Patient Education
A Practical Approach
SECOND EDITION

Richard D. Muma, PhD, MPH, PA-C
Associate Provost
Office of Academic Affairs and Research
Professor
Department of Public Health Sciences
Wichita State University
Wichita, Kansas

Barbara Ann Lyons, MA, PA-C
Associate Professor (Retired)
Department of Physician Assistant Studies
School of Health Professions
University of Texas Medical Branch
Galveston, Texas
World Headquarters
Jones & Bartlett Learning
40 Tall Pine Drive
Sudbury, MA 01776
978-443-5000
info@jblearning.com
www.jblearning.com

Jones & Bartlett Learning books and products are available through most bookstores and online booksellers. To contact Jones & Bartlett Learning directly, call 800-832-0034, fax 978-443-8000, or visit our website, www.jblearning.com.

Substantial discounts on bulk quantities of Jones & Bartlett Learning publications are available to corporations, professional associations, and other qualified organizations. For details and specific discount information, contact the special sales department at Jones & Bartlett Learning via the above contact information or send an email to specialsales@jblearning.com.

Copyright © 2012 by Jones & Bartlett Learning, LLC

All rights reserved. No part of the material protected by this copyright may be reproduced or utilized in any form, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without written permission from the copyright owner.

The authors, editor, and publisher have made every effort to provide accurate information. However, they are not responsible for errors, omissions, or for any outcomes related to the use of the contents of this book and take no responsibility for the use of the products and procedures described. Treatments and side effects described in this book may not be applicable to all people; likewise, some people may require a dose or experience a side effect that is not described herein. Drugs and medical devices are discussed that may have limited availability controlled by the Food and Drug Administration (FDA) for use only in a research study or clinical trial. Research, clinical practice, and government regulations often change the accepted standard in this field. When consideration is being given to use of any drug in the clinical setting, the health care provider or reader is responsible for determining FDA status of the drug, reading the package insert, and reviewing prescribing information for the most up-to-date recommendations on dose, precautions, and contraindications, and determining the appropriate usage for the product. This is especially important in the case of drugs that are new or seldom used.

Production Credits
Publisher: David Cella
Acquisitions Editor: Katey Birtcher
Associate Editor: Maro Gartside
Associate Production Editor: Julia Waugaman
Marketing Manager: Grace Richards
Manufacturing and Inventory Control Supervisor: Amy Bacus
Composition: Glyph International
Cover Design: Kristin E. Parker
Photo Research and Permissions Supervisor: Christine Myaskovsky
Associate Photo Researcher: Jessica Elias
Cover Image: © Ronfromyork/Dreamstime.com
Printing and Binding: Courier Stoughton
Cover Printing: Courier Stoughton

To order this product, use ISBN: 978-1-4496-3018-8

Library of Congress Cataloging-in-Publication Data
Muma, Richard D.
p. ; cm.
Includes bibliographical references and index.
1. Patient education. I. Lyons, Barbara Ann. II. Title.
[DNLM: 1. Patient Education as Topic—methods. W 85]
R727.4.P375 2011
615.3071—dc22
2010046111

Printed in the United States of America
15 14 13 12 11 10 9 8 7 6 5 4 3 2 1

© Jones & Bartlett Learning, LLC. NOT FOR SALE OR DISTRIBUTION.
**PART I**

**CHAPTER 1**  An Approach to Patient Education  
**CHAPTER 2**  Selecting and Evaluating Sources of Patient Education Materials  
**CHAPTER 3**  Behavior Modification  
**CHAPTER 4**  Complementary and Alternative Medicine  
**CHAPTER 5**  Managing Medication Nonadherence  
**CHAPTER 6**  Incorporating Patient Education into Clinical Practice  

