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**Rupal Patel, Ph.D.**  
**Associate Professor**  
**Physical Therapy**  
**College of Health Sciences**  
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### **Academic Background**

Ph.D. Rocky Mountain University of Health Professions, Health Promotion and Wellness, 2016.

M.S. Texas Woman's University, Houston, Texas, Physical Therapy, 1991.

B.S. Texas Woman's University, Denton, Texas, Biology & Physical Therapy, 1990.

### **Professional Certifications**

Neuro-Developmental Treatment Association (NDTA) Certified in Adult Hemiplegia, 1996

Physical Therapist, 1991, Texas.

### **Professional Memberships**

Academy of Geriatric Physical Therapy, APTA, 2017-present

Academy of Prevention and Health Promotion Therapies, 2016 - present

HPA The Catalyst Section, APTA, 2011-Present

Southeastern District, TPTA, 2006-present

Education Section, APTA, 1998-Present

Texas Consortium for Physical Therapy Education, Inc, 1997-2005

North Texas District, TPTA, 1996-2005

Neuro-Developmental Treatment Association, 1996-2001

Academy of Neurologic Physical Therapy, APTA. Vestibular Special Interest Group (SIG), 1995-Present

Brain Injury Association, 1995-2001

Vestibular Disorders Association, 1992-2003

Academy of Neurologic Physical Therapy, APTA. Brain Injury Special Interest Group (BI SIG), 1991-Present

Academy of Neurologic Physical Therapy, APTA, 1988-Present

American Physical Therapy Association (APTA), 1988-present

Texas Physical Therapy Association (TPTA), 1988-Present

Southeastern District, TPTA, 1988-1995

### **Work Experience**

#### **Work Experience**

##### **Academic**

Associate Professor, School of Physical Therapy, Texas Woman's University (January, 2018 - Present), Houston, Texas.

Associate Clinical Professor, School of Physical Therapy, Texas Woman's University (September, 2010 - December, 2017), Houston, Texas.

Assistant Clinical Professor, School of Physical Therapy, Texas Woman's University (September, 2006 - August, 2010), Houston, Texas.

Visiting Assistant Clinical Professor, School of Physical Therapy, Texas Woman's University (September, 2005 - August, 2006), Houston, Texas.

Assistant Clinical Professor & Director of Clinical Education (DCE), School of Physical Therapy, Texas Woman's University (September, 2002 - August, 2005), Dallas, Texas.

Clinical Instructor & Assistant Academic Coordinator of Clinical Education (ACCE), School of Physical Therapy, Texas Woman's University (November, 1997 - August, 2002), Dallas, Texas.

### **Non-Academic**

PRN Physical Therapist, Dallas-Fort Worth and Houston Areas (January, 1997 - Present), Dallas, Texas.

Program Supervisor, Symphony Rehabilitation Services, Kenwood Nursing Center (May, 1996 - December, 1996), Dallas, Texas.

Physical Therapist II, Brain Injury Program, The Institute for Rehabilitation & Research (TIRR) (September, 1993 - October, 1995), Houston, Texas.

Physical Therapist I, Brain Injury Program, The Institute for Rehabilitation & Research (TIRR) (July, 1991 - September, 1993), Houston, Texas.

Physical Therapist, St. Luke's Episcopal Hospital (January, 1991 - June, 1991), Houston, Texas.

### **Consulting Experience**

2012 – 2017: Independent Consultant/Contractor, Provide targeted or tailored health promotion, wellness, screening, and lifestyle modification programs to individuals and groups in the community setting. Also, provide education on these topics to professional and community organizations.

1997 – 2013: Independent Consultant/Contractor, Provide physical therapy consultation & continuing education in the area of clinical education, brain injury, balance & vestibular rehabilitation to individuals, colleagues &/or organizations

### **Teaching**

#### **Courses Taught**

**Courses from the Teaching Schedule:** Applied PT Eval, Basic Skills in Physical Therapy, Clinical Experience I, Clinical Experience II, Clinical Integration I, Clinical Management in Internal Medicine, Critical Inquiry in Physical Therapy I, Critical Inquiry in Physical Therapy I, Critical Inquiry in Physical Therapy II, Critical Inquiry in Physical Therapy II, Critical Inquiry in Physical Therapy III, Critical Inquiry in Physical Therapy III, Eval & Assess in PT, Health Promotion and Wellness I, Health Promotion and Wellness II, Internship I, Internship II, Internship III, Introduction to Physical Therapy Practice, Medicine and Surgery, Neuromuscular Physical Therapy I, Neuromuscular Physical Therapy II, PT Treat Proc, Patient Care Seminar, Practice Management Issues I, Practice Management Issues I, Practice Management Issues II, Preliminary Clinical Experience, Professional Development for the Physical Therapist, Professional Development for the Physical Therapist, Professional Issues and Topics in Physical Therapy, Professional Paper, Professional Practice Physical Therapy, Professional Practice in Physical Therapy, Psychosocial Aspects of Physical Therapy, Psychosocial Aspects of Rehabilitation, Ther Act - Ortho, Therapeutic Activities for the Rehabilitation Patient

#### **Teaching Activities**

##### **Capstone Student Paper/Project**

2018 - *Faith-Based Culturally-Tailored Diabetes Prevention Program for African Americans: A Proposal.* 1 student.

##### **Doctoral Student Project Committee - Chair**

2019 - *Exploring changes in self-efficacy for exercise and physical activity levels of community dwelling people with Multiple Sclerosis that participate in a group exercise class: MSFit* 3 students.

2019 - *Developing a Manuscript Pertaining to the Utilization of the PRECEDE-PROCEED Model for Community Health Promotion* 2 students.

2018 - *Developing a Manuscript Pertaining to Health Related Physical Fitness In Community Dwelling Individuals with Visual Impairment* 2 students.

2018 - *Turning a Literature Review into a Publication: Diabetes Risk Factors, Outcome Measures, and Behavior Change Scales Utilized for Asian Indians in the US* 1 student.

2018 - *Transforming a Critical Inquiry Project into a Manuscript: Screening Tools to Detect Risk for Type 2 Diabetes among Asian Indians in the United States* 2 students.

2017 - *Influence of Physical Activity as a Risk Factor for Type 2 Diabetes Mellitus Among Asian Indians Living in the United States* 3 students.

2017 - *Influence of Nutrition as a Risk Factor for Type 2 Diabetes Mellitus among Asian Indians Living in the United States.* 3 students.

2016 - *Effectiveness of a Group-based Culturally Tailored Lifestyle Intervention Program on Changes in Risk Factors for Type 2 Diabetes Among Asian Indians in a Faith-based Community Setting: A Randomized Controlled Trial* 3 students.

2015 - *Effectiveness of a Group Based Culturally Tailored Lifestyle Intervention Program on Changes in Risk Factors for Type 2 Diabetes Mellitus: Screening Phase Data* 5 students.

2014 - *Examination of the differences in health-related physical fitness among community dwelling people with visual impairments as compared to age and gender matched norms*

2014 - *Novice versus Experienced Rater Reliability of the Mini Balance Evaluation Systems Test (Mini-BESTest) in Patients with Acquired Brain Injury (ABI)*

2013 - *A Critical Appraisal Topic: Screening Tools to Identify T2DM Risk.*

2013 - *Development of a Procedural Manual for Measuring Risk Factors for Type 2 Diabetes Mellitus (T2DM) Among Asian Indians (AIs).*

2013 - *A Critical Appraisal Topic: Anthropometrics, Random Capillary Blood Glucose, and Blood Pressure as Risk Assessment Tools for T2DM in AIs*

2012 - *Community Needs Assessment for a Group-Based Lifestyle Intervention Program for T2DM Risk Reduction Among Gujarati AIs.*

2011 - *Development of a Community Based Lifestyle Intervention Program for T2DM Risk Reduction Among AIs: Phase II of III.*

2010 - *Translating the Diabetes Prevention Program Clinical Trial Results into Community Practice: Development of a Community-Based Lifestyle Intervention Program for AIs: Phase 1 of III*

#### **Doctoral Student Project Committee - Member**

2011 - *Experiences of Students, Teachers and Physical Therapists from Blind People's Association in Ahmedabad, India: A Qualitative Study.*

#### **Doctoral Student Qualifying Exam Committee Member**

2018 - *Females with Chronic Patellofemoral Pain Syndrome: A Cross Sectional Study Examining the Influence Pain Rating has on Indicators of Central Sensitization* 1 student.

