Greetings from the College of Health Sciences (COHS)!

The college has had a busy summer restructuring itself in addition to preparing for the Fall 2014 semester. Last week the students returned and campus is bustling with people, classes and activities.

We are excited to have new units - the Department of Kinesiology, the School of Social Work and University Health Services - as well as a new School of Allied Health Sciences, which will house the Departments of Community and Environmental Health, Kinesiology, Radiologic Sciences, and Respiratory Care. We are also excited to have Ron Pfeiffer join us as our new Interim Associate Dean and for Jon Larkin to join us as our new Development Director.

In addition to reading about these changes in this newsletter, you will also enjoy reading about new opportunities, like Shawn Simonson's new class on the effect of underwater pressure on the human body, and the reflections of a recent alumna, Emily Zamzow, who has been working on a research grant with Dale Stephenson, monitoring diesel emissions in a mine in Montana.

Enjoy the newsletter, and please contact me if you have any comments, suggestions or questions.

Sincerely,
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In This Edition
- Evolution and New Structure of the College of Health Sciences
- Ron Pfeiffer Named Interim Associate Dean of Health Sciences
- Celebrate Homecoming with the Department of Kinesiology
- Faculty Prepares to Lead Students in Exploration of Underwater Environment and Impact on Human Body
- Alumna Reflects on Student Research Experience in Montana Mine
- Health Tip

Additional Stories
Student Internships Offer Valuable Health Education and Promotion Contributions to Community and Students
Two Athletic Training Students Spend Summer Interning with Professional Sports Teams
Nursing Faculty and Students
Evolution and New Structure of the College of Health Sciences

The new fiscal year, which began July 1, brings a new evolution and a new structure to the College of Health Sciences. The college joyfully welcomes the Department of Kinesiology and the School of Social Work.

The faculty and staff of the Department of Kinesiology and the School of Social Work are pleased to join the College of Health Sciences. This move will increase the diversity of partnerships that the college will foster. The move also helps integrate interprofessional education throughout the curriculums in the college and better educates future, high-caliber health practitioners and promoters.

Additionally, the college created a new School of Allied Health Sciences, which will encompass the departments of Community and Environmental Health, Kinesiology, Radiologic Sciences, and Respiratory Care. The new school will integrate clinical and health promotion sciences to emphasize the increased responsibilities for all clinical and health promotion staff to work on disease prevention, a focus mandated in the Patient Protection and Affordable Care Act. The new school will also use administrative resources more effectively while creating new synergies between the college and other campus entities.

University Health Services, the campus' medical, counseling and wellness clinic, joined the college in Feb. of 2014. Health Services strongly values higher education and the students and people who teach and provide services that make education work everyday. Health Services staff have been engaging in a strategic planning process this spring and summer. In conjunction with President Bob Kustra's State of the University address, they announced a campus wide initiative to make Boise State University one of the healthiest campus communities in the country. Health Services aims to help all Boise State students to be educated health care consumers and to be prepared for a lifetime of healthy living. Additionally, Health Services is reinvigorating the Employee Wellness program for faculty and staff, to encourage employees to make healthy choices everyday.

The college's expansion and new structure of three schools: Allied Health Sciences, Nursing, and Social Work; and University Health Services will allow its students to better experience an enhanced program of integrated health care, a principal tenet of the Affordable Care Act. Interprofessional healthcare teams can set interrelated patient goals, thus

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Health Tip

August is National Immunization Awareness Month, highlighting the importance of immunizations - one of the top 10 public health accomplishments of the 20th century, according to the Centers for Disease Control and Prevention (CDC).

- Vaccines don't just protect children. Immunization is a shared responsibility. Families, health care professionals and public health officials must work together to help protect the entire community - especially babies who are too young to be vaccinated themselves.
- Many people in the U.S. have never seen the devastating effects that diseases like polio, measles or whooping cough can have on a family or community. It's easy to think of these as diseases of the past. But the truth is they still exist.
Ron Pfeiffer Named Interim Associate Dean of Health Sciences

College of Health Sciences Dean Tim Dunnagan has appointed Ron Pfeiffer as interim associate dean of the college. The appointment became effective July 1.

"Ron brings a wealth of knowledge and experience to this position and I am confident that he will do an excellent job," Dunnagan said.

