**Andrea L. Hergenroeder, PT, PhD, CCS**

**CURRICULUM VITAE**

**Name:** Andrea L. Hergenroeder, PT, PhD, CCS

**Business Address:** University of Pittsburgh, Department of Physical Therapy, School of Health and Rehab Sciences, Bridgeside Point 1,100 Technology Drive, Suite 210, Pittsburgh, PA 15219

**Business Telephone:** 412-383-6964 **Email Address:** lockeal@upmc.edu

**Education and Training**

**UNDERGRADUATE:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Dates Attended** | **Name, Location of Institution** | **Degree Received, Year** | **Major Subject** |
| September 1988 to December 1992 | The Pennsylvania State University  University Park, PA | Bachelor of Science, 1992 | Applied Nutrition |

**GRADUATE:**

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| **Dates Attended** | **Name, Location of Institution** | **Degree Received, Year** | **Major Subject** |
| September 1993 to May 1995 | Gannon University  Erie, PA | Master of Science,  1995 | Physical Therapy |
| June 2006 to  December 2009 | University of Pittsburgh  Pittsburgh, PA | Doctor of Philosophy, 2009 | Exercise Physiology |

**APPOINTMENTS and POSITIONS**

**ACADEMIC:**

|  |  |  |
| --- | --- | --- |
| **Years Inclusive** | **Name and Location of Institution or Organization** | **Rank/Title** |
| January 2002  to May 2006 | Department of Physical Therapy, School of Health and Rehabilitation Science, University of Pittsburgh | Adjunct Instructor |
| June 2006 to  June 2011 | Department of Physical Therapy, School of Health and Rehabilitation Science, University of Pittsburgh | Instructor |
| July 2011 to  2019 | Department of Physical Therapy, School of Health and Rehabilitation Science, University of Pittsburgh | Assistant Professor |
| August 2019-present | Department of Physical Therapy, School of Health and Rehabilitation Science, University of Pittsburgh | Associate Professor |

**NON-ACADEMIC:**

|  |  |  |
| --- | --- | --- |
| **Years Inclusive** | **Name and Location of Institution or Organization** | **Rank/Title** |
| June 1995 to July 1996 | Shadyside Hospital, Pittsburgh, PA | Staff Physical Therapist |
| August 1996 to August 1998 | Pinecrest Rehabilitation Hospital, Del Ray Beach, FL | PT, OT and ST Clinic Supervisor |
| September 1998 to November 2000 | UPMC Centers for Rehab Services | Senior Staff Physical Therapist |
| January 2001 to present | UPMC Centers for Rehab Services | Physical Therapy Coordinator, Clinical Education and Professional Development |
| May 2002 to December 2000 | UPMC Centers for Rehab Services | Assistant Director of Physical Therapy, UPMC Presbyterian |
| June 2002 to June 2006 | UPMC Centers for Rehab Services | Director of Physical Therapy, UPMC Presbyterian Hospital |

**CERTIFICATION and LICENSURE**

**SPECIALTY CERTIFICATION:**

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| --- | --- |
| **Certifying Board** | **Year** |
| American Board of Physical Therapy Specialties (ABPTS)  Clinical Specialist in Cardiovascular and Pulmonary Physical Therapy | 2004 to 2012 |
| American Board of Physical Therapy Specialties (ABPTS)  Recertified as Clinical Specialist in Cardiovascular and Pulmonary Physical Therapy | 2012 to 2024 |

**MEDICAL or OTHER PROFESSIONAL LICENSURE:**

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| --- | --- |
| **Certifying Board** | **Year** |
| Physical Therapist in the Commonwealth of Pennsylvania  PT-008899-L | 1995 to present |

**ADDITIONAL CERTIFICATIONS:**

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| --- | --- |
| **Certifying Board** | **Year** |
| American Heart Association, Advanced Cardiac Life Support | 2004 to 2012 |
| Credentialed Clinical Instructor by the American Physical Therapy Association | 1998 |
| Certified in Vestibular Rehabilitation Therapy | 1997 |

**MEMBERSHIP in PROFESSIONAL and SCIENTIFIC SOCIETIES**

|  |  |
| --- | --- |
| **Organization** | **Year** |
| American Physical Therapy Association | 1994 to present |
| Cardiopulmonary Special Interest Group  Pittsburgh, PA | 2003-2006 |
| Cardiopulmonary Section of the American Physical Therapy Association | 2004-present |
| Acute Care Section and Academy of Acute Care Physical Therapy of the American Physical Therapy Association | 2004-present |
| Specialization Academy of Content Experts (SACE): Item writer for the cardiovascular & pulmonary specialty area | 2010-2014 |
| Council on Prevention, Health Promotion, and Wellness  American Physical Therapy Association | 2018- present |

