

# Laura Swan

## Curriculum Vitae

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### I. Biographical Information

#### EDUCATION

University of Southern California - *Los Angeles, California*

5/2016 - 5/2019

- Doctor of Physical Therapy
- GPA: 3.94 / 4.0

University of Illinois at Chicago - *Chicago, Illinois*

8/2012 - 5/2016

- Bachelor of Science, Kinesiology - Exercise Science and Health Promotion
- GPA: 3.83 / 4.0

#### POST-DOCTORAL TRAINING

University of Southern California Neurologic Physical Therapy Residency Program - *Los Angeles, California*

8/2019 - 8/2020

- Collaborated with an interdisciplinary team in the acute and acute inpatient rehabilitation settings at Keck Hospital to evaluate, manage, and treat patients with a variety of orthopedic and neurologic diagnoses, including cerebrovascular accidents, central nervous system neoplasms, spinal surgeries, amputations, organ transplants, and normal pressure hydrocephalus
- Mentoring in the inpatient setting was provided by Carly Diller (PT, DPT), Erin Fitzgerald (PT, DPT, NCS), Jennifer Tanaka (PT, DPT, NCS), and Jenna Hankard (PT, DPT, NCS)
- Provided individualized and comprehensive evaluations and treatment sessions for patients with a variety of neurologic diagnoses in the outpatient setting at Keck Medical Center, including cerebrovascular accidents, Parkinson's Disease, Multiple Sclerosis, peripheral neuropathy, and vestibular dysfunction
- Mentoring in the outpatient setting was provided by Lori Ginoza (PT, DPT, NCS), Nora Darakjian (PT, DPT, NCS), and Elise Ruckert (PT, DPT, GCS, NCS)
- Collaborated with Dr. Leila Darki (MD) in the neuromuscular clinic and Dr. Nerses Sanossian (MD) in the stroke clinic for determining the appropriateness of physical therapy referrals in patients with neurologic diagnoses

#### BOARD CERTIFICATION AND LICENSURE

Physical Therapy Board of California

8/1/19 - 1/31/23

- License Type: Physical Therapist
- License Number: 296943

American Board of Physical Therapy Specialties

7/1/21 - 7/1/31

- Neurologic Clinical Specialist

#### EMPLOYMENT

Casa Colina Hospital and Centers for Healthcare - *Pomona, California*

10/4/2021 - Present

- Clinical physical therapist in an outpatient neurologic setting focused on multi-disciplinary collaboration among physicians, therapists, and other clinical staff
- Utilize state-of-the-art technology to assist patients in achieving short and long-term functional goals

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### Keck Hospital of University of Southern California - Los Angeles, California

10/16/20 - 10/1/21

- Physical therapist at Keck Hospital and clinical/academic faculty member at the USC Division of Biokinesiology and Physical Therapy
- Specialized in evaluating and treating patients with neurologic disorders in the intensive care unit and inpatient rehabilitation settings

## **RELATED CLINICAL EXPERIENCES**

### Select Physical Therapy and Novacare - Anaheim, California

1/7/19 - 4/26/19

- Evaluated and developed individualized plans of cares for patients with orthopedic conditions while merging research into clinical practice in an outpatient workers compensation setting at Disneyland

### Kaiser Permanente - Anaheim, California

8/20/18 - 12/7/18

- Evaluated and managed patients with neurologic diseases, joint replacement surgeries, and postural dysfunction in an outpatient mixed setting, with emphasis on prioritization and time management skills
- Prepared inservice presentation on cupping in physical therapy clinical practice

### Methodist Hospital of Southern California - Arcadia, California

5/14/18 - 7/6/18

- Prepared an inservice presentation on an overview of the vestibular system
- Collaborated with an interdisciplinary team to improve functional outcomes and determine appropriate discharge recommendations in patients following joint replacement surgeries in an acute inpatient setting

### University of Southern California Physical Therapy Associates, Health Sciences Campus - Los Angeles, California

10/23/17 - 11/3/17

- Prescribed exercise plans for patients with neurologic diseases and vestibular conditions in an outpatient neurology setting, with emphasis on utilizing vestibular rehabilitation techniques

### Casa Colina Hospital and Centers for Healthcare - Pomona, California

7/3/17 - 8/11/17

- Collaborated with an interdisciplinary team to apply principles of neuroplasticity and motor learning in patients with traumatic and progressive neurologic diseases in an outpatient neurology setting
- Instructed patients with orthopedic and neurologic conditions in aquatic therapy on 3 days per week
- Prepared inservice presentation on outcome measures for individuals with cerebrovascular accidents

