

Curriculum Vitae

Katherine Louise Beissner
416 Center for Health Sciences
607-274-3159
Department of Physical Therapy
Ithaca College
Ithaca, NY 14850

EDUCATION:

Syracuse University
Syracuse, New York, 1/88 to 5/91
Ph.D. - Instructional Design, Development and Evaluation
Texas Woman's University
Dallas, Texas, 6/83 to 5/86
M.S. - Health Science Instruction
University of Texas Health Science Center
Dallas, Texas, 6/79 to 8/80
B.S. - Physical Therapy
Texas A&M University
College Station, Texas, 6/77 to 5/79
University of Texas
San Antonio, Texas, 6/77 to 8/77
Incarnate Word College
San Antonio, Texas, 9/76 to 5/77.

LICENSURE: New York Physical Therapy #009341-1

EMPLOYMENT HISTORY:

Professor. Ithaca College, Department of Physical Therapy; 8/86 to present. Promoted to Associate in 1992, and to Professor in 2000. Department Chair 1998-2006. Interim Associate Dean of HSHP, 2001-2002

Lead Physical Therapist. Wilder Senior Health Clinic; 12/93-6/94 (sabbatic leave).

Editor. Saunders Group; Chaska, MN 8/93-6/94 (sabbatic leave).

Contract Physical Therapist. Finger Lakes Physical Therapy; McCune, Ainslie & Associates; Ithaca, NY. 1990 - 1996

Physical Therapist. Visiting Nurse Service. Ithaca, NY 1992-1993, 1996-1998.

Physical Therapy Consultant. Neurological Center at Cortland, New York; 1987-1988.

Laboratory Instructor. Texas Woman's University, School of Physical Therapy Presbyterian campus; Dallas, Texas; 2/85 to 5/86.

Physical Therapist/Rehabilitation Instructor – Contract. Presbyterian Hospital, Cardiovascular Fitness Center Dallas, Texas; 4/85 to 8/86.

Contract Therapist: Girling Home Health Company, 1985-1986; Methodist Hospital Physical Therapy, 1986; Firra Therapeutics, 1985-1986. Dallas, TX.

Physical Therapist - part time/temporary. Visiting Nurses Association, Dallas Texas; 2/84 to 8/86.

Assistant Education Coordinator/Staff Therapist Presbyterian Hospital, Dallas, Texas; 9/81 to 2/85.

Staff Physical Therapist Scott and White Memorial Hospital, Temple, Texas; 9/80 to 9/81.

Peer Reviewed Publications

Beissner K. Conservative Pain Management for Older Adults. In Guccione, Avers, Wong (Eds) Geriatric Physical Therapy, 3rd Ed. Philadelphia: Mosby, 2012.

Beissner K, Parker S, Henderson CR, Pal A, Ionnone L, Reid MC. Implementing a combined cognitive-behavioral + exercise therapy protocol for use by older adults with chronic back pain: evidence for a possible race/ethnicity effect. *Journal of Aging and Physical Activity*. Provisional Acceptance.

Townley S, Papaleonitiou, Amanfo L, Henderson CR, Beissner K, Reid, MC. Preparing to Implement a Self-Management Program for Back Pain in New York City Senior Centers: What Do Prospective Consumers Think? *Pain Med* 2010;11:405-415.

Beissner KL, Henderson, CR, Papaleontio M, Olkhovskaya Y, Wigglesworth J, Reid MC. Physical Therapists' Use of Cognitive Behavioral Therapy for Older Adults with Chronic Pain: A National Survey. *Phys Ther*, 2009;89:456-469.

Holmes, H.H., Beissner, K., Welsh, K., & Krout, J.A. Housing, health, and disability (Chapter 6). In Krout, J.A. & Wethington, E. (Eds.) (2003). *Pathways to Life Quality*. New York, N.Y.: Springer Publishing.

Beissner KL, Collins JE. Extremity strength and range of motion as predictors of function in older adults. *Physical Therapy*, 2000;80:556-563.

Beissner KL, Bowen N, Rodriguez T, Varrenti A. The relationship between neuromusculoskeletal impairments and function in frail older adults. *International Journal of Rehabilitation Research*, 1998;21:335-338.

Beissner KL, Collins J, Krout JA. The impact of age and diagnosis on home health physical therapy for older adults. *Issues on Aging*, 1998;21(2)3-7.