**PART II**

**CHAPTER 7**  Eye, Ear, Nose, and Throat  
**CHAPTER 8**  Pulmonary Disorders  
**CHAPTER 9**  Cardiovascular Disorders  
**CHAPTER 10**  Rheumatologic Disorders  
**CHAPTER 11**  Endocrine Disorders  
**CHAPTER 12**  Gastrointestinal Disorders  
**CHAPTER 13**  Renal Disorders  
**CHAPTER 14**  Neurologic Disorders  
**CHAPTER 15**  Neoplastic Disorders  
**CHAPTER 16**  Obstetrics and Gynecology  
**CHAPTER 17**  Infectious Diseases  
**CHAPTER 18**  Musculoskeletal Disorders  
**CHAPTER 19**  Behavior Disorders  
**CHAPTER 20**  Pediatric Disorders  

**PART III**

**CHAPTER**  Patient Information Handouts  
**Complementary and Alternative Medicines**  
**Eye, Ear, Nose, and Throat**  
**Pulmonary Disorders**  
**Cardiovascular Disorders**  
**Rheumatologic Disorders**
Endocrine Disorders ............................................................ 338
Gastrointestinal Disorders ................................................ 356
Renal Disorders ............................................................... 364
Neurologic Disorders ........................................................ 376
Neoplastic Disorders .......................................................... 383
Obstetrics and Gynecology .................................................... 396
Infectious Diseases .............................................................. 406
Musculoskeletal Disorders ................................................... 425
Behavior Disorders ............................................................ 431
Pediatric Disorders ............................................................ 445
Preface................................................................. xv
Acknowledgments .................................................... xvii
Contributing Authors .................................................. xix

PART I  Patient Education .............................................. 1

CHAPTER 1  An Approach to Patient Education ........................ 3
Richard D. Muma

Learning Objectives ................................................... 3
Main Points ............................................................. 3
Introduction ............................................................. 3
A Model for Patient Education ........................................ 4
Specific Suggestions for Enhancing the Patient Education Process ........................................................................... 7
Other Factors Influencing Patient Education ....................................................... 8

CHAPTER 2  Selecting and Evaluating Sources of Patient Education Materials ........................................... 10
Barbara Ann Lyons

Learning Objectives ................................................... 10
Main Points ............................................................. 10
Introduction ............................................................. 10
Types of Instructional Materials .......................................... 10
Sources of Instructional Material ........................................ 12
Factors for Evaluation .................................................. 13
APPENDIX 2–1 List of Professional Organizations .................. 15
APPENDIX 2–2 Federal Agency Contact Information ................. 18
APPENDIX 2–3 National Health Organizations ....................... 21

CHAPTER 3  Behavior Modification ..................................... 27
Donald N. Allison, J. Dennis Blessing, and Barbara Ann Lyons

Learning Objectives ................................................... 27
Main Points ............................................................. 27
Introduction ............................................................. 27
Behavior Modification Guidelines ...................................... 28
Motivational Interviewing ............................................. 30
Diet ................................................................. 30
CHAPTER 4
Complementary and Alternative Medicine ........................................ 35
Sue M. Nyberg, Eric A. Bannwarth, and Brett D. Olson
Learning Objectives ................................................................. 35
Main Points ............................................................................. 35
Introduction ............................................................................. 35
History of CAM ....................................................................... 35
Statistics on CAM Use .............................................................. 35
Why People Use CAM .............................................................. 36
How Do People Pay for CAM Treatments? ........................ 36
Major Types of CAM ................................................................. 36
Whole Medical Systems ............................................................. 38
CHAPTER 5
Managing Medication Nonadherence ............................................. 41
LaDonna S. Hale and Courtney R. Calder
Learning Objectives ................................................................. 41
Main Points ............................................................................. 41
Introduction ............................................................................. 41
What Is Medication Nonadherence? ........................................... 41
Medication Nonadherence Is a National Healthcare Crisis .......... 42
Detect and Diagnose Medication Nonadherence ......................... 42
Prescriber-Related Nonadherence ............................................. 44
Patient-Related Nonadherence .................................................. 44
Medication-Related Nonadherence ............................................ 44
Pharmacy-Related Nonadherence .............................................. 45
Developing an Individualized Treatment Plan .......................... 45
Medication Nonadherence in Special Populations .................... 46
CHAPTER 6
Incorporating Patient Education into Clinical Practice ............... 48
Lucas Williams, Kathryn C. Graves, and Racquel Szabo
Learning Objectives ................................................................. 48
Main Points ............................................................................. 48
Introduction ............................................................................. 48
A Rationale for Patient Education .............................................. 49
Incorporating Effective Patient Education into Clinical Practice .... 49
Patient Education Materials ...................................................... 50
The Future of Patient Education ................................................ 52
PART II

