to the speaking engagement. But further prodding convinced him it was a fitting way to say goodbye. “My wife said, ‘It’s not up to you to decide how people wanted to say goodbye,’” he says.

He quickly acknowledges, “I’m going to lose it today.”

The seasoned lecturer kept the flow of his talk going with moments of humour and emotion. Poetically weaved into his narrative were words of encouragement, including a plug for students to volunteer and a message about mental health. As someone who was clinically depressed and ignored the symptoms, Lapenskie feels strongly about recognizing the signs and seeking help.

He also acknowledged the unwavering support offered by his wife, particularly when his work responsibilities pulled him away from his family. “She never said ‘no.’ She loved me even when she didn’t like what I was doing.”

Now, it is her turn to call the shots.

The couple embarked on an African Safari in September and then travelled to Vietnam and Cambodia in February. Lapenskie also plans to make volunteering a regular part of his life.

The most rewarding part about his time at Western has been getting to know students: watching them develop and then later serving as their mentor.

The students, he says, have been his fountains of youth.

He compares himself to a gnarly stick that is thrown into “the river of youth” that works its magic on him. It has allowed him to keep a zest for life. “I can’t slow down; I can’t get old,” he says.

Stephanie Paplinskie, president of the Kinesiology Students’ Council in 2010-11, sees Lapenskie as more than a professor; he is also a mentor and friend.

“There were a few other profs retiring, but Garry in particular holds a special place in all students’ hearts,” she says.

She took his class in second year, but the now graduate student continued to seek him out for advice and a listening ear. Even though he has retired, Lapenskie’s legacy of teaching and supporting students will be carried on, she notes.

“Garry is one of those people you never stop learning from. He doesn’t try to be this high university professor; he meets students at their level.”

The last lecture was “a great way for the students to come say goodbye,” she adds.

Lapenskie has also left a lasting impression on staff and administration in the Faculty of Health Sciences.

“Garry Lapenskie has left an indelible mark on his students who have benefited from his passion for teaching excellence,” says Health Sciences Dean Jim Weese. “Graduates frequently ask about him and comment on his profound influence. He has made a difference and we will miss him.”

A QUEST FOR CLEAN CAMPUS AIR

STEPHANIE KWOLEK IS LOOKING TO BRING A BREATH OF FRESH AIR TO WESTERN'S CAMPUS.

BY PAUL MAYNE, WESTERN NEWS

Through her fourth-year Health Sciences independent study assignment, Butt Out! Designated Smoking Area Pilot Project, Kwolek hopes to reduce smoking rates among the university community, decrease involuntary exposure to secondhand smoke and create an environmentally friendly campus.

This student-driven project received a lot of the initial groundwork from Butt Out, a University Students' Council (USC) registered club focused on health promotion and anti-tobacco industry advocacy. Kwolek is the club's president.

We need to change opinions, change views and supply adequate smoking cessations.



Designate
Smoking
Area

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“We’ve been researching how we can reduce smoking on campus and how to make our campus a healthier place for everyone,” says the Sault Ste. Marie native. “We really needed someone to do the leg work behind it. So I decided to turn it into a research project. It’s something we want to implement, but we want to make sure it was based on substantial research and that we were doing it correctly.”

While current university policy allows smoking beyond 10 metres from the entrance to any building, Kwolek says it’s difficult to enforce. That means many non-smokers have to ‘walk the gauntlet’ when entering some buildings, in particular the popular smoking area outside The D. B. Weldon Library, which has the one main entrance.

“You have to voluntarily go through that. It’s really a narrow area and you have no other way to enter,” Kwolek says.

In working with Algoma Public Health in Sault Ste. Marie, along with USC and Western’s Facilities Management, Kwolek set up a designated smoking area this past October at the southwest corner of the Social Sciences Centre, near the University Community Centre.

While it has been used, Kwolek admits it will take time for most smokers to learn about the new area and, since it is not yet university policy, be willing to use it.

“The goal was to have a bottom-up project to have the students helping in implementing the policy,” Kwolek says. “And it’s more likely to be successful if you have the students implement it because they are the ones affected by it.”

