

# SARA KNOX, PT, PhD, DPT

"NOTHING GREAT IN THE WORLD HAS BEEN ACCOMPLISHED WITHOUT PASSION" –G.HEGEL

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## EDUCATION

<b>PhD in Health Science</b>	Nova Southeastern University Fort Lauderdale, Florida	Graduation: 2017
<b>Doctor of Physical Therapy</b>	Shenandoah University Winchester, Virginia	Graduation: 2004
<b>Master of Physical Therapy</b>	Shenandoah University Winchester, Virginia	Graduation: 2003
<b>Bachelor of Science</b> Major: Psychology	The Ohio State University Columbus, Ohio	Graduation: 2000

## FELLOWSHIPS/TRAINING

<b>Training in Grantsmanship for Rehabilitation Research</b>	Charleston, South Carolina	January 2020
<b>Center for Large Dataset Research, UTMB</b> Visiting Scholar (Funded)	Galveston, Texas	November 2019
<b>Center for Large Dataset Research, UTMB</b> Visiting Scholar (Funded)	Galveston, Texas	October 2018
<b>APTA Educational Leadership Institute Fellowship</b>	Alexandria, Virginia	Graduation: 2018
<b>Center for Large Dataset Research, UTMB</b> Visiting Scholar (Funded)	Galveston, Texas	October 2017

## LICENSURE

<b>Commonwealth of Massachusetts</b>	2013- Present
<b>Virginia Commonwealth</b>	2010- 2014
<b>State of Ohio</b>	2003- 2012

## CERTIFICATIONS

Board Certified Specialist in Geriatric Physical Therapy	2011- Present
Certified Exercise Expert for the Aging Adult (APTA/AOG)	2010- Present
Certified Clinical Instructor (APTA)	2004- Present

## AWARDS AND RECOGNITIONS

<b>Alpha Eta Honor Society</b>	2017
National Honor Society of the Allied Health Professions whose members represent the top ten percent of graduates of Allied Health Schools and Colleges.	
<b>Summa Cum Laude</b>	Nova Southeastern University 2017
<b>John Echternach Research Award, Best Faculty Presentation</b>	2011
<b>Best Clinician/Faculty Presentation</b> VPTA Fall Conference: The Student, The Home, The Challenge, Oh My! Co-Presenter: Lee Ann Eagler PT, DPT, GCS	
<b>Emerging Leader Award</b>	2008
<i>Honors physical therapists or physical therapist assistants who have demonstrated extraordinary service and exceptional overall accomplishments to the American Physical Therapy Association early in their physical therapy career.</i>	

**FACULTY POSITIONS**

Medical University of South Carolina Charleston, South Carolina 7/2020- present  
*Assistant Professor*

**MGH Institute of Health Professionals** Boston, Massachusetts 2013- 6/2020  
*Associate Chair of the Department of Physical Therapy* 2018- 6/2020  
*Interim Chair of the Department of Physical Therapy* 9/2018- 11/2018  
*Assistant Professor*

**Lynchburg College** Lynchburg, Virginia 2010- 2013  
*Assistant Professor*  
*Assistant Academic Coordinator of Education* 1/2010- 6/2012

**Clark State Community College** Springfield, Ohio 2007- 2008  
*Adjunct Faculty Member*

**CLINICAL POSITIONS**

**Care Tenders Home Care** Newton, Massachusetts 2013- 2018  
*PRN Physical Therapist*

**Senior Independence** Lynchburg, Virginia 2012- 2013  
*PRN Physical Therapist*

**Centra Home Health** Lynchburg, Virginia 2010- 2012  
*Contract Physical Therapy Services through Lynchburg College*

**Alternate Solutions Home Care** Dayton, Ohio 2008- 2009  
*Physical Therapist; Field Advisory Committee Member* 2009

**Freedom Home Health** Dublin, Ohio 2006- 2008  
*Site Manager; Clinical Coordinator for Geriatric Residency, Physical Therapist*

**Children's Hospital** Columbus, Ohio 2004- 2006  
*Physical Therapist*

**Villa Angela** Columbus, Ohio 2004- 2006  
*PRN Physical Therapist*

**Banyan Tree Rehabilitation** Gahanna, Ohio 2003- 2004  
*Site Coordinator (2004); Physical Therapist; Clinical Coordinator of Education*

**PEER REVIEWED PUBLICATIONS**

Knox S, Downer B, Haas A, Middleton A, Ottenbacher KJ. Function and Caregiver Support Associated with Readmissions During Home Health for Individuals with Dementia. Archives of Physical Medicine and Rehab (forthcoming).