CHAPTER 7

Primary Care Disorders ..........................................................55

Eye, Ear, Nose, and Throat .......................................................57

Learning Objectives ...............................................................57

Main Points .............................................................................57

Eye Disorders ........................................................................57

Ear Disorders ..........................................................................62

Nose Disorders .......................................................................67

CHAPTER 8

Pulmonary Disorders .............................................................69

Asthma .....................................................................................74

Cystic Fibrosis .........................................................................79

Acute Bronchitis ......................................................................82

Influenza ................................................................................83

Pneumonia ..............................................................................84

Tuberculosis ............................................................................89

Pneumothorax .........................................................................92

Pulmonary Embolism .............................................................93

Foreign Body Aspiration .........................................................96

Upper Respiratory Infections ................................................97

Sinusitis ..................................................................................98

Pharyngitis .............................................................................100

CHAPTER 9

Cardiovascular Disorders ......................................................104

Hypertension ..........................................................................104

Pericarditis .............................................................................106

Valvular Heart Disease ..........................................................108

Heart Failure ..........................................................................109

Infective Endocarditis ............................................................113

Angina (Coronary Heart Disease) ...........................................114

Myocardial Infarction .............................................................117

Cardiomyopathies ................................................................118

Conduction Disorders and Arrhythmias ...............................120

Contents vii

© Jones & Bartlett Learning, LLC. NOT FOR SALE OR DISTRIBUTION.
CHAPTER 10
Rheumatologic Disorders
Veronica Vasquez

Learning Objectives ............................................. 126
Main Points ........................................................ 126
Osteoarthritis ...................................................... 126
Rheumatoid Arthritis ........................................... 128
Systemic Lupus Erythematosus ......................... 130

CHAPTER 11
Endocrine Disorders
Jodi Flynn

Learning Objectives ............................................. 133
Main Points ........................................................ 133
Diabetes Mellitus .................................................. 133
Hyperthyroidism (Thyrotoxicosis) ....................... 139
Hypothyroidism .................................................... 144
Primary Hyperparathyroidism ......................... 146
Primary Hypoparathyroidism ......................... 146
Cushing's Disease and Syndrome ....................... 148
Addison's Disease and Corticoadrenal Insufficiency. 150
Hypercholesterolemia ............................................ 151

CHAPTER 12
Gastrointestinal Disorders
Sue M. Nyberg, Ashley L. Diederich, and Kelsey E. Thomas

Learning Objectives ............................................. 154
Main Points ........................................................ 154
Hepatitis .............................................................. 154
Pancreatitis .......................................................... 157
Irritable Bowel Syndrome ............................... 158
Diverticular Disease ............................................ 159
Peptic Ulcer Disease ............................................ 160
Hiatal Hernia ......................................................... 160
Gallstone Disease .................................................. 161

CHAPTER 13
Renal Disorders
Timothy F. Quigley, Measha N. Carr, and Christina Heisserer

Learning Objectives ............................................. 163
Main Points ........................................................ 163
Renal Calculi ......................................................... 163
Urinary Incontinence ............................................ 165
Chronic Kidney Disease .............................................................. 168
Pyelonephritis ........................................................................... 169
Cystitis ....................................................................................... 170
Urethritis ..................................................................................... 171
Acute Glomerulonephritis ........................................................... 172
Acute Epididymitis ....................................................................... 174
Acute Prostatitis .......................................................................... 174
Erectile Dysfunction .................................................................... 175
Benign Prostatic Hyperplasia ......................................................... 176

CHAPTER 14
James M. Taft
Neurologic Disorders .................................................................. 178
Learning Objectives ..................................................................... 178
Main Points .................................................................................. 178
Headaches .................................................................................... 178
Epilepsy ....................................................................................... 180
Cerebrovascular Accidents ............................................................ 181
Alzheimer’s Disease ...................................................................... 183
Parkinson’s Disease ..................................................................... 184

