

Share your good news in the next issue of *Alumnus*!

We would love to share your good news in the next issue of *Alumnus* because the *Alumnus* newsletter is all about you! Have you been elected to any offices or committees, reached any professional milestones, received any awards, or achieved any personal successes? Let us know and we'll share your news with your fellow alumni. We'll also accept good quality digital photos as well.

Email your news to molbrysh@nuhs.edu or mail to Marie Olbrysh, Office of Communications, NUHS, 200 E. Roosevelt Road, Lombard, IL 60148. You can also go to our website, www.nuhs.edu, click on Alumni Services, then on the link to *Alumnus* in the third paragraph and follow the link for submitting news. We look forward to hearing from you!

In Memoriam

William Gene Scoggins, DC - 1991

Robert Wilson Geldner, DC, ND - 1951

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Continuing Education Courses for February – April

February 5 – 6
Clinical Nutrition
Nutritional Biochemistry
NUHS Campus / Lombard, Ill.

Clinical Orthopedics
Module: Cervical Spine
Clinical Anatomy of the Cervical Spine
NUHS Campus / Lombard, Ill.

February 12 – 13
Kinesio Taping: Session 2 (KT3)
NUHS Campus / Lombard, Ill.

Kinesio Taping: Session 2 (KT3)
SPC Campus / St. Petersburg, Fla.

Electrodiagnosis
Introduction to EMG & NCV Studies
NUHS Campus / Lombard, Ill.

February 19 – 20
Acupuncture – 1st 100 Hours
Adjunctive Patterns I
NUHS Campus / Lombard, Ill.

McKenzie Method Credentialing Program
Part B: The Cervical & Thoracic Spine –
Session 2
NUHS Campus / Lombard, Ill.

February 26 – 27
Modern Manual Therapy
Lumbar Spine / Pelvis & Lower Quarter
NUHS Campus / Lombard, Ill.

March 5 – 6
Acupuncture – 1st 100 Hours
Adjunctive Patterns II
NUHS Campus / Lombard, Ill.

Clinical Nutrition
Diet & Nutritional Supplements
NUHS Campus / Lombard, Ill.

March 12 – 13
Clinical Orthopedics
Module: Cervical Spine
Cervical Spine Trauma (CAD)
NUHS Campus / Lombard, Ill.

Improving the Credibility of a Profession:
Writing Up Case Reports for Publication
NUHS Campus / Lombard, Ill.

Electrodiagnosis
Needle EMG / NCV Studies – Upper
Extremity I
NUHS Campus / Lombard, Ill.

March 19 – 20
Functional Rehabilitation
Module: Cervical & Thoracic Spine
Rehabilitation of the Cervical & Thoracic
Spine I
NUHS Campus / Lombard, Ill.

March 26 - 27
Acupuncture – 1st 100 Hours
Research, Review & Final Examinations
NUHS Campus / Lombard, Ill.

Modern Manual Therapy
Integrating Functional Exercise
with Manual Therapy
NUHS Campus / Lombard, Ill.

Ltd. Radiologic Technology (X-Ray Tech)
Spine / Extremities / Chest / Skull - 1
NUHS Campus / Lombard, Ill.

April 2 – 3
Clinical Nutrition: How Dietary Habits
Drive Diseases throughout the Lifecycle
& Key Nutritional Interventions
NUHS Campus / Lombard, Ill.

Pediatrics & Maternal Health: Fertility,
Pre-Natal Care & Webster Technique
NUHS Campus / Lombard, Ill.

April 9 – 10
Clinical Orthopedics
Module: Cervical Spine
DDD, Facet Disease, Stenosis, Myelopathy
NUHS Campus / Lombard, Ill.

Strength & Conditioning Training for the
CSCS Credentialing Exam
NUHS Campus / Lombard, Ill.

Electrodiagnosis
Needle EMG / NCV Studies – Upper
Extremity II
NUHS Campus / Lombard, Ill.

Ltd. Radiologic Technology (X-Ray Tech)
Spine / Extremities / Chest / Skull - 2
NUHS Campus / Lombard, Ill.

April 16 – 17
Cox-Yochum Lumbar Spine Symposium
NUHS Campus / Lombard, Ill.

Functional Rehabilitation
Module: Cervical & Thoracic Spine
Orofacial (TMJ) Rehabilitation
NUHS Campus / Lombard, Ill.

April 23 – 24
No CE Programs Scheduled

April 30 – May 1
Pediatrics & Maternal Health: Birth, Post-
Natal Care & Pelvic Floor Rehabilitation
NUHS Campus / Lombard, Ill.

Ltd. Radiologic Technology (X-Ray Tech)
Spine / Extremities / Chest / Skull - 3
NUHS Campus / Lombard, Ill.

