

Annual Report 2018-19

BIG INPACT





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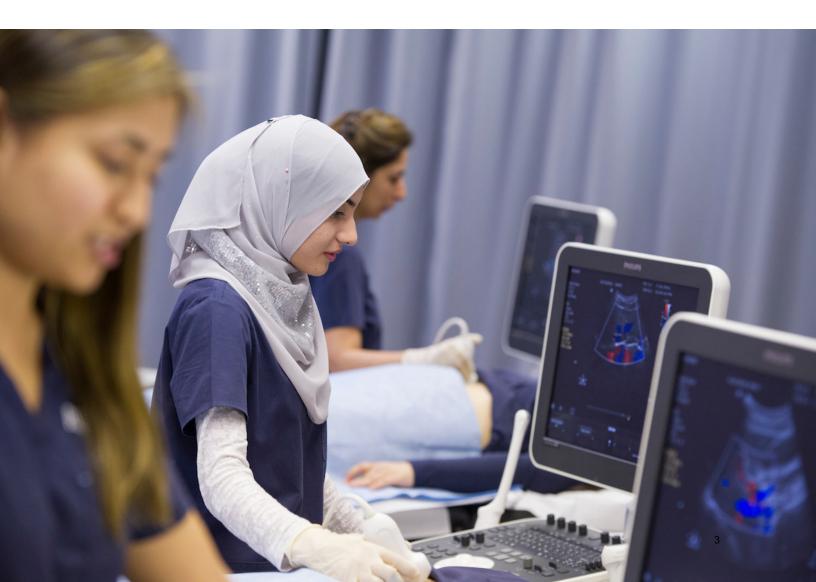
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our mission

To improve people's lives in New Jersey and beyond through quality education, innovative research and scholarship, superior service, and cutting-edge clinical practice.

our vision

Rutgers School of Health Professions will be an international leader in preparing holistic and dynamic health care professionals through education and individual care. Graduates will be prepared with the knowledge, skills and intellectual approach necessary to become progressive, innovative and interprofessional practitioners and leaders in the ever-changing health care landscape. Our school will continue to be a leader in our disciplines by: developing programs that anticipate and respond to the health care needs of the community; increasing and expanding our academic, clinical, and research partnerships around the world; and continuing our efforts in technological advancement.



message from the dean



We are responsible for educating the next generation of health care providers, researchers, and health care educators. I have always been extraordinarily proud of the education and training our school offers. It is the dedication of our faculty, the caliber of their teaching and research, and the quality of patient care provided by our graduates that has earned our school enormous respect and helped to secure our position as one of the nation's leading health professions school.

This year was no exception. Our faculty were awarded prestigious grants for research and training in physical and psychiatric rehabilitation, nutrition, informatics, and community care. We built a gait and motion analysis lab as a place for our faculty and students to conduct research, and to partner with industry and the community.

We made significant strides in strengthening the diversity of our student population and faculty to more closely mirror the communities they serve.

We gained approval to expand our educational mission to include a bilingual Master's in Speech-Language Pathology and a Doctorate in Occupational Therapy, both of which are in high demand nationally in health care settings.

I am so proud of our successes this year and look forward to building on all those successes in 2020.

Gwendolyn M. Mahon, MSc, PhD Dean, School of Health Professions

message from the chancellor

As the largest health professions school in the nation, the School of Health Professions is a key component to the interprofessional health care educational program of Rutgers Biomedical and Health Sciences (RBHS). With over 40 programs at the undergraduate and graduate levels, SHP boasts a dynamic reputation at national and international levels.

The 2018-19 academic year was an impactful one for SHP. Enrolling in fall 2021, the Doctor of Occupational Therapy and the Masters in Speech-Language Pathology will add more robust offerings to the Department of Rehabilitation and Movement Sciences and further expand the interprofessional exposure of our students across RBHS. Two key educational programs that were approved by Rutgers and broaden our public education offerings and provide needed new health care providers in the state.

For the second year in a row, Rutgers was named as a top choice for the study of Health Professions by CollegeFactual.com, coming in at #2 in 2019. The vast majority of programs included in this ranking originate from

SHP, making them an integral piece in this accolade. The ranking is based on objective data collection including graduate rates, post-graduation salaries, online presence, tuition & fees, and international student population rates, among other markers. Congratulations to the faculty, staff, students, and alumni of the School of Health Profession on their success.

We at RBHS are proud of SHP's accomplishments during the 2018-19 academic year, and we look forward to another successfully year ahead.

Brian L. Strom, MD, MPH Chancellor, Rutgers Biomedical and Health Sciences



SHP snapshot 2018-19

1,482
students enrolled



643
distance learners



IN THE NATION
BESTU.S. COLLEGES
FOR HEALTH
PROFESSIONS
COLLEGE FACTUAL
2018

100%
job placement rate within 3
months of graduation

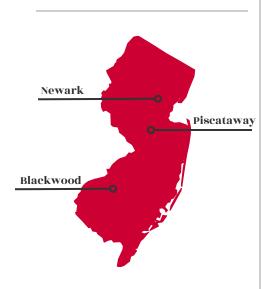


20+

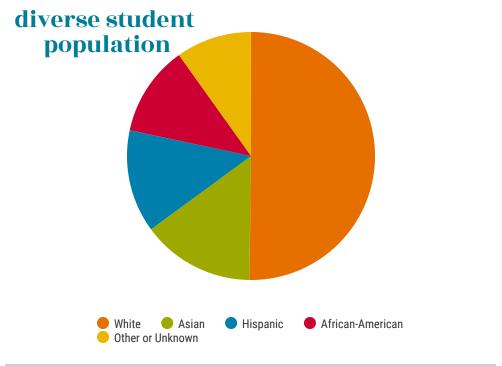
graduate and undergraduate degrees

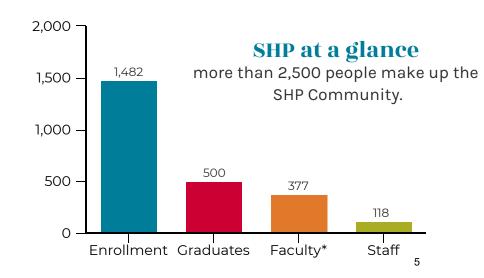
14

graduate and undergraduate certificate programs



three campuses across the state, in addition to fully web-based programs.





research

Improving lives through innovative research

Rutgers SHP's research faculty is doing groundbreaking work. In 2018-19, researchers made discoveries in the battle against prostate cancer, collected data for a multi-institutional concussion study and started a novel study using neuroimaging to identify specific brain changes in users of prescription opioids.