“The pilot project is looking at why we should look at implementing designated smoking areas on campus, what would be beneficial from that and why we should target this age group.”

Kwolek says this young adult demographic (18-24 years), which she refers to as the “forgotten group” in tobacco control, have the highest smoking rate of all the age groups according to the 2010 Canadian Tobacco Use Monitoring Survey.

“This is a group that doesn’t have a lot of programming targeted toward it in terms of prevention,” she says. “There is a lot of cessation programming to help people quit, but there is not a lot of other pro-active approaches.”

In November, Kwolek presented her work at the National Conference on Tobacco or Health in Toronto. She also took part in a research competition at the Canadian Undergraduate Conference on Health Care in Kingston, where she won three of the six awards presented at the event.

Kwolek says it’s about changing social norms. While having a completely smoke-free campus, such as Nova Scotia’s Dalhousie University, would be the pinnacle, she understands it’s not feasible at this time.

“Perhaps in the long term, we could go smoke-free, but we have to take steps to get there,” she admits.

FACTS ABOUT SMOKING

SOURCES: HEALTH CANADA CANADIAN LUNG ASSOCIATION

**Tobacco
kills about
45,000
Canadians
a year**

- Tobacco kills about 45,000 Canadians a year. That’s more than the total number of deaths from AIDS, car accidents, suicide, murder, fires and accidental poisonings combined.
- Tobacco smoke contains over 4,000 chemicals, including at least 70 that cause, initiate or promote cancer.
- Research has shown that children of smokers were almost twice as likely to smoke as children of parents who never smoked.
- Regular exposure to secondhand smoke increases the chance of contracting lung disease by 25% and heart disease by 10%.
- Each day, between 82,000 and 99,000 young people around the world start smoking.

“We need to change opinions, change views and supply adequate smoking cessations. We can’t implement this type of policy if we don’t have quit smoking aids.”

Through Student Health Services’ Leave the Pack Behind program, students are allowed to get free smoking cessations aids on campus.

Kwolek looked at research from other institutions who have begun phasing in designated smoking areas on their campuses – such as the University of Windsor and Lakehead University – to learn the ups and downs they’ve experienced. In working with USC and Western administration, Kwolek hopes her designated smoking area between the UCC and Social Science will become policy this September.

“We think it’s something that has to be community-wide, so people have to be willing to speak up, and wanting less secondhand smoke around campus,” Kwolek says.

This isn’t a policy against smokers, or targeting smokers specifically, it’s just about creating a healthier campus.

“We recognize smoking addiction,” she continues. “We recognize that it is difficult to quit and our goal is to possibly, through a policy like this, make it less appealing to smoke and create an incentive for people to quit.”

While preparing to graduate this June, Kwolek will continue to collaborate with other post-secondary institutions to create a unified effort aimed at reducing tobacco use on campuses, including Western.

“It will occur in steps, but I think we can get there,” she says.

QUITTING SMOKING? GET A COACH.



Professors Jennifer Irwin (pictured left) and Don Morrow, along with graduate student Tara Mantler, are researching a new and innovative way to help people who want to quit smoking.

Though still in the early stages of research, motivational interviewing put into action through co-active coaching techniques has shown to be a promising smoking cessation method.

“Participants have talked about the impact of the coaching intervention going deeper”, says Irwin. “They felt a greater sense of control over their smoking, they understood their relationship with smoking better and therefore were able to change it. They also developed a stronger understanding of their triggers and realized it was a choice to pick up a cigarette, or not.”

Motivational interviewing via co-active coaching tools involves providing smokers with insights about their behaviours, their triggers, and what behaviour changes they would be willing to make in order to be and stay smoke-free.

WHAT IS THE INTERVENTION?

Motivational Interviewing (MI) is defined as a directive client-centred counseling style for encouraging behaviour change by helping people explore and resolve their ambivalence. MI is a theoretically respected philosophy although providers are often challenged to know how to apply the ideas.