2017 - *Trunk control and gross motor outcomes after body weight supported treadmill training in young children with severe cerebral palsy: a case series* 1 student.

#### **Master's Professional Student Paper - Chair**

2001 - *Correlation of Blue MACS VAS scores to Number of Key Indicators Completed.*

2001 - *Hyperbaric Oxygen Therapy for Children with Cerebral Palsy: A Proposal for a Study.*

2001 - *Efficacy of Vestibular Rehabilitation: A Literature Review.*

2001 - *Duke Mobility Skills Protocol: Manuscript Preparation.*

2001 - *TX Clinical Education Site Usage by Out of State Physical Therapy Programs: A Survey.*

2000 - *Duke Mobility Skills Protocol: Age & Gender Related Performance Data: Phase II.*

2000 - *Correlation of the Duke Mobility Skills Protocol to the Timed Up & Go Test.*

2000 - *Use of the Duke Mobility Skills Protocol with TBI Patients to Determine Independence in Community Mobility Skills.*

1999 - *Duke Mobility Skills Protocol: Age & Gender Related Performance Data: Phase I.*

1999 - *Interrater Reliability of the Duke Mobility Skills Protocol on Healthy Adults.*

#### **Master's Professional Student Project - Chair**

2008 - *Development of a Research Question for a Community Service Learning Project Related to the TEXERCISE Fitness*

*Campaign for Older Adults Residing in Fort Bend County, Texas* 4 students.

2008 - *Concussion in High School Football: Review of Literature and Tools Available for Coaches*. 2 students.

2006 - *The Influence of Clinical Instructor Training on Rating Student Physical Therapist's Performance Using The Physical Therapist Manual for the Assessment of Clinical Skills (PT MACS)*. 2 students.

2006 - *Body Weight Supported Treadmill training (BWSTT) on a Patient with Traumatic Brain Injury (TBI): A Case Report*. 2 students.

2005 - *The Influence of Clinical Instructor Training on Rating Student Physical Therapist's Performance using the Physical Therapist Manual for the Assessment of Clinical Skills (PT MACS): Phase I*. 4 students.

2004 - *Development of Video Vignettes as a Teaching Tool for the Physical Therapist Manual for the Assessment of Clinical Skills: PT MACS* 4 students.

2003 - *Use of The Guide to Physical Therapy Practice by Clinicians and Students: A Survey*. 2 students.

2002 - *Perceptions of Allied Health Advisors at Undergraduate Institutions regarding physical therapy*. 2 students.

### **Master's Professional Student Project - Member**

2003 - *Productivity of Clinical Instructors: A Survey*. 2 students.

2002 - *Development of the DukeCognitive: A Pilot Study*. 2 students.

## **Intellectual Contributions**

### **Intellectual Contributions Grid**

Category	Total
Articles in Refereed Journals	5
Articles-in-Progress (All)	3
Publications in Refereed Conference Proceedings	2
Books, Monographs, Compilations, Manuals, Supplements, Chapters, Cases, Readings	6
Presentations of Refereed Papers	58
Presentations of Non-Refereed Papers	51

### **Refereed Articles**

Patel, R. M., Misra, R., Raj, S., & Balasubramanyam, A. (2017). Effectiveness of a Group-Based Culturally Tailored Lifestyle Intervention Program on Changes in Risk Factors for Type 2 Diabetes among Asian Indians in the United States,. *Journal of Diabetes Research*.

DaSilva, C. P., Bhatt, A., Avant, E. B., Morar, R. T., & Ebrahim, S. (2017). Experiences of Students, Teachers, and Physical Therapists From Blind People's Association in Ahmedabad, India: A Qualitative Study. *Journal of Physical Therapy Education*.

Maqueda, C., & Patel, R. (2016). Novice Versus Experienced Rater Reliability of the Mini Balance Evaluation Systems Test (Mini-BESTest) in Patients with Acquired Brain Injury (ABI). *Journal of Student Physical Therapy Research*.

Tapley, H., & Patel, R. (2016). Using the PRECEDE-PROCEED Model and Service-Learning to Teach Health Promotion and Wellness: An Innovative Approach for Physical Therapist Professional Education. *Journal of Physical Therapy Education*.

Wharton, C., & Patel, R. (2009). Database Research and Evaluation Results. *American Journal of Health Promotion*, 23 (5), 362.

### **Refereed Proceedings**

Patel, R., Hoffman, G., & Medley, A. (2001). Use of the Duke Mobility Skills Protocol for Patients with Brain Injury to Determine Independence in Community Mobility Skills. *Neurology Report*.

Patel, R., & Hanten, W. (1992). Intertester & Intratester Reliability of the Inclinator in Measuring True Lumbar Flexion. *Physical Therapy*.

### **Books, Monographs, Compilations, Manuals**

## **Manuals/Guides**

- Patel, R. (2011). *Vestibular Rehabilitation: A Basic Course*. Webster, TX: Bayshore Medical Center.
- Patel, R. (2008). *Balance & Vestibular Rehabilitation*. Fort Polk, LA: Baynes-Jones Army Medical Center.
- Patel, R. (2005). *Balance & Vestibular Rehabilitation: An Introductory Course*. Longview, TX: Centre of Rehab Excellence.
- Patel, R., Dillon, L., & Nage, M. (Ed.). (2004). *Physical Therapist Manual for the Assessment of Clinical Skills: PT MACS*. San Antonio, TX: Texas Consortium for Physical Therapy Clinical Education, Inc.
- Patel, R. (2000). *NDT for the Adult Neurological Patient: An Introductory Course*. Dallas, TX: HIS Hospital of Dallas.
- Patel, R. (1997). *Balance & Vestibular Rehabilitation: Principles, Evaluation & Functional Applications in Treatment*. Dallas, TX: Premier Continuing Education, Inc.

## **Presentations of Refereed Papers**

### **International**

- Ortiz, G., Hanks, A., & Patel, R. M. (2019). *Use of the PRECEDE-PROCEED Model of Community Health Promotion to Establish a power of Exercise Program to Increase Health Knowledge in the Hispanic Population of San Jose Clinic*. 2019 Annual CUGH Global Health Conference, Chicago, Illinois.
- Patel, R., Birdsong, J., Panos, K., Felder, D., Acosta, D., Brianna Durand, Alex Guevara (2018). *Use of the PRECEDE-PROCEED Model for Development and Implementation of a Community-Based Memory and Movement Program for Individuals with Early-Stage Alzheimer's Disease*. Alzheimer's Association International Conference, Chicago, Illinois.
- Patel, R. & Sedatole, K. (1993). *Music Therapy-Physical Therapy Co-Treatment for the Management of Behavior Problems in a Traumatic Brain Injury Patient*. Joint Congress of North American Music Therapy, Toronto, Canada-Ontario.

### **Local**

- Patel, R., Arnold, A., Bainum, J., Carlegis, M., Freeman, K., Gutowsky K. (2011). *Developing Client Based Physical Activity Programs*. Schlichting Professional Conference, South East Texas Chapter, Alzheimer's Association, Houston, Texas.