We conduct transformative research in many facets of health care, studying the science of human movement in our laboratories and using big data in our clinical research to improve lives.

Last year, our faculty researchers received 31 significant grants, including federal monies to create a regional center to enhance community-based mental health services as part of a national initiative. They are revolutionizing home-based physical therapy through virtual reality simulators and developing methodology to diagnose and monitor movement disorders using wearable devices.

And they are using evidence-based research to educate older adults on avoiding tooth loss through good nutrition.

Faculty researchers are presenting their work nationally and internationally. In 2018-19, they were in Kuala Lumpur, Malaysia, Singapore, Hong Kong, Slovenia, Geneva, Mexico, and Brazil.

They are committed to pursuing resources that will allow them even wider opportunities for discovery of new treatments and diagnostics. In 2018-2019, 28 of our research faculty applied for a near-record 68 grants to expand and continue their work.

One of our most significant achievements last year was the opening of the motion analysis lab by the Department of Rehabilitation and Movement Sciences. Housed in the Bergen Building, the lab is expected to be a leading center for movement disorder research, opening new windows into how the brain controls body movement.

We anticipate the lab will foster collaboration with medical practitioners and sports entities outside of our school who currently lack access to state-of-the-art biomechanics assessment tools.

Serving as mentors for student researchers, our faculty teach students to do research responsibly, ensuring the next generation of scientists and researchers are well-prepared to continue to make important breakthrough discoveries in health care.

opioid addiction

cancer

virtual reality therapy

mental health traumatic brain injury nutrition

motion analysis



Expediting research into practice in mental health

Rutgers SHP was awarded a five-year, \$4.2 million federal grant to create a regional center to train and provide support services to community-based mental health providers.

With the money from the federal Substance Abuse and Mental Health Services, our Psychiatric Rehabilitation and Counseling Department faculty established a Mental Health Technology Transfer Center to improve treatment and outcomes in behavioral health services in New Jersey, New York, Puerto Rico and the U.S. Virgin Islands.

The overarching goal is to put evidence-based research into wider practice more quickly, according to Kenneth Gill, PhD, department chair, who wrote the successful SAMHSA proposal.

Since the grant was received last August, 21 trainings have been held for 1,500 participants including a state-wide school summit on mental health and suicide prevention training. Other seminar topics included services for older adults with serious mental illness and understanding the mental health care needs of the LGBTQ population.

"We are starting to make an impact," said Ann Murphy, PhD, faculty member and co-director of the center.

game changer

SHP Researcher is Part of Ground-Breaking Study to Make Sports Safer

Data on every consenting Rutgers athlete who experiences a concussion is helping to inform a large-scale, nationwide study aimed at making sports safer for student-athletes.

Rutgers is part of the Big Ten-Ivy League Traumatic Brain Injury (TBI) Research Collaboration, comprised of the nation's most elite athletic and academic universities, and is participating in its Big Ten-Ivy League Epidemiology of Concussions study.

It was Rutgers School of Health Professions researcher Carrie Esopenko, assistant professor in the Department of Rehabilitation and Movement Sciences and an expert on head trauma, who enrolled the university in the groundbreaking study.

"This provides an invaluable opportunity for ongoing collaboration between physicians, athletic trainers, researchers, and administrators to understand who's at a higher risk of injury, and how we can reduce that risk," said Esopenko.



Virtual reality tool shows promise for at-home stroke recovery

No appointment is needed, the trek to a rehab center is eliminated, and – because the games are a lot more fun than monotonous rehab regimens – patients like Allen DeNiear are more likely to actually do their exercises, thanks to an at-home recovery system being tested and refined by Rutgers researchers.

Recovering from a stroke, Mr. DeNeir is regaining mobility through a video-game home-based physical therapy program being piloted by Rutgers SHP researcher Gerry Fluet and his team.

Fluet, an associate professor in the rehabilitation and movement sciences department and a physical therapist, is conducting research focused on using virtual reality games to increase patient participation in at-home therapy programs. "We're seeing tangible, measurable results," said Fluet, whose research is being funded through an NIH grant.

31 grants in 2018-19



Using big data to halt the spread of prostate cancer

A Rutgers study has found that a specific gene in cancerous prostate tumors indicates when patients are at high-risk for the cancer to spread, suggesting that targeting this gene can help patients live longer.

The study, which was published in the journal Nature Communications, identified the NSD2 gene through a computer algorithm developed to determine which cancer genes that spread in a mouse model were most relevant to humans. The researchers were able to turn off the gene in the mice tumor cells, which significantly decreased the cancer's spread.

"Currently, when a patient is diagnosed with prostate cancer, physicians can determine how advanced a tumor is but not whether the patient's cancer will spread," said lead author Antonina Mitrofanova, an assistant professor at Rutgers School of Health Professions and a research member of Rutgers Cancer Institute of New Jersey.

"If we can determine whether a patient's cancer is likely to spread at the time of diagnosis, we can start them on a targeted treatment plan as soon as possible to decrease the likelihood of their cancer spreading."

Analyzing motion in new state-of-the-art lab

The new movement analysis lab in the Department of Rehabilitation and Movement transforms our ability to conduct cutting-edge research and clinical assessments of people with orthopedic, neurological and arthritic conditions.

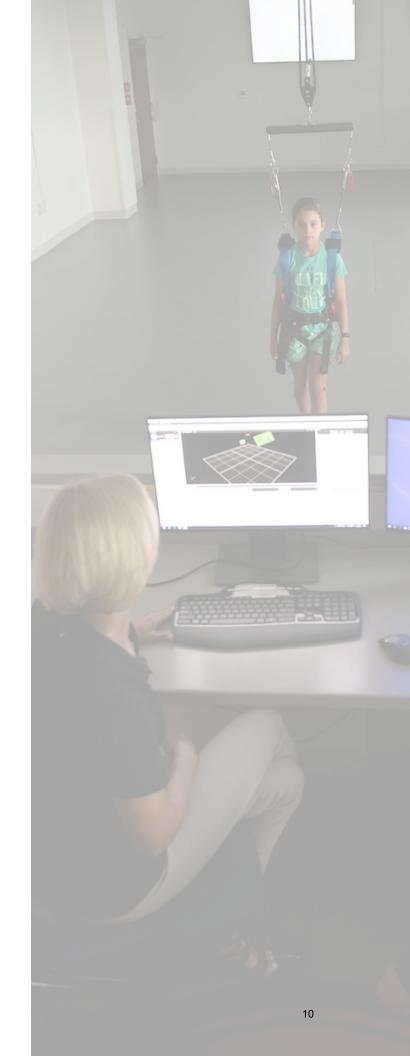
Motion analysis 3D cameras, force plates embedded in the floor, wearable sensors that measure movement and force and electromyography are among the lab's advanced technology that will be used to identify and assess movement problems.

