June 16, 2014

James Burchfield, PhD, Dean & Chair, Search Committee
College of Forestry and Conservation
University of Montana

Dear Dr. Burchfield,

I am grateful for the opportunity to interview for the position of Dean, College of Health Professions & Biomedical Sciences at the University of Montana. I also appreciate the opportunity to submit an updated set of credentials since my original submission last October.

While this letter is intended to address the qualifications that have been articulated in the position description, I believe embracing the following principles are essential for the next Dean in the context of this College:

- The Dean must use the College’s articulated mission to drive educational, research and service initiatives that are also consistent with the University’s strategic goals;

- The Dean must make certain appropriate resources are available to ensure all Schools meet continuing accreditation requirements and timely assessment;

- The Dean must be vigilant to ensure student and faculty needs are met to optimize the educational experience, and to engage graduates as active alumni;

- The Dean must ensure that the College is empowered to build and sustain a nationally competitive research enterprise;

- The Dean should foster meaningful interprofessional collaboration within the College to maximize efficiencies while promoting greater horizontal integration to be consistent with trends in higher education and clinical practice;

- The Dean should articulate a College-level resource development plan, leveraging the best practices across the College to broaden the perspective of donors and granting agencies;

- The Dean must devote considerable and systematic effort to personally engage stakeholders and donors – optimal College programs require resources from multiple sources;

- The Dean must engender respect between academic units and research collaboratives to meet the mission of the College;

- The Dean must work to create an environment that is positive, forward thinking and respectful, fostering an example that creates life-long connections for graduates of the College.
I am enthused to share my curriculum vitae (CV) with members of the search committee so they may examine my career beyond the University of Montana in addition to my tenure at UMPT. In addition to meeting the academic credentials, the posted qualifications include 'proven administrative leadership skills, accomplished record of scholarship at the level of a tenured professor, a demonstrated commitment to research, expertise in the integration of academic and clinical education, exceptional organizational and communication skills, and demonstrated success in public outreach and fundraising.' What follows is a summary of my qualifications in each of these areas.

Administrative leadership skills

The 2014-2105AY would constitute my ninth year as chair of the School of Physical Therapy & Rehabilitation Science (UMPT), during which time I also served as Interim Associate Dean for Planning & Development, I believe I have gained sufficient appreciation for the challenges and opportunities the College faces in the near and intermediate term. I have learned from a very good and experienced Dean and have had the good fortune to work with other academic officers on campus to gain important insights on collaborative engagement at this University.

Reflecting on my career, I have consistently held positions of leadership, be it clinical, academic or through professional service. Since 1977, I have directed clinical programs, overseen boards, and provided leadership as a board member and subsequently as president of professional associations at the state, national and international level. As noted, in addition to completing 8 years as chair at UMPT, I served as Associate Dean during Interim Dean Vernon Grund’s tenure while Dean Forbes served in the research office. Over my years as Chair of the School, I guided the program’s successful reaccreditation by the Commission on Accreditation of Physical Therapist Education Programs (CAPTE), re-structured the administration of the School, negotiated and administered the on-line transitional DPT curriculum, overseen four faculty searches, consolidated and renovated our clinic, and participated on a variety of leadership positions within the University. More recently, I have been working as the primary author for the Neural Injury Center proposal, approved by the Regents in March of 2014, which I believe is an exciting opportunity to leverage the collective strengths within the College to provide a leadership role in the region for veterans and families. These are more fully explained in this document and accompanying CV.

Accomplished record of scholarship at the level of a tenured professor

I was originally tenured at Virginia Commonwealth University, classified as a Carnegie very-high research activity institution, in 2000. My scholarship has been focused on end-stage heart failure and more specifically, exercise tolerance and functional improvement in patients with ventricular assist devices (LVAD); I co-authored the first set of published exercise guidelines for this patient population, contributed to texts addressing this patient population and was selected to serve on the Center for Medicare and Medicaid Services expert panel during their deliberations for approving LVAD technology as destination therapy. My work in this area was a major consideration as the recipient of the Award of Excellence from the American Association of Cardiovascular & Pulmonary Rehabilitation (AACVPR) in 2007. The award is the highest honor from the association and is awarded to just one individual each year. I am the only physical therapist to receive the award since its inception in 1986. In light of the focused nature of my work, a great deal of my peer-reviewed work is in the associated study of oxygen kinetics in patients with chronic heart failure. I have also contributed to texts and guidelines for patients
undergoing cardiac transplantation and was the clinical editor for the American College of Sports Medicine’s Guidelines for Exercise Testing and Prescription, the most widely used text in exercise testing and training in the world, in 1995. During my sabbatical in Spring 2013, I collaborated on papers related to LVAD and interval training, electromyography for muscle training in low-functioning patients with diabetes (both to be submitted by primary authors in Europe), was primary author for a manuscript on cardiac rehabilitation practices in Europe (now published, Progress in Cardiovascular Diseases), co-authored a paper on pre- and post-operative physical therapy for patients undergoing coronary bypass surgery (accepted for publication, Journal of Physical Therapy) and finally, a paper on the biological complexity of physical inactivity as a risk factor (presentation accepted at a conference in Vancouver, BC in March 2014, paper in progress). More recently I have turned my attention to the pervasive nature of physical inactivity as a public health burden and was an invited speaker on this topic the American Heart Association’s global conference on this topic in November of 2013. I look forward to continuing to contribute to the dissemination of knowledge in the years ahead. In reflection, most gratifying to me in scholarship has been my mentorship of others over the years as I gravitated to more of an administrative role in higher education.