### **National**

- Patel, R., VanHoose, L., Condran, C., Parazo, E., & Doctor, K. (2019). *CSM After Dark: Perspectives on Diversity Equity and Inclusion in Physical Therapy*. APTA Combined Section Meeting, Washington DC, District of Columbia.
- Patel, R., Birdsong, J., Guevara, A., Felder, D., Acosta, D., Kayla Panos, Brianna Durand, (2019). *Development of a Movement and Memory Program Using the PRECEDE PROCEED Model of Health*. Alzheimer's Association International Conference, Washington DC, District of Columbia.
- Patel, R. & Purcell, N. (2018). *MS Fit – Development of an Adaptive Group Exercise Program for People with Multiple Sclerosis*. APTA Combined Section Meeting, New Orleans, Louisiana.
- Patel, R., Gorman, I., & Heick, J. (2018). *Leadership and Advocacy In Physical Therapy – Successful Methods for All Levels*. APTA NEXT Conference, Orlando, Florida.
- Patel, R. & Rethorn, Z. (2018). *Improving Clinical Care Through Addressing Social Determinants of Health*. APTA NEXT Conference, Orlando, Florida.
- Patel, R., Berglund, J., Berner, P., Magnusson, D., & Gamboa, J. (2018). *Designing and Implementing Effective Prevention and Health Promotion Models*. APTA Combined Sections Meeting, New Orleans, Louisiana.
- Patel, R., Magnusson, D., Eisenhart, M., Rethorn, Z., & Davenport, T. (2018). *Prevention and Health Promotion in Entry-Level Physical Therapy Education: Meeting Societal Needs*. APTA NEXT Conference, Orlando, Florida.
- Guy, D., Adams, M., & Patel, R. M. (2017, February). *Power Soccer and the PRECEDE/PROCEED Model: A DPT Student Led Service-Learning Project*. American Physical Therapy Association Combined Section Meeting, San Antonio, Texas.
- Patel, R. & Berner, P. (2017, February). *Prevention and Health Promotion in Physical Therapist Practice: The Time is NOW! - Nutrition & Weight Management Programs*. American Physical Therapy Association Combined Sections Annual Meeting, San Antonio, Texas.
- Patel, R. (2017, February). *Effectiveness of a Group-based Culturally Tailored Lifestyle Intervention Program on Changes in Risk Factors for Type 2 Diabetes among Asian Indians in the United States*. American Physical Therapy Association Combined Sections Meeting - Platform Presentation, San Antonio, Texas.
- Dominick, A., Patel, R., Terreson, K., & Szczepanski, H. (2016). *Application of the PRECEDE-PROCEED model for*

*development and implementation of a physical activities exposition for individuals with visual impairments (VI) at a adaptive recreation center (ARC) in Houston, Texas.*American Physical Therapy Association Combined Section Meeting, Anaheim, California.

Patel, R., Pontiff, R., & Martin, C. (2016). *Service Learning Using the PRECEDE-PROCEED Model of Health Program Planning.* American Physical Therapy Association Combined Sections Meeting, Anaheim, California.

Patel, R., Bhatt, A., Mitchell, K., Chan, G., Leung, E., Gabriel Chan, Cuong Nguye (2016, February). *Effectiveness of a Group Based Culturally Tailored Lifestyle Intervention Program on Changes in Risk Factors for Type 2 Diabetes Among Asian Indians: Screening/Recruitment Phase Data.*American Physical Therapy Association Combined Sections Meeting, Anaheim, California.

Maqueda, C., Denton, S., & Patel, R. (2015). *Locked-in syndrome, implications for outpatient physical therapy: a case study.* American Physical Therapy Association Combined Sections Meeting, Indianapolis, Indiana.

Maqueda, C., Williams, M., Patel, R., Dent, M., Linzer, D., Lauren Cox (2015). *Novice versus Experienced Rater Reliability of the Mini Balance Evaluation Systems Test (Mini-BESTest) in Patients with Acquired Brain Injury (ABI).* American Physical Therapy Association Combined Sections Meeting, Indianapolis, Indiana.

Patel, R., Hedges, A., Williams, M., & Zuckerman, B. (2015). *Use of the PRECEDE-PROCEED Model of Health Promotion Program Planning to Promote Heart Health Education and Blood Pressure Monitoring Among Community Dwelling Elders at a Senior Center in Houston, TX.*Conference on Aging & Society, District of Columbia, District of Columbia.

Patel, R., Martin, C., & Pontiff, R. (2015). *Using the PRECEDE-PROCEED Model for Development and Implementation of a Community Health Fair for Individuals with Chronic Conditions at an Urban Adaptive Recreation Center in Houston, Texas.* American Physical Therapy Association Combined Sections Meeting, Indianapolis, Indiana.

Szczepanski, H., Patel, R., & Terreson, K. (2015). *Application of the PRECEDE-PROCEED model for development and implementation of a physical activities exposition for individuals with visual impairments (VI) at a adaptive recreation center (ARC) in Houston, Texas.*American Public Health Association (APHA) Annual Meeting, Chicago, Illinois.

Pontiff, R., Martin, C., Shepard, K., Reineke, L., & Patel, R. (2013). *Using the PRECEDE-PROCEED Model for Development and Implementation of a Community Health Fair for Individuals with Chronic Conditions at an Urban Adaptive Recreation Center in Houston, Texas.*Association for Prevention Teaching and Research (APTR) Annual Conference, DC, District of Columbia.

Tapley, H. & Patel, R. (2013). *Service Learning in Health Promotion and Wellness: Perspectives of Students and Community Partners.* APTA Combined Sections Meeting, San Diego, California.

Bhatt, A., Ebrahim, S., Kelley, C., & Patel, R. (2012). *Experiences of Blind and Visually Impaired Individuals from Blind People's Association in Ahmedabad, India.* American Physical Therapy Association Combined Sections Meeting, Chicago, Illinois.

Lyon, M., Frerich, J., & Patel, R. (2012). *Using the PRECEDE-PROCEED model for health promotion program implementation for individuals with visual impairment at an urban adaptive recreation center.* American Physical Therapy Association Annual Conference, San Francisco, California.

Keefe, H., Powell, W., Linder, C., Luff, R., & Patel, R. (2011). *Using the PRECEDE-PROCEED model for program development for individuals with disabilities at an urban adaptive recreation center.* American Public Health Association (APHA) Annual Meeting, Washington, District of Columbia.

Patel, R., Lin, H., Kleker, T., Longley, S., Kwie, K., Ali A. (2011). *Development of a community-based lifestyle intervention program for Type 2 Diabetes risk reduction among Asian Indians.* Art and Science of Health Promotion Conference, Colorado Springs, Colorado.

Patel, R., Cheung, D., Coffman, A., Joiner, J., & Pauls, S. (2008). *Development of a Research Question for a Community Service Learning Project Related to the TEXERCISE Fitness Campaign for Older Adults Residing in Fort Bend County, Texas.* American Physical Therapy Association Annual Conference, Lubbock, Texas.

Patel, R., Hoffman, G., & Medley, A. (2001). *Use of the Duke Mobility Skills Protocol for Patients with Brain Injury to Determine Independence in Community Mobility Skills.* American Physical Therapy Association Combined Sections Meeting, San Antonio, Texas.

Patel, R. & Hanten, W. (1992). *Intertester & Intratester Reliability of the Inclinator in Measuring True Lumbar Flexion.* American Physical Therapy Association Annual Conference, Denver, Colorado.

## **Regional**

Patel, R. & Mitchell, K. (2006). *Implementation of a Problem-based Learning (PBL) model during the first semester of a professional physical therapy curriculum*. Advances in Teaching and Learning Regional Conference, UT Health Science Center, Houston, Texas.

### State

Patel, R., Martinez, A., Mathews, M., Varghese, R., & Bhatt, A. (2016). *Effectiveness of a Group Based Culturally Tailored Lifestyle Intervention Program on Changes in Risk Factors for Type 2 Diabetes Among Asian Indians: Intervention Phase Data*. Texas Physical Therapy Association Annual Conference, Fort Worth, Texas.

Patel, R., Bhatt, A., Amaya, J., Chan, G., Leung, E., Cuong Nguyen, Karim Sadiwala (2015). *Effectiveness of a Group Based Culturally Tailored Lifestyle Intervention Program on Changes in Risk Factors for Type 2 Diabetes Among Asian Indians: Screening/Recruitment Phase Data*. Texas Physical Therapy Association Annual Conference, Arlington, Texas.