### Body Gears Physical Therapy - Oak Brook, Illinois

2/27/17 - 3/10/17

- Optimized the functional mobility of patients following joint replacement surgeries in an outpatient orthopedic setting by creating individualized exercise plans and utilizing manual therapy techniques

## **MEMBERSHIPS**

### American Physical Therapy Association, California Chapter

7/2016 - 10/2022

- San Gabriel Valley District

### Academy of Neurologic Physical Therapy

7/2019 - 10/2022

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### CERTIFICATIONS

#### American Heart Association

2/2022 - 2/2024

- Basic Life Support for Healthcare Providers

### EXTRACURRICULAR ACTIVITIES

#### Optimal Living with Multiple Sclerosis, University of Southern California - Los Angeles, California

2/2018 - 5/2018

- Collaborated with occupational therapy to improve the functional mobility and enhance the quality of life in individuals with Multiple Sclerosis through different approaches to health and wellness

#### Interprofessional Geriatrics Curriculum, University of Southern California - Los Angeles, California

9/2017 - 2/2018

- Collaborated with an interdisciplinary team, including students from the dentistry, social work, occupational therapy, speech therapy, and physician assistant programs, to provide patient-centered care and improve healthcare delivery to elders in a community-based, senior housing facility

#### California Student Special Interest Group - Los Angeles, California

6/2017 - 6/2018

- Planned social and educational events as special events chair, such as PT Pub Night at CPTA conference, HVLA courses in Northern and Southern California, and a loan management course in Southern California

#### NCAA Division I Student Athlete, University of Illinois at Chicago - Chicago, Illinois

8/2012 - 5/2016

- Managed a full-time student course load and 20 hours of weekly softball instruction
- Raised \$3,835 in a fundraiser for breast cancer research
- Participated in a team volunteer effort at the Bank of America Chicago Marathon (2012 and 2013) and Special Olympics (2014 and 2015)

### HONORS AND AWARDS

Ryan Friendway Memorial Scholarship, University of Southern California - Los Angeles, California	2019-2020
University Staff Club Scholarship, University of Southern California - Los Angeles, California	2016-2017
NFCA All-America Scholar Athlete, University of Illinois at Chicago - Chicago, Illinois	2012-2015
Female Scholar Athlete of the Year, University of Illinois at Chicago - Chicago, Illinois	2014
Illinois National Guard Student-Athlete of the Week, University of Illinois at Chicago - Chicago, Illinois	2014
Academic Achievement Award, University of Illinois at Chicago - Chicago, Illinois	2014
Horizon League Academic Honor Roll, University of Illinois at Chicago - Chicago, Illinois	2013-2016
UIC Athletics Academic Honor Roll, University of Illinois at Chicago - Chicago, Illinois	2015-2016
Spring Academic All-League Honor, University of Illinois at Chicago - Chicago, Illinois	2015-2016
Deans List of Academic Distinction, University of Illinois at Chicago - Chicago, Illinois	2013-2016
UI Hospital Volunteer Service Award, University of Illinois at Chicago - Chicago, Illinois	2015
Spring Horizon League Scholar - Athlete of the Season, University of Illinois at Chicago - Chicago, Illinois	2016

## II. Scholarly and Teaching Activities

### RESEARCH

#### University of Southern California Division of Biokinesiology and Physical Therapy - Los Angeles, California

8/2019 - 11/2021

- Title: Efficacy of Gamified Dual-Task Training for Individuals with Parkinson Disease: A Case Series

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## Curriculum Vitae

- Authors: Lee-Kuen Chua (PhD), Yu-Chen Chung (PT, PhD), David Bellard (PT, DPT, NCS), Laura Swan (PT, DPT, NCS), Nicole Gobreial (PT, DPT, NCS), Amanda Romano, Ryan Glatt (MSc, CPT, NBC-HWC), Darrin J. Lee (MD, PhD), Yi Jin (MD), Charles Y. Liu (MD, PhD), Beth E. Fisher (PT, PhD)
- Purpose: investigated the effect of a SMARTfit exercise program on cognition, motor function, and related neuroplasticity changes in individuals with Parkinson's Disease
- Design: cross-over study
- Methods: 24 exercise sessions, 3 times per week for 8 weeks with conventional or SMARTfit training, followed by an 8-week washout period, followed by an additional 24 exercise sessions, 3 times per week for 8 weeks with conventional or SMARTfit training
- Interventions were focused on gait, transfers, obstacle courses, and reaching and balance activities
- Cognitive challenges were embedded within these activities using games that required the participant to make physical contact with sensors on the SMARTfit system
- Conclusion: Physical therapists' utilization of technology with versatile hardware configurations and customizable software application selections was feasible and safe for implementing a tailor-made intervention and for adapting it in real-time to meet the individualized, evolving training needs of individuals with Parkinson's Disease. Specifically in comparison to optimized single-task training, there was a preliminary signal of efficacy for gamified dual-task training in improving motor and cognitive function as well as perceived disability in individuals with Parkinson's Disease.
- Published in the *International Journal of Environmental Research and Public Health* in November 2021