CHAPTER 15
Debra S. Munsell
Neoplastic Disorders ..................................................................... 186
Learning Objectives ..................................................................... 186
Main Points .................................................................................. 186
Lung Cancer ................................................................................ 186
Breast Cancer .............................................................................. 187
Colorectal Cancer ......................................................................... 189
Testicular Cancer .......................................................................... 191
Prostate Cancer ........................................................................... 193
Nonmelanoma Skin Cancer ............................................................ 195
Melanoma .................................................................................... 200
Oral Cavity Cancer ........................................................................ 202

CHAPTER 16
Steven T. Dodge
Obstetrics and Gynecology ............................................................ 204
Learning Objectives ..................................................................... 204
Main Points .................................................................................. 204
Normal Pregnancy ......................................................................... 204
Spontaneous Abortion .................................................................... 207
Ectopic Pregnancy ......................................................................... 208
Menopause ................................................................................... 210
Vaginitis ....................................................................................... 212
CHAPTER 20

Pediatric Disorders .......................................................... 258

Karen S. Stephenson and Heather L. Baker

Learning Objectives .......................................................... 258

Main Points ........................................................................... 258

Anemia ................................................................................ 258

Asthma ............................................................................... 260

Cardiovascular Risk Factors .................................................. 263

Taking a Temperature .......................................................... 266

Neonatal Jaundice ............................................................... 267

Otitis Media and Sinusitis ...................................................... 268

Seizure Disorders ............................................................... 271

Tonsillitis and Pharyngitis ..................................................... 272

When a Child Has a Virus .................................................... 274

Gastroenteritis in Children ................................................... 276

Group Syndromes in Children ............................................... 279

PART III

Patient Information Handouts ................................................. 285

Complementary and Alternative Medicines

Chiropractic Care ............................................................... 287

Herbal Therapy ................................................................... 288

Acupuncture ....................................................................... 289

Eye, Ear, Nose, and Throat

Cataracts ............................................................................. 290

Conjunctivitis .................................................................... 291

Glaucoma ........................................................................... 292

Hordeolum (Stye) ................................................................. 293

Orbital and Periorbital Cellulitis ........................................... 294

Retinopathy ....................................................................... 295

Otitis Externa ..................................................................... 296

Hearing Impairment ............................................................. 297

Vertigo ................................................................................ 299

 Aphthous Ulcers ................................................................. 300

Hoarseness (Laryngitis) ......................................................... 301

Salivary Gland Infection (Sialadenitis) .................................. 302

Nosebleeds (Epistaxis) ........................................................ 303

Pulmonary Disorders

Acute Bronchitis ................................................................. 304

Asthma in Children .............................................................. 305