Co-active life coaching (CALC) provides a set of specific skills that apply the principles of MI and many behaviour change theoretical models. Such skills include asking short, open-ended and thought-provoking questions, exploring values associated with behaviours, acknowledging the individual’s successes and difficulties, and challenging the individual to meet his or her overtly stated goals. In essence, the MI via CALC approach is not about telling people what to do, but rather it is about helping people to come up with their own answers.





PUTTING FAITH IN HEALING HANDS



PHYSICAL THERAPY GRADUATE MICHELLE PIEKÉ HAS PUT HER DEGREE TO GOOD USE AS A MISSIONARY PHYSIOTHERAPIST IN ZAMBIA AND NIGER

BY KATHERINE LOW

Armed with a master's degree in Physical Therapy and a BSc in Kinesiology (both from Western), Michelle Pieké launched her career as a physiotherapist at the Drumheller Health Centre in Alberta after graduation in 2006. She worked in both the acute care and out-patient physio areas, treating orthopaedic, neurological, paediatric and general medical conditions. But in the summer of 2009, she was called in another direction, so she packed her bags and headed to Zambia for 10 weeks to volunteer at the Mukinge Hospital as a missionary physiotherapist.

The direction Pieké's career has taken is no accident. After finding initial inspiration to pursue physical therapy at age 12 from a book she was reading, she soon realized her professional and spiritual lives could connect and provide deeper meaning. "I always knew I wanted to partner my professional work with my Christian faith, but I did not start considering missions work until my last year of university," she says. "Working in a setting like the Mukinge Hospital was my original dream."

So Pieké set out for Zambia with Serving in Mission, a non-denomination Christian mission organization that sends more than 1,600 worldwide missionaries to more than 50 countries across South America, Africa and Asia. At Mukinge Hospital, Pieké "treated everyone I could," she says, including acute care and out-patients.



The majority of her patients presented with fractures and her work included applying and removing casts and managing traction for leg fractures. She also treated bone infections, tuberculosis, burns, sports injuries and general aches and pains. The clinic also treats cerebral palsy, strokes and neurological damage due to HIV/AIDS and sickle-cell anaemia.

She was particularly surprised by the number of bone infections she saw. "In Canada I think I've seen osteomyelitis (acute bone infection) twice; in Zambia it was almost common place," she says. "I was also surprised by some of the medical conditions I encountered. I knew tuberculosis to affect the lungs and sickle-cell anaemia to affect the blood, but I didn't realize that tuberculosis can affect the bones and joints and that sickle-cell anaemia can cause neurological damage." She was also struck by how devastating the effects of AIDS were. "It was much broader than I expected," she says.

Along with the missionary doctor, local physio assistant and visiting medical/para-medical missionaries, Pieké visited a local leprosy village, known as Kikonkomene, every other week to bring supplies and provide medical check-ups and basic care. "Their faith despite very disabling conditions was inspiring," she says. One patient suffered a motor vehicle accident and sustained fractures to his left arm, right leg and left ribs, as well as internal bleeding and a collapsed left lung. Since a visiting orthopaedic surgeon came only twice during Pieké's 10 weeks at the clinic, the patient was in traction for his leg fracture for at least four weeks.

"Being flat on his back in traction was about the worst thing for his collapsed lung, but there was little choice, and with some creative positioning and chest physiotherapy, we were able to improve his respiratory status and leave out his chest tube," she recalls. "He was not expected to live through his first weekend, but recovered fully from all of his injuries."

The experience was so profound for Pieké that she has decided to return to Africa this year to work at Danja Hospital in Niger. The hospital was founded as a leprosarium in the 1950s and 70 per cent of admissions to the hospital are patients suffering from leprosy. Recently the clinic also opened for the treatment of obstetric fistulae. "I'm very excited to get to work with both of these 'down and out' populations," she says. She plans to stay for nearly three years.