12/2020 - 10/2021

- Multi-Disciplinary Normal Pressure Hydrocephalus Clinic
- Attended bi-monthly clinic days, in which I thoroughly evaluate patients in an outpatient setting for differential diagnosis of Normal Pressure Hydrocephalus
- Emphasis of physical therapy evaluation on administering balance and gait outcome measures to determine if Normal Pressure Hydrocephalus was a likely diagnosis or if alternative diagnoses were suspected
- Collaborated with occupational therapy, neurologist, neurosurgeon, and urologist to determine if the patient would benefit from a lumbar drain trial or VP shunt given subjective/objective findings
- There has been insufficient evidence to guide physical therapy objective examination in suspected Normal Pressure Hydrocephalus. Thus, goal was to determine if the Mini BESTest, 2 Minute Walk Test (2MWT), and 10 Meter Walk Test (10MWT) were effective outcome measures in determining the appropriateness for VP shunt in patients with suspected Normal Pressure Hydrocephalus.

## TEACHING

University of Southern California Division of Biokinesiology and Physical Therapy - Los Angeles, California

5/17/21 - 6/18/21

- PT 516 Principles of Disease, course director Monica Nelson (PT, DPT)
- Other instructors: Lauren Decker (PT, DPT, CCS), Pamela Ressler (PT, DPT, NCS), Natalie O'Neal (PT, DPT, GCS), Twyla Evano (PT, DPT, NCS), Jesus Dominguez (PhD, MPT)
- Served as group leader to 23 students, each week groups were assigned a topic to research and then presented their findings to classmates, faculty guided the students as they developed knowledge about unfamiliar topics and helped them develop their presentation skills
- Main topics of diagnoses included inflammatory conditions, autoimmune conditions, degenerative/chronic conditions, acute insults to tissue, and cancers
- Live sessions for 2 hours/week, grading time for 1.5 hours/week, faculty team meeting for 0.5-1 hour/week

4/30/21

- Gave an in-service presentation on 4/30/21 for 60 minutes to the physical therapy clinical faculty at Keck Hospital with Stephanie Joseph (PT, DPT, NCS) and David Bellard (PT, DPT, NCS) on the topic of "Case Presentations: DC Planning for Patients with Neurologic Conditions."
- Discussed several factors to consider when determining the appropriate discharge recommendation in the acute setting through the use of two patient cases (cerebrovascular accident and Guillain-Barre syndrome), including safety/independence with activities of daily living and functional mobility, prior level of function, availability of assistance at home, prognosis (medical and therapeutic), activity tolerance, and home architectural barriers

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1/2020 - 4/2020

- PT 581L Clinical Management of the Neurologically Involved Patient, course director Didi Matthews (DPT, NCS)
- Attended all lectures and labs, provided office hours for students, prepared and presented lab material, assigned grading during lab examinations, provided student mentoring during patient cases

8/2019 - 12/2019

- PT 534L Neuroanatomy, course director Nina Bradley (PT, PhD)
- Attended all lectures and labs, provided office hours for students, prepared and presented lab material, prepared handouts for students, proctored examinations, assigned grading, provided student mentoring during patient cases

## **MENTORING**

Clinical Instructor, University of Southern California Division of Biokinesiology and Physical Therapy - *Los Angeles, California*

3/15/2021 - 5/7/2021

- 8-week student rotation at Keck Hospital in inpatient mixed setting with third-year student, PT 665

7/6/2021 - 8/13/2021

- 6-week student rotation at Keck Hospital in inpatient mixed setting with first-year student, PT 600B

DPT Mentoring Program, University of Southern California Division of Biokinesiology and Physical Therapy - *Los Angeles, California*

3/2021 - Present

- Assist students in navigating the DPT curriculum and provide guidance during the student's professional training and development
- Meet with the student during the first month of each fall and spring semester