

Katherine Beissner, PT, PhD
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Recent Employment History:

Dean, College of Health Professions. Upstate Medical University, interim 12/1/16-10/15/17

- Focus has been on empowering department chairs for purposeful leadership through establishment of expectations and responsibilities to address all aspects of University mission.
- Promoted community dialog on critical issues in Central New York through engaging programming for the 2nd Presidential Symposium: Society and Health.
- As coordinator of enrichment pipeline programs, establishes and supports Upstate's efforts to increase the diversity of the healthcare workforce through targeted programming to enhance underrepresented minority students' awareness of, and readiness for health career education.
- Participates as part of senior leadership team, including active participation in University initiatives, Middle States self-study and institutional strategic planning.
- Led a participative strategic planning process for the College of Health Professions.
- Established a decentralized budgeting process and streamlined College.

Professor and Chair. Department of Physical Therapy Education; 1/2015 to present (currently interim)

- Led development of a departmental strategic plan, including expanded vision, mission, and goals.
- Established expectation for scholarly productivity among all members of faculty, resulting in increased peer reviewed publication and presentations at national conference.
- Successful recruitment of highly qualified faculty with strong teaching, research, and service agendas.
- Managed budget and allocated resources according to strategic priorities.
- Established service learning requirements.
- Led self-study for program accreditation.
- Taught two courses: Psychosocial Aspects of Patient Care, and Teaching and Learning in Physical Therapy.

Professor. Ithaca College, Department of Physical Therapy; 8/86 to 12/2014. Promoted from Associate in 1992. Department Chair 1998-2006. Interim Associate Dean of HSHP, 2001-2002

- Led the School of Health Science and Human Performance strategic planning process.
- As project director in the final year of the Title VI grant designed/implemented faculty development in Latin American cultural issues, facilitated integration of content in existing curricula, and expanded short term study abroad options.
- As participant in Shared Governance Task Force, developed guidelines to establish appropriate representation of faculty, staff, and students on governance committees.
- As Center for Faculty Excellence Faculty in Residence, expanded options for undergraduate student research, growing student participation at the National Conference on Undergraduate Research and expanding Whalen Symposium (student research day) programming.
- Led successful program reaccreditation with fully participative self-study process. Contributed substantively to the Middle States Periodic Review, Leadership Task Force.

- As Gerontology Institute Faculty Fellow, assisted in the development of the institute, strengthened the IC-Longview Partnership through intergenerational programming, and Board leadership.
- Taught entry-level courses in orthopedic physical therapy, geriatrics, research, teaching and learning.

Laboratory Instructor. Texas Woman's University School of Physical Therapy, 02/1985 – 5/1986. Coordinated competency laboratory skill center, including development of checklists for clinical skills, administration of tests and evaluation of student performance. Taught entry-level coursework in orthopedic manual therapy

Physical Therapist at various hospitals/clinics. Sept. 1980 – 1985. Part-time from 1985 – 1990. Provided direct patient care for individuals with a variety of diagnoses. Developed policies/procedures for clinical practice. Provided clinical instruction to students. Mentored colleagues on clinical teaching skills.

Education:

Syracuse University

Ph.D. - Instructional Design, Development and Evaluation, May 1991

Texas Woman's University

M.S. - Health Science Instruction, May 1986

University of Texas Health Science Center

B.S. - Physical Therapy, August 1980

Peer Reviewed Publications, Chapters, Books

1. Rufa A, Beissner K, Dolphin M. The use of pain neuroscience education in older adults with chronic back and/or lower extremity pain. *Physiotherapy Theory and Practice*, DOI: 10.1080/09593985.2018.1456586
2. Reid M, Henderson C, Trachtenberg M, Beissner K, Bach E, Barrón Y, Sridharan S, Murtaugh C. Implementing a cognitive-behavioral pain self-management protocol in the home care setting: a comparative effectiveness, cluster randomized trial. *J Am Geriatr Soc*, 2017;65(8): 1667-1675. doi:10.1111/jgs.14836
3. Murtaugh C, Beissner K, Barrón Y, Trachtenberg MA, Bach E, Henderson CR, Sridharan S, Reid MC. Pain and function in home care: A need for treatment tailoring to reduce disparities? *Clin J Pain* 2017;33: 300-309.
4. Beissner K, Bach E, Murtaugh C, Trifilio M, Henderson CR, Barron Y, Trachtenberg MA, Reid MC. Translating evidence based protocols in the home health care setting. *Home Healthcare Now* 2017;35:105-112.
5. Laubenstein S, Beissner K. Exercise and movement-based therapies in geriatric pain management. *Clin Geriatr Med*, 2016;32(4)737-762.
6. Beissner K. Pain self-management. Finger Lakes Geriatric Education Center Online Learning Module. 2015.