Demonstrated commitment to research

I believe my record demonstrates a commitment to research and scholarship with a clear gravitation in recent years to academic administration. I would hope that my career trajectory is interpreted as a natural transition to areas of expertise that I believe suits my strengths, although I have remained committed to investing in research and scholarship. My research focus was clinical in nature, studying patients with relatively rare technology (left ventricular assist devices) and end-stage heart failure. I have co-authored a number of publications, mentored graduate students who have been very productive, participated in numerous thesis and dissertation projects, and I believe my tenure at UM demonstrates my commitment to research productivity through investment in faculty and laboratories. At VCU I held joint appointments in Physiology and Physical Medicine and Rehabilitation to help facilitate collaborative research efforts with VCU’s College of Health Professions. I am keenly aware of the importance of the research enterprise in the mission of the College and University and have allocated significant resources within our School to facilitate the work of our tenure-track hires and their respective laboratories. I also appreciate the challenges we face in extramural funding and believe our best way forward is through effective collaboration, building research capacity and continuing to invest in research through resources generated from other projects that may be less research intensive, as I did with resources generated by our distance education initiatives in physical therapy. I believe all faculty have a stake in resource generation to support the research mission of the College and similarly believe a key priority going forward should be a College-level strategic plan for coordinated research efforts. The generation of new knowledge and innovations in health care may well be the single most important differentiating element that distinguishes the University of Montana’s College of Health Professions & Biomedical Sciences from other competing institutions.

Expertise in the integration of academic and clinical education

My academic engagement has effectively been within three different Colleges of Health Professions; VCU, Idaho State, and of course, here at UM. All three are very different in size, scope and mission, academic requirements for promotion and tenure, and research environments including a medical school (VCU). In each, clinical education has been an integral
component of the academic enterprise. Wherein accreditation standards drive the minimum requirements for clinical education, the integration of clinical education with core didactic academic curricula also offer opportunities oftentimes not afforded to students in other health-related curriculums where clinical education is not integrated. The physical therapy curriculum at UM blends clinical education with on and off-campus experiences and the ability for students from the College (including social work and pharmacy in addition to physical therapy) to engage students in our Nora Staal Evert Physical Therapy Clinic has also permitted the integration of students from other disciplines, including health and human performance and clinical psychology. I believe with the addition of the proposed Neural Injury Center we will create new opportunities for innovative interprofessional clinical education as well as attract students from additional disciplines, including speech and communicative disorders and pre-medicine on the UM campus, and Missoula College’s students in six different health professions tracks. I believe there is extraordinary opportunity given the depth and breadth of clinical faculty at UM to create interprofessional clinical education opportunities. We have embraced the concept of interprofessional education in the School and I am supporting the efforts of faculty members Dave Levison, Jennifer Bell and Mindy Renfro to explore how this might work within the College. In addition to the on-site opportunities, I believe it is imperative — and we are working on this more assertively in physical therapy — to leverage our telecommunication abilities to improve clinical education.

Having addressed clinical education from a curricular perspective, I should also take a moment to address an equally important element within the College and University (including administration) to recognize and support faculty who are largely engaged in clinical training. While this may vary from unit to unit, where disparities may exist, it is important that the College’s mission is best accomplished when the faculty as a whole is viewed as a collective of experts working on a variety of levels to ensure excellence. I believe my record demonstrates that commitment and where that commitment may be less tangible in a CV, I believe my faculty colleagues would attest to my balanced approach to faculty, academics and clinical education. I would work to ensure this across the College’s academic and clinical training units.

Organizational and communication skills

I’d like to think that my tenure at UM and the experience of those with whom I have interacted with could speak to my organizational and communication skills, as my CV would address these indirectly through the accomplishments and positions I have held. For example, I was elected to the board of directors of AACVPR as well as the state (Virginia) association and in both cases were subsequently elected president of each; likewise, elected as the head of the World Council for Cardiovascular & Pulmonary Rehabilitation. I’d believe in each case this was relevant to my ability to communicate ideas and to engage effective organization, which included organizing conferences and continuing education programs, managing staff and communicating to a wide range of stakeholders, both public and private. At UM, I directed the accreditation efforts in physical therapy that resulted in a full, ten-year accreditation through 2018. I also have chaired leadership committees and was the chief architect of the University’s Programs of National Distinction process, coordinating two separate subcommittees to meet central administrative mandates. In the School, in addition to accreditation, I believe I have been effective in both communication and organization. Upon my arrival I needed to address critical faculty and staff issues, and I believe the present Dean of the College would assess my efforts as successful and vital to the health of the School. Moreover, I undertook the task of consolidating our clinics to be a singular, well-organized entity, re-branded the School (UMPT), and successfully negotiated
contracts for new hires. I organized and negotiated the contract for our transitional Doctor of Physical Therapy curriculum, which has provided financial security for the School, enrolled over 1000 students to date and is creating a substantial pool of new alumni committed to the School and College. As previously mentioned, I developed the concept and wrote the principal content for the Neural Injury Center, while communicating with a wide variety of stakeholders on and off campus to support this initiative. I believe my work on these initiatives clearly demonstrates my organizational and communication skills.

