

THERESA HOSKINS MICHEL
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PERSONAL DATA

Date of birth: June 9, 1944
Place of birth: McMinnville, Oregon

EDUCATION

1966 B.A., Earlham College, Richmond, Indiana - Major in Biology

1967 Certificate in Physical Therapy, University of Pennsylvania, Philadelphia, PA

1971 MS, Sargent College of Allied Health Professions, Boston University, Boston (Thesis: Fatigue of Single Motor Units).

2003 DPT , MGH Institute of Health Professions, Boston, MA

2004 DSc in Cardiopulmonary Physical Therapy at the Rocky Mountain University of Health Professions, Provo, Utah

LICENSE: 1968 Massachusetts, #1455

CERTIFICATIONS: 1986, 1989, 1992, 1995, 1999, 2007 ACLS

1988 American Physical Therapy Board Certified Cardiopulmonary Clinical Specialist

1997 Recertified APTBS Cardiopulmonary Clinical Specialist

2007 Recertification of APTBS Cardiopulmonary Clinical Specialist

ACADEMIC APPOINTMENTS:

2007-present MGH Institute of Health Professions—
Clinical Professor of Physical Therapy

1980-2007 MGH Institute of Health Professions—
Clinical Associate Professor of Physical Therapy

1994-1999 Special Service Appointment in the Graduate School of Arts and Sciences of Boston University

1971-74 Sargent College of Allied Health Professions of Boston University:
Assistant Professor in Physical Therapy

1974-1980 Adjunct Assistant Professor of Physical Therapy at Sargent College, BU

HOSPITAL APPOINTMENTS:

- 2007-present Physical Therapist Clinical Associate, Physical Therapy Services
Working with Research collaboration of Department and
Neuroendocrine Department (3-5 hours per week as
Cardiopulmonary Clinical Specialist)
- 1982-2007 Physical Therapist Clinical Associate, Physical Therapy Services,
Massachusetts General Hospital (10 hours per week as
Cardiopulmonary Clinical Specialist)
- 1974-1982 Rehabilitation Institute of Tufts New England Medical Center:
Research Associate in Rehabilitation
- 1971 Sahlgrenska Sjukhuset, Goteborg, Sweden--Research Assistant in
Rehabilitation
- 1967-69 Boston City Hospital, Boston, MA--Staff Physical Therapist.

FACULTY COMMITTEES

- 1991-1992 Faculty Governance and Academic Policies
- 1991-1992 Research Task Force
- 1988-91 Faculty Positions Committee
- 1993-96 Faculty Positions Committee
- 1990 Chair, Faculty Positions Committee
- 1980-present Physical Therapy Program Committee
- 1993-1994 Student Grievance Committee
- 1993-1994 Interdisciplinary Task Force, one of the organizers of the "Grand Rounds"
held for IHP. On May 6, 1994
- 1993-1995 Preceptorship Committee of the IHP, one of the organizers of the first
Preceptorship. Conference held November 6, 1993
- 1993-1994 Chair, Search Committee for Director of Entry Level Program in Physical
Therapy
- 1994-95, 1996-97 Chair, Nominating Committee
- 1996-1997 Course and Curriculum Review Committee
- 1995-1997 Search Committee for Faculty positions in CSD program
- 1997-1999 Task Force on Faculty Practice
- 1997-2000 Chair, IHP Faculty Research Committee
- 2002-2004 Faculty Positions Committee
- 2001-2003 MGH/IHP Marjorie K. Ionta Committee
- 2000-2001 MGH hospital committee : Cardiac Educational Materials Design Team
- 2001-2003 MGH/IHP Chair, Physical Therapy Awards Committee
- 2003-present MGH IHP Schwartz Educational Rounds planning committee
- 2003-2005 MGH IHP Task Force on Course and Instructor Evaluations
- 2004-2005 MGH IHP Co-Chair, Faculty Rank and Promotions Committee
- 2004-2005 MGH IHP Faculty Chair-Elect

2005-2006 MGH IHP Faculty Chair
2006-2007 MGH IHP Chair, Schwartz Educational Rounds planning committee
2006-2007 Faculty Leadership Group
2007-2008 MGH IHP Chair, Schwartz Educational Rounds planning committee
2007-2008 Faculty Positions Committee
2007-2008 Provost and VP of Academic Affairs Search Committee

