

Miranda Bunge, PT

Spring 2012

To Infinity and Beyond! Where I Go From Here

Not only has my Capstone idea been in the making since my vestibular training in 2008, it helps complete the circle of this part of my practice—I started practicing as a vestibular specialist in 2008, went for further training in cervicogenic dizziness in 2009, developed an acute care evaluation tool in 2010, gave inservices over several years, started adjunct teaching at Winston-Salem State in 2010 and will complete the tDPT in 2012 (Hooray!). Having been able to create handouts that I can give patients (that they understand) feels like a small victory each time I issue them.

Not surprisingly, getting my vision into paper has been quite an arduous process. The tDPT program has been rewarding, stressful, exciting, patience-pushing and humbling. This process (as opposed to getting my Masters in Physical Therapy) taught me more about letting go, and fortunately, by the skin of my teeth, I did (for the most part). Most evenings, I turned off my laptop, Buddy, by 8:30, called a friend, went swimming, read or simply stared at the wall. I know I will continue to be challenged throughout my life with the issue of having patience during process. I wonder if I will ever actually appreciate “process?”

I have grown professionally as I have had to take a sober look at my current clinical practice and make changes. This has been especially true in my care of patients with BPPV, COPD and balance deficits. What a satisfaction to know why and how to give better care to these patients! (I am giving a “shout out” punch to the air).

From here, I hope to continue growing in evidence-based practice on a more gradual incline. I want to continue being a clinical instructor (with my first UNC student this summer☺), adjunct teaching and working with patients. I hope to delve further into treatment of cervicogenic dizziness and headaches and post-concussion in the future. I also hope to return to interpreting at a free clinic for Hispanics as soon as I can. I hope to continue to go on short-term missions trips to Spanish-speaking countries.

I am very thankful for my advisor, Karen, who spoke with me many times on the phone and e-mailed me constantly these two years. I am thankful for my instructors, including Mike Gross, who also spoke with me on the phone and encouraged me when I tanked on my first orthopedics test. Getting through that class and learning all that I did truly boosted my personal faith and encouraged me. I am thankful for my classmate, Carla, who kept me on track when I freaked out. I am thankful for my best-in-the-world boss, Ann, who wrote recommendations for me, rooted for me all the way and let me take time off for school stuff. I am also thankful for all the support and prayers of many loved ones near home and far away. I certainly didn't make it through this by myself. Praise be to God!