Public outreach and fundraising

The stories that evolve within the College are extraordinary, and our fiscal health is vital to the development of new stories that are associated with the advancement of the health professions. I believe this may be one of the incoming Dean’s most important attributes - communicating the work of the College to the public and engaging those who influence fiscal stability. The Dean should depend on and support primary investigators to effectively seek funding for the research enterprise, but must similarly help to interpret scholarly efforts in ways that influence the public’s perception of the College in the health and well-being of Montana and the region. I believe that the College’s best chances for increasing legislative apportionment is through influencing constituents, and I believe the Dean must have the skills to create and deliver meaningful messages. During my tenure at UM, I restructured giving opportunities within our School and created new collaborations with community medical providers to improve the health of our curriculum and create new learning opportunities for students in pediatrics and wound care. I look forward to finding new ways to excite our students and alumni, appreciating that their experience in the College significantly influences their support upon graduation. I am presently engaged in mapping, with Mark Schleicher, the giving strategy for the Neural Injury Center and my early efforts to date has helped create external fiscal commitments of $135,000 in advance of the Center’s approval. I have worked well with the Foundation’s staff through the years. I am confident in my ability to effectively communicate on behalf of the College at any level, and I think I’d like to acknowledge my parents for creating an environment that permitted me to develop those skills.

Specific to the University of Montana’s Strategic Issues

Having served on the committee to develop the Strategic Plan for UM, I am keenly aware of our articulated strategic issues and have worked to integrate these in the School of Physical Therapy & Rehabilitation Science. Our student success indicators are superiative, we have reached out as a School to develop collaborations in the Far East and Africa that benefit our students and faculty, invested in our learning and research environment (renovated and expanded our anatomy laboratory, created a state of the art Movement Science Laboratory, renovated and consolidated our Nora Staal Evert Physical Therapy Clinic), and created a stable fiscal environment through innovation.

I have been fortunate to have the opportunity to lecture and teach abroad, from the Pacific Rim to Europe, culminating with my sabbatical this past spring in Austria. These extraordinary opportunities have provided a unique perspective on the delivery of education and health care in different countries. I believe these experiences will serve me well as the University embraces it’s mission in the Global Century, and I would look forward to the opportunity to find collaborations between our Schools and interested parties from other countries.
Other notations

My CV lists various awards and honors over the years, which I attribute to consistent recognition from my peers, for which I am most grateful. Two that stand out and are most gratifying was my selection to provide the commencement address to the Graduate School at Wake Forest University in 2004, and the aforementioned Award of Excellence from the AACVPR. I am gratified to be recognized by both the clinicians in my field for clinical excellence and by my alma mater for contributions in science and education.

I have been tenured and promoted in three different academic environments, under different guidelines and procedures. I think these experiences, along with eight years as chair and the opportunity to work with a Dean with a rich institutional history of UM, have prepared me well to engage the position and move the College forward.

Finally, I believe I have the personality to be an effective Dean. I am confident in both my oral and written communication skills, and have certainly had many opportunities to engage challenges over the years on a variety of fronts, from resources to personnel. I believe I'm a particularly reflective listener and a pragmatist at heart. My faculty would affirm this, and I think those who appreciate the history of physical therapy within the College would agree that our School has progressively undergone nothing less than a transformation with respect to collegiality and stability during my tenure as chair. I have learned that cultural change comes slowly, but consistent messaging, respect, effective resource allocation and faculty support are elements that can in fact effect positive change over time. We remain a work in progress but the consolidation and renovation of our clinic, the investment in research laboratories and instructional supports, and a vision to engage new projects like the Neural Injury Center, our locum tenens project and telemedicine keep our faculty excited and engaged. I look forward to interaction with alumni and friends of the College to find new resources and to help the College tell better stories to the community, the legislature and other stakeholders to optimize our mission and continue to move the already outstanding reputation this College enjoys, to greater heights.

Thank you for your consideration. I look forward to the opportunity to address the issues of the College and my approach to leadership during the interview process.

Sincerely,

[Signature]

Reed Humphrey, PT, PhD
Professor & Chair
School of Physical Therapy & Rehabilitation Science
CURRICULUM VITAE
Reed Humphrey, PT, PhD

PERSONAL INFORMATION

Name: Reed Hart Humphrey

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College of Health Professions & Biomedical Sciences
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LICENSURE & CERTIFICATION

License/registration: Physical Therapist, Commonwealth of Virginia, States of Idaho & Montana
Certifications: 1) Clinical Exercise Specialist, 1978, #080
2) Clinical Program Director, 1981, #117
Issuing Agency: American College of Sports Medicine

EDUCATION


CLINICAL APPOINTMENTS AND RELATED ACTIVITIES

1992 – 2002 Clinical Practice, Heart Failure and Transplant Program, Cardiopulmonary Rehabilitation Programs, Medical College of Virginia Hospital and McGuire Veteran's Administration Medical Center, Richmond.
1987 – 1991 Director, Clinical Exercise Programs, Virginia Polytechnic Institute & State University, Blacksburg, VA.
1986 - 1987 Director, Cardiac Rehabilitation Program, Greensboro Cardiovascular Foundation, Greensboro NC (1 yr interim appt)
1981 - 1986 Graduate Fellow, Human Energy Research Laboratory; Program Coordinator, Cardiac Rehabilitation Program, University of Pittsburgh.
1979 - 1981 Program Director, Cardiac Rehabilitation Institute, Borgess Medical Center and Preventive Medicine Programs, Westside Family Medical Center, Kalamazoo, Michigan.
1977 - 1979 Coordinator, Exercise Therapy and Testing Laboratory; developed the outpatient cardiac rehabilitation program, William Beaumont Hospital, Royal Oak, Michigan.
1974 - 1977
Graduate Fellow, Human Performance Laboratory and Cardiac Rehabilitation Program, Wake Forest University. As an extension of pilot work at Wake Forest, developed the Raleigh Cardiovascular Foundation, a non-profit community-based exercise testing and cardiac rehabilitation program located in Raleigh, North Carolina.