With its state-of-the-art equipment, the lab, one of very few of its kind in New Jersey, opens up new research capabilities, allowing faculty researchers to collect data that they didn't have the ability to capture before.

Currently, researchers are investigating the biomechanics of athletic injuries, postsurgical outcomes of patients with arthritis, and the development of innovative, technology-based rehabilitation interventions for patients with neurological conditions.

The lab will also provide evaluation services for area orthopedists, rheumatologists, neurologists and movement disorder specialists such as pre/post surgical assessments for children with cerebral palsy.

The motion analysis lab gives our physical therapy students the opportunity to master the most sophisticated technological tools in research and biomechanical assessment



education

In the forefront of change

The year 2018-2019 was pivotal for growth in academic programs that will keep our students in the vanguard of health care delivery.

We've expanded our rehabilitation and movement department, adding degree programs to fill a gap in health care services. We also debuted a future-education model graduate program in nutrition, staying ahead of new standards coming to the profession in 2024. And in a nation with a shifting patient population, we are working to attract top students and faculty who reflect our changing cultural demographics.

In the fall of 2018, we were the first school nationwide chosen by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) to open the innovative Entry-Level Master of Science Nutrition degree program, which will ready students for emerging new requirements for registered dietitians. With 21 students in the first cohort, and 30 in the second, enrollment has been strong for the program, which meets a demand for RDs with expertise in evidence-based nutrition care.

35+
degree and certificate programs



In 2018-19, we received approval to grow our Department of Rehabilitation and Movement with two new graduate level programs - speech language pathology, focusing on bilingual service delivery, and occupational therapy. The new programs round out our department, providing additional interprofessional health care delivery exposure for our students, and serving as a pipeline for interdisplinary health care teams in New Jersey.

Given our school's increasingly diverse student body, we anticipate attracting a wide pool of high-quality, culturally diverse applicants when the bilingual speech pathology program opens in the fall of 2020. We're confident our well-prepared students will make an immediate impact when they enter the employment market, where the hiring rate is currently 100% for graduates of this in-demand program.

Our Occupational Therapy Doctorate program fills a need not only in a profession with an anticipated 24% growth in the next few years, but also offers New Jersey its first doctorate-level OT degree program.

Our commitment to diversity and inclusion in the classroom, and in the health care profession, was nationally recognized. The Physician Assistant Education Association awarded our PA program its 2018 Excellence in Diversity Award for its initiative to enroll top candidates from different racial, ethnic, sexual and economic backgrounds. The initiative aligns with the goals of the professional association.

We think its critically important that our faculty reflect changing demographics. In 2018-19, we made significant strides in diversifying our teaching force. Fully 50%, or five of our ten of our newly-hired faculty members are unrepresented minorities.

As our programs expand, we've invested in more and better classroom space for our students and faculty. We completed our move out of the Scotch Plains Vocational-Technical School and into renovated space in the Bergen Building in Newark and in the Research Tower in Piscataway, consolidating our school onto three campus in north, south and central New Jersey.



2019 graduate combats stigma in mental health and addiction

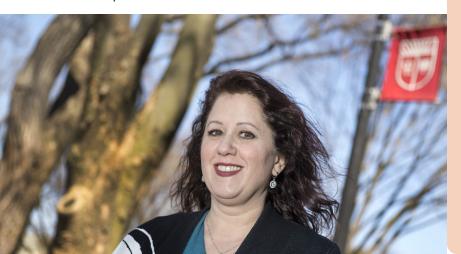
As an adolescent, Fae Cushing became addicted to drugs and alcohol, entered into abusive relationships, was on food stamps and failed out of college her first year. At 21, she entered a 12-Step program.

"I knew I would die if I kept on the path I was on," she said.

This year, three decades into her sobriety, Cushing, 50, delivered the convocation address at Rutgers School of Health Professions. She graduated summa cum laude with a B.S. in applied science and a concentration in psychiatric rehabilitation and counseling. She is working toward her master's degree in mental health and wellness counseling, and her goal is to use her own experience to help adults who also are struggling with mental illnesses and addiction.

"The road to my degree took a lot of courage," said Cushing, who credits her success largely to the support of her husband, children and a group of family and friends. "I went to school because I wanted to show my kids that this is possible."

Cushing especially wants to use her experience and education to combat the stigma she faced. "Mental health is not tangible: When you break a leg, you know you need to get a cast, but many people with mental illness do not have the self-awareness to know something isn't right," she said. "The stigma is horrible. People — even doctors — have told me that it's all in my head and that I had control over my anxiety. That's got to change. People never should feel ashamed to ask for help with their mental health."





Jessica Gomes, MS PA-C Once a student, now faculty

To some in the Physician Assistant program, Jessica Gomes may be a familiar face. A 2012 alumna of the program, she is now returning as a lecturer and mentor.

Previously, Jessica worked in hematology/oncology, examining and counseling patients, and performing diagnostics tests and lab procedures. Prior to that, she worked in urgent care, was a preceptor in the Seton Hall PA program, and worked in cardiology and internal medicine.

"I went into teaching because I wanted to bring my experience into our program. I wanted to be a part of the faculty that allowed me to challenge myself to be the best I could be with myself and my patients. By joining them, I hope to inspire others to do the same," Jessica said.

She is fluent in Portuguese and Spanish. She volunteers with Quest in Search of Christ in Newark, where she helps with food and clothing drives, blood drives, and raising money and awareness for the homeless population, and was an EMT with the Clark Volunteer Emergency Squad.

She received a BA from the University of Massachusetts, majoring in Portuguese History, Literature and Civilization, and minoring in biology and psychology. While she wanted to go into medicine, she also wanted to broaden her area of study. "I didn't want to limit myself to science in college. I started to take literature courses and truly enjoyed them," she said.

Jessica likes to travel, restore old furniture and has chickens, vegetables and fruits she cultivates and cares for on her "mini-farm."

Thank you for your service then and now

Anthony Juliano, one of the first graduates of our Peer Support Certificate program and now a peer support specialist working with veterans, was presented with the Distinguished Student Veteran Award by the Rutgers Office of Veteran and Military Programs and Services.

He is the first Rutgers Biomedical and Health Sciences student to receive the veteran's award.