Hong I., Pryor L., Knox S., Mroz T., Graham J., Shields M., Reistetter T. Is Referral to Home Health Rehabilitation Following Inpatient Rehabilitation Facility Associated with 90-day Hospital Readmission for Adult Patients with Stroke? *Medical Care*. (forthcoming).

Knox S., Sindelar A., Bell J., Knab M. A Framework for Teaching Development at a Specialized Graduate Institution. *Journal of Allied Health* (forthcoming).

Knox S., Downer B, Haas A, Middleton A, Ottenbacher KJ. Dementia severity associated with increased risk of potentially preventable readmissions during home health care. *Journal of American Medical Directors*. 2019 Nov 13, epub ahead of print. doi: 10.1016/j.jamda.2019.09.012

Knox S. Pneumonia Readmissions in Older Adults with Dementia. *Medical Care*. October 2019; (57)10. ISSN:0025-7079/19/5710-0766

Middleton A, Downer B, Haas A, Knox S, Ottenbacher KJ. Functional Status Is Associated With 30-Day Potentially Preventable Readmissions Following Home Health Care. *Medical Care*. 2019;(2):145. doi:10.1097/MLR.0000000000001047

Kigin C, Rodgers M, Wolf S. for the Physical Therapy and Society Summit Steering Committee. The Physical Therapy and Society Summit (PASS) Meeting: Observations and Opportunities. *Physical Therapy Journal* November 2010. Knox S. member of the Steering Committee.

## **PEER REVIEWED SCIENTIFIC PRESENTATIONS AND ABSTRACTS**

Knox S., Downer B., Evans E., *The Impact of Cognition on Post-Acute Care Outcomes and Discharge Planning*. Platform. Gerontological Society of America, Philadelphia, 2020.

Knox S., Schmidt, C., Li, C. *Improving Functional Outcomes: New Insights from Health Services Research*. Platform, American College of Rehabilitation Medicine, Atlanta Georgia, 2020

Knox S., Downer B., Haas A., Ottenbacher K. *Successful Discharge to Community after Home Health for Individuals with Alzheimer's Disease and Related Dementias*. Academy Health Annual Research Meeting, Poster, Boston Ma, 2020.

Knox S., Downer B., Haas A., Middleton A., Ottenbacher K. *Patient Status at Admission to Home Health Is Associated with Readmissions for Individuals with Dementia*. APTA Combined Sections Meeting, Denver Colorado 2020.

Knox S., Laflin H., Plummer L., Cornforth B. *Pre-Admission Student Data is Associated with Level of Advising Needs for Physical Therapy Students*. APTA Combined Sections Meeting, Denver Colorado 2020.

Knox S., Downer B., Haas A., Middleton A., Ottenbacher K. *Greater Dementia Severity Is Associated with Increased Risk of Potentially Preventable Readmissions During Home Health Care*. Poster. Gerontological Society of America, Austin Texas 2019.

Knox S., Downer B., Haas A., Middleton A., Ottenbacher K. *Functional Status Associated With Risk of Readmission During Home Health Care for Patients With Dementia*. Platform. Gerontological Society of America, Austin Texas 2019.

Knox S., Downer B, Haas A, Middleton A, Ottenbacher KJ. *Function and Caregiver Support Associated with Readmissions During Home Health for Individuals with Dementia*. American Congress of Physical Medicine and Rehabilitation, Chicago Illinois, 2019.

Knox S., Laflin H. *Pro-Active Tutoring for students at risk of Under-performing in a Doctor of Physical Therapy Program*. Poster, APTA Educational Leadership Conference, Bellevue Washington, 2019.

Knox S., Naidoo K., Westrick R., Baldwin J., Schmidt C., Gross D. *Development of Domains of Competence for student outcomes in a Doctor of Physical Therapy Program*. Platform Presentation, APTA Educational Leadership Conference, Bellevue Washington, 2019.

