

Work Experience:

- Physical Therapist, Senior Certified: Acute Care at Carle Foundation Hospital, 2020 - 2023
- Staff Physical Therapist at VA St. Louis Healthcare System, 2010 - 2020
- Board-certified clinical specialist in Cardiovascular and Pulmonary Physical Therapy (CCS), 2015 – present
 - Acute care experience: 13 years total
 - Medical ICU, Surgical ICU, step-down unit, telemetry and Med/Surg floors
 - Management of acute and chronic cardiopulmonary conditions and post-surgical status
 - Management of Orthopedic patients (total joint replacements)
 - Management of new amputation and acute CVA
 - Special interest in mobilizing patients on mechanical ventilation and patients on ECMO
 - Outpatient experience:
 - Pre-operative and post-operative evaluation of patients in Cardiac Surgery clinic
 - Individual supervised exercise for patients with congestive heart failure
 - Group education class for veterans with congestive heart failure
- Cardiopulmonary P.T. Residency Clinical Director, 2016-2020
 - Primary mentor during patient care rotations in acute care and ICU
 - Secondary mentor for residents in Neurologic and Geriatric residency programs
 - Worked with academic director to develop didactic and clinical curriculum, and create all written assignments and examinations
 - Responsible for assessment of resident clinical performance (e.g. competencies, live patient practical examinations)
 - Responsible for training mentors in all residency programs

Education:

- Doctorate in Physical Therapy 2010, Washington University in St. Louis
- Bachelor of Arts in Religion 2006, Illinois Wesleyan University
- American Heart Association
 - Advanced Cardiovascular Life Support (ACLS), continuously certified 2014 - present
 - ACLS Instructor, certified March 2014, recertified 2016
 - Basic Life Support (BLS), continuously certified 2007 - present

Teaching and Special Projects:

- Evidence-based practice (EBP) Internship Program, Carle Foundation Hospital 2022-2023
- Maryville University, Program in Physical Therapy: lecturer and lab assistant, 2016-2020
- Washington University in St. Louis, Program in Physical Therapy: lab assistant in Cardiopulmonary course, 2014-2020
- ACLS Instructor (face-to-face courses), 2014-2017
- Platform Presentation: APTA Combined Sections Meeting, 2015
- Staff Inservices: presented to Rehabilitation staff on cardiopulmonary topics including P.T. residency; mobilization of patients in ICU; sternal precautions; clinical practice guidelines regarding DVT/PE and use of supplemental oxygen; new guidelines for diagnosis and screening for hypertension; proning and management of patients with Covid-19
- Conducted mentoring training workshop for mentors in Cardiovascular & Pulmonary, Geriatric, and Neurologic P.T. residency programs

Research:

- Primary Investigator, 2017-2020
 - Do Short Physical Performance Battery Scores and 30-Second Chair Rise Scores Differ based on Discharge Location and Readmissions in Patients with Chronic Cardiopulmonary Diseases?
 - Project received IRB Approval in February 2018, remains in data collection phase
- Clinical Practice Guidelines for management of patients with heart failure, 2016-2019
 - Member of literature review team, appraising literature for inclusion in CPG
- Quality improvement project, May 2014:
 - Created a survey to assess nursing confidence in mobilizing patients in ICU
 - Analyzed survey data and created nursing education (skills class) to address areas where staff did not feel confident
 - Designed clinical guidelines and activity algorithm based on survey data and literature review from Nursing, P.T., and Critical Care journals
 - Presented project to leadership: direct P.T. and O.T. Supervisors, Rehab Supervisor, Physiatrist, Chief of Physical Medicine & Rehab, and Chief of Extended Care Service Line

Additional Experience/Awards:

- Physical Therapy Field Advisory Council Award for Excellence in Customer Service in the Practice of Physical Therapy, 2017
- VA Innovators grant recipient
 - Received funding to convert former smoking shelter into rehabilitation garden
- APTA-credentialed clinical instructor
- Professional Advancement award recipient, Carle Foundation Hospital 2022