A peer support specialist at the Veteran's Administration Medical Center in East Orange, Mr. Juliano works with veterans experiencing psychotic disorders and substance abuse.

A U.S. Army veteran of Desert Storm, Mr. Juliano said his life experiences, which include the stress of combat, homelessness and addiction, help him to better connect with other veterans as they work toward recovery.

"I value the potential of people first and foremost, and then treat the mental illness and addiction, meeting people where they are at, overcoming ambivalence, rolling with resistance, and respecting their goals," Mr. Juliano said.

Mr. Juliano used his military vocational rehabilitation benefits to continue his education and earn his certificate. He was a recipient of the SHP Alumni Association's Military/Veterans Appreciation Scholarship in 2018.





Jasmin Rider, BS MLS '19 Thriving in a diverse culture

Jasmin Rider focused primarily on her books as a student at Monmouth University. When she transferred to Rutgers SHP for a medical lab science degree, she was determined to be more involved in campus life.

She quickly found ways to contribute: She became a student ambassador for the admissions office, president of the Medical Laboratory Association club, and a member of the Golden Key Honor Society and of the Educational Opportunity Fund honor society.

Jasmin, who is from Egg Harbor Township, came to Rutgers SHP through a joint degree program with Monmouth University. She said one reason she felt comfortable getting involved here was because of the school's multi-cultural student population. At SHP, 40 percent of students are underrepresented minorities in the health professions.

"I liked the diversity of Rutgers. I felt I was able to be more myself," she said

Jasmin was in the Educational Opportunity Fund program, which supports economically disadvantaged students in the health professions. Students are offered academic advising, workshops and other academic services.

Jasmin credited a strong support system at SHP for helping her to excel.

"I had a lot of people pushing me and if they believed in me, I knew I could do it," she said. "I knew who to go to if I felt overwhelmed or doubted myself."

A 2019 graduate, Jasmin became the second 14 generation in her family to go to college.

closing cultural divides

Bringing Diversity to the Physician Assistant Profession

In Ghana, Asana Rashad's grandmother sold her wedding dress so her granddaughter could afford to attend grade school. The girl who once walked barefoot to school went on to college thanks to a student exchange program in the U.S, then pursued her goal to be a physician assistant (PA).

As she searched for a program, her criteria went beyond rankings and outcomes – she looked for students of color. "I wanted to see somebody who looked like me. I was looking for diversity in terms of color, mindset, and race," said Rashad., who chose Rutgers SHP.

The physician assistant program's effort to attract top candidates from different racial, ethnic, sexual, and economic backgrounds is working. For the Class of 2021, the representation of students of color is 47% compared to 27% of students in the 2018 graduating class. Amid growing racial and ethnic diversity in the nation, the PA program four years ago re-examined its student profile, which was predominantly white and female, and resolved to graduate a student body that would more closely mirror the nation's shifting patient population.

The push comes as the national Physician Assistant Education Association has made diversifying the profession its main goal, citing evidence of better patient outcomes. "Studies have shown that patients are more likely to adhere to treatment plans and to keep follow-up visits with practitioners when their practitioners understand their cultural background," said Lori Palfreyman, program faculty, assistant director of admissions and chair of the Committee on Inclusion and Diversity.



service learning

Transforming lives through community service

At Rutgers SHP, students are treating underserved patients in areas where health care is unaffordable or inaccessible. Locally or across the globe, they're making a difference working with vulnerable populations.

In Newark, where 30 percent of residents live below poverty levels, physical therapy students run a pro-bono clinic. Physician assistant students and faculty volunteer at a medical clinic in Union County serving the uninsured or underinsured. In summer, physical therapy students in Blackwood screen the migrant worker population. On school breaks, students travel to other countries to treat and educate patients who lack access to health care.

They are not only helping their communities, they're gaining a better understanding of health care disparities, sparking a desire to bring about bigger change.

"My experience has driven home the importance of pro-bono clinics, not just here but across the country. I came into physical therapy thinking I wanted to work with dancers and high-level athletes, but this has really opened my eyes to the larger scope of physical therapy and the greater impact I can potentially have on



a population that truly needs the help," said Kenneth Abes, a first-year Doctorate of Physical Therapy (DPT) student and clinic volunteer.

In 2018-19, the Community Participatory Physical Therapy Clinic evaluated 54 new clients and logged 104 patient visits.

Every summer, DPT students in Blackwood campus fill a health care gap for migrant workers, whose transient lifestyles are a barrier to health care. In 2018-19, during harvest season, they screened 109 children for developmental milestones and scoliosis, and checked 18 young adults for musculoskeletal and health issues. Through their work with the migrant population, and other community outreach, the students on provided health care services to 383 people in 2018-19.

Over 1,000 hours were logged in 2018-19 by faculty and students in the Physician Assistant program who volunteered at a primary care clinic for those without access to affordable care.

First year PA student Josh Hilliard said that beyond taking down medical histories and checking vital signs, he learned to establish a sense of trust with a population that can be fearful of seeking out help.

"If there's something I can do to reduce somebody's suffering, or put their mind at ease, that makes me happy - and I get a chance to practice medicine. I love everything about it," he said.

In 2018-19, SHP students provided health screenings for more than 400 New Jersey Special Olympic athletes, offered guidance on healthy eating to Newark residents, and volunteered at community events .

Around the globe, SHP students are also serving others. Clinical nutrition student.

Lauren Kronisch taught physicians and dietitians at a conference in Antigua and Barbuda how diet can be used to treat epilepsy in children. She plans to return to more fully train staff to monitor patients who use the diet for seizure management.



Teaching pain management in the Dominican Republic

Four students in the Rutgers School of Health Professions physical therapy program spent winter break helping patients in a small Dominican Republic village manage their pain, and doing construction on a sustainable, hurricane-resilient home.

The service trip was organized by Rutgers DPT alumna Beth Rothman, who has created a non-profit called Physical Therapists Beyond Boundaries to bring physical therapy services to countries in need.

In one clinic, families and their children, older adults, and farmworkers with work-related injuries who could not afford to make the trip to the local city for treatment came for pain management and relief.

"We gave people stretches they could do at home. Our goal was sustainability and pain management," said Alexander Olan.

Students also accompanied Dr. Rothman and local Dominican therapists on a homecare evaluation visit, spending their final day in a small non-profit rehabilitation center in the city of San Juan de la Maguana, a few miles away from the rural village of Los Cerros where they were staying.

