

## Curriculum Vitae

# **Dr. Nikki Noelle Davis, PT, DPT, GCS**

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### **Education**

**Doctorate of Philosophy, Translational Health Sciences**, George Washington University- *ABD Anticipated Graduation - May 2024*

**Doctorate of Physical Therapy**, Saint Francis University - 2009

**Bachelor of Science in Biology**, University of Pittsburgh at Johnstown - 2002

### **Licensure**

**Pennsylvania State Physical Therapist License PT020082**

**Direct Access License DAPT002792**

### **Certifications**

**Board Certified Clinical Specialist in Geriatric Physical Therapy – 2014**

**Board Certification Examination Completed for Clinical Specialist in Cardiopulmonary Physical Therapy- March 2023 - Results Pending**

**Healthcare Provider CPR Certification- 2002**

**Advanced Cardiac Life Support- 2019**

**Certified Silver Sneakers Instructor – 2005/2014**

**Certified Tai Chi Instructor – 2018**

### **Professional Employment Experiences**

**Clinical Assistant Professor of Physical Therapy- Saint Francis University- Aug 2017 – Present**

- *Developing and implementing course content as lead instructor in the Healthcare Systems courses associated with documentation, legal issues, and healthcare policy.*
- *Lead Instructor for Patient Management in Geriatrics and Cardiovascular and Pulmonary Patient/Client Management in Physical Therapy*
- *Lab instruction/co-instruction in courses in Physical Therapy Procedures and Cardiopulmonary*
- *Teaching Physical Therapy Seminar (I and II) courses to introduce students to diverse field of Physical Therapy*
- *Teaching Exercise Physiology-Fitness Programming to undergraduate students in exercise science and related health science programs*

- Completed a content review for ACSM'S Resources for the Group Exercise Instructor 1st Edition

**Physical Therapist- UPMC Altoona Regional Health System- Oct 2020 - Present - Casual Pool**

- Administering patient examination, evaluation, diagnosis, prognosis, and plan of care development on a casual basis for acute care patients with orthopedic, cardiopulmonary, neurologic, and musculoskeletal diagnoses

**Physical Therapist- Garvey Manor- Hollidaysburg, PA - Sept 2014 – Present- Casual Pool**

- Administering patient evaluation and treatment on a part-time basis for geriatric patients with orthopedic, cardiopulmonary, neurologic, and musculoskeletal diagnoses
- Educating staff regarding ergonomics, body mechanics, and workplace safety at facility-wide mandatory staff in-services and nursing competencies
- Advocating for patients for appropriate equipment needs, insurance coverage of services, levels of care provided by family and staff, physician referral, and diagnostic testing
- Establishing ROM/splinting programs for patients with joint contractures
- Participating as a fall prevention/management interdisciplinary team member
- Performing home and community reintegration assessments

**Adjunct Instructor- DeSales University- June 2021**

- Lab instruction/co-instruction in courses in Physical Therapy Procedures and Cardiopulmonary Patient/Client Management in Physical Therapy

**Fitness Instructor- YMCA Hollidaysburg- Aug 2009 - Present**

- Instructing group aerobics, strength training, and circuit training classes
- Instructing Silver Sneakers© programs for older adults
- Instructing Tai Chi for Rehabilitation

**Adjunct Instructor- Saint Francis University- Aug 2010 – December 2015**

- Facilitated the development of clinical skills and foundational knowledge in physical therapy students
- Implementing lab competency exams, lecturing, and developing unique student learning experiences
- Courses taught or assisted in the areas of cardiopulmonary and neurology patient-client management lab, acute care special topics, complex medical patient case studies, nursing simulation lab activities, student research, and wellness in physical therapy
- Completed content publication review for Slack, Inc. textbook entitled Prevention Practice: A Physical Therapist's Guide to Health, Fitness, and Wellness by CR Thompson

**Physical Therapist- HealthSouth Rehabilitation Hospital Altoona- Sept 2011 – April 2015**

- Performed patient evaluation and treatment for patients with neurologic, orthopedic, and musculoskeletal diagnoses
- Brain Injury Team - Fulltime Staff Physical Therapist
- Casual Staff Therapist after March 2013

