

AUTOBIOGRAPHY FORM

American Physical Therapy Association / Colorado Chapter

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Please print or type below information as you want it to appear in publicity and for your presentation introduction.

Name Cinda Hugos, MS, PT

include credentials or certifications such as RN, PT, MD, PhD, etc.

Job Title Physical Therapist, Assistant Professor

Company/employer Oregon Health & Science University

Education/Degrees/Universities

University of Southern California, M.S. Physical Therapy, with honors 1981

University of Montana, B.S. Pre-Physical Therapy Sciences, with high honors 1978

Professional/work experience

Oregon Health and Science University 1991 – present

Assistant Professor, Department of Neurology

Physical Therapist, Department of Neurology, Multiple Sclerosis Center of Oregon and Department of Rehabilitation

Speaking experience

Live, interactive teleconference presentations

Veterans Administration Knowledge Network, Fatigue Management in MS, April 2005

VA Multiple Sclerosis Centers of Excellence interactive broadcast to all VA Medical Centers and Clinics in USA.

VA Multiple Sclerosis Centers of Excellence West Rehabilitation Professional Training Workshop: Comprehensive Care of People with MS, March 2004

National Multiple Sclerosis Society National Teleconference, December 1999

NMSS North American therapist and nurse training project with video on MS therapist treatment. Broadcast to 230 sites in USA and Canada with over 5000 physicians, nurses and therapists attending.

National MS Society, Mobility Equipment for People with MS, October 2001

Tuality Healthcare System, Healthy Living with Multiple Sclerosis, November 2000

National MS Society, Mobility Equipment for People with MS, September 1999

National MS Society, State Department of Vocational Rehabilitation, February 1999

Video: A Swiss Ball Exercise Video for People with MS, sponsored by the National Multiple Sclerosis Society, 1998.

Full-day institutes: *Multiple Sclerosis: Managing the Elusive Symptoms of a Complex Disease*, presented with Lois Copperman, one and two full day Institutes.

2010 Colorado Physical Therapy Association Annual Meeting

2009 Louisiana State University Health Sciences Center

Washington Physical Therapy Association Annual Meeting

British Columbia, Canada, Physiotherapy Branch Annual Meeting

New Jersey Physical Therapy Association Annual Meeting

2008 Ohio Physical Therapy Association Annual Meeting

Michigan Physical Therapy Association Annual Meeting

Wisconsin Physical Therapy Association Annual Meeting

Prince Edward Island, Canada, Physiotherapy Branch Annual Meeting

Mississippi Physical Therapy Association Annual Meeting

2007 Minnesota Physical Therapy Association Annual Meeting

Idaho Physical Therapy Association Annual Meeting

2009 Washington Physical Therapy Association Annual Meeting

British Columbia, Canada, Physiotherapy Branch Annual Meeting

New Jersey Physical Therapy Association Annual Meeting

2006 Alabama Physical Therapy Association Annual Meeting

Massachusetts Physical Therapy Association Annual Meeting

2005 Oregon Physical Therapy Association Fall Meeting

Tennessee Physical Therapy Association Annual Meeting

2004 Virginia Physical Therapy Association Annual Meeting

Louisiana Physical Therapy Association Annual Meeting

Veterans Affairs Multiple Sclerosis Center of Excellence – West

Florida Physical Therapy Association Annual Meeting

Montana Physical Therapy Association Annual Meeting

2002 Ohio Rehab Educators Conference

South Carolina Occupational Therapy Association Annual Meeting

Arizona Physical Therapy Association Annual Meeting

New Jersey Physical Therapy Association Annual Meeting

New Hampshire Physical Therapy Association Annual Meeting

2001 Mississippi Physical Therapy Association Annual Meeting

Florida Occupational Therapy Association Annual Meeting

2000 Oregon Chapter of National Multiple Sclerosis Society

New York State Physical Therapy Association Annual Meeting

Salem Hospital staff, Salem, Oregon

Illinois Physical and Occupational Therapy Associations Annual Joint Meeting

South Carolina Physical Therapy Association Year 2000 Meeting

1999 California Occupational Therapy Association Annual Meeting

American Occupational Therapy Association Annual Meeting in Indianapolis, Indiana

American Physical Therapy Association Combined Sections Meeting in Seattle, Washington

1998 Ohio Physical Therapy Association Annual Meeting

1994 Oregon Physical Therapy Association Spring Meeting

Presentations for professionals

Consortium of MS Centers Annual Meeting in Atlanta, Georgia May 2009: Poster presentation: Efficacy of *Fatigue: Take Control*: Results of a Pilot Study on a DVD-based Group Program

Invited participant Physical Therapy Workshop: Pompe Disease, March 20-21, Boston, Massachusetts

American College of Rheumatology/Association of Rheumatology Health Professionals Annual Meeting in San Francisco, California November 2008: Platform presentation: There is More to Managing Fibromyalgia than Pills: The Importance of Lifestyle Management with Physical and Occupational Therapy

Consortium of MS Centers Annual Meeting in Denver, Colorado May 2008: Poster presentation: Assessing the Efficacy of *Fatigue: Take Control*: Preliminary Results of a Pilot Project on the DVD-based NMSS Group Program

American College of Rheumatology/Association of Rheumatology Health Professionals Annual Meeting in Boston, Massachusetts November 2007: Poster presentation: Can Clinicians Predict Neurally Mediated Hypotension and Positional Orthostatic Tachycardia Syndrome in Fibromyalgia Patients?

