

**Matthew Nippins PT, DPT, CCS**

Northeastern University

Bouvé College of Health Science

Department of Physical Therapy, Movement and Rehabilitation Sciences

407B Robinson Hall

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Boston, MA 02115

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**Education:**

**Massachusetts General Hospital Institute of Health Professions**, Boston, MA

Certificate of Advanced Study in Cardiopulmonary Physical Therapy: 2009

Transitional Doctor of Physical Therapy: 2005

**Northeastern University**, Boston, MA

Bachelor of Science Degree in Physical Therapy: 2000

**Licensure:**

**Commonwealth of Massachusetts Physical Therapy**

License #15343

**Certifications & Memberships:**

**APTA Board Certified Cardiopulmonary Clinical Specialist**

June 2008 to Present

**CPR for Healthcare Provider Certified**

1996 to Present

**Academic Experience:**

**Assistant Clinical Professor (Full Appointment)**

Northeastern University

Boston, MA

July 2017 to Present

**Assistant Clinical Professor (2/3 Appointment)**

Northeastern University

Boston, MA

January 2012 to July 2017

**Lab Instructor & Guest Lecturer**

Course: Cardiopulmonary Clinical Lab  
Massachusetts General Hospital Institute of Health Professions  
Boston, MA  
Winter Semesters 2007 to 2011

**Adjunct Faculty**

Course: Cardiovascular and Pulmonary Management  
Northeastern University  
Boston, MA  
Fall Semester 2011

**Recitation Leader**

Course: Online Physical Therapy Coop Discussion Module  
Northeastern University  
Boston, MA  
Winter Semester 2010

**Lab Instructor**

Course: Seminal Practicum I  
Massachusetts General Hospital Institute of Health Professions  
Boston, MA  
Fall Semester 2010

**Lab Instructor**

Course: Cardiovascular and Pulmonary Management Lab  
Northeastern University  
Boston, MA  
Fall Semesters 2009 & 2010

**Adjunct Faculty**

Course: Cardiopulmonary Interventions  
Bay State College  
Boston, MA  
Fall Semesters 2008 & 2009

**Recitation Leader**

Course: Clinical Medicine I  
Northeastern University  
Boston, MA  
Summer Semester 2006