PROFESSIONAL ASSOCIATION MEMBERSHIPS

Member: American Physical Therapy Association (1969 – present)
Member: APTA Sections on Research, Cardiopulmonary Practice, former member and chair of Research Committee of the Cardiopulmonary Section (1971 – present)
Member: APTA Section on Education (2002 –present)
Member: American College of Sports Medicine (1971 – present)
Member: American Association of Cardiovascular and Pulmonary Rehabilitation (1972 – 2003)
Massachusetts Association of Cardiovascular and Pulmonary Rehabilitation (1980 – 2002)
Member: International Association for the Study of Pain (1990 – present)
Member: American Pain Society (1990 – present)
Board Member: Massachusetts Society of Cardiac Rehabilitation (1989-92)
Board Member: New England School of Acupuncture (1993-2002)
Chair of the Board of New England School of Acupuncture (2000-2002)

Doctoral Committee Chair: Dissertation Committee for Harriet Wittink, in BU Interdisciplinary Doctoral Program, graduated May 1999

Doctoral Committee Member: Dissertation Committee for Sabriyah Almazeedi in Sargent College of Health Professions in Health Sciences, BU, graduated May 2000
Nominated to represent APTA on Health and Human Services Physical Activity Guidelines Advisory Committee (February 2007)

EDITORIAL BOARDS:

Editorial Advisory
Board Member: Physiotherapy Research International, 1996-present
Journal of Palliative Care, 2003-present

BOOKS AND CHAPTERS:

1. Michel, T Hoskins: "Physiological Effects of Endurance Training," in Cardiac Rehabilitation, Amundsen LR (ed), Churchill Livingstone, New York, 1981, pp. 29-42.
2. Michel, T Hoskins (ed), Pain, vol I, International Perspectives in Physical Therapy, Churchill Livingstone, Edinburgh, 1984.
3. Cohen MS, Michel T Hoskins: Cardiopulmonary Symptoms in Physical Therapy Practice, Churchill Livingstone, New York, 1988.
4. Michel, T Hoskins and Downing J: "Screening for Cardiovascular System Disease" in Examination in Physical Therapy Practice, edited by Boissonnault, Churchill Livingstone, New York, 1992, pp. 33-71.
5. Wittink H, Michel TH, and Wolff M: "Pain Management in Physical Therapy" in MGH Manual of Pain Management, edited by Borsook, Carr, McPeck and LeBel, Little Brown, Boston, July 1995, pp. 112-120.
6. Michel TH, and Downing J: "Screening for Cardiovascular System Disease" in Examination in Physical Therapy Practice, edited by Boissonnault, 2nd edition, Churchill Livingstone, NY, 1995, pp. 31-66.
7. Wittink H, Michel, T Hoskins: Chronic Pain Management for Physical Therapists, Butterworth-Heinemann, Newton, MA, May 1997.
8. Wittink H, Michel, T Hoskins: Physical Therapy Evaluation and Treatment. In Chronic Pain Evaluation and Treatment, (Aronoff G, ed), 4th edition, Williams and Wilkins, Baltimore, February, 1998.
9. Wittink H, Michel, T Hoskins: Chronic Pain Management for Physical Therapists, Butterworth-Heinemann, Burlington, MA, 2nd edition, 2002.
10. Wittink H, Michel TH: "Pain Management in Physical Therapy" in MGH Manual of Pain Management (2nd ed) edited by Ballantyne, et al, Little Brown, Boston, 2001.
11. Michel TH: "Palliative Care Competencies for Physical Therapy", Chapter 17, in Dying, Death and Bereavement: A Challenge for Living (2nd ed) edited by Corless, Germino, Pittman, Springer Publishing Co, NY, NY, pp. 329-343, 2003
12. Michel TH, Wittink H: "Pain Management in Physical Therapy" in MGH Manual of Pain Management (3rd ed) edited by Ballantyne et al, Little Brown, Boston, 2005
13. Patient Education Book: Cardiac Rehabilitation (2nd edition), Mass General Hospital, 2005
14. Nathan DM & Delahanty LM: Beating Diabetes, Harvard Medical School, contributions to chapter on Physical Activity, 2005
15. Michel, T Hoskins: "Chapter One: Exercise Pathophysiology" edited by Zada CC; Elsevier, NY, in preparation 2008.