Knox S., Cutty M, Sun J. *Factors Impacting Readmissions for Older Adults with Dementia Hospitalized for COPD, HF, and MI*. Poster, APTA Combined Sections Meeting, Washington D.C., 2019.

Downer B., Knox S., Li C, *Advancing Knowledge on Alzheimer's Disease and Related Dementias Through Health Services Research*. Symposium, American Congress on Rehabilitative Medicine, Dallas Texas 2018.

Knox S. *Hospital Readmissions of Older Adults with Dementia: Rates and Predictive Factors*. Gerontological Society of America, Boston Massachusetts, 2018.

Knox S. *Pneumonia Readmissions in Older Adults with Dementia*, Platform presentation, APTA Combined Sections, New Orleans Louisiana, 2/2018

Knox S. Pneumonia Readmissions: Discharge Dispositions for Older Adults with Dementia. *Arch Phys Med Rehabil.* 2017(10).

Knox S. Impact of Discharge Disposition on Pneumonia Readmission Risk in Older Adults with Dementia, Poster, *American College of Rehabilitation Medicine, Atlanta Georgia, 10/2017*

Knox S. Pneumonia Readmissions in Older Adults with Dementia. Poster.  
21<sup>st</sup> IAGG World Congress of Gerontology and Geriatrics, San Francisco California, 7/2017  
CoHSTAR Summer Institute, Boston, Massachusetts, 6/2017

Knox S. Impact of Dementia on Pneumonia Readmissions. APTA CoHSTAR Summer Institute, Boston Massachusetts, 6/2016

### **PEER REVIEWED EDUCATIONAL PRESENTATIONS**

Knox S, Eagler L. Emerging strategies for the management of Behavioral and Psychological Symptoms of Dementia. 2-hour education session, APTA Combined Sections, San Antonio Texas, 2/2017

Knox S, Eagler L. Management of the Complex Patient/Family. 2-hour education session, APTA Combined Sections, Las Vegas Nevada, 2/2014.

Sellers V, Knox S. Effective Communication with Residents and Families: An Interdisciplinary Approach. 2-hour education session, National PACE Conference, Orlando Florida, 10/2013.

Sellers V, Knox S. Effective Communication with Residents and Families: The Daily Challenge of the Long-Term Care Health Professional. 1.5-hour education section, AMDA Long Term Care Medicine Meeting, Washington D.C., 3/2013.

Eagler L, Knox S. The Obesity Epidemic: Implications for the Physical Therapist. 4 hour educational session, APTA Combined Sections Meeting, Chicago, Illinois, 2/2012.

Knox S, Eagler L. The Student, The Home, The Challenge, Oh my! Platform presentation, Virginia Physical Therapy Association Fall Conference, Roanoke Virginia, 10/2011.

Knox S, Eagler L. The Student and New Graduate: Meeting the Challenges of the Home Care Environment. 3-hour educational session, APTA Combined Sections, New Orleans, Louisiana, 2/2011.

Knox S. Defensible Documentation. Ohio Physical Therapy Association, Road Show Series (Presented 6 times across the state), 2-hour educational sessions.

### **GRANT FUNDING & SUPPORT**

#### **Current Research Support**

<b>Center for Large Data Research and Data Sharing</b>	19-84724-10
Knox, Sara (PI)	07/19-present
Patient Factors Impacting Discharge to Community after Home Health for Individuals with and without Alzheimer's Disease and Related Dementias	
Category 1 Pilot Study	

#### **Completed Research Support**

<b>MGH Institute of Health Professions</b>	300331
Knox, Sara (PI)	07/19-07/20
Factors Impacting Discharge to Community from Home Health Care for Individuals with Alzheimer's Disease and Related Dementias	
Faculty Research Fellowship Grant	

<b>Nova Southeastern Health Professions Division</b>	335970
Knox, Sara (PI)	12/15-10/17
Pneumonia Readmissions for Older Adults with Dementia	

**SARA KNOX, PT, PhD, DPT**

*Note: This award is open to faculty and PhD students. I was the first student from the PhD in Health Sciences to be funded through this mechanism.*

**RESEARCH ADVISING/MENTORING ACTIVITIES**

**PhD Committees**

Esther Nkrumah Committee Member 2018-Present  
*Healthcare Utilization and Expenditure of Tuberos Sclerosis Complex Associated with Epilepsy in the U.S.*, PhD in Health Sciences, Nova Southeastern University.

