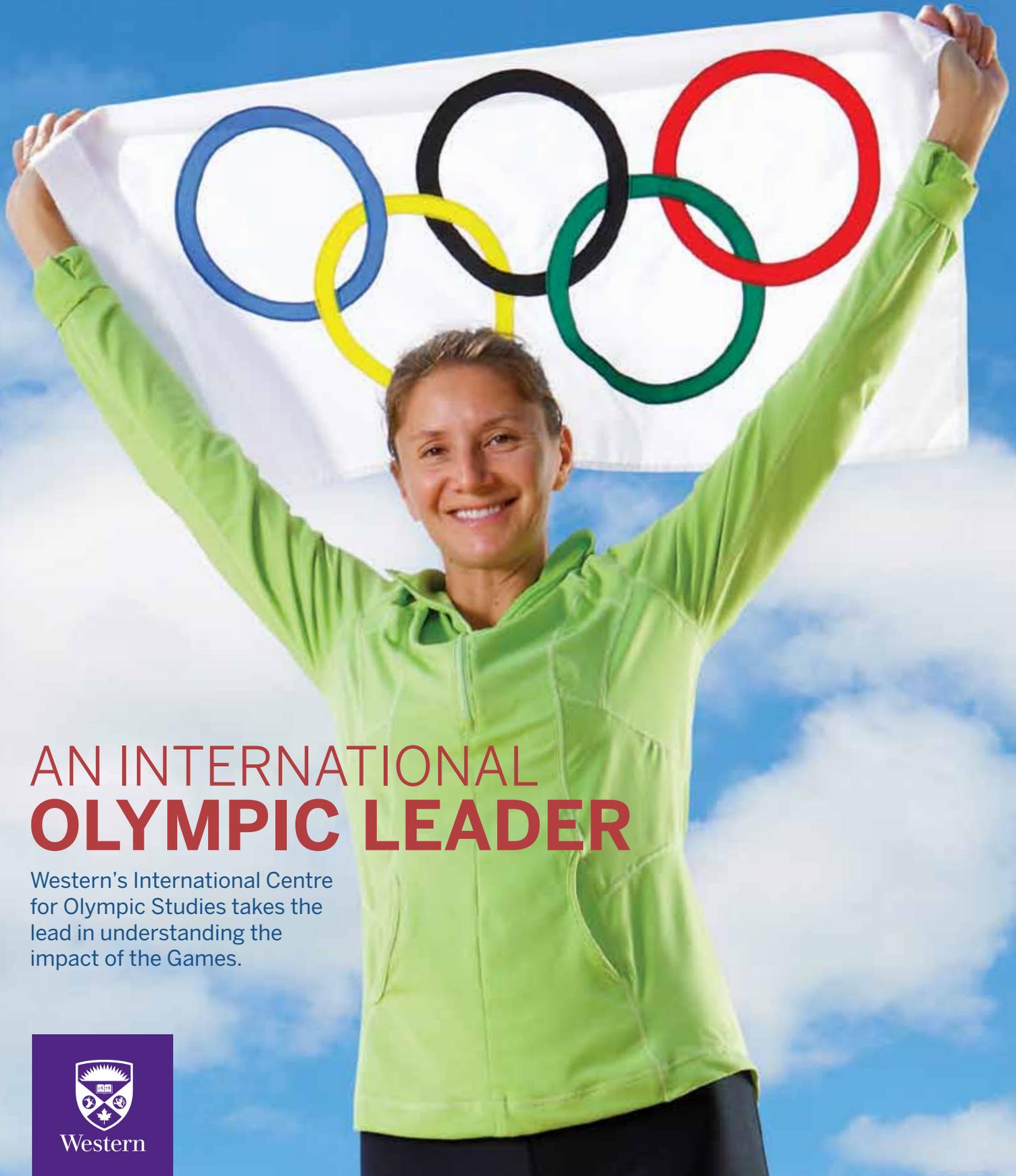


Health Sciences Matters

FACULTY OF HEALTH SCIENCES ALUMNI MAGAZINE

FALL 2013



AN INTERNATIONAL **OLYMPIC LEADER**

Western's International Centre for Olympic Studies takes the lead in understanding the impact of the Games.



Western

ACHIEVING MORE TOGETHER

EMBRACING A SPIRIT OF COLLABORATION

Together we have reached new heights and the future is bright



It has been nine years since I became Dean of the Faculty of Health Sciences but the sense of pride I feel continues to grow each time I think about the amazing things being accomplished by our members. Together we have reached new heights and the future is bright.

There are numerous factors contributing to our successes over the last decade, but the most influential component has been the commitment to collaboration that lives in our faculty, staff, students and alumni.

What started out in 1997 as the amalgamation of three separate faculties (Nursing, Kinesiology and Applied Health Sciences) has become a network of researchers and students, scholars and professionals, working together toward the common goal of improving human health around the globe.

There is no greater example of this collaborative spirit than our Graduate Program in Health & Rehabilitation Sciences (Education with Impact: page 21). This unique program brings together all areas of the faculty and provides students with a transformative learning experience that results in tangible change.

Seeing our graduates leave campus and begin the next steps of their journeys is perhaps the most satisfying aspect of being an educator. Whether venturing to Africa to improve maternal health (Creating Better Tomorrows: page 1) or working in a Toronto detention centre (Healing is a Team Effort: page 5), the impact of our alumni is real and meaningful.

We tell these stories, not to be boastful, but rather to share with you the feeling of togetherness that comes from being part of something committed to the greater good.

Our dedication to combining knowledge bases also extends beyond the walls of the academy. Some of our most important partnerships are those we create with the corporate world (Partnering Research and Industry: page 7) in an effort to place innovative technologies and wellness strategies in the hands of practitioners and patients.

At the foundation of all we do in the Faculty of Health Sciences are our students. They remain our top priority and we continually seek ways to attract the best scholars and enhance their Western Experience. Among the ways we continue to invest in our students is through updating facilities (Taking High-Tech Teaching to Heart: page 15) and hiring the best and brightest to be their teachers, mentors and supervisors (A Leader with a Plan: page 13). These additions to our faculty complement a strong and experienced cohort that is among the best in the world.