Olan, who is bilingual and served as an interpreter for the patients he treated, said the service learning experience gave him a chance to put what he had learned into practice – and to learn how to improvise in a setting that lacked "any fancy equipment."

"Everyone was super grateful and appreciative for what we did," he said.

scholarship

Supporting scholarship

As part of a major research university, we expect our faculty to conduct research and publish scholarly works that advance scientific knowledge and practice in their field. At Rutgers SHP, we are building a supportive climate to promote such scholarly activity among our faculty.

A year ago, we established a Methodology and Statistics Support Team (MSST) to work collaboratively with faculty as they conduct original research, seek grants, and publish papers on their work.

From June 1, 2018 through June 1, 2019, 38 faculty members received assistance with 72 projects. There were 202 consultations on those projects, which included help with developing research ideas, structuring research projects, writing articles and grant applications, preparing research presentations, and providing help such as a calculation check on statistics or an assessment of a project's feasibility.



Assisting faculty as they build their scholarship skills and strive to balance teaching and research are Professor Scott Parrott, PhD, the director of the team, Pamela Rothpletz-Puglia, associate professor, and Joy Jia, PhD, a statistician and new faculty member.

"I think of my job as mentoring people in storytelling," said Dr. Parrott. "I love finding questions that need answers, then putting together the evidence to answer those questions."

"What I am hoping for with MSST is that we can help folks who are primarily instructors form productive collaborative scholarly relationships," Dr. Parrott said. "We have teaching faculty who don't have big grants or high-profile projects but who can do research and scholarly work with mentoring and collaboration."

Even before being tapped to lead the MSST, Dr. Parrott worked informally with faculty on research projects. He provided statistical support on a data-based study on disability due to neuropathy in HIV positive people on retrovirus drugs. That collaboration with Associate Professor David Kietrys, PhD led to publication of the study. They have gone on to do other projects together, including most recently, a protocol for treatment of neuropathy in people with HIV.

Over the next year, our MSST team plans to develop a better infrastructure to track and follow up on consultations and increase support for educational research.

Using our senior faculty to hone writing skills and research techniques fosters the development of faculty and contributes to the expansion of scientific knowledge in their health care disciplines.



Knee surgery study in Journal of Orthopaedic Research

Nearly a quarter of people who have total knee replacement surgery are likely to need a second surgery on their other knee within five years and this may be the result of abnormal walking patterns after surgery, according to a Rutgers study.

"If we can change the way someone moves or improve their walking ability after surgery while also reducing the need for a second knee replacement, we may also be able to reduce healthcare costs and other issues that arise with having to undergo surgery," said lead author Joseph Zeni, an associate professor in the Department of Rehabilitation and Movement Sciences at Rutgers School of Health Professions.

The study, which appears in the Journal of Orthopaedic Research, looked at whether movement patterns after total knee replacement surgery were associated with future surgery as a result of unbalanced movement that put more pressure on the other knee.

It found that many people do not regain normal movement in their operated knee when walking and continue to walk with a stiffer knee after surgery. This means they may rely more heavily on the good knee for support. This can put more pressure on the good knee and cause the cartilage to wear away, increasing the risk of future surgery.

"Often surgeons, patients and therapists are concerned with restoring normal range of motion and reducing pain after surgery," Zeni said. "Our results suggest that normalizing movement patterns, so that one leg is not favored over another should also be a goal of post-operative rehabilitation."

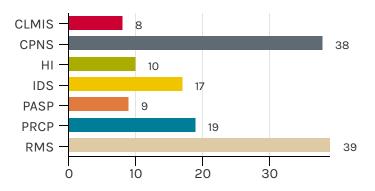


Faculty Publications

From July 2018 to June 2019, our faculty published 125 peer-reviewed articles. A majority of these articles were co-authored by faculty across SHP departments, increasing the number of collaborations than in previous years.

Below is a snapshot of peer-reviewed articles:

Number of Publications by Department





Study links tooth loss and malnutrition

Older adults are at risk for both impaired oral health and malnutrition, according to a study by Rutgers University researchers.

The study, recently published in the Journal of Aging Research and Clinical Practice, analyzed the health records of 107 community-dwelling senior citizens treated at the Rutgers School of Dental Medicine clinic between 2015 to 2016.

The results showed that more than 25 percent of the patients had malnutrition or were at risk for malnutrition. The researchers saw a trend in which patients with 10 to 19 teeth were more likely to be at risk for malnutrition. Those patients classified as having malnutrition had higher rates of weight loss, ate less and more frequently reported that they suffered with dementia and/or depression and severe illnesses than those who had a normal nutrition status.

"The mouth is the entry way for food and fluid intake," said lead author Rena Zelig, director of the Master of Science in Clinical Nutrition Program at Rutgers School of Health Professions. "If its integrity is impaired, the functional ability of an individual to consume an adequate diet may be adversely impacted."

Although further studies need to examine the relationships between tooth loss and malnutrition risk, Zelig said the findings show that dental clinics are ideal locations to perform nutritional status screenings as they can identify patients who may not regularly visit a primary care provider and who may be at risk for malnutrition.

global affairs

Beyond our borders

Our faculty and students are immersing themselves in other counties and cultures. They are bringing research skills, education and clinical practice to developing countries, addressing health care challenges and inequities that exist around the globe.

In 2018-19, our faculty made trips to Tanzania, Botswana, China, Nepal and Malaysia, providing education, care, and training, and forging new opportunities for our students to experience other cultures.

Tanzania Hong Kong
Geneva Malaysia China
Mexico
Slovenia Botswana Brazil

Kuala Lampur



Going global in 2018-19:

Greece

SHP teamed up with Rutgers School of Arts & Sciences, Department of Kinesiology and Exercise Science, to participate in a Mediterranean Lifestyles Program. In the place where the Mediterranean diet originated, students and faculty from the Department of Clinical and Preventive Sciences, along with faculty from our Physician Assistant program, studied Mediterranean lifestyles and health.

Tanzania

In a country plagued by childhood malnutrition, SHP's Global Affairs and Department of Clinical & Preventive Nutrition Sciences, and the schools of Nursing and Public Health are working with the University of Dodoma to expand health professional training for dietitians. We guided UDOM as it developed its first nutrition program for dietitians; the university will recruit its first cohort of students in fall 2019.

Botswana

Dean Gwendolyn Mahon and Associate Dean Dr. Barbara Gladson were part of a Rutgers team providing executive leadership development to senior government officials from Botswana who visited the campus in May.

Faculty member Joachim Sackey, nutritional sciences assistant professor, will be launching a pilot study of diet and cardiovascular disease risk in people with HIV in Selebe Phikwe, Botswana.