Since 2013, Pfeiffer has served as interim associate dean of the College of Education. Pfeiffer served as the chair of the Department of Kinesiology for the prior five years and has served an array of roles in the department for the past 34 years, including athletic training program director and graduate program director. In July, kinesiology moved from education to health sciences. Read more.

Celebrate Homecoming with the Department of Kinesiology

Celebrate Boise State and Kinesiology with faculty, staff, alumni, and friends on Sept. 18 at the annual Kinesiology Alumni and Friends Reception. Visit with exceptional Kinesiology students and researchers while enjoying heavy appetizers and a no-host bar from 6:00-8:00 PM in the Student Union Lookout Room.

Bob Murray, PhD, FACSM, former Boise State exercise physiologist and the founder and principal of Sports Science Insights, LLC, will be the special guest speaker of the evening.

Murray previously served as director of the Gatorade Sports Science Institute (GSSI) from 1985 to 2008. Murray oversaw a broad program of GSSI and university-based

- Talk to your doctor or other health care professional to make sure you and your children get vaccinations you need when you need them.
- Bring your child's favorite toy, book, blanket or other comfort item to the doctor's office when your child is due for a vaccine. Distract your child with a toy, story, song or something interesting in the room. Make eye contact with your child and smile, talk softly, or sing. Hold your child's hand or let your child sit snugly in your lap, if possible. Take deep breaths with an older child to help "blow out" the pain. After the shot, hug, cuddle and praise your child, offering comfort and reassurance.
- The need for vaccination does not end in childhood. Vaccines are recommended throughout our lives based on age, lifestyle, occupation, locations of travel, medical conditions and previous vaccines.
- Every year, thousands of adults in the U.S. needlessly suffer, are hospitalized, and even die from diseases that could be prevented by vaccines.
- Everyone age six months and older should have a flu shot every year.
research in exercise science and sports nutrition designed to set industry standards and consumer expectations for science-based product efficacy. Murray has been an invited speaker at sports science and nutrition conferences around the world. An author of numerous publications in scientific texts and journals, Murray is a Fellow of the American College of Sports Medicine and served on the ACSM Board of Trustees. After leaving GSSI in 2008, Murray founded Sports Science Insights, LLC to help companies and organizations maximize the value and impact of scientific knowledge in exercise science and sports nutrition.

Tickets are $10 for alumni and $15 for non-alumni. Register online or RSVP to Li (Lee) Sperl at aliciasperl@boisestate.edu or (208) 426-4272 for more information.

College of Health Sciences Welcomes New Development Director

Jon Larkin is excited to be the new director of development for the College of Health Sciences.

Larkin has worked for Boise State University Advancement since 2012 as assistant director of annual giving. Previously, he worked for his undergraduate alma mater, Eastern Oregon University, as director of alumni and annual giving and later as regional director of development. Larkin has a master’s degree in arts administration from Indiana University and a bachelor’s degree in piano performance with a minor in business management.

Larkin is excited to work with the College of Health Sciences faculty and staff to further the initiatives of the college’s strategic plan. He cares deeply about quality health care and is passionate about helping the College of Health Sciences continue its tradition of providing innovative, high quality education for future healthcare professionals and research opportunities for faculty.

As the development director, Larkin’s responsibilities include identifying potential partners for the College of Health Sciences. Partners might include individuals or businesses who have an interest in Boise State and specifically programs, people and places affecting the College of Health Sciences. Larkin helps to connect those people and businesses to appropriate individuals employed in the college so that they

- Vaccines are very safe. They are thoroughly tested before licensing and are carefully monitored even after they are licensed to ensure that they are very safe.
- Side effects from vaccines are usually minor and temporary. Some people may have allergic reactions to certain vaccines, but serious and long-term effects are rare.
- Vaccines are available at private doctor offices, as well as other convenient locations such as pharmacies, workplaces, community health clinics and health departments.

Courtesy of National Public Health Information Coalition
can establish mutually beneficial relationships and help build an even better College of Health Sciences through monetary or volunteered service donations. If you are interested in supporting the college, contact Larkin at 208-426-2124 or JonLarkin@boisestate.edu.

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**Faculty Prepares to Lead Students in Exploration of Underwater Environment and Impact on Human Body**

Shawn Simonson, associate professor in the Department of Kinesiology, will lead a group of ten graduate students this fall on an adventure of a lifetime. The students will study how the human body adapts and performs in the hyperbaric, or increased pressure, of the underwater world. During the course, the students will earn their PADI Open Water scuba certification and will practice what they learn during a field experience in December, after the end of the term, when they travel to the Exuma Islands in the Bahamas for a week on a live-aboard dive boat.

