

Sara Knox, PT, DPT, PhD, GCS

Curriculum Vitae

"NOTHING GREAT IN THE WORLD HAS BEEN ACCOMPLISHED WITHOUT PASSION" –G.HEGEL

EDUCATION

PhD in Health Science	Nova Southeastern University Fort Lauderdale, Florida	Graduation Date: May 2017
Doctor of Physical Therapy	Shenandoah University Winchester, Virginia	Graduation Date: Dec 2004
Master of Physical Therapy	Shenandoah University Winchester, Virginia	Graduation Date: May 2003
Bachelor of Science Major: Psychology	The Ohio State University Columbus, Ohio	Graduation Date: May 2000

FELLOWSHIPS/TRAINING

APTA Educational Leadership Institute Fellowship	Alexandria, Virginia	<i>Graduation Date: July 2018</i>
Center for Large Dataset Research, Visiting Scholar (Funded)	Houston, Texas	October 2017

LICENSURE

Commonwealth of Massachusetts	#20535	2013- Present
Virginia Commonwealth	#2305206383	2010- 2014
Direct Access Certification	#2307000386	2010- 2014
State of Ohio	#10518	2003- 2012

CERTIFICATIONS

Board Certified Specialist in Geriatric Physical Therapy	2011- Present
Certified Exercise Expert for the Aging Adult (APTA/AOG)	2010- Present
Certified Clinical Instructor (APTA)	2004- Present

AWARDS AND RECOGNITIONS

Alpha Eta Honor Society 2017
Alpha Eta is the National Honor Society of the Allied Health Professions whose members represent the top ten percent of graduates of Allied Health Schools and Colleges.

John Echternach Research Award, Best Clinician/Faculty Presentation 2011
VPTA Fall Conference: The Student, The Home, The Challenge, Oh My!
Co-Presenter: Lee Ann Eagler PT, DPT, GCS

Emerging Leader Award 2008
To identify and honor physical therapists or physical therapist assistants who have demonstrated extraordinary service early in his or her physical therapy career. The individual should have made exceptional overall accomplishments and contributions to the American Physical Therapy Association (APTA), the component, and the physical therapy profession to advance APTA's vision

TEACHING EXPERIENCE

MGH Institute of Health Professionals Boston, Massachusetts 7/2013- present
Associate Chair of the Department of Physical Therapy 6/2018- present
Assistant Professor

Present

Core Faculty

- PT 710 Cerebellar Dysfunction (2017)
- PT 712 Degenerative Conditions Across the Life Span
- PT 814 Contextual Factors

Guest Faculty

- PT 602 Introduction to Pharmacology

Capstone Advisor

- CHF, COPD, MI Readmissions for Older Adults with Dementia

IMPACT Faculty

- HP 819 Impact2: Interprofessional Project

Old Curriculum

Course Coordinator

- PT 605 Cardiopulmonary Lab
- PH 740 Management of the Geriatric Patient from ICU to Homecare
- PT 778 Comprehensive Case
- PT 727 Psychology of Disability and Illness

Course Instructor

- PT 670 Fundamentals
- PT 791 Development of a Health Promotion Program
- PT 793 Health Promotion Project

Lynchburg College Lynchburg, Virginia

Assistant Professor 1/2010- 6/2013

Assistant Professor/ Assistant Academic Coordinator of Education 1/2010- 6/2012

Course Coordinator

- DPT 714 Professional Practice in Physical Therapy I
- DPT 730 Professional Practice in Physical Therapy II
- DPT 820 Physical Therapist and Community Action
- DPT 915 Physical Therapy with Special Populations II (Geriatrics)
- DPT 923 Integrated Case Application Lab- Level III
- DPT 924 Professional Practice III

Clark State Community College Springfield, Ohio 3/2007- 12/2008

Adjunct Faculty Member

Course Instructor

- PTA 110 PTA Survey
- PTA 146 PTA Procedures II

CLINICAL EXPERIENCE

Care Tenders Home Care Newton, Massachusetts 9/2013- Present

PRN Clinician: Treatment of patients with neurological, cardiopulmonary, orthopedic, and systemic deficits within a predominantly geriatric population in their homes.

Senior Independence Lynchburg, Virginia 11/2012- 6/2013

PRN Clinician: Treatment of patients with neurological, cardiopulmonary, orthopedic, and systemic deficits within a predominantly geriatric population in their homes.

Centra Health System Lynchburg, Virginia 6/2010- 5/2012

Contract Therapy Services through Lynchburg College: Treatment of a predominantly geriatric

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population of patients with neurological, cardiopulmonary, orthopedic, and systemic deficits in their homes.