Patel, R. (2015). *Nutrition in PT Practice*. Texas Physical Therapy Association Annual Conference, Arlington, Texas.

Dominick, A., Thakkar, B., Bullion, H., & Patel, R. (2015, October). *Promoting Physical Activity for the Blind and Visually Impaired Individuals in the Community: Implementation of the PRECEDE PROCEED Model of Health Promotion Program Planning During a DPT Student Led Service-Learning Project*. Texas Physical Therapy Association Annual Conference, Arlington, Texas.

Chovanec, K., Martinez, V., Patel, R., & O'Toole, K. (2014). *Examination of the differences in health-related physical fitness among community dwelling people with visual impairments as compared to age and gender matched norms*. Texas Physical Therapy Association Annual Conference, Galveston, Texas.

Maqueda, C., Williams, M., Patel, R., Dent, M., Linzer, D., Lauren Cox (2014). *Novice versus Experienced Rater Reliability of the Mini Balance Evaluation Systems Test (Mini-BESTest) in Patients with Acquired Brain Injury (ABI)*. Texas Physical Therapy Association Annual Conference, Galveston, Texas.

Martinez, V., Patel, R., Chovanec, K., O'Toole, K., Bhatt, A., Andrew Johnson, Kate Hughes (2014). *Examination of the differences in health-related physical fitness among community dwelling people with visual impairments as compared to age and gender matched norms*. Texas Society of Allied Health Professions Annual Conference, Houston, Texas.

Patel, R., Martin, C., & Pontiff, R. (2014). *Using the PRECEDE-PROCEED Model for Development and Implementation of a Community Health Fair for Individuals with Chronic Conditions at an Urban Adaptive Recreation Center in Houston, Texas*. Texas Physical Therapy Association Annual Conference, Galveston, Texas.

Patel, R., Hedges, A., Williams, M., & Zuckerman, B. (2014). *Use of the PRECEDE-PROCEED Model of Health Promotion Program Planning to Promote Heart Health Education and Blood Pressure Monitoring Among Community Dwelling Elders at a Senior Center in Houston, TX*. Texas Society of Allied Health Professions Annual Conference, Houston, Texas.

Tapley, H. & Patel, R. (2010). *Faculty-led Student Service Learning projects as the Low Cost Answer to Promoting Physical Activity in At-Risk Low Income or Underrepresented Populations*. Texas Physical Therapy Association Annual Conference, Arlington, Texas.

Patel, R., Kunschik, K., & Tounzen, K. (2006). *Body Weight Supported Treadmill training (BWSTT) for a Patient with Traumatic Brain Injury (TBI): A Case Report*. Texas Physical Therapy Association Annual Conference, Fort Worth, Texas.

Patel, R. & Mitchell, K. (2006). *Implementation of a Problem-based Learning (PBL) model during the first semester of a professional physical therapy curriculum*. Annual Conference of the Texas Society of Allied Health Professions (TSAHP), Denton, Texas.

Patel, R., Dillon, L., Potter, J., & Utsey, C. (2005). *Texas Consortium's Clinical Instructor Certification Course*. Texas Physical Therapy Association Annual Conference, The Woodlands, Texas.

Patel, R. (2004). *Assessing Clinical Competence of Student Physical Therapists in Managing Patients Across the Life Span Using the Physical Therapist Manual for the Assessment of Clinical Skills (PT MACS)*. Texas Society of Allied Health Professions Annual Conference, San Antonio, Texas.

Patel, R. (2004). *Development of Video Vignettes Teaching Tools for Use with the Physical Therapist Manual for the Assessment of Clinical Skills (PT MACS)*. Texas Society of Allied Health Professions Annual Conference, San Antonio, Texas.

Patel, R., Nagel, M., Utsey, C., & Devahl, J. (2003). *Texas Consortium's Clinical Instructor Certification Course*. Texas Physical Therapy Association Annual Conference, Austin, Texas.

Conrad, M., Patel, R., & Tweedy, M. (2001). *Correlation of The Number of Key Indicators Completed and The Visual Analog Scale Scores in The Blue MACS of Texas Woman's University PT Students: 1999-2000*. Texas Physical Therapy Association

Annual Conference, Dallas, Texas.

Henrickson, J., Patel, R., & Medley, A. (2001). *The Efficacy of Vestibular Rehabilitation: A Literature Review*. Texas Physical Therapy Association Annual Conference, Dallas, Texas.

Patel, R., Gleeson, P., Nagel, M., & Carroll, B. (2001). *Texas Consortium's Clinical Instructor Certification Course*. Texas Physical Therapy Association Annual Meeting, Arlington, Texas.

Patel, R., Balabuch, K., Tweedy, M., & Thompson, M. (2001). *Texas Clinical Education Site Use by Students From Out-of-State Physical Therapy Programs*. Texas Physical Therapy Association Annual Conference, Dallas, Texas.

Patel, R., Vechinski, T., Buford, C., & Medley, A. (2000). *Age and Gender Related Performance Data from the Duke Mobility Skills Protocol and its Correlation with the Timed Up & Go Test*. Texas Physical Therapy Association Annual Conference, Austin, Texas.

Patel, R., Hoffman, G., & Medley, A. (2000). *Use of the Duke Mobility Skills Protocol for Patients with Brain Injury to Determine Independence in Community Mobility Skills*. Texas Physical Therapy Association Annual Conference, Austin, Texas.

Patel, R., Gleeson, P., Melzer, B., & Carroll, B. (1999). *Texas Consortium's Clinical Instructor Certification Course*. Texas Physical Therapy Association Spring Summit, Dallas, Texas.

Patel, R., Overby, A., & Deyo, K. (1996). *Practical Application of Balance Assessment & Training*. Texas Physical Therapy Association Annual Conference, Houston, Texas.

Patel, R., Reiss, L., & Reiss, B. (1993). *Treatment of the Neurological Patient for the PTA*. Texas Physical Therapy Association's Texas Fall Seminar, Galveston, Texas.

Patel, R. & Sedatole, K. (1993). *Music Therapy-Physical Therapy Co-Treatment for the Management of Behavior Problems in a TBI Patient--A Case Study*. Texas Physical Therapy Association Annual Conference, Austin, Texas.

## **Presentations of Non-Refereed Papers**

### **Local**

Patel, R. & Thompson, M. (1999). *Exercise After CVA*. Invited presentation at Inservice at The Cooper Aerobics Center, Dallas, Texas.

Patel, R. & Medley, A. (2000). *NDT for the Adult Neurologic Patient: In Introductory Course*. Invited presentation at IHS Hospital of Dallas, Dallas, Texas.

Patel, R., Tweedy, M., Nagel, M., & Carroll, B. (2001). *Texas Consortium's Clinical Instructor Certification Course*. Invited presentation at Cook Children's Medical Center, Fort Worth, Texas.

Patel, R. & Medley, A. (2002). *NDT for the Adult Neurologic Patient: An Introductory Course*. Invited presentation at Baylor Irving Medical Center, Irving, Texas.

Patel, R., Nagel, M., & Gleeson, P. (2003). *Texas Consortium's Clinical Instructor Certification Course*. Invited presentation at Baylor University Medical Center, Dallas, Texas.

Patel, R., Nage, M., & DeVahl, J. (2003). *Texas Consortium's Clinical Instructor Certification Course*. Invited presentation at Presbyterian Hospital of Dallas PT Staff, Dallas, Texas.

Patel, R. (2003). *An Introduction to the PT MACS*. Invited presentation at Cook Children's Medical Center, Fort Worth, Texas.

Patel, R. & Thomas, E. (2003). *Texas Consortium's Clinical Instructor Certification Course*. Invited presentation at Warm Springs Rehabilitation Hospital, San Antonio, Texas.

Patel, R., Nagel, M., & DeVahl, J. (2004). *Texas Consortium's Clinical Instructor Certification Course*. Invited presentation at HealthSouth Rehabilitation Hospital - Out Patient Department, Dallas, Texas.