Malaysia

Our clinical laboratory and clinical and preventive nutrition faculty are educating dietetic clinicians and educators on how to conduct nutrition-focused physical exams. In 2019, we worked with 15 faculty at the International Medical University of Malaysia and 15 clinician dietitians, who are learning how to use physical exams to help uncover signs of nutrient deficiencies or malnutrition.

China

Modified car toys give children with mobility disabilities a chance to move more independently. Faculty member Sandra Rogers, PhD., associate professor of occupational therapy, led a team of health professionals in China who built cars for children in residential care and conducted workshops for therapists as part of the "Go Baby Go" nonprofit program. In a trip centered on improving care to children with disabilities, the group also delivered training in four orphanages to more than 90 providers in the NICU on appropriate developmental care for the smallest and most vulnerable population. In a country with large gap between the need for therapists and the number of therapists, Dr. Rogers and her team provide needed services as well as training in new interventions in pediatric therapy.

Nepal

In a pilot study, Shristi Rawal, PhD, assistant professor in nutritional sciences, is examining the intergenerational influences of diet and lifestyle during pregnancy and how it impacts a growing epidemic of cardiovascular disease and type 2 diabetes in Nepal. Dr. Rawal will be developing diet and physical activity assessments for the Nepalese and collecting data on adverse pregnancy and neonatal outcomes in an urban Nepalese population.



global workforce training

Dr. Barbara Gladson puts expertise to work on a global scale

A pioneer in clinical trial sciences education, Dr. Barbara Gladson has a lead role in educating and training clinical research managers globally as part of a \$29 million grant initiative.

Dr. Gladson, associate dean for Academic Affairs and director of the Rutgers Biopharma Educational Initiative, is part of a Rutgers-led team that received the five-year, multi-million dollar grant from the National Institutes of Health (NIH) to translate clinical research more quickly into patient care and treatment.

The Rutgers Institute for Translational Medicine and Science, will administer the grant.

A significant part of the grant is to train and cultivate the translational science workforce. Translational science takes observations made in the laboratory and creates interventions to improve people's health – from diagnostics to medical procedures to behavioral interventions.

Once the education and training priorities are identified, course modules and webinars will be developed that can be accessed globally by those managing clinical trials. An international outreach and resource coordinator will facilitate global training for research trials that coordinate with those conducted in New Jersey.

"Research can't be done in a vacuum. Research can happen faster, and discoveries can be made faster if you have researchers working together on multi-site studies that are reflective of diverse populations," Dr. Gladson said.



alumni spotlight

Dr. Maria Cauilan Aguila, physical therapist, works to improve education and practice here and overseas

Dr. Maria Cauilan Aguila, DPT '10, has made it her mission to better integrate physical therapists educated outside the U.S. into the profession, understanding that adapting to cultural and societal differences is critical to effective practice.

She has also worked to raise the standard of care in her home country of the Philippines. She and her husband Ben, also a physical therapist, began by volunteering to treat patients while they were visiting. But she wanted to do more than treat one patient at a time and then leave.

She and Ben founded the nonprofit FUTURE Foundation to support the professional development of the physical therapy community in the Philippines. They soon will be awarding the foundation's first DPT scholarship to a deserving student.

Dr. Aguila continues to travel several times a year back to the Philippines to teach and provide in-service education not only to students but practicing PTs as well.

In New Jersey, Dr. Aguila has been active in improving the engagement and practice of PTs educated outside of the U.S. through her professional association, APTA, where she serves on the board of directors. Her work earned her SHP's Distinguished Alumni Award for 2019.



List of Publications by Department

Clinical Laboratory and Medical Imaging Sciences

- Determining qualitative effect size ratings using a likelihood ratio scatter matrix in diagnostic test accuracy
 systematic reviews. Rubinstein, M. L., Kraft, C. S., & Parrott, J. S. (2018). Determining qualitative effect size ratings
 using a likelihood ratio scatter matrix in diagnostic test accuracy systematic reviews. Diagnosis (Berl). doi:10.1515/dx 2018-0061
- 2. Effectiveness of Practices to Support Appropriate Laboratory Test Utilization. Rubinstein, M., Hirsch, R., Bandyopadhyay, K., Madison, B., Taylor, T., Ranne, A., . . . Cornish, N. (2018). Effectiveness of Practices to Support Appropriate Laboratory Test Utilization. American Journal of Clinical Pathology, 149(3), 197-221.
- 3. Efficacy and Safety of Massage for Osteoarthritis of the Knee: a Randomized Clinical Trial. Perlman, A., Fogerite, S. G., Glass, O., Bechard, E., Ali, A., Njike, V. Y., . . . Katz, D. L. (2018). Efficacy and Safety of Massage for Osteoarthritis of the Knee: a Randomized Clinical Trial. J Gen Intern Med. doi:10.1007/s11606-018-4763-5
- Gastrocnemius Tear: Incidental Finding During a Venous Doppler Exam. Nanni, G. S., & Ort, S. (2018).
 Gastrocnemius Tear: Incidental Finding During a Venous Doppler Exam. Journal for Vascular Ultrasound, 42(2) 74-77. doi:10.1177/1544316718779221
- Modeling a Predictive Energy Equation Specific for Maintenance Hemodialysis. Byham-Gray, L. D., Parrott, J. S., Peters, E. N., Fogerite, S. G., Hand, R. K., Ahrens, S., . . . Fiutem, J. J. (2018). Modeling a Predictive Energy Equation Specific for Maintenance Hemodialysis. JPEN Journal of Parenteral & Enteral Nutrition, 42(3), 587-596. doi:10.1177/0148607117696942
- Multimodality Study of a Twin Pregnancy Within a Rudimentary Horn Nanni, G. S., Wall, T., & Silkowski, C.
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- The Role of Educational Attainment in Supported Employment Waynor, W. R., Gill, K. J., Reinhardt-Wood, D., Nanni, G. S., & Gao, N. (2018). The role of educational attainment in supported employment. Rehabilitation Counseling Bulletin, 61(2), 121-127.
- 8. Yoga for Persons With HIV-Related Distal Sensory Polyneuropathy: A Case Series. Kietrys, D. M., Galantino, M. L., Cohen, E. T., Parrott, J. S., Gould-Fogerite, S., & O'Brien, K. K. (2018). Yoga for Persons With HIV-Related Distal

Sensory Polyneuropathy: A Case Series. Rehabilitation Oncology, 36(2), 123-131. doi:10.1097/01.REO.00000000000000009