ORIGINAL ARTICLES:

1. Grimby G, Bjorntorp P, Fahlen M, Hoskins T, Hook O, Oxhoj H, and Saltin B: "Metabolic Effects of Isometric Training," Scand J Clin & Lab Invest 31 (3):301-305, 1973
2. Hoskins T and Squires J: "Developmental Assessment: A Tool for Gross Motor and Reflex Development" Physical Therapy 53 (2):117-126, 1973
3. Hoskins T: "Physiologic Responses of Hemiparetic Patients to Specific Exercise Stress" Newsletter, Section on Research, APTA 6 (1):30, 1973
4. Hoskins T and Habasevich R: "Cardiac Rehabilitation: An Overview" Physical Therapy 58(10):1183-1190, 1978
5. Brinkmann J and Hoskins T: "Physical Conditioning and Altered Self Concept in Rehabilitated Hemiplegics" Physical Therapy 59(7):859-865, 1978
6. Wolff MS, Michel TH, Krebs DE, and Watts NT: "Chronic Pain Assessment of Orthopedic Physical Therapist's Knowledge and Attitudes" Physical Therapy 71(3)207-214, 1991
7. Michel TH: "Outcome Assessment in Cardiac Rehabilitation" in International Journal of Technology Assessment in Health Care, Editors of special edition on Physical Therapy NT Watts and M av Klinteberg 8(1):76-84, 1992.
8. Michel TH: "Should Physical Therapists Treat Pain or Dysfunction? What is the primary Treatment Goal?" Scand J Rehab Med, Suppl 32:79, 1995
9. Baum H, Biller B, Finkelstein J, Cannistraro KB, Oppenheim DS, Schoenfeld D, Michel TH, Wittink H, and Klibanski A: "Effects of Low Dose Growth Hormone Administration on Bone Density and Body Composition in Patients with Adult Onset GH Deficiency" Annals of Int Med 125(11):883-890, 1996
10. Corless I, & Michel TH: "Interdisciplinary Graduate Education in Palliative Care: An innovation whose time has come", New England Pain Association Newsletter 5: 12-13, 1999
11. Jedlinsky BP, McCarthy CF, and Michel TH: "Validating Pediatric Pain Measurement: Sensory and Affective Components" Pediatric Physical Therapy, summer edition, 2000
12. Wittink H, Michel TH, Kulich R, Wagner A, Sukiennik A, Maciewicz R, and Rogers W: "Aerobic Fitness Testing in Patients with Chronic Low Back Pain" Spine 25(13):1704-1710, 2000
13. Wittink H, Michel TH, Wagner A, Sukiennik A, and Rogers W: "Deconditioning in Patients with Chronic Low Back Pain" Spine 25(17):2221-2228, 2000
14. Michel TH: --"Editorial: Do Physical Therapists have a role in palliative care?" Physiotherapy Research International 6(1):v-vi, 2001
15. Wittink H, Michel TH, Sukiennik A, Gascon C, and Rogers, W: "The association of pain with aerobic fitness in patients with chronic low back pain" Arch of PM&R 83(10):1467-1471, 2002

16. Corless IB, Michel TH, Nicholas M, Jameson D, Purtilo R, Dirkes AMA: "Educating health professions students in communication for compassionate care-giving: A Case Study. *Journal of Nursing Education* (accepted for publication).
17. Barr R, Michel TH, Mary Jane Myslinski, Pierce S, Scarborough P: *PFSP (Physical Fitness for Special Populations) Pocket Guide: Type 2 Diabetes*. APTA, Alexandria, VA, 2007

INVITED PRESENTATIONS:

1. Hoskins T, Egan A and Deusterhaus MA: "Physical Therapy Management of Pain" Panel Moderator and Discussant, Illinois Chapter APTA Annual Meeting, November 1973.
2. Hoskins T: "Physical Therapy Management of Pain in Cancer" Cancer Rehabilitation Program for APTA, New England Region, 1974
3. Hoskins T: "Seminar on Cardiac Rehabilitation" Two-day seminar sponsored by the Education Committee of the Massachusetts Chapter of the APTA, April, 1976
4. Hoskins T: "Diabetes and Exercise" Diabetes Educators Meeting, New England Region, April, 1978
5. Hoskins T: "Review of Physiologic Effects, Indications and Contraindications of Heating Modalities" National Conference of APTA, Las Vegas, June, 1978
6. Michel T Hoskins: "Workshop on Diabetes and Exercise" Two-day workshop sponsored by the American Diabetes Association, Eastern Division, Rochester, NY, September, 1978
7. Michel T Hoskins : "Pulmonary Rehabilitation" American Lung Association, Boston, Mass, March 7, 1979
8. Michel T Hoskins and Habasevich R: "Cardiac Rehabilitation" University of Connecticut Physical Therapy Student Organization, Storrs, Connecticut, April 1979
9. Michel T Hoskins and Zadai CC: "Research on Chest Physical Therapy" Cardiopulmonary and Research Sections of APTA, Preconference Course, Atlanta, June 9, 1979
10. Michel T Hoskins: "Exercise as a Component in a Behavioral Modification Program for Weight Reduction" New England Association for Nutritionists, Countway Medical Library, Boston, Mass, June, 1979
11. Michel T Hoskins: "Four Years Experience with Cardiac Rehabilitation: Rehabilitation Lecture for State University of New York at Buffalo, NY, October, 1979
12. Michel T Hoskins: "Clinical Problems in Cardiac Rehabilitation – A Case Report" Lecture in Cardiac Rehabilitation Symposium, A workshop for experienced clinicians, Boston, March 1981
13. Michel T Hoskins: "Physical Therapy Assessment, Principles of Testing and Training of Cardiac Patients" An annual educational workshop on Cardiac Rehabilitation, Providence, April, 1981.

14. Michel T Hoskins and Shevenell L: "What it means to be Physically Fit" Sport Health Information Series, MGH, March, 1983
15. Michel T Hoskins: "Cardiovascular Responses to Exercise, to Training, and Cardiac Rehabilitation" June, 1983 to Tufts Residents in PM&R.
16. Michel T Hoskins and Cohen M: "Improving Cardiovascular Endurance for the General Rehabilitation Patient" Two-day continuing education course, Newport, Rhode Island, July 1983
17. Michel T Hoskins: "Focus on Fitness" Two-day conference for Illinois Chapter of the APTA, Oct, 1984
18. Michel T Hoskins: "Cardiac Rehabilitation" Lecture for Gerontology Nursing Students, January, 1985
19. Michel T Hoskins: Research Discussant for "Stepping Between Science and Practice—Chronic Pain in the Oncology Patient" Boston, March, 1988
20. Michel T Hoskins: "Pain Treatment Concepts and "New Developments in Pain Treatment" Fourth Annual Knee Replacement Symposium, Boston, April, 1989
21. Michel T Hoskins: "Metabolic Evaluation of Work Related Tasks in Patients at the Workplace" Two-day program, APTA Annual Conference, Boston, June, 1991
22. Michel T Hoskins: "Back to Work" workshop on Pain in the worker, Department of Rehab, Karolinska Institute and Folksam Insurance Co, Stockholm, Sweden, April, 1992
23. Michel T Hoskins: "Physical Therapy for RSD" Gaylord Rehabilitation, 1 Day Symposium, Wallingford, CT, Oct, 1993
24. Case Conference "RSD" A Chronic Pain Dilemma for Physical Therapy Management" Discussant. World Confederation of PT, Washington DC, June 1995
25. Michel T Hoskins and Spross J: "Pain Management: A Critical Component of Geriatric Rehabilitation." Workshop in Third Annual Geriatric Rehabilitation Conference, May 1996
26. Michel T Hoskins: "RSD: A Chronic Pain Dilemma for Physical Therapy Management" Presented to Harvard Medical School as part of their Elective: Pain: Exploring Issues from Sensory Receptors to Societal Concerns. April 8, 1996, and April 29, 1997, April 17, 1998
27. Michel T Hoskins: "Reflex Sympathetic Dystrophy", Fourth Congress: International Federation of Societies for Hand Therapy. Vancouver, Canada, May, 1998
28. Michel T Hoskins: "Exercise for elders", for Primary Care of Older Adults course in Nursing Program at IHP, November, 1998, November, 1999, November, 2000, November 2001, November 2002
29. Michel TH: Discussant for "Pain Relief Champion Seminar" MGH, October 1999, Oct. 2000, May 2003
30. Michel TH: Presentation: Physical Therapy Modalities for "Pain Relief Champion Seminar" MGH, April, 2003

