



# Forum on Rural Population Health

May 19-21, 2025  
Seaside, Oregon  
[ohsu.edu/orhforum](https://ohsu.edu/orhforum)



## Building Community Partnerships for Health Equity: Integrated Clinical Experiences in Rural Settings

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# Learning Objectives

- Gain an in-depth understanding of the **Integrated Clinical Experience (ICE) model**.
- Learn and apply **actionable strategies for initiating and nurturing successful partnerships** that support **sustainable health programs**.
- Explore **practical steps for implementing evidence-informed programs**—such as Better Bones and Balance—in rural settings.
- Identify systemic barriers that disproportionately impact rural communities; learn **innovative, program-based strategies** to mitigate these barriers and **advance health equity**.
- **Analyze the impact of the Better Bones and Balance Boot Camp program** on rural older adults' health outcomes and Doctor of Physical Therapy students' clinical skills and professional development.

# Who is in the audience?

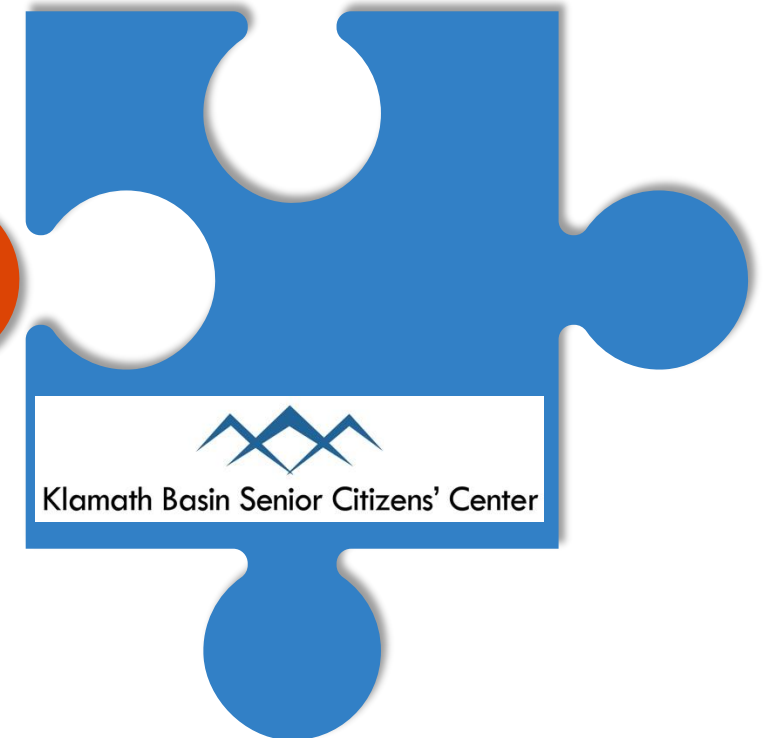
- Healthcare Providers
- Public Health & Community Health Workers
- Community Based Organizations / Non-Profits
- Payers, Systems, Administrators
- Education & Research
- Students
- Funders
- Other

# How It Started

**Mission:** To engage the people of Oregon with research-based knowledge and education that strengthen communities and economies, sustain natural resources, and promote healthy families and individuals.



**Mission:** To develop skilled practitioners prepared for autonomous practice, compassionately delivered to promote healthy lifestyles through prevention and management of healthcare over the lifespan.



**Mission:** To build and maintain a supportive community for seniors.

# How It's Going





# Experiential Learning

## A Foundation for Practice

- **Immersive, hands-on** approach emphasizing **learning through doing**
- Occurs in **real-world contexts**
- Develops **critical thinking, creativity, and adaptability**
- Assessment focuses on **self-reflection and feedback**
- **Personalizes learning** by aligning activities with student interests and goals



# Integrated Clinical Experiences



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A **structured form** of experiential learning

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Provides **early, guided exposure** to physical therapy practice

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Bridges academic knowledge with clinical application

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Supports the development of **professional identity, communication skills, and confidence**

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Occurs **prior** to full-time clinical rotations, **complementing** didactic coursework

# ICEs Advance Rural Health & Equity



- Fosters early exposure to underserved populations
- Strengthens workforce development by preparing students for the complexities of rural practice
- Promotes a cycle of mutual benefit
- Supports evidence-informed, community-driven interventions
- Builds sustainable partnerships