"A big part of my role there will be disability prevention," she says. This will include teaching patients to protect desensitized skin to prevent wounds which may become infected and even lead to amputation. "This problem is actually a lot broader than it initially sounds," she says. "I have heard multiple stories of patients with leprosy actually waking up to find a rat has been nibbling at their toes, and because they don't have feeling they aren't aware until it's too late." She will also teach the importance of stretching the muscles supplied by the affected nerves to prevent disfigurement and loss of function in the hands.

I am blessed that my professional and spiritual lives could connect and provide deeper meaning

Although her career has certainly been driven by a divine influence, she credits her time at Western for preparing her for the meaningful and important work she does now. "At Western, I had the opportunity to work in Kenora," she says. "This rural exposure certainly helped prepare me for a very different lifestyle and challenged me to think outside the box, which is integral in my work in Africa. I am very thankful for my excellent overall training that has given me a wide range of skills to bring overseas with me."

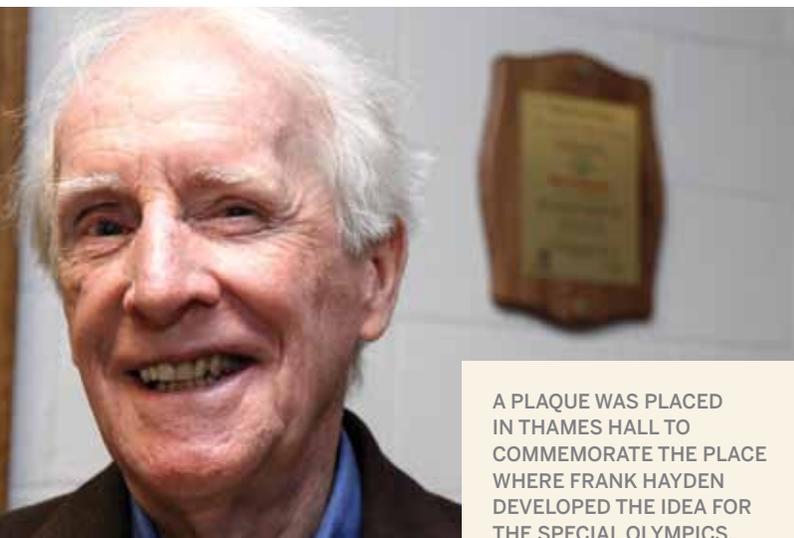
Pieké says her experiences have taught her to trust her instincts. "I think the more you are exposed, the more you realize how little you do know," she says. "But this also teaches you to be more creative. One of my professor's catchphrases was, 'Treat the symptoms.' In other words, it doesn't matter why they have stiffness, weakness, deconditioning – you just treat what they present with. This return to basics is key when you have never encountered a condition before."



Michelle Pieké's blog can be found at: heart4healing-zambia.blogspot.com and she shares her photos at: picasaweb.google.com/112086190395515351808/Presentation



FACULTY DIGEST



A PLAQUE WAS PLACED IN THAMES HALL TO COMMEMORATE THE PLACE WHERE FRANK HAYDEN DEVELOPED THE IDEA FOR THE SPECIAL OLYMPICS.

HAYDEN AWARDED HONORARY DEGREE

Former Kinesiology professor Frank Hayden was awarded an honorary Doctor of Laws in recognition of his contributions as a researcher, visionary, impact player and being an inspirational advocate for the intellectually challenged. Hayden's research at Western in the early 1960s has developed into a worldwide movement now known as the Special Olympics.

FORMER KIN PROF INDUCTED POSTHUMOUSLY INTO SPORTS MEDICINE HALL OF FAME

Western alumnae and former Kinesiology professor Sandy Kirkley (MD '86) was posthumously inducted into the American Orthopaedic Society for Sports Medicine's (AOSSM) Hall of Fame July 8 during its Annual Meeting in California, honouring her work in the field of sports medicine.

\$21 MILLION GIVES NURSING NEW HOME

The Arthur Labatt Family School of Nursing will have a new home thanks to a \$21 million investment from the Government of Ontario that will renovate the Richard Ivey School of Business Building. The provincial funding will also benefit the Faculty of Information and Media Studies (FIMS), which will share the Ivey building with Nursing.