Collins J, Beissner KL, Krout JA. H. Home health physical therapy: practice patterns in western New York. *Phys Ther*. 1998;78:170-179.

Saunders RL, Beissner KL, McManis BG. Estimates of frequent lift capacity in functional capacity evaluations. *Phys Ther*; 1997;77:1717-1728.

Beissner KL, Saunders RL, McManis BG. Factors related to successful work hardening outcomes. *Phys Ther*. 1996;76:1188-1201.

Saunders, HD, Beissner, KL (1994). Lumbar Traction. Home study course developed for the Orthopaedic section of the American Physical Therapy Association.

Beissner KL (1994) Mobilization. In Tomberlin J, Saunders HD: Evaluation Treatment and Prevention of Musculoskeletal Injuries: Volume II: The Extremities. Saunders Group. Chaska, MN.

Tomberlin J, Saunders HD (1994) Beissner KL, Ed.: Evaluation Treatment and Prevention of Musculoskeletal Injuries, Volume II: The Extremities. The Saunders Group. Chaska, MN.

Beissner, K.L., Jonassen, D.H., and Grabowski, B.L. Graphic techniques for conveying structural knowledge. *Performance Improvement Quarterly*, 1994;7(4) 20-38.

Beissner, K., Reigeluth, C. M. (1994) A case study on course sequencing with multiple strands using the elaboration theory. *Performance Improvement Quarterly* 1994;7(2) 38-61.

Jonassen, D.H., Beissner, K.L., Yacci, M. (1993). Structural Knowledge. Lawrence Erlbaum: Hillsdale, NJ.

Beissner, K.L. (1991) Using concept mapping to improve problem solving. *Journal of Physical Therapy Education*. 6(1): 22-27.

Beissner, K. (1990). Learning mobilization techniques via discovery. *Journal of Physical Therapy Education*. 4(1): 37-40.

Beissner, K. (1990) Health professional students' intentions toward geriatric specialization: A review of contributing factors. *Gerontology & Geriatrics Education*. 10(3): 71-89.

Published Abstracts

Beissner K, Papaleontio M, Olkhovskaya Y, Reid MC. Physical Therapy Interventions for Older Adults with Chronic Pain. *Journal of Geriatric Physical Therapy*. 2007;30:139.

Peer Reviewed Scientific Professional Presentations

Translating Cognitive-Behavioral Pain Self Management Training Into Home Care Physical Therapy Beissner K, Bach E, Murtaugh CM, Trachtenberg M, Parker S, Reid MC. Paper presented at Gerontological Society of America. November 2010.

Physical Therapy Interventions for Older Adults with Chronic Pain. *Journal of Geriatric Physical Therapy*. Beissner K, Papaleontio M, Olkhovskaya Y, Reid MC. Platform presentation APTA Combined Sections Meeting, Section for Geriatrics. February 2008.

Mobility, Activity Participation, and Social Integration: Impact on Well-Being of Older Adults by Residence Type" Ruckert E., Beissner K., Poster presentation at Physical Therapy 2007: Annual Conference & Exposition of the American Physical Therapy Association to be held in Denver, CO from June 27-30, 2007

"Sensory Impairment, Medical Burden, and Environmental Press: Impacts on Function in Older Adults" Erickson, MA, and Beissner, KL. Gerontological Society of America 57th Annual Scientific Meeting, November 19 -23, 2004. Washington DC.

"Aging and Healthcare in the Dominican Republic: Short-Term Study Abroad" Erickson, MA, and Beissner, KL. Association for Gerontology in Higher Education 30th Annual Meeting and Educational Leadership Conference, Feb 26-29, 2004.

"Exploremos Y Hablemos: Integrating Latin American Study into Allied Health Curricula. Beissner, KL, Dennis, CW; Sanford, M. Paper presented at the Association of Schools of Allied Health Professions Annual meetings in Toronto, October 2003.

"Does Exercise Enhance Function in Older Adults?" Beissner KL, LePage KA, Weegar KA, Yacobovsky AM. Poster presentation at Combined Sections Meeting of the APTA, in Boston, MA Feb 2002.

"Primary Prevention in the Workplace: Current Practice." Bishop TJ, Carney EM, Gallegro JA, Patel AA., Pike AM, Truxel RL, Beissner KL. Poster presentation at Combined Sections Meeting of the APTA, in San Antonio, TX, Feb 2001.