**HONORS**

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| --- | --- |
| **Title of Award** | **Year** |
| Pennsylvania Physical Therapy Association Research Award  “The Modified Functional Reach and Falls in the Elderly” | 1995 |
| UPMC Quality Fair Award  Health Walk: An Inpatient Walking Program  UPMC Presbyterian Hospital | 2010 |
| Physical Therapy Coordinator of the Year  Duquesne University, Physical Therapy Program | 2014 |
| Most Productive Item Writer  Specialization Academy of Content Experts (SACE) for Cardiovascular and Pulmonary Physical Therapy | 2014 |
| Excellence in Research in the Area of Aging and Rehabilitation  11th Annual Aging Institute Research Award, Pittsburgh, PA  Best Poster Award (Honorable Mention) | 2017 |
| Claude D. Pepper Older Americans Independence Center  Best Poster Award, Annual Meeting, Arlington, VA  Recipient of the School of Health and Rehab Sciences Dean’s  Distinguished Teaching Award  Academy of Acute Care Physical Therapy Educator Award | 2018  2019  2019 |

**PUBLICATIONS**

**Refereed Articles**

1. **Hergenroeder AL**. Implementation of a Competency-based Assessment for Interpretation of Laboratory Values. Acute Care Perspectives, 2006;15(1):8-15.
2. Josbeno DA, Jakicic JM, **Hergenroeder AL**, Eid GM. Physical Activity and Physical Function Changes in Obese Individuals following Gastric Bypass Surgery. Surg Obes Relat Dis. 2010;6(4):361-6.
3. **Hergenroeder AL**, Brach JS, Sparto PJ, Otto AD, Jakicic JM. Influence of Body Mass Index on Self-Report and Performance-Based Measures of Physical Function in Adult Women, Cardiopulm Phys Ther J. 2011;22(3)11-20.
4. **Hergenroeder AL**, Wert D, Hile E, Studenski S, Brach JS. The Association of Body Mass Index with Self-Report and Performance-Based Measures of Balance and Mobility, Phys Ther 2011;91(8):1223-34.
5. Espeland MA, Rapp SR, Bray GA, Houston DK, Johnson KC, Kitabchi AE, **Hergenroeder AL**, Williamson J, Jakicic JM, van Dorsten B, Kritchevsky SB; Action for Health In Diabetes (Look AHEAD) Movement and Memory Subgroup.; Look AHEAD Research Group. [Long-term impact of behavioral weight loss intervention on cognitive function.](https://www.ncbi.nlm.nih.gov/pubmed/24619151) J Gerontol A Biol Sci Med Sci. 2014;69(9):1101-8.
6. Gibbs BB, **Hergenroeder AL,** Katzmarzyk PT, Lee IM, Jakicic JM. Definition, Measurement, and Health Risks of Sedentary Behavior. Medicine & Science in Sports and Exercise. 2015;47(6):1295-1300.
7. Houston DK, Leng X, Bray GA, **Hergenroeder AL**, Hill JO, Jakicic JM, Johnson KC, Neiberg RH, Marsh AP, Rejeski WJ, Kritchevsky SB. A long-term intensive lifestyle intervention and physical function: the Look AHEAD Movement and Memory Study. Obesity. 2015;23(1):77-84.
8. Portzer LA, Rogers RJ, Barone Gibbs B, **Hergenroeder AL**, Rickman AD, Jakicic JM.  Energy expenditure and enjoyment of active television viewing.  International Journal of Exercise Science, 9(1): 64-76, 2016.
9. Choi J, **Hergenroeder AL**, Burke L, Devito Dabbs A, Parmanto B. Delivering an in-Home Exercise Program via Telerehabilitation: A Pilot Study of Lung Transplant Go (LTGO). International Journal of Telerehabilitation. 2016;8(2):15-26.
10. Houston DK, Neiberg RH, Miller ME, Hill JO, Jakicic JM, Johnson KC, Gregg EW, Hubbard VS, Pi-Sunyer X, Rejeski WJ, Wing RR, Bantle JP, Beale E, Berkowitz RI, Cassidy-Begay M, Clark JM, Coday M, Delahanty LM, Dutton G, Egan C, Foreyt JP, Greenway FL, Hazuda HP, **Hergenroeder A**, Horton ES, Jeffery RW, Kahn SE, Kure A, Knowler WC, Lewis CE, Martin CK, Michaels S, Montez MG, Nathan DM, Patricio J, Peters A, Pownall H, Regensteiner J, Steinburg H, Wadden TA, White K, Yanovski SZ, Zhang P, Kritchevsky SB. Physical Function Following a Long-Term Lifestyle Intervention among Middle Aged and Older Adults with Type 2 Diabetes: the Look AHEAD Study. J Gerontol A Biol Sci Med Sci. 2018;73(11):1552-1559.