31. Michel TH: Management of Patient with CHF. Partner's Home Care, Boston, July 2004
32. Nathan D & Michel TH: Diabetes Update. APTA National conference, Boston, June 2005
33. Michel TH & Paz, J: A Case Based Approach to Diagnostic Screening. Mass Chapter, APTA conference, November 2006

PROFESSIONAL PRESENTATIONS:

- 1971 Hoskins T and Powers W: "Fatigue of the Single Motor Unit" Annual Conference of APTA, Boston
- 1975 Hoskins T: "Physiologic Responses to Known Exercise Loads in Hemiplegic Patients" Annual Conference of American Congress of Rehab Med, Atlanta
- 1978 Hoskins T: "Regional Distribution of Ventilation During different Breathing Maneuvers" Annual Conference of Mass Chapter of APTA, Cape Cod
- 1978 Hoskins T and Brinkmann J: "Physical Conditioning and Altered Self Concept in Rehabilitated Hemiplegics" Annual Conference of American Congress of Rehab Med, New Orleans
- 1985 Piccolomo R and Michel T Hoskins: "Stress Testing Patients with Chronic Disease" Cardiopulmonary Section, Midwinter Conference, APTA, Orlando.
- 1989 Wolff, M, Michel T Hoskins, Watts NT, Krebs D: "Chronic Pain: Assessment of Knowledge/Attitudes of Physical Therapists" Platform presentation, APTA National Conference, Nashville
- 1992 Senneville A & Michel TH: Comparison of Outcomes of Cardiac Patients with Differing Lengths of Rehabilitation. APTA San Francisco conference
- 1994 Michel TH: Emotional Responses to a 10 Day Exercise Intervention in Hospitalized Arrhythmia Patients. WCPT, Washington, DC
- 1994 Nee J & Michel TH: Functional Improvements After a 10 Day Exercise Program in Hospitalized Arrhythmia Patients. WCPT, Washington, DC
- 1997 Michel TH, Cahill C, Corless I, Hodgson J, Macaruso P, Young E & Systrom D: Fatigue in HIV positive individuals: Issues of Neuromuscular Function. MGH Research Symposium poster
- 1997 Rohan Ball E, Michel TH & Cahalin L: Quality of Life in Elderly Heart Failure Patients is Related to Quadriceps Muscle Performance. American Association of Cardiovascular and Pulmonary Rehab, Dallas TX.
- 1997 Rohan Ball E, Michel T, Cahalin L: Relationship Between Muscle Impairments, and Disability in Heart Failure Patients. Cardiopulmonary Section of APTA, Boston
- 1999 Lin CJ, Michel TH, Steiner LA, Wittink H: The Perception of Exertion in Patients with Chronic Low Back Pain. Mass Chapter meeting, APTA, Hyannis
- 2001 Michel T H: Palliative Care Competencies for Physical Therapists. Oncology Section of APTA, San Antonio, TX

2003 Michel TH: Diabetes Prevention. Emerging PT Practice: Number 10, APTA Interview

POSTER SESSIONS:

Pomfret D & Michel TH: "Myocardial Perfusion Before and After 12 Weeks of Physical Conditioning in Post Myocardial Infarction Patients" Annual Meeting of American Academy of Physical Med and Rehab, Honolulu, HI, 1979

Nelson L, Michel T Hoskins, Cohen M: "Comparison of Rating of Perceived Exertion During Arm and Leg Exercise. APTA National Conference, 1985

Michel TH & Cohen M: "Cardiopulmonary Responses to Isokinetic UBE Exercise" Mass Chapter of APTA, Cape Cod, 1987

Wasserman JB, Michel TH, Harris BA: "Measures of Quadriceps Muscle Endurance: A Comparative Study", APTA Nashville, TN, 1989

Trombley A, Michel TH: "Comparison of Outcomes of Cardiac Patients with Differing Lengths of Rehab", American Heart Association, Mass Chapter, Needham, MA, 1991

Bishop KL, Michel TH, Bottomley J: " A Comparison of HR and RPE During Arm Cranking in Patients with Diabetes Mellitus" APTA Annual Conference, Boston, 1991