**Precepting Physical Therapy Educator/Recitation Leader**

Course: Pathology

Northeastern University

Boston, MA

Summer Semester 2006

**Clinical Experience:**

**Per Diem Physical Therapist**

Massachusetts General Hospital

Boston, MA

January 2017 to Present

**Senior Physical Therapist**

Massachusetts General Hospital

Boston, MA

June 2007 to January 2017

**Staff Physical Therapist**

Massachusetts General Hospital

Boston, MA

May 2002 to June 2007

**Per Diem Physical Therapist**

Chest Physical Therapy Services

Arlington, MA

January 2002 to January 2007

**Precepting Physical Therapist**

Newton-Wellesley Hospital

Newton, MA

October 2005 to December 2005

**Precepting Physical Therapist**

Spaulding Rehabilitation Hospital

Boston, MA

August 2005 to October 2005

**Staff Physical Therapist**

New England Medical Center & Floating Hospital for Children

Boston, MA

September 2000 to May 2002

**Awards and Recognition:**

**MGH Partners in Excellence Award**

December 2007 & February 2017

**Presidential Volunteer Service Award**

January 2009

**New England Medical Center & Floating Hospital for Children Employee of the Month**

September 2001

**Teaching Responsibilities:**

Cardiovascular and Pulmonary Management

Course Coordinator 2012-2013; Co-Coordinator 2014 – Present

Cardiovascular and Pulmonary Management Lab

Lab Instructor 2012-2015; Course Coordinator 2016 – Present

Clinical Integration Evidence and Practice

Lab Instructor 2012- Present

College: An Introduction

Instructor 2017

Cooperative Education Discussion Course

Course Coordinator and New Course Developer 2012 – Present

Foundations of Physical Therapy

Lecturer 2012; Guest Lecturer 2013 – Present

Pathology

Coordinator 2012 – Present

Pathology Recitation

Coordinator 2012 – Present

PT Project I

Faculty Mentor 2013 – Present

PT Project II

Faculty Mentor/Instructor 2014 - Present

**Current Teaching Responsibilities:**

Pre-Professional year 1, Fall

1. College: An Introduction, 14 students

Professional year 1, Summer

1. PT5140 Pathology (Coordinator) 102 students
2. PT5141 Pathology Recitation (Coordinator) 102 students

Professional year 2, Fall

1. PT5503 Cardiovascular and Pulmonary Management (Co-Coordinator) 102 students
2. PT5504 Cardiovascular and Pulmonary Management Lab (Coordinator) 102 students

Professional year 2, Spring

1. Cooperative Education Discussion Course (Coordinator) 110 students

Professional year 2, Summer 2

1. PT5540 Clinical Integration Evidence and Practice I (Lab Instructor) 105 students

Professional year 3, Fall

1. PT Project 1, 3 students

Professional year 3, Spring

1. PT Project 2, 3 students

**Student Advising:**

Interim Graduate Physical Therapy Student Advisor  
Summer II Semester 2016

**Peer Reviewed Publications:**

AK Swisher, H Hebestreit, A Mejia-Downs, JD Lowman, W Gruber, **M Nippins**, J Alison, J Scheiderman.

Exercise and Habitual Physical Activity for People With Cystic Fibrosis: Expert Consensus, Evidence-Based Guide for Advising Patients. *Cardiopulmonary Physical Therapy Journal* 26 (4), 85-98

L Hayward, K Greenwood, **M Nippins**, A Canali.

Student Perceptions and Understanding of Client-Therapist Interactions Within the Inpatient Acute Care Environment: Qualitative Study *Physical Therapy* Published February 2015, 95 (2) 235-248

**Peer Reviewed Book Chapters:**

**Nippins, M.** (2015). Personalizing Exercise Programs and Physical Activity. In Ronald Ross Watson (Ed.), *Diet and Exercise in Cystic Fibrosis*. Philadelphia, PA: Elsevier.  
<http://www.sciencedirect.com/science/article/pii/B9780128000519000377>

**Peer Reviewed Scientific and Professional Presentations:**

**International:**

**Nippins M.** High Intensity Interval Training in Cystic Fibrosis Throughout the Lifespan, North American Cystic Fibrosis Conference, Indianapolis, IN, Symposium, Invited for November 2017

**Nippins M.** The Nuts and Bolts of Cystic Fibrosis: Physical Therapy Management, North American Cystic Fibrosis Conference, Various Locations, Pre-Conference Course, October 2012, 2014, 2014, 2015 & 2016 (Invited for 2017)

**Nippins M.** High Intensity Interval Training (HIIT) in Cystic Fibrosis, Symposium, Academic, 2015 North American Cystic Fibrosis Conference, Cystic Fibrosis Foundation, Phoenix, AZ, Workshop, October 2015

**Nippins, M.** Airway Clearance and Physical Activity: The Perfect Harmony, Symposium, North American Cystic Fibrosis Conference, Cystic Fibrosis Foundation, Salt Lake City, UT, October 2013

**Nippins, M.** Benefits of an Annual Physical Therapy Evaluation in the Cystic Fibrosis Population, Workshop, North American Cystic Fibrosis Conference, Cystic Fibrosis Foundation, Salt Lake City, UT, October 2013

**Nippins M.** Exercise Guidelines in the Patient with Cystic Fibrosis, North American Cystic Fibrosis Conference, Denver, CO, October 2006

**National:**

**Nippins M.** The Pediatric Cardiopulmonary Review, APTA Advanced Clinical Practice in Pediatrics Course, Various Locations, September 2014, 2015, 2016 & 2017