Patel, R. (2004). *Balance & Aging*. Invited presentation at India Association of North Texas, Women's Forum, Dallas, Texas.

Patel, R. & Medley, A. (2004). *Balance & Vestibular Rehabilitation: A Basic Course*. Invited presentation at Sante Rehab Group, Fort Worth, Texas.

Patel, R. (2004). *PT MACS Update*. Invited presentation at Research Brown Bag seminar, TWU Dallas PT faculty, Dallas, Texas.

Patel, R. (2004). *PT MACS Inservice*. Invited presentation at Presbyterian Hospital of Dallas PT Staff, Dallas, Texas.

Patel, R., Nagel, M., & DeVahl, J. (2004). *Texas Consortium's Clinical Instructor Certification Course*. Invited presentation at Baylor Institute for Rehabilitation, Dallas, Texas.



Patel, R., Nagel, M., Crabtree, S., & Gleeson, P. (2004). *Texas Consortium's Clinical Instructor Certification Course*. Invited presentation at Texas Consortium's Clinical Educator's Workshop, Dallas, Texas.

Patel, R., Nagel, M., & Devahl, J. (2004). *Texas Consortium's Clinical Instructor Certification Course*. Invited presentation at Tarrant County College, Bedford, Texas.

Patel, R., Nagel, M., & Devahl, J. (2005, April). *Texas Consortium's Clinical Instructor Certification Course*. Invited presentation at Tarrant County College, Bedford, Texas.

Medley, A. (2005). *Balance & Vestibular Rehabilitation: A Basic Course*. Invited presentation at Center for Rehab Excellence, Longview, Texas.

Patel, R., Nagel, M., & Devahl, J. (2006, November). *Texas Consortium's Clinical Instructor Certification Course*. Invited presentation at Tarrant County College, Bedford, Texas.

Patel, R., Nagel, M., & Devahl, J. (2006). *Challenges in Clinical Education Workshop*. Invited presentation at Tarrant County College, Bedford, Texas.

Patel, R., Nagel, M., & Devahl, J. (2006). *Texas Consortium's Clinical Instructor Certification Course*. Invited presentation at Tarrant County College, Bedford, Texas.

Massery, M., Patel, R., & Medley, A. (2007). *PNF: Improving Trunk Function Through Distal and Proximal Input*. Invited presentation at Baylor Institute for Rehabilitation, Dallas, Texas.

Patel, R. (2008). *Screening for Vestibular Dysfunction*. Invited presentation at Texas Physical Therapy Association Southeastern District, Houston, Texas.

Patel, R. & Medley, A. (2008). *Balance & Vestibular Rehabilitation: An Introductory Course*. Invited presentation at US Army Baynes-Jones Memorial Hospital, Fort Polk, Louisiana.

Massery, M., Patel, R., Medley, A., & Charness, A. (2010). *PNF: Improving Trunk Function Through Distal and Proximal Input*. Invited presentation at TIRR Memorial Hermann Healthcare System, Houston, Texas.

Patel, R. (2010). *Ethics and Professional Responsibility in Physical Therapy and Occupational Therapy Practice*. Invited presentation at Harris County Hospital District, Houston, Texas.

Patel, R. (2011). *Nutrition in Physical Therapy Practice*. Invited presentation at TIRR Memorial Hermann OP Rehabilitation Department, Houston, Texas.

Patel, R. (2011). *Ethics and Professional Responsibility in Physical Therapy and Occupational Therapy Practice*. Invited presentation at Harris County Hospital District, Houston, Texas.

Patel, R. (2011). *Ethics and Professional Responsibility in Physical Therapy Practice*. Invited presentation at TWU Physical Therapy Research Conference, Houston, Texas.

Patel, R. (2012). *Motivational Interviewing Techniques for Physical Therapy Practice*. Invited presentation at Harris County Hospital District OrthoNeuro Residency Faculty, Houston, Texas.

Patel, R. (2012). *Ethics and Professional Responsibility in Physical Therapy Practice*. Invited presentation at TWU Physical Therapy Research Conference, Houston, Texas.

Patel, R. (2013). *Ethics and Professional Responsibility in Physical Therapy Practice*. Invited presentation at TWU Physical Therapy Research Conference, Houston, Texas.

Patel, R. (2014). *Ethics and Professional Responsibility in Physical Therapy Practice*. Invited presentation at TWU Physical Therapy Research Conference, Houston, Texas.

Patel, R. (2015). *Ethics and Professional Responsibility in Physical Therapy Practice*. Invited presentation at TWU Physical Therapy Research Conference, Houston, Texas.

Patel, R. (2015). *Keeping Your Loved Ones Safe at Home: How to Assess and Make Adjustments to Your Home to Prevent Falls*. Invited presentation at Amazing Place Family Education Series, Houston, Texas.

Patel, R. (2016, May). *Ethics and Professional Responsibility in PT, OT and SLP Practice*. Invited presentation at Kids Development Clinic, Houston, Texas.

Patel, R. (2016). *A Primer on Parliamentary Procedure for Conducting Business Meetings*. Invited presentation at Southeastern District Executive Board, Houston, Texas.

Patel, R. (2016). *Ethics and Professional Responsibility in Physical Therapy Practice*. Invited presentation at TWU Physical Therapy Research Conference, Houston, Texas.

Patel, R. (2017, May). *Ethics and Professional Responsibility in PT, OT and SLP Practice*. Invited presentation at Kids

Development Clinic, Houston, Texas.

### **National**

Patel, R. (2017, March). *Current Guidelines for Healthy Nutrition in PT Practice*. Invited presentation at Doctor of Physical Therapy Program Sycamore Center for Wellness & Applied Medicine, Terre Haute, Indiana.

Patel, R., Bottomley, J., & Smith, A. H. (2018). *OXFORD DEBATE: Is Good Nutrition the New Tradition?* Invited presentation at APTA NEXT Conference, Orlando, Florida.

Patel, R., VanHoose, L., Caruth, M., Ossai, U., & Teague, S. (2018). *Diversity in PT Practice - Panel Discussion*. Invited presentation at APTA Combined Section Meeting, New Orleans, Louisiana.

Patel, R. (2018). *Applying Population Health Frameworks in Physical Therapist Practice Part 2:Community Engagement Where People Learn and Pray*. Invited presentation at APTA Learning Center, Houston, Virtual.

Patel, R. & Tooles, J. (2018). *Diversity, Equity and Inclusion in Physical Therapy Practice*. Invited presentation at Women in Physical Therapy Summit, New York, New York.

### **Regional**

Patel, R. (2016, May). *Ethics and Professional Responsibility for Physical Therapy Practice*. Invited presentation at Region 4 Education Service Center, Houston, Texas.

Patel, R. (2017, May). *Nutrition in Physical Therapy Practice for the Pediatric School Aged Population*. Invited presentation at Region 4 Education Service Center: Course for School Based PTs and PTAs, Houston, Texas.

Patel, R. (2017, May). *Ethics and Professional Responsibility for Physical Therapy Practice*. Invited presentation at Region 4 Education Service Center, Houston, Texas.

### **State**

Patel, R., Gibbs, C., Furtado, M., & DeJoya, A. (2012). *Concussion Management*. Invited presentation at Texas Physical Therapy Association SED CCU Course, Houston, Texas.

Patel, R. (2012). *Community Service Learning in PT Education*. Invited presentation at Texas Physical Therapy Faculty Summit, Houston, Texas.

Patel, R. (2017, April). *Nutrition in PT Practice*. Invited presentation at Special Topics Seminar: Department of Physical Therapy, Texas State University, San Marcos, Texas.

Patel, R. (2018, April). *Nutrition in PT Practice*. Invited presentation at Special Topics Seminar: Department of Physical Therapy, Texas State University, San Marcos, Texas.

## **Grants**

### **Other**

2015: Patel, R. American Physical Therapy Association Minority Faculty Development Scholarship Award, Principal Investigator, American Physical Therapy Association.