ACADEMIC EXPERIENCE

2006-Present
Professor & Chair, School of Physical Therapy & Rehabilitation Science, College of Health Professions & Biomedical Sciences, University of Montana

2012 - 2013
Interim Associate Dean for Planning & Development, College of Health Professions & Biomedical Sciences, University of Montana

2005 - 2006
Professor, Department of Physical and Occupational Therapy, Kasiska College of Health Professions, Idaho State University

2002 – 2005
Associate Professor, Department of Physical and Occupational Therapy, Kasiska College of Health Professions, Idaho State University

2000 – 2002
Associate Professor of Physical Therapy & Physiology, Virginia Commonwealth University, Medical College of Virginia Campus

1992 - 2000
Assistant Professor, Department of Physical Therapy, School of Allied Health Professions, Virginia Commonwealth University, Medical College of Virginia Campus

1997 – 2002
Joint appointment, Health, Physical Education and Recreation, School of Education, VCU

1996 - 2002
Joint appointment, Physical Medicine and Rehabilitation, School of Medicine, VCU/MCV

1987 - 1991
Assistant Professor of Exercise Science, College of Education, Virginia Polytechnic Institute & State University, Blacksburg, VA.

1986 - 1987
Lecturer in Exercise Science, School of Health, Physical Education & Recreation, University of North Carolina at Greensboro (one year interim appointment)

MEMBERSHIPS

American College of Sports Medicine (Fellow)
American Heart Association
American Association of Cardiovascular and Pulmonary Rehabilitation (Master Fellow)
Heart Friends International, affiliated with the World Heart Federation
American Physical Therapy Association; member, Cardiopulmonary and Education Sections
Montana Physical Therapy Association

AWARDS & DISTINGUISHED APPOINTMENTS

1974
Graduated Magna Cum Laude, University of Pittsburgh

1974-76
Graduate Fellowship, Wake Forest University

1981-84
Graduate Fellowship, University of Pittsburgh

1988
Elected Fellow, American Association of Cardiovascular and Pulmonary Rehabilitation

1990
Elected Fellow, American College of Sports Medicine

1991-92
A.D. Williams Grant, MCV/VCU

1991
Elected to Board of Directors, American Association of Cardiovascular and Pulmonary Rehabilitation

1993
Elected President, American Association of Cardiovascular and Pulmonary Rehabilitation

1974
Graduated Magna Cum Laude, University of Pittsburgh

1974-76
Graduate Fellowship, Wake Forest University

1981-84
Graduate Fellowship, University of Pittsburgh

1988
Elected Fellow, American Association of Cardiovascular and Pulmonary Rehabilitation

1990
Elected Fellow, American College of Sports Medicine

1991-92
A.D. Williams Grant, MCV/VCU

1991
Elected to Board of Directors, American Association of Cardiovascular and Pulmonary Rehabilitation

1993
Elected President, American Association of Cardiovascular and Pulmonary Rehabilitation
1995  Invited Keynote Speaker, 1st Annual Meeting of the Irish Association of Cardiac Rehabilitation
1996  Invited Keynote Speaker, 2nd Annual Meeting of the Cardiac Rehabilitation Society of the Philippines, Manila
1997  Appointed to Inaugural Board and Executive Council, ACSM Clinical Exercise Physiology Practice Board
1998/99  Appointed to International Advisory Board and Keynote Speaker, 6th Asian-Pacific Congress of Cardiac Rehabilitation, Bangkok, Thailand February 1999
2000  Invited International Speaker, 7th World Congress of Cardiac Rehabilitation and Secondary Prevention, Manila, January 2000
2000  Honoree Award, Virginia Association of Cardiovascular and Pulmonary Rehabilitation
2000  Elected President, Virginia Association of Cardiovascular and Pulmonary Rehabilitation
2000  Elected Secretary-General, World Council of Cardiovascular and Pulmonary Rehabilitation
2000  Invited International Speaker, 1st Iberian Cardiac Rehabilitation Congress, Havana, Cuba, October 2000
2001  Appointed to Scientific Committee, Australian Cardiac Rehabilitation Association International Scientific Meeting, Sydney, May 2002
2001  Distinguished Service Award, American Association of Cardiovascular and Pulmonary Rehabilitation
2002  Appointed to Scientific & Organizing Committee, 8th World Congress of Cardiac Rehabilitation and Secondary Prevention, World Heart Federation
2004  Commencement address, Wake Forest University Graduate School, May 2004
2004  Invited International Speaker, 8th World Congress of Cardiac Rehabilitation and Secondary Prevention, Dublin, Ireland, May 2004
2005  Invited International Speaker, Cardiology Update 2005, Porto, Portugal, May 2005
2005  Appointed to Governor’s Physical Activity Task Force for Idaho
2006  Invited speaker, EuroPrevent 2006, Athens Greece
2007  Award of Excellence, American Association of Cardiovascular and Pulmonary Rehabilitation
2009  Keynote Address, SE American College of Sports Medicine meeting, Birmingham, AL.
2012  Elected Master Fellow, American Association of Cardiovascular and Pulmonary Rehabilitation
2013  Sabbatical leave, Salk Institute for Sports Medicine & Rehabilitation, Salzburg, Austria

EDITORIAL BOARDS
2001 – present  Cardiopulmonary Physical Therapy
1987 – present  Journal of Cardiopulmonary Rehabilitation

