**CURRICULUM VITAE**

**The Johns Hopkins University School of Medicine**

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Stephanie L. Hiser, PT, DPT

**DEMOGRAPHIC AND PERSONAL INFORMATION**

**Current Appointments**

**University**

2019-present Post-Doctorate, Department of Physical Medicine and Rehabilitation, The Johns Hopkins University School of Medicine, Baltimore, MD

**Hospital**

2019-present Per Diem Physical Therapist, The Johns Hopkins Hospital, Baltimore, MD

**Other** None

**Personal Data**

Johns Hopkins Hospital

Department of Physical Medicine and Rehabilitation

1800 Orleans Street

Meyer 2-109

Baltimore, MD 21287

**Education and Training**

Undergraduate

2012 B.S., Exercise Science, Lipscomb University, Nashville, TN

Doctoral/graduate

2015 D.P.T., University of Miami Miller School of Medicine, Coral Gables, FL

Postdoctoral

2015-2016 Acute Care Physical Therapy Residency, The Johns Hopkins Hospital, Baltimore, MD (partnered with University of Delaware Doctor of Physical Therapy Program)

2016-2017 Critical Care Physical Therapy Fellowship, The Johns Hopkins Hospital, Baltimore, MD

**Professional Experience**

Clinical Training Experience

2013 Outpatient Physical Therapy, Pre-Doctoral Internship, University of Miami Hospital Pain Management Clinic, Miami, FL

2014 Acute Care Physical Therapy, Pre-Doctoral Internship, University of Miami Hospital, Miami, FL

2015 Orthopedic/Sports Physical Therapy, Pre-Doctoral Internship, Baptist Health Doctors Hospital, Miami

2015 Neurological Outpatient Physical Therapy, Pre-Doctoral Internship, Baptist Hospital of Miami, Miami

2017-2019 Level II Physical Therapist, The Johns Hopkins Hospital, Baltimore, MD

**PUBLICATIONS**

**Original Research - Published**

1. Jeong I, Bychkov D, **Hiser S**, Kreif J, Hoyer E, Searson P. Using a Real-Time Location System for Assessment of Patient Ambulation in a Hospital Setting. *Arch Phys Med Rehabil*. 2017;98:1366-73.
2. Hoyer E, Young D, Klein L, Kreif J, Shumock K, **Hiser S**, Friedman M, Lavezza A, Jette A, Chan K, Needham D. Toward a Common Language for Measuring Patient Mobility in the Hospital Reliability & Construct Validity of Interprofessional Mobility Measures. *Phys Ther*. 2018; 98:133-142.
3. Klein LM, Young DL, Lavezza A, **Hiser S**, Feng D, Hoyer EH. Increasing patient mobility through an individualized goal-centered hospital mobility program: a Quasi-Experimental Quality Improvement Project. *Nursing Outlook.* 2018; 66(3): 254-262.
4. **Hiser S**, Toonstra A, Friedman LA, Colantuoni E, Connolly B, Needham D. Inter-rater reliability of the Functional Status Score for the Intensive Care Unit. *J Acute Care Phys Ther.* 2018; 9(4): 186-192.
5. Kahraman BO, Ozsoy, I, Kahraman T, Tanriverdi A, Acar S, Ozpelit E, Akdeniz B, **Hiser S**, Guimaraes FS, Needham DM, Savci S. Turkish translation, cross-cultural adaptation, and assessment of psychometric properties of the Functional Status Score for the Intensive Care Unit. *Disability and Rehabilitation*. 2019.
6. González-Seguel F, Camus-Molina A, Cárcamo M, **Hiser S**, Needham D, Leppe J. Inter-observer reliability of trained physiotherapists on the Functional Status Score for the Intensive Care Unit (FSS-ICU) Chilean-Spanish version. *Physiotherapy Theory and Practice*. 2020.
7. **Hiser S**, Toonstra A, Friedman LA, Colantuoni E, Needham D. Inter-rater reliability of AM-PAC “6-Clicks” Inpatient Mobility Short Form in the Intensive Care Unit. *Physiother Res Int.* 2020; 25:e1849.
8. **Hiser S,** Chung, C, Toonstra A, Friedman LA, Colantuoni E, Hoyer E, Needham D. Inter-rater Reliability of the Johns Hopkins Highest Level of Mobility Scale (JH-HLM) in the Intensive Care Unit. *Brazilian Journal of Physical Therapy*. 2020 [In press]
9. **Hiser S,** Toonstra A, Mantheiy, E, Friedman LA, Ramsay P, Needham D. Physical Therapists’ Perspectives on Using Physical Function Measures in the Intensive Care Unit: A Mixed-Methods Study. *Physiother Can. 2021 [In press]*

**Original Research – In Preparation**

1. **Hiser S**, Urbanek J, Young D, Brotman D, Needham D, Hoyer E. Identifying Hospitalized Patients Appropriate for Consumer Grade Physical Activity Monitors.