Clinical and Preventive Nutrition Sciences

- Acute Kidney Injury Masked by Malnutrition: A Case Report and the Problem of Protein. Schwartz, E., Hillyer, R.,
 Foley, J., Willcutts, K., & Ziegler, J. (2018). Acute Kidney Injury Masked by Malnutrition: A Case Report and the
 Problem of Protein. Nutr Clin Pract. doi:10.1002/ncp.10236
- Animal versus plant protein and adult bone health: A systematic review and meta-analysis from the National
 Osteoporosis Foundation. Shams-White, M. M., Chung, M., Fu, Z., Insogna, K. L., Karlsen, M. C., LeBoff, M. S.,
 Sackey J., Weaver, C. M. (2018). Animal versus plant protein and adult bone health: A systematic review and meta analysis from the National Osteoporosis Foundation. PLoS One, 13(2), e0192459. doi:10.1371/journal.pone.0192459
- 3. Anticoagulant activity of enoxaparin and unfractionated heparin for venous thromboembolism prophylaxis in obese patients undergoing sleeve gastrectomy. Brunetti, L., Wassef, A., Sadek, R., Desphande, K., Ziegler, J., Na, S. S., . . . Kagan, L. (2018). Anticoagulant activity of enoxaparin and unfractionated heparin for venous thromboembolism prophylaxis in obese patients undergoing sleeve gastrectomy. Surg Obes Relat Dis. doi:10.1016/j.soard.2018.12.014
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- The Clinical Presentation and Nutritional Management of an Infant With Neonatal Abstinence Syndrome.
 Gottesman, K., Chang, K., Feldman, A., & Ziegler, J. (2018). The Clinical Presentation and Nutritional Management of an Infant With Neonatal Abstinence Syndrome. Topics in Clinical Nutrition, 33(1), 79-92.
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- 6. Comparison of Calorie and Protein Intake of Very Low Birth Weight Infants Receiving Mother's Own Milk or Donor Milk When the Nutrient Composition of Human Milk Is Measured With a Breast Milk Analyzer. Newkirk, M., Shakeel, F., Parimi, P., Rothpletz-Puglia, P., Patusco, R., Marcus, A. F., & Brody, R. (2018). Comparison of Calorie and Protein Intake of Very Low Birth Weight Infants Receiving Mother's Own Milk or Donor Milk When the Nutrient Composition of Human Milk Is Measured With a Breast Milk Analyzer. Nutr Clin Pract, 33(5), 679-686. doi:10.1002/ncp.10060

- Dentition AND Malnutrition Risk in CommunityDwelling Older Adults. R. Zelig; L. Byham-Gray; S.R. Singer; E.R. Hoskin; A. Fleisch Marcus; G. Verdino; D.R. Radler; R. Touger-Decker (2018). Dentition and Malnutrition Risk in Community-Dwelling Older Adults. The Journal of Aging Research and Clinical Practice (JARCP). http://dx.doi.org/10.14283/jarcp.2018.19
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- 9. Enteral Nutrition and Medication Interactions. Roberts, S., & Ziegler, J. (2018). Enteral Nutrition and Medication Interactions. Support Line, 40(4), 12-23.
- 10. Food security and dietary diversity are associated with health related quality of life after 6 months of follow up among people living with HIV in Accra, Ghana. Sackey, J., Zhang, F. F., Rogers, B., Aryeetey, R., & Wanke, C. (2018). Food security and dietary diversity are associated with health related quality of life after 6 months of follow up among people living with HIV in Accra, Ghana. AIDS Care, 1-5. doi:10.1080/09540121.2018.1500011
- 11. Genetic variants of gestational diabetes mellitus: a study of 112 SNPs among 8722 women in two independent populations. Ding, M., Chavarro, J., Olsen, S., Lin, Y., Ley, S. H., Bao, W., Rawal S., Zhang, C. (2018). Genetic variants of gestational diabetes mellitus: a study of 112 SNPs among 8722 women in two independent populations. Diabetologia, 61(8), 1758-1768. doi:10.1007/s00125-018-4637-8
- 12. <u>Gestational Diabetes Mellitus and Renal Function: A Prospective Study With 9- to 16-Year Follow-up After Pregnancy.</u> Rawal, S., Olsen, S. F., Grunnet, L. G., Ma, R. C., Hinkle, S. N., Granstrom, C., . . . Zhang, C. (2018). Gestational Diabetes Mellitus and Renal Function: A Prospective Study With 9- to 16-Year Follow-up After Pregnancy. Diabetes Care, 41(7), 1378-1384. doi:10.2337/dc17-2629
- 13. <u>HbA1c Measured in the First Trimester of Pregnancy and the Association with Gestational Diabetes.</u> Hinkle, S. N., Tsai, M. Y., **Rawal, S.,** Albert, P. S., & Zhang, C. (2018). HbA1c Measured in the First Trimester of Pregnancy and the Association with Gestational Diabetes. Sci Rep, 8(1), 12249. doi:10.1038/s41598-018-30833-8
- 14. Health-related quality of life, temperament, and eating behavior among formula-fed infants in the Philippines: a pilot study. Volger, S., Estorninos, E. M., Capeding, M. R., Lebumfacil, J., Radler, D. R., Scott Parrott, J., & Rothpletz-

