Curriculum Vitae

Rachel Skolky, PT, MSPT, DPT, GCS, CEEAA

Instructor

Assistant Director of Clinical Education

Department of Physical Therapy and Rehabilitation Science

University of Maryland, School of Medicine

**Date** January 26, 2017

**Contact Information**

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Foreign Languages: Spanish (working knowledge)

**Education**

2002 - 2006 B.S., Clinical Science/Physical Therapy, Ithaca College (Cum Laude)

2006 - 2007 M.S., Physical Therapy, Ithaca College

2007 - 2007 D.P.T., Physical Therapy, Ithaca College

**Certifications**

2010 Credentialed Clinical Instructor, APTA

2014 Advanced Credentialed Clinical Instructor, APTA

2014 Board Certified in Geriatric Physical Therapy (GCS), ABPTS

2016 Certified Exercise Expert for Aging Adults (CEEAA), AGPT

**Physical Therapy Licensure**

2008-present Active, Maryland

**Employment History**

**Academic Appointments**

2017-present Instructor, Department of Physical Therapy and Rehabilitation Science,

University of Maryland, School of Medicine

2017-present Assistant Director of Clinical Education, Department of Physical Therapy

and Rehabilitation Science, University of Maryland, School of Medicine

**Scope of Clinical Practice:**

2008-2017 The Johns Hopkins Hospital

Physical Therapist: Acute Care, Comprehensive Integrated Inpatient Rehab Program, Geriatric Psychiatry

2009-2016 The Johns Hopkins Hospital

Clinical Instructor for Physical Therapy Students

2015-2017 The Johns Hopkins Hospital

Neurological Physical Therapy Resident Mentor

**Clinical Activities**

Acute Care

2008-2009 Provided acute care physical therapy services with focus on orthopedic,

post-transplant, infectious disease services and cross-coverage of

oncology, neurology, cardiac and general medicine services

Inpatient Rehabilitation

2009-2016 Provided comprehensive inpatient rehabilitation physical therapy services

for a variety of clinical diagnoses including but not limited to: post-CVA,

brain tumors, spinal cord tumors, rare neurological conditions, post-cardiac surgeries, post-orthopedic and spine surgeries

Mentored various volunteers, nursing students and medical students learning about the rehab profession

Attended inpatient rehabilitation rounds with members of the multi-disciplinary team for collaborative care

Provided in-service training for the use of body-weight supported equipment to therapists, aides and nursing staff members to improve patient and staff safety while maximizing function

Geriatric Psychiatry

2009-2016 Independently managed and provided physical therapy therapy services to

the inpatient geriatric psychiatry and movement disorder service as well as

the outpatient geriatric psychiatry day hospital

Provided cross-coverage physical therapy services to additional psychiatry

units including: chronic pain inpatient and day hospital, eating

disorders, substance abuse and affective disorders services

Treated primary diagnoses including: Major Depression Disorder, Bipolar disorder, Schizophrenia, Parkinson’s Disease, Huntington’s Disease and Dementia

Provided training for psychiatry nursing staff for patient outcome measures including TUG, Tinetti, CDC STEADI tool as well as training on the Otago-based exercise program and safe patient guarding techniques

**Clinical Expertise**

Board Certified Geriatric Clinical Specialist

Certified Exercise Expert in Aging Adults

Clinical research in falls prevention in the geriatric psychiatry population

**Professional Society Membership**

2008-present American Physical Therapy Association, Maryland Chapter

2010-present American Physical Therapy Association: Geriatric and Neurology Sections

2013-2016 American Physical Therapy Association: Health Policy & Administration Section

2016-present American Physical Therapy Association: Education Section

**Honors and Awards**

2011 “Because we Care” Award Nominee, The Johns Hopkins Hospital, nominated for

managing a complex plan of care for a patient on the geriatric psychiatry service

2012- Professional Development Award, The Johns Hopkins Hospital, awarded to clinicians

2016 demonstrating excellence in areas of clinical practice, education, research and administration

2015 Shirley Sohmer Award for Research Submissions, The Johns Hopkins Hospital, clinical team awarded for using the research process to improve patient care

2016 Clinical Excellence in Clinical Education Award, The Johns Hopkins Hospital, awarded for demonstrating excellence in clinical education across all therapy practice settings

**Administrative Service**

**Institutional Service**

2011-2016 Johns Hopkins Hospital: Excellence Committee Member (community service and rehab development program subcommittee member)

**Local, National and International Service**

**International Service**

2010 Honduras Outreach: medical mission trip with Mayo Clinic

**Local Service**

2011, 2012 Disabilities Awareness Day Volunteer, therapy representative for Johns Hopkins

Hospital, Annapolis, MD

2015-2016 United Way Ambassador (Emerging Leaders United Member)