A university is only as good as its people. In the Faculty of Health Sciences, our people – faculty, staff, students, alumni and friends – are our priority. They make us all that we are today and hold the key to all we can be tomorrow.

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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CREATING BRIGHTER TOMORROWS

by Katherine Low

I wanted to be more involved in the health side rather than fundraising side of helping people

FROM LONDON, ONTARIO TO LONDON, ENGLAND, JANNAH WIGLE HAS TRANSITIONED A BACHELOR OF HEALTH SCIENCES DEGREE FROM WESTERN TO A POSITION WITH UK-BASED OPTIONS CONSULTANCY SERVICES, a maternal and newborn health program in six African countries, including Malawi. And although paid work in international development can be difficult to find, Wigle has combined hard work, continued education and a personal quest to achieve her professional goals – and help save lives.

Wigle graduated from Western in 2008 with a specialization in health sciences and a minor in psychology and she credits her time at Western for starting her on the path she is on today.

“The flexibility of the program enabled many students, including myself, to customize their course selection and focus on their particular interests and aspirations,” she says. “It also opened my eyes to other areas of science and health beyond the usual biology and chemistry courses that I had not been exposed to, including health ethics, health policy, health promotion and others.”



After learning more about the issue of maternal mortality and morbidity, my passion for maternal health was sparked

She went on to earn a postgraduate certificate in public relations from Humber College in 2009. During her time at Humber, she worked for the Princess Margaret Cancer Foundation (PMCF) in special events and health communications.

“Unfortunately like many, my life has been personally touched by cancer and PMCF’s mission to conquer cancer in our lifetime struck a chord with me,” she says. “Although I loved events, fundraising and the incredible people at PMCF, I decided I wanted to be more involved in the health side rather than fundraising side of helping people.”

So she set out on an internship with the World Health Organization in Geneva, Switzerland in communications for the Making Pregnancy Safer department.

“Learning more about the issue of maternal mortality and morbidity sparked my passion for public health and in particular, women’s health/maternal health,” she says.

Then she was off to the London School of Economics and Political Science to pursue a master’s degree in Health, Population and Society, earning a distinction on her dissertation and the Brian Abel Smith Prize for the best dissertation and best overall performance in her program.

“One of my courses on reproductive health program design, implementation and evaluation was a significant spark for my professional passion and steered me to my internship and current position,” she says of her time there.

Since graduating in 2011, she has been working with Evidence 4 Action, a multi-year program that aims to improve maternal and newborn survival in sub-Saharan Africa. Funded by the UK Department for International Development, it is led by African experts in Nigeria, Ghana, Sierra Leone, Ethiopia, Malawi and Tanzania. Evidence 4 Action focuses on using a strategic combination of evidence, advocacy and accountability to save lives.

“My current role is primarily to lead capacity building efforts across all six countries – analyzing, planning, monitoring and evaluating capacity building activities,” she says. “I also provide technical support for the Malawi and Tanzania programs, including writing research documents, monitoring and evaluation and planning in-country activities, involving travel to both countries.”

Options Consultancy Services provides technical and program management expertise and support for international donors and organizations like the UK’s Department for International Development. Via programs in Asia, Africa, the Caribbean and the UK, expertise is provided in areas including sexual and reproductive health, maternal newborn and child health and health system strengthening through policy development, conducting participatory research, supporting the design, management, monitoring and evaluation of programs.

In her position, Wigle works to identify potential areas of development, create training materials and resources for both her teams and external stakeholders, and document their progress and successes to ensure that others can replicate and learn from the program in the future.

“The maternal and newborn health field is not an easy one,” she says. “It is currently the Millennium Development Goal (5) that is least likely to be met, and the health indicator for many countries that has seen the least progress. The challenges, just as working within any health area, are numerous, and progress is hindered by poor education, the lack of empowerment of women and weak health systems.”

Yet Wigle holds firm to her goals and is seeing first-hand the difference her work is making.

“I am extremely proud of the work that the Evidence 4 Action program is doing,” she says. “A sense of fatalism, helplessness and of acceptance of maternal and newborn deaths are too prevalent within many countries, and we are aiming to change this through engaging with and empowering the African public to demand action and for changes to be made. Changing this focus to one of successes and positive stories within maternal and newborn health, communicating tangible actions for everyone, from the community to the policy level, and uniting all organizations under one campaign (the ‘MamaYe’ campaign) to focus efforts and commitments to a mutual goal, are just a few of the inspiring actions that I am proud to be playing a small part in.”

Visit www.mamaye.org and www.options.co.uk to learn more



HEALING IS A TEAM EFFORT

by Katherine Low

WHEN NICHOLAS JOACHIMIDES ENROLLED IN WESTERN UNIVERSITY'S MASTER OF CLINICAL SCIENCE IN WOUND HEALING PROGRAM, HE HAD NO IDEA WHAT TO EXPECT.

"I had taken a few wound-care courses, but I really wanted to take my wound-healing knowledge and skills to the next level," says Joachimides, the first paediatric nurse to graduate with a master's degree in the program.

A Registered Nurse (RN) at Holland Bloorview Kids Rehabilitation Hospital, he puts those skills to good use.

"There is a gap in literature and attention to children with wound-healing needs, which makes it difficult to ensure that best practices are applied in the way we're accustomed to in the adult health-care sector," he says. "The Wound Healing program gave me the tools to explore deeper into wound-healing research and literature and [it] empowered me to ensure that I'm providing the best possible wound-healing principles to the children I'm taking care of."

Joachimides also applies these skills as an RN at the Toronto East Detention Centre – there, he faces the unique challenge of providing first-rate patient care while also evaluating potential security risks.

"Everything you have is a potential weapon," he says of his efforts to balance patient care with patient safety.

Because everyday medical items can be used to harm the patient or others, Joachimides must consult with corrections officers when determining how to best dress a wound – for example, if it is better to use fewer materials and change dressings more frequently.