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- 16. Impact of e-Learning or Blended Learning Versus Face-to-Face Learning in Regard to Physical Examination Skills, Knowledge, and Attitudes Among Health Professions Students. Tenison, E., & Touger-Decker, R. (2018). Impact of e-Learning or Blended Learning Versus Face-to-Face Learning in Regard to Physical Examination Skills, Knowledge, and Attitudes Among Health Professions Students. Topics in Clinical Nutrition, 33(3), 259-270. doi:10.1097/TIN.00000000000000149
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- 18. The Impact of Weight Status on Health-Related Quality of Life and Body Image in Adults With Cystic Fibrosis: A Narrative Review. Gomes, A., Rothpletz-Puglia, P., Matarese, L., & Ziegler, J. (2018). The Impact of Weight Status on Health-Related Quality of Life and Body Image in Adults With Cystic Fibrosis: A Narrative Review. Topics in Clinical Nutrition, 33(2), 164-178. doi:10.1097/TIN.00000000000000139
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- 21. <u>Lactation Duration and Long-Term Thyroid Function: A Study among Women with Gestational Diabetes.</u> Panuganti, P. L., Hinkle, S. N., **Rawal, S.**, Grunnet, L. G., Lin, Y., Liu, A., . . . Zhang, C. (2018). Lactation Duration and Long-Term Thyroid Function: A Study among Women with Gestational Diabetes. Nutrients, 10(7). doi:10.3390/nu10070938
- 22. Longitudinal Maternal Vitamin D Status during Pregnancy Is Associated with Neonatal Anthropometric Measures
 Francis, E. C., Hinkle, S. N., Song, Y., Rawal, S., Donnelly, S. R., Zhu, Y., . . . Zhang, C. (2018). Longitudinal Maternal
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 doi:10.3390/nu10111631
- 23. <u>A Longitudinal Study of Thyroid Markers across Pregnancy and the Risk of Gestational Diabetes.</u> **Rawal, S.**, Tsai, M. Y., Hinkle, S. N., Zhu, Y., Bao, W., Lin, Y., . . . Zhang, C. (2018). A Longitudinal Study of Thyroid Markers Across Pregnancy and the Risk of Gestational Diabetes. J Clin Endocrinol Metab, 103(7), 2447-2456. doi:10.1210/jc.2017-02442
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- 26. Medical Nutrition Therapy for Symptom Management in Adults With Gastroparesis: A Review of the Evidence Fisher, K., Touger-Decker, R., & Ziegler, J. (2018). Medical Nutrition Therapy for Symptom Management in Adults With Gastroparesis: A Review of the Evidence. 33(4), 320-334. doi:10.1097/tin.00000000000000156
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- 28. <u>Nutrition-Focused Physical Examination Practices of Registered Dietitian Nutritionists Who Have Completed an In-Person NFPE Course.</u> Desjardins, S., **Brody**, **R.**, & **Touger-Decker**, **R.** (2018). Nutrition-Focused Physical Examination Practices of Registered Dietitian Nutritionists Who Have Completed an In-Person NFPE Course. Topics in Clinical Nutrition, 33(2), 95-105.

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- 30. Parenteral Nutrition--Dependent Patient With a History of Crohn's Disease Complicated by Central Line--Associated Bloodstream Infections. Feasel-Aklilu, S., Roberts, K., & Ziegler, J. (2018). Parenteral Nutrition--Dependent Patient With a History of Crohn's Disease Complicated by Central Line--Associated Bloodstream Infections. Topics in Clinical Nutrition, 33(2), 144-155. doi:10.1097/TIN.0000000000000137
- 31. Pediatric Weight Management Evidence-Based Practice Guidelines: Components and Contexts of Interventions.

 Henry, B. W., Ziegler, J., Parrott, J. S., & Handu, D. (2018). Pediatric Weight Management Evidence-Based Practice Guidelines: Components and Contexts of Interventions. J Acad Nutr Diet, 118(7), 1301-1311.e1323.

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- 32. <u>Perioperative Management of a Malnourished Surgical Patient.</u> Morand, A., & **Brody**, **R.** (2018). Perioperative Management of a Malnourished Surgical Patient. Support Line, 40(2), 2-8.
- 33. Plasma concentrations of lipids during pregnancy and the risk of gestational diabetes mellitus: A longitudinal study Bao, W., Dar, S., Zhu, Y., Wu, J., Rawal, S., Li, S., . . . Zhang, C. (2018). Plasma concentrations of lipids during pregnancy and the risk of gestational diabetes mellitus: A longitudinal study. J Diabetes, 10(6), 487-495. doi:10.1111/1753-0407.12563
- 34. A prospective and longitudinal study of plasma phospholipid saturated fatty acid profile in relation to cardiometabolic biomarkers and the risk of gestational diabetes. Zhu, Y., Tsai, M. Y., Sun, Q., Hinkle, S. N., Rawal, S., Mendola, P., . . . Zhang, C. (2018). A prospective and longitudinal study of plasma phospholipid saturated fatty acid profile in relation to cardiometabolic biomarkers and the risk of gestational diabetes. Am J Clin Nutr, 107(6), 1017-1026. doi:10.1093/ajcn/nqy051
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- 38. <u>Vitamin E Supplementation in Pediatric Nonalcoholic Fatty Liver Disease.</u> Patusco, R., Zelig, R., & Parker, A. (2018). Vitamin E Supplementation in Pediatric Nonalcoholic Fatty Liver Disease. Topics in Clinical Nutrition, 33(1), 50-68. doi:10.1097/TIN.0000000000000126

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 inflammation in prostate cancer initiation. DMM Disease Models and Mechanisms, 11(11). doi:10.1242/dmm.035139
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- 8. Integrative (epi) Genomic Analysis to Predict Response to Androgen-Deprivation Therapy in Prostate Cancer Panja, S., Hayati, S., Epsi, N. J., Parrott, J. S., & Mitrofanova, A. (2018). Integrative (epi) Genomic Analysis to Predict Response to Androgen-Deprivation Therapy in Prostate Cancer. EBioMedicine, 31, 110-121. doi:10.1016/j.ebiom.2018.04.007
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- Three-dimensional Cellular Raman Analysis: Evidence of Highly Ordered Lipids Within Cell Nuclei. Ramamurthy,
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Interdisciplinary Studies

The Best Pedagogical Practices in Graduate Online Learning: A Systematic Review Aarika, P., Iryna, G., Ilsa, J., Janet, R.-H., & Al, H. (2018). The Best Pedagogical Practices in Graduate Online Learning: A Systematic Review. Creative Education, 9(7), 1123-1144. doi:10.4236/ce.2018.97083

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- 8. Integrative (epi) Genomic Analysis to Predict Response to Androgen-Deprivation Therapy in Prostate Cancer Panja, S., Hayati, S., Epsi, N. J., Parrott, J. S., & Mitrofanova, A. (2018). Integrative (epi) Genomic Analysis to Predict Response to Androgen-Deprivation Therapy in Prostate Cancer. EBioMedicine, 31, 110-121. doi:10.1016/j.ebiom.2018.04.007
- Is Nutrition Specific Quality of Life Associated With Nutritional Status? Feasel-Aklilu, S., Marcus, A., Parrott, J. S., Peters, E., & Byham-Gray, L. (2018). Is Nutrition Specific Quality of Life Associated With Nutritional Status? J Ren Nutr. doi:10.1053/j.jrn.2017.12.011

- Managing Complexity in Evidence Analysis: A Worked Example in Pediatric Weight Management Parrott, J. S.,
 Henry, B., Thompson, K. L., Ziegler, J., & Handu, D. (2018). Managing Complexity in Evidence Analysis: A Worked Example in Pediatric Weight Management. J Acad Nutr Diet. doi:10.1016/j.jand.2018.01.016
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