11. Johnson KC, Bray GA, Cheskin LJ, Clark JM, Egan CM, Foreyt JP, Garcia KR, Glasser S, Greenway FL, Gregg EW, Hazuda HP, **Hergenroeder AL,** Hill JO, Horton E, Jakicic JM, Jeffery RW, Kahn SE, Knowler WC, Lewis CE, Miller M, Montez MG, Nathan DM, Patricio JL, Peters AL, Pi-Sunyer X, Pownall HJ, Reboussin D Redmon JB, Steinberg H, Wadden TA, Wagenknecht LE, Wing RR, Womack CR, Yanovski SZ, Zhang P, Schwartz AV. The effect of intentional weight loss on fracture risk in persons with diabetes: results from the Look AHEAD Randomized Clinical Trial. J Bone Miner Res. 2017;32(11):2278-2287.
12. Jhamb M, McNulty ML, Ingalsbe G, Childers JW, Schell J, Conroy MB, Forman DE, **Hergenroeder AL**, Dew MA. Knowledge, barriers and facilitators of exercise in dialysis patients: a qualitative study of patients, staff and nephrologists. BMC Nephrology. 2016;17(1):192
13. Beavers KM, Leng I, Rapp SR, Miller ME, Houston DK, Marsh AP, Hire DG, Baker LD, Bray GA, Blackburn GL, **Hergenroeder AL,** Jakicic JM, Johnson KC, Korytkowski MT, Dorsten BV, Kritchevsky SB; Action for Health in Diabetes Movement and Memory Ancillary Study Research Group. Effects of Longitudinal Glucose Exposure on Cognitive and Physical Function: Results from the Action for Health in Diabetes Movement and Memory Study. J Am Geriatr Soc. 2017;65(1):137-145.
14. Hayden KM, Baker LD, Bray G, Carvajal R, Demos-McDermott K, **Hergenroeder AL,** Miller ME, with the Look AHEAD Movement and Memory and Look AHEAD Brain MRI Ancillary Study Groups. Long-term impact of intensive lifestyle intervention on cognitive function assessed with the National Institutes of Health Toolbox: The Look AHEAD study. Alzheimer's and Dementia: Diagnosis, Assessment and Disease Monitoring*.* 2018;10:41-48.
15. Barone Gibbs B, **Hergenroeder AL**, Perdomo SJ, Kowalsky RJ, Delitto A, Jakicic JM.  Reducing sedentary behavior to decrease low back pain: The Stand Back trial. Occup Environ. 2018;75**:**321-327.
16. Brach JS, Almeida GJ, Perera S, **Hergenroeder AL**, Kotlarczyk MP, Barone Gibbs B. The Role of the Environment in Sedentary Behavior in Community-Dwelling Older Adults, Journal of Housing for the Elderly.2018:1-10.
17. Gregg EW, Bardenheier B, Chen H, Rejeski WJ, Zhuo X, **Hergenroeder AL**, Kritchevsky SB, Peters AL, Wagenknecht LE, Ip EH, Espeland MA. Impact of Intensive Lifestyle Intervention on Disability-Free Life Expectancy: The Look AHEAD Study, Diabetes Care. 2018;41(5):1040-1048.
18. **Hergenroeder AL,** Barone Gibbs B, Kotlarczyk M, Kowalsky RK, Perera S, Brach JS**.** The Accuracy of Objective Activity Monitors in Counting Steps in Older Adults, Gerontology and Geriatric Medicine, 2018, 4: 2333721418781126.
19. Kowalsky RK, Jakicic JM**, Hergenroeder AL,** Barone Gibbs B. Effect of Using a Sit-Stand Desk on Ratings of Discomfort, Fatigue, and Sleepiness across a Simulated Work Day in Overweight and Obese Adults, Journal of Physical Activity and Health, 2018;15(10):788-794.
20. **Hergenroeder AL,** Barone Gibbs B, Kotlarczyk M, Kowalsky RK, Perera S, Brach JS**.** The Accuracy and Acceptability of Commercial Activity Monitors in Older Adults, In Press, Journal of Aging and Physical Activity, 2018:1-26.
21. Kowalsky RK, Jakicic JM**, Hergenroeder AL,** Barone Gibbs B. Cardiometabolic Effects of Interrupting Sitting with Resistance Exercise Breaks, Journal of Applied Physiology, Nutrition and Metabolism 2019 Feb 19. doi: 10.1139/apnm-2018-0633.*.*
22. **Hergenroeder AL**, Barone Gibbs B, Kotlarczyk M, Kowalsky RK, Perera S, Quinn T, Shuman V, Brach JS. Sit Less for Successful Aging: A Sedentary Behavior Intervention for Older Adults in Independent Living Communities, In Press: Cardiopulmonary Physical Therapy Journal.
23. Kotlarczyk MP, **Hergenroeder AL**, Gibbs BB, Cameron FA, Hamm ME, Brach JS. Personal and Environmental Contributors to Sedentary Behavior of Older Adults in Independent and Assisted Living Facilities. Submitted: IJERPH.
24. Houston DK, Leng X, Neiberg RH, Johnson C, Hill JO, Jakicic JM, **Hergenroeder AL**, Beavers, KM, Pownall HJ, Kritchevsky SB. Change in Body Composition Following Intentional Weight Loss and Its Effect on Physical Performance: The Look AHEAD Study, Submitted: Obesity.