"Musculoskeletal predictors of function in older adults." Beissner K, Collins J Platform presentation at the Annual Conference of the NYPTA, October 9, 1999.

"Mind and Body Relationships with Functional Limitations and Disability in Older Adults." Darter B, Beissner K, Oggins J. Poster presented at Physical Therapy 1999: Meeting and Exposition of the American Physical Therapy Association; Washington DC, 6/5-8/99.

"The Relationships Between Strength, Range of Motion, Balance, and Function in Older Adults." Beissner KL, Bowen N, Rodriguez T, Varrenti A. Platform presentation at Combined Sections Meeting in Boston, Massachusetts, 1998.

"Incidence of Adverse Neural Tension in an Industrial Population." Davenport M, Beissner K. Platform presentation at Combined Sections Meeting in Dallas, 1997.

"The Role of the Physical Therapist in Home Health Care for Older Adults." Collins J, Beissner K. Poster presented at the NYS APTA Annual Conference October 1996.

"Physical Therapy in Home Care." Collins JE, Beissner KL. Platform presentation. Scientific Meeting and Exposition of the American Physical Therapy Association June 14-18, 1996.

"The Effect of Structured Exercise on the Functional Reach of Community Dwelling Older Adults." Beissner KL. Platform presentation. Combined Sections Meeting of the American Physical Therapy Association. February, 1994. New Orleans, LA.

"Exercise for Good Health: Functional Fitness." Beissner KL Platform presentation. Mid-Atlantic Region of the American College of Sports Medicine Annual Meeting. Ithaca, NY. Nov, 1993.

"Effects of Pulsed vs Continuous Ultrasound Trolamine Salicylate Phonophoresis on Delayed Onset Muscle Soreness." Dougherty M; Christiansen L; Beissner K; Ciccone CD. Platform presentation. New York State Chapter- APTA Annual Conference, Rochester, NY, May 13-16, 1993.

"The Effectiveness of Concept Mapping as a Teaching Tool: Evidence from Courses in Applied Economics" Willett LS; Streeter D; Beissner K; Kaiser H. Teaching Economics: Instruction and Classroom Based Research, Fourth Annual Conference, Pittsburgh, PA, February 12-13, 1993.

"The Effects of Therapeutic Cold Application on Skin Temperature and Blood Flow:" Beissner, KL; Patterson, K; Parkinson, D. Poster presented at the American Physical Therapy Association Combined Section Meeting in San Antonio, TX February 3-7, 1993.

"Using and Selecting Graphic Techniques to Acquire Structural Knowledge." Beissner, KL; Jonassen, DH; and Grabowski, BL. Platform presentation. Association for Educational Communications and Technology Conference in New Orleans, LA. Jan 13-17, 1993.

"A Comparison of Lecture Versus Self-Instruction in Notewriting." Beissner, KL, Thein, LA. (1992) Platform presentation. American Physical Therapy Association Annual Conference in Denver, CO June 14-18, 1992.

"Do Multiple Multiples Multiply Test Anxiety?" Thein LA, Beissner KL. Platform presentation. American Physical Therapy Association Annual Conference in Denver, CO June 14-18, 1992.

"HyperPatients: Computerized Practice in Treatment Planning." Poster session - Combined Sections Meeting of the American Physical Therapy Association, Orlando, FL February 2, 1991.

"Learning Strategies as a Tool for Improving Problem Solving." Invited paper presentation - Combined Sections Meeting of the American Physical Therapy Association, Orlando, FL February 2, 1991.

"A Model for Clinical Reasoning Instruction." Beissner KL, Hollins N, Grabowski BL. Platform presentation. Association for Educational Communications and Technology Annual Convention in Anaheim, CA, February 2, 1990.

"Conveying Structural Knowledge Through Implicit Strategies," in symposium: "Conveying, Assessing, and Learning Strategies for Structural Knowledge." Association for Educational Communications and Technology Annual Convention in Anaheim, CA, February 3, 1990.

"Multiple Uses of Student Performance Evaluations in Clinical Education" Edward Kelly Evaluation Conference, in Syracuse, NY. April 14, 1989.

"Course Sequencing with Multiple Strands Using the Elaboration Theory." Association for Educational Communications and Technology Annual Convention; Dallas, TX. Feb 5, 1989.

Non-Peer Reviewed Presentations

Practical Strategies to Reduce Falls. K Beissner and T Hoppenrath. Web module published by the Ithaca College Gerontology Institute. Spring 2004.