Johnson E, Hodson L, Harris BA, Michel TH, Krebs D: "Force-Velocity Relationship of Quadriceps: An In Vivo Study" APTA Annual Conference, Boston, 1991

Michel TH, Fynan K, Harris BA, Heislein D, and Jette A: " A Model for Evaluation of Energy Costs of Videotaped Exercise Programs for Seniors" APTA Annual Conference, San Francisco, 1992

Spross J, Michel TH: "Pain Content in the Curriculum: A Program to Enhance Faculty Knowledge" International Association for the Study of Pain, 7th World Congress, Paris, France, 1993

Nee J, Michel TH: "Functional Improvements after a 10 Day Exercise Program in Hospitalized Arrhythmia Patients" AACVPR Annual Conf; Portland Oregon, 1994

Michel TH, Cahill, C, Corless I, Hodgson J, Macaruso P, Young, E and Systrom D: "Fatigue in HIV Positive individuals; issues of neuromuscular function. MGH Research Symposium, January 1996

Wittink H, Michel TH: “Comparison of Three Alternative Symptom Limited Maximal Exercise Test Protocols for Determination of the Most Accurate Test of Aerobic Fitness in Chronic Low Back Pain Patients”, AACVPR Annual Conference, Dallas, 1997

Wang CH, Michel TH, Lerner, D: “The Relationship of Health Status to Employment in Individuals with Cardiopulmonary Disease”, The First International Conference on Cardiopulmonary Rehabilitation, Quebec City, Canada, 1999

Shih CY, Michel TH, Grimes, K: “The Relationship between Exercise Capacity and Health Status”, The First International Conference on Cardiopulmonary Rehabilitation, Quebec City, Canada, 1999

Downs Vogel, P, Michel TH, and McGibbon C: Effect of Adding IMT (Inspiratory Muscle Training) to a Pulmonary Rehab Program for Patients with COPD which includes upper extremity exercise. American Thoracic Society annual international meeting, Atlanta, GA, May, 2002

Michel TH, Watkins, MP, Watts, NT, Purtilo R, Jette, DU: “Comparison of Student Perceptions of learning: Online versus On Site”, presented at Combined Section Meeting, Nashville, February, 2004

Michel TH, Watts NT, Jette DU, Purtilo R, Watkins, MP: “Comparison of Learning Outcomes: Online versus On Site”, presented at National APTA Meeting, Chicago, July 2004

TEACHING EXPERIENCE:

1971-72 Sargent College of Allied Health Professions of Boston University
Professional Socialization

1972-74 Sargent college
Analysis of Procedures for the Improvement of Tissue Nutrition
Advanced Exercise Physiology
Movement Analysis
Functional Anatomy and Kinesiology

1972-1980 Sargent College
Thesis Advising

1980-present MGH Institute of Health Professions
Co-taught HP 703 Interdisciplinary Approaches to Pain Management for first 4 years
Taught HP 703 for last 8 years. In 2000 HP 703 was split into HP 704 and HP 705 (2 Modules. There were 9 students enrolled.)
Co-teach PH 742 Clinical Applications in Exercise Physiology
Taught PH 742 DL in fall 2006.

Co-teach PT 824 Advanced Seminar in Physical Therapy (1995 –2008)
Teach PT 785 Diagnostic Screening in PT (1994 – present) And the On Line Version of PT 785 offered twice each year. Taught PT 785 DL once 2007-08.

Co-teach PH 739 Cardiopulmonary Clinical Laboratory (1998 – 2006) offered twice each year.
Taught PH 739 Cardiopulmonary Clinical Laboratory 2007-2008 once (no co-teacher).
Co-taught DL HP 720 Clinical Research once

Lecturer in PT 720 Foundations of Clinical Assessment in Physical Therapy
Lecturer in PT 865 Concepts of Orthopedics (now renamed Foundations of Neuromuscular Physical Therapy 2 times each fall)
Thesis Advising, Student Advising

Coordinate all Clinical Preceptorships for PT 839. Direct all teaching, cardiopulmonary clinical and research preceptorships. From 2004 to present have also directed all neurologic preceptorships. Have done clinical precepting of Students at MGH in cardiopulmonary physical therapy (4 students in 1999, 1 in 2001). As of 2007-2008 no longer coordinating Clinical Preceptorships (Clinical Education Team taking this role on).