**Research Abstracts**

1. McCrory JL, Roy SJ, **Hergenroeder AL**, and Jakicic JM. The Relationship between BMI and physical function. Proceedings of the 2008 Annual meeting Mid-Atlantic Region of the American College of Sports Medicine. Harrisburg, PA, November 7-8, 2008.
2. McCrory JL, Roy SJ, **Hergenroeder AL**, and Jakicic JM. The Relationship between body mass index and physical function. Proceedings of the 56th Annual meeting of the American College of Sports Medicine. Seattle, WA. May 27-30, 2009.
3. **Hergenroeder AL**, Wert D, Hile E, Studenski S, Brach JS. The Association of Body Mass Index with Performance-Based and Self-Report Measures of Physical Function, APTA Annual Conference, Baltimore, MD, 2009.
4. Sathe, G, **Hergenroeder AL**, Josbeno DJ, Niyonkuru C, Sowa GA. Barriers to Exercise in Chronic Lower Back Pain, PM&R, 2010.
5. **Hergenroeder AL**, Brach JS, Sparto PJ, Otto AD, Jakicic JM. Influence of Body Mass Index on Self-Report and Performance-Based Measures of Physical Function in Adult Women, APTA Annual Conference, Baltimore, MD, 2011.
6. Rapp S, Bray G, **Hergenroeder AL**, Houston D, Jakicic J, Kitabchi A, Van Dorsten B, Williamson J and the Action for Health In Diabetes (Look AHEAD) Movement and Memory Ancillary Study Research Group. Impact of a long-term behavioral weight loss intervention on cognitive function: the Action for Health in Diabetes Movement and Memory Study. The Gerontological Society of America Annual Meeting, New Orleans, 2013.
7. Fitzgerald L, Delitto A, **Hergenroeder AL**, Kelly MK, Miller D, Ridge Hankin T. A Clinical and Academic Faculty Collaboration, APTA Combined Sections Meeting, Las Vegas, Nevada, February 5, 2014.
8. **Hergenroeder AL**. Educating Patients, Colleagues, and Students in the 21st Century, Use of Virtual Patients in Physical Therapy Education, PPTA Annual Conference, Lancaster, PA, October, 2014.
9. Houston D**, Hergenroeder AL**. Change in Body Composition Following Intentional Weight Loss and Its Effect on Physical Performance and Strength: the Look AHEAD study. Obesity Week, Los Angeles, CA, 2015.
10. Schiavone BF, Moreland CM, McVerry B, Lanphere J, Welk K, **Hergenroeder AL**. Implementation of an Interprofessional Mobility Program in the Medical ICU, APTA Combined Sections Meeting, Indianapolis, IN, 2015.
11. Hornyak V, **Hergenroeder AL**. The Use of Assessment Virtual Patients to Examine Clinical Decision Making, APTA Combined Sections Meeting, Anaheim, CA, February 17-20, 2016.
12. Gregg EW, Lin J, Bardenheier B, Chen H, Rejeski J, Zhuo X, **Hergenroeder AL**, Kritchevsky S, Peters A, Wagenknecht L, Ip E, Espeland MA, for the Look AHEAD Study Group. Impact of Intensive Lifestyle Intervention on the Compression of Lifetime Disability: the Look AHEAD trial, America Diabetes Association, New Orleans, Louisiana, June 2016.
13. Gibbs BB, **Hergenroeder AL**, Perdomo SJ, Delitto T, Jakicic JM. Reducing Sedentary Behavior to Decrease Low Back Pain: 3 Month Results of the Stand Back Trial, ACSM Annual Meeting, Denver, CO, 2017.
14. Kline CE,Perdomo SJ, **Hergenroeder AL**, GibbsBB. The Effect of Reducing Sedentary Behavior on Sleep Quality Among Adults with Chronic Low Back Pain: A Randomized Controlled Pilot Study, SLEEP 2017 in Boston, Massachusetts, June, 2017.
15. Quinn T, **Hergenroeder AL**, Perdomo S, Jakicic JM, Delitto A, Gibbs BB. Energy, Health, and Productivity Following a Sedentary Behavior Intervention in Workers with Low Back Pain. ACSM Annual Meeting, Minneapolis, MN, 2018.
16. Kowalsky R, Rogers RJ, **Hergenroeder AL**, Jakicic JM, Barone Gibbs B, Cardiometabolic Effects of Interrupting Sitting with Resistance Exercise Breaks, ACSM Annual Meeting, Minneapolis, MN, 2018.
17. Kotlarczyk MP, **Hergenroeder AL**, Gibbs BB, Cameron F, Hamm ME, Brach JS. Personal, social, and environmental factors influencing sedentary behavior of older adults living in long-term care communities, GSA Annual Scientific Meeting, Boston, MA, 2018.
18. DeVito Dabbs, AJ, Vendetti ML, Willey BM, Imes C, Faett B, **Hergenroeder AL**, Moon E, Jones KB, Hu H, Sanchez PG, Morrell, M. Barriers to Participation in a Multi-component Telehealth Exercise Intervention for Lung Transplant Recipients, The International Society of Heart and Lung Transplant, Montreal, Canada, April 22-25, 2020.
19. **Hergenroeder AL**, Hornyak VH. Use of Hybrid Simulation Workshop in the Doctor of Physical Therapy Program. University of Pittsburgh’s Assessment and Teaching Conference, January 24, 2020
20. Hornyak VH, **Hergenroeder AL**. Format for Debriefing for a Hybrid Simulation Workshop. University of Pittsburgh Assessment and Teaching Conference, January 24, 2020.