**Physical Therapist- Evolution Alternative Physical Therapy and Wellness- April 2013 – Dec 2013**

- *Implemented physical therapy services based on an outpatient basis in a wellness and pilates-based therapy environment with 1:1 patient-to-therapist ratio*
- *Managed scheduling and patient care in two small satellite clinics at Blair Recreation Center, Tipton, PA, and Graystone Court, Altoona, PA*

**Home Health Physical Therapist- Home Nursing Agency– Sept 2011 – May 2012**

- *Performed evaluation, assessment, and intervention in the home care setting on an as-needed basis for the Hollidaysburg and Roaring Spring areas*

**Pediatric Physical Therapist- Easter Seals of Central PA – Nov 2011 – May 2012**

- *Delivered physical therapy services to primarily pediatric patients with neurologic and orthopedic diagnoses*
- *Assessed, evaluated, and managed issues related to abnormal muscle tone, spasticity, reflexes, gait, and motor development*
- *Evaluated and adjusted adaptive equipment, administered aquatic physical therapy services, and performed serial casting*

**Physical Therapist- Valley View Nursing Home- SunDance Rehabilitation- Sept 2009 – Sept 2011**

- *Administered physical therapy services to skilled nursing residents, transitional care patients, and workman’s compensation patients.*
- *Implemented care plans ranging from improved patient positioning and splinting for contracture management to independent return to the community and home setting.*
- *Advocated for patient services, including adaptive equipment and continued therapy services via teleconference and/or letter of medical necessity.*

**Previous Work Experience**

**Graduate Teaching Assistant – Cardiopulmonary Patient/Client Management –**

**Saint Francis University - Aug 2007 – Dec 2007**

- *Assisted students in their skill development for evaluative and treatment techniques pertaining to the cardiopulmonary system*
- *Developed and administered study materials for students prior to exams*
- *Managed interactive open-lab periods for students to develop intensive practical study*
- *Proctored lab practical exams and performed organizational tasks for the course instructor*

**Personal Trainer/Fitness Instructor- Summit Tennis & Athletic Club - June 2004 - July 2006**

- *Performed fitness and postural assessments and developed exercise prescriptions*
- *Computed multi-method body composition analyses and circumferential measurements*
- *Instructed group aqua aerobics, low impact aerobics, strength training, and circuit training courses*
- *Implemented a kid’s group fitness class for youth ages 6 through 12 focused on improving strength, balance, endurance, and making healthy food choices and developed a Healthy Weight Loss Club focused on setting weekly dietary/fitness goals for lifestyle modification*
- *Instructed and achieved certification in Highmark program Silver Sneakers© and developed routines to improve strength, range of motion, and endurance in clients age 65 or older*

**Fitness Instructor YMCA- Moultrie, GA - April 2003 - May 2004**

- *Conducted equipment safety education tours*
- *Developed exercise programs for all new members*
- *Served as guest lecturer to gymnastic team regarding nutrition*
- *Instructed group fitness classes*

**Dietetic Technician– Colquitt Regional Medical Center, Moultrie, GA - December 2002 - April 2003**

- *Performed nutritional screens and assisted in nutritional assessments for referred dietary patients in the acute hospital setting under the supervision of a registered dietician*
- *Participated in interdisciplinary team meetings, monitored and calibrated feedings*
- *Instructed patients on physician prescribed meal plans*

**Awards & Activities**

**Special Olympics- Saint Francis University Spring Sectional Co-coordinator (University event planning and Healthy Habits implementation) 2019/2021/Planning for April 23, 2022**

**Special Olympics - Saint Francis University PT Student-coordinator PA State Games (Fun Fitness Implementation) 2018-2023**

**Guest Speaker March Meeting of West Central District of the Pennsylvania Physical Therapy Association- “Tai Chi: Application and Research Related to Physical Therapy” - March 10, 2020**

