

CURRICULUM VITAE

BIOGRAPHICAL

Name: Helena Maria Pingree

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EDUCATION & TRAINING

UNDERGRADUATE:

Duquesne University
Pittsburgh, PA
Cum Laude Honors

Bachelor of Health Sciences, 1992-1996
Minors in Biology & Psychology

GRADUATE:

Duquesne University
Pittsburgh, PA
Cum Laude Honors

Master of Physical Therapy, 1996-1997

Chatham University
Pittsburgh, PA

Doctor of Physical Therapy, 2012

APPOINTMENTS & POSITIONS

Academic:

2023- Present

Duquesne University, Rangos School of Health Sciences

Physical Therapy

Full-Time Assistant Professor

PHYT 603: NEUROSCIENCE HLTS 603-01 FA23

Primary Instructor

Responsible for developing & teaching Neuroscience Course: includes teaching in neuroanatomy, neurophysiology and pathophysiology of Central and Peripheral Nervous Systems; Motor control & Motor learning, both general and specific to Neurologic patients; Neuroplasticity; Clinical application of the Neurologic and Vestibular examination; Diagnosis, Prognosis, Neurologic and Vestibular treatment interventions; patient and caregiver education, goal setting, establishing appropriate plan of care, in order to properly care for the "whole" Neurologic patient; including the individual's physical, mental, and emotional well-being important to their overall rehabilitation.

Knowledge Translation and Application of Clinical Practice Guidelines, Current Evidence-Based Practice, and Core Neurologic and Vestibular Outcomes Measures.

2023-Present

Duquesne University, Rangos School of Health Sciences

Physical Therapy

Full-Time Assistant Professor

HS-PHYT-447-547-01 FA23 Foundation Skills/Lab, Secondary Instructor

Responsible for assisting in the development and teaching of basic physical therapy procedures, patient management, and problem-solving skills that will serve as the foundation for future course work.

2023-Present

Duquesne University, Rangos School of Health Sciences

Physical Therapy

Full-Time Assistant Professor

HS-PHYT-543-01 Clinical Neurologic Science I/Lab

HS-PHYT-544-01 Clinical Neurologic Science II/Lab

HS-PHYT-620-01 FA23: Clinic Neurologic Sci III/Lab

HS-PHYT-621-01 FA23: Clinic Neurologic Sci IV/Lab

Responsible for assisting in the teaching of the Clinical application of the Neurologic and Vestibular examination; Diagnosis, Prognosis, Neurologic and Vestibular treatment interventions; patient and caregiver education, goal setting, establishing appropriate plan of care; in order to properly care for the “whole” Neurologic patient; including the individual’s physical, mental, and emotional well-being important to their overall rehabilitation. Knowledge Translation and Application of Clinical Practice Guidelines, Current Evidence- Based Practice, and Core Neurologic and Vestibular Outcomes Measures.

2018-Present

Duquesne China Health Institute

Adjunct Faculty

HS-REHS-536-01: Neurologic Science/Lab

3 Credit Course

Responsible for developing & teaching Neuroscience Course to students from China in the Master of Physical Therapy program with in-person lecture/ lab, as well as synchronous online instruction to cohort of students living in China.

Includes teaching in anatomy, physiology and pathophysiology of Central and Peripheral Nervous Systems; Motor control & Motor learning, both general and specific to Neurologic patients; Clinical application of the Neurologic and Vestibular examination; Diagnosis, Prognosis, Neurologic

and Vestibular treatment interventions; patient and caregiver education, goal setting, establishing appropriate plan of care, in order to properly care for the “whole” Neurologic patient; including the individual’s physical, mental, and emotional well-being important to their overall rehabilitation. Knowledge Translation and Application of Clinical Practice Guidelines, Current Evidence-Based Practice, and Core Neurologic and Vestibular Outcomes Measures.

2023-Present

Duquesne China Health Institute

Adjunct Faculty

HS-REHS-538-01: Cardiovascular & Pulmonary Science/Lab

3 Credit Course

Responsible for developing & teaching Cardiovascular & Pulmonary Science lecture/Lab to 34 students from China in the Master of Physical Therapy program with in-person Lecture/lab, as well as synchronous online instruction to cohort of students living in China. Includes teaching in anatomy, physiology and pathophysiology of Cardiovascular and Pulmonary Systems; Disease-specific application of examination and treatment interventions, Prognosis, goal setting, patient and caregiver education, appropriate plan of care; Knowledge Translation and Application of current literature and evidence-based practice.