"Wound healing is not done in silos; it takes an entire inter-professional team to heal wounds," he says.

Joachimides credits his time at Western for helping him understand the impact on the person, not just healing the wound. "What impressed me the most is that while we were focused on wound healing, at the heart of the course was the individual."

The unique program, part of the School of Physical Therapy, is one of few of its kind in North America. It is a one-year program that focuses on developing clinical skills, as opposed to other programs that are research-based.

"However, there is a group research experience and a Quantitative Research Methods course included as part of the program," says program administrator Cheryl Harding.

Students are onsite three times through the year of study for a total of five weeks, and when they are onsite it is seven days a week for eight to 10 hours per day.

Program chair Pamela Houghton cites Nick as a good example of why the program is so successful.

"The program has a good reputation amongst his colleagues; it provides a master's degree and credentials for the field of wound care (not available anywhere else in the world); and it allows him to stay in his work setting while attending the program," she says. "He can obtain support from his employer since he can apply new-found knowledge immediately in his everyday clinical practice."

"What made the course so special was the passion the professors brought each and every day to the residential periods, and the support while we were away implementing our knowledge in our workplaces," says Joachimides. "Once the course was completed, I was not left with a sense that, 'Now I knew everything about wound healing.' I left thinking, 'Now I need to keep asking important questions, dig deeper into clinical situations, and continue to further my knowledge.' Since graduating the program, I've had the pleasure of working with children and families to ensure that their wounds are healing, using best practices."

Find out more at www.uwo.ca/fhs/pt 

I really wanted to take my wound-healing knowledge and skills to the next level

PARTNERING RESEARCH AND INDUSTRY

by Nicole Laidler



SWALLOWING IS ONE OF THOSE THINGS THAT MOST OF US TAKE FOR GRANTED. IT SEEMS AS NATURAL AS BREATHING, AND IS JUST AS IMPORTANT TO OUR SURVIVAL.

So it's a bit surprising that there are so few options available to people who suddenly lose the ability to swallow after a stroke, or due to illnesses such as Parkinson's disease, dementia, and certain cancers.

But better help for people with dysphagia – or difficulty swallowing – may soon be on its way thanks to Professor Ruth Martin of Western's School of Communications Sciences and Disorders.

Martin has spent a good part of her career studying swallowing, research that has led to her current work with Trudell Medical International on the development of a therapeutic device that can effectively prompt a swallow in humans.

"Swallowing is one of those under-recognized problems that affect a lot of patients," says Martin. The inability to swallow can lead to pneumonia, and contribute to dehydration and malnutrition. "A swallowing problem can be life or death," she says.

Current treatments for dysphagia include a restricted or liquid diet, or the use of a feeding tube. "There are problems with these solutions, in terms of quality of life," says Martin, who was motivated to find a better solution.

With a background in speech pathology, Martin came to Western in 1994 to continue previous research mapping the part of the cortex that controls swallowing in animals. Using the functional MRI scanner at the Robarts Research Institute, she was able to map the swallowing neural representation in humans.

"The studies showed that it's not just one part of the brain involved in swallowing, but several brain areas working together," she says. "And in large part those areas are not just motor control areas, they are sensory processing areas."

That research, combined with her previous work with animals, led Martin to ask the question: Can we develop a way to prompt swallowing in humans?

After exploring various sensory stimulation techniques, Martin and her team discovered they could evoke a swallow by introducing trains of air pulses to the back of the mouth.

Martin, who serves as the Faculty of Health Sciences' Director of Industry Research Partnerships and Innovation, licensed her technology to Trudell Medical in 2009. Working closely with Trudell's product development team, she has now developed a portable device that can be used in both a hospital setting and at home.

Currently called Swallowing Air Pulse Therapy, or SWAPT, the prototype consists of a small control unit attached to a lightweight, disposable mouth piece that delivers oscillating air pulses to the back of the mouth.

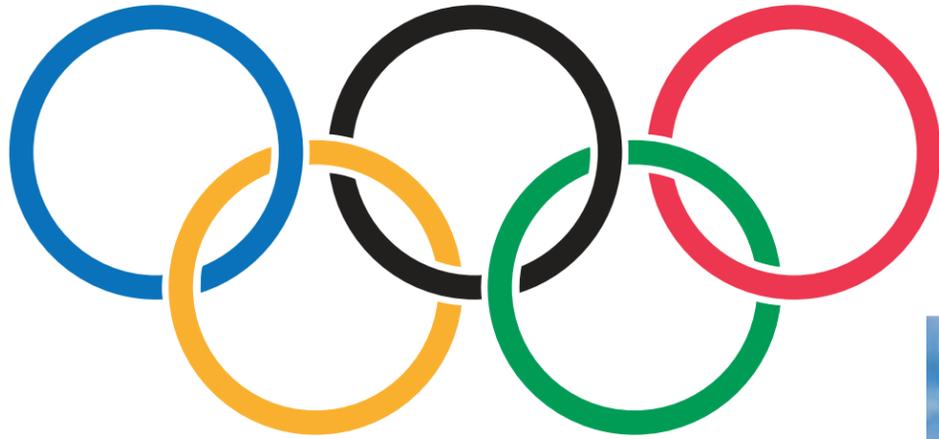
A successful clinical trial has already been completed with a small group of patients at Parkwood Hospital in London, and Martin is looking forward to conducting a larger randomized trial that will look at health outcomes in patients with dysphagia.

"Ruth is extremely rigorous in her scientific pursuit and very creative," says Trudell Medical president and CEO, Mitchell Baran. "We recognized that quality in her, recognized an unmet need, and hope we can take the device to market and help a lot of people affected by the problem."

Dysphagia is one of those under-recognized problems that affect a lot of patients and can be life or death

PASSING THE TORCH

by Todd Devlin



BY ANY MEASURE, INTEREST IN THE OLYMPIC GAMES HAS NEVER BEEN GREATER. THE WORLD'S LARGEST SPORTING SPECTACLE HAS A BROADER GLOBAL REACH TODAY THAN EVER BEFORE, AND VIEWERSHIP OF THE GAMES CONTINUES TO CLIMB.

