

**Meaghan Costello, PT, DPT (*she/her/hers*)**  
**Neurological Clinical Specialist**

**Education**

Doctor in Physical Therapy, MGH Institute of Health Professions  
Boston, Ma. 2002  
Bachelor of Science, Biology, Bridgewater State College (University)  
Bridgewater, Ma. 1996

**Licensure**

Physical Therapist, Commonwealth of Mass, License #16366 2003-present

**Certifications**

ABPTS Recertified Clinical Specialist in Neurologic Physical Therapy 2020  
ABPTS Clinical Specialist in Neurologic Physical Therapy 2010  
Certified Clinical Instructor, American Physical Therapy Association 2005

**Academic Appointments**

MGH Institute of Health Professions, Boston, Ma  
School of Health & Rehabilitation Sciences  
Physical Therapy  
Instructor-Class PT-880-N-12 Medical Management 2023, 2024  
Lab Instructor - 2022-present  
PT-603N Fundamentals of Patient/Client Management  
PT-604N Patient/Client Management Cardiovascular/Pulmonary 1  
PT-605N Patient/Client Management Cardiovascular/Pulmonary 2  
PT-711N Patient/Client Management: Acquired Brain Injury  
PT-712N Patient/Client Management: Balance  
PT-713N Patient/Client Management: Developmental and Degenerative  
Conditions across the Lifespan

Department of Physician Assistant Studies  
Cardiovascular Course  
Invited Speaker: Cardiac Rehabilitation 2024

Massachusetts General Hospital Physical Therapy Services 2017-present  
Boston, MA  
Clinical Faculty, Physical Therapy Neurology Residency Program  
Clinical and Professional Development Series: development and presentation  
of following learning modules:  
- Novice to Expert Practice Module (Costello and Greenler)  
- Arousal, Attention, Communication and Cognition -Two Part Module (Costello,  
Johnson, Greenler)  
- Coma Recovery Scale: Exam and Intervention (Costello and Haring)

MGH Institute of Health Professions 2015-2016  
Boston, Ma  
Course Facilitator, Comprehensive Case

Boston University, Sargent College of Health and Rehabilitation Sciences 2014-2015  
 Boston, Ma  
 Course Facilitator, Comprehensive Clinical Reasoning

**Clinical Appointments**

Physical Therapist, Inpatient Service 2003-present  
 Massachusetts General Hospital, Boston, Ma

Full Time, Senior, Clinical Scholar  
 Clinical Instructor, Inpatient Service 2005-2016  
 Massachusetts General Hospital  
 Boston, Ma

Clinical Mentor, Physical Therapy Neurology Residency Program. 2017-2023  
 Massachusetts General Hospital  
 Boston, Ma

**Volunteer/Professional Activities**

Neurology Standard Setting Committee Chair 2024  
 Inaugural Maintenance of Specialist Certification (MOSC)  
 Olathe, KS

Chair, Neurologic Specialty Council January 2024  
 American Board of Physical Therapy Specialties

Task Force Subject Matter Expert, Description of Specialty Practice Revalidation  
 of Neurologic Physical Therapy, American Board of Physical Therapy Specialties 2023-2026

Neurology Standard Setting Committee Member  
 American Board of Physical Therapy Specialties, Olathe, KS 2023

Co-Chair ABPTS Neurologic Specialty Item Writing Workshop 2022  
 Boston University, Boston, Ma

MOSC Item Review Coordinator, Neurologic Specialty Council 2020-present  
 American Board of Physical Therapy Specialties

Board Member, Clinical Recognition Committee, Interdisciplinary Board 2019-2022  
 Patient Care Services, Massachusetts General Hospital

Committee of Content Experts 2018-2020  
 Specialization Academy of Content Experts for American Board of  
 Physical Therapy Specialties

APTA Stroke SIG, Volunteer 2017-2021  
 Role: Disseminated weekly literature reviews with clinical applications

Neurology Standard Setting Committee Member 2017  
 American Board of Physical Therapy Specialties, Pittsburgh, Penn

Item writer for the Specialization Academy of Content Experts American Board of Physical Therapy Specialties	2016-2018
MGH Physical Therapy/Occupational Therapy Staff Advisory Committee Member Specialization Academy of Content Experts, Item Writing Workshop Boston University, Boston, Ma	2012-2016 2015
Annual Youth Program Stroke Education Series Role: Discussed stroke prevention, role of exercise and Physical Therapy as a career path for 10 <sup>th</sup> graders in underserved select Boston schools.	2014-2019
MGH Lunder Neuroscience Town Hall Meetings: Member Role: monthly meeting of clinical leaders from neurology, nursing, case management, PT, OT, SLP to discuss and implement quality care improvements.	2015-2023
MGH Community outreach program for posture and body mechanics.	2013
MGH Pediatric Fair: Physical Therapy interactive booth educating on topics: exercise, healthy choices and backpack safety	2005-2007 2010
MGH Pediatric Fair PT booth, Chair Role: Organized the role of PT during the fair, volunteers, educational material	2008
MGH, PT Community Outreach Project for the Partners Haven Program: Role: Chair, organized donations and coordinated with Haven staff, who offer direct assistance to survivors and families of domestic abuse.	2007
APTA Mass Chapter Southern District Assembly Representative	2004-2006