**American Board of Physical Therapy Specialties - Specialization Academy of Content Experts member 2020**

**American Physical Therapy Association Member- Oct 2007**

**American Physical Therapy Association Member- Geriatric Section- 2013**

**American Physical Therapy Association Member- Cardiopulmonary Section- 2019**

**American Physical Therapy Association Member- Healthcare Policy Section- 2019**

**Pennsylvania State Association for Health, Physical Education, Recreation, and Dance, inc.- Member- 2008-2009**

**Presenter at State Convention of the Pennsylvania State Association for Health, Physical Education, Recreation, and Dance, inc. 2009**

**Recipient of the Saint Francis University Physical Therapy Research Excellence Award-2009**

**Student Research Poster Presenter at Pennsylvania Physical Therapy Association Annual Conference- 2009**

**Research Experience**

**The Effect of Diaphragmatic Breathing and Inspiratory Muscle Training on Pulmonary Function Tests, Asthma Control and Asthma Quality of Life in Individuals with Bronchial Asthma -2015**

**Implications of Biomechanical Principles of Chronic Ankle Instability and the Relationship to Running - 2009**

**Children’s and Adolescent’s Perceptions of Light, Moderate, and Vigorous Physical Activity: Building a Fitness Model to Promote Understanding – 2008-2009**

**Mentor for Students Exploring: “How do outcomes differ for individuals in the protracted withdrawal phase of opioid addiction recovery participating in moderate compared to vigorous-intensity aerobic exercise as a supplemental treatment?”2019-2020- Implementation ceased due to COVID19**

### **Continuing Education**

**Translating Literature/Scholarship- George Washington University, THS 8206, Spring 2023- 3 Credits – for PhD in Translational Health Sciences**

**Grounded Theory Research- George Washington University, THS 8225, Spring 2023- 3 Credits – for PhD in Translational Health Sciences**

**Bioethics in Health Research- George Washington University, THS 8203, Spring 2023- 3 Credits – for PhD in Translational Health Sciences**

**Medbridge Learning Modules in Cardiovascular and Pulmonary Physical Therapy - 43.5 Credit Hours - CCS Examination Preparation**

**Mixed Methods Research in THS- George Washington University, THS 8221, Fall 2022- 3 Credits – for PhD in Translational Health Sciences**

**Grantsmanship Translational in Health Sciences- George Washington University, THS 6265, Fall 2022- 3 Credits – for PhD in Translational Health Sciences**

**Implementation Science/Leadership- George Washington University, THS 8109, Fall 2022- 3 Credits – for PhD in Translational Health Sciences**

**Advanced Study Design in Translational Health Science- George Washington University, THS 8101, Spring 2022- 3 Credits – for PhD in Translational Health Sciences**

**Knowledge Translation in Complex Health Systems in Translational Health Science, George Washington University, THS 8202 Spring 2022- 3 Credits – for PhD in Translational Health Sciences**

**Program Theory and Innovative Health Systems, George Washington University, THS 8107 Spring 2022- 3 Credits – for PhD in Translational Health Sciences**

**Foundations in Translational Health Science, George Washington University, THS 8101, Fall 2021- 3 Credits – for PhD in Translational Health Sciences**

**Principles of Collaboration and Team Science, George Washington University, THS 8103, Fall 2021- 3 Credits – for PhD in Translational Health Sciences**

**Translational Health Sciences in Complex Health Systems, George Washington University, THS 8105, Summer 2021- 3 Credits – for PhD in Translational Health Sciences**

**American Physical Therapy Association Combined Sections Meeting-20 Credit Hours-February 3, 2022**

**Biostatistics for Clinical and Translational Research, George Washington University, HSCI 6263, Summer 2021- 3 Credits – Prerequisite for PhD in Translational Health Sciences**

**American Physical Therapy Association Combined Sections Meeting-18 Credit Hours-San Antonio, Texas-February 3-5, 2022**