**Other Research Presentations**

2018 Sit Less for Successful Aging, Annual Pepper Meeting, Arlington, VA, 5/2018

2017 Accuracy of Research Activity Monitors, Annual Aging Institute Research Day, University of Pittsburgh, 4/2017

**PROFESSIONAL ACTIVITIES**

**TEACHING: School of Health and Rehab Sciences, University of Pittsburgh**

**Doctor of Physical Therapy**

2002-Present

**PT 2027: Cardiopulmonary Physical Therapy II**

* Course coordinator
* 2 credit course in one academic term
* Doctor of Physical Therapy students
* Average class size of 55-65 students

This course has a primary focus on the physical therapy management of the cardiopulmonary patient throughout the continuum of care. The primary goal is to develop competency in the assessment and treatment of cardiopulmonary dysfunction and associated disabilities.

2006-Present,Spring semester

**PT 2026: Cardiopulmonary Physical Therapy I**

* + - Course coordinator
    - 2 credit course in one academic term
    - Doctor of Physical Therapy students
    - Average class size of 55-65 students

This course examines the effects of exercise on healthy individuals and those with disease with specific attention to normal and abnormal physiological responses as indicators of the functional status of the oxygen transport system. The student is expected to demonstrate competency in assessment techniques for vital signs as well as EKG recognition.

2006-Present, Fall semester

**PT 2028: Health and Wellness**

* Course coordinator
* 1 credit course in one academic term
* Doctor of Physical Therapy students
* Average class size of 55-65 students

This course examines health and wellness strategies and interventions across the lifespan, focusing on the role of the physical therapist in the areas of physical activity, nutrition, and sleep health promotion. At completion, students are able to identify and assess the health needs of individuals including screening, prevention, and wellness programs and utilize strategies such as motivational interviewing to address lifestyle changes. Students are prepared to promote optimal health by providing information on wellness, disease, impairment, functional limitations, disability, and health risks related to age, gender, culture, and lifestyle.

2006-Present, Fall semester

**PT 2079: Management of the Medically Complex Patient**

* Course coordinator
* 1 credit course in one academic term
* Doctor of Physical Therapy students
* Average class size of 55-65 students

This course builds upon materials presented throughout the curriculum and utilizes case studies (with simulated patients and multi-media) to examine the management of patient populations with multiple systems involvement, including illness, injury, impairment, functional deficits, and/or disability. This course assesses the student’s ability to screen for medical disease, select appropriate tests and measurements, evaluate and provide a prognosis, and formulate a plan of care for the patient with medical complexity in acute care, inpatient rehab, skilled nursing and outpatient settings.

2006-Present, Fall semester

**Other Lectures and Seminars-University of Pittsburgh**

**Department of Physical Therapy**: PT 2030 Anatomy-Lecturer

Topic: Anatomy of the Cardiovascular and Pulmonary System, Problem-Based Learning Cases in Anatomy

Summer semester 2012-present

**Department of Physical Therapy**: PT 2025 Exercise Physiology-Lecturer

Topic: Introduction to Vital Sign Assessment and Vital Sign Lab

Summer semester 2009-present

**Department of Physical Therapy**: PT 2130 and PT 2090 Clinical Education Seminar-Lecturer and Small Group Facilitator

Topic: Professionalism in the Clinic, Clinical Education Problem Solving, Orientation of Students to the Yearlong Clinical Internship

Summer and Fall Semesters-2016, 2017, 2018, 2019

**Department of Health and Physical Activity:** HPA 3377 Chronic Disease Case Studies-Lecturer

Topic: Obesity, Physical Function, and Disability

Fall semester 2015, 2017, 2018

**Department of Rehab Sciences:** REHSCI 1018 Survey of the Health Professions-Lecturer

Topic: Physical Therapy as a Profession

Fall and Spring semesters 2017-present

**Department of Rehab Sciences:** REHSCI 1240 Issues in Healthcare-Lecturer

Topic: International Healthcare Panel Session

Fall semester 2012-2017

**Professional Presentations**

2002 Auscultation of Lung/Heart Sounds for PT’s, Lab and Competency (UPMC)

Developed Learning module and Competency exam for PT staff

2002 Use of the Ballard Suction Catheter, Learning module, Competency and Demonstration and Training Sessions in conjunction with the Respiratory Therapy Department at UPMC Presbyterian