CONTENTS

xi
<table>
<thead>
<tr>
<th>Gastrointestinal Disorders</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>copd</td>
<td>307</td>
</tr>
<tr>
<td>cystic fibrosis</td>
<td>309</td>
</tr>
<tr>
<td>foreign body aspiration</td>
<td>310</td>
</tr>
<tr>
<td>influenza</td>
<td>311</td>
</tr>
<tr>
<td>pneumonia</td>
<td>312</td>
</tr>
<tr>
<td>pneumothorax</td>
<td>314</td>
</tr>
<tr>
<td>pulmonary embolism</td>
<td>315</td>
</tr>
<tr>
<td>tuberculosis</td>
<td>317</td>
</tr>
<tr>
<td>upper respiratory infections</td>
<td>319</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cardiovascular Disorders</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>angina pectoris</td>
<td>320</td>
</tr>
<tr>
<td>heart failure</td>
<td>322</td>
</tr>
<tr>
<td>endocarditis</td>
<td>324</td>
</tr>
<tr>
<td>heart attack</td>
<td>325</td>
</tr>
<tr>
<td>hypertension (high blood pressure)</td>
<td>327</td>
</tr>
<tr>
<td>murmurs</td>
<td>329</td>
</tr>
<tr>
<td>pericarditis</td>
<td>331</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Rheumatologic Disorders</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>osteoarthritis</td>
<td>332</td>
</tr>
<tr>
<td>rheumatoid arthritis</td>
<td>334</td>
</tr>
<tr>
<td>systemic lupus erythematosus</td>
<td>336</td>
</tr>
<tr>
<td>gout</td>
<td>337</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Endocrine Disorders</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>diabetes mellitus</td>
<td>338</td>
</tr>
<tr>
<td>hyperthyroidism</td>
<td>341</td>
</tr>
<tr>
<td>hypothyroidism</td>
<td>343</td>
</tr>
<tr>
<td>hyperparathyroid disease</td>
<td>345</td>
</tr>
<tr>
<td>hypoparathyroid disease</td>
<td>347</td>
</tr>
<tr>
<td>cushing's syndrome and disease</td>
<td>349</td>
</tr>
<tr>
<td>addison's disease</td>
<td>351</td>
</tr>
<tr>
<td>hypercholesterolemia</td>
<td>353</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Gastrointestinal Disorders</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>hapatitis</td>
<td>356</td>
</tr>
<tr>
<td>pancreatitis</td>
<td>357</td>
</tr>
<tr>
<td>irritable bowel syndrome</td>
<td>358</td>
</tr>
<tr>
<td>diverticulosis</td>
<td>359</td>
</tr>
<tr>
<td>peptic ulcer disease</td>
<td>360</td>
</tr>
<tr>
<td>hiatal hernia</td>
<td>361</td>
</tr>
</tbody>
</table>
Hernias ................................................................. 362
Gallstones .......................................................... 363
Renal Disorders
Urethritis ............................................................. 364
Benign Prostatic Hyperplasia. ............................... 365
Acute Glomerulonephritis ................................. 366
Cystitis .............................................................. 367
Erectile Dysfunction ........................................... 368
Kidney Stones ..................................................... 369
Pyelonephritis .................................................... 370
Urinary Incontinence ........................................... 371
Chronic Kidney Disease. ..................................... 372
Epididymitis ........................................................ 374
Prostatitis .......................................................... 375
Neurologic Disorders
Alzheimer's Disease ............................................ 376
Headaches .......................................................... 378
Seizure Disorders ................................................. 380
Stroke ............................................................... 381
Parkinson's Disease. ........................................... 382
Neoplastic Disorders
Lung Cancer ....................................................... 383
Breast Cancer ..................................................... 385
Colorectal Cancer ............................................... 387
Prostate Cancer .................................................. 389
Testicular Cancer ............................................... 390
Nonmelanoma Skin Cancer ............................... 391
Melanoma .......................................................... 393
Oral Cavity Cancer .............................................. 395
Obstetrics and Gynecology
Pregnancy .......................................................... 396
Ectopic Pregnancy .............................................. 398
Menopause ......................................................... 400
Spontaneous Abortion (Miscarriage) ................... 402
Vaginitis ............................................................ 404
Infectious Diseases
HIV and AIDS .................................................... 406
Chlamydia .......................................................... 408
Genital Warts ................................................................. 409
Genital Herpes .............................................................. 411
Epstein-Barr Virus ......................................................... 413
Shingles ......................................................................... 415
Rocky Mountain Spotted Fever ........................................... 417
Salmonellosis ................................................................. 419
Shigellosis ....................................................................... 421
Syphilis ........................................................................... 423
Musculoskeletal Disorders
Fractures .......................................................................... 425
Low Back Pain ................................................................. 426
Osteoporosis .................................................................... 427
Strains and Sprains .......................................................... 429
Behavior Disorders
Attention-Deficit/Hyperactivity Disorder ................................ 431
Eating Disorders .............................................................. 433
Obesity ............................................................................ 435
Depression ....................................................................... 436
Bipolar Disorder ............................................................. 438
Postpartum Depression .................................................... 439
Anxiety ........................................................................... 441
Substance Use and Abuse
Pediatric Disorders
Asthma in Children .......................................................... 445
Croup .............................................................................. 446
Pediatric Allergic Rhinitis .................................................. 448
Pediatric Anemia ............................................................. 450
Pediatric Gastroenteritis ..................................................... 451
Pediatric Jaundice ............................................................. 453
Pediatric Otitis Media ....................................................... 454
Pediatric Sinusitis ............................................................ 455
Seizure Disorders in Children ............................................. 456
Tonsillitis and Pharyngitis in Children ................................. 458
Upper Respiratory Infections ............................................... 459
Index ............................................................................. 461
Pediatric Disorders
Seizure disorders in Children ............................................. 456
Tonsillitis and Pharyngitis in Children ................................. 458
Upper Respiratory Infections ............................................... 459
After the student clinician learns how to diagnose disease states and develop treatment plans, it is important for her or him to discuss with patients specific healthcare information related to their illness. The student should be able to discuss with patients the pathophysiology of disease states; symptoms and progression of disease; treatment modalities, including drugs, nutrition, and exercise; and counsel those patients who are experiencing emotional reactions to their illness. Patient Education: A Practical Approach, Second Edition addresses these issues.