MAJOR COMMITTEES & BOARDS
University of Montana (2006 – present):
University – Academic Strategic Planning; College - Administrative Committee; Assessment Committee; Website; School – Admissions; Alumni & Advisory; Administrative

Department – Research Fund (chair), Scholarship, Transitional DPT (Chair), Faculty Search, Equipment, Curriculum, Promotion and Tenure; College – KCAAH Representative to the Medical Assisting Advisory Board
CV: Reed Humphrey, PhD, PT

School of Allied Health Professions - Faculty Grievance Board (1999 – 2002); Job Fair (1994 – 1998)

State: Virginia Association of Cardiovascular & Pulmonary Rehabilitation:
- President (2000-2002); Member, Board of Directors (1996 – 2002)
- Idaho on the Move, (Chair, 2003 – 2005)

National: American Association of Cardiovascular & Pulmonary Rehabilitation:

American College of Sports Medicine:
- Chair, Reebok/ACSM Advisory Board (2000-2001); Board and Executive Council Member, ACSM Clinical Exercise Physiology Practice Board (1997 – 2002); Certification (1987-1991); Professional Education (2003 – present); Board of Trustees candidate, 2004

World Council of Cardiovascular and Pulmonary Rehabilitation

Other: Board of Directors/Advisors:
- Portneuf Greenway Foundation (2003-2006)
- Mondesa Youth Opportunities, Namibia, South Africa (2006-2012)
- International Council of Active Aging (2002-2010)

SCHOLARLY, RESEARCH, PROFESSIONAL EXPERIENCES

Abbreviations frequently used:
ACSM – American College of Sports Medicine
AACVPR- American Association of Cardiovascular & Pulmonary Rehabilitation
VSC/VAACVPR – Virginia Association of Cardiovascular & Pulmonary Rehabilitation
VCU – Virginia Commonwealth University
MCV/MCVH- Medical College of Virginia, Medical College of Virginia Hospital

Academic Initiatives 2008– Present
Developed and direct the tDPT bridge curriculum within the School of Physical Therapy at the University of Montana. This self-support, joint venture has matriculated over 1000 students; current valuation is ~$800,000 for the UM general fund and ~$2,200,000 directly to the School.

2006– Present
Annual Scholarships for Disadvantaged Students (SDS) grant participation with collaborators within the College of Health Professions & Biomedical Sciences. Cumulative awards for physical therapy students, 2006-2012: $480,043.
Funded Projects

2013 Veteran’s Success Initiative – to develop veteran support programs on the UM campus, specifically to TBI, **$85,000**, 2 year award.

2007 Community-based chronic heart failure programs. Montana Division of Health & Human Services, **$12,800**.

2003 Idaho on the Move. Program grant funded by America on the Move, **$25,000**.

2000 Cardiovascular and biomechanical analysis of the Reebok Core Board. Funded by Reebok International (VCU restricted grant), **$10,000**.

1997 Cardiovascular Outcomes in Virginia. AACVPR State Affiliate Grant, **$1000**.

1987 Parametric Effects of Exercise on Metabolic and Body Composition Measures During Caloric Restriction in the Treatment of Obesity. Biomedical Research Subgrant Program, NIH, **$3500**.

Unfunded Applications


2000 Discrepancy Between Calculated and Measured Peak Oxygen Consumption in Heart Failure Patients. Foundation for Physical Therapy (with Ross Arena, doctoral student, $15,000).

BIBLIOGRAPHY

Peer – Reviewed Publications:


van Buuren F, Horstkotte D, Melwig KP, Fründ A, Vlachojannis M, Bogunovic N, Zisis Dimitriadis Vortherms J, Humphrey R, Niebauer J. Electrical myostimulation improves glucose metabolism and oxygen uptake in type 2 diabetes mellitus patients - Results from the EMS study (in review)


CV: Reed Humphrey, PhD, PT


Humphrey R. Abdominal obesity and the metabolic syndrome. Acute Care Perspectives 2004 13(4) 1-4.


Humphrey R. The changing perspective of exercise for patients with chronic heart failure. Acute Care Perspectives 2002;11(2):1-4


CV: Reed Humphrey, PhD, PT


Abstracts:


CV: Reed Humphrey, PhD, PT


Arena R, Humphrey R, McCall R: Alteration of pulmonary function following left ventricular assist device implantation. VACVPR Annual Meeting, Richmond, VA, March 1999


**Book Chapters:**


**ACSM Health Fitness Journal Articles:**

Humphrey, R. Think Thirty. ACSM Health Fitness Journal 2007 11(6) pp 40-41


Humphrey, R. Activity and Fitness in Health Risk. ACSM Health Fitness Journal 2007 11(2) 36-37.

CV: Reed Humphrey, PhD, PT

Humphrey, R. Shortness of Breath in Exercise. ACSM Health Fitness Journal 2006 10(4) 42-43.

Humphrey R. The exercise caloric challenge. ACSM Health Fitness Journal 2006 10(2) 40-41.


Non-Refereed Publications:


Humphrey, R. Series of articles (6) for the National Academy of Sports Medicine’s on-line health and fitness syllabus:

- Coronary Artery Disease: November 2003
- Chronic Heart Failure: December 2003
- Metabolic Syndrome: January 2004
- Diabetes: February 2004
- Cancer: March 2004
- Osteoporosis: April 2004


Humphrey R. Series of articles (6) on a variety of topics for lay fitness publications Crosstrainer and Total Fitness, 1993-95:

- Running in Perspective
- Controlling the Need for Speed
- Intervals and Intelligence
- Pavement, Perseverance & Predictions
- Defeating the Dog Days: Drinking on the Run
- Running to Health Care Reform
CV: Reed Humphrey, PhD, PT


Humphrey R., and other members of the Exercise Committee, Michigan Heart Association (John Faulkner, Chair). Are You Ready to Exercise? A consumer exercise booklet developed and distributed, May 1980.

