

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

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Rural Institute
For Inclusive Communities

New Directions Wellness Center (NDWC)

- An integral part of the University of Montana- located on Missoula campus
- A site for
 - Students apply academic and clinical knowledge in real life situations
 - in physical therapy, pharmacy, social work, health and human performance and business
- Members with physical and mental disabilities improve quality of life through exercise, peer support, and community engagement.
 - CP, MS, MD, CBA, TBI, SCI, Amputations, Chronic Pain, Cardiac conditions and illness, transverse myelitis, Guillain barre syndrome, other autoimmune disorders, cancer, diabetes, fall/balance issues, arthritis, mental illness, and circulation disorders

Students Engage With Members to:

Translate evidence into clinical practice:

- Activity Based Locomotor Training
- Functional Electrical Stimulation
- Body Weight Supported Training¹
- Inclusive Fitness Programs
- Adaptive Recreation & Sport
- Actical Assessments
- Metabolic Testing²
- Research



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)

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

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

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.

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

NDWC Timeline



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.



1999-2002

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



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:

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 - 2.Laskin JJ, Slivka D, & Frogley M. Cadence based sub-maximal 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
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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