O-WEEK CARRIES ON TRADITION

It has become a tradition in the Faculty of Health Sciences for first-year students to show their school spirit at TD Waterhouse Stadium (see photo) during Orientation Week. FHS welcomed nearly 800 students for the 2011-12 academic year across its Kinesiology, Nursing and Health Studies undergraduate programs.

FHS GIVES UNITED WAY A BOOST

Janet Brown, from the School of Physical Therapy helped the Faculty of Health Sciences raise more than \$40,000 for the 2011-12 United Way campaign. For her efforts, she was recognized by the United Way London & Middlesex, along with other community volunteers, at the 14th annual Images of Hope and Labour Appreciation Awards.

MENTAL HEALTH AWARENESS

In an effort to raise awareness for the growing concern over mental health issues on campuses across Canada, Mental Health Awareness Week came to Western from March 19-23. The Arthur Labatt Family School of Nursing sponsored one of the keynote events of the week, a speech by Jack Project founder Eric Windeler.

The Faculty of Health Sciences will further this effort on November 1, 2012, when Margaret Trudeau will deliver a lecture at Alumni Hall and speak about her personal struggles with bipolar disorder and offer words of support for those struggling with mental health issues.



HOMECOMING 2011

Homecoming has also become a tradition for alumni of the Faculty of Health Sciences. The 2011 version saw nearly 200 alumni return to campus to celebrate and reconnect with friends and classmates.

The Western Mustangs football team capped off the festivities with a 48-23 victory over York.

WESTERN HEADS EAST

As part of an initiative to grow the international reputation of the institution, FHS Dean Jim Weese was part of a 22-person delegation that traveled to China from April 19-29. Led by Janice Deakin, Western's provost and vice-president, the group spread out across the country, visiting strategic areas including Sichuan University (Chengdu), South China University of Technology (Guangzhou), Nanjing University (Nanjing) and the University of Hong Kong (Hong Kong).

FORD-GILBOE NAMED FELLOW OF AMERICAN ACADEMY OF NURSING

Arthur Labatt Family School of Nursing professor Marilyn Ford-Gilboe was among five Canadian inductees into the American Academy of Nursing at the Academy's 38th Annual Meeting and Conference.

Ford-Gilboe is a Faculty Scholar and the ECHO Chair in Rural Women's Health at Western.



MANDICH PROMOTED TO ASSOCIATE VICE-PROVOST

Occupational Therapy professor Angie Mandich was named associate vice-provost (academic programs and students) at Western for a three-year term beginning July 1, 2012.

The new position "has a particular focus on the student experience and bolsters Western's commitment to student success, both within and outside the classroom," said John Doerksen, vice-provost.

Mandich, who for the past five years has served as the director and graduate chair in the School of Occupational Therapy in the Faculty of Health Sciences, is an internationally respected researcher with a distinguished record of service at the University. She has worked as an occupational therapist in paediatrics and adolescent mental health for almost a decade.



THE CLASS OF 2015 ON THE FIELD AT TD WATERHOUSE STADIUM.



THE SCIENCE OF HEARING

SPIRIT OF COLLABORATION SETS THE NCA APART

BY NICOLE LAIDLER



When asked to describe herself, Prudence Allen laughs and says “girl scientist.” That’s a modest understatement; as the director of Western University’s National Centre for Audiology, Allen (MSc – SUNY Buffalo, PhD – Wisconsin-Madison) is at the forefront of bringing better hearing to people around the globe.

Affiliated with Western’s School of Communication Sciences and Disorders in the Faculty of Health Sciences, NCA was founded in October 2001 through an Institutional Canada Foundation for Innovation (CFI) grant, supplemental funding from the Ontario Innovation Trust (OIT), and private sector donations.

“We started with a core of people from the audiology program but we gradually reached out,” says Allen, who came to Western as an Audiology faculty member in 1991.