It's no surprise, then, that the demand for information about the Games, both from a journalistic and scholarly perspective, is also on the rise. At Western, that means the International Centre for Olympic Studies (ICOS) is plenty busy.

"The field of Olympic Studies is growing exponentially," said ICOS Director Janice Forsyth (pictured opposite). "There are so many researchers now involved in different aspects of the Games, and it's our job to inform and to weigh the issues from different perspectives."

Those issues cover a broad spectrum: size and scope of the Games, amateurism and commercialization, media coverage, gender balance, anti-doping efforts, and issues of sustainability, just to name a few.

"Our primary responsibility is to be a resource to researchers, to students, and to the public," Forsyth said. "We open up a space for critical dialogue."

That has always been the mission of ICOS – the generation and dissemination of academic scholarship focused on the socio-cultural study of the Olympic Games and the Olympic Movement.

In achieving that mission, the centre produces an annual international journal (*Olympika*), hosts a research symposium during Olympic years, offers a regular guest lecture series, and maintains a home on campus (Arthur and Sonia Labatt Health Sciences Building – Room 317), in which researchers, faculty, students, and members of the general public can visit.

ICOS was established in 1989, and it was the brainchild of Bob Barney, a longtime Western professor in the Faculty of Health Sciences (FHS). It was the first of its kind in the world and remains the only one in the Americas.

The idea, Barney says, was conceived prior to the 1984 Summer Olympics in Los Angeles. With a Soviet Union-led boycott on the horizon, it became apparent Canada would move up considerably in the medal standings.

Our primary responsibility is to be a resource to researchers, to students, and to the public





There was a fever, and that fever penetrated into Western and into the summer school and continuing education

"There was big interest in Canada for those Games," Barney said. "There was a fever, and that fever penetrated into Western and into the summer school and continuing education."

The Western professor taught a six-week course that summer that included three weeks in the classroom and an unforgettable three-week trip to a pre-Olympic symposium in Eugene, Oregon and then to the Olympic Games in Los Angeles.

It was out of his preparation for that course and the realization that there was a lack of scholarly work in the area that Barney saw the value in developing a centre for Olympic studies.

"Hardly anyone had written any serious scholarship about it," he said. "I could count the books in the English language on one hand, so I said, 'this area of inquiry needs examination. It needs a body of knowledge, and it isn't there.'"

Barney guided ICOS from its beginning until 1997. The directorship duties were then passed on to current FHS Associate Dean Kevin Wamsley. A former graduate student of Barney's, Wamsley was a natural fit for the role, which he held successfully for nearly a decade.

In January 2010, ICOS passed the torch to Forsyth, who came back to Western from the University of Alberta to become the centre's third full-time director.

"I was really excited by the challenge of the job," she said. "And because of my previous experience at ICOS and the people I had met there, I thought it would be a great way to make a contribution back to the centre and to the university."

Under Forsyth, a former Western student who completed her own master's and PhD under the supervision of Wamsley, ICOS continues to grow. In addition to its traditional offerings, the library has recently expanded to incorporate Paralympic materials as well.

Meanwhile, the centre continues to be prominent in the media, as each of the three directors serve as experts on a number of topics surrounding the Olympics. With the public's ever-growing interest and today's 24/7 news cycle, the Games are now in the media year-round.

"A day doesn't go by where you're not hearing something Olympic-related, whether it's Sochi or Rio [the sites of the 2014 and 2016 Games, respectively], or athletes like Lance Armstrong or Oscar Pistorius," Forsyth said. "It's our job to educate and inform the media and the public to help better understand the issues."

Forsyth is passionate about that job, and the director says she's ready to lead ICOS into the future.

"I have come in at a pretty interesting time, considering the worldwide interest in the Games," she said. "We're already the most established Centre in the world, outside of the IOC Centre in Lausanne, Switzerland, but we're going to have to find new and creative ways to keep our place in the growing industry."



CURRENT FHS OLYMPIANS

Nine current members of Western's Faculty of Health Sciences have been part of the Olympic Games as either an athlete, coach or official.

TOM OVEREND
Director – School of Physical Therapy
Speed Skating: 1976 (athlete)

ANGIE SCHNEIDER
Associate Professor – School of Kinesiology
Rowing: 1984 (athlete), Silver Medallist

MARITA KLOSECK
Director – School of Health Studies
Badminton: 1996, 2000 (official)

JANICE DEAKIN
Provost
Women's Basketball: 1996 (official)

ALEX BRUCE
Student
Badminton: 2012 (athlete)

AL MORROW
Lecturer – School of Kinesiology
Rowing: 1976 (athlete) 1992, 1996, 2000, 2004, 2008, 2012 (coach)

RAY TAKAHASHI
Lecturer – School of Kinesiology
Head Wrestling Coach – Western Mustangs
Freestyle Wrestling: 1976, 1984 (athlete)

VOLKER NOLTE
Assistant Professor – School of Kinesiology
Rowing: 1996, 2000 (coach)

JIM WAITE
Head Golf Coach – Western Mustangs
Curling: 1998, 2002, 2006, 2010 (coach)





A LEADER WITH A PLAN

by Todd Devlin

WHEN SHERRILENE CLASSEN, INCOMING DIRECTOR OF WESTERN'S SCHOOL OF OCCUPATIONAL THERAPY, MADE THE TRIP FROM GAINESVILLE, FLORIDA TO LONDON LAST WINTER, IT WAS THE FIRST TIME SHE HAD SET FOOT ON WESTERN'S CAMPUS. BUT YOU WOULDN'T HAVE KNOWN IT.

Professor Classen had done her homework. She had a strong understanding of the mission and vision of the school, as well as the core values of the university. That quickly became apparent during the interview process, as she laid out her own five-year vision.