"Home or an Assisted-Living Environment? Tools to Help Decide" Presented with Carol Knight. Ithaca College Gerontology Institute Workshop, Ithaca, NY, 2/7/00.

"Enhancing Autonomy and Safety in the Home Environment." Finger Lakes Geriatric Education Center workshop in Hopewell, NY, September 23, 1999.

"Practical Approaches to the Use of Functional Outcome Measures in Home Health." Physical Therapy '98: Scientific Meeting and Exposition of The American Physical Therapy Association. Orlando, FL 6/98.

"Practical Strategies for Reducing Falls." Ithaca College Gerontology Workshop 11/98; Ithaca, NY

"Current Trends in Electrical Stimulation." Annual Clinical Supervisor Workshop 5/91; Ithaca, NY

"Facilitating Students' Clinical Problem Solving." Annual Clinical Supervisor Workshop 5/90; Ithaca, NY

"Medical and Social Aspects of AIDS." Annual Clinical Supervisor Workshop 5/89; Ithaca, NY

"Student Evaluation in Clinical Education." Annual Clinical Supervisor Workshop 5/88; Ithaca, NY

"How It Works: The Physiology of Exercise." Shapely Expectations: Exercise Instructor Training Workshop for Dallas Area Parental Education. 5/86

Funded/In Review Grant Activity:

Cary Reid (PI), Elaine Wethington, Katherine Beissner. \$50,000. Cognitive Behavioral Therapy and Exercise Therapy in Community Settings. 2007-2009. NIH (R03).

Beissner, Katherine. \$800. October 2004. Home Environments and Everyday Competence in Old Age: Ithaca College Gerontology Institute Grant fund.

Beissner, Katherine, project director. \$45,000. (Year 3 funds). Internationalizing Pre-Health Career Curriculum, 2003-04 US Department of Education, Title VI grant.

Beissner, Katherine. \$250, Spring 2003 Ithaca College Faculty Diversity Book Award.

Beissner, Katherine. \$720. Roles of perceived abilities in the evaluation and rehabilitation of injured workers. November 1998. Ithaca College Academic Project Grant.

Beissner, Katherine, Collins, Jennifer. \$2300. "The Relationship of Balance and Extremity Impairments to Functional Ability in Older Adults." April 1997. New York Chapter of the APTA Research Designated Fund.

Beissner, Katherine. \$2000. Home Health Physical Therapy for Older Adults. Summer 1997. Gerontology Institute Summer Research Grant.

Ithaca College Faculty Release Time, Spring and Fall, 1996. Release time for research related to home health PT, and the relationship between physical impairment and function in older adults

Gerontology Institute Summer Research Grant. Home Health Physical Therapy. Summer 1995.

Ithaca College Summer Research Grant. Exercise for Good Health. Summer 1993.

Instructional Development Fund, Ithaca College, 1993. Funded Lumbo-Sacral Stabilization course in Rochester, NY.

Instructional Development Fund, Ithaca College, 1987. Funded E-1, Extremity Mobilization course in Dallas, Texas.

Instructional Development Fund, Ithaca College, 1991. Funded Development of a Soft Tissue Mobilization Unit for the M.S. Program in Physical Therapy.

Ithaca College Faculty Release Time, Fall 1989. Development of a program to provide computer-assisted practice in clinical problem solving.

Membership in Scientific/Professional Organizations

American Physical Therapy Association; Sections for Education, Orthopedics, Research, Geriatrics

Manuscript Reviewer: *Physical Therapy, Journal of Physical Therapy Education, Journal of Geriatric Physical Therapy*

Section for Education: Research Committee; Section for Geriatrics: Continuing Education Committee

Subcommittee for Screening Proposals and Abstracts for 1996 - 1997, 2000 - 2004 Annual Conferences

Session Chair - APTA Scientific Meeting and Exposition, 1996

Section for Education Academic Faculty SIG Information Management Liaison 1996-1998.

