

**Sabbatical Leave Proposal**  
**Timothy J. Demchak PhD, ATC**  
**Associate Professor**  
**Athletic Training Department**  
**November 5, 2010**

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To: Leamor Kahanov PhD, ATC

From: Timothy J. Demchak PhD, ATC

RE: Sabbatical Plan for

### **Summary of the Leave Project**

**Background:** In 2009-2010 I received a Focus Indiana Health Care Departmental Initiatives Grant to develop an orthopedic rehabilitation center in collaboration with St. Ann Clinic. The rehabilitation center opened February 2010 and is currently only open on Thursdays 9:00 am to 5:00 pm. The center provides services to a low income population (125% of poverty level and no medical insurance) in Terre Haute. The rehabilitation center is staffed by me and athletic training students as part of their clinical experience. Since opening, the Center has served **182** patients in the **35** days it has been open. There is a need to have more appointments available. I typically have 12-16 patients on my schedule each Thursday and my schedule is full through December.

Due to the need for additional appointments; Fall 2010; I renewed the Focus Indiana Health Care Departmental Initiatives grant to help sustain the clinic through Fall 2011 and expand services to 2 days per week. The majority of the grant will be used for operational costs. External funding will be required to sustain beyond the current grant and possibly expand the availability if needed.

The **primary focus** of my sabbatical will be to continue coordinating the Orthopedic Rehabilitation Center at St. Ann Clinic; submit grants for external funding to sustain and expand the availability of the rehabilitation center. Secondly; I plan to submit outcome data and case studies for manuscript publications and presentations. I will also submit external research grant to study this population and mode of treatment.

### **Summary of Previous ISU Sabbaticals.**

This will be my first sabbatical leave at Indiana State University.

### **Leave Narrative:**

#### **a. Specific Objectives and Anticipate Outcomes**

**Project -1- Coordinate St. Ann orthopedic rehabilitation center and treat patients two days per week.**

As part of the sabbatical I will treat patients two days per week. Additionally, I will coordinate other faculty members who will provide services at the clinic to help with

expanding the number of appointment available. This may include specialty areas of the faculty member for example woman's health and incontinence. I will also continue to serve as an Approved Clinical Instructor for our entry level athletic training students as well as supervise graduate students who are using the site for experiential learning.

**Project 2- Submit grants to sustain and expand St. Ann clinic rehabilitation center.**

The initial funding we received was used to purchase basic equipment to start the rehabilitation center. I received an additional \$8000 grant; to cover the operational costs of keeping the Center open two days per week through Fall 2011. The operational costs are being funded through a Focus Indiana Health Care Departmental Initiatives Grant, however this grant does not fund release time.

In order to sustain the center, it will be necessary to replace consumable supplies, purchase additional capital equipment, and cover operational cost. Additionally, in order to treat a larger number of patients, it will be necessary to have more clinicians and/or open a third day per week.

During my sabbatical I will be submitting several grants to help sustain and possibly expand the center. There are several possible external funding sources including the Froderman Foundation, Oakley Foundation, The Kroger Co. Foundation; Wal-Mart Foundation, the Macy Inc Foundation, and Terre Haute Community Foundation. I have submitted a grant to the Froderman Foundation and am currently writing a grant to the Oakley Foundation for additional capital equipment and replacement of consumable supplies.

Additionally, there are several sources for clinical outcome research grants including the National Institute of Health and National Athletic Trainers Association Research and Educational Foundation, which may help sustain the center as part of a research project and possibly fund faculty release time. The Heath Resource and Service Administration grants could possibly fund additional clinicians.

**Project 3- Determine the success of the center and patient treatment success.**

Success of the center will be determined by total referrals, number of patients seen, and total visits. Patient and treatment success will be determined through clinical outcomes such a return to activities of daily living, functional outcomes and patient satisfaction. I will review and disseminate the outcome measures through presentations and manuscript submission. These outcomes will also be used to show success of the center and show the need to expand the hours of service for grant submissions.

**Project 4- Develop a presentation and manuscript describing how to set up a free orthopedic rehabilitation center for low income individuals.**

Starting a free orthopedic rehabilitation center for this population is a novel idea. This is especially true because the clinic is staffed solely by athletic trainers. An article discussing the center and its impact on the community could be published in several journals including Athletic Therapy Today and possibly the Journal for Community Engagement. This information can also be disseminated through presentations at several professional conferences. Outcome measure data used to determine the success of the clinic can also be published and presented.

**b. Anticipated contributions of the leave**

I believe my proposed projects will contribute to the following University Strategic Goals.

**Strategic Goal Three-Enhance community engagement.**

The clinic provides orthopedic rehabilitation for low-income individuals and families, who live at or below 125% of the national poverty level, do not have a private physician and do not have medical insurance, Medicaid or Medicare. To date we have provided services over 182 patient visits in just 35 days the clinic has been open. This will increase when the clinic is open 2 days per week starting Spring 2011.