"She knew this place from top to bottom," said Faculty of Health Sciences Dean Jim Weese. "She knows our people, she knows the university, and she's looking forward to joining our leadership team. People like her have options, so we're very pleased to attract her as the next leader of our School of Occupational Therapy."

Classen, who comes to Western from the University of Florida, where she was the Director of the Institute for Mobility, Activity and Participation, says she's thrilled to begin her new role.

The school has been built on the shoulders of giants... there is a lot of strength in the program

"I see this position as an excellent opportunity for me to apply my skills in a setting that is very consistent with my short-term, intermediate and long-term goals," she said. "The position requires somebody with leadership skills and research skills, and with the ability to lead a department in an innovative way. I feel it's just the perfect fit."

During the hiring process, Classen says she became quite impressed with the foundation of the program – as shaped by past directors Angie Mandich and Thelma Sumsion.

"The school has been built on the shoulders of giants," she said. "There is a lot of strength in the program, so it's really exciting to think about taking a strong program and helping to excel in other areas."

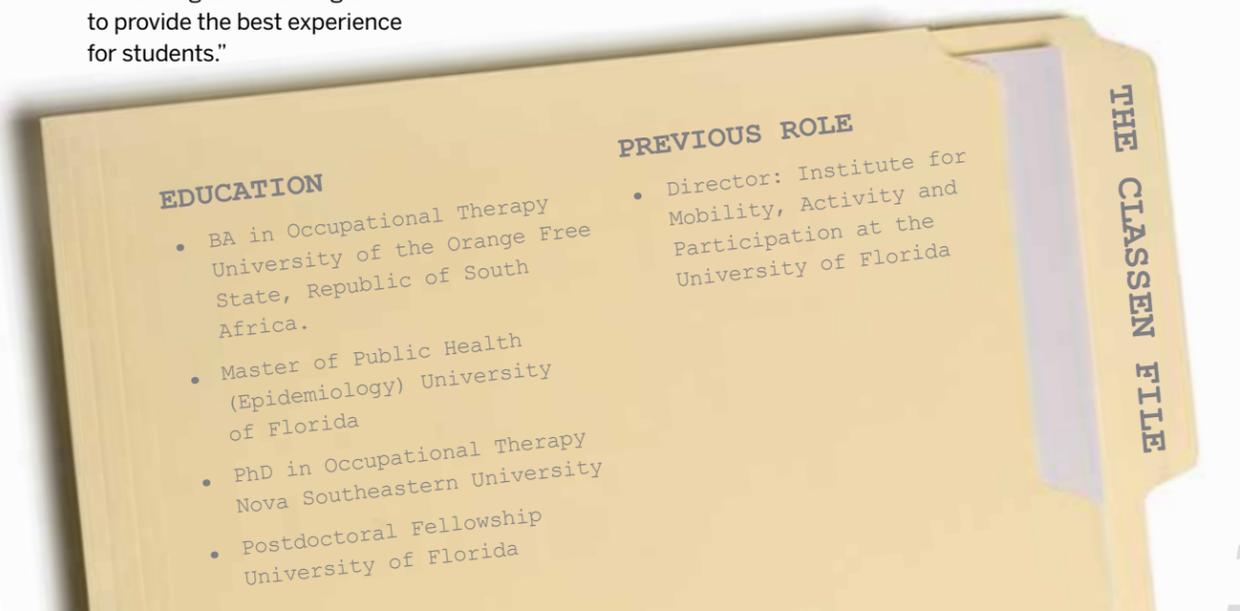
Those areas – innovation, globalization and excellence in scholarship – are the ones Classen outlined in her five-year vision.

"I see my role as helping the School to pursue exciting research opportunities, and to extend what we're doing to more of a global arena," she said. "And of course, also promoting excellence in teaching and ensuring that we continue to provide the best experience for students."

Classen has honed her skills over the last 11 years at the University of Florida, where she was federally funded since 2002 and focused on combining public health and rehabilitation science to research driver safety and community mobility. Notably, she was the lead developer of a free, online tool that helps identify older drivers who may be at risk on the road.

At Western, she says she's looking forward to working collaboratively across multiple disciplines, both within the Faculty of Health Sciences and beyond. Her term as Director of the School of Occupational Therapy begins on August 1, and Weese says he's excited to welcome her to the faculty.

"We're really delighted to have her," he said. "She's an accomplished scholar, a brilliant researcher and a transformational leader, and she has an engaging personality that will resonate with her colleagues, the students and the alumni. She's going to be a great addition to a formidable faculty."



TAKING HIGH-TECH TEACHING TO HEART

by Nicole Laidler

JOANNE MCDONALD SPENDS HER DAYS BEING CARED FOR BY STUDENTS AT WESTERN'S ARTHUR LABATT FAMILY SCHOOL OF NURSING. THEY CHECK HER VITAL SIGNS, ADMINISTER HER MEDICATION, BATHE AND FEED HER, AND EVEN CHANGE HER MASTECTOMY DRESSINGS.

But although she has a measurable pulse and is often surrounded by flowers and photographs of family and friends, Mrs. McDonald isn't a real patient – she's one of eight high-tech mannequins being used to train future nurses in the school's Clinical Education Suite.

With its nursing station, medical cart and functioning bedside equipment, the simulated suite looks just like a nine-bed hospital unit. "Sometimes it's an emergency room, or an examining room in an outpatient clinic," says simulated education coordinator, Barbara Sinclair.

Whatever the set-up, Sinclair and her team go out of their way to make the scenario as close to real life as possible, including giving each mannequin a name. "The more real you can make it, the more buy-in you get from students," she says.

Recognizing a need to improve clinical nursing education, Western was one of several Ontario universities to receive government funding for the development of simulated education suites in the early 2000s.

With all the changes in health care, students need to be better prepared

The more real you can make it, the more buy-in you get from students

“With all the changes in health care, students need to be better prepared,” Sinclair says. “Patients are acutely ill, there’s a lot more technology, and nurses have to be able to make great clinical judgements and think fast on their feet.”

Western’s Clinical Education Suite opened in 2005, and has revolutionized how students learn and develop the skills necessary to become successful RNs.