This book is important and timely in light of healthcare reform in the United States and globally. Because ready access to health care and prevention are emphasized, a greater emphasis will be placed on educating patients; specifically, this means focusing on methods that will lead to improved patient understanding of diseases, increased adherence to medical regimens, and early recognition of problems by the patient.

Although all healthcare providers will play a role in educating patients, this book is aimed toward mid-level practitioner students and professionals: advanced practice nurses and physician assistants. These practitioners have been identified as key players in the delivery of primary care and patient education.

A strength of this book is that it provides the clinician with useful and practical patient education information on many primary care diseases. All parts of the book provide step-by-step information, whether it is learning the approach to patient education, selecting patient education materials, or reviewing one of several primary care diseases. The Second Edition of Patient Education: A Practical Approach follows a format similar to the First Edition, where the beginning student (or practitioner) will review the book in three parts. Part I presents the importance of patient education and a typical approach to patient education. Expanded chapters on behavior modification and selecting and evaluating patient education materials (in light of growing information available on the Internet) are available in this section. Similarly, focused areas of alternative medicine and managing medication adherence are included. Part II is similar in scope to the First Edition in its coverage of primary care disorders, but it increases the number of conditions to reflect a similar coverage of disorders noted on national certification exams for physician assistants and nurse practitioners. Part III includes patient education materials that can be copied for patients and are also available in electronic format. Finally, the anatomic diagrams in the First Edition have been updated and are also provided electronically for instructors.

This book can be used in nursing, physician assistant, and medical curricula when medical interviewing, physical examination, and clinical medicine courses are completed. Ideally the book should be used in a separate patient education course; however, patient education content may be integrated into other courses throughout the curriculum of study. Patient education cases, along with standardized patient scripts, are available for instructors, PowerPoint slides for lecturing to students about the process of patient education are also available. Most chapters offer references to current reviews and studies on the corresponding topic for individuals who wish to pursue any topic in greater detail.

The overall goal of this book is to provide the health-care student or clinician with concise, up-to-date information on patient education and various primary care diseases to enable the optimal care of patients.
We acknowledge the input of our students who have helped shape the contents of this book, the cooperation of our contributing authors, and the continuing support of our colleagues.

We would like to thank our families, who have offered their support during the development and production of the manuscript.
Donald N. Allison, MPAS, PA-C
Physician Assistant
Bulverde, Texas

Heather L. Baker, ARNP, MSN, PNP-BC
Clinical Educator and Coordinator of the Pediatric Nurse Practitioner Program
School of Nursing
College of Health Professions
Wichita State University
Wichita, Kansas

Eric A. Bannwarth, MS
Graduate Assistant
Department of Physician Assistant
College of Health Professions
Wichita State University
Wichita, Kansas

Susan Berg, DNP, APRN, FNP-BC
Assistant Professor
School of Nursing
Missouri State University
Springfield, Missouri