**PhD Qualifying Exam Committees**

Tamara Keeney Committee Member 2017  
*Late Life Function of Individuals with Cardiovascular Disease*, PhD in Rehabilitation Sciences, MGH Institute of Health Professions.

**DPT Capstone Project Mentor : MGH Institute of Health Professions**

Megan Erlandson, Tanner Snow, Miriam Axelbaum 2019- 2020  
*Patient Factors Associated with Successful Discharge to Community for Older Adults with Dementia Discharged from Home Health Care.*

Mollie Kan, Jason Mango, Kyla Chan 2018-2019  
*Development of Competency Based Outcomes for a Doctor of Physical Therapy Program.*

Maxwell Cutty, Joshua Sun 2017-2018  
*Comparison of Readmission Rates of Older Adults with and without Dementia Hospitalized for COPD, CHF, MI.* Presented at APTA CSM as a poster.

**INVITED PROFESSIONAL PRESENTATIONS (SELECTED)**

Knox S, Dementia Care Update. Invited Speaker, 3-hour education section, Caretenders Home Care, Boston Massachusetts, 8/2017.

Knox S. Emerging Strategies for the Management of Behavioral and Psychological Symptoms of Dementia. Invited speaker, 1.5-hour education session, APTA of MA Geriatrics SIG, 7/2016.

Knox S, Sellers V. Effective Communication with Residents and Families. Invited speaker, 1-hour educational session, 2013 Beard Center Conference on Aging, Lynchburg Virginia, 6/2013.

Eagler L, Knox S. The Obesity Epidemic: Clinical Implications. Invited speaker, 2-hour educational session University of Findlay Grand Rounds, 10/2012.

Knox S. Exercising your options to a healthy future. Invited Speaker, 1 hour educational session, Westminster Canterbury Resident Education Series, Lynchburg Virginia 5/2012.

Knox S. Exercise your option: Guidelines for Successful Aging. Invited Speaker, 1 hour educational session, 2011 Beard Center Conference on Aging, Lynchburg Virginia, 5/2011.

Knox S. Healthy Aging: It's never too late! Invited Speaker, 1-hour educational session, 2010 Beard Center Conference on Aging, Lynchburg Virginia, 5/2010.

Knox S. Defensible Documentation. Invited Speaker, 1-hour educational session Virginia Physical Therapy Association, District Meeting, Lynchburg, Virginia 11/2010.

Knox S. Back Safety and Proper Transfers. Invited Speaker, 1-hour educational session, Sterling House of Lancaster Employee Education Series, Lancaster Ohio, 11/2007

Knox S. Facilitation Strategies for the Resident with Parkinson's Disease. Invited Speaker, 1-hour educational session, Sterling House of Lancaster Employee Education Series, Lancaster Ohio, 6/2007.

**COURSES TAUGHT**

**MGH Institute of Health Professionals**

- Course Coordinator (Development, organization, implementation of the course)
  - PT 712 Degenerative Conditions Across the Life Span
  - PT 814 Contextual Factors (End of life care, Family Systems, Mindful practice, etc.)
  - PT 880 Capstone Course

Guest Faculty (Responsible for teaching specific sessions)

- PT 602 Fundamentals of PT Practice 2 (Pharmacology sessions)

Capstone Advisor

Course Coordinator (Development, organization, implementation of the course)

- PT 605 Cardiopulmonary Lab
- PH 740 Management of the Geriatric Patient from ICU to Homecare
- PT 778 Comprehensive Case Analysis
- PT 727 Psychology of Disability and Illness
- PT 670 Fundamentals of Physical Therapy Practice

Course Instructor (Responsible for session development and implementation in the course)

- PT 710 Cerebellar Dysfunction (2017)
- PT 793 Health Promotion Project
- HP 819 Impact2: Interprofessional Project

**Lynchburg College**

- DPT 714 Professional Practice in Physical Therapy I
- DPT 730 Professional Practice in Physical Therapy II
- DPT 820 Physical Therapist and Community Action
- DPT 915 Physical Therapy with Special Populations II (Geriatrics)
- DPT 923 Integrated Case Application Lab- Level III
- DPT 924 Professional Practice III