***We are at the
forefront of
bringing better
hearing to people
around the globe***

Today, the NCA research team includes specialists in Audiology, Computer Science, Engineering, Experimental Psychology, Hearing Science, Speech Science, Medicine, and Music. "Anybody on campus who is interested in audiology or hearing science research can be part of our research programs," Allen says.

That spirit of collaboration sets NCA apart, and has made it an international centre of excellence in the field of hearing health research. "We cover a very broad range of topics and have quite a number of investigators," notes Allen. "We're probably the largest audiologic research centre in Canada, and one of the largest in the world."

While most people take their hearing for granted, hearing loss is estimated to affect around 10 per cent of the population worldwide. Those numbers increase with age, with more than 50 per cent of seniors experiencing a meaningful decline in their ability to hear.

Left untreated, hearing loss can cause significant challenges in daily life. Affected children are particularly vulnerable. "If hearing loss occurs before the onset of speech and language skills it can have a devastating effect on the development of speech," notes Allen.

The NCA played an important role in the development of the Ontario Infant Hearing Program (IHP), which screens the hearing of every Ontario newborn. The program has been adopted across Canada and by many countries worldwide to assess and provide appropriately fitted hearing aids to infants with hearing difficulties.

The centre is also noted for developing the Desired Sensation Level (DSL) method for hearing aid prescription and fitting.

The method, pioneered by retired Western professor, Richard Seewald, provides an objective, computer-based procedure for fitting a hearing aid and is now an industry standard. "Prior to that, the fitting of hearing aids was much more subjective," says Allen, who notes that NCA researchers continue to refine the method. "This has made a huge impact on the ability to make good hearing aid fits."

Allen explains that restoring hearing is not like putting on a pair of glasses, where the right prescription provides an instant correction and clarity of vision. "Hearing loss isn't like that because it's a neural condition in most cases, so it's more challenging," she says.

IN PROFILE

PRUDENCE ALLEN, PhD

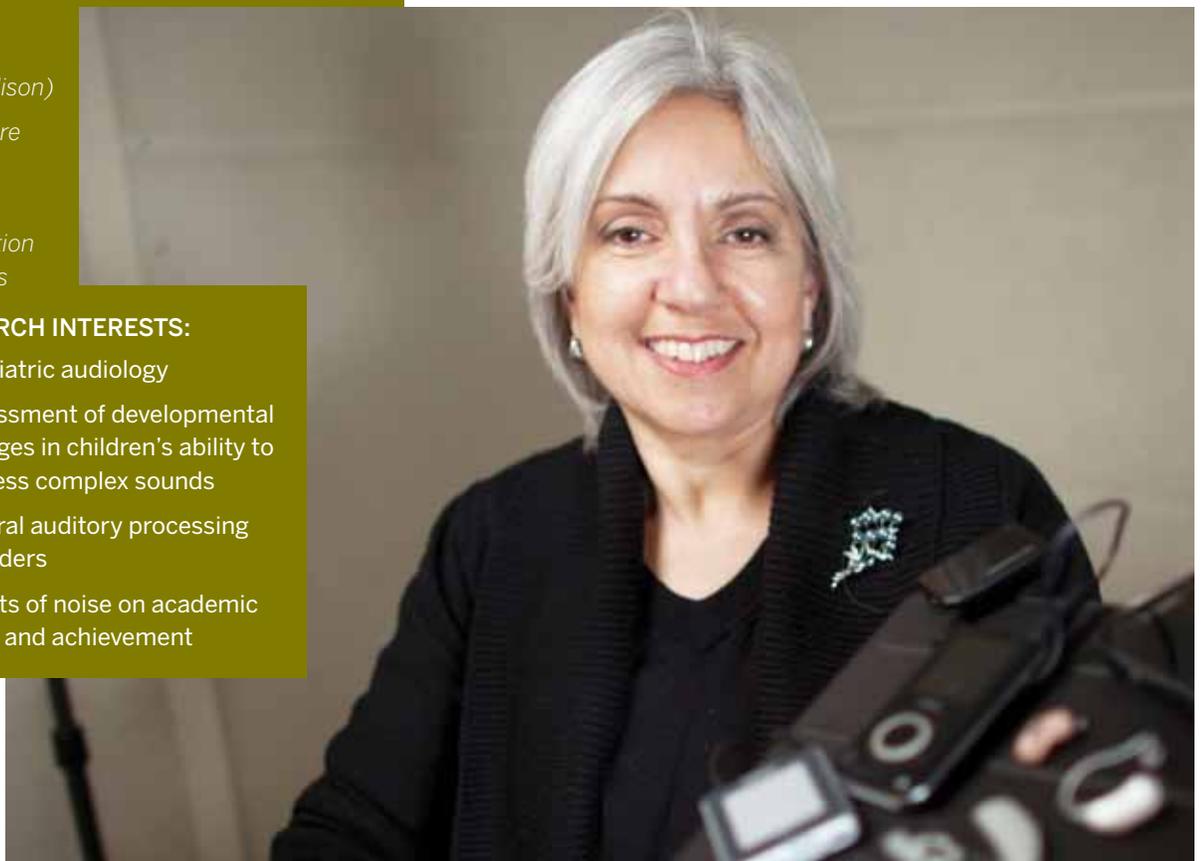
*BsEd (Buffalo College)
MSc (SUNY Buffalo)
PhD (Wisconsin – Madison)*