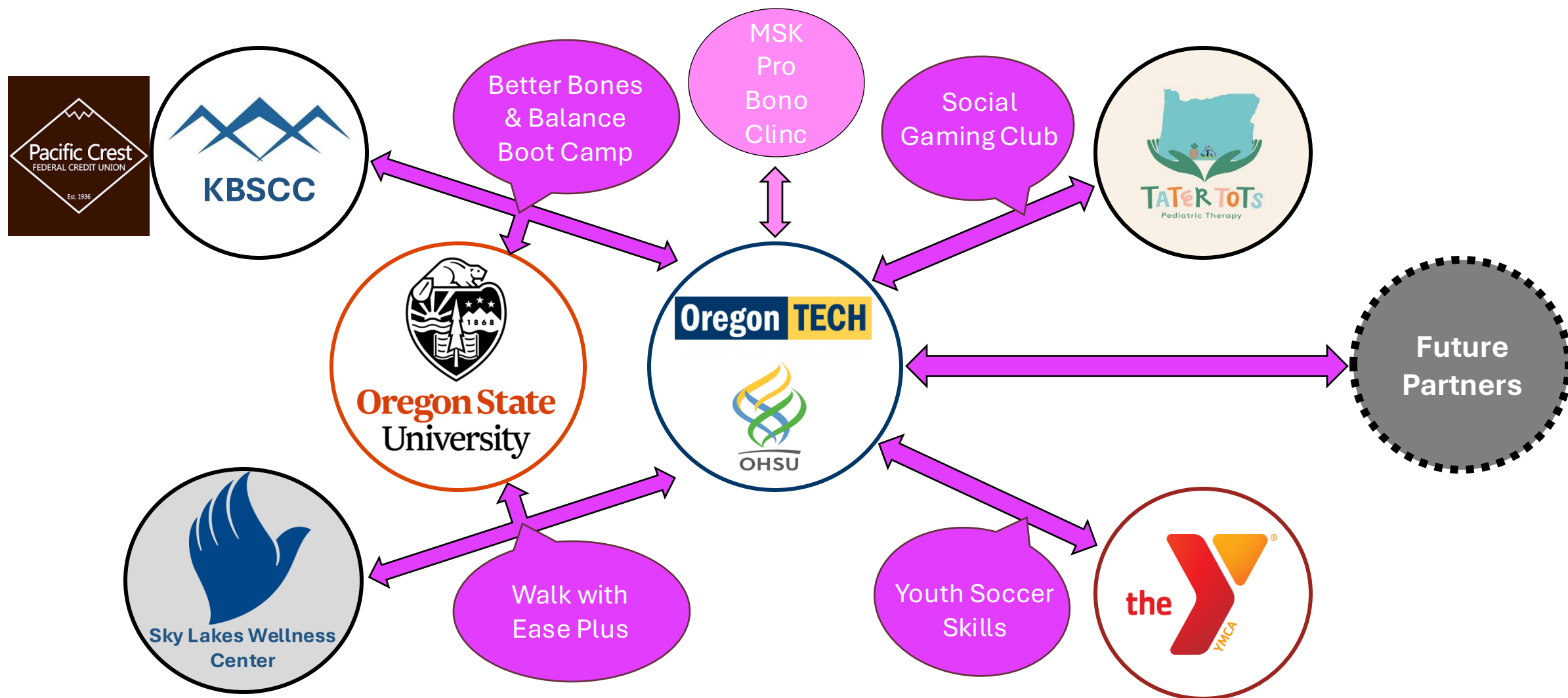


# ICE at OIT / OHSU DPT Program

Year	Summer	Fall	Winter	Spring
1	PT 605 Clinical Human Anatomy (9:6/3) PT 600 Introduction to the Physical Therapy Profession (1) PT 610 Nutrition and Wellness (2) PT 640 Biomechanics & Kinematics of Human Motion (3) <b>15 Total</b>	PT 615 Foundations of Physical Therapy Practice (2) PT 620 Physical Therapy Examination Skills (4:2/2) PT 630 Social Determinants of Health (2) PT 635 Human Physiology (4) PT 665 Clinical Neuroscience (3:2/1) PT 670 Exercise Physiology (3) <b>18 Total</b>	PT 625 Assistive Device Training(2:1/1) PT 631 Therapeutic Exercise I (3:2/1) PT 645 Principles of Evidence-based Practice (3:2/1) PT 650 Therapeutic Modalities (2:1/1) PT 660 Motor Development & Control Across the Lifespan (3:2/1) PT 680 Ethics in the Health Professions (2) PT 730 Integrated Clinical Experience (1) <b>16 Total</b>	PT 731 Management of Neurological Dysfunction I (4:3/1) PT 641 Management of Musculoskeletal Dysfunction I (4:3/1) PT 632 Therapeutic Exercise II (3:2/1) PT 655 Pathophysiology (3) PT 720 Clinical Research Methods and Biostatistics (3:2/1) PT 730 Integrated Clinical Experience (1) <b>18 Total</b>
2	PT 700 Management of Cardiovascular & Pulmonary Dysfunction (3:2/1) PT 710 Medical Imaging for Physical Therapist (3) PT 741 Management of Musculoskeletal Dysfunction II (4:3/1) PT 732 Management of Neurological Dysfunction II (4:3/1) PT 775 Physical Therapy in Rural Communities (2:1/1) PT 730 Integrated Clinical Experience (1) <b>17 Total</b>	PT 721 Clinical Experience I (9) -Includes 1 credit of preparation for the experience. <b>9 Total</b>	PT 675 Clinical Reasoning and Decision Making in Physical Therapy (2) PT 725 Physical Therapy Pharmacology (3) PT 735 Business, Legal and Regulatory Issues (3) PT 740 Acute Care in Physical Therapy (3:2/1) PT 705 Management of Integumentary Dysfunction (2:1.5/.5) PT 751 Capstone Project I (2) <b>15 Total</b>	PT 745 Differential Diagnosis (3) PT 750 Pediatric Physical Therapy (3:2/1) PT 755 Geriatric Physical Therapy (3) PT 760 Orthotics and Prosthetics (3:2.5/.5) PT 715 Teaching and Learning (2) PT 752 Capstone Project II (2) <b>16 Total</b>
3	PT 722 Clinical Experience II (10) <b>10 Total</b>	PT 770 Leadership and Professional Development (2) PT 779 Special Topics (2) PT 780 Management of Complex Patients (2:1/1) PT 765 Clinical Administration & Marketing (3) PT 753 Capstone Project III (2) <b>11 Total</b>	PT 723 Clinical Experience III (10) <b>10 Total</b>	PT 724 Clinical Experience IV (10) <b>10 Total</b>

- Intentional Curriculum Placement
- Progressive professional development
- 3 hours per week for 10 weeks

# Community Partners



# Klamath Basin Senior Citizens' Center

## Essential Services



Meals on Wheels & Congregate Meals



Transportation Services



Health Services



Senior Health Insurance  
Benefits Assistance (SHIBA)



Community Engagement

## Physical Activity & Wellness Programs

- Stay Active & Independent for Life (SAIL)
- Body Recall
- Pilates
- Qi Gong
- Mobility from Head to Toe
- Walk Your Way to Wellness