### **Research**

2018: Patel, R. & Polasek, K., Exploring changes in self-efficacy for exercise and physical activity levels of community-dwelling people with Multiple Sclerosis that participate in a group exercise class: MSFit, Collaborator, Texas Woman's University.

2018: Patel, R. Explore the association between the psychosocial processes to behavior change and the changes in risk factors for diabetes among Asian Indians in the US, Principal Investigator, Texas Woman's University.

2018: Patel, R. Explore the association between the psychosocial processes to behavior change and the changes in risk factors for diabetes among Asian Indians in the US, Principal Investigator, Texas Woman's University.

2016: Ortiz, A., Maziarz, M., Brewer, W., & Patel, R., Effectiveness of Inactivity Breaks and Modified Fasting Regime to Counteract the Deleterious Effects of Sedentarism in the Workplace, Co-Investigator, GOV-National Institutes of Health(NIH).

2014: Patel, R. Effectiveness of a Group Based Culturally Tailored Lifestyle Intervention Program on Changes in Risk Factors for Type 2 Diabetes Mellitus among Asian Indians Living in the United States, Principal Investigator, Texas Physical Therapy Foundation.

2014: Patel, R. Effectiveness of a Group Based Culturally Tailored Lifestyle Intervention Program on Changes in Risk Factors for Type 2 Diabetes Mellitus among Asian Indians Living in the United States, Principal Investigator, Texas Society of

Allied Health Professionals.

2013: Patel, R. Effectiveness of a Group Based Culturally Tailored Lifestyle Intervention Program on Changes in Risk Factors for Type 2 Diabetes Mellitus Among Asian Indians Living in the United States: A Pilot Study, Principal Investigator, TWU ORSP.

## **Working Papers**

Patel, R. & Panos, K. (2018). "Health Related Physical Fitness In Community Dwelling Individuals with Visual Impairment," targeted for Journal of Visual Impairment & Blindness.

Patel, R., Misra, R., & Light, R. (2018). "Diabetes Risk Factors, Outcome Measures, and Behavior Change Scales Utilized for Asian Indians in the US," targeted for International Journal of Chronic Diseases.

Patel, R., Misra, R., Durand, B., & Tayabali, H. (2018). "Assessment of the appropriateness of the MDRF-IDRS and other screening tools to detect Type 2 Diabetes Mellitus in high risk Asian Indians living in the United States," targeted for Journal of Diabetes Research.

## **Other Research**

### **Other Research Activities**

2004: Patel, R., *PT MACS: Video Vignettes*.

## **Service**

### **Service to the Institution**

#### **Department Assignments**

##### **Chair:**

2015-2016 – 2018-2019: Marketing and Recruitment Committee

2006-2007: Transitional DPT Committee

2004-2005: Professional Curriculum Committee

2000-2001 – 2004-2005: Dallas PT Open House

1998-1999 – 2001-2002: Alumni Committee

1999-2000: Student Activities Committee

##### **Coordinator/Director:**

2017-2018 – 2018-2019: Marketing

##### **Faculty Advisor:**

2016-2017 – 2018-2019: Physical Therapy Pro Bono National Honor Society, TWU Houston Chapter

2016-2017 – 2017-2018: TWU Houston DPT Students' Hosting of National Advocacy Dinner

##### **Member:**

2017-2018 – 2018-2019: Faculty Search Committee - Houston

2014-2015 – 2018-2019: Policy Committee

2011-2012 – 2013-2014: Professional Program Council

2011-2012 – 2013-2014: Post Professional Program Council

2006-2007 – 2013-2014: Professional Curriculum Committee

2008 – 2012: Website Committee

2008-2009: Alumni Committee

2007-2008: Transitional DPT Committee

1997-1998 – 2005-2006: Clinical Education Committee

2002-2003 – 2004-2005: Professional Curriculum Committee

2002-2003: Administrative Council

1999-2000 – 2002-2003: Marketing & Recruitment Committee

**Volunteer: Institutional Service:**

2006-2007 – 2016-2017: Friends of TWU Physical Therapy Program: Raised external funds from organizations for school/faculty development

2006 – 2012: Friends of Physical Therapy

**College Assignments**

**Member:**

2012-2013 – 2013-2014: Search Committee for the Director

2002-2003 – 2003-2004: Search Committee for Director of the School

**University Assignments**

**Member:**

2017-2018 – 2018-2019: Health & Wellbeing Initiative

2016-2017 – 2018-2019: Faculty Development & Leave Committee

2015-2016 – 2018-2019: Code of Conduct Committee - Houston Campus

2015-2016: Code of Conduct Review Committee

2006-2007 – 2007-2008: Faculty Center Advisory Committee

2004-2005 – 2005-2006: Traffic Appeals Committee

2004-2005 – 2005-2006: Task Force on Promotion & Tenure

2004-2005: Associate Provost Search Committee

2001-2002 – 2002-2003: Faculty Senator

1998 – 2002: State Employee Charitable Contributions Campaign (SECCC) Committee

1999-2000: Career Services Advisory Board

**Service to the Profession**

**Advisor**

2008: Education Practicum Mentor for local PT clinician (M. Furtado) who was a tDPT student at Boston University.

**Board of Directors: Moderate Involvement**

2018: Physical Therapy Learning Institute.

**Chair: Committee / Task Force**

2018: Texas Physical Therapy Association.

2018: Academy of Neurologic Physical Therapy Advocacy & Consumer Affairs Committee.

2000 – 2002: American Physical Therapy Association Neurology Section Public Relations Committee.

1994 – 1995: TPTA SED Public Relations (PR) Committee.

**Chair: Conference / Track / Program**

2003 – 2004: Texas Consortium for Physical Therapy Clinical Education, Inc. PT MACS Task Force

**Editor: Conference Proceedings**

2017: Monograph Editor, Academy of Geriatric Physical Therapy.

**Examiner for Certification/Licensure**

2008: Licensure Exam Review for Candidates. Tutor for Candidates that needed to re-take exam (Pangillian & Scott, 2004-2005, Puett: 2008)

2004 – 2005: Licensure Exam Review for Candidates. Tutor for Candidates that needed to re-take exam (Pangillian & Scott, 2004-2005, Puett: 2008)

### **Member: Committee/Task Force**

2018: APTA Diversity, Equity & Inclusion Staff Workgroup.

2017 – 2018: APTA HPA The Catalyst Section Publications Committee.

2016 – 2017: Advocacy & Consumer Affairs Committee, Academy of Neurologic Physical Therapy.

2016 – 2017: APTA Awards Committee, Subcommittee on Scholarsips.

2016 – 2017: TPTA Governance Review Taskforce.

2013 – 2017: TPTA SED Governmental Affairs Committee.

1996 – 2002: American Physical Therapy Association Neurology Section Public Relations Committee.

1994 – 1997: American Physical Therapy Association Neurology Section Brain Injury Special Interest Group (BI SIG) Task Force on Brain Injury Guidelines.

1994 – 1996: American Physical Therapy Association, Neurology Section, Brain Injury Special Interest Group (BI SIG) Nominating Committee.

1993 – 1994: TPTA SED Public Relations (PR) Committee.

### **Officer of Organization or Association**

2017 – 2018: Nominating Committee, American Physical Therapy Association. Elected term of office: June 2017 - June 2020

2011 – 2018: APTA House of Delegates. statewide elected delegate from Texas to the APTA HoD, the main governing body for the national association

2004 – 2006: Texas Physical Therapy Association Nominating Committee. Elected

2003 – 2004: Texas Consortium for Physical Therapy Clinical Education, Inc. Treasurer

### **Other Professional Service Activities**

2018: APTA Health Career Virtual Fair.

2018: TPTA Texas Assembly - Parliamentarian.

2018: Academy of Neurologic Physical Therapy Federal Affairs Liaison.

2017 – 2018: Pro Bono Incubator Grant Program Mentor for Move Together, Inc.. serve as a mentor to people who want to apply for the pro bono incubator grant through this non-profit focused on developing pro bono opportunities nationally and internationally.