**FUNDING**

**EXTRAMURAL Funding:** None

**INTRAMURAL Funding:** None

**CLINICAL ACTIVITIES**

**Clinical Focus**

As a Critical Care Physical Therapist, I work as part of an inter-professional team to provide early rehabilitation and exercise interventions for patients in adult intensive care units (ICUs), with a goal of mitigating physical impairments commonly occurring in survivors of critical illness. I am particularly interested in patients with complex critical illness and understanding how to customize the dose (i.e. intensity, frequency and duration) and type of intervention most appropriate to improve long-term outcomes after critical illness.

**Certification**

Medical, other state/government licensure

2015 Maryland Board of Physical Therapy, # 25538

2019-2021 Advanced Cardiovascular Life Support Provider

Boards, other specialty certification

2019-2029 Board Certified Cardiovascular and Pulmonary Physical Therapist #54195

Professional development/training

2016 Clinical Instructor Education and Credentialing Program, Completed 16 hours of education and training on instructing student physical therapists during clinical internships; University of Delaware Physical Therapy Program, Newark, DE

**Clinical (Service) Responsibilities**

2017- Level II Physical Therapist, The Johns Hopkins Hospital

Clinical Productivity50%

Clinical DrawNone

Membership in or examiner for specialty board None

Clinical Program Building/Leadership None

Clinical Demonstration Activities None

Development of nationally/internationally recognized clinical standard of care None

**EDUCATIONAL ACTIVITIES**

**Teaching**

**Classroom instruction**

*JHMI/Regional*

2015-2016 Lab Assistant, 1st year doctoral physical therapy students, PT in the Acute Care Environment (PHYT 631), University of Delaware Department of Physical Therapy, Newark, DE

2016 Lab Assistant, 1st year doctoral physical therapy students, Applied Physiology 1 (PHTY 632), University of Delaware Department of Physical Therapy, Newark, DE

2018-present Instructor, 2nd year doctoral physical therapy students, Critical Care Physical Therapy (PTS 618-01), University of Miami Department of Physical Therapy, Coral Gables, FL

**Clinical instruction**

*JHMI/Regional*

2016-2017 *Intensive Care Unit Introduction courses*, new hires (physical therapists, occupational therapists and speech language pathologists), ICU Lunch and Learn Series, Johns Hopkins Hospital, Baltimore, MD

**CME instruction**

*National*

2/24/18 *Preparing Thinking Skills for the 21st Century Acute Care Physical Therapist*, American Physical Therapy Association Combined Sections Meeting, New Orleans, LA

11/1/18 *Role of Physical Therapy*, Seventh Annual Johns Hopkins Critical Care Rehabilitation Conference, Baltimore, MD

1/24/19 *I Can’t Stand: Am I Still on PT Caseload? Managing Low-Level Patients*, American Physical Therapy Association Combined Sections Meeting, Washington, D.C.

*10/10/19 Functional Outcome Measures*, Eighth Annual Johns Hopkins Critical Care Rehabilitation Conference, Baltimore, MD

*10/10/19 ICU Lines, Tubes, and Drains and Monitoring Systems, Eighth Annual* Johns Hopkins Critical Care Rehabilitation Conference, Baltimore, MD

*2/15/20 It Takes A Tribe for a Patient to Thrive: Interprofessional Care,* American Physical Therapy Association Combined Sections Meeting, Denver, CO

*International*

*11/28/20 Updates in ICU Rehabilitation*, 3rd Conference in Rehabilitation and Early Mobility in ICU, Brazil (Virtual).

**Workshops /seminars** None

**Mentoring** None

**RESEARCH ACTIVITIES**

2013-2015 Student Physical Therapist, *Comparison of post-spinal cord injury locomotor training techniques, secondary analysis of a single-blinded randomized trial*, University of Miami Miller School of Medicine, Miami, FL (funded by NICHD Grant R01HD41487 (PI: Edelle Field-Fote, PT, PhD) and The Miami Project to Cure Paralysis)

2015-2016 Research Assistant, *Construct Validity of Interdisciplinary Tools to Measure Patient Mobility in the Hospital Setting*, The Johns Hopkins Hospital, Baltimore, MD (PI: Erik Hoyer, MD; Primary Mentor: Dale M. Needham, MD, PhD)

2016-2017 Outcomes Assessor, *Functional Electrical Stimulation (FES)-Assisted Cycle Ergometry for Early Rehabilitation of Critically Ill Patients Randomized Trial* (funded by NHMRC (Australia) Grant # APP1079460 (Chief Investigators: Sue Berney, PT, PhD, Dale M Needham, MD, PhD)