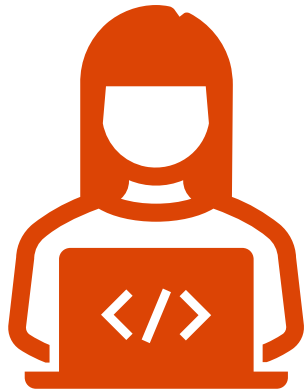
# Unique Challenges in Rural Oregon



**Geographic Isolation**



**Limited Healthcare Resources**



**Socioeconomic and Digital Inequities**

**Cultural and Relational Nuance**



# Why this Program/Population/Partnership?



- Targets urgent needs
- Focuses on underserved populations:
- Delivers evidence-based programs
- Improves mobility, prevents falls, and supports chronic disease management
- Builds local healthcare capacity
- Reduces geographic and financial barriers
- Strengthens long-term community wellness

# Physical Activity Guidelines

## Adults

- 150 minutes of moderate to vigorous **aerobic** physical activity each week
- **Muscle strengthening** activities at least twice per week

The recommendations are the same for adults with chronic health conditions and adults with disabilities!

# Better Bones & Balance® (BBB)

Community-based program



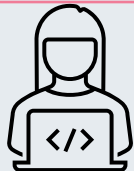
Adults and older adults

Research and practice tested



Improves balance, strength, mobility;  
reduces fall and fracture risk

Annual hybrid training





# Better Bones & Balance® in Oregon

The program is great for:

- Those concerned about osteoporosis, fall, and fracture risk
- Beginning – intermediate exercisers

Instructor led **in-person** classes

Online **virtual** classes

Program **DVD/streaming** option

Find more information at:

[extension.oregonstate.edu/bbb](http://extension.oregonstate.edu/bbb)



# Better Bones & Balance® Boot Camp

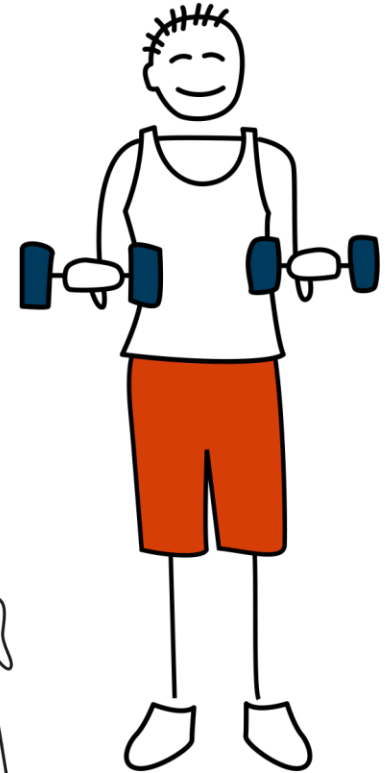
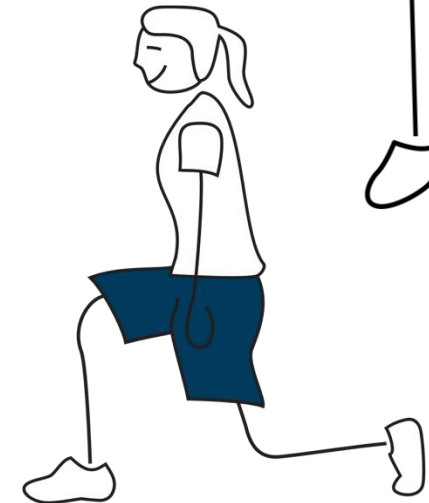
## Program Components:

- **Five Key Exercises**

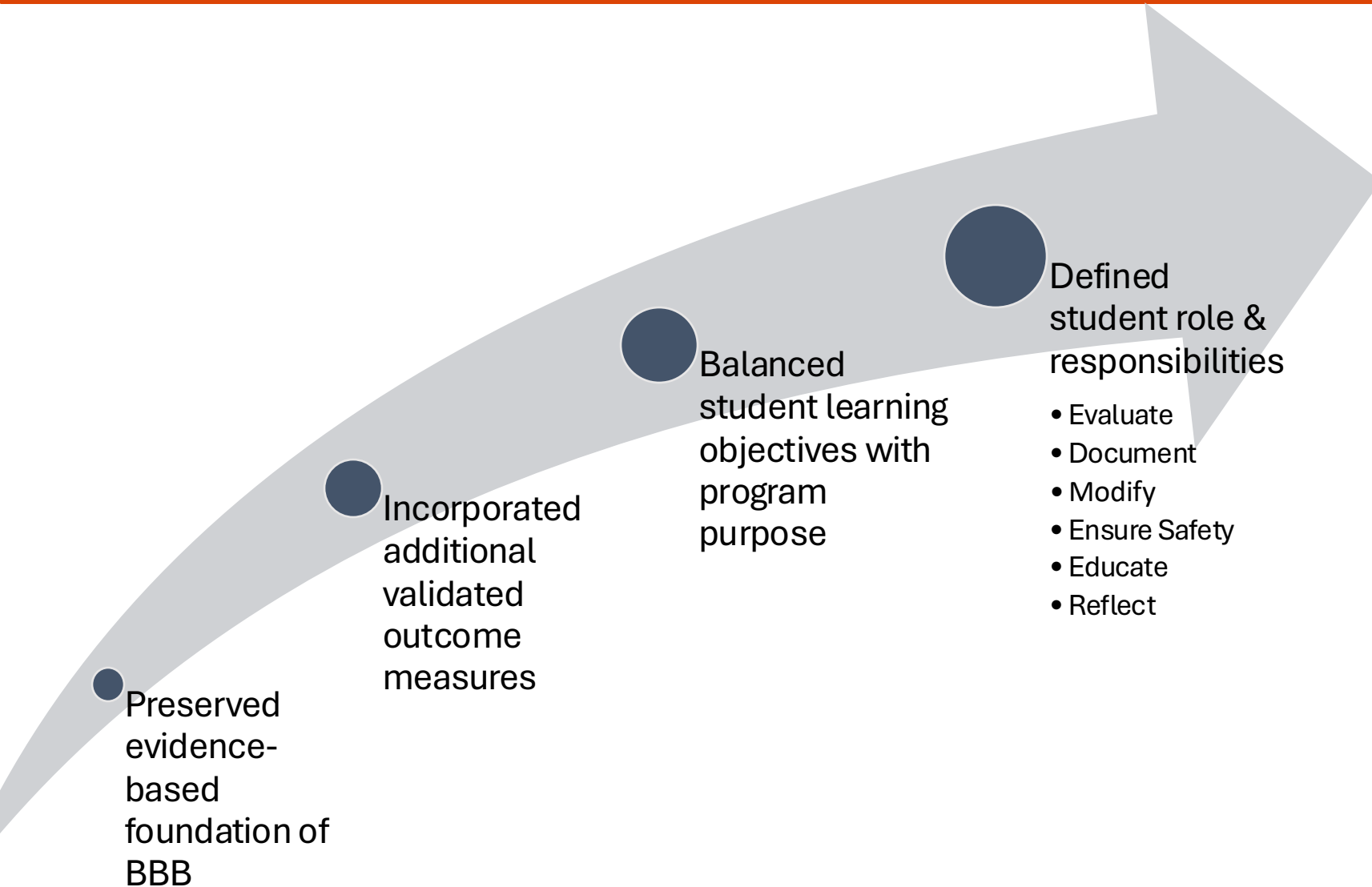
- Squats
- Forward Lunges
- Side Lunges
- Stepping
- Stomps / Jumps