Instructional Presentations - Invited Speaker

- Organization of Outpatient Cardiac Rehabilitation Programs. ACSM Exercise Specialist Workshop, Pittsburgh, PA, 1982-1986, annually.
- Basic and Advanced Electrocardiography. ACSM Exercise Specialist Workshop, Pittsburgh, PA, 1982-1984, annually.
- Special Considerations in Exercise Prescription: Angina and Intermittent Claudication. ACSM Exercise Specialist Workshop, Blacksburg, VA, July 1987.
- Cardiovascular and Metabolic Responses to Various Conditioning Exercises; Principles of Exercise Prescription; Exercise Training for Obese Patients. ACSM Exercise Specialist Workshop, Blacksburg, VA, 1988-1990.
- Exercise Leadership in Cardiac Rehabilitation. University of Nebraska, Creighton Cardiac Center Health Fitness Workshop, Omaha, NE, 1990-1992, annually.
- Exercise in Cardiovascular Intervention. Sheltering Arms Hospital, Richmond, VA, Jan, 1993.
• The Role of Exercise In Rehabilitation, February 17-19, 1995, Williamsburg, VA
• Speed Training, MCV Sports Medicine Running Symposium, March 24, 1995
• Contemporary Approaches in Cardiopulmonary Physical Therapy, April 8-9, 1995, Houston, TX
• Early assessment and training of post Myocardial Infarction and Percutaneous Transluminal Coronary Angioplasty patients. MCVH seminar, September 1995.
• Your Heart, Your Health & World Peace. University of Virginia Heart Center. April 14, 1997, Charlottesville, VA.
• Exercise in Patients with End-Stage Renal Disease. Rockwood Dialysis Center, April 8 & 22, 1997, Richmond, VA.
• The VCU/MCV Physical Therapy Program. Virginia Tech Exercise Science group and students from Virginia Union University, April 23 and 25, 1997, Blacksburg and Richmond.
• Exercise in Primary Practice. Physician Assistant Program, Col Health Sciences. October 1997, Roanoke, VA.
• Cardiac Rehabilitation. PM&R Resident Didactic Lecture Series. VCU/MCV Campus. March 1999, Richmond, VA.
• Scientific Basis for Cardiac Rehabilitation. Cardiology Fellowship Lecture Series, MCVHospitals, October 4, 1999, Richmond, VA.
• Update in Cardiopulmonary Exercise Rehabilitation. Workshop for OT/PT Departments, MCVHospitals, Ocober 22-23, 1999, Richmond, VA.
• Applied Exercise Physiology and Pulmonary Rehabilitation. VCU Health System Pulmonary Fellow Program. September, 2001.
• Issues in Oxygen Consumption in Chronic Heart Failure. VCU Department of Physiology Seminar Series: 9/01.
• Cardiac Rehabilitation. VCU Health System Cardiology Fellow Core Curriculum Series. October, 2001.
• Current Topics in Health Fitness. Idaho Physical Therapy Association, April, 2003
• Stroke: What’s Exercise Got to Do With It? Pocatello Area Stroke Club, April, 2003
• Fat: Where it’s all! The emerging problem of the metabolic syndrome. Reebok Resolution, Boston, MA 11/03
• Cardiovascular issues in the physical therapy clinic, Bingham Memorial Hospital, Blackfoot ID, 9/04
• Weight Issues and Intervention in Children. ISU Childcare Conference, Pocatello ID, 10/05

Scientific & Professional Presentations

• Exercise Therapy in Cardiac Rehabilitation. Michigan Heart Association Seminar: Diagnosis and Treatment of Heart Disorders, Charlevoix, MI, April 1979.
• Guidelines for High-Risk Exercise Programs. Michigan Heart Association Annual Scientific Meeting, Kalamazoo, MI, May 1979.
CV: Reed Humphrey, PhD, PT

- The Relationship of ACSM to VSCR. The Virginia Society of Cardiovascular Rehabilitation Annual Symposium, Williamsburg, VA, October 1988.
- Standards in Cardiac Rehabilitation. The Virginia Society of Cardiovascular Rehabilitation Annual Symposium, Williamsburg, VA, October 1989.
- Perspectives in Exercise Therapy for Cardiac Patients, and Forecasting Change in Cardiac Rehabilitation Beyond 2000. Missouri Association of Cardiovascular & Pulmonary Rehabilitation Winter Symposium, Jefferson City, MO, February 1990.
- Health Care Trends & Cardiac Rehabilitation; 2) Exercise Prescription: Changing Standards, Changing Ideas. 7th Annual Cardiac Symposium, St. Mary's Regional Heart Center, Duluth, MN, April 1991.
CV: Reed Humphrey, PhD, PT

