

CURRICULUM VITAE

Kimberly Ann Nowakowski, PT, DPT, MS, GCS

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Ludlow, MA 01056
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Physical Therapy Program
Department of Physical Therapy
Springfield College
Springfield, MA 01109

Education:

Simmons College
Boston, MA
January 2011 to August 2012
tDPT Program
DPT, 2012 Doctor of Physical Therapy

Springfield College
Springfield, MA
September 1986 to May 1991
MSPT Program
BS, 1990 General Studies
MS, 1991 Physical Therapy

Licensure Information/Registration Number: Massachusetts Physical Therapy License, AH
8536-PT

Certifications:

Board Certified Clinical Specialist in Geriatric Physical Therapy, ABPTS, 2009

APTA Credentialed Clinical Trainer, June 2014 through July 1, 2017

APTA Credentialed Clinical Instructor, September 2012

FIM (Functional Independence Measure) certification, UDSMR Online Credentialing System,
August 14, 2014

Employment and Positions Held:

Assistant Professor of Physical Therapy, ACCE
Tenure Track Position
Springfield College
Springfield, MA
2010 – Present

Founding Co-director of the Stroke Exercise Program
Springfield College
Springfield, MA
2004 - Present

Adjunct Professor of Physical Therapy
Springfield College
Springfield, MA
1997 – 2010

Per Diem Physical Therapist
HealthSouth Rehabilitation Hospital of Western Massachusetts
Ludlow, MA
1997 – Present

Per Diem Physical Therapist
Life Care Center of Wilbraham
Wilbraham, MA
2005 – 2007

Per Diem Physical Therapist
Professional Home Care of Western Massachusetts, Inc.
West Springfield, MA
1996 – 1999

Physical Therapist
Rehab West at Rehab Associates and Sports Medicine
West Springfield, MA
Rehab West at Thomas G. Carr Center
Ludlow, MA
1995 – 1996

Director of Rehabilitation Services (1994 – 1995)
Physical Therapist (1994)
Sundance Rehabilitation Corporation
Mary Lane Hospital
Ware, MA
1994 – 1995

Physical Therapist
The Weldon Center for Rehabilitation
Springfield, MA
1991 – 1994

Peer Reviewed Publications (papers in journals)

Nowakowski KA, Kaufman RR, Pelletier DD. A clinical service learning program promotes mastery of essential competencies in geriatric physical therapy. *J Phys Ther Educ*. 2014;28(2):46-53.

Peer Reviewed Scientific and Professional Presentations:

Nowakowski K, Pelletier D, Kolosky L, Piraino D. A student program model for clinical education within a multi-facility organization. Poster presentation at: Combined Sections Meeting of the American Physical Therapy Association, February 2014; Las Vegas, NV.

Nowakowski K, Pelletier D. Using webinars to increase relationships with clinical faculty. Poster presentation at: 2013 Education Leadership Conference, October 2013; Portland, OR.

Kaufman R, Nowakowski K, Roberts D. A Liangong-based exercise program helps improve balance in five subjects living with chronic effects of stroke: a case series. Poster presentation at: Combined Sections Meeting of the American Physical Therapy Association, January 2013; San Diego, CA.

Pelletier D, Nowakowski K, Grigely S. Interaction between cohorts of Doctoral Physical Therapy students during full-time and part-time clinical education experiences. Poster presentation at: Combined Sections Meeting of the American Physical Therapy Association, January 2013; San Diego, CA.

Kaufman RR, Nowakowski KA, Miller DJ, Pelletier DD. Sustainability of a community service learning program through integration into a physical therapy curriculum. Poster presentation at: The Association of Schools of Allied Health Professions Annual Conference, October 2010; Charlotte, NC.

Kaufman RR, Pelletier DD, Nowakowski KA. Multiple meanings of participation in the stroke exercise group: Community partners share their views. Poster presentation at: Physical Therapy 2010: The Annual Conference and Exposition of the American Physical Therapy Association, June 2010; Boston, MA.

Nowakowski KA, Kaufman RR. The stroke exercise program: An evidence-based model for group intervention in an academic setting. Poster presentation at: Combined Sections Meeting of the American Physical Therapy Association, February 2007; Boston, MA.

Kaufman RR, Nowakowski KA. Service as learning: The stroke exercise group as pedagogy across the curriculum. Presentation at: Combined Sections Meeting of the American Physical Therapy Association, February 2007; Boston, MA.