7. Beissner K. Working with the Patient in Pain: addressing psychosocial barriers. Web module published by Evidence In Motion, Pain Learning Academy. February 2014.
8. Beissner K, Bach E, Murtaugh C, Trachtenberg M, Parker S, Reid MC. Implementing a cognitive-behavioral pain self-management program in home health care part 1: program adaptation. *J Geriatr Phys Ther*, 2013;36(3):123-129.
9. Bach E, Beissner K, Murtaugh C, Trachtenberg M, Reid MC. Implementing a cognitive-behavioral pain self-management program in home health care part 2: feasibility and acceptability. *J Geriatr Phys Ther*. 2013;36(3):130-137.
10. Beissner K. Conservative Pain Management for the Older Adult. In AA Guccione, RA Wong, and D Avers (Eds) *Geriatric Physical Therapy 3rd Ed*. St. Louis, MO: Elsevier, 2012:395-411.
11. Greenberger HB, Beissner K, Jewell DV. Patient age is related to the types of physical therapy interventions provided for chronic low back pain – an observational study. *J Orthop Sports Phys Ther*.2012;42(11):902-911.
12. 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*. 2012; 20, 246 – 265
13. 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.
14. 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.
15. Beissner K, Hoppenrath T. Practical Strategies to Reduce Falls. Web module published by the Ithaca College Gerontology Institute. Spring 2004.
16. Holmes, H.H., Beissner, K., Welsh, K., & Krout, J.A. Housing, health, and disability (Chapter 6). In Krout, J.A. & Wethington, E. (Eds.) *Residential Choices and Experiences of Older Adults: Pathways to Life Quality*. New York, N.Y.: Springer Publishing. 2003:117-134
17. Beissner KL, Collins JE. Extremity strength and range of motion as predictors of function in older adults. *Phys Ther*. 2000;80:556-563.
18. 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.
19. 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.

20. Collins J, Beissner KL, Krout JA. H. Home health physical therapy: practice patterns in western New York. *Phys Ther.* 1998;78:170-179.
21. Saunders RL, Beissner KL, McManis BG. Estimates of frequent lift capacity in functional capacity evaluations. *Phys Ther.* 1997;77:1717-1728.
22. Beissner KL, Saunders RL, McManis BG. Factors related to successful work hardening outcomes. *Phys Ther.* 1996;76:1188-1201.
23. Saunders, HD, Beissner, KL Lumbar Traction. Home study course developed for the Orthopaedic section of the American Physical Therapy Association. 1994
24. Beissner, KL, Jonassen, DH, and Grabowski, BL. Graphic techniques for conveying structural knowledge. *Performance Improvement Quarterly*, 1994;7(4) 20-38.
25. Beissner, K, Reigeluth, CM A case study on course sequencing with multiple strands using the elaboration theory. *Performance Improvement Quarterly* 1994;7(2) 38-61.
26. Beissner KL Mobilization. In Tomberlin J, Saunders HD: Evaluation Treatment and Prevention of Musculoskeletal Injuries: Volume II: The Extremities. Saunders Group. Chaska, MN;1994
27. Tomberlin J, Saunders HD Beissner KL, Ed.: Evaluation Treatment and Prevention of Musculoskeletal Injuries, Volume II: The Extremities. The Saunders Group. Chaska, MN; 1994.
28. Jonassen DH, Beissner KL, Yacci M. Structural Knowledge. Lawrence Erlbaum: Hillsdale, NJ; 1993
29. Beissner KL. Using concept mapping to improve problem solving. *J Phys Ther Educ.* 1991;6:22-27.
30. Beissner K. Learning mobilization techniques via discovery. *J Phys Ther Educ.* 1990;4(1):37-40.
31. Beissner K. Health professional students' intentions toward geriatric specialization: A review of contributing factors. *Gerontology & Geriatrics Education.* 1990;10(3):71-89

Peer Reviewed Scientific Professional Presentations

1. Rufa A, Beissner K, Dolphin M, Commesso M, Davis M. The use of pain neuroscience education in older adults with chronic back and/or lower extremity pain. Poster presented at Combined Sections Meeting of the APTA. February 2017
2. Beissner K, Bach E, Murtaugh C, Henderson CR, Trachtenberg M, Reid C. The impact of home physical therapy on fear avoidance beliefs. Paper presented at Gerontological Society of America November 2015
3. Bach E, Beissner K, Murtaugh C, Barrón-Vayá Y, Dridharan S, Trachtenberg M, Trifilio M, Henderson C, Reid C. Pain and function in the home setting: racial/ethnic disparities. Poster presented at Combined Sections Meeting of the APTA. February 2015