- Outcomes and Obligations: The Changing Landscape in Cardiopulmonary Rehabilitation. 3 Rivers Society for CVPR, Pittsburgh, PA, March 11, 1995
- Cardiac Rehabilitation Guidelines, VACVPR annual conference, Wintergreen, VA, April 21, 1995
- Caloric Thresholds and Health Outcomes, GA AHA annual conference, May 5, 1995, St. Simons Island, GA
- Assessing Functional Mobility in the Elderly, Shadyside Hospital Conference, May 11, 1995, Pittsburgh, PA
- Caloric Thresholds and Health Outcomes, WVVACPR annual conference, May 17, 1995, Flatwoods, WVA
- ACSM Guidelines Symposium, ACSM annual meeting, June 2, 1995, Minneapolis, MN
- Aspects for Future Development and Research. 1st Annual Meeting of the Irish Cardiac Rehabilitation Association, Irish Heart Foundation. October 9, 1995, Beaumont Hospital, Dublin, Ireland
- Guidelines to Practice: ACSM. AACVPR National Conference, October 10-14, 1995, Minneapolis, MN
- Caloric Thresholds and Exercise Prescription in Cardiopulmonary Health Outcomes. MACVPR Annual Symposium, November 2, 1995, University of Maryland
- Cardiac Rehabilitation in Retrospect; 2) Exercise Training in Heart Failure; Cardiac Rehabilitation in the Next Century. 2nd Annual Meeting of the Cardiac Rehabilitation Society of the Philippines, Feb 22-28, 1996, Manila
- Outcomes and Obligations in Cardiopulmonary Rehabilitation. 15th Annual Conference, American Heart Association of Ohio, March 15, 1996, Cincinnati
- The Impact of the AHCPR Clinical Practice Guidelines in Cardiac Rehabilitation. The 10th Annual B. Getchell Invited Lecture In Health, Ball State University, Muncie, IN, March 28, 1996
- Cardiopulmonary Exercise Testing and Therapy in a Patient with a Left Ventricular Assist Device: A Case Analysis. Presented to graduate students in exercise science at Ball State University, IN, March 28, 1996
- Assessing the AHCPR Clinical Practice Guidelines. Virginia Association of Cardiovascular and Pulmonary Rehabilitation annual meeting, Charlottesville, VA, April 19, 1996
- Social Responsibility and Cardiac Rehabilitation Health Outcomes. Georgia Heart Association Annual Meeting, May 4, 1996, Atlanta
- Clinical Practice Guidelines for Cardiac Rehabilitation; 2) Use of Caloric Thresholds to Guide Cardiorespiratory Exercise Therapy. Montana Association of Cardiovascular & Pulmonary Rehabilitation Annual Conference and Workshop, May 9-11, 1996, Billings
- Caloric Thresholds and Exercise Prescription. American Assn Cardiovascular and Pulmonary Rehabilitation annual meeting, September 9-12, Baltimore, MD.
- AHCPR Clinical Practice Guidelines. New Horizons in Cardiac Rehabilitation., Geisinger Medical Center, October 24, 1996, Danville, PA.
- Outcomes in Cardiac Rehabilitation; 2) Clinical Screening of Patients with Underlying Cardiovascular Disease; 3) Exercise, Caloric Thresholds and Health Outcomes. Clinical Instructor’s Workshop. Feb 28, 1997, Williamsburg, VA.
- Diet, Exercise and Management of Body Mass; 2) Exercise Prescription. Virginia Association of Cardiovascular & Pulmonary Rehabilitation 10th annual conference. April 4-6, 1997, Charlottesville, VA.
- Exercise Prescription in Cardiac Rehabilitation. 19th Annual Cardiopulmonary Rehabilitation Update. Georgia Association of Cardiopulmonary Health, Prevention and Sports Medicine, May 8-10, 1997, Savannah, GA.
- Exercise Testing and Training for Patients with Left Ventricular Devices. American Association of Cardiovascular & Pulmonary Rehabilitation 12th annual meeting, November 6-9, 1997, Dallas, TX.
• Outcomes in Cardiac Rehabilitation. Virginia Association of Cardiovascular & Pulmonary Rehabilitation 11th annual conference. April 3-5, 1998, Charlottesville, VA.
• Credentialing In Clinical Exercise Physiology. 2nd annual American College of Sports Medicine Health Fitness Summit, May 2-4, 1998, Austin, TX.
• Evidenced-Based Cardiovascular and Pulmonary Rehabilitation. 21st annual program: Current Trends in Respiratory Care, Virginia Society for Respiratory Care, May 13-15, 1998, Virginia Beach, VA.
• Outcomes in Cardiopulmonary Rehabilitation. VACVPR Regional Workshop and Conference, February 6, 1999, Hopewell, VA.
• Cardiac Rehabilitation Outcomes Pilot Project for Virginia – An Update. VACVPR Meeting, March 20-21, 1999, Richmond, VA.
• Exercise and Heart Failure. 5th annual meeting, Three Rivers Association of Cardiovascular & Pulmonary Rehabilitation, May 1, 1999, Hidden Valley, PA.
• Exercise and Physical Training in Cardiac Rehabilitation; Oxygen Kinetics in Congestive Heart failure; Exercise Training in Congestive Heart Failure. 7th World Congress of Cardiac Rehabilitation and Secondary Prevention, February 18-25, 2000, Manila, Philippines.
• Issues in Clinical Exercise Physiology. Michigan Association of Cardiovascular and Pulmonary Rehabilitation conference. May 6, 2000, Traverse City, MI.
• Clinical Exercise Physiology. American Association of Cardiovascular and Pulmonary Rehabilitation conference. September, 2000, Tampa, FL.
• Exercise and Chronic Heart Failure. 1st Iberian Congress of Cardiovascular Rehabilitation, October 2000, Havana, Cuba.
• Work Physiology. VCU/Vernova Functional Capacity Course. October, 2000, Williamsburg, VA.
• Exercise and Chronic Heart Failure Update. Maryland Association of Cardiovascular and Pulmonary Rehabilitation conference. October, 2001.
• 14th Frederick Thome Memorial Lecture in Cardiac Rehabilitation. Wake Forest University, October 29, 2001.
• Clinical teaching techniques in Cardiopulmonary Rehabilitation. APTA Combined Sections Meeting, Boston, MA, February 2002.
• Exercise and Caloric Issues. ACSM Health Fitness Summit, Orlando, FL, April, 2002.
• Exercise and Chronic Heart Failure. Australian Cardiac Rehabilitation Conference, Sydney, Australia, May 2002.
• Cardiopulmonary Exercise Testing & Training; cardiac Rehabilitation and Secondary Prevention in the New Millennium, International Meeting of Cardiopulmonary Rehabilitation, Mexico City, July 2002.
• Caloric thresholds, clinical and health outcomes: Optimizing exercise intervention programs based on evidence and health intervention priorities. APTA Combined Sections Meeting, Tampa, Fl, February 2003.
• Contemporary Approaches to Exercise & Chronic Heart Failure. VACVPR Annual Conference, Richmond, VA, April 2003.
• Alternative Approaches to Exercise Assessment. VACVPR Annual Conference, Richmond, VA, April 2003.
• Heart Rate Monitoring in Exercise Training. ACSM Health Fitness Conference, Reno, NV, April 2003.
• Contemporary Approaches to Exercise & Chronic Heart Failure. Northwest Association of Cardiovascular & Pulmonary Rehabilitation Conference, Seattle, VA, April 2003.
• World Perspectives in Cardiopulmonary Rehabilitation. AACVPR Meeting, Kansas City, MO September 2003.
CV: Reed Humphrey, PhD, PT