Consortium of MS Centers Annual Meeting in Washington, DC June 2007: It Takes a Village to Conquer MS: Interdisciplinary Case Discussions.

Consortium of MS Centers Annual Meeting in Scottsdale, Arizona June 2006: Differing Perspectives on MS Care: A Lively Case Based Panel Discussion.

VA MS Centers of Excellence Regional Meeting, Portland, Oregon, September 2004: *Fatigue: Take Control!*.

Consortium of MS Centers Annual Meeting in Toronto, Canada, June 2004: Update on Fatigue and Multiple Sclerosis.

The Heuga Center Staff Update, Eagle, Colorado, April 2004: *Fatigue: Take Control!*

Oregon Health and Science University Rural Health Conference, La Grande, Oregon, March 2004: Fatigue in MS

National MS Society National Meeting in Miami, Florida, November 2003: Fatigue: Take Control!.

Consortium of MS Centers Annual Meeting in Dallas, Texas, June 2001: Maintaining Quality of Life: Continuing Employment Through Rehabilitation Team Intervention.

Let's Cruise sponsored by Biogen in Portland, Oregon, May 2001: Understanding MS

Consortium of MS Centers Annual Meeting in Cleveland, Ohio, October 1998: Fatigue and Multiple Sclerosis: The New Clinical Practice Guideline.

The Heuga Center Staff Update, January 1995: Americans with Disabilities Act

The Heuga Center Staff Update, January 1995: Orthotic Control of Rotational Deformities

American Physical Therapy Association Combined Sections Meeting in San Antonio, Texas, February 1993: Clinical Perspectives in Multiple Sclerosis

Occupational Therapy Association of Oregon, September 1992: A Team Approach to Rehabilitation of Multiple Sclerosis

Consortium of MS Centers Annual Meeting in Teaneck, NJ, June 1992: Rehab Strategies for Balance Disorders in MS

Outpatient Rehabilitation Institute, Corvallis, Oregon, March 1992: Physical Therapy for People with MS

Visiting Nurses Association, Portland, Oregon, January 1992: Physical Therapy for MS

Oregon Physical Therapy Association Spring Meeting, March 1991: Balance Disorders in MS

Good Samaritan Hospital, Portland, Oregon, April 1990: Postural Dyscontrol in MS.

Presentations for patients and families

National MS Society Fall Forum and Annual Meeting in Portland, Oregon October 2009: New Developments in MS: Fatigue and MS.

Invited speaker Portland Pompe Conference for people with Pompe Disease, family members, caregivers and members of the community, March 2009, Portland, Oregon.

Take Control of Your MS, National MS Society, Northern California Chapter, Oakland, CA June 2007. Full day program on symptom management.

Multiple Sclerosis Education Day sponsored by Teva Neuroscience in Salem, Oregon, October 2004: MS: Managing Fatigue

Multiple Sclerosis Community Day sponsored by Serono in Hillsboro, Oregon, August 2004: Physical Therapy for MS Symptoms

Grande Ronde Hospital sponsored by National MS Society in La Grande, Oregon, March 2004: MS: Managing Fatigue

Oregon Health and Science University Healthy Talk in Portland, Oregon, March 2004: A Healthy Approach to Multiple Sclerosis

Managing Fatigue in MS sponsored by Teva Neuroscience in Portland, Oregon, April 2003: Healthy Living with MS

Symptom Management in MS sponsored by Medtronic in Seattle, Washington, January 2003

National MS Society Oregon Chapter Newly Diagnosed presentations for people with MS, 1989 – 2002.

National MS Society in Portland, Oregon, October 1996: Here's to your Health: Diet, Exercise and Well Being

Other pertinent information you'd like to share...

Principle investigator of a randomized control pilot study assessing the effectiveness of the NMSS *Fatigue: Take Control* video series

Developed, wrote and participated in video-based group series for people with MS to learn how to manage MS fatigue. Based on Fatigue and MS evidence-based guideline produced by the MS Council for Clinical Practice Guidelines. Series available at all NMSS chapters in USA.

Created, wrote and participated in video/DVD based training program for patients and health care professionals. Training program to be offered nationally at MS centers. Based on Spasticity and MS evidence-based guideline produced by the MS Council for Clinical Practice Guidelines.

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