2002-2006 Physical Therapy in the ICU & ICU Equipment Competency, Development of a Learning Module, Training Session for PT and OT, and Competency Exam (UPMC)

2002-2006 Responding to Codes for Therapy Staff, Developed Learning Module and Competency exam for PT and OT staff (UPMC)

2002-2013 Interpretation of Lab Values in the Acute Care Setting, Developed a Learning Module and Competency exam for PT and OT Departments at UPMC Presbyterian Hospital, Presented training sessions to PT and OT therapy professionals across multiple UPMC hospital sites

2004 Rehab of the Orthopedic Patient with Post-Operative Cardiopulmonary Complications, University of Pittsburgh, Department of Physical Therapy

2005 Current Concepts in Rehab of the Amputee, Centers for Rehab Services, Regional Continuing Education Series

2007 Monitoring Clinical Responses to Exercise: Contraindications and Termination Points, Centers for Rehab Services, Regional Continuing Education Series

2007 PT Examination and Treatment Interventions for Children with Cardiac and Pulmonary Problems, Children’s Hospital of UPMC

2010 Monitoring Clinical Responses to Rehab Interventions with Focus on EKG, Genesis Rehab Department, PT and OT staff

2011 Magee Women’s Hospital of UPMC, Vital Signs and Monitoring Clinical Responses to PT

2013 Mini-CSM Southwest District of the Pennsylvania Physical Therapy Association, Monitoring Clinical Responses to Exercise, Contraindications and Termination Points, UPMC Shadyside Hospital

2010-2013 Cardiopulmonary Rehab, UPMC Rehab Network, Continuing Education Sessions for Nursing about the role of physical therapy in managing patients with cardiac and pulmonary conditions in the acute care environment

2014 Educating Patients, Colleagues, and Students in the 21st Century, Pennsylvania Physical Therapy Association Annual Conference, Lancaster, PA

2016 Assessment of Vital Signs and Responding to Clinical Emergencies, UPMC McKeesport

2016 Cardiovascular and Pulmonary Physical Therapy-A Refresher for Clinicians, Canterbury Place and UPMC Long Term Care Communities

2019 Is Sitting the New Smoking? Reframing Exercise Prescription for the Older Adults, Pennsylvania Physical Therapy Association Southwest District Meeting, Jefferson Hospital, 1/2019

**ADVISING and MENTORSHIP**

2006 5 DPT students

2007 11 DPT students

9 Rehab Science undergraduate students

2008 13 DPT students

6 Rehab Science undergraduate students

2009 16 DPT students

6 Rehab Science undergraduate students

1 PhD Dissertation Committee member

2010 15 DPT students

4 Rehab Science undergraduate students

2011 13 DPT students

6 Rehab Science undergraduate students

2012 11 DPT students

2 Rehab Science undergraduate students

2013 12 DPT students

2 Rehab Science undergraduate students

2014 12 DPT students

2 Rehab Science undergraduate students

2015 10 DPT students

2 Rehab Science undergraduate students

2016 12 DPT students

2 Rehab Science undergraduate students

2017 12 DPT students

2018 11 DPT students

2 Rehab Science undergraduate students

2019 9 DPT students

2 Rehab Science undergraduate students

**Advising and Mentorship-Master’s and Doctoral Committees**

2008

Service on Master’s Thesis

Role: Committee Member

Student: Laura Fonzi

Degree/Institution: MS Health and Physical Activity, University of Pittsburgh

Title: The Effect of Home-Based Resistance Exercise in Overweight and Obese Adults

2015

Service on Doctoral Committee

Role: Committee Member

Student: Lori Portzer

Degree/Institution: PhD, Health and Physical Activity, University of Pittsburgh

Title: Energy expenditure and enjoyment of active television viewing

2017

Service on Doctoral Committee

Role: Committee Member

Student: Robert Kowalsky

Degree/Institution, PhD, Health and Physical Activity, University of Pittsburgh

Title: The Effect of Interrupting Prolonged Sitting with Resistance Exercise Breaks on Cardiovascular and Metabolic Outcomes

**Advising and Mentorship- Adjunct Faculty for Department of Physical Therapy**

2016 Mentoring of adjunct faculty, Andrea Griffith, acute care clinician

Mentoring of adjunct faculty, Leslie Smychnysky, acute care clinician

2017 Mentoring of adjunct faculty, Leslie Smychynsky, acute care clinician

Mentoring of adjunct faculty, Theresa Crytzer, outpatient clinician

**RESEARCH**

**GRANT FUNDING**

**Current Grant Support**

Chambers (PI)

Healthy Lifestyle Institute, University of Pittsburgh 10/1/2019-10/1/2020

**Describing Biomechanics and Clinical Presentation of Movement in Adults with Different Levels of Physical Activity Engagement**

Brief Description of Project Goals: This study aims to describe the impact of physical activity level on biomechanics and parameters associated with pain and injury risk and describe the association between physical activity level and performance on clinical tests of balance and mobility.