Abstracts:

Kaufman RR, Pelletier D, Nowakowski K. Multiple meanings of participation in the Stroke

Exercise Group: community partners share their views [abstract 179-RR]. *Phys Ther.* 2010.

Non-Peer Reviewed Presentations:

Nowakowski KA. Outcome measures. Inservice presented at Mount Sinai Rehabilitation Hospital, Hartford, CT, August 22, 2013.

Brooks S, Chevan J, **Nowakowski K**, Pappas K. Outcome Measures... Why? How? What? When? Learn/review outcome measures and their link to reimbursement for outpatient, rehabilitation, homecare... any setting. Springfield College Clinical Recognition Day, Springfield College, Springfield, MA, June 13, 2013.

Interviewed for article: Bittenwieser SW. Health care and aging: fields of opportunity: the Boomers' spectrum of health needs creates rewarding jobs. *The Valley Advocate.* January 1, 2013.

Nowakowski KA. Do you have an interest in becoming a Geriatric Clinical Specialist? Webinar presented to clinical faculty. April 26, 2012.

Nowakowski K, Yount J, Pappas K. Don't Fall for It! Fall Risk Assessment and the "Strength in Numbers" Program. Spring Conference 2012, Western District, APTA of MA, March 24, 2012; Northampton, MA.

Funded/In Review Grant Activity:

HSRS Dean's Scholarship Fund Grant

Spring 2014: For work on project related to community engagement for the PT department. 3.0 credits of work release.

Faculty Travel Grant

Spring 2014: For poster presentation at American Physical Therapy Association Combined Sections Meeting 2014 in Las Vegas, NV. \$900.

Appleton Grant

Kaufman R, Campbell A, Montemagni E, **Nowakowski K**, Roberts D.

Spring 2011: For purchase of Biostep recumbent isokinetic equipment. \$4,000.

Current/Active Research Activity:

Kaufman R, **Nowakowski KA**, Palaima M. Uncovering the nature of mutuality in partnership: community members reflect on their roles in a service learning program in physical therapy. Manuscript in review for *Journal of Education Outreach and Engagement*.

Pelletier DD, **Nowakowski KA**, McCaffery JA, Kolosky LL. Interprofessional collaboration between physical therapy and occupational therapy students on full-time clinical education experiences. Abstract submitted to American Occupational Therapy Association Annual Conference & Expo 2015 for review.

Kaufman R, **Nowakowski K**, Roberts D. A Liangong-based exercise program helps improve balance in five subjects living with chronic effects of stroke: a case series. Manuscript to be initiated.

Kaufman RR, **Nowakowski KA**. Long term, episodic exercise and functional training for persons with chronic effects of stroke: a case series. Targeting journal for submission.

Membership in Scientific/Professional Organizations:

American Physical Therapy Association
Massachusetts Chapter, APTA

Western District Assembly Representative, January 2011-present
Member of Communications Task Force, September 2011 to present
Western District Secretary, 2001-2003

Geriatrics section member
Neurology section member
Education section member

Participated in APTA of MA Strategic Planning Meeting, Foxboro, MA, September 16-17, 2011
Communications Task Force, September 2011 to present

New England Consortium of Academic Clinical Coordinators of Education, 2010-present
Secretary, elected Spring 2013 for 2-year term
Education Committee, 2012-present
Awards Committee, 2010-present

Share Point Community for Clinical Education Consortia Members, 2010-present

Community Service:

Elected Member of Board of Directors
Massachusetts Senior Games
September 25, 2012 to September 30, 2014

Massachusetts Senior Games volunteer, recruited PT student volunteers, Springfield College, Springfield, MA, June 14, 2014, June 15/16, 2013, September 23, 2012, June 16, 2012
Implemented Senior Athlete Fitness Exam (SAFE) to screen senior athletes June 14, 2014

Representative from the SC Physical Therapy Department, Community Education Career Fair, Baystate Medical Center, Springfield, MA, May 17, 2012

Ludlow High School Band Parent Association, Ludlow, MA, 2010-present
Vice President, 2012-present

School Council, Baird Middle School, Ludlow, MA, 2010-2012

Baird Middle School Band parent volunteer, Ludlow, MA, 2007-2013

Chaperone for Great East Music Festival, June 2009, 2010, 2012, 2013

Volunteer for annual picnic, Christ the King Church, Ludlow, MA, June 2009 - present