2010 – 2018: APTA Federal Advocacy Forum, Washington, DC, United States of America. Attended national forum and advocated for physical therapy and health care issues with federal legislators; serve as a federal key contact to my US Congressman; serve as a mentor to new advocates

1999 – 2017: Texas Physical Therapy Association Legislative Day. Attended PT Legislative Day at the Capitol in AUstin every other year when legislature in session as an advocate; serve as a mentor to new advocates; serve as a key contact for my state senator and state representative (since 2011)

### **Reviewer: Article / Manuscript**

2015 – 2017: Journal of Physical Therapy Education.

2010 – 2012: Archives of Physical Medicine and Rehabilitation.

2000 – 2005: Physiotherapy Theory and Practice.

### **Reviewer: Book / Textbook**

2000 – 2005: Texas Physical Therapy Association (TPTA). Continuing Education Course

### **Reviewer: Conference Paper**

2014: TPTA Annual Conference Poster Presentation Judge, Galveston, Texas.

### **Volunteer: Professional Service to the Community**

2007 – 2013: Project Victory, TIRR Foundation. Intervention Specialist. Provide physical therapy to active duty and veterans from the US military that suffer from mild TBI, PTSD and/or vestibular, balance and musculoskeletal dysfunction

## **Service to the Community**

### **Chair of a Committee**

2011 – 2013: Shape Up Sugar Land (SUSL), Health & Wellness Education Committee (appointed)

2010 – 2013: Shape Up Sugar Land (SUSL), Executive Board

### **Member of a Committee**

2015 – 2018: Amazing Place Health Advisory Committee

2015 – 2017: San Jose Clinic, Advisory Committee for Charity PT Clinic

2007 – 2016: Lakes of Brightwater Home Owners Association, Social Committee

2015: BAPS Charities, Inc. Children's Health & Safety Day Planning Committee

2014 – 2015: BAPS Charities, Inc. Health Fair Planning Committee

2013 – 2015: Dulles Middle School (DMS), Fort Bend Independent School District (FBISD) School Wellness Committee

2012 – 2015: Neighborhood Centers, Inc. (NCI) Student Health Advisory Committee (SHAC) for Promise Charter Schools and Head Start/Early Head Start Programs

2007 – 2009: Houston Mayor's Wellness Council's Senior Fitness Committee,

2007 – 2009: Texercise Fort Bend Fit for Life & Shape Up Sugar Land Committee, invited member

1996 – 2005: Network of Indian Professionals, North Texas Chapter,

1996 – 2005: Gujarati Samaj of North Texas, member & volunteer

### **Positions Held in Civic Organizations**

2017 – 2018: Move Together, Inc. Pro Bono Incubator Grant Program, PBI Grant Program mentor

2014 – 2016: Co-Chair, Socail Committee, Lakes of Brightwater Home Owners Association

2012 – 2013: Shape Up Sugar Land (SUSL), Executive Board Secretary (elected)

### **Speech / Presentation at a Community Meeting**

2014 – 2016: BAPS Charities, Inc. Community Health Fair, Invited Speaker, 2014 – 2016: BAPS Charities, Inc. Health Fair Invited Speaker: Lifestyle Modifications to Reduce Risk Factors for T2DM among Asian Indians (AIs) - 2014; Diabetes among Desis: Is it Preventable or Is it Inevitable? – 2015; Diabetes Risk Awareness Workshop (2016)

2014 – 2016: Dulles Middle School 8th Grade Career Day, Invited Speaker: What is a Doctor of Physical Therapy?

2015: Amazing Place Spring Family Education Luncheon, Topic: Keeping Your Loved One Safe at Home

2015: BAPS Charities, Inc. Children's Health & Safety Day, Speaker: Rethink Your Drink and Physical Activity (2015)

2013 – 2015: BAPS Charities, Inc. Health Fair, Invited Speaker: Lifestyle Modifications to Reduce Risk Factors for T2DM Among Asian Indians (AIs) - 2014; Diabetes Among Desis: Is it Preventable or Is it Inevitable? - 2015

2014: Asian American Hotel Owners Association (AAHOA) Women's Conference, Topic: Heart Healthy and Delicious Indian Diet...is it possible?

2012 – 2013: BAPS Charities, Inc. Children's Health & Safety Day, Invited Speaker: Physical Activity Guidelines for Children and Adolescents (2013)

Invited Speaker, 2 topics: Eating Right Using MyPlate Guidelines and Physical Activity Guidelines for Americans (2012)

2004: India Association of North Texas, Women's Forum, Invited Speaker

### **Volunteer**

2017 – 2018: MS Fit

2016 – 2017: Global Physical Therapy Day of Service, Ambassador

2015: USA Fit Sugar Land Marathon & Half Marathon Medical Crew

2014: Chevron Houston Marathon Race Crew

1999 – 2013: Head Smart

1999 – 2013: Think First

2012: NCI Head Start Child/Family Nutrition and Activity Educational Program Development Consultant

2010 – 2012: BAPS Charities, Inc., Health Fair

2007 – 2009: Houston Mayor's Wellness Council's Senior Fitness Committee's Senior Water Festival

2004: Get Moving Project PATHS Kick Off Day, North Dallas High School

## **Professional Development**

### **Assurance of Learning - Professional Development**

1999: APTA National Clinical Education Conference, USA, Unknown.

### **Instructional-Related Conference**

2011: TWU Physical Therapy Research Conference, Houston, Texas.

2011: Residency & Fellowship Programs: A Panel Discussion, TPTA SED, Houston, Texas.

2011: American Physical Therapy Association Combined Sections Meeting, USA, Unknown.

2010: TWU Physical Therapy Research Conference, Houston, Texas.

2009: TWU Physical Therapy Research Conference, Houston, Texas.

2008: TWU Physical Therapy Research Conference, Houston, Texas.

2008: American Physical Therapy Association Annual Conference, San Antonio, Texas.

2007: TWU Physical Therapy Research Conference, Houston, Texas.

2007: American Physical Therapy Association Annual Conference, Houston, Texas.

2007: Texas Physical Therapy Association Annual Conference, Austin, Texas.

2006: TWU Physical Therapy Research Conference, Houston, Texas.

2006: American Physical Therapy Association Combined Sections Meeting, USA, Unknown.

2005: TWU Physical Therapy Research Conference, Houston, Texas.

2005: American Physical Therapy Association Combined Sections Meeting, USA, Unknown.

2005: Texas Physical Therapy Association Annual Conference, Texas, Texas.

2004: TWU Physical Therapy Research Conference, Houston, Texas.

2004: Texas Physical Therapy Association Annual Conference, Texas, Texas.

2003: TWU Physical Therapy Research Conference, Houston, Texas.

2003: Texas Physical Therapy Association Annual Conference, Texas, Texas.

2002: TWU Physical Therapy Research Conference, Houston, Texas.

2001: American Physical Therapy Association Combined Sections Meeting, USA, Unknown.

2000: American Physical Therapy Association Combined Sections Meeting, USA, Unknown.

2000: Texas Physical Therapy Association Annual Conference, Texas, Texas.

1999: Texas Physical Therapy Association Spring Summit, Texas, Texas.

1998: Texas Physical Therapy Association Annual Conference, Texas, Texas.

1998: A Practical Guide for the PT & PTA ACCE, USA, Unknown.

1998: Contemporary Forums, USA, Unknown.

1997: American Physical Therapy Association Combined Sections Meeting, USA, Unknown.

1997: Texas Physical Therapy Association Annual Conference, Texas, Texas.

1996: American Physical Therapy Association Combined Sections Meeting, USA, Unknown.

1996: Texas Physical Therapy Association Annual Conference, Texas, Texas.

1995: American Physical Therapy Association Combined Sections Meeting, USA, Unknown.

1994: American Physical Therapy Association Combined Sections Meeting, USA, Unknown.