Once students have successfully earned their scuba certification and completed the classroom portion of the course, the students will travel to Nassau, Bahamas on Dec. 26 to begin their field experience. They will live on board a 65 foot sailboat that is owned and operated by Blackbeard Cruises, a company that specializes in educational diving and snorkeling cruises and the live-aboard experience. While on board, they will serve as part of the crew, completing necessary chores, such as wheel watches, mooring the boat to dive sites, washing dishes and cleaning cabins. They will also dive, sail, swim, snorkel, fish and, when on land, they will visit the Shark Lab in Bimini and explore nature trails and historic landmarks on the various islands. The students will also complete 20 hours of service, such as beach cleaning, underwater clean-ups, fish identification and counting, invasive species management and mooring repair.

A fund has been established within the Boise State University Foundation to help defray the costs associated with this once-in-a-lifetime experience. To find out how you can support the students in this endeavor, contact Jon Larkin, director of development for the College of Health Sciences at 208-426-
Faculty Collaborate to Create Innovative Interprofessional Projects and Courses

In an effort to empower faculty to create and sustain interprofessional education projects and courses, the College of Health Sciences sponsored a two-day institute on June 9 and 10. Twenty-one faculty from Community and Environmental Health, Kinesiology, Nursing, Radiologic Sciences, Respiratory Care, Social Work and University Health Services participated in the institute.

Interprofessional education is a key initiative in the college's 2012-2017 Strategic Plan. Interprofessional education is "the collaboration of two or more professions that involves interaction and knowledge to improve safety and quality of systems impacting the healthcare environment." The college sees interprofessional education as a way to understand issues, address problems and create new solutions that extend beyond the scope of a single profession through education, service, scholarship, and policy.

The faculty developed a wide array of projects and courses. Some developed one credit courses that would enhance patient care quality and safety, patient care coordination, or teach students within and outside the health disciplines about emergency preparedness. Others developed class projects on which students from two classes from different disciplines would collaborate. Topics for these projects include ethics, policy and scope of practice. Other faculty developed ways to enhance, emphasize and sustain existing interprofessional courses, such the skills lab and the Complementary and Alternative Therapies course.

Courses and projects will be implemented throughout the coming academic year. Read more.

Alumna Reflects on Student Research Experience in Montana Mine

Approximately 3,000 feet beneath the surface of the earth, Emily Zamzow, recent Boise State Environmental and Occupational Health graduate, helps Dale Stephenson, professor and chair of the Department of Community and Environmental Health, place baskets filled with twelve or more
Emily Zamzow (left) and Dale Stephenson (right) check air quality instrumentation on a miner.

instruments used to measure the amount of diesel exhaust in the air throughout a platinum mine in Montana.

Zamzow, a research assistant on Stephenson's National Institute for Occupational Safety and Health grant, is involved with every aspect of the project. She works with experts in the field of Industrial Hygiene, including Stephenson, his co-principal investigator Chris Simpson, associate professor at the University of Washington along with co-investigator Sin Ming Loo, professor and chair of Boise State's Department of Electrical and Computer Engineering.

The research team has made two of four field campaigns to the mine to collect real-time air samples in the mine and urine samples from the miners. The final two will occur in August and October. The team was awarded their second year of funding in July to support the data analysis and synthesis.

Because of the nature of their work in confined spaces close to diesel-powered equipment, underground miners have the highest exposures to diesel exhaust of any occupation. Thus, miners are at high risk for suffering harmful health effects.

Zamzow urges students to not pass up opportunities to work with faculty researchers.

"I've learned so much in the eight months that I have been on this project. I never realized how much work goes into research. Everything from grant writing, to budgeting, to working with the university and vendors, are all things that never even crossed my mind as important parts of research. I've never had any experience doing all these extra, yet vital, parts of research," Zamzow revealed. "I'm so lucky to have a mentor like Dr. Stephenson who involves me with these processes. I'm slowly learning the amount of detail that goes into federal grant funded research and getting funded isn't just about going in the field and taking samples, there is so much more to it." Read more about Zamzow's field experiences in the mine.