Greenwood, K. C., **Nippins, M.**, Dunne, M., Hickey, K., Roberts, J., Iversen, M. D. A New Measure to Assess Interprofessional Roles and Communication: Development and Psychometric Properties of the AIRC, Poster, Combined Sections Meeting, American Physical Therapy Association, Anaheim CA, February 2016

Hayward, L. M., Greenwood, K. C., **Nippins, M.**, Canali, A. A Student Perceptions and Understanding of Clinical Reasoning in the Inpatient Environment: A Qualitative Study, Poster, Combined Sections Meeting, APTA, Indianapolis, IN, 2015

Greenwood, K. C., **Nippins, M.** The Use of Observation and Online Reflection to Promote Students' Interpretation of the Patient Examination Using the Guide Framework., Poster, APTA Combined Sections, American Physical Therapy Association, Las Vegas, NV, February 2014

Swisher A, Downs A, **Nippins M**, Dekerlegand R, Ricard P, Gould A Physical Therapy and Cystic Fibrosis: A Successful Team from Birth to Healthy Aging! APTA Combined Sections Meeting, San Diego, CA, January 2013

#### **Non-Peer Reviewed Presentations:**

##### **International:**

**Nippins M.** Incorporating Physical Therapy and Exercise into Your CF Clinic, Roundtable Moderator, North American Cystic Fibrosis Conference, Various Locations, October 2009, 2010, 2011, 2012, 2013, 2014 & 2015

**Nippins, M.** Musculoskeletal Issues in Cystic Fibrosis, Workshop Moderator, 2014 North American Cystic Fibrosis Conference, Cystic Fibrosis Foundation, Atlanta, GA, October 2014

**Nippins M,** Hebesteit H. Get Up and Go: Updates on Exercise in CF, Workshop Moderator, North American Cystic Fibrosis Conference, Orlando, FL, October 2012

**Nippins M,** Orenstein D. What's Up with Exercise? Updates on Exercise in CF, Workshop Moderator, North American Cystic Fibrosis Conference, Anaheim, CA, October 2011

**Nippins M**

Designing and Implementing an Exercise Program Your CF Center,  
Roundtable Moderator, North American Cystic Fibrosis Conference, Orlando,  
FL, October 2008

**Nippins M**, Lowman J. Exercise Studies in CF, Workshop Moderator, North  
American Cystic Fibrosis Conference, Orlando, FL, October 2008

**Nippins M.** Designing and Implementing an Exercise Program in CF,  
Roundtable Moderator, North American Cystic Fibrosis Conference, Anaheim,  
CA, October 2007

**Nippins M**, Orenstein D. Physical Activity and Exercise in CF. What are the  
Outcomes? Workshop Moderator, North American Cystic Fibrosis Conference  
Anaheim, CA, October 2007

**Nippins M.** Exercise Testing in CF, Roundtable Moderator, North American  
Cystic Fibrosis Conference, Various Locations, October 2003, 2004, & 2006

**Nippins M**, Swisher A. Exercise Physiology in CF, Workshop Moderator,  
North American Cystic Fibrosis Conference, Denver, CO, October 2006

**National:**

**Nippins, M.** Exercise Breakout Session, Panel Presentation, Pulmonary Artery  
Hypertension On the Road: Education Forum, Pulmonary Artery  
Hypertension Foundation Conference, Boston, MA, June 2013

**Regional:**

**Nippins, M**

Physical Therapy Examination & Intervention in Patients with Cancer Related  
Fatigue, Lecture, MGH Outpatient PT Continuing Education, MGH, Boston,  
MA, January 2013

**University:**

Greenwood, K. C., **Nippins, M.**, Iversen, M. D. Measuring Communication  
Competency in Health Professions, Poster, Conference for Advancing  
Evidence-Based Teaching, Northeastern University, May 2015



**Funded/In Review Grant Activity:**

**Nippins M, Greenwood K, Iversen M.** Interprofessional Competence in Co-operative education (IPE-COOP): A Pilot Study. Northeastern University Provost Grant, Principal Investigator  
Funded \$15,000  
July 2014 to Present