2023-Present

Duquesne China Health Institute

Adjunct Faculty

Travel to China to provide lecture/collaborate with students and faculty in the following Hospitals & Universities:

- 1. Sunshine Rehabilitation Hospital, Shanghai, China, December 12th**
“Management of Stroke Patients at Different Stages of Rehabilitation”
- 2. The 2nd Hospital of Xiangya, Changsha, China, December 14th**
“Interventions for Patients with Chronic Brainstem Injury”
- 3. Drum Tower Hospital, Nanjing, China, December 16th**
“Vestibular Rehabilitation: Evaluation and Treatment”
- 4. The 5th Hospital of Guangzhou, China, December 17th**
“Vestibular Rehabilitation: Evaluation and Treatment”
- 5. Shanghai University of Traditional Chinese Medicine, December 19th**
“Vestibular Rehabilitation: Evaluation and Treatment”

Clinical:

2018- Present

**UPMC Centers for Rehab Services Wexford/Allison Park/Lemieux Center
Physical Therapist**

Provide Outpatient Neurologic & Vestibular Physical Therapy Services to individuals with a variety of Neurologic, Cardiopulmonary and Vestibular Diagnoses; Assisted with development of clinical guidelines for

management of the complex Neurologic, Vestibular, Cardiopulmonary and Concussion patients; Implementation of High Intensity Gait Training Program for individuals with chronic stroke; Implementation of clinical practice guidelines for individuals with Parkinson's Disease.

2016-2018

**UPMC Centers for Rehab Services Balance & Vestibular Clinic
Physical Therapist**

Provided Outpatient Neurologic and Vestibular Physical Therapy Services, participated in ongoing research studies of individuals with dizziness and imbalance

2010-2016

**UPMC Centers for Rehab Services Gibsonia Clinic
Physical Therapist**

Provided Outpatient Neurologic and Vestibular Physical Therapy Services, and Orthopedic Physical Therapy Services

2006-2010

**UPMC Centers for Rehab Services Passavant McCandless
Physical Therapist
& Passavant Cranberry Hospitals**

Provided inpatient acute care, subacute rehab and outpatient Physical Therapy to patients with Orthopedic, Post-Surgical, Cardiopulmonary and Neurologic diagnoses

1997-2006

**UPMC Mercy Hospital of Pittsburgh
Physical Therapist**

Provided inpatient acute care, subacute care, inpatient rehabilitation and outpatient Physical Therapy Services to patients with Orthopedic/Trauma, Burn Trauma, Neuro Trauma/Brain Injury/Spinal Cord Injury, Amputee, Oncology and Cardiopulmonary diagnoses;

Acute Care Team Leader

Physical Therapist Team Leader

Responsible for continuing education of staff, assisted Director of Rehab Services with daily staffing and appropriate delegation of patient care assignments. Assisted with development of various inpatient and outpatient Trauma team programs. Participated in numerous community volunteer opportunities including Operation Safety Net providing donations and care to homeless; Burn Survivor Sunday to care for Burn Trauma Survivors and families.

CERTIFICATIONS & LICENSURE

Physical Therapy Licensure

Physical Therapist/Direct Access Physical Therapist

1997- Present

PT011137L / DAPT002339

Commonwealth of Pennsylvania Department of State
Bureau of Professional and Occupational Affairs

Specialty Certifications

University of Pittsburgh Advanced Vestibular Physical Therapist

Certification Course- Currently enrolled July, 2023 with anticipated completion April, 2024

APTA recognized specialist certification in Vestibular Physical Therapy

High Intensity Gait Training Certification

2021-Present

Institute for Knowledge Translation

Completed synchronous and asynchronous coursework with certification in HIGT

Locomotor Training for Stroke, TBI and SCI patients endorsed by APTA

OTAGO Certification

2021-Present

Completed OTAGO Certification Course for Falls Prevention Training

Vestibular Certification

2013-Present

Emory University

Received specialty certification from Emory University Advanced Vestibular Physical