*Director, National Centre
for Audiology*

*Associate Professor,
School of Communication
Sciences and Disorders*

RESEARCH INTERESTS:

- Paediatric audiology
- Assessment of developmental changes in children's ability to process complex sounds
- Central auditory processing disorders
- Effects of noise on academic skills and achievement



“The binaural system is so complex in terms of what hearing does for a person’s spatial hearing, their ability to perceive distance, and their ability to understand speech in degraded situations. You can’t replace that easily just by making things louder, even if done well. So we have to find new ways of helping people with those sorts of things.”

Much of the centre’s research into binaural hearing – our use of two ears and the brain’s ability to separate sounds in space – is carried out in the NCA’s Anechoic and Reverberation Chambers. “These two laboratories make us very unique,” says Allen. The Anechoic Chamber simulates a free field environment devoid of resonance, while the Reverberation Chamber provides an extremely live acoustic space.

NCA research is geared towards helping people in the real world, and although the centre is not a primary clinical care facility, people from the community suffering from different types of hearing impairment are actively involved in many of the ongoing projects.

“We’re very interested in how our research is important and useful,” says Allen. Current projects include everything from studying what makes a room acoustically accessible to the creation of software that simulates the movements of the ear drum for surgical training.

NCA researchers also work with companies who develop assisted listening devices, diagnostic equipment, cell phones, and other communication devices. “A person is only going to accept a hearing device if it sounds good, which is a subjective thing,” Allen comments. “So how can we measure that quality objectively?”

Health care delivery is another important area of collaboration that makes the centre unique.

“What does a clinician need to implement new technologies and diagnostic services?” Allen asks. Many people face a long adjustment period after being fitted for a hearing aid or other assistive device, as it takes time for the brain to adjust to the new input. “What kind of information can we provide clinicians to help them support their clients?”

In addition to its cutting edge research and multi-disciplinary approach, NCA prides itself on providing exceptional educational experiences for master’s and doctoral students interested in the hearing sciences.

“They have a unique opportunity here because they have access to expertise in so many different areas, and access to facilities and equipment that you just don’t find in many universities,” says Allen. “You’d be hard pressed to find many research centres that compare to us. The training opportunities here are really outstanding.”

ABOUT THE NATIONAL CENTRE FOR AUDIOLOGY



Founded: 1999

Director: Prudence Allen, PhD

The National Centre for Audiology (NCA) was founded in 1999 through an Institutional Canada Foundation for Innovation (CFI) grant, supplemented with Ontario Innovation Trust (OIT) funding and significant donations from the private sector, with the vision of becoming a national centre of excellence and leadership in research in audiology and hearing science.