Role: Co-investigator-Assist with study design, identification of outcome measures, interpretation of findings and drafting of manuscripts.

R01 NINR NR 01719601A1 Choi, J (PI) 6/1/2018-6/1/2022 0.60 calendar months

National Institute of Nursing Research

**Lung Transplant Go: Improving Self-Management of Exercise after Lung Transplantation**

Brief Description of Project Goals: The goal of this project is to examine the effects of a telerehabilitation-based exercise program on physical function, physical activity and blood pressure control compared to a usual care group in patients s/p lung transplantation.

Role: Co-investigator- Assist with study design and responsible for development of the exercise intervention and selection of outcome measures.

**Completed Grant Support**

NIA 5P30AG024827-13 Greenspan S (PI) 7/1/2017-6/30/2019 4.8 calendar months

National Institutes of Health, Pittsburgh Claude E. Pepper Older Americans Independence Center

**Pepper Scholars Program**

Brief Description of Project Goals: This Program allows dedicated time for the scholar to support research in investigating exercise programs and sedentary behavior interventions for older adults for the purpose of improving physical function and health outcomes.

Role: Research Scholar and Principal Investigator for Pilot Study- Responsible for completion of research studies for older adults in the area of physical activity and sedentary behavior.

Hergenroeder, AL (PI) 1/19/2017-12/31/2017 2.4 calendar months

National Institutes of Health, Pittsburgh Claude E. Pepper Older Americans Independence Center

**Sit Less for Successful Aging: A Sedentary Behavior Intervention for Older Adults in Independent Living**

Brief Description of Project Goals: The goal of this project was to assess the feasibility and acceptability of a 12-week behavioral intervention targeting interrupting prolonged bouts of sitting in older adults residing in independent living environments.

Role: Principal Investigator- Responsible for design of study, development of the intervention, implementation of the program, collection of data and interpretation of results.

Kotlarczyk, MP (PI) 1/19/2017-12/31/2017 1.2 calendar months

National Institutes of Health, Pittsburgh Claude E. Pepper Older Americans Independence Center

**Determinants of Senior Community Residents Sitting Behavior: The DESCRIBE Study**

Brief Description of Project Goals: The goal of this qualitative study is to identify factors that promote or discourage sedentary behavior in older adults residing in long-term care (LTC) communities.

Role: Co-investigator- Assisted with the study design, selection of questions for the qualitative interviews, and identification of outcome measures.

Jhamb, M (PI) 1/1/2016-1/1/2018 0.60 calendar months

**COMEX Study: Comprehensive Exercise Program for Individuals Undergoing Hemodialysis**

Brief Description of Project Goals:The goal of the COMprehensive EXercise (COMEX) pilot study was to test feasibility, tolerability and adherence of this novel video-based intra-dialytic chair exercise program for hemodialysis patients over 3 months.

Role: Co-investigator- Responsible for development and design of the exercise program, creation of the video-based exercise program, scripting the exercise sessions, selection of outcomes related to physical function and interpretation of results.

Hergenroeder, AL (PI) 7/31/2015-6/30/2017 1.2 calendar months

University of Pittsburgh Central Research Development Fund

**Step Count Recording in the Elderly (SCORE study)**

Brief Description of Project Goals: The SCORE study examined the accuracy and acceptability of commercial and research activity monitors in older adults that walk slowly and / or use an assistive device for ambulation.

Role: Principal Investigator- Responsible for design of the study, recruitment and consenting, conducting study visits, data collection, and interpretation of findings.

Barone Gibbs, B (PI) 7/1/2015-7/1/2017 1.2 calendar months

Virginia Kaufman Endowment Fund and CTSI, University of Pittsburgh

**Reducing Prolonged Sitting to Decrease Low Back Pain, “The Stand Back Trial”**

Brief Description of Project Goals: The Stand Back trial was a randomized controlled trial to examine the impact of a sedentary behavior intervention on University of Pittsburgh employees with chronic low back pain (cLBP) who are inactive and sit at their desk for ≥20 hours/week.

Role: Co-investigator- Assisted with overall study design, development of the behavioral intervention and design of the lesson plans, training research assistants to carry out the intervention, quality control, and interpretation of findings.

R01 DK 092237 Espeland, M (PI) 11/10/2011-6/30/2015 0.60 calendar months

National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases

**Action for Health in Diabetes Magnetic Resonance Imaging, Ancillary Study of the Look AHEAD study**

Brief Description of Project: The objective of the study was to determine the long-term effects of a lifestyle intervention on brain structure and function using fMRI.

Role: Co-investigator- Responsible for recruitment, consenting participants, conducting study visits, training research assistants to conduct study visits, quality control and monitoring for physical and cognitive testing, data collection, and interpretation of findings.