**For location and registration
information, contact:**

NUHS/Lincoln College of
Postprofessional, Graduate &
Continuing Education
200 E. Roosevelt Road
Lombard, IL 60148-4583
630-889-6622
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postgrad@nuhs.edu

**Note: Dates and times are subject to
change; please refer to the NUHS
website for up-to-date information.**

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"I Have a Dream" – Too

James F. Winterstein, DC
NUHS President



A short time ago we celebrated Martin Luther King Day in America. He is an American icon who said those now famous words: "I have a dream that one day this nation will rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident, that all men are created equal.' "

I, too, have a dream — a dream that one day soon the professions of chiropractic medicine, naturopathic medicine, acupuncture and oriental medicine will experience the reality that in America, all healing arts professions are created equal — all have value to offer the American public and all are concerned for patient welfare.

Well, dreaming is one thing; reality might be another. As I look back at the efforts made by the non-allopathic professions, it is clear to me that we have come a long way toward equality, but consistently the allopathic profession, which is steeped in a tradition of "anti-anything-but-allopathy," continues to work toward protection of what they, and much of society see as "their turf."

It is also part of my dream that even they will come to an awareness that others can learn, too, others can read just as well as they can, others can teach just as their teachers teach, others can engage in research, and others can practice the healing of people who are ill with equal or greater effectiveness — but we are not there yet.

Turn back for a moment and look at where we were 40 years ago and what we have done to change our circumstances during

...see I Have a Dream... on page 2

**National Board of Trustees Honors
Outgoing Members, Welcomes New**

The Board of Trustees of National University of Health Sciences held its Annual Meeting on November 13, after which it bid fond farewell to three members and welcomed three new members to the body.

Outgoing members whose terms of office have expired included Rick Sarnat, MD, Ken Dougherty, DC, and Jane Richards, PhD, DC. Dr. Sarnat, a public member, had served three consecutive terms and brought much valuable advice and support to National University. Dr. Dougherty from Florida also finished three consecutive terms and his enthusiasm and support for the institution shall be missed. Dr. Richards also finished her third consecutive term of service and her quiet but steady influence was always much valued by the board and the president.

"So we bid our good friends farewell and every success in the future as we look forward to the time when perhaps again, they might consider service to the Board of Trustees. Truly, we have lost three staunch and valuable colleagues," said President James Winterstein.

NUHS Raises Its Admission Standards

In an unprecedented move to increase academic standards in the chiropractic profession, National University of Health Sciences announced that it is raising the minimum grade point average required for admission to its Doctor of Chiropractic Medicine Degree Program from 2.50 to 2.75. The new standard will be applied to the Fall 2012 incoming class.

National University is the first educational institution offering the DC degree to announce that it will raise its GPA standard to 2.75, above the 2.50 GPA currently required by the Council on Chiropractic Education for students entering accredited DC programs. This new standard will also

At the same meeting, three new trustees were elected. Mr. Duane Doerle is a new public member (one who does not hold a degree offered by the university) and comes to the board with a strong background in finance. Betty Graham, RN, DC, is a graduate of National in the class of 1978 and has spent many years in practice,



Dr. Betty Graham



Mr. Duane Doerle



Dr. Raymond Nietzold

some of which were as a clinician for the university. As a result of an injury,

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apply to the Doctor of Naturopathic Medicine Degree, National University's other first professional doctoral program.

"The impetus for raising our GPA requirement started back in 1991. At that time, the Foundation for Chiropractic Education and Research (FCER) published a report by the Corporate Health Policies Group analyzing why chiropractic institutions were not receiving federal funding from various government programs," says President James F. Winterstein. "Their findings pointed to a relative lack of academic achievement markers by most professionals in

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I Have A Dream... ...from **page 1**

that time. We were told “your schools are not accredited, you don’t have two years of undergraduate education, you don’t have a national testing process, you don’t engage in research, and there is no scientific evidence that supports your tenets.”

Well, we changed all of that. We not only have two years of undergraduate education, but at National University we require the baccalaureate for the DC, the ND and the Master of Science degrees in Acupuncture and Oriental Medicine. We ARE accredited and National University was the first to obtain regional accrediting, and along with Texas, Los Angeles and Lincoln (now part of NUHS) were the first to achieve programmatic (CCE) accreditation in 1966. We DO have a national testing process through the National Board of Chiropractic Examiners.

We, (National University) were the first to have a real research team and first to develop real research outcomes beginning in 1983, and since then others have followed and today scientific research continues in numerous places across the country and, in fact across the globe. Once these stated deficiencies were corrected, we began to hear “you don’t require the baccalaureate for entrance into your programs and you accept students with a GPA that is too low and you have no residencies.”