- **Equipment**

- Aerobic Step Benches
- Resistance Bands



# Integrating DPT Students



# From Coffee Chat to Community Impact





# Student Challenges & Solutions

Challenge	Solution
Applying Clinical Reasoning in a Structured Program	Increase training time beforehand Provide case-based examples
Desire for More Real-Time Feedback	Dedicated observation times Feedback huddles
Unclear Student Roles	Reinforce roles & responsibilities
Navigating Participant Behaviors	Encourage flexibility
Time Management	Structured templates for documentation Set realistic (clinical) expectations

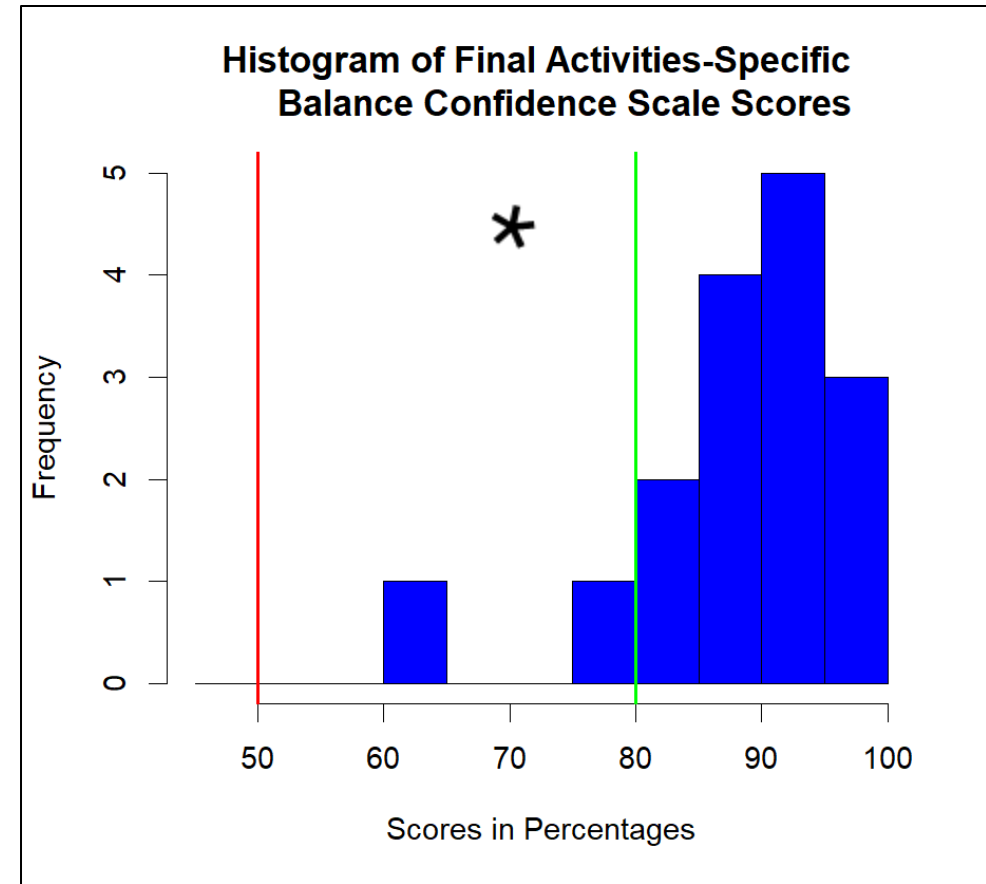
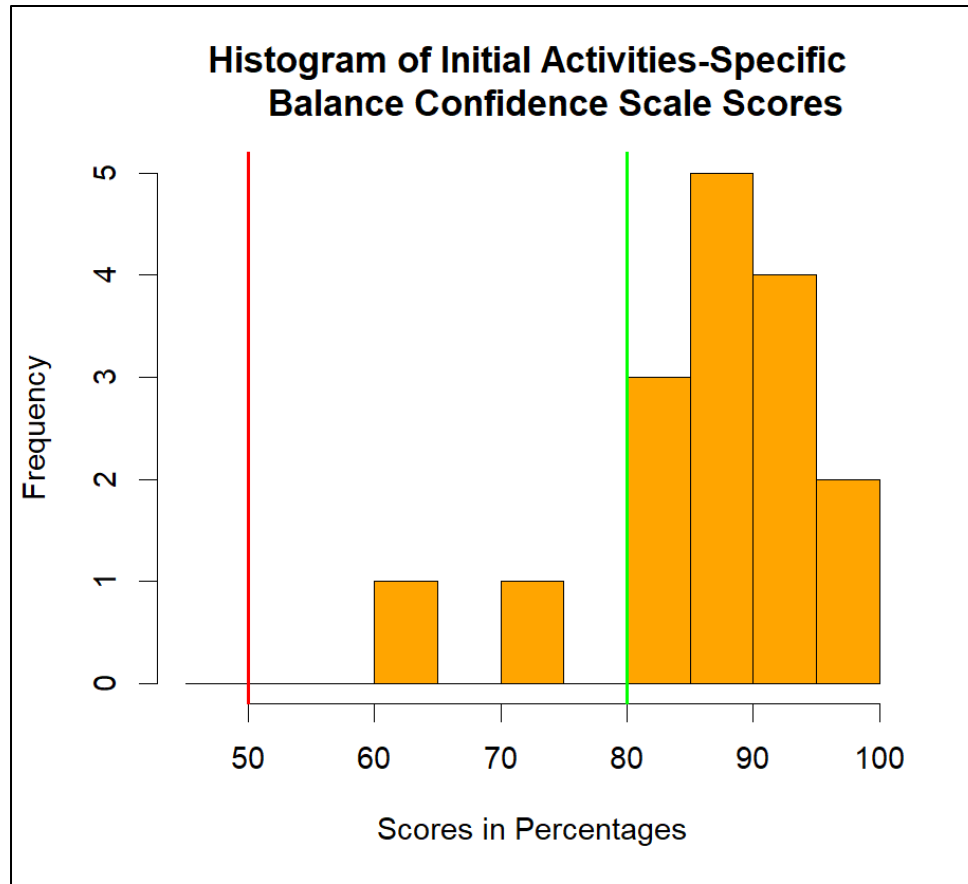
# Participant Challenges & Solutions