While many nursing programs use simulation to teach specific skills, Western’s simulation suite is thoroughly integrated into the entire nursing curriculum.

All undergraduate students complete six-week placements in the Clinical Education Suite in addition to their traditional community placements. “It’s considered on-campus clinical,” says School of Nursing director, Mary-Anne Andrusyszyn.

The extended time frame allows Western to standardize learning opportunities,

something that can’t be guaranteed in a community setting. “There are certain things we want everybody to experience,” says Sinclair.

During the on-campus clinical placement, the education suite is run just like a hospital setting with students working collaboratively as a health-care team. “But we are able to slow things down, or stop and call a time-out and look at the rationale behind the approach,” she says.

And when even the most sophisticated computerized mannequin won’t do the trick, actors trained by the Schulich School of Medicine & Dentistry are brought in to play standardized patients.

“When we create a simulation we always focus on three things – the actual skills and critical thinking involved in that patient care scenario, teamwork, and communication,” says Sinclair. “It gives students a very well-rounded experience.”

Faculty of Health Sciences Students’ Council president and second-year nursing student, Laura Crich, calls the Clinical Education Suite “a wonderful place to make mistakes.”

The opportunity to become familiar with standard hospital equipment and procedures boosted her confidence during a clinical placement at University Hospital’s cardiac unit. “I had never been in a hospital setting before, so the simulated lab was extremely helpful,” she says.

In 2012, Western was the first university in Ontario to use its simulated education suite for a six-week, on-campus mental health placement.

Using standardized patients, the placement exposed students to a whole range of mental health issues including homelessness, substance abuse, schizophrenia, anxiety disorders, and depression.

“Many clients with mental health issues are now living in the community,” says Andrusyszyn. This makes it more important than ever for nurses to be able to recognize signs of mental illness and offer appropriate intervention, even if they don’t work in a mental health facility.

The innovative approach to mental health-related services was launched as part of the school’s Compressed Time Frame Program (CTF) but will soon be offered to all undergraduate nursing students.

Although simulation has long been part of health-care education, Andrusyszyn says Western is a leader in using the high-tech Clinical Education Suite to train nursing students to provide the compassionate complex care patients require.

“Barb Sinclair really understands pedagogy,” she says. “She makes sure that students get the most out of the experience in the richest way possible.”

By all accounts, student response to the Clinical Education Suite has been overwhelmingly positive, with many shedding real tears when Mrs. McDonald passes away at the end of their rotation.



NEW HOME FOR NURSING

Ground will be broken in fall 2013 on a new home for Western’s Arthur Labatt Family School of Nursing. The 26,000 square foot facility will allow Nursing, which currently occupies parts of two campus buildings, to consolidate activities in one central location and improve the programs offered to students.

“This is an exciting opportunity for our School of Nursing,” says Faculty of Health Sciences Dean Jim Weese. “We take great pride in the quality of training provided to our students and bringing things together will allow us to improve on what is already a transformational learning experience.”

The new building will be located to the south of the existing Arthur and Sonia Labatt Health Sciences Building (HSB), which already houses Nursing’s Clinical Education Suite (see story on pages 15-18). The structures will be joined via a four-storey glass atrium that will create larger and more versatile social spaces in both buildings.

In addition to housing the School of Nursing’s administrative leadership group, the new building will include increased classroom and clinical training space, seminar rooms, graduate student research space and student leadership offices. Also included will be an allocation of more space dedicated to meeting the demands of Western’s Nurse Practitioner Program.

Planning and construction of the building is expected to take approximately 18 months, with occupancy slated for January 2015.

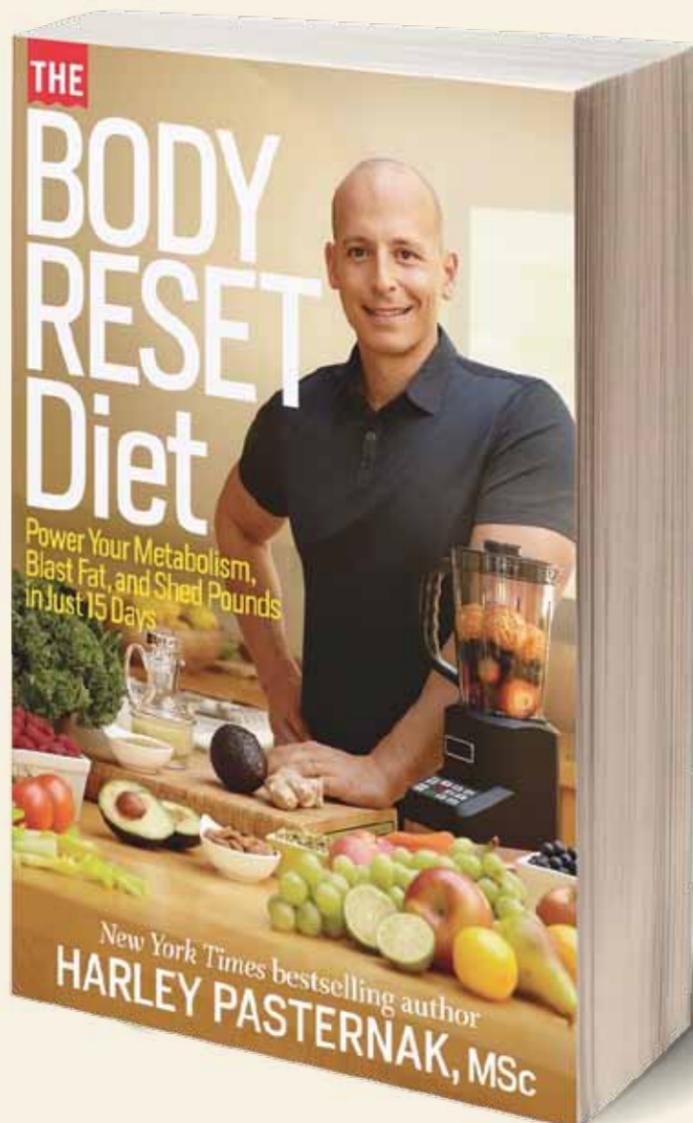


FACULTY DIGEST

LAST LECTURE 2013

Kinesiology alumnus Harley Pasternak, BA'97, delivered the Last Lecture to Western's Class of 2013. The personal fitness and nutrition expert is a New York Times bestselling author and shared what he has learned over more than 20 years of being passionate about his work.