- Exercise Metabolism: The Big Burn Theories. Reebok Resolution, Irvine CA February 2004
- Abdominal Obesity and the Metabolic Syndrome. ACSM Health Fitness Summit, Orlando, FL March 2004
- Exercise Dosage Considerations. 8th World Congress of Cardiac Rehabilitation & Secondary Prevention. Dublin, Ireland, May 2004
- Exercise Training in the Heart Failure Population. APATA national conference, Chicago, IL, June 2004
- Chronic Disease and the Evolving Patient Profile. IDEA World Fitness Meeting, San Diego, July 2004
- World Perspectives in Cardiac Rehabilitation. AACVPR International Conference, Long Beach, CA, Oct 2004
- Exercise & Heart Failure. Canadian Association of Cardiac Rehabilitation Annual Symposium, Calgary, AB Oct 2004
- Contemporary Management of Obesity. APTA Combined Sections Conference, New Orleans, LA, Feb 2005
- Chronic Heart Failure & Exercise Symposium, AACVPR conference, Charleston, WV, September 2006.
- Exercise and Chronic Heart Failure. Cardiovascular Health Summit. Whitefish, MT, April 2007.
- Interventions for an Emerging Health Care Crisis. American Kinesiotherapy Association, Richmond, VA, 10/07
- Back to the Basics: Exercise Prescription. MT AACVPR, Missoula, MT, April, 2008.
- Exercise & Chronic Heart Failure. 2008 Mining City Cardiovascular Conference, Butte, MT, May, 2008.
- Special Considerations in Training Patients with Cardiovascular Disease, AACVPR, Indianapolis, IN, 9/08.
- The Therapeutic Necessity of Exercise in Cardiovascular Disease. SWMC Conference, Vancouver WA, 1/09.
- Exercise and Chronic Heart Failure, SACPR Annual Meeting, Northern Mississippi Medical Center, April, 2009
- Motivational Interviewing, Combined Sections, APTA, February 2011.
Reviews:

- JCRP review in 2011 through present: Most recent JCRP-D-13-00099R1, October 2013
- JCRP-D-10-00012, Journal of Cardiopulmonary Rehabilitation and Prevention, March 2010
- Medicine & Science in Sport & Exercise, Manuscript D-06-00777R1, March 2007
- International Journal of Cardiology, Manuscript IJCA-g-1152, October 2005
- Cardiopulmonary Physical Therapy, Manuscript 2005-018, August 2005
- Medicine & Science in Sport & Exercise, Manuscript D-05-00633, August 2005
- Australian Heart Foundation Grant Review, 2182, June 2005
- Medical Science Monitor, manuscript review #7310, February 2005
- Journal of Cardiopulmonary Rehabilitation, manuscript review #5010, January 2005
- American Journal of Cardiology, manuscript review #204-1520, September 2004
- Journal of Vascular Health & Risk Management manuscript review, September 2004
- Cardiopulmonary Physical Therapy, manuscript review, August 2004
- ACSM Health Fitness Journal review #063, September 2003
- International Journal of Physiotherapy MS# 749, September 2003
- JCR manuscript review #3460, July 2003
- MSSE Journal Review Manuscript # 1102-07, January 2003
- Cardiopulmonary Physical Therapy Journal Review Manuscript # 2002-017, Nov 2002
- ACSM Health Fitness Journal review #057, October 2002
- JCR manuscript review #0254, October 2002
- JCR manuscript review #0116, March 2001
- American Journal of Cardiology manuscript 2001128, August 2000
- JCR manuscript review #0048, September 2000
- Journal of Cardiopulmonary Rehabilitation (JCR) manuscript review #99612, December 1999.
- JCR manuscript review #9914, May 1999.
- JCR manuscript review #9839, September 1998.
- JCR manuscript review #9759, December 1997.
- Senior Stretch. In; Journal of Cardiopulmonary Rehabil 1993;13(2): 139-140.