**Clark State Community College**

- PTA 110 PTA Survey
- PTA 146 PTA Procedures II

**PROFESSIONAL ACTIVITIES (Past 10 years)**

**Professional Memberships**

<b>Academy Health</b>	2020-Present
<b>American Congress of Rehabilitation Medicine</b>	2017- Present
<b>American Geriatrics Society</b>	2016- Present
<b>Gerontological Society of America</b>	2016- Present
<b>American Physical Therapy Association (APTA)</b>	2000- Present
- Geriatric Section	2003- Present
- Health Policy & Administration	2011- Present
- Home Health Section	2006- 2015
- Education Section	2010- 2015
- Orthopedic Section	2003- 2011
- Pediatrics	2005- 2006
<b>American Physical Therapy Association of Massachusetts</b>	2013- Present
<b>Virginia Physical Therapy Association (VPTA)</b>	2009- 2013 (2000)
<b>Ohio Physical Therapy Association (OPTA)</b>	2001- 2009

**Positions Held in Scientific/Professional Societies (past 10 years)**

Manuscript reviewer, <i>J. of American Medical Directors Association</i>	2019- Present
Manuscript reviewer, <i>Medical Care</i> journal	2019- Present
Manuscript reviewer, <i>J of Geriatric Physical Therapy</i>	2019- Present
Outcomes Committee, Educational Leadership Partnership	2018- Present

**SARA KNOX, PT, PhD, DPT**

Chair, Domains Subcommittee	
Delegate to APTA House of Delegates, Massachusetts	2017- 2019
Research Committee Member, Academy of Geriatric Physical Therapy	2016- Present
Bylaws Task Force Committee Member, APTA	2017- 2019
Director, APTA Academy of Geriatric Physical Therapy	2013- 2016
Delegate to APTA House of Delegates, Virginia	2011- 2013
Item Writer, Federation of State Boards of Physical Therapy	2011- 2012
Continuing Education Reviewer, Virginia Physical Therapy Association	2010- 2013
Practice Committee Chair, Virginia Physical Therapy Association	2010- 2013
Awards Committee Chair, Academy of Geriatric Physical Therapy	2008- 2013
APTA Practice Section Liaison, Ohio Physical Therapy Association	2008
APTA Physical Therapy and Society Summit Steering Committee	2007- 2010
APTA Advisory Panel on Education	2007- 2010
Mentorship Task Force Chair, Ohio Physical Therapy Association	2007- 2009
Program Development Committee, APTA Home Health Section	2007- 2008
Delegate to APTA House of Delegates, Ohio	2004- 2009

**SERVICE TO COLLEGE/SCHOOL/DEPARTMENT (Current Employer)**

**MGH Institute of Health Professions**

*Institute Level*

- Proactive Advising Committee	2019- 2020
- Commencement Speaker Committee	2019- 2020
- Committee for Teaching Excellence	2013- 2019
Work group: Writing group	2017- 2019
Work group: Self-Assessment Tool Development	2016- 2018
Work group: Development Teaching Domains Objectives	2015-2016
Work group: Development of Teaching Domains	2014-2015
Work group: Peer mentoring program	2013-2015
- Faculty Governance Committee	2014-2017
Chair	2015-2016
- Schwartz Center Educational Rounds Facilitator	2/2016
- Resource panelist for the Schwartz Interprofessional Rounds	1/2015

*School of Health & Rehabilitation Sciences*

- Task force for Interprofessional Education (Chair)	2019
- Mentor for new faculty member	2017
- Search Committee Member: PT Department Chair	2016-2017

*Department of Physical Therapy*

- Outcomes Committee (Chair)	2018- 2020
- Student Success Committee, LEAP	2018- 2020
- CAPTE oversight coordinator (Chair)	2018- 2020
- Curriculum Committee,	2019- 2020
Chair	2018
- Search Committee Chair: 3 Assistant Professor, 2 Instructor positions	2018
- Committee for Academic Policies and Procedures	2013-2018
Chair	2015-2018
- Assessment Task Force	2017-2018
- Search Committee Member: Cardiopulmonary Faculty Member	2017
- IONTA Symposium Committee	2013-2016
Chair	2015-2016
- CAPTE Self-Study Committee	2013-2014