Challenge	Solution
Participant Attrition & Attendance	Reminder calls, follow up calls DPT students as an "accountability partner"
Transportation & Accessibility	KBSCC Transportation Services, ADA accessible parking, doors, pathways, and bathrooms On the Basin Transit bus line
Session Timing	Scheduled class to be in late-morning / before lunch Time is consistently available so participants can plan to exercise around other obligations (medical appointments, etc.)

# Logistical Challenges & Solutions

Challenge	Solution
Instructor Staff Time	Paid by Oregon State University SNAP-Ed, OIT / OHSU DPT Program
Equipment	Funded by a local credit union
Marketing Outreach	Klamath Basin Senior Citizens' Center Announcements, OSU Extension, Active Seniors Newsletter, local radio station advertisements, etc.
Registration	Compiling paperwork from each organization Assigning one organization to take sign-ups Time to complete participant registration paperwork prior to initial assessment day

# Program Impacts: Our WHY

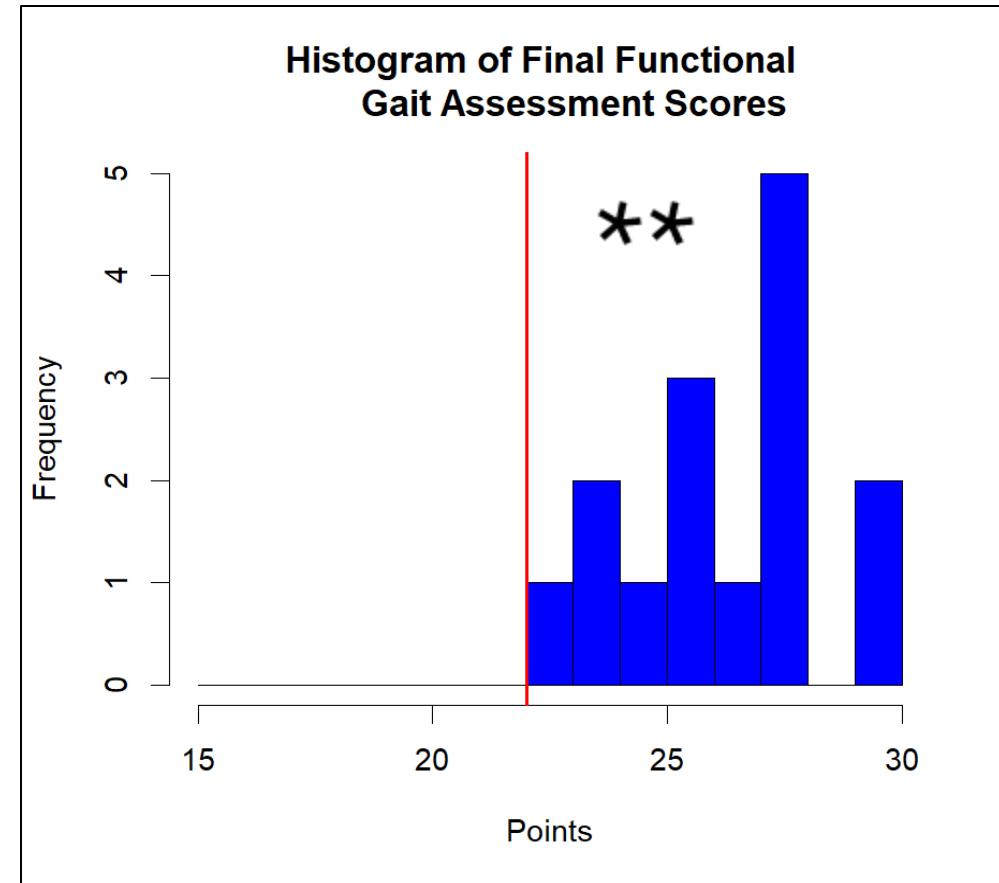
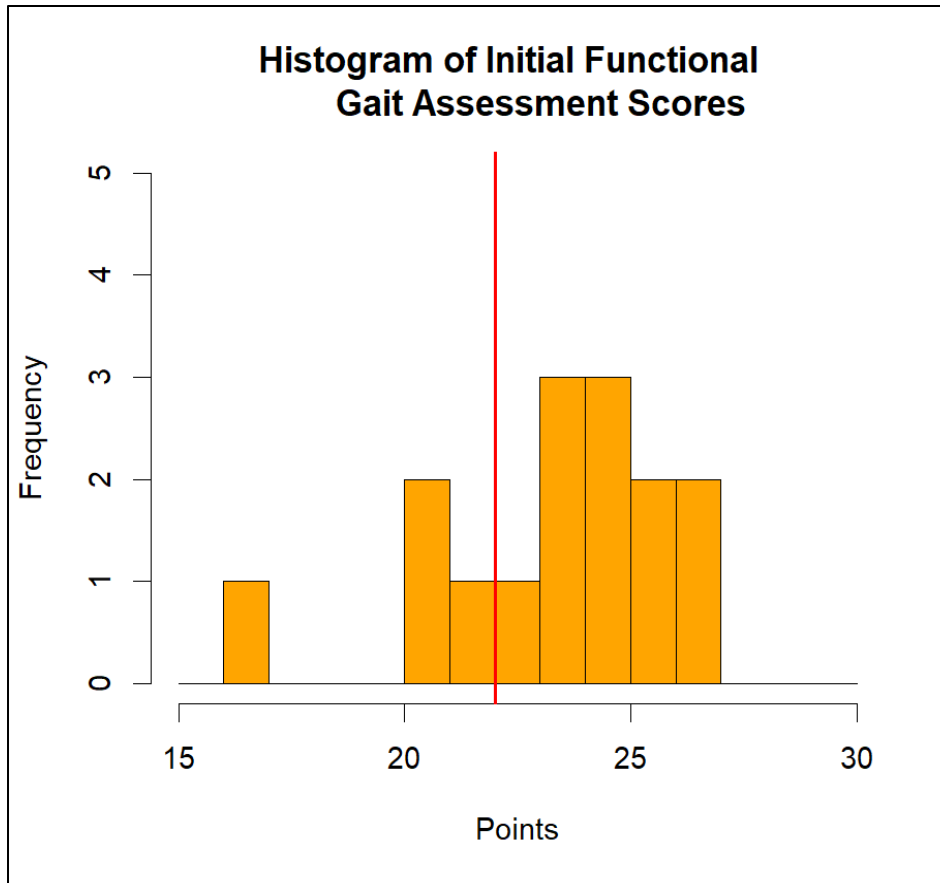


\* =  $p < 0.05$  (one-sided test)

\*\* =  $p < 0.05$  (both one- and two-sided test)