2016-present Clinical Research Fellow, *Inter-rater reliability and feasibility of outcome measures used by physical therapists in the ICU*, The Johns Hopkins Hospital, Baltimore, MD (IRB NA\_00048180)

2017-present Outcomes Assessor/Intervention Provider, *The NEXIS Trial: A Randomized Trial of Combined Cycle Ergometry and Amino Acids in the ICU*, Baltimore, MD (funded by NHLBI Grant R01HL132887 (PI: Dale M Needham, MD, PhD))

2017-present Research assistant, *A Pilot, Feasibility Randomized Controlled Trial of a Behavioral Activation and Rehabilitation Intervention to Improve Psychological and Physical Impairments in Acute Respiratory Failure Survivors*, Baltimore, MD (funded by NHLBI Grant K23HL138206 (PI: Ann Parker, MD, PhD; Primary Mentor: Dale M Needham, MD, PhD)

**SYSTEM INNOVATION AND QUALITY IMPROVEMENT ACTIVITIES**

System Innovation Focus None

System Innovation and Quality Improvement efforts within JHMI:

2015-present Lead investigator; Revised Sternal Precautions, The Johns Hopkins Hospital, performed literature review and collected pilot data, which helped spearhead change of sternal precautions policy [QI]

System Innovation and Quality Improvement efforts outside of JHMI: None

System Innovation and Quality Improvement Program Building/Leadership: None

**ORGANIZATIONAL ACTIVITIES**

**Institutional Administrative Appointments** None

**Editorial Activities** None

**Professional Societies**

2012-present American Physical Therapy Association Member #617185, Cardiovascular and Pulmonary Section, Acute Care Section, Maryland Chapter

2017-present Society of Critical Care Medicine Member #312155, Research Section

**Conference Organizer** None

**Session Chair** None

**Consultantships** None

**RECOGNITION**

**Awards, Honors** None

**Invited Talks** None

**Visiting Professorships**  None

**OTHER PROFESSIONAL ACCOMPLISHMENTS**

**Posters**

2015 Sandler EB, **Hiser SL**, Stewart LA, Field-Fote EC. *A dose-response analysis of change in walking speed and distance associated with different forms of locomotor training in persons with motor-incomplete SCI*. Neurology Section, APTA Combined Sections Meeting, Indianapolis, IN.

2016 **Hiser S**, Garcia S, Gusman LN, Lopez LD, Cohen M. *The value of students in the acute care clinical experience: student-driven facilitation of an early mobility program in the intensive care unit.* Poster presentation. Acute Physical Therapy Section, APTA Combined Sections Meeting, Anaheim, CA.

2016 **Hiser S**, Harper A, Firmeza J, Cohen M: *Pulmonary rehabilitation before and after mesenchymal stem cell infusions in idiopathic pulmonary fibrosis: a case study.* Poster presentation. Cardiovascular and Pulmonary Section, APTA Combined Sections Meeting, Anaheim, CA. (abstract published)

2016 **Hiser S**, Ricard P, Brown C: *Discharge location and functional mobility following median sternotomy*, Johns Hopkins Hospital PM&R Clinical Showcase, Baltimore, MD.

2017 **Hiser S**, Lammers K, Brown C, Ricard P. *Sternal Precautions: A Look at the Multi-Disciplinary Impact on Patient Education,* 8th Annual Patient Safety Summit, The Johns Hopkins Hospital, Baltimore, MD.

2020 Hiser S, Lammers K, Canner J, Alejo D, Sussman M, Kumble S, Ricard P. *Impact on Sternal Dehiscence of Less Restrictive Sternal Precautions in Cardiac Surgery.* Johns Hopkins Hospital PM&R Clinical Showcase, Baltimore, MD.

**Oral/Podium Presentations (as presenting author)**

2017 **Hiser S**, Ricard P, Brown C: *Discharge location and functional mobility following median sternotomy*, Cardiovascular and Pulmonary Section, APTA Combined Sections Meeting, San Antonio, TX. (abstract published)

2018 **Hiser S**, Toonstra A, Friedman LA, Colantuoni E, Connolly B, Needham D. *FSS-ICU Physical Function Measure: Interrater Reliability*, 11th Annual International PM&R in the ICU Meeting, San Diego, CA.

**Community Service**

2010 Volunteer, Mission Trip, 2-week program, Village of Hope Orphanage, Fetteh, Ghana

2014 Volunteer, Physical Therapy Campaign, 1-week program, Maximo Nivel-San Jose, Costa Rica

2018, 2019 Medical Provider, Misión Para Cristo, Jinotega, Nicaragua