**Current/Active Research Activity**

**Nippins M**  
High Intensity Interval Training in Cystic Fibrosis  
Unfunded

**Membership in Scientific/Professional Organizations:**

**APTA Member #314589**  
2000 to Present

**Cardiovascular and Pulmonary Section Member**  
2004 to Present

**APTA of MA Member**  
2000 to Present

**Consultative and Advisory Positions Held:**

**Physical Therapy Mentor**  
PT Mentor Apprentice Program  
Cystic Fibrosis Foundation  
Bethesda, MD  
Summer 2010 – 2013

**Community Service:**

**Prospect Hill Ski Team**  
Treasurer, April 2017 to Present  
Board Member, April 2013 to Present  
Under 8 Race Coach and Race Chair, December 2016 to Present

**Boston Marathon Runner for the Cystic Fibrosis Foundation MA/RI Chapter of the Cystic Fibrosis Foundation**

Raised over \$130,000 for the Cystic Fibrosis Foundation since 2002 in support of running the Boston Marathon. Runner and finisher on the following dates: April 2002, 2003, 2004, 2005, 2008, 2009, 2010, 2011, 2015 & Sugarloaf Marathon May 2015

**Volunteer Assistant Coach**

Boston Renegades Beepball Team (modified baseball for the legally blind)  
Winter 2006 to 2012

**Service to the Profession:**

**International:**

**North American Cystic Fibrosis Conference Planning Committee,**  
Committee Member,  
December 2014 – Present

**National:**

**Cystic Fibrosis Foundation Request for Applications for Physical Therapy  
Involvement in Cystic Fibrosis Clinic Task Force**  
Founding Member 2015 - Present

**Cystic Fibrosis Foundation Physical Therapy Mentorship Program,** Program  
Co-Coordinator  
June 2014 – Present

**Cystic Fibrosis Foundation United States Physical Therapy Special Interest  
Group**  
Chair, October 2014 - 2015  
Founding Member, October 2012 – Present

**American Physical Therapy Association, Massachusetts Chapter:  
Cardiopulmonary Special Interest Group**  
President, January 2017 to Present  
Vice President, May 2013 – January 2017  
Founding Member, May 2013 to Present

**Cystic Fibrosis Foundation United States Exercise Special Interest Group**  
Founding Member, October 2008 – Present

**SACE Item Writer: Cardiovascular and Pulmonary Section**  
American Physical Therapy Association  
January 2012 to December 2016

**Cystic Fibrosis Foundation Education Committee**  
Member October 2013 – 2016  
Committee Chair 2016

**Physical and Respiratory Therapy Section Abstract Reviewer**  
North American Cystic Fibrosis Conference  
Spring 2017, 2016, 2014, 2013, 2012, 2011, 2008, 2007 & 2006

**Services to the University/College/School on Committees/Councils/Commissions:**

**Department:**

**Merit Committee**

Committee Member and Chair September 2015 - Present

**Awards Committee**

Committee Member September 2017 - Present

**Department, Alumni Committee.**

September 2014 - August 2015

**Department, Professionalism Committee**

January 2012 to August 2014

**Academic Standing Committee**

January 2012 to August 2013

**College:**

**Goldstein Simulation Center Opening.**

Faculty Representative & Case Facilitator. September 2013

**Health Science Open Houses.**

Guest Speaker. Multiple Occasions 2012-2017

**Bouve Welcome Day.**

Guest Speaker. Multiple Occasions 2012-2017

**University, NU Residential Life Trivia Night.**

Guest Speaker, March 2014

**Continuing Education:**

**Advanced Clinical Practice in Pediatrics Course**

Various Locations, 2014-2017

**North American Cystic Fibrosis Conference**

Various Locations, 2002-2004 & 2006-2016

**APTA Combined Sections Meeting**

Various Locations, 2007, 2013-2015