J. Dennis Blessing, PhD, PA
Distinguished Teaching Professor and Chair
Department of Physician Assistant Studies
Associate Dean for South Texas Programs
School of Health Professions
The University of Texas Health Science Center at San Antonio
San Antonio, Texas

Courtney R. Calder, PharmD
Graduate Assistant
Department of Physician Assistant
College of Health Professions
Wichita State University
Wichita, Kansas

Bernadette M. Canales, RN
Registered Nurse, Transitional Care Unit
Cox Health Systems
Springfield, Missouri

Roberto Canales, MS, PA-C
Assistant Professor
Department of Physician Assistant Studies
Missouri State University
Springfield, Missouri

Carmen C. Cardona, MPAS, PA-C
Assistant Professor and Clinical Coordinator–Laredo Regional Campus
Department of Physician Assistant Studies
School of Health Professions
The University of Texas Health Science Center at San Antonio
San Antonio, Texas

Meosha N. Carr, BGS
Graduate Assistant
Department of Physician Assistant
College of Health Professions
Missouri State University
Springfield, Missouri

Ashley L. Diederich, BS
Graduate Assistant
Department of Physician Assistant
College of Health Professions
Wichita State University
Wichita, Kansas

Steven T. Dodge, MD
Department Head
Department of Physician Assistant Studies
Missouri State University
Springfield, Missouri

Jodi Flynn, MS, PA-C
Assistant Professor
Department of Physician Assistant Studies
Missouri State University
Springfield, Missouri

Kathryn C. Graves, BA
Graduate Assistant
Department of Physician Assistant
College of Health Professions
Wichita State University
Wichita, Kansas
LaDonna S. Hale, PharmD  
Associate Professor  
Department of Physician Assistant  
College of Health Professions  
Wichita State University  
Wichita, Kansas

Christina Heisserer, BS  
Graduate Assistant  
Department of Physician Assistant  
College of Health Professions  
Wichita State University  
Wichita, Kansas

Debra S. Munsell, DHSc, PA-C, DFAAPA  
Associate Professor  
Department of Physician Assistant Studies  
School of Health Professions  
University of Texas Medical Branch  
Galveston, Texas

Sue M. Nyberg, MHS, PA-C  
Chair and Associate Professor  
Department of Physician Assistant  
College of Health Professions  
Wichita State University  
Wichita, Kansas

Brett D. Olson, BS  
Graduate Assistant  
Department of Physician Assistant  
College of Health Professions  
Wichita State University  
Wichita, Kansas

Leslie E. Prichard, BS  
Graduate Assistant  
Department of Physician Assistant  
College of Health Professions  
Wichita State University  
Wichita, Kansas

Timothy F. Quigley, MPH, PA-C, DFAAPA  
Lecturer of Medical Education and Biomedical Informatics  
MEDEX Northwest Division of Physician Assistant Studies  
School of Medicine  
University of Washington  
Seattle, Washington

Katie Reimler, BS  
Graduate Assistant  
Department of Physician Assistant  
College of Health Professions  
Wichita State University  
Wichita, Kansas

Karen S. Stephenson, MS, PA-C  
Associate Professor  
Department of Physician Assistant Studies  
School of Health Professions  
University of Texas Medical Branch  
Galveston, Texas

Racquel Szabo, BS  
Graduate Assistant  
Department of Physician Assistant  
College of Health Professions  
Wichita State University  
Wichita, Kansas

James M. Taft, MPAS, PA-C  
Physician Assistant  
CNY Neurological Consulting  
East Syracuse, New York

Kelsey E. Thomas, BS  
Graduate Assistant  
Department of Physician Assistant  
College of Health Professions  
Wichita State University  
Wichita, Kansas

Veronica Vasquez, MS, PA-C  
Physician Assistant  
LPG Primary Care at Page Field Rheumatology  
Fort Myers, Florida

Holly West, MPAS, PA-C  
Assistant Professor  
Department of Physician Assistant Studies  
School of Health Professions  
University of Texas Medical Branch  
Galveston, Texas

Lucas Williams, MPA, PA-C  
Instructor  
Department of Physician Assistant  
College of Health Professions  
Wichita State University  
Wichita, Kansas