Alternate Solutions Home Care Dayton, Ohio 10/2008- 12/2009
Clinician: Treatment of patients with neurological, cardiopulmonary, orthopedic, vestibular, and systemic deficits within a predominantly geriatric population in their homes. Supervise Physical Therapist Assistants and work in conjunction with occupational therapists, speech therapists, nursing, and medical social workers.
Field Advisory Committee Member 2009

Freedom Home Health Dublin, Ohio 9/2006- 10/2008
Site Manager: Treatment of patients with balance deficits, orthopedic dysfunctions, and vestibular disorders within a geriatric population in assisted living facilities, independent senior communities, and personal homes. Managed relationships between the company and assisted living facilities.
Set up of new clinical location including development and compilation of documents for ACHC accreditation. Management of site operations.
Clinical Coordinator for Geriatric Residency: Contributed to the development and structuring of the Geriatric residency with The Ohio State University.

Children's Hospital Columbus, Ohio 10/2004- 9/2006
Clinician: Treatment of patients with orthopedic disorders and deficits, and sports related injuries within a population of adolescents and pediatrics on an outpatient basis. Worked in coordination with occupational therapists and speech language pathologists.

Villa Angela Columbus, Ohio 12/2004- 6/2006
Clinician (PRN): Treatment of patients with neurological and orthopedic dysfunctions within a predominantly geriatric population in a skilled nursing facility.

Banyan Tree Rehabilitation Gahanna, Ohio 5/2003- 10/2004
Site Coordinator (2004): Management of clinical and clerical staff of an outpatient orthopedic facility. Responsible for daily operations, billing, and marketing objectives for the site.
Clinician (2003-2004): Treatment of patients with orthopedic, neurological, and vestibular deficits in a population of geriatric, adult, and adolescent patients.
Clinical Coordinator of Education (2003-2004)

PEER REVIEWED PUBLICATIONS/PRESENTATIONS

Knox S. Pneumonia Readmissions: Discharge Dispositions for Older Adults with Dementia. *Arch Phys Med Rehabil.* 2017(10).

Knox S. *Pneumonia Readmissions in Older Adults with Dementia*, Platform presentation, APTA Combined Sections, New Orleans Louisiana, 2/2018

Knox S. *Impact of Discharge Disposition on Pneumonia Readmission Risk in Older Adults with Dementia*, Poster, American College of Rehabilitation Medicine, Atlanta Georgia, 10/2017

Knox S. *Pneumonia Readmissions in Older Adults with Dementia*. Poster
CoHSTAR Summer Institute, Boston, Massachusetts, 6/2017
21st IAGG World Congress of Gerontology and Geriatrics, San Francisco California, 7/2017

Knox S. *Older Adults Diagnosed with Dementia; Pneumonia-Related Readmissions*, Poster, CoHSTAR Summer Institute, Boston, Massachusetts 6/2016.

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Kigin C, Rodgers M, Wolf S. for the Physical Therapy and Society Summit Steering Committee. The Physical Therapy and Society Summit (PASS) Meeting: Observations and Opportunities. *Physical Therapy Journal* November 2010. Knox S. member of the Steering Committee.

PEER REVIEWED EDUCATIONAL PRESENTATIONS

Knox S, Eagler L. Emerging strategies for the management of Behavioral and Psychological Symptoms of Dementia. 2 hour education session, APTA Combined Sections, San Antonio Texas, 2/2017

Knox S, Eagler L. Management of the Complex Patient/Family. 2 hour education session, APTA Combined Sections, Las Vegas Nevada, 2/2014.

Sellers V, Knox S. Effective Communication with Residents and Families: An Interdisciplinary Approach. 2 hour education session, National PACE Conference, Orlando Florida, 10/2013.

Sellers V, Knox S. Effective Communication with Residents and Families: The Daily Challenge of the Long Term Care Health Professional. 1.5 hour education section, AMDA Long Term Care Medicine Meeting, Washington D.C., 3/2013.

Eagler L, Knox S. The Obesity Epidemic: Implications for the Physical Therapist. 4 hour educational session, APTA Combined Sections Meeting, Chicago, Illinois, 2/2012.

Knox S, Eagler L. The Student, The Home, The Challenge, Oh my! Platform presentation, Virginia Physical Therapy Association Fall Conference, Roanoke Virginia, 10/2011.

Knox S, Eagler L. The Student and New Graduate: Meeting the Challenges of the Home Care Environment. 3 hour educational session, APTA Combined Sections, New Orleans, Louisiana, 2/2011.

Knox S. Defensible Documentation.