New York Chapter – APTA Delegate Assembly: 1987, 1988

Southern Tier Public Relations Committee Chair: 1988 to 1989

Gerontological Society of America 2005 –

CONSULTATIVE AND ADVISORY POSITIONS HELD

Expert Panel Member: Curricula for Homecare Advances in Management and Practice for the Center for Home Care Policy and Research, Visiting Nurse Service of New York. 2006-2007

Doctoral student mentor. Rocky Mountain University. Development of a spinal examination/manipulation course. May 2006-Sept 2006

Consultant - Cornell Institute for Translational Research on Aging (CITRA) consensus forum on falls. 2005

Consultant - International/cultural competence project at Greenville Technical College May 2004

Nursing Assistant Monthly Editorial Advisory Board member, 1994 to 2004

Ithaca College Custodial Safety Project - Back Safety

Community Service

Board of Directors, Ithacare. 1994-2010

Immediate Past President – 2009-2010

President – 2006-2009

Vice President – 2003 - 2006

Executive Committee: 1996-1999, 2001- present

Chair - Development Committee 1996 – 1999; 2001 - 2006

Member – Finance Committee 2003- 2004

Member - Program Committee, 1994 – 1999.

Member – Personnel Committee, 2000 – 2003

Ithaca Monthly Meeting

CALM: Children and the Life of the Meeting 2007-2010.

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

Gerontology Institute Search Committee – Fall 2007 - Spring 2008, AY 2010-11

All College Honors committee – Spring 2007 – Spring 2008

Middle States Periodic Review – Leadership Task Force (2006-2007).

Tenure and Promotion Committee: Gerontology Institute (2 candidates); Dept of Psychology (1 candidate) – Fall 2005

Cultural Studies Honors Program Work Group (Chair), 2003 – 2005

William Scoones Service Award Committee 2002 – 2007

Title VI grant student/administrative liaison 2001 – 2004

On-line Group 2002-2003

Ithaca College Sport Club Committee 2002-2003

HS&HP Steering Committee, 1996 to present.

Associate Provost and Dean of Graduate Studies Search Committee, 1999.

Ithaca College Presidential Commission on the Library. 1998-2000.

Ithaca College Gerontology Institute Review Task Force. 1998.

All College Review Board for Human Subjects Research. 1996 to 2001.

Planning Committee for Common Orthopedic Conditions in Older Adults Conference. 1997-98.

Departmental Personnel Action Committee. 1997-98.

Ithaca College Faculty Justice. 1996 - 2004.

Ithaca College Gerontology Institute Associate: 1990 - present

Search Committee for Professor and Director, Gerontology Institute, 1992-93

Dept of Physical Therapy Search Committee. 1987, 1989 (Chair), 1990, 1992, 1993, 1997, 1998, 2004, 2005, 2006

Planning Committee for Aging Well: Prevention and Rehabilitation for Older People. Ithaca College 6/6-8, 1996.

School of Health Sciences and Human Performance Personnel Committee: 1994-96

Department of Physical Therapy Curriculum Committee: 1994-96

Ithaca College Faculty Council: 1991 – 1993

Ithaca College Middle States Periodic Review Committee: 1991-92.

School of Health Sciences and Human Performance Graduate Committee: 1990 to 1993.

Department of Physical Therapy Curriculum Review Committee: 1991 - 1993.

Ithaca College Academic Policies Committee: 1986 to 1989, 1991 – 1992; 2005-2007 (Curriculum Subcommittee). Policies Subcommittee Chair: 1987 to 1988.

Diversity Awareness Committee: 1991 - 1992.

School of Health Sciences and Human Performance Curriculum Committee: 1990-1992.

School of Health Sciences and Human Performance Ad Hoc Curriculum Committee: 1988.

Honors and Awards:

Gerontology Institute Faculty Fellow. Ithaca College. 2003-2008

Dana Teaching Award. Ithaca College. 1995.

Burton Blatt Scholar. School of Education, Syracuse University. 1988-89.

Graduate School Scholar. Syracuse University. 1989-1990.

Continuing Education Attended

Cultural Diversity of Older Americans. Home Study Course, Section for Geriatrics, American Physical Therapy Association. March – August 2003.

Teaching Diversity and Cross-Cultural Competence in Health Care. Melissa Welch. December 6-9, 2001.

Current Teaching Responsibilities in the Entry-level Physical Therapy Program

PTBS 55501: Teaching and Learning in the Clinical Setting

PTBS 52203: Soft Tissue Palpation and Examination

PTBS 52304: Peripheral Joint Mobilization

PTBS 53101: Electrotherapeutic Modalities and Physical Agents

PTBS 39900: Selected Topics: Center for Life Skills

Other Teaching

HLTH 24000: Health Promotion and the Older Adult

ICIC 12000: Insight