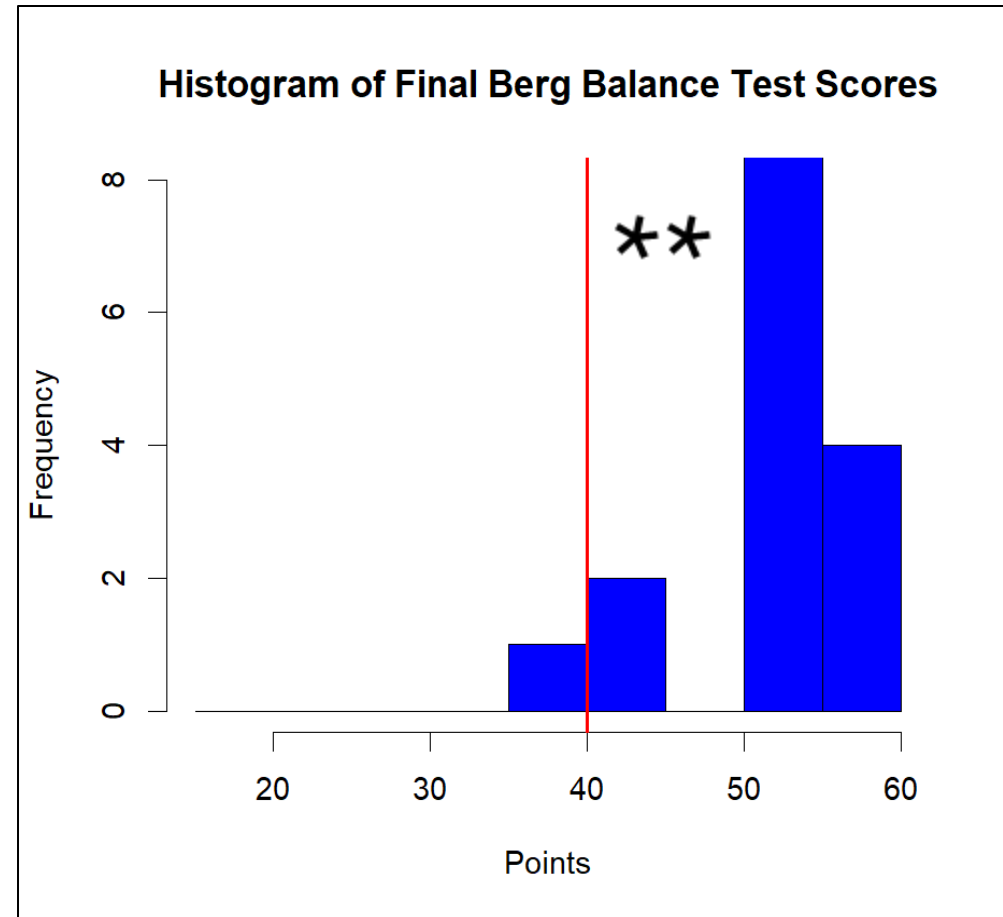
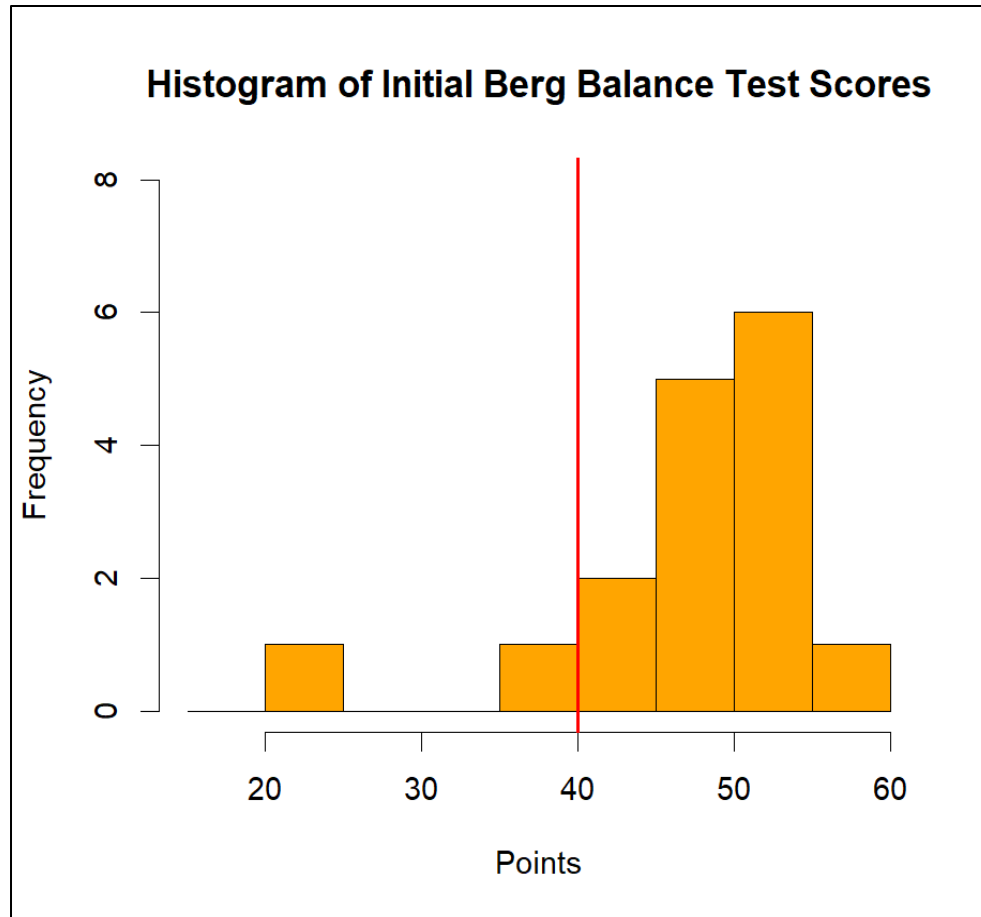
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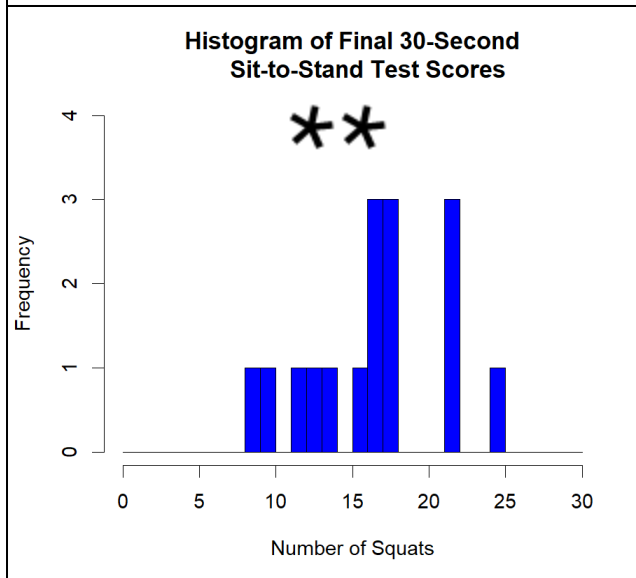
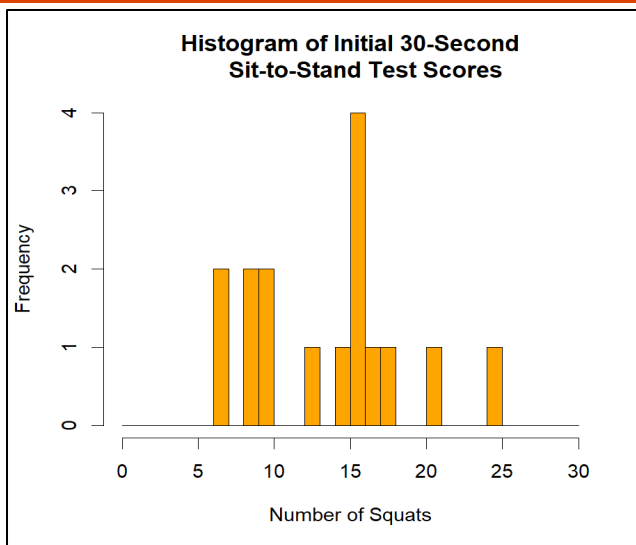
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# Program Impacts: Our WHY

## Chair Stand Below Average Scores

AGE	MEN	WOMEN
60-64	< 14	< 12
65-69	< 12	< 11
70-74	< 12	< 10
75-79	< 11	< 10
80-84	< 10	< 9
85-89	< 8	< 8
90-94	< 7	< 4

A below average score indicates a risk for falls.