So where are our deficiencies or where are the excuses that keep us from full recognition? Well, there ARE some things that we still need to accomplish. One is the mandate for graduate residencies — actual clinical residencies for our DC and ND graduates. Ironically this has been done for decades in Switzerland where a graduate DC must practice for a year with a licensed

New Trustees... ...from **page 1**

Dr. Graham currently practices nursing. Raymond Nietzold, DC, is a 1981 graduate of National University and is in active practice in Clearwater, Florida. Dr. Nietzold formerly held the office of Chairman of the Board of Trustees and now returns with gratitude from the full board as an at-large member of the Executive Committee of the board.

Dr. Richard Dietzen continues as Chair of the Board of Trustees, with Mr. Tom Schonauer as its Vice Chair. The remaining board members are: Michael Cronin, ND; Suzanne Garszczyński, PhD; Herman Kathan, DC; Audie Klingler, DC; Maria Orozco, DC; David Taylor, DC; and Paul Walker, PhD.

practicing chiropractic physician before going into independent practice.

Here at National University, we are working toward development of a mechanism whereby our DC and ND graduates can enter a one-year ambulatory care residency prior to going into independent practice. We are developing a cadre of “residency directors,” by enrolling interested doctors in the Master of Science in Advanced Clinical Practice degree program. Some of those people will have the interest and the desire to provide residency opportunities for our DC and ND graduates.

We are not completely there yet, but we are on the way. The other aspect of our educational process that has not yet been fully addressed is the admissions process. The Council on Chiropractic Education requires individuals entering into the chiropractic medicine program to have a minimum 2.5 GPA. The Council on Naturopathic Medical Education has the same standard, however, it is not high enough to survive academic criticism.

National University is raising its GPA entrance requirement to 2.75 beginning in September of 2012. It is clear, from our studies that people in the 2.50 to 2.75 category have greater difficulty with the rigor of the program than those above 2.75. We do the student no favors if we accept them and they are unable to complete the program.

So, my dream is for full societal acceptance and we have come a long way, but we are not there yet. That is nothing about which we should feel bad — just another hurdle to jump — and we will. Society changes and its mandates change and we must accept those realities and meet the challenges.

“National, has for many years, been blessed with a board that has fully understood its role in the institution and has been careful to fulfill that role. Our board functions as a cohesive unit always looking to the future as it provides support and approval to all of the changes that it perceives will propel National well into the future. Its concerns are rightfully about the university and its future, while also understanding and supporting the various programs and professions into which the students of National enter,” stated Dr. Winterstein.

“I have consistently expressed my gratitude to and support of the NUHS Board of Trustees, which has been so supportive through the years. Together with the Board Chair, Dr. Dietzen, we express our thanks to the outgoing trustees and welcome the new trustees.”

NUHS graduates 73 in December

National University conferred degrees and certificates on 73 graduates in commencement ceremonies on December 16, 2010. Graduates of the College of Professional Studies, representing 15 states and three countries, included 61 doctor of chiropractic medicine degrees, five doctor of naturopathic medicine degrees, five master of science degrees in acupuncture, and two master of science degrees in oriental medicine degrees. The College of Allied Health Sciences awarded 15 bachelor of science degrees and six massage therapy certificates.

December 2010 valedictorians were: Wael K. Habib, DC; Timothy Marando, ND; Jyoti Madhavan, MSAC; Cheryl Coplon, MSOM; Kevin Imhoff and Nolan Lee, BS; and Denette Alwine, MT. Dinah L. Buckhoy received the Joseph Janse Award, awarded to the outstanding doctor of chiropractic graduate.

Presenting the commencement address at the College of Professional Studies ceremony was Aviad Haramati, PhD, professor in the departments of physiology and biophysics and medicine at Georgetown University School of Medicine.

Pointing to the constantly changing health care system, he first counseled the graduates to “remember what you learned but be flexible. Embrace the change. Be confident enough in the skills you’ve attained but at the same time to be humble enough to adapt.”

Secondly, Dr. Haramati pointed to the biggest issue for health care professionals — burnout — and the need to practice self-care. “As you care for others, it is very easy to slowly but surely empty yourselves. And so as you approach what you do with passion, also understand what you need to do for yourself. There’s a reason that the airlines tell you to put your oxygen masks on before assisting others.”



Aviad Haramati, PhD

Administrative Changes

To meet the increase in requests for documentation in the areas of Institutional Analysis and Academic Assessment, changes have been made to the duties of administrative staff.

Dr. Shellee Handley will now serve as the Dean of Institutional Analysis and Accreditation and focus her attention on the analysis of the institution as a whole, overseeing the accrediting processes, and extending the university’s information base into the alumni category as well. Dr. Handley will report to Vice President Tracy McHugh who oversees Student Services and Alumni and Development, thus helping tie together the institutional analysis component from “student to graduate.”

Dr. Chad Maola at St. Petersburg has been appointed Interim Dean of Academic Assessment and will be

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chiropractic medicine when compared to professionals from other medical specialties.”

