

New Directions Wellness Center (NDWC)

Members with physical and mental disabilities

Students Engage With Members to:

Translate evidence into clinical practice:

Activity Based Locomotor Training

Functional Electrical Stimulation

Body Weight Supported Training¹

Inclusive Fitness Programs

Actical Assessments

Metabolic Testing²

Research

Adaptive Recreation & Sport

on Missoula campus

real life situations

business

and community engagement.

circulation disorders

A site for

An integral part of the University of Montana- located

Students apply academic and clinical knowledge in

health and human performance and

improve quality of life through exercise, peer support,

CP, MS, MD, CBA, TBI, SCI, Amputations, Chronic Pain,

barre syndrome, other autoimmune disorders, cancer,

diabetes, fall/balance issues, arthritis, mental illness, and

Cardiac conditions and illness, transverse myelitis, Guillain

• in physical therapy, pharmacy, social work,

New Directions Wellness Center: Interprofessional Education on Including Persons with Disabilities in Wellness Programs

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NWDC Member Demographics

- 138 different individuals (18-99 years old) 2013 present
- Average of 50 participants using the gym per month
- Average of 206 visits per month
- Pharmacy consults (Year 2000-present, 6-10 a year)
- Health Screening Fair (started 2015, 38 participants)

Affective Domain Competencies Students learn & demonstrate:

- Commitment to service learning standards
- Compassionate care practices
- Respect the rights & dignity of all individuals
- Sound professional decision-making
- Evidence based practices & Tx skills
- Community health roles
- Awareness of societal health

Education & Training

- Undergraduate gym aides (15/yr)
- 34 graduate level PT students receiving clinical training
- Internships
 - Health Human Performance
- Pharmacy
- Social Work
- Business School
- Psychology
- NCHPAD/ACSM Certified Inclusive Fitness Trainer workshops

(n = 70 fitness professionals and health educators)

NDWC volunteering at summer camp for children and young adults with cancer

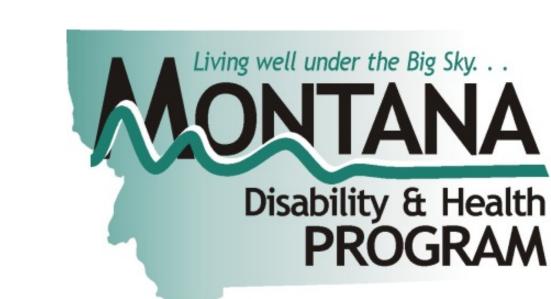
The New Directions Wellness Center's

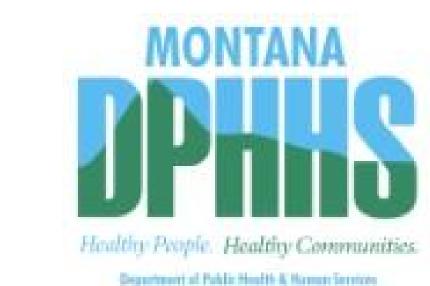
mission is to provide a high quality, interdisciplinary health promotion program that serves as a state and national model for individuals with physical limitations and chronic illnesses.

NDWC Timeline

Community Participation and Partnerships

- Partner in community activities: Bicycling trips, downhill skiing, triathlons, tennis, running races,
- Missoula Parks and Recreation on inclusive programming community events- e.g., Bike Walk Bus Week, Sunday Streets
- Join hospitals on adaptive recreation clinics
- Co-trainers for student interns and community partner workshops.
- Fall risk and health screening events





Rural Institute For Inclusive Communities

Discussion

- Unique University based cross disability program serving the wellness needs of clients and learning needs of students
- A semi-rural environment means serving people with a wide variety of physical limitations (cross-disability) rather than people with specific diagnosis (e.g., MS)
- Intergenerational, mutually beneficial interactions between members & students

Conclusion

- An ongoing effort by the University of Montana Rural Institute on Inclusive Communities, the School of Physical Therapy and Rehabilitation Sciences, a local hospital and the YMCA to improve the health of people with disabilities
 - In response to the need for health promotion designed specifically for people with physical disabilities and chronic illness.
 - Initially a program developed and funded as part of several
 - Centers for Disease Control (U59/CCU National Institute on Disability and Rehabilitation Research (H133B030501)
 - Office of Rural Health of the Public Health Service at the U.S. Department of Health and Human Services.
 - Christopher & Dana Reeve Foundation, QOL Grants -June 2015. Fully accessible NDWC-- equipment (\$9,826).
 - -Aug 2011 Hand cycles for Western Montana(\$16,800.00)
 - -Aug 2009 Neurorecovery Network Training and Equipment. (\$20,665)
 - -Aug 2007 ERGYS 2 FES assisted cycle. (\$18,000.00) 821224-01)



Community-Clinical Links

"Ensure that people with or at high risk of chronic diseases have access to quality community resources to best manage their conditions."3

UM Physical Therapy Clinic & Services

- Probono PT started 2008 280 individuals
- Probono Psych started 2015 Health & Fall Risk Screening

"NDWC is a place where friends come together to gain knowledge, promote wellness and mingle with others."

~Student



1998-1999

- NDWC initiated through grant funding at St. Patrick's Hospital in the Chronic Pain Program.
- Living Well with a Disability is promoted nationally through Centers for Independent Living and at NDWC.
- RHO findings direct NDWC to community setting as sustained program.



- Moved to a central community transportation.

1999-2002

- location connected to public
- Start to provide outpatient PT services while continuing to support the research agenda. James Laskin joins NDWC to conduct physiologic assessments of CDC-funded
- Student internships begin.

research grant.



2002-present

- Moved to University of Missoula campus, the School of Physical Therapy & Rehabilitation Sciences Established Applied Exercise Physiology Laboratory
- •2-3 student internships/semester Coordinate ACSM/NCHPAD CIFT training workshops with chronic

disease prevention partners.

Start adaptive sports clinics.

"I loved seeing the small but positive impact I was able to make in my interactions with clients."

~ Student

References:

- 1.Laskin, JJ, Bundy, S., Marron, H., Moore, H., Swanson, M., Blair, M. Using a Treadmill for the Six-Minute Walk Test: Reliability and Validity. Journal of Cardiopulmonary Research and Prevention. 2007; 27:1-5.
- 2.Laskin JJ, Slivka D, & Frogley M. Cadence based submaximal field test for the prediction of peak oxygen consumption in elite wheelchair basketball athletes. Journal of Exercise Physiologyonline. 2004: 7(1).
- 3. The Four Domains of Chronic Disease Prevention Working Toward Healthy People in Healthy Communities:

http://www.cdc.gov/chronicdisease/pdf/four-domains-factsheet-2015.pdf

Resources:

- Laskin JJ. Aim high: Conquer the primary and secondary disabilities of wheelchair athletes. Physical Therapy Products. September 2003, 10,12-14
- Molik, B, Laskin, JJ, Kosmol, A, Skucas, K, Bida, U. Relationship Between Functional Classification Levels and Anaerobic Performance of Wheelchair Basketball Athletes. Research Quarterly for Exercise and Sport. 2010. 81(1) 69-