Veterans Park Elementary School volunteer, Ludlow, MA, 2001-2010

Co-chairperson of “Kids on the Block” Disability Awareness Program 2006-2009

“Kids on the Block” Committee member 2001-2009

Invited guest panelist, “Career Day”, Cathedral High School, Springfield, MA, May 2013

Invited guest speaker, “PT as a Career”, Chicopee High School, Chicopee, MA, October 2007

Services to the University/College/School on Committees/Councils/Commissions:

Springfield College

PT Department

Physical Therapy Review and Evaluation Committee

Faculty representative, 2010-present

Community clinician, 2000-2010

Clinical Education Committee, 2010-present

Clinical Education Advisory Board, 2010-present

Curriculum Committee, 2010-Spring 2014

Co-chair, Fall 2013

Cumulative Integrated Practical Examination (CIPE) Co-chair, 2011-present

Participant, Allied Health Career Exploration Workshop, 1999, 2000, 2002

School of Health Sciences and Rehabilitation Studies

Faculty Development and Status Committee, 2013-2015

Chair, 2013-2014 academic year

HSRS Clinical Education Committee, 2010 – present

Screening Committee for Assistant Professor/Academic Fieldwork Coordinator of
Occupational Therapy, Spring/Summer 2012

College

Faculty Senate – HSRS representative, 2014-2016

Faculty Personnel Committee

Writing Across the Curriculum (WAC) Subcommittee, November 2011–May 2014

Honors and Awards:

Adjunct Faculty Award, Department of Physical Therapy, Springfield College, April 2000

Continuing Education Attended:

- Certified Expert in Exercise for the Aging Adult (CEEAA) Course 3, Academy of Geriatrics, Cherry Hill, NJ, September 20-21, 2014.

- Certified Expert in Exercise for the Aging Adult (CEEAA) Course 2, Academy of Geriatrics, Cherry Hill, NJ, July 19-20, 2014.
- Certified Expert in Exercise for the Aging Adult (CEEAA) Course 1, Academy of Geriatrics, Cherry Hill, NJ, June 21-22, 2014.
- Train-the-Trainer Course Credentialed Clinical Instructor Program (CCIP), APTA, Alexandria, VA, April 24-26, 2014.
- Combined Sections Meeting of the APTA, Las Vegas, NV, February 2014.
 - Taking the Step Over the EDGE: How to Apply the Recommendations for Use of Outcome Measures in PD
 - Balance and Falls SIG – Falls: Screenings Versus Assessments Versus Outcome
 - Risk of Falling Recommendations: GeriEDGE
 - Falls: Identification, Prevention, and Treatment
 - Outcomes Toolbox: MDC & MCID
- Apple Inc., Professional Development Training: On-line Course Content Creation 101, 201, 301, Springfield, MA, January 13–14, 2013.
- Evidence Based Practice: Practical Applications for the Clinic, NEC-ACCE, Springfield, MA, November 14, 2013.
- Educational Leadership Conference, Portland, OR, October 2013.
- Assessment and Management of Individuals with COPD, Springfield College, Springfield, MA, April 20, 2013.
- The Shifting Health Care, Professional and Education Environments: Impact on Physical Therapy Education and Clinical Practice – Part 3, Strengthening the New England Consortium for the Future, NEC-ACCE, Tewksbury, MA, March 21, 2013.
- Developing Centers of Excellence in Clinical Education: an Interactive Workshop, NEC-ACCE, Springfield, MA, November 15, 2012.
- Educational Leadership Conference, Greenwich, CT, October 2012.
- APTA Clinical Education and Credentialing Program, NEC-ACCE, West Hartford, CT, September 2012.
- CPI Web Training – Advanced Features & Troubleshooting, APTA CPI Webinar, September 20, 2012.
- CSIF Web Training for ACCEs/DCEs. Academic Software Plus Webinar, June 20, 2012.
- Outcomes Assessment Reports for CPI Web. APTA PT CPI Webinar, June 14, 2012.
- Introduction to PT Management of the Patient with Vestibular Dysfunction, Springfield College, Springfield, MA, June 13, 2012.
- The Shifting Health Care, Professional and Educational Environments: Impact on Physical Therapy Education and Clinical Practice, NEC-ACCE, Tewksbury, MA, March 29, 2012.
- Dementia Management: Advanced Skills for the Health Care Practitioner, Cross Country Education, Worcester, MA, March 14, 2012.
- Guidelines for Recognizing and Providing Care for: Victims of Elder Abuse, APTA Learning Center, December 2011.
- Knee Joint Cadaver Review, Western District of the MA Chapter APTA, Springfield, MA, May 2011.
- The Shifting Health Care, Professional and Educational Environments: Impact on Physical Therapy Education and Clinical Practice, NEC-ACCE, Tewksbury, MA, March 2011.
- The NPTE Workshop for Faculty. The Federation of State Board of Physical Therapy. Alexandria, VA, March 2011.