### **Research**

Participating in the Stroke Motor Rehabilitation and Recovery Study (SMaRHT)	2017-present
SMaHRTer; Interdisciplinary Stroke Expanded and Reimagined Laboratory for Translational Neurorecovery, MGH, Principal Investigator: David Lin, MD	2022-present
Data collection for the NECC Rehabilitation Committee Use of a Standardized Assessment to Predict Rehabilitation Care After Acute Stroke. Stein et al <i>Arch Physical Medicine and Rehabilitation</i> . Feb 2015; 96:210-217. <a href="https://doi.org/10.1016/j.apmr.2014.07.403">https://doi.org/10.1016/j.apmr.2014.07.403</a>	2011
The functional independence measure more accurately predicts discharge disposition in hemorrhagic vs ischemic and right vs left sided strokes. MGH IHP, Boston, Ma PI: Marianne Beninato, PT, PhD	2001-2002

### **Peer-Reviewed Presentations**

Andrew K, Costello M, Gillan E, Greenler E, Parlman K, Plummer P, Strom J, Lin D.	2022
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- Functional Ambulation Category (FAC) in Acute Stroke Predicts Disability at 3 Months. Peer Reviewed Poster: Academy of Neurologic Physical Therapy 2<sup>nd</sup> Annual conference Minneapolis, Minnesota  
\*Awarded “Best Poster of Stroke Related Content” by the Stroke SIG of ANPT
- Costello M**, Gillen E, Carney, K. GBM: Emerging Evidence of Neuroplasticity and Implications for Physical Therapy. APTA of Ma Annual Conference, Norwood, Ma 2022
- Costello M**, Greenler, E, Strom J, Haring A. Intracerebral Hemorrhage: Evaluation, interventions and Outcomes. APTA of Ma Annual Conference, Norwood, Ma. 2019
- Naidoo, K, **Costello M**, Alimi S. Scaffolding Clinical Education from Integrated Experiences to Residency and Beyond. APTA of Ma Annual Conference, Norwood, Ma. 2018
- Costello, M**, Parlman K, Beninato M. Acute Physical Therapy Management of a Patient with Anti-N-methyl-D-aspartate receptor (NMDA) encephalitis: A Case Report. Peer-Reviewed Poster presentation APTA CSM, San Antonio, Tx 2017
- Giacino J, Hirschberg R, **Costello M**, Podesky J, Obrien A, Hansen E. Disorders of Consciousness: Evaluation, Interventions, Outcomes. APTA of Ma Annual Conference, Wellesley, Ma 2012
- Costello M**, Phipps M, Zwirner, M. The Neurological Unit: How can we honor the patient’s wishes under such pressure to make an urgent decision? Maintaining Compassionate Care Conference, Sponsored by MGH IHP Ethics Initiative, PCS Institute for Patient Care and the PCS Ethics in Clinical Practice Committee, supported by the Kenneth B, Schwartz Center. Boston, Ma. 2007
- Beninato M, Concannon S, **Costello M**, McAndrew M, Sestito F. The functional independence measure more accurately predicts discharge disposition in hemorrhagic vs ischemic and right vs left sided strokes. Platform Presentation. APTA of Ma and Rhode Island Chapter Annual Conference, Hyannis, Ma. 2002  
Poster Presentation. 28th International Stroke Conference, American Stroke Association, Phoenix, AZ. 2003  
Poster Presentation. MGH Scientific Advisory Council Research Day, Massachusetts General Hospital, Boston, Ma. 2004
- Invited Speaker/Professional Presentations**
- Annual MGH Stroke Breakfast Gala 2019  
Invited Speaker; honored as member of MGH Acute Stroke Team of Excellence
- Invited Speaker; CSM Summaries, APTA of Ma Neuro Special Interest Group 2016, 2017
- Invited Speaker Series; The Coma Recovery Scale Revised, presented to MGH research teams from SICU and Neuro ICU. 2014
- Invited Speaker; Monthly Case Presentations; Multidisciplinary Neonatal Developmental Rounds Series. 2007-2008
- Costello M**, Blais C. Physical Therapy Management of patients with osteopenia of Prematurity. Neonatal Medical Teams, Neonatal Intensive Care Nursing Leadership. 2007

Co-presented with Neonatal Nutritionist, resulted in practice change in patients <32 weeks

Invited Speaker; Fall Prevention. MGH Senior Healthwise, Boston, Ma.  
Role: Discussed multi-faceted approach to fall prevention to community dwelling elders within Boston area. Boston, Ma 2005, 2007, 2009