Pasternak's latest book, *The Body Reset Diet*, was released in March 2013.



MARGARET TRUDEAU VISITS WESTERN

The sixth Faculty of Health Sciences Distinguished Lecture was delivered in November 2012 by one of Canada's most recognizable figures. Margaret Trudeau, the former wife of Pierre Trudeau, spoke to a crowd of nearly 2,000 at Alumni Hall and opened up about her life in the public eye and her struggles with bipolar disorder.



She returned in June 2013 to receive an honorary degree at Western's convocation ceremonies.

CANCER CARE TALKS

Health Studies professor Anita Cramp has developed a community outreach initiative designed to provide information and strategies for living well with and beyond cancer. Cancer Care Talks, which kicked off in January 2013, has covered topics such as using exercise to improve the cancer experience, and taking control of survivorship.

 More information about this program can be found at: www.cancercaretalks.com

O-WEEK STARTS THE YEAR IN STYLE

First-year Faculty of Health Sciences students put their own twist on an FHS tradition when they took to UC Hill to show their school spirit (see photo) during Orientation Week. More than 900 students joined FHS across its Health Studies, Kinesiology and Nursing undergraduate programs.

ENHANCING RESEARCH OUTCOMES

With the research profile of the Faculty of Health Sciences growing on an annual basis, Helene Berman was appointed to the newly-created position of Associate Dean (Research), effective July 1, 2012. An established researcher from the Arthur Labatt Family School of Nursing, she brings proven expertise in building research capacity to FHS. One of the main priorities of her first year in this role has been to foster a culture that encourages collaborative research opportunities for faculty members.

HONOURING 38 YEARS AT WESTERN

Kinesiology professor Bert Carron began at Western in 1974 and over the next 38 years mentored countless graduate students and made an immeasurable contribution to the field of sport and exercise psychology. Bert retired from Western on December 31, 2012, and was honoured on November 10 at the Bert Carron Symposium and Tribute Day.

JENNIFER IRWIN WINS AWARD OF EXCELLENCE IN UNDERGRADUATE TEACHING

Health Studies professor Jennifer Irwin was a recipient of Western's 2013 University Students' Council Award of Excellence in Undergraduate Teaching. More than 200 instructors were nominated for the award.

THAMES HALL RENOVATIONS

A major re-development of Thames Hall is slated to begin in early summer 2013. The renovations will see a large-scale reconfiguration of interior space (previously occupied by a pool) resulting in the creation of academic space that is greatly needed by the School of Kinesiology. Included in the plans will be five mid-size classrooms, four small-group meeting rooms and a large multi-purpose venue with seating for nearly 600.



HOMECOMING 2012

One of the most anticipated events of the year is Homecoming and the 2012 edition did not disappoint. More than 200 FHS alumni returned to campus and enjoyed brunch in the Arthur and Sonia Labatt Health Sciences Building.

The main event of the day saw the Western Mustangs football team drop a 33-27 decision to the defending Vanier Cup champion McMaster Marauders.

 For information about Homecoming 2013, visit: westernhomecoming.uwo.ca



THE CLASS OF 2016 SHOWING THEIR SCHOOL SPIRIT ON UNIVERSITY COLLEGE HILL.

FROM A SHEER NUMBERS PERSPECTIVE, WESTERN'S GRADUATE PROGRAM IN HEALTH & REHABILITATION SCIENCES – WHICH WAS LAUNCHED IN 2006 – HAS BEEN A SUCCESS. IT'S ONE OF THE LARGEST PROGRAMS OF ITS KIND IN CANADA, OFFERING BOTH MASTER'S AND DOCTORAL PROGRAMS, AND REGULARLY FEATURES AN INCOMING CLASS THAT INCLUDES SOME OF THE BEST AND BRIGHTEST IN THE COUNTRY.

Program chair Andrew Johnson, though, points to a different measure in explaining the success of the program. The interdisciplinary and diverse learning environment provided to students, Johnson says, is something not readily available elsewhere.

"Over the course of a day, a student could conceivably sit in a class with a professor of Occupational Therapy, move to a symposium where Physical Therapy research is being presented, and then close out the day by collaborating with people from Communication Sciences and Disorders," Johnson said. "So it's an unusually rich graduate experience."

The graduate program as it stands today grew out of an already successful doctoral program in rehabilitation sciences. But there were benefits in re-conceptualizing that program seven years ago. For one, the offerings were expanded. Students today can enter into nine different streams or fields of study, each of which is an area of strength within the faculty.

The result is that students have the opportunity to work with not only other students who span a wide range of backgrounds and interests, but faculty as well. That's an aspect Adam Day (pictured opposite) has embraced since he became one of the first master's students in the program back in 2006.

"That's probably the program's biggest strength," said Day, now a PhD student in the rehabilitation sciences stream. "The ability to work closely with a very diverse faculty with different skill sets and research programs and knowledge bases that you can draw from and really contextualize new perspectives on health."



But there are other benefits to the current Health & Rehabilitation Sciences program as it exists today. Perhaps most notable is the two-year master's option, which Johnson says has been very well received by students.

"It gives us an entry-level graduate program for students coming out of their undergraduate degrees that may not be particularly interested in clinical studies but want to do research at the master's level," Johnson said. "That's a fairly substantial advantage over having a program that is PhD only."

Graduates from the master's program have gone on to work in a wide variety of health-related fields, both within the government and at not-for-profit organizations. A few of the early PhD graduates, meanwhile, have already secured teaching jobs, including Trish Tucker, now an assistant professor in Western's School of Occupational Therapy.