## Age-Matched Normative Data, Pre- & Post-Test

Total  
(N=18)

### Age

Mean (SD)	73.9 (7.14)
Median [Min, Max]	74.0 [59.0, 88.0]

### Gender

Male	2 (11.1%)
Female	16 (88.9%)

### Age-Matched Normative Data - Pre-Test

Good	10 (55.6%)
Risk for Falls	7 (38.9%)
Missing	1 (5.6%)

### Age-Matched Normative Data - Post-Test

Good	14 (77.8%)
Risk for Falls	1 (5.6%)
Missing	3 (16.7%)

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# Program Impacts: Our WHY

*Community Participant evaluation feedback:*

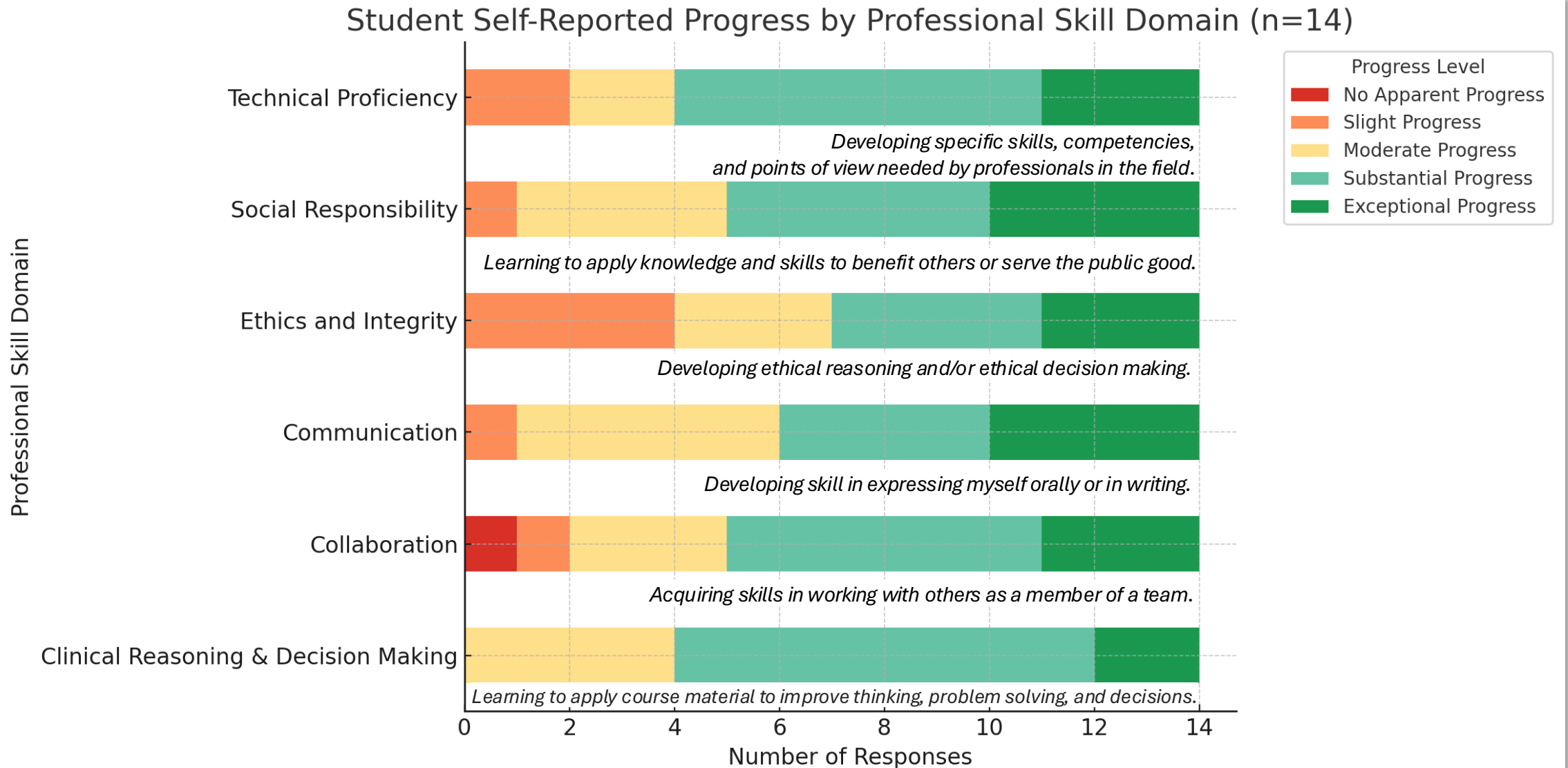
“I think that the BBB program was fully successful. By the end of the program, I was **stronger and more confident**. I would highly recommend.”

“**Great collaboration** between three entities, KBSCC, OIT and OSU. I loved this class. I didn't know I was **capable of working this hard**.”

“It was **fun and engaging** - while working! It required more complex motor planning (good for brain) and movement combinations, like when we might be doing in real life, when we might be more likely to fall.”

"The whole program was a **positive experience**. I feel more **fit and stronger** than when I began the program."

# Program Impacts: Our WHY





# Program Impacts: Our WHY

*Student course evaluation feedback:*

"I had **so much fun** with my participant...! The ICE was a **great learning experience** and **allowed me to apply my knowledge** [from] prior courses."

"[This course] helped me **improve my documentation skills** and ... **provided valuable insight into organizing patient information** effectively."

"Being a part of Better Bones and Balance was **a great introduction to integrated clinical experiences...** [It] **taught me communication skills** and **increased my confidence** in providing instructions."

"This course was **the highlight of my term.**"



# Looking Ahead



# Turning Assets into Action







***Questions?***

# Thank You!

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# Thank you to the 2025 Forum partners!

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