1994: Texas Physical Therapy Association (TPTA), Texas, Texas.

1993: American Physical Therapy Association Combined Sections Meeting, USA, Unknown.

1992: American Physical Therapy Association Annual Conference, San Antonio, Texas.

### **Other Professional Development**

2018: Disney Institute Leadership Workshop, The Woodlands, Texas.

2017: APTA NEXT Conference, Boston, Massachusetts.

2015: APTA House of Delegates, Washington, District of Columbia.

2014: Texas Society of Allied Health Professions Annual Conference, Houston, Texas.

2011: PT Day on Capitol Hill, APTA, National harbor, Maryland.

2011: Profession of PT's Attainment of Vision 2020, National harbor, Maryland.

2007: UT School of Public Health, Houston, Texas.

2007: UT School of Public Health, Houston, Texas.

2006: UT School of Public Health, Houston, Texas.

2006: Ethics & Professional Practice, Houston, Texas.

1996: Northern Speech Services, Inc., USA, Unknown.

1995: Neurodevelopmental Treatment Association (NDTA), Houston, Texas.

1994: Hiring Winners, Houston, Texas.

1993: Introduction to the Feldenkrais Method, USA, Unknown.

1993: Texas Consortium for Physical Therapy Clinical Education, Inc, Texas, Texas.

1992: Neurodevelopmental Treatment Association (NDTA), Houston, Texas.

1991: The Mandt System, USA, Unknown.

### **Professional Seminars / Workshops**

2018: APTA CSM, New Orleans, Louisiana.

2018: APTA FAF, Washington DC, District of Columbia.

2018: APTA NEXT, Orlando, Florida.

2017: American Physical Therapy Association Combined Section Meeting, San Antonio, Texas.

2017: APTA Federal Advocacy Forum, Washington DC, District of Columbia.

2017: TPTA AC, Corpus Christi, Texas.

2017: CAPTE Workshop, Columbus, Ohio.

2017: Educational Leadership Conference, Columbus, Ohio.

2016: American Physical Therapy Association Combined Sections Meeting, Anaheim, California.

2016: TPTA Annual Conference, Fort Worth, Texas.

2016: APTA Federal Advocacy Forum, Washington DC, District of Columbia.

2015: American Physical Therapy Association Combined Sections Meeting, Indianapolis, Indiana.

2015: Health Behavior Coaching Skills for Physical Therapists, Arlington, Texas.

2015: The Role of Neuro PTs in Defining & Promoting the Human Movement System, Arlington, Texas.

2015: Ethics Overview: application to the Clinical Setting, Arlington, Texas.

2015: APTA NEXT, Washington DC, District of Columbia.

2014: American Physical Therapy Association Combined Sections Meeting, Las Vegas, Nevada.

2014: APTA Federal Advocacy Forum, Washington, District of Columbia.

2014: APTA House of Delegates, Charlotte, North Carolina.

2014: Research Poster Presentations, Galveston, Texas.

2014: Hip Dysfunction in the Running Athlete, Galveston, Texas.

2014: Dry Needling: Introduction, Current Concepts, and Clinical Applications, Galveston, Texas.

2014: The Role Of Social Media In Physical Therapy, Galveston, Texas.

2013: TWU Physical Therapy Research Conference, Houston, Texas.



2013: American Physical Therapy Association Combined Sections Meeting, San Diego, California.

2012: Hot Topics: Come Influence Change, Houston, Texas.

2012: APTA Federal Government Affairs Forum, Washington, District of Columbia.

2012: Concussion Update, Houston, Texas.

2011: APTA State Policy & Payment Forum: Legislative Track, Austin, Texas.

2011: Application of Motor Learning in Neurologic PT, The Woodlands, Texas.

2011: Manual PT for Cervicogenic Dizziness/Vertigo, The Woodlands, Texas.

2011: The Thrower's Shoulder: Biomechanics, Pathophysiology, and Treatment, Houston, Texas.

2011: Psychosocial Aspects of the Physical Treatment of Painful Conditions, Houston, Texas.

2010: Diabetes Prevention Support Center, University of Pittsburgh Diabetes Institute, Pittsburgh, Pennsylvania.

2010: Periodization Concepts for the Orthopedic Patient, Houston, Texas.

2010: What's the Deal with all these CPRs and LBP Classification Systems? Translating Evidence into Clinical Practice, Houston, Texas.

2010: PNF: Improving Trunk Function Through Distal and Proximal Input Course, Houston, Texas.

2009: The Hip: Labrum & Beyond, Houston, Texas.

2009: Physical Therapy Now & Then, Houston, Texas.

2007: PNF: Improving Trunk Function Through Distal and Proximal Input Course, Houston, Texas.

2007: IF You Can't Breathe You Can't Function, Houston, Texas.

2004: Methodist Medical Center, Dallas, Texas.

2004: Current Issues in Ethical Decision Making, Dallas, Texas.

2003: Vestibular Dysfunction: Successfully Treating the Dizzy Patient, Houston, Texas.

1999: Cognitive Issues in Neurologic Physical therapy, USA, Unknown.

1999: Osteoporosis: A Comprehensive Treatment Strategy-Level I, USA, Unknown.

1996: Clinical Wound Management, Houston, Texas.

1994: An Integrated Approach to Adult Neurological Deficits with Head Injured & CVA Clients, Houston, Texas.

1994: Surface EMG Evaluation & Biofeedback in Physical Therapy, Houston, Texas.

1994: An Integrated Approach to Individuals with Neurological Dysfunction Incorporating Current Concepts in Motor Learning & Motor Control, Houston, Texas.

1993: UT Southwestern Medical Center, Dallas, Texas.

1993: Neurophysiology of Skeletal Muscle Function Applied to Clinical Practice, Houston, Texas.

1993: Patient Focused Care, Houston, Texas.

1993: Texas Woman's University School of Physical Therapy, Dallas, Texas.

1992: Memorial Hermann Healthcare System, Houston, Texas.

1992: TIRR Memorial Hermann Healthcare System, Houston, Texas.

1992: TIRR Memorial Hermann Healthcare System, Houston, Texas.

1992: Texas Physical Therapy Association (TPTA), Texas, Texas.

1992: Facilitating Problem Solving in Students, Houston, Texas.

1992: TIRR Memorial Hermann Healthcare System, Houston, Texas.

1992: Balance Deficits in the Neurologic Patient, Houston, Texas.

1991: Vestibular Rehabilitation, Houston, Texas.

1991: Texas Physical Therapy Association (TPTA), Texas, Texas.

#### **Research-Related Conference/Seminar**

2018: NIH Regional Workshop, Washington DC, District of Columbia.

2015: TWU Physical Therapy Research Conference, Houston, Texas.

2015: Research Poster Presentations, Arlington, Texas.

2014: TWU Physical Therapy Research Conference, Houston, Texas.

### **Technology-Related Training**

2011: Understanding the Vestibular System to Improve Balance and Reduce Falls in Older Adults, Part 1, Falls Church, Virginia.

2011: Facing Limb Loss, Part i: Helping Patients Regain Function, Falls Church, Virginia.

2011: Physical Activity in the Prevention and Treatment of Chronic Noncommunicable Diseases, Falls Church, Virginia.

2011: Back in Action with Joint Replacements: Part 1, Falls Church, Virginia.

2010: Ethics & Professional Responsibility in PT Practice, USA, Virtual.

2008: Ethics & Professional Responsibility in PT Practice, USA, Virtual.

### **Honors/Awards**

#### **Award**

2017: College of Health Sciences Service Award, Texas Woman's University College of Health Sciences.

2016: Outstanding Contributions to Community Service Award, Southeastern District (SED) of Texas Physical Therapy Association (TPTA).

2008: Director's Award, School of Physical Therapy, Texas Woman's University.

#### **Honor**

2016: Blue Ribbon Poster Showcase Award, Rocky Mountain University of Health Professions.

#### **Scholarship**

2015: American Physical Therapy Association Minority Faculty Development Scholarship Award, American Physical Therapy Association.