Therapy Program after attending week-long course of lecture/exam & practical lab/exam

APTA Certified Clinical Instructor

2000-Present

MEMBERSHIP IN PROFESSIONAL SOCIETIES

Member: American Physical Therapy Association	Present
Member: Pennsylvania Physical Therapy Association	Present
Member: Neurologic Section	Present
Member: Vestibular Section	Present
Member: Stroke Section	Present
Member: Degenerative Diseases Section	Present

AWARDS & HONORS

UPMC ACES Award for Commitment Excellence in Service Recipient

2017-2018

Recipient of the highest honor award for excellence in patient care and upholding the core values of UPMC

Presidential Scholarship**1992-1996**

Recipient of academic scholarship for excellence annually as undergraduate at Duquesne University

PROFESSIONAL ACTIVITIES & Professional Teaching**Clinical Instructor****2000-Present**

Certified Clinical Instructor & Mentor for Physical Therapy students from Duquesne University, Chatham University, University of Pittsburgh, Youngstown State University, Washington University

Clinical Experience IV Chatham University**2021, October-December**

Completed 160 hours of Clinical Instruction for DPT students

Grand Rounds Presenter Chatham University**2019, March**

Guest Presenter for DPT students, presented Concussion Case Study

Complex Management of Concussion Vestibular Cases Inservice**2018**

UPMC CRS Staff Inservice Speaker presenting case studies on the management of complex concussion vestibular patients

Mindfulness Inservice**2018**

UPMC CRS Staff Inservice Speaker presenting education on the practice of Mindfulness in complex vestibular patients

Adjunct Faculty/Guest Lecturer**2010-Present**

Provided lectures in specialty areas of practice (Burn Trauma, Vestibular Rehabilitation, Concussion Rehabilitation) to various Physical Therapy schools (Duquesne University, Kent State University, Wheeling Jesuit University, University of Pittsburgh)

Community Educator**2000-Present**

Developed and presented numerous community education wellness programs to local schools (primary & secondary education,) YMCA programs, The Western PA Parkinson's Disease Foundation, The Cancer Caring Network, local churches, and community-based assisted and independent senior living facilities.

Continuing Education for Clinical Professionals

UPMC Lung Transplant and Prehabilitation in Lung Transplant 2023, March

Candidates: Focus on COPD

Jenna Keeling, MSN, RN, PCCN; Karen P Barr, MD

Differential Diagnosis of Nystagmus Patterns

2023, January

Susan Whitney, PT

Medbridge Direct Access 2 Contact Hours

Review of Systems: Endocrine, Metabolic, Immunologic and Cancer

2022, December

Medbridge Direct Access 1.75 Contact Hours

Medical Screening and Clinical Decision Making

2022, November

Medbridge Direct Access 1.75 Contact Hours

Stop the Bleed

2022, October

UPMC Centers For Rehab Services Training

PT Management of PD: CPG Overview & Considerations for Intensity

2022, August

Amanda Dailey, PT, DPT, NCS & Helena Pingree, PT, DPT

Rehabilitation Updates: Post-Acute Sequelae of COVID-19 (PASC)

2022, July

Hallie Zeleznik, PT, DPT, NCS

Concussion Exertion & EXIT Sport Training

2022, June

Victoria Kochik, DPT

Clinical Practice Guideline for the Use of Ankle

Foot Orthoses and Functional Electrical Stimulation Post Stroke

2022, May

Mary Kate Hutchinson, PT

Vestibular Contributions to Cognition

2022, April

Brooke Klatt, PT, DPT, PhD

Huntington's Disease

2022, March

Valerie Suski, DO

An Update on MS

2022, February

Rock Heyman, MD

Post-Covid Syndrome and Implications for PT

2022, January

Karla Yoney, PA

Cardiac and Autonomic Dysfunction Post-Covid

2021, November

Timothy Wong, MD

An Update on Headaches & Migraines

2021, September

Kiersten Dykstra, PA

A Vestibular Update

2021, August

Susan Whitney, PT/ Joseph Furman MD

Regenerative Rehabilitation:

Physical Medicine Meets Stem Cell Therapeutics

2021, July

Fabrisia Ambrosio, PhD, MPT

Implementation of High Intensity Gait Training

2021, June

Hallie Zeleznik, PT

Standing Together to Prevent Falls:

2021, March

Medication-Related Fall Risk

Andrea Temelie, Pharm D

PACER Series:

Inspiratory Muscle Training, Cardiopulmonary Exam,

Exercise Prescription, Cardiopulmonary Anatomy & Physiology

2021, March

American Physical Therapy Association

Frontiers of Regenerative Rehabilitation

2021, January

Dr. Lewis Wheaton

Current Concepts in Brain Injury Rehabilitation

2021, November

UPMC Mercy

Improving Walking Performance & Capacity:

2020, September

Intensity Matters

Hallie Zeleznik, PT

Lyme Disease: Fact or Fiction?

2020, August

Kiersten Dykstra, PA

Cognitive Behavior Therapy: Use in Oncology

2020, June

Robert J Ferguson, PhD

Medical Therapeutic Yoga

2020, February

Ginger Garner, PT

Sickle Cell Disease

2020, January

Kathi Brandfass, PT

Differential Diagnosis:

2020, January

New Treatment Interventions for BPPV

Susan Whitney, PT

Converting Our Understanding of Functional Movement Disorders

2019, December

Jodi Krause, DPT/ Lindsay Lewis, DPT

Medical Cannabinoids

2019, September

Alice Simmons, DPT

Barany Society Update

2019, August

Joseph M Furman, MD

The Biology of Being a Good Host: Stress & The Gut-Brain Axis

2019, July

David Fraser, PhD

Chronic Liver Disease

2019, June

Pamela Bloomer, MPT

Nutrition:

2019, February

Amy Cassidy, DPT

Effective Treatment of Patients with Chronic Pain

2018, July

Megan Driscoll, OTR/L MOT

The Cranio-Cervical Junction: Overview & Implications

2018, June

Ian Bulow, BS, DC, DCCIP

Ocular Coherence Tomography in Neurology

2018, June

Dr. Islam Zaydan

Physical Therapy Management of Facial Palsy

2018, May

Todd Henkelmann, PT, MS, CCIT

Vestibular Rehabilitation: An Advanced Course & Update

2018, April

Susan Whitney, PT/Joseph M Furman, MD

Huntington's Disease

2018, March

Carol Steiner, DPT

Essentials of Medical Screening And Differential Diagnosis in Physical Therapy Practice

2018, March

Michael D Ross, PT, DHSc

Chronic Pain Education Modules

2017, December

Megan Driscoll, OTR/L MOT

Osteogenesis Imperfecta: Case Studies in Differential Diagnosis of BPPV

2017, October

Susan Whitney, PT

Differential Diagnosis for Persistent Geotropic Nystagmus

2017, September

Pam Dunlap, DPT

Tinnitus Retraining Therapy

2017, August

Lori Zitelli, AuD

Relaxation in Neurologic & Vestibular Patients

2017, June

Through Yoga & Meditation

Jaclynn Thomas, DPT

Stiff Person Syndrome

2017, May

Courtney Ludwig, DPT

Evaluation & Treatment of Visual Dysfunction after mTBI

2017, January

Dr. Nathan Steinhafel

Brain Cancer Update: Neuro-Oncology

2016, October

Ashley Pritchard, PA

Multiple Sclerosis: New Insights

2016, September

Kathi Brandfass, PT

Goal Setting, Goal Attainment

2016, August

Pamela Toto, PhD, OTR/L

Differential Diagnosis: Central vs. Peripheral Vestibular Disorders

2016, July

Joseph M Furman, MD

Neuroimaging: Balance & Vestibular Function

2016, May

Patrick Sparto, PhD, PT

REMAP: Improving Communication with Patients

2016, March

Robert M Arnold, MD

Update: Charcot-Marie Tooth Disease

2016, February

Kathi Brandfass, PT

Neuroplasticity: Implications for Gait Training Post-Stroke

2016, January

Victoria Kochick, DPT; Jordan Rohaus, DPT; Jodi Krause, DPT