**American Physical Therapy Association Combined Sections Meeting-20 Credit Hours-Virtual Event February 2, 2021**

**CAPTE Self-Study Workshop for PT Programs-10 Credit Hours-December 17, 2020**

**American Physical Therapy Association Combined Sections Meeting-18 Credit Hours- Denver, CO - February 11-14, 2020**

**Online Education Certified Instructor Course – Saint Francis University, July 2019**

**Epidemiology for Clinical and Translational Research, George Washington University, HSCI 6264, Spring, 2019, 3 Credits – Prerequisite for PhD in Translational Health Sciences**

**American Physical Therapy Association Combined Sections Meeting-18 Credit Hours-Washington DC- January 24-26, 2019**

**Differential Diagnosis: Screening for Gastrointestinal, Hepatic, Biliary, Urogenital, and Immunologic Disease, 10 Credit Hours-December 2018**

**Recognizing and Reporting Child Abuse: Mandated and Permissive Reporting in Pennsylvania-3 Credit Hours-November, 2018**

**Tai Chi for Rehabilitation: 13 Credit Hours, Albany, NY April 2018**

**Ethical and Legal Issues When Treating Vulnerable Older Adults: 2 Credit Hours, May 2018**

**Clinical Diagnosis and Treatment of Costovertebral Dysfunction: 1 Credit Hour, Loretto, PA, March 2018**

**Management of Individuals with Consequences of Critical Illness: 6 Credit Hours, Seven Springs, PA, October 2017**

**Management of Individuals with Congestive Heart Failure: 4 Credit Hours, Seven Springs, PA 2017**

**Clinical Update on Shoulder Special Tests and Therapeutic Exercise: 1 Credit Hour, Cresson, PA, October 2017**

**Recognizing and Reporting Child Abuse: Mandated and Permissive Reporting in Pennsylvania-3 Credit Hours-2016**

**Physical Therapy in the NICU: Advanced Topics-2 Credit Hours- 2016**

**A HIIT for all Populations-2 Credit Hours-2016**

**Ethics for the Physical Therapy Professional-2 Credit Hours-2016**

**Pulmonary Rehabilitation-4 Credit Hours-2016**

**Cognitive Impairment in Parkinson's Disease: Understanding the Problem and Unlocking the Solution to Freezing of Gait-2 Credit Hours-2016**

**Physical Therapy Examination and Treatment of the Vestibular System-4 Credit Hours-2016**

**Geriatric Medical Screening for the Rehab Professional- 2 Credit Hours-2016**

**PPTA Annual Conference: Medical Screening for the Physical Therapist-the Sherlock Holmes Approach- 10 Credit Hours-Lancaster, PA 2016**

**Aerobic Exercise for Aging Adults-1.5 Credit Hours-2015**

**Recognizing and Reporting Child Abuse: Mandated and Permissive Reporting in Pennsylvania-3 Credit Hours-2014**

**PPTA Annual Conference: Exercise for An Aging Population-10 Credit Hours- Seven Springs, PA 2013**

**PPTA Annual Conference: Evidence Based Treatment of Pelvic/SIJ Pain: A Comparison of Orthopedic and Ante Partum Populations- 4 Credit Hours- Seven Springs PA, 2013**

**PPTA Annual Conference: Evidence-Based Geriatric Neurorehabilitation: From Falls to Fitness- 15 Credit Hours- Lancaster, PA 2012**

**Physical Therapist Practice in Geriatrics 2011: The Aging Integumentary System-3.5 Credit Hours- 2012**

**Physical Therapist Practice in Geriatrics 2011: Diabetes Across The Physical Therapist Practice Patterns-2.5 Credit Hours- 2012**

**Physical Therapist Practice in Geriatrics 2011: The Aging Pulmonary System-3.5 Credit Hours-2012**

**Physical Therapist Practice in Geriatrics 2011: The Aging Neuromuscular System-3.5 Credit Hours- 2012**

**Physical Therapist Practice in Geriatrics 2011: The Aging Musculoskeletal System-3.5 Credit Hours-2012**

**Physical Therapist Practice in Geriatrics 2011: The Aging Cardiovascular System-3.5 Credit Hours-2012**

**Physical Therapist Practice in Geriatrics 2011: Interpreting Statistical Significance and Clinical Relevance: Application to the Older Adult-2.5 Credit Hours-2012**