

Faculty and Graduate Student Research Day

Findings

■ Clear advantages

■ SD promotes

- therapeutic alliance & engagement
- treatment adherence
- positive relationships with others
- healthy maintenance of boundaries
- improved overall wellness

■ SD with "restricting" & "negative body image"









The Effects of Yoga and Occupational Therapy on Sleep Quality of Community-Dwelling Elderly

Presented by Darlene E. Woods, DPT, COT, Researcher
Natalie Schmitt, DPT, COT, Associate Professor, Research Mentor



INTRODUCTION
Sleep is a vital component of health and well-being. As the population ages, sleep problems become more prevalent. Yoga and occupational therapy (OT) are non-pharmacological interventions that may improve sleep quality in the elderly.

OBJECTIVES
The purpose of this study was to evaluate the effects of a combined yoga and OT program on the sleep quality of community-dwelling elderly.

METHODS
A quasi-experimental design was used. A group of 20 elderly participants (mean age 72.5) participated in an 8-week program of yoga and OT. Sleep quality was measured using the Pittsburgh Sleep Quality Index (PSQI) before and after the program.

RESULTS
The mean PSQI score decreased from 10.5 (SD 4.5) at baseline to 7.5 (SD 3.5) at 8 weeks, indicating improved sleep quality.

CONCLUSIONS
The combined yoga and OT program was effective in improving sleep quality in community-dwelling elderly.

Local Healthcare and Therapeutic Interventions: Implications for Mental Health

Presented by: Sarah Morris, DPT, COT, Researcher
Faculty Mentor: C. Drug, DPT, COT, Researcher

INTRODUCTION
Mental health is a critical component of overall health. Local healthcare providers play a significant role in identifying and addressing mental health issues.

OBJECTIVES
The purpose of this study was to explore the implications of local healthcare and therapeutic interventions for mental health.

METHODS
A qualitative study was conducted using interviews with healthcare providers and patients.

RESULTS
The study identified several key factors influencing mental health outcomes, including access to care, provider expertise, and patient engagement.

CONCLUSIONS
Local healthcare and therapeutic interventions are essential for improving mental health outcomes.

EXAMINATION OF CORRELATIONS BETWEEN FALLS AND STRUCTURED ACTIVITIES IN THE ELDERLY

Presented by: Sarah Morris, DPT, COT, Researcher
Faculty Mentor: C. Drug, DPT, COT, Researcher

INTRODUCTION
Falls are a leading cause of injury in the elderly. Structured activities may help reduce the risk of falls.

OBJECTIVES
The purpose of this study was to examine the correlations between falls and structured activities in the elderly.

METHODS
A quantitative study was conducted using a survey of elderly participants.

RESULTS
The study found a significant negative correlation between participation in structured activities and the frequency of falls.

CONCLUSIONS
Encouraging participation in structured activities may help reduce the risk of falls in the elderly.

Evolving Role of Pediatric Nurse Practitioners

Presented by: Mary Ann, PhD, PNP-BC, FNP-C, FAANP, Valerie Griffin, DNP, PNP-BC, Kathryn Schmitt, MSN, PNP-BC, Melissa Grieb, EdD, PNP-BC




INTRODUCTION
The role of pediatric nurse practitioners (PNPs) is evolving rapidly due to changes in healthcare and patient needs.

APPROACH AND CONCLUSIONS
This study explores the evolving role of PNPs and the impact of these changes on patient care.

CONCLUSIONS
The role of PNPs is becoming increasingly complex and demanding, requiring ongoing education and professional development.

FUTURE IMPLICATIONS
Further research is needed to understand the full extent of the evolving role of PNPs and to develop strategies to support them.

Comparing Results of Data Visualization

Presented by: Sarah Morris, DPT, COT, Researcher
Faculty Mentor: C. Drug, DPT, COT, Researcher



This poster displays a grid of data visualizations, including line graphs, bar charts, and pie charts, comparing different results across various categories.







Kathleen
Fanikos

SMOKE FREE
ZONE





Learning Center
The Center for
the Study of
the Bible
and the
Church

The Complete Works
of Henry James

THE SEVENTH
QUARRY

THE SEVENTH
QUARRY

THE SEVENTH
QUARRY

Empowering
the People of God

NORTHEASTERN
GEOGRAPHY

THE SEVENTH
QUARRY

THE SEVENTH
QUARRY

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