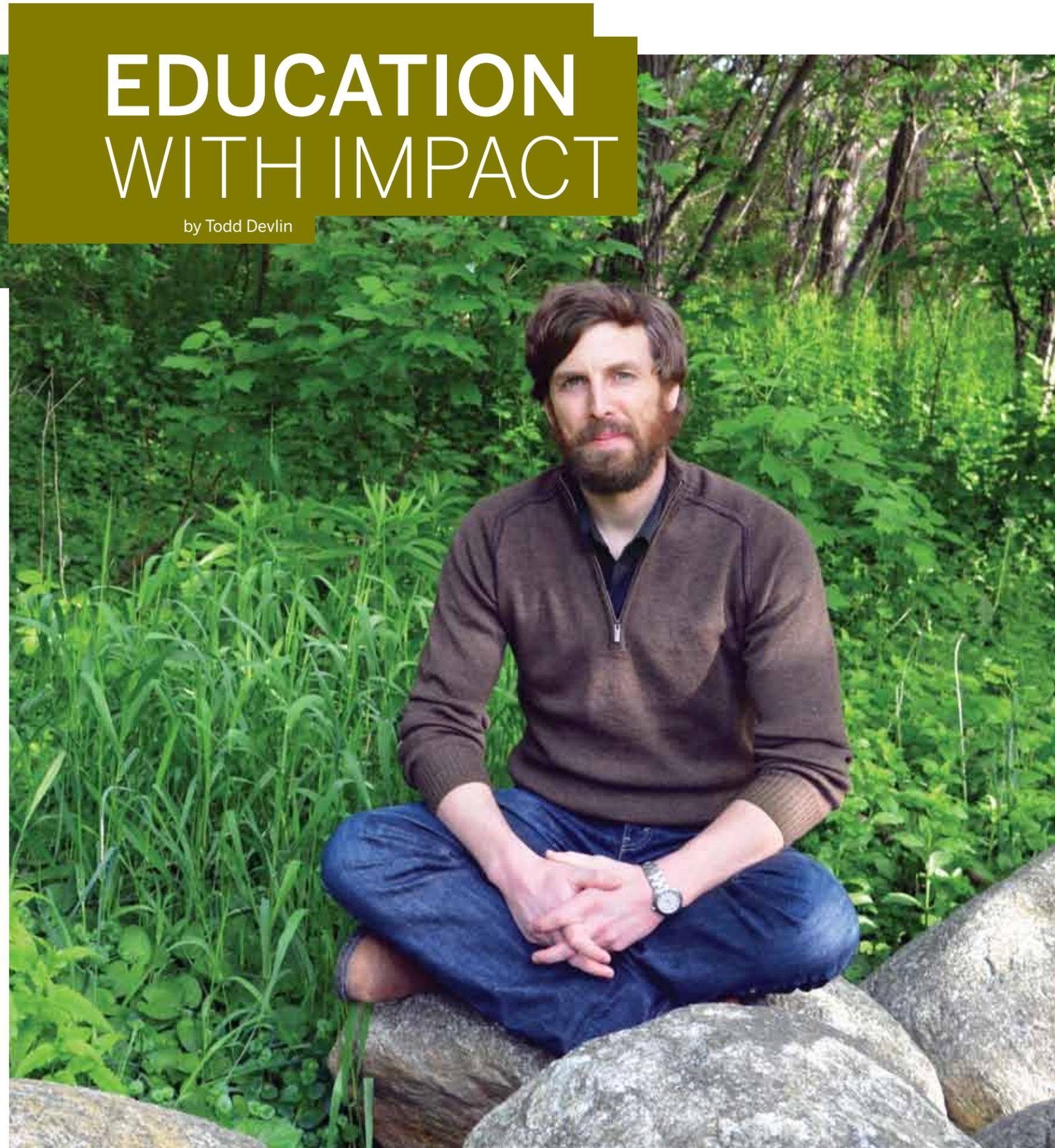
In keeping with the program's broad view of health, Day's research is focused on creating and fostering healthy relationships between humans and nature and the natural environment to promote health and wellness. He's currently looking at opportunities both within the academic world and in the community.

Whichever route he takes, Day says he believes Western's Graduate Program in Health & Rehabilitation Sciences has prepared him for whatever lies next.

"It's a wonderful platform from which you can extend yourself into new areas and new categories and new professional relationships that you never would have known beforehand," he said. "That's one of the benefits of the program... exposure to opportunities and the impact that you could have."

EDUCATION WITH IMPACT

by Todd Devlin



ALUMNI CORNER

CELEBRATE WITH FHS AT HOMECOMING 2013

SATURDAY, SEPTEMBER 28

8:00 am
Nursing Alumni
Association Breakfast
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
Queen's vs. Western
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



Relive
the spirit.

NOTES & ANNOUNCEMENTS

MARCEL BLAIS, BScN'09 was appointed Executive Director of St. Joseph's Hospice of Sarnia.

JUDY BORNAIS, BScN'93 was awarded The Excellence in Teaching Award by the Council of Ontario Universities.

IAN ELLIOTT, BSc'00 (Physical Therapy) has been appointed President of Granite Health Solutions.

SHARON LANE, BA'81 (Physical Education) was a recipient of Western University's Women's Athletic Alumni Elfrida Berzins Award.

MICHELLE MOMMERSTEEG, BA'92 (Physical Education) was a recipient of Western University's Women's Athletic Alumni Elfrida Berzins Award.

THÉRÈSE QUIGLEY, BA'75 (Physical Education), current Director of Sports and Recreation at Western, was honoured by the YMCA of Western Ontario with their Women of Excellence Award. She was also elected to the Board of Directors of Tourism London.

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

Relive your Western Experience. Homecoming 2013.

Join us as we celebrate Homecoming 2013 and reconnect with alumni from the Faculty of Health Sciences:

Saturday, September 28

HEALTH SCIENCES BRUNCH

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

For details on all of the events visit westernhomecoming.uwo.ca

Sept 26-29

Homecoming
2013





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Western Alumni