2015 PT day on Capitol Hill

2016 B’more Healthy Expo: organized booth for JHH PM&R department

2016 Access-Ability Sailing Volunteer: Downtown Sailing Center, Baltimore MD

**Teaching Service**

**Physical Therapy Student Teaching**

2009-2016 Clinical Instructor for part-time and full-time PT students

The Johns Hopkins Hospital

2 students/year, daily contact for length of 10-14 weeks

2015, 2016 Mock clinical instructor for University of Maryland CI interactive experience

**Physical Therapy Resident and Fellow Teaching**

2015-2016 Mentor for Neurological Physical Therapy Resident

The Johns Hopkins Hospital/University of Delaware Neurological Physical Therapy Residency Program

2 residents/year, 3hr mentor time/week x 2-3 months

**Other Teaching Services: Continuing Education**

2014: *Falls and Balance: An Evidence-Based Comprehensive Approach to Assessment*

*and Management*: Assisted in course development and lectured in course

The Johns Hopkins Hospital

1.6 CEU’s

**Publications**

**Non-peer reviewed journal articles**

1. Coyle, S. **Skolky, R**. Foot Drop in All its Forms: How the Underlying Causes Affect Treatment. Advance Magazine. 2012:23 (5): 24

**Published Multimedia**

1. Ressler, P. **Skolky, R**. Tardieu assessment scale video (available on youtube.com and Johns Hopkins Hospital Blackboard), 2012

**Proffered Communications**

1. **Skolky, R.** Daley, E. Hall, A. Poliak, M., Tsang, M. Santor, D. Falls Associated to Toileting, The Johns Hopkins Hospital Rehab Therapy Services (RTS) Clinical Showcase, Baltimore, MD, Poster Presentation, 2011
2. Daley, E. Hall, A. Poliak, M. **Skolky, R**. Tsang, M. Santor, D., Achieving Competency Today (ACT): Physical Medicine and Rehabilitation: Falls Related to Toileting: A Quality Improvement Project, The Johns Hopkins Hospital, Presentation to leadership at Johns Hopkins Hospital, Baltimore, MD 2011
3. **Skolky, R.** Gaffey-Littleton, A. Nonnenmacher, J. Ciampa, J. Friedel, S. Van Zant, A., Wilkins, E. Carter-Carpenter, J. Duty, B. Does the Utilization of the Teach-Back Method on an Inpatient Rehabilitation Unit Decrease Caregiver Burden and Increase Caregiver Satisfaction: An Update: Phase I Research, The Johns Hopkins Hospital, Baltimore, MD, Poster Presentation at The Johns Hopkins RTS Clinical Showcase, 2013
4. **Skolky, R.** Ciampa J, Parks J, Pontone G, Onyike C, Knowles J, Measuring the Effectiveness of a Multi-Factorial Exercise Program among Older Adults on an Inpatient Psychiatry Unit, The Johns Hopkins Hospital, Baltimore MD, Poster Presentation at The Johns Hopkins Hospital RTS Clinical Showcase, 2015
5. Rojhani, S. Penton, C. **Skolky, R.** Wilkins, E. Stresing, K. Karagiorgos, E. Hosey, M. Hoyer, E. Heart Matters: Changing the Paradigm of Post-Surgical Cardiac Care: A Multi-disciplinary, Patient-centric Approach to the Care of Cardiac Patients Admitted to Acute Inpatient Rehabilitation, The Johns Hopkins Hospital, Baltimore MD, Poster Presentation at The Johns Hopkins Hospital RTS Clinical Showcase, 2015
6. **Skolky, R,** Ciampa J, Parks J, Pontone G, Onyike C, Knowles J,A Structured Exercise Program for Decreasing Fall Risk: Improving Function and Perceived Health on an Inpatient Geropsychiatry Unit, The Johns Hopkins Hospital, Poster Presentation at Regional Fall Conference & Student Conclave Sponsored by the DC, Delaware and Maryland Chapters of the APTA, Hyattsville, MD 2016
7. **Skolky, R,** Ciampa J, Parks J, Pontone G, Onyike C, Knowles J, Decreasing Fall Risk Improving Function and Perceived Health on an Inpatient Geropsychiatry Unit, The Johns Hopkins Hospital, Poster Presentation at EXPAAC II conference, Indiannapolis, IN, 2016
8. **Skolky, R.** Reoli, R. The Effect of Sport-specific Dual Task on Gait Apraxia in an Older Athlete with Acquired Brain Injury: A Case Study, The Johns Hopkins Hospital, Baltimore, MD, Poster Presentation at The Johns Hopkins Hospital RTS Clinical Showcase, 2016