4. Beissner K, Bach E, Reid C, Murtaugh C, Trachtenberg M, Parker S. Adapting a cognitive-behavioral pain self-management program for use in home health. Paper presented at Gerontological Society of America. November 2014
5. Murtaugh C, Barrón Y, Beissner K, Bach E, Henderson C, Sridharan S, Reid C. Race-ethnicity differences in pain, disability and coping strategies at home health admission. Paper presented at Gerontological Society of America, November 2014
6. Reid C, Henderson C, Beissner K, Bach E, Barrón Y, Sridharan S, Trachtenberg M, Murtaugh C. Results of a randomized controlled trial of the effectiveness of a CBPSM program in home health care. Paper presented at Gerontological Society of America, November 2014.
7. Bach E, Trachtenberg M, Beissner K, Sridharan S, Barrón Y, Henderson C, Murtaugh C, Reid C. Physical therapists' fidelity to the program and patients' experiences using the CBPSM techniques. Paper presented at Gerontological Society of America, November 2014.
8. Beissner K, Bach E, Murtaugh CM, Trachtenberg M, Parker S, Reid MC. Incorporating evidence-based pain self-management training into home care physical therapy. Poster Presentation at American Physical Therapy Association Annual Conference, June 2011.
9. Beissner K, Bach E, Murtaugh CM, Trachtenberg M, Parker S, Reid MC. Translating cognitive-behavioral pain self-management training into home care physical therapy. Paper presented at Gerontological Society of America. November 2010.
10. Greenberger HB, Beissner KL, Jewell DV. Physical therapy treatment selection in patients with chronic back pain. Platform Presentation, Combined Sections Meeting of the American Physical Therapy Association. Section for Geriatrics. San Diego. February 2009.
11. Beissner K, Papaleontio M, Olkhovskaya Y, Reid MC. Physical therapy interventions for older adults with chronic pain. Journal of Geriatric Physical Therapy. Platform presentation APTA Combined Sections Meeting, Section for Geriatrics. February 2008.
12. Ruckert E., Beissner K. Mobility, activity participation, and social integration: impact on well-being of older adults by residence type. Poster presentation at Physical Therapy 2007: Annual Conference & Exposition of the American Physical Therapy Association. Denver, CO from June 27-30, 2007
13. Erickson MA, Beissner KL. Sensory impairment, medical burden, and environmental stress: impacts on function in older adults. Gerontological Society of America 57th Annual Scientific Meeting, November 19 -23, 2004. Washington DC.
14. Erickson, MA, and Beissner, KL. Aging and healthcare in the Dominican Republic: short-term study abroad. Association for Gerontology in Higher Education 30th Annual Meeting and Educational Leadership Conference, Feb 26-29, 2004.
15. Beissner, KL, Dennis, CW; Sanford, M. Exploremos y hablemos: integrating Latin American study into allied health curricula. Paper presented at the Association of Schools of Allied Health Professions Annual meetings in Toronto, October 2003.

16. Beissner KL, LePage KA, Weegar KA, Yacobovsky AM. Does exercise enhance function in older adults? Poster presentation at Combined Sections Meeting of the APTA, in Boston, MA Feb 2002.
17. Bishop TJ, Carney EM, Gallegro JA, Patel AA., Pike AM, Truxel RL, Beissner KL. Primary prevention in the workplace: current practice. Poster presentation at Combined Sections Meeting of the APTA, in San Antonio, TX, Feb 2001.
18. Beissner K, Collins J. Musculoskeletal predictors of function in older adults. Platform presentation at the Annual Conference of the NYPTA, October 9, 1999.
19. Darter B, Beissner K, Oggins J. Mind and body relationships with functional limitations and disability in older adults. Poster presented at Physical Therapy 1999: Meeting and Exposition of the American Physical Therapy Association; Washington DC, 6/5-8/99.
20. Beissner KL, Bowen N, Rodriguez T, Varrenti A. The relationships between strength, range of motion, balance, and function in older adults. Platform presentation at Combined Sections Meeting in Boston, Massachusetts, 1998.
21. Davenport M, Beissner K. Incidence of adverse neural tension in an industrial population. Platform presentation at Combined Sections Meeting in Dallas, 1997.
22. Collins J, Beissner K. The role of the physical therapist in home health care for older adults. Poster presented at the NYS APTA Annual Conference October 1996.
23. Collins JE, Beissner KL. Physical therapy in home care. Platform presentation. Scientific Meeting and Exposition of the American Physical Therapy Association June 14-18, 1996.
24. Beissner KL. The effect of structured exercise on the functional reach of community dwelling older adults. Platform presentation. Combined Sections Meeting of the American Physical Therapy Association. February, 1994. New Orleans, LA.
25. Beissner KL. Exercise for good health: functional fitness." Platform presentation. Mid-Atlantic Region of the American College of Sports Medicine Annual Meeting. Ithaca, NY. Nov, 1993.
26. Dougherty M; Christiansen L; Beissner K; Ciccone CD. Effects of pulsed vs continuous ultrasound trolamine salicylate phonophoresis on delayed onset muscle soreness. Platform presentation. New York State Chapter- APTA Annual Conference, Rochester, NY, May 13-16, 1993.
27. Streeter D; Beissner K; Kaiser H. Teaching economics: instruction and classroom based research, Fourth Annual Conference, Pittsburgh, PA, February 12-13, 1993.
28. Beissner KL Patterson K, Parkinson D. The effects of therapeutic cold application on skin temperature and blood flow Poster presented at the American Physical Therapy Association Combined Section Meeting in San Antonio, TX February 3-7, 1993.
29. Beissner KL, Jonassen DH, Grabowski BL. Using and selecting graphic techniques to acquire structural knowledge. Platform presentation. Association for Educational Communications and Technology Conference in New Orleans, LA. Jan 13-17, 1993.