In 1993, President Winterstein prepared an advisory paper for the Board of Trustees that recommended specific changes in admissions criteria and academic programming that National University and other chiropractic institutions could and should implement in order to bring the profession more in line with the academic standards held to by other medical professions. This included recommendations for requiring candidates for admission to have completed a baccalaureate degree, and ultimately to raise the grade point average requirement from 2.50 to 2.75. In 1999, the institution added the baccalaureate degree requirement.

Three years ago, Dr. Winterstein went back to the board to request that the university conduct a feasibility study on raising its GPA requirement to 2.75. The board agreed, and the university began tracking and assessing performance data on students in respect to a proposed change in the GPA admission requirement.

The feasibility study tracked the performance of DC and ND students at NUHS over a two-year period. The analysis revealed that over a two-year period, 15-20% of the incoming class as a whole experienced academic difficulty, which for the purpose

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responsible for the assessment of the academic performance of students, i.e. “tests and grades.”

Dr. Theodore Johnson, Assistant Dean for Chiropractic Medicine, will work with both Dr. Nicholas Trongale, Dean of the College of Professional Studies-Illinois and Dr. Joseph Stiefel, Dean of the College of Professional Studies-Florida regarding the Chiropractic Medicine Degree Program. Within the Council on Chiropractic Education context, Dr. Johnson is the Chief Administrative Officer of the NUHS chiropractic program whether in Illinois or Florida.

Laser Donations

National University extends its thanks to three generous donors of lasers to be used in training NUHS students in low-level laser therapy.

Steve Barbour of the MicroLight Corporation

of America in Missouri City, Texas, gave a demonstration of their ML830 Lasers to NUHS interns in September 2010 and then donated three units to NUHS for use in the Lombard, Aurora and St. Petersburg Whole Health Centers. MicroLight donated another laser to the university in a previous year.

On October 28, 2010, Dr. Brent Ungar of Multi Radiance Medical Inc. in Solon, Ohio, gave a presentation on his company’s MR 4 Laser and donated four of the units to NUHS to be used in the Aurora, Chicagoo and Lombard clinics.

Dr. Rhonda Mostyn, representing TheraLase. Inc. of Toronto, Canada, presented a TLC 1000 Therapeutic Cold Laser as an educational donation for use at the Lombard Clinic to Dr. David Parish on November 1, 2010. She then trained Dr. Parish and Dr. Larry Hill in its use. This is the second such donation from the company.

of this study meant that the student had a cumulative GPA below 2.0 at NUHS, a level at which the student is placed on “academic probation.” Breaking down this group into incoming GPA subsets revealed that incoming students were more likely to experience academic difficulty if they came in with an undergraduate GPA of 2.50-2.74. Within this subset, 48% of students experienced academic difficulty in their first trimester.

In the subset of students with a 2.75-2.99 GPA, only 20% experienced academic difficulty, and of students entering with a 3.0 or above, only 6-8% experienced academic difficulty.

Furthermore, after one year of study, 14% of the 2.50-2.74 GPA group was still on academic probation, versus 6% of the 2.75-2.99 group, and less than 1% of the group with an incoming GPA of 3.0 and above. “This shows that the 2.50-2.74 GPA group has a harder time pulling themselves out of academic difficulty as opposed to the other groups,” says Dr. Vincent DeBono, Vice President for Academic Services.

“Over the two years in which we tracked performance data against incoming GPA, students with a 2.50-2.74 GPA comprised only 15% of our incoming classes; 85% of the class entered with a 2.75 GPA or above,” explains Dr. DeBono. “However, the 15% with the lower GPA consumes up to 80% of our advising time because they are having greater academic difficulty.”

Until the GPA is raised in Fall 2012, the university will work with incoming students who have between a 2.50 and 2.75, but will strongly encourage such students to opt for the university’s ‘flex-track’ system that provides a reduced course load.

President Winterstein explains why NUHS made this bold step in raising admission requirements now in a weak national economy when many schools are reticent to make any changes that might reduce their pool of qualified applicants: “First, as tuitions have gone up, it is vitally important for me that students be able to complete a program before sustaining a huge financial burden. If students come to National University unprepared for the rigor of our curriculum, they might drop out or be expelled in the third, fourth or fifth trimester. They then find themselves with a \$60-70,000 debt that they can’t get rid of, and no career. It’s not fair to them! Secondly, because NUHS is financially strong, this is a reasonable time to proceed.”

Since the announcement was made at NUHS, there has been only positive feedback from NUHS faculty. In respect to the university’s recruitment of new students, Winterstein says: “It is possible we will go through a brief period of adjustment in our numbers as we did when we added the baccalaureate requirement. But in the long run, I see this as a positive step that can only benefit National and the chiropractic profession.”