**Strategic Goal Two-Provide advanced experiential learning opportunities.**

Athletic training student clinical education, both graduate and undergraduate, typically involves working with an active population and more specifically the high school or collegiate athletes. Yet, graduates of our programs must interface with a larger cross section of the population upon employment. Participation in St. Ann's clinic rehabilitation center will continue to expose students to a population with greater health risks due to socio-economic status and risk taking behaviors. Athletic training students will have the unique opportunity to participate in a more liberal understanding of orthopedic rehabilitation across the population spectrum which may increase their social awareness of needs within a community.

**Strategic Planning Goal Five-Diversify Revenue through philanthropy, contracts, and grants.**

Part of the sabbatical leave will be focused on writing grants for external funding for the expansion and sustaining the rehabilitation center as well as outcome research. There are several possible funding sources to sustain and expand the clinic include The Kroger Co. Foundation; Wal-Mart Foundation, the Macy Inc Foundation, and Oakley Foundation. Additional funding will be sought through the National Institute of Health

for outcome measures research and Health Resource and Service Administration for increasing the number of clinicians.

**c. Proposed Timetable**

**Project 1- Coordinate St. Ann orthopedic rehabilitation center.**

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|---------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Fall 2010                 | <ul style="list-style-type: none"><li>• Focus Indiana Health Care Departmental Initiatives Grant to expand to two days per week. <b>Fully Funded 10-4-2010</b></li><li>• Supervise Athletic Training Students</li></ul> |
| Spring 2011-<br>Fall 2011 | <ul style="list-style-type: none"><li>• Coordinate Rehabilitation Center</li><li>• Provide Services two days per week</li><li>• Supervise Athletic Training Students</li></ul>                                          |

**Project 2 Submit grants**

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|------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| November<br>2010 | <ul style="list-style-type: none"><li>• Submitted Grant to Froderman Foundation for Capital Equipment</li></ul>                                                                                    |
| Spring 2011      | <ul style="list-style-type: none"><li>• Identify potential NIH grants and other external funding opportunities (Oakley Foundation)</li><li>• Submit Campus Compact Faculty Fellows Grant</li></ul> |
| Summer 2011      | <ul style="list-style-type: none"><li>• Start Writing NIH Grant for Fall submission (October 25 Deadline)</li></ul>                                                                                |
| Fall 2011        | <ul style="list-style-type: none"><li>• Submit NIH Grant</li><li>• Submit three additional grants</li></ul>                                                                                        |

**Projects 3 & 4 Determine the success of the center and patient treatment success & Develop a presentation and manuscript.**

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|-------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Spring 2011 | <ul style="list-style-type: none"><li>• Measure center and patient treatment outcomes as part of normal operations</li></ul>                                                                                                           |
| Summer 2011 | <ul style="list-style-type: none"><li>• Review Center and patient treatment outcomes</li><li>• Prepare a Case Study Manuscript</li><li>• Prepare Outcome measures manuscript</li></ul>                                                 |
| Fall 2011   | <ul style="list-style-type: none"><li>• Submit Manuscripts</li><li>• Submit abstract for presentations for state, regional, and national conferences</li><li>• Present at Indiana Athletic Training Association Fall Meeting</li></ul> |

**d. Location of the project involvement**

**Projects 1& 3** will take place at St. Ann Clinic. **Projects 2 and 4** will primarily take place on campus.

**e. Time Specific characteristics**

The only anticipated time specific characteristics are grant deadlines and conference presentation submission deadline. Grant deadlines are dependent on the agency and some require a pre-proposal to be submitted prior to writing a full grant. I have already identified the due date for NIH AREA grant is October 25<sup>th</sup> 2011.

**f. Anticipated Supplementary Support**

Focus Indiana Health Care Departmental Initiatives Grant to create the rehabilitation clinic was fully funded to cover operational costs in order to provide services two days per week starting Spring 2011- Fall 2011 semesters. Additional grants to fund the clinic will be submitted during the Spring 2011.

**g. Previous Work or preparation**

I am a certified and licensed Athletic Trainer; I have two year experience working in a rehabilitation clinic setting. I have coordinated and am the primary clinician of the Orthopedic Rehabilitation Center since February 2010. During which time I performed evaluations, developed rehabilitation programs, and assessed outcomes of the patients. Additionally, I have taught the following classes: Evaluation of the lower and upper extremity, therapeutic modalities, and rehabilitation. My co-PI (Leamor Kahanov) on the initial Focus Indiana Health Care Departmental Initiatives Grant has previous experience with outcome measure research and will be a co-author on manuscripts, presentations, and grants.

**h. Coverage of responsibilities**

**Teaching:** I am scheduled to teach the following courses Fall 2011: ATTR 675 Therapeutic Modalities; ATTR 363L Orthopedic Evaluation and Diagnosis 1 Laboratory; and ATTR 455 Clinical V.

My department chair has determined that the courses listed above can be covered. I will be available to consult with graduate students regarding thesis defenses; preparation of abstracts for conference presentations, and manuscript submissions.