Ohio Physical Therapy Association, Road Show Series, 2 hour educational sessions

Dayton, Ohio	5/2008
Columbus, Ohio	9/2008
Canton, Ohio	9/2008
Toledo, Ohio	11/2008
Cincinnati, Ohio	11/2008

GRANT FUNDING & FUNDED TRAINING

HPD Research Grant #335970	\$3,740.00
Pneumonia Readmissions for Older Adults with Dementia	
Nova Southeastern University, Ft. Lauderdale, Florida	2016-2017

PROFESSIONAL PRESENTATIONS

Knox S, Dementia Care Update. Invited Speaker, 3 hour education section, Caretenders Home Care, Boston Massachusetts, 8/2017.

Knox S. Emerging Strategies for the Management of Behavioral and Psychological Symptoms of Dementia. Invited speaker, 1.5 hour education session, APTA of MA Geriatrics SIG, 7/2016.

Knox S, Sellers V. Effective Communication with Residents and Families. Invited speaker, 1 hour educational session, 2013 Beard Center Conference on Aging. Lynchburg Virginia, 6/2013.

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Eagler L, Knox S. The Obesity Epidemic: Clinical Implications. Invited speaker, 2 hour educational session University of Findlay Grand Rounds, 10/2012.

Knox S. Exercising your options to a healthy future. Invited Speaker, 1 hour educational session, Westminster Canterbury Resident Education Series, Lynchburg Virginia 5/2012.

Knox S. Exercise your option: Guidelines for Successful Aging. Invited Speaker, 1 hour educational session, 2011 Beard Center Conference on Aging, Lynchburg Virginia, 5/2011.

Knox S. Healthy Aging: It's never too late! Invited Speaker, 1 hour educational session, 2010 Beard Center Conference on Aging, Lynchburg Virginia, 5/2010.

Knox S. Defensible Documentation. Invited Speaker, 1 hour educational session Virginia Physical Therapy Association, District Meeting, Lynchburg, Virginia 11/2010.

Knox S. Back Safety and Proper Transfers. Invited Speaker, 1 hour educational session, Sterling House of Lancaster Employee Education Series, Lancaster Ohio, 11/2007.

Knox S. Facilitation Strategies for the Resident with Parkinson's Disease. Invited Speaker, 1 hour educational session, Sterling House of Lancaster Employee Education Series, Lancaster Ohio, 6/2007.

PROFESSIONAL ACTIVITIES

Professional Memberships

American Geriatrics Society	2016- Present
Gerontological Society of America	2016- Present
American Physical Therapy Association (APTA)	2000- Present
- Geriatric Section	2007- Present, 03-05
- Health Policy & Administration	2011- Present
- Home Health Section	2006- 2015
- Education Section	2010- 2015
- Orthopedic Section	2003- 2011
- Pediatrics	2005- 2006
American Physical Therapy Association of Massachusetts	2013- Present
Virginia Physical Therapy Association (VPTA)	2009- 2013
	2000- 2001
Ohio Physical Therapy Association (OPTA)	2001- 2009

Professional Service

National

- Educational Leadership Partnership Outcomes Subcommittee	2018- present
- APTA Bylaws Taskforce	2018- present
- Federation of State Boards of Physical Therapy, Graduate Item Writer	2013
- Federation of State Boards of Physical Therapy, Item Writer	2011
- APTA Advisory Panel on Education	2007- 2010
- APTA Physical Therapy and Society Summit Steering Committee	2007- 2010

Sections

- Research Committee Member, APTA Academy of Geriatrics	2016- Present
- Director, APTA Section on Geriatrics Board of Directors	2013- 2016
- Awards Committee Chair, APTA Section on Geriatrics	2008- 2013

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- Program Development Committee, APTA Home Health Section 2007- 2008
- Chapter**
- Delegate, APTA of MA 2018- present
- Delegate, VPTA 2011-2013
- Practice Committee Chair, VPTA 2010-2013
- Continuing Education Reviewer, VPTA 2010-2013
- Mentorship Task Force Chair, OPTA 2007- 2009
- Delegate, OPTA 2004- 2009
- Practice Section Liaison, OPTA 2006- 2008
- Awards Committee Chair, OPTA 2007
- Awards Committee, OPTA 2004- 2006
- District Chair, OPTA 2004- 2007
- Membership Coordinator, OPTA Central District 2003- 2004
- New Professionals Network Committee, OPTA 2004
- Student Chief Delegate, VPTA Student Conclave 2002

Professional Development (By Invitation Only)

- APTA's CoHSTAR Intensive Workshop 2017

- Virginia Physical Therapy Association Leadership Retreat 2013
- Virginia Physical Therapy Association Leadership Retreat 2012
- Virginia Physical Therapy Association Leadership Retreat 2011
- Virginia Physical Therapy Association Leadership Retreat 2010

To provide Chapter leaders with the necessary tools to perform their duties, and to build a leadership team that will continue to move the chapter and the profession forward toward Vision 2020

- APTA Physical Therapy and Society Summit Washington DC 2/2009

The Physical Therapy and Society Summit (PASS) will determine areas of opportunity to empower physical therapists to be leaders in integrating innovative technologies and practice models and establish collaborative interdisciplinary partnerships that address current, evolving, and future societal healthcare needs. Participation is limited to 90 physical therapists and 30 external stakeholders by invitation only.