30. Beissner KL, Thein LA. A comparison of lecture versus self-instruction in notewriting. Platform presentation. American Physical Therapy Association Annual Conference in Denver, CO June 14-18, 1992.
31. Thein LA, Beissner KL. Do multiple multiples multiply test anxiety? Platform presentation. American Physical Therapy Association Annual Conference in Denver, CO June 14-18, 1992.
32. Beissner KL. HyperPatients: computerized practice in treatment planning. Poster session - Combined Sections Meeting of the American Physical Therapy Association, Orlando, FL February 2, 1991.
33. Beissner KL. 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.
34. Beissner KL, Hollins N, Grabowski BL. A model for clinical reasoning instruction. Platform presentation. Association for Educational Communications and Technology Annual Convention in Anaheim, CA, February 2, 1990.
35. Beissner KL. 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.
36. Beissner KL. Multiple uses of student performance evaluations in clinical education" Edward Kelly Evaluation Conference, in Syracuse, NY. April 14, 1989.
37. Beissner KL. Course sequencing with multiple strands using the elaboration theory. Platform presentation at Association for Educational Communications and Technology Annual Convention; Dallas, TX. Feb 5, 1989.

Invited Presentations

1. Chronic Pain – Doctor, I Hurt So Bad!" What to do if drugs aren't the answer. The Upstate Addiction Psychiatry Conference November 3, 2017.
2. "Pain neuroscience education: choosing words wisely" New York Physical Therapy Association Central District meeting Sept 12, 2016.
3. "New Approaches to Chronic Pain Self-Management in Older Adults. Spring Conference of the Finger Lakes Geriatric Education Center. Geneva, NY May 25, 2016.
4. "Physical Self-Management Interventions for Pain in Older Adults." 35th Annual Scientific Meeting of the American Pain Society. Austin, TX. May 13, 2016.
5. "Aging with Attitude Panel" Keynote speaker with Marilyn Pinsky, Dave Keith, Heidi Holtz, and Kevin Hefferman. Spin into Health 2016. Natur-Tyme'S Annual Health Fair, April 10, 2016.
6. "Home or an Assisted-Living Environment? Tools to Help Decide" Presented with Carol Knight. Ithaca College Gerontology Institute Workshop, Ithaca, NY, February 7, 2000

7. "Enhancing Autonomy and Safety in the Home Environment." Finger Lakes Geriatric Education Center workshop in Hopewell, NY, September 23, 1999.
8. "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 June 1998.
9. "Practical Strategies for Reducing Falls." Ithaca College Gerontology Workshop November 1998; Ithaca, NY

External Funded Grant Activity:

Murtaugh CM (PI), Reid MC (co-PI). Beissner K (investigator), Bach E. (investigator). Managing Pain to Decrease Disability. R01 HS020648. AHRQ. Funded 2012.

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

Beissner, K. Finger Lakes Geriatric Education Center (2010-2013), subcontract: Chronic Pain Self-Management.

Current/Active Research Activity:

Beissner K, Brooks G, Neville K, Trachtenberg M. Treating Pain to Reduce Disability in Older Home Care Patients: Drug Data Analysis; Retrospective data analysis to identify changes in pain drug use after a course of physical therapy. Internal funding.

Membership in Scientific/Professional Organizations

Current membership in: Association of Schools of Allied Health Professions, the American Council of Academic Physical Therapy, American Pain Society, American Physical Therapy Association, Gerontological Society of America.

Consultative and Advisory Positions Held

Manuscript reviewer for: Pain Medicine; Journal of Geriatric Physical Therapy; Physiotherapy; Physical Therapy; Clinical Journal of Pain

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.

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

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

Honors and Awards:

Center for Faculty Excellence Faculty in Residence for Undergraduate Research
 Ithaca College Gerontology Institute Faculty Fellow
 Dana Teaching Award. Ithaca College.

Selected Service to the University

Middle States Self Study Steering Committee
 University Executive Committee
 Extended University Executive Committee
 Co-chair 2nd Presidential Symposium Planning Committee
 Healthy Neighbor Partnership Advisory Committee