Hergenroeder AL and Hornyak V (Co-PI) 5/1/2014-5/1/2015 1.2 calendar months

University of Pittsburgh, Office of the Provost, Advisory Council on Instructional Excellence, Innovation in Education Award, ($5,053.00)

**The Use of Assessment Virtual Patients to Examine Clinical Decision Making**

Brief Description of Project: The major goals of this project were to design and implement virtual patient cases in the entry level DPT Program and compare the use of the assessment virtual patient to standardized patients and written exams for assessment of student clinical decision making. Virtual cases were representative of patients treated by physical therapists in the ICU and long term care setting to increase exposure to students in these settings.

Role: Principal Investigator- Responsible for design, development, implementation, and evaluation of virtual patients in the entry-level DPT Program.

Link to Description of Project: <http://www.pitt.edu/~facaffs/acie/Hergenroeder%20&%20Hornyak.html>

R01 AG033087 Kritchevsky, S (PI) 9/30/2009-8/31/2014 1.2 calendar months

National Institutes of Health, National Institute on Aging

**Intentional Weight Loss and Physical and Cognitive Function, Ancillary Study of the Look** **AHEAD study**

Brief Description of Project: The objective of the study was to determine the long-term effects of a lifestyle intervention designed to achieve and maintain weight loss on physical and cognitive function.

Role: Co-investigator- Responsible for recruitment, consenting, training research assistants to conduct physical function and cognitive function testing, quality control, data collection and interpretation of findings.

Hergenroeder, AL (PI) 1/1/2009-12/1/2009 0.60 calendar months

University of Pittsburgh, School of Health and Rehab Sciences, Research Development Award

**The Influence of Body Mass Index on Self-Report and Performance-Based Measures of Physical Function in Adult Women**

Brief Description of Project: The purpose of this study was to assess physical function in adult women across BMI categories using self-report and performance-based measures and determine the influence of BMI on the relationship between the measures.

Role: Principal Investigator- Responsible for all aspects of the study including design of the study, recruitment, consenting participants, data collection and interpretation of findings.

**RESEARCH: Other Scholarly Contributions**

|  |  |
| --- | --- |
| **Journal Refereeing** | **Years Inclusive** |
| 1. Journal of Gerontology: Medical Sciences | 2017-present |
| 1. American Journal of Preventative Medicine | 2017-present |
| 1. Cardiopulmonary Physical Therapy Journal | 2010-present |
| 1. Archives of Physical Medicine and Rehab | 2018-present |
| 1. Physical Therapy Journal | 2014-present |
| 1. Medicine and Science in Sports and Exercise   **Guest Editor**  International Journal of Environmental Research and Public Health for Special Edition: Physical Activity and Sedentary Behaviour Promotion: Moving Forward | 2016-present  2020 |

**LIST of CURRENT RESEARCH INTERESTS**

* Sedentary behavior interventions for individuals with complex medical conditions
* Behavioral lifestyle interventions for improving physical function
* Physical activity measurement in older adults
* Physical activity prescription across the continuum of care for patients with cardiac and pulmonary dysfunction
* Exercise prescription for patients with complex medical conditions

**SERVICE:**

**University and School**

2008-present Clinical Education Committee, Department of Physical Therapy, University of Pittsburgh

2009-2011 Executive Advisory Committee, University Club Fitness Center, University of Pittsburgh

2009-2011 Life Coach with UPMC Health Plan Wellness Programs for the University of Pittsburgh

2010 PT Department Coordinator for UPMC Health Plan Weight Race

2010 PT Department Coordinator for UPMC Health Plan “Healthy Living Experience” Wellness Fair for the University of Pittsburgh

2010 Workshop “Tips for Getting More Active and Strategies for Starting a Walking Program” for UPMC Health Plan

2011 PT Department Representative for “Healthy U” Program to Promote Healthy Lifestyles for Students at the University of Pittsburgh

2018-2019 Reviewer for University of Pittsburgh Seed Funding Applications

2019-2020 PT Department Scholarship Committee

2019 SHRS Mentoring and Career Development Task Force Member

2020 PT Department Augmented Reality/Virtual Reality/Simulation Work Group Leader

**Professional and Community**

2001-2006 Coordinator and provider of training sessions for UPMC Nursing Department at UPMC Presbyterian on proper body mechanics during mobilization of patients in acute care

2002-2006 Chairperson, UPMC Rehab Integration, Physical Therapy Sub-Committee

for acute care hospitals

2013 Mini-Combined Sections Meeting for the Southwest District PPTA, Monitoring Clinical Responses to Exercise

2018 “Fit with a Physician”, participant in educational walk designed for older adults and led by an experienced guide from Venture Outdoors, sponsored by Allegheny County Medical Society

2019 Member of the Steering Committee for the APTA Acute Care Academy of Physical Therapy, Bridge the Gap National Conference, on the Use of Simulation in Physical Therapy Education