- APTA Private Practice Section Graham Sessions Phoenix, AZ 1/2009

The Private Practice Section presents The Graham Sessions to offer an environment for discussing new ideas, asking questions to better understand problems, or advance ideas on possible solutions with no real barriers and provide a forum for vigorous debate with the goal of learning from each other. Participation is limited to 100 participants who are selected by APTA and PPS.

- OPTA Leadership Conference, Columbus, Ohio 3/2009
- OPTA Leadership Conference, Dublin, Ohio 3/2008
- OPTA Leadership Conference, Columbus Ohio 3/2007
- OPTA Leadership Conference, Columbus Ohio 3/2006
- OPTA Leadership Conference, Columbus Ohio 3/2005
- OPTA Leadership Conference, Columbus Ohio 3/ 2004

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Professional Development

- CoHSTAR Summer Institute, Boston Massachusetts 7/2017
- CoHSTAR Summer Institute, Boston Massachusetts 6/2016
- APTA LAMP Institute, Course #1, San Diego California 1/2013
- Geriatric Section CEEAA Certification Course #3 9/2010
- Geriatric Section CEEAA Certification Course #2 5/2010

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- Geriatric Section CEEAA Certification Course #1 3/2010
 - Manual Therapy for the Geriatric Patient, Dublin Ohio 3/2007
 - Vestibular Dysfunction, Columbus Ohio 10/2006
 - APTA Clinical Instructor Certification Course, Columbus Ohio 10/2004
 - Sole Supports Foot Evaluation and Orthotic Course, Columbus Ohio 6/2003
 - When the Foot Hits the Ground, Herndon Virginia 10/2003
 - APTA Combined Sections Meeting 2006-2014, 2016-present
- Courses attended focused on geriatric, education, and health policy content*

- APTA State Advocacy Forum, Washington D.C. 2007, 2011, 2012
 - VPTA Legislative Day 2010, 2011
 - OPTA Legislative Day at the Court House, Columbus Ohio 2003, 2004
 - VPTA Annual Conference 2010-2013
 - OPTA Annual Conference 2003-2009
- Courses attended focused on geriatric content*

SERVICE TO COLLEGE/SCHOOL/DEPARTMENT

MGH Institute of Health Professions

Institute

- Committee for Teaching Excellence 2013- present
- Work group: Writing group 2017- present
- Work group: Self Assessment Tool Development 2016- present
- Work group: Development Teaching Domains Objectives 2015-2016
- Work group: Development of Teaching Domains 2014-2015
- Work group: Peer mentoring program 2013-2015
- Faculty Governance Committee 2014-2017 (Chair 2015-2016)
- Schwartz Center Educational Rounds Facilitator 2/2016
- Resource panelist for the Schwartz Interprofessional Rounds 1/2015

School of Health & Rehabilitation Sciences

- Mentor for new faculty member 9/2017-present
- Search Committee Member: PT Chair 2016-2017

Department of Physical Therapy

- Outcomes work group 2018-present (Chair)
- Committee for Academic Policies and Procedures 2013-present (Chair 2015-)
- Assessment Task Force 2017-present
- Search Committee Member: Cardiopulmonary Faculty Member 2017
- IONTA Symposium Committee 2013-2016 (Chair 2015-2016)
- CAPTE Self-Study Committee 2013-2014

Lynchburg College

College

- Beard Center on Aging 2010-2013
- 2012 Conference on Aging Planning Committee Member
- 2011 Conference on Aging Planning Committee Member
- Lynchburg College Annual Scholarship Competition
- Volunteer Faculty Interviewer 2010-2012
- Lynchburg College Outside the Classroom Instructor 2010
- Lynchburg College Governor's School
- Colloquia Presenter: Gaming Technologies & Healthcare 2011
- Colloquia Presenter: Innovative Technologies & Healthcare 2010

School of Health Sciences & Human Performance

- School Council, LC School of Health Sciences & Human Performance 2010-2012

Department of Physical Therapy

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- Policy & Procedure Committee Chair 2010- 2013
- Curriculum Review Committee Member 2010- 2013
- Admissions Committee Member, LC, DPT 2010- 2012
- Curriculum Integration Committee Member 2010- 2012
- Faculty Search Committee Member, 6 different faculty positions 2010- 2012