MASTER'S THESES SUPERVISED:

- 1984 Lee Nelson: Comparison of Rating of Perceived Exertion During Arm and Leg Exercise
- 1987 Doranne Long: Nutrition Knowledge of Sports Physical Therapists
- 1988 Paul Creedon : Outcomes of a Rehabilitation Program for Anterior Cruciate Repair
- 1988 Jennifer Wasserman: Measures of Quadriceps Muscle Endurance: A Comparative Study
- Lydia Fritschy: The Effects of Beta-adrenergic Blockade on heart rate during the Recovery Phase of Exercise
- 1989 Sabriyah Almazeedi: Comparison of Two Different Arm Ergometer Protocols for Determination of Peak Physiologic Responses
- 1990 Melissa Wolff: Chronic Pain: Assessment of Knowledge and Attitudes of Physical Therapists
- 1991 Ennette Larson: Muscle Substrate Metabolism and Bioenergetics during rest and Graded Exercise and Relationship to Self-selected Dietary Intake and Body Composition. (dietetics)

- Deborah Couture and Iris Neofotistos: The Reliability of the Psychophysical Approach to Measure Dynamic Lifting Capability on the BTE Work Simulator
 Elizabeth Johnson and Laura Hodson: Force-Velocity Relationship of Quadriceps Femoris In Vivo
- 1992 Tina Nebhnani: Reliability of Chest Wall Excursion Measurement
 Adrienne Trombley Senneville: Comparison of Outcomes of Cardiac Patients with Differing Lengths of Rehabilitation
 Kathy Lee Bishop: A Comparison of HR and RPE During Arm Cranking in Patients with Diabetes Mellitus
- 1993 Suh-Jen Lin: Reliability of the Standardized Walk Test for COPD Patients
- 1994 Mary Lasdin: A Comparison of Two Arm Crank Exercise Protocols to Evaluate Peak Physiologic Responses to Exercise in Women (Northeastern University in Exercise Science)
- 1995 Julie Nee: Functional Improvements after a 10 Day Exercise Program in Hospitalized Arrhythmia Patients
 Linda Cantley: The Effect of Controlling Early morning Lumbar Flexion on Impairment and Disability in Subjects with Chronic Non-Specific Low Back Pain
- 1996 Beverly Jedlinsky: Validating Pediatric Pain Measurement: Sensory and Affective Components
 Jaime Paz: Performance Characteristics of Growth Hormone Deficient Subjects
 Debra Shaw-Davis: Development of a Patellofemoral Rating Scale which assesses Patient's Symptoms and relates them to Activity Level
 Nancy Schonheinz: Relationship of Impairments to Function in Assessing Back Pain
- 1997 Ellen Rohan Ball: Relationship between Muscle Impairments, and Disability in Heart Failure Patients
 George Potamitis: Managing Low Back Pain: Attitudes and Treatment Preferences of Physical Therapists
- 1998 Diana Mullen-Rivers: EMG Paraspinal Muscle Assessment in the Elderly
 Nora Gilligan-Havens: The Functional Independence Measure: Its usefulness as a predictor Of discharge placement with various stroke populations
- 2000 Penelope Herbert: Knowledge and Attitudes of Rehabilitation Professionals Regarding Pain
 Laura Davis: The Effect of Aquatic Therapy on Pain and Function in a Subject with Low Back Pain
 Linda Shih: The Relationship between Exercise Capacity and Health Status
 Flora Wang: The Relationship of Health Status to Employment in Individuals with Cardio-Pulmonary Disease
 Emily Chen: The Predictors of Long Term Out-comes in Patients with Congestive Heart Failure—A follow up study
 Elaine Lin: The Perception of Exertion in Chronic Low Back Pain Patients

- 2001 Kathy Duddy: A Golf Specific Exercise Program and the Functional Carry-over to the golf course
 Daniel Levine: The Relationship Between Land Based Tests and Three Ice Skating Tests
 Elizabeth Falcone: The Impairment and Disability Relationship in Low Back Pain Patients
 Dorothy Aiello: Polio Survivors: A Comparison of Fallers vs. Non-Fallers on a Functional Task and a Disability Measure
 Paula Downs-Vogel: Effect of Adding IMT (Inspiratory Muscle Training) to a Pulmonary Rehab Program for Patients with COPD which includes upper extremity exercise.
- 2002 Hsien-Pin Chen: Characteristics of the TOPS outcome measure in Chronic Pain Patients
- 2004 Tina Calise: Comparison of Patients with Community Acquired Pneumonia admitted to acute care hospital who received Physical Therapy from those who did not