**Post-Graduate Education and Training:**

2009 The Annual Conference of the APTA, Baltimore, MD: courses focused on geriatrics and

neurology

2011 Recovering Function, Introduction to NDT: Achieving Functional Outcomes for Adults

with Hemiplegia Using the Principles of NDT, Baltimore, MD

2011 Recovering Function, Getting Results Faster when Using NDT to Increase Challenge of

the LE's and to Improve Gait, Baltimore, MD

2011 APTA, Section on Geriatrics, Manual Therapy for the Geriatric Patient, Rockville MD: 2

2011 2013 Johns Hopkins Research Development Program Courses, Baltimore MD

2013 APTA Focus 2011 Online series: Courses focused on Geriatric-specific topics

2013 APTA of Maryland, Fall Prevention for Older Adults and Osteoporosis-Osteogenesis:

Increasing Bone Mineral Density-An Evidence-Based Approach, Timonium, MD

2013 AHEConnect, Otago Exercise Program: Training for Physical Therapists: Online Course

through North Carolina

2013 **APTA of MD Fall Annual Conference TRACK 2 - *Technological Advances in SCI***

Annapolis, MD

2014 Clark Neurorehab Consultants, Techniques to Improve Parkinsons (TIP), Baltimore, MD

2014 APTA of Maryland, Effective Management of Vestibular Disorders, Baltimore, MD

2014 APTA Section of Geriatrics ExPAAC FOCUS Online Series

2014 Cross-Country Education, Yoga for Therapeutic Rehabilitation, Baltimore, MD

2014 Bioness, The NESS L300 Foot Drop System and L300 Plus System Certification Course,

Baltimore, MD

2015 APTA of MD, Maryland Practice Act: Laws and Regulations, Baltimore, MD

2015 Rocktape, Kinesiology Taping Redefined: Fascial Movement Taping Level 1

certification course, Lutherville, MD

2015 GWU DPT Focus Group, “*Planned Learning Experiences: Target Your Teaching*”,

Washington DC

2015 GWU Focus Group at Johns Hopkins Hospital, “Mentor the Mentee Residency Focus

Group” Baltimore, MD

2015 APTA NEXT Conference National Harbor, MD

Courses included:

-Innovative Approaches to Seating and Mobility Options Related to Amputations

-Introduction to functional Movement Systems, Part 1

-The 20th John HP Maley Lecture: Wearable Therapeutic Technologies

-Smarter Searching in 90 minutes or less

-I have a Patient with … Using PTNOW.org in daily practice

-The Fitness Paradigm Shift for People with Intellectual Disability

-Spiritual and Health Implications for Physical Therapy Practice

-The Latest Research in Tone Management

-The Role of the Hip in Lower Quarter Injuries

-Hot Topics at NIH on Rare Disorders

2015 APTA ELC (Education Leadership Conference) Baltimore, MD

Courses included:

-Keynote: 2nd Annual Forum on innovation in PT education

-CARE: An Institution’s Approach to Early Embedded Integrated Clinical Education

-Preparing to “Go Live” with the 2:1 Model

-TeamSTEPPS: Team Strategies and Tools to Enhance Performance and Patient Safety (Part I, II and III):

-Oxford Debate: Entry-level Education of PTA-Associates or Bachelor’s Degree ?

PT and PTA Student Collaboration:Working towards understanding

- “To Teach is to Learn”: Didactic and Clinical Teaching as a learning model for Residents

2016: APTA CSM (Combined Sections Meeting) Anaheim, CA

Courses included:  
-The When, What, Who and How of Pain Science in Clinical Practice  
-Practicality of Wearable Technology in Physical Therapy  
-Emerging Issues in Medicare and Health Care Reform, Part 1  
-Let's Talk About Sex and Cardiovascular Disease  
-More Common Than You Think: Vestibulo-ocular and Vestibulospinal Dysfunction in Aging and

Neurodegenerative Disease  
-Mission Cognition: Advancing the Role of the PT in Chronic Progressive Cognitive Impairment  
-Diabetes, Osteoporosis and Fracture: A Not-So-Sweet Combination  
-Creative Evidence-Based Use of Electrical Stimulation in Acquired Brain Injury Rehabilitation

2016: EXPAAC II Conference, Indianapolis, IN  
 Courses included:

- National & International Falls Prevention Initiatives for Older Adults

- Physical Activity for the Older Adult: From Health Care to the Community

- Spreading a Successful Training Initiative from the UK into Europe – Cascade Training in

Evidence Based Falls Prevention Exercise (Otago) Challenges, Successes and Quality

Assurance!

- Fat and Frail: Improving Function and Dietary Intake in Obese Older Adults

- Use of Distance Delivery Interventions (Web-Based, mHealth, Telehealth) for Hard-to-Reach,

Vulnerable Midlife and Older Individuals

- Community Based Fall Presentation – Embedding Balance and Strength in Daily Life Activity

- Promoting Physical Activity in Older Adults: A Public Health Perspective

- Role of Physical Activity in Managing Diabetes and Its Musculoskeletal Complications

- Prescribing Exercise to Improve Cognitive Function among Those at Risk for Decline

-Intensive Training for Frail, Homebound Older Adults

- Encouraging Self-Management: Group Mediated Cognitive Behavioral Interventions

- High-Speed Training: A Multi-Dimensional Approach

- Community-Based Group Exercise for People with Parkinson’s Disease: Serving a Powerful Punch