

# University of Pittsburgh

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## BIOGRAPHICAL

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## EDUCATION and TRAINING

### UNDERGRADUATE

1996-2000	Mount Union University Alliance, OH	BS 2000	Biology
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### GRADUATE

2000-2002	University of Pittsburgh Pittsburgh, PA	MPT 2002	Physical Therapy
2003-2005	University of Pittsburgh Pittsburgh, PA	MS 2005	Advanced Clinical Specialization in Physical Therapy

## APPOINTMENTS and POSITIONS

### ACADEMIC

2023	University of Pittsburgh Pittsburgh, PA	Adjunct Faculty
2023-current	University of Pittsburgh Pittsburgh, PA	Assistant Professor

### NON-ACADEMIC

2002-2023	Centers for Rehab Services McKeesport, PA	Staff Therapist
2003-2015	VA Pittsburgh Healthcare System Pittsburgh, PA	Staff Therapist
2015-current	VA Pittsburgh Healthcare System Pittsburgh, PA	Cardiopulmonary Physical Therapy Specialist

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## CERTIFICATION and LICENSURE

### SPECIALTY CERTIFICATION:

American Board of Physical Therapy Specialties Geriatric Physical Therapy	2015
American Board of Physical Therapy Specialties Cardiovascular and Pulmonary Physical Therapy	2019

### MEDICAL or OTHER PROFESSIONAL LICENSURE:

Pennsylvania State Board of Physical Therapy- PT	2002
Pennsylvania State Board of Physical Therapy- Direct Access PT	2007

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## MEMBERSHIP in PROFESSIONAL and SCIENTIFIC SOCIETIES

APTA	2002- current
Academy of Geriatric Physical Therapy	2013-current
Academy of Cardiovascular and Pulmonary Physical Therapy Member Education Committee	2015-current
American Association of Cardiovascular and Pulmonary Rehabilitation	2015-current
APTA Acute Care Academy	2019- current

APTA PA Acute Care Special Interest Group  
APTA Academy of Education

2019-current  
2023-current

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## HONORS

Anne D. Johnston Award- Junior League of Pittsburgh	2021
STAR Award for Joint Commission Accreditation recognition	2020
STAR Award for VA Pittsburgh	2017
Leaguer of the Year - Junior League of Pittsburgh	2014

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## PUBLICATIONS

### 1. ORIGINAL PEER REVIEWED ARTICLES

### 2. OTHER PEER REVIEWED PUBLICATIONS

### 3. OTHER NON-PEER REVIEWED PUBLICATIONS

### 4. BOOKS, BOOK CHAPTERS AND MONOGRAPHS

### 5. PUBLISHED ABSTRACTS (in Scientific Journals)

### 6. ABSTRACTS (not published in Scientific Journals)

- Poster Presentations
- 1. September 2016- Presented poster “Improvements in Cardiac Self-Efficacy in Response to Cardiac Rehabilitation in a Veterans Affairs Hospital System” at The American Association of Cardiovascular and Pulmonary Rehabilitation Annual Meeting in New Orleans, LA
- 2. February 2017- Presented poster “Importance of the physical therapist when assess physical risk oof patients targeted for home-based Cardiac Rehabilitation” at 2017 Combined Sections Meeting in San Antonio, TX
- 3. February 2018- Presented poster “Can you make the frail, unfrail?” at 2018 APTA Combined Section Meeting in New Orleans, LA
- 4. September 2020- Presented poster “Expansion and Improving Access of Cardiac Rehabilitation Across Site in the Veteran Affairs Healthcare System” at 2020 American Association of Cardiovascular and Pulmonary Rehabilitation Annual Meeting
- 5. February 2021- Presented poster “Creation of a Home-Based Covid 19 Rehabilitation Program” at 2021 APTA Combined Sections Meeting
- Oral/Podium Presentations
- 1. October 2018- Speaker for education session “Impact of a Multidisciplinary Team Approach to Cardiac Rehabilitation” at 2017 American Association of Cardiovascular and Pulmonary Rehabilitation Annual Meeting in Charleston, SC

- 2. October 2022- Speaker for the education section “Pulmonary Optimization Breathe and Move” at APTA PA Move Conference

## PROFESSIONAL ACTIVITIES

### TEACHING

#### Primary instruction (Department Physical Therapy)

Course Number	Title	Year - Term	Number of Students	Responsibilities % course taught
PT2201	Cardiopulmonary Physical Therapy 1	2023 - Fall	63	Course Coordinator 80% of lectures 100% of labs

**Description:** PT2201 examines the pathophysiology and management of individuals with cardiovascular and pulmonary disease with emphasis on the physiologic systems that support the performance of aerobic exercise and human movement. Specific attention is given to the implications of cardiovascular and pulmonary disease on physical therapy practice, and how to consider these implications when applying the principles of exercise prescription to healthy individuals and people with co-morbid chronic diseases. This course also includes an overview of EKG rhythm interpretation, cardiovascular and pulmonary diagnostic testing, lab value analysis, case analyses of cardiovascular and pulmonary assessment data, and instruction in vital sign assessment.

#### Other instruction

<b>Teaching Assistant- Gross Anatomy Lab</b> — University of Pittsburgh	2001 & 2003
<b>Teaching Assistant- Patient Management Lab</b> — University of Pittsburgh	2001
<b>Teaching Assistant- Patient Management Lab</b> — University of Pittsburgh	2008-2009
<b>Testing Proctor- Cardiopulmonary Practicals</b> — University of Pittsburgh	2018-2019
<b>Clinical Instructor for Physical Therapy Education</b> -(University of Pittsburgh, Duquesne University, Chatham University, Slippery Rock University, Duke University, University of Southern California)	2003-current
<b>Lecturer- Cardiopulmonary Physical Therapy and Cardiac Rehabilitation</b> — Saint Joseph’s University	2021-current
<b>Adjunct Faculty- Cardiopulmonary Physical Therapy Hybrid Program</b> — University of Pittsburgh	2023-current

## RESEARCH

### Current Grant Support:

Grant Number (funded)	Grant Title	Role in Project	Years Inclusive	Source \$
RO1 AG078153 PIs Kitzman, Forman, Hickey	Physical Rehabilitation for Older Patients with Acute Heart Failure with Preserved Ejection Fraction (REHAB-HFpEF)	Site Interventionalist Lead 5 %Effort	2021-2025	97, 618 per year to Pittsburgh site
PCORI PI Whooley	Comparing Cardiac Rehabilitation at Home or in a Clinic after Hospitalization	Clinician Researcher		

## SERVICE

### Service to VA Pittsburgh Healthcare System

1. 2023: Member of the 2023 Fall Cardiopulmonary Conference Planning Committee – Academy of Cardiovascular and Pulmonary PT
2. 2020-2022: Vice Chair - APTA PA Acute Care Special Interest Group
3. 2023-2025: Chair - APTA PA Acute Care Special Interest Group
4. 2022-current: Education Committee Member - Academy of Cardiovascular and Pulmonary PT
5. 2017: Secretary - Southwest District of the APTA PA

### Service to Professional Organizations

1. 2023: Supervisor Ready program for 2023
2. 2018-2019: Graduate of VISN 4 Leadership Development Institute (LDI)

### Service to Community

3. 2018-2019: President of Junior League of Pittsburgh
4. 2014-2016: Treasurer of Junior League of Pittsburgh