**Mentoring (Physical Therapy Neurological Residents)**

Jillian May McAlear, PT, NCS; Owner of Maui Neuro Physical Therapy, LLC, Maui, HI. 2017-2018  
Molly Kelso-Trass, PT, NCS, Clinical Specialist, Wentworth-Douglas, Dover, NH. 2018-2019  
Kendall Carney, PT, NCS, ALS Research Physical Therapist, MGH, Boston, Ma. 2019-2020  
Xavier Brito, PT, NCS, Physical Therapist, Brigham Women's Hospital, Boston, Ma 2020-202  
Lucy Lotz, PT, NCS, Assistant Clinical Professor, UCSF, San Francisco, Ca 2021-2022  
Rachel Gaudet, PT, NCS, Physical Therapist, MGH, Boston, Ma 2022-2023  
Meghan Giglio, PT, Physical Therapist, Shirley Ryan AbilityLab, Chicago, Il 2023

**Honors/Awards**

MGH Patient Safety Star Awarded by MGH Quality and Safety Department 2022

Best Poster of Stroke Related Content by the Stroke SIG of ANPT 2022  
Academy of Neurologic Physical Therapy 2<sup>nd</sup> Annual conference, Minneapolis, Minnesota  
Peer Reviewed Poster: Functional Ambulation Category (FAC) in Acute Stroke Predict Disability 3 Months. Authors: Andrew K, **Costello M**, Gillan E, Greenler E, Parlman K, Plummer P, Strom J, Lin D.

Outstanding Service Award in Recognition of Outstanding and Sustained Professional Service 2020  
Stroke Special Interest Group, Academy Of Neurologic Physical Therapists

Recognized as the most productive item writer for the Neurological Section for the Specialization Academy of Content Experts, American Board of Physical Therapy Specialties. 2018

Individual Partners in Excellence Award for Quality Treatment and Service MGH, Boston, Ma 2017

Recognition as a Clinical Scholar by the MGH Clinical Recognition Program Patient Care Services, MGH, Boston, Ma. 2017

Marjorie Ionta Grant: MGH Institute of Health Professions, Boston, Ma 2010

Recognition as an Advanced Clinician by the MGH Clinical Recognition Program Patient Care Services, MGH, Boston, Ma 2009

Partners in Excellence Awards, MGH, Boston, Ma 2005, 2007, 2009

**Publications:**

Beninato, M., Concannon, S., **Costello, M.**, McAndrew, M., Sestito, F. (2003, January). The functional independence measure more accurately predicts discharge disposition in hemorrhagic vs. ischemic and right vs. left sided strokes. In *STROKE* (Vol. 34, No. 1, pp. 316-316). 530 WALNUT ST, PHILADELPHIA, PA 19106-3621 USA: LIPPINCOTT WILLIAMS & WILKINS.

### **Continuing Education**

APTA Combined Sections Meeting, Boston, Ma	2024
Connecting Physical Therapy Practice, Social Justice and Health Equity	2023
MGH IHP, Boston, Ma	
We Are Upstanders: Developing Skills for Addressing Racism and Discrimination in Healthcare. MGH Boston, Ma	2023
APTA of Ma Annual Conference; Norwood, Ma	2022
APTA Combined Sections Meeting -virtual 4-day conference	2021
APTA of Ma Annual Conference; Norwood, Ma	2019
APTA Combined Sections Meeting; New Orleans, LA	2018
APTA of Ma Annual Conference; Norwood, Ma	2018
APTA Combined Sections Meeting; San Antonio, Tx	2017
Optimizing Mentoring in the Clinical Setting: Strategies for Success. Day Seminar Nicole Christensen PT, PhD, MappSc. Boston, Ma	2017
APTA Combined Sections Meeting; Anaheim, Ca	2016
APTA of Ma Fall Conference; Newton, Ma	2013
APTA of Ma Fall Conference; Wellesley, Ma	2012
APTA Combined Sections Meeting; New Orleans, LA	2011
Expanding Neurologic Expertise: Advanced Practice Vestibular Physical Therapy; Boston, Ma	2011
APTA Clinical Decision Making as a Foundation for Expert Practice; Boston, Ma	2010
Braintree Rehabilitation Hospital Annual Neurorehabilitation Conference on Traumatic Brain Injury, Stroke and Other Neurological Disorders; Boston, Ma	2009
APTA Combined Sections Meeting; Boston, Ma	2007

### **Professional Membership**

APTA of Ma; Neuro Special Interest Group member	2012-present
APTA Neurology Section Member	2008-present
American Physical Therapy Association	2000-present

### **Development of Evidence Based Clinical Resources at MGH**

- Co-developed an evaluation document to be used with patients with neurological dysfunction to standardize evaluation document with use of validated tests/measures.

- Developed clinical resource for patients with CNS lymphoma

- Co-developed clinical resource for patients with Amyotrophic Lateral Sclerosis

- Developed education resource for patients/families undergoing work-up of Normal Pressure Hydrocephalus with lumbar drain.

- Developed a resource of patients with Cystic Fibrosis with impact on practice change for pediatrics and adults.

- Developed clinical resource for neonatal patients presenting with osteopenia of prematurity, changing the care that these patients received during their hospitalization in neonatal ICU

- Developed Resource and Document to track grafts for our patients in the Burn Intensive Care Unit: dates of graft, type of graft: autograft vs allograft, temporary vs permanent, sheet vs meshed split thickness grafts vs full thickness grafts along with precautions associated with each graft.