- Clinical Reasoning: An Essential Skill in Clinical Education...Do you know when you see it? NEC-ACCE Clinical Faculty Institute, Springfield, MA, October 2010.
- Educational Leadership Conference, San Antonio, TX, October 2010.
- Annual Conference and Exposition of the APTA, Boston, MA, June 2010.
 - Economic Models and Clinical Education Standards
 - Moving Forward for DPT Clinical Education
 - Questions: The Heart and Soul of Professional and Postprofessional Clinical Education
 - Raising the Ethics Bar in Clinical Education: A University-Clinical Practice Collaborative Model to Facilitate Ethical and Legal Decision Making by Clinical Faculty
 - When Is Exercise Contraindicated and When Should Exercise Be Terminated?
- APTA Department of Accreditation Self-Study Workshop, Boston, MA, June 2010.
- Practicing with Evidence, Springfield, MA, June 2010.
- Physical Therapist Clinical Performance Instrument for Students: A Self-Guided Training Course, May 2010.
- Combined Sections Meeting of the APTA, San Diego, CA, February 2010.
 - Implementing a Neuroplasticity-Principled Rehabilitation Model Across Disease Severity in Parkinson's Disease
 - A Clinician's Guide to Meta-Analysis
 - Treating the Acute Stroke Patient: Making Treatment Decisions Utilizing Best Practice Guidelines from Available Evidence
 - Benign Paroxysmal Positional Vertigo: Theory, Evidence, and Practical Application
 - Treating Low Back Pain in Older Adults – Special Understanding of Epidemiology, Bone Related Changes, and Function Can Lead to an Improved Lifestyle
 - Endurance in the Neurologic Rehab Population: Assessment, Intervention, and Outcome Measures
 - Power Training for Older Adults: It's Not Just for Athletes
- Clinical Geriatric Neurology, Burlington, VT, September 2009.
- Evidence-based Physical Therapy Practice Online Course, July 2009.
- Screening, Evaluating and Treating Falls and Balance Problems in the Elderly, Southbridge, MA, November 2008.
- Stable Mobility: Functional Classification for Differential Diagnoses Related to Disequilibrium, Imbalance and Dizziness, Boston, MA, September 2008.
- FOCUS: Geriatric Physical Therapy 2006, APTA Section on Geriatrics Home Study Course, August 2008.
- Massachusetts Statewide Falls Prevention Symposium, Worcester, MA, May 2008.
- A Parkinson's Disease Seminar for Healthcare Professionals: Evidence Based Concepts and Current Treatment Approaches, Boston, MA, March 2008.
- Dementia Versus Depression Versus Delirium, Springfield, MA, November 2007.
- Tai Chi for Balance, Fall Risk Reduction and Rehabilitation, Worcester, MA, May 2007.
- Understanding the Medically Complex Patient: Implications for Establishing a Differential Diagnosis, Springfield, MA, March 2007.
- Geriatric Rehabilitation: A Clinical Approach, Springfield, MA, March 2007.
- Combined Sections Meeting of the APTA, Boston, MA, February 2007.

Current Teaching Responsibilities in the Entry-Level Program:

Summer 2014

PHTH 638: Foundations in Physical Therapy Practice I: Fundamental Clinical Skills Laboratory

Fall 2014

PHTH 635: Integrated Clinical Experience I

PHTH 670: Clinical Experience I

PHTH 677: Clinical Experience II

Spring 2015

PHTH 636: Integrated Clinical Experience II

PHTH 665: Physical Therapy Management of Patients with Neuromuscular Conditions II
Laboratory

PHTH 678: Clinical Experience III

PHTH 719: Advanced Studies in Geriatrics

PHTH 726: Applied Research PT II