DOCTORAL DISSERTATIONS SUPERVISED

- 1998 Harriet Wittink: Aerobic Fitness, Pain, Function and Disability in Chronic Low Back Pain
- 1999 Sabriyah Almazeedi: Impact of Exercise Intensity and Muscle Mass on Muscle Fatigue, Exhaustion, and Recovery During 1- and 2-Leg Dynamic Knee Extension Exercise in Humans

RESEARCH INTERESTS

1. Diabetes Prevention Project -- multicenter trial called Primary Prevention Trial #DK48397 funded by NIH from 1996-2002. Now completed.
2. LOOKAhead Study: A follow up study is now underway also funded from NIH for a 10 year period. David Nathan, PI. This latter study is for diabetic subjects to determine the role of diet/exercise and weight reduction on prevention of heart disease. 10% of my time for 6 years, now shifted to per diem.
3. Metabolic Syndrome, Lifestyle Modification and Resistance Training in HIV Disease #2 R01 DK49302-10A2, Steven Grinspoon, PI Funded by NIH from 9/15/2006 to 7/31/2011 for \$363,807. 10% of my time
 The major goals of this project are to investigate the effects of lifestyle modification in HIV-infected patients with the metabolic syndrome, and characterize longitudinal changes in cardiovascular risk markers in this population. I am a co-investigator.
4. Self Esteem and Physical Activity in Overweight School-Aged Children. Supported by the Dedham Health & Athletic Complex. Not funded. Pilot study completed. New proposal in preparation.
5. The Effects of Exercise Training with Partial Muscle Ischemia in Patients with COPD –funded in part by NIH No. 1K24 HL04022-01A1 (David Systrom, MD, department of Pulmonary and Critical Care Medicine, MGH). On hold.

6. Comparison of learning outcomes and perceptions of learning experiences between two cohorts of students who studied either on site or on line in an advanced course for Transitional DPT students called Diagnostic Screening for Physical Therapists. This is my dissertation research.

7. Defining competencies in palliative care for physical therapists.

AWARDS:

1. The Jack Walker Award for the best article on clinical practice of clinical research published in *Physical Therapy* in 1978.
2. Research Award, Marjorie K. Ionta Fund, 1990
3. Award for Best Platform Presentation. Cardiopulmonary Section. APTA Combined Sections Meeting, Boston, February 1998
4. Faculty Seed Grant to help support dissertation research, 2001 and 2002.
5. Partners in Excellence Awards in recognition of Outstanding Performance and Commitment to Excellence 2002, 2004, 2005 (2), 2006, 2007

GRANTS:

1. 1990-1992 \$25,000 from various sources to support Faculty Pain Symposium for MGH IHP
2. 1990 \$500 from Marjorie K. Ionta Fund
3. 1990-1997 \$50 per test for each subject in Growth Hormone Study – funded by Genentech Company
4. 1994-2002 \$4.5 million to MGH for Primary Prevention Trial #DK48397 Diabetes Research under David Nathan, MD. My part is 10% of my time.
5. 2001 \$1,750 Research SEED money from the Institute of Health Professions to support dissertation research.
6. 2002-2003 \$2250 Research Seed money from the Institute of Health Professions to support dissertation research.
7. 2002-2012 Look Ahead Study—Diabetes Research under David Nathan, MD. Sponsored by NIH National Institute of Diabetes and Digestive and Kidney Diseases. My part is 10% of my time.
8. 2005-2006 Self Esteem and Physical Activity in School-Aged Children Sponsored by Dedham Health & Athletic Complex, Dedham, MA \$100 per child.
9. 9/15/2006 to 7/31/2011 Lifestyle Interventions for Metabolic Syndrome in HIV subjects for \$363,807. 25% of my time
10. R21 proposal prepared for NIH/NICDH, submitted Feb 13, 2007. Not funded.

11. In preparation, proposal to study Body Image changes with Physical Activity programs for obese children 8-10 years of age. To be submitted.

April 28, 2008