The primary objectives of NCA are:

- To advance research for improved assessment and treatment of persons with hearing loss*
- To understand the underlying basis of hearing disorders and to help prevent hearing loss*
- To provide state-of-the-discipline clinical hearing health care services consultation with government agencies, professional and consumer associations and other agencies*
- To improve hearing health care services and public education about hearing and hearing loss dissemination of knowledge about hearing loss, its prevention and treatment to educators, physicians and other professionals and directly to the public*

ALUMNI CORNER

CELEBRATE WITH FHS AT HOMECOMING 2012

SATURDAY, SEPTEMBER 29

8:30 am

Nursing Alumni

Association Breakfast

Asher's Garden Room,
Spencer Hall

** Registration is required*

11:30 am

Health Sciences Brunch

Arthur and Sonia Labatt
Health Sciences Building

** Free of charge*

1:00 pm

Football Game

Western vs. McMaster
TD Waterhouse Stadium

For tickets visit

westernmustangs.ca

For more information, contact:

Catherine Dorais-Plesko,
Alumni and Development Officer
at cdoraisp@uwo.ca or by calling
519.661.2111 ext. 86510



NOTES & ANNOUNCEMENTS

TED HESSEL, BA '67 (Physical Education) was a recipient of Western Alumni's 2011 Dr. Ivan Smith Award.

RONALD SCHLEGEL, BA '66 (Physical Education) won the Ernst & Young Entrepreneur of the Year Ontario 2011 award in the Real Estate/Construction category.

MICHAEL SEABROOK, BA '81 (Physical Education), MBA '84 has been appointed CEO of the London International Airport effective May 1, 2012.

CLAIRE MILLER, BScN '89, MD '95 has been appointed Chief of the Hospitalist program at the Chatham-Kent Health Alliance.

GLENN BRAND, BA '93 (Physical Education) has been appointed Assistant Superintendent to Sharon School District in Massachusetts.

ROBERT WERSTINE, BSc '01 (Physical Therapy), MSc '10 (Rehabilitation Sciences) has been appointed President of the Canadian Physiotherapy Association.

PLEASE NOTE: Gazetteer notices, like all portions of the print magazine, appear in an online version of Health Sciences Matters and the contents may turn up during a web search. Publicly available personal information may be collected for the purpose of updating alumni records as well as for the purpose of recognizing outstanding achievement or distinguished service by alumni in University publications. Western respects your privacy. At any time you have the right to request that your personal information cease to be used to recognize outstanding achievement or distinguished service in University publications. For more information or to make a request about the kinds of contact you would like to receive, please contact the Operations Administrator, Advancement Services, 519.661.4176 or 1 800.420.7519 Fax 519.661.4182 email advser@uwo.ca

How will you impact future generations?



“Western is like a family to me and I want to do my part to take care of my alma mater.”

Sally Lane, BA '73, BEd '74
- donor

“With my student scholarship, I have been able to explore my educational interests and discover my ultimate career goal in public health.”

Sanna Malik, BScN '12
- student award recipient

For alumna Sally Lane, it's helping students, faculty and researchers achieve their goals through ongoing financial support and including Western in her will.

While those who benefit from planned gifts may never meet the donor who helped them, they will always appreciate the opportunities they have been given because of someone else's generosity.

Consider making an endowed gift to Western through your will. Your commitment will help the next generation achieve their full potential.

givingtowestern.uwo.ca/howtogive/giftplanning

For more information, contact:
Jane Edwards at jane.edwards@uwo.ca or call 519.661.2111 ext. 88829
Western University, Alumni Relations & Development, Gift Planning
Westminster Hall, Suite 160, London, ON N6A 3K7

Western 



Relive the glory.

Relive your Western Experience. Homecoming 2012.

Whether you graduated in the 1940s, 50s or in 2011, it's time to come home to Western. Join us for Homecoming 2012 and reunite with alumni from the Faculty of Health Sciences:

Saturday, September 29

HEALTH SCIENCES BRUNCH

11:30 am Arthur and Sonia Labatt Health Sciences Building - FREE

To learn more visit www.westernu.ca

Sept 27-30

**Homecoming
2012**



**Western
Alumni**