

Matthew Nippins PT, DPT, CCS

Northeastern University

Bouvé College of Health Science

Department of Physical Therapy, Movement and Rehabilitation Sciences

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Boston, MA 02115

Work: (617) 373-7155

Cell: (617) 543-3162

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:

Associate Clinical Professor (Full Appointment)

Northeastern University

Boston, MA

July 2018 to Present

Assistant Clinical Professor (Full Appointment)

Northeastern University

Boston, MA

July 2017 to July 2018

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 Senior 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:

Northeastern University Office of Undergraduate Research “Shout-It-Out”

Award Winner: For the student presentation of the poster “High Intensity Interval Training in Adults with Cystic Fibrosis” at the North American Cystic Fibrosis Conference

October 2019

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 2012-2017 & 2019

College: An Introduction

Instructor 2017-2019

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

Student Advising:

Interim Graduate Physical Therapy Student Advisor
Summer II Semester 2016

Peer Reviewed Publications:

Nippins, M., Folger, A., Garton, J., Yonker, L., Sicilian, L., Lopez, O. (2019).
ABSTRACT: Utilization and Impact of Physical Therapy Implementation in
the Cystic Fibrosis Clinic: The Second Year. North American Cystic Fibrosis
Conference. Nashville, TN, November 2019.

Nippins, M., Lucas, M., Coughlin, D., Abo-Sido, O., Kayne, S. (2019).
ABSTRACT: High Intensity Interval Training in Adults with Cystic Fibrosis.
North American Cystic Fibrosis Conference. Nashville, TN. November 2019

Nippins, M., Folger, A., Garton, J., Yonker, L., Sicilian, L., Lopez, O. (2018).
ABSTRACT: Utilization and Impact of Physical Therapy Implementation in
the Cystic Fibrosis Clinic. North American Cystic Fibrosis Conference.
Denver, CO, October 2018.

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., Mitchell, L. (Submitted). Date Submitted or Resubmitted: December 2018, 2018.
Airway Clearance. In Jamie Paz & Michele West (Ed.), *Acute Care Handbook for Physical
Therapists* (5th Edition ed.). St. Louis, MO: Elsevier.

Nippins, M., Mitchell, L. (Submitted). Date Submitted or Resubmitted: November 2018, 2018. Pulmonary System. In Jamie Paz & Michele West (Ed.), *Acute Care Handbook for Physical Therapists* (5th Edition ed.). St. Louis, MO: Elsevier.

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 Adults with Cystic Fibrosis, North American Cystic Fibrosis Conference, Nashville, TN, Workshop, November 2019

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, 2017, 2018 & 2019

Nippins, M., Loosen, H. Hey Look, No Devices: Optimizing Airway Clearance & Function Through Breathing Strategies, Manual Techniques & Core Alignment. North American Cystic Fibrosis Conference, Denver, CO, Symposium, October 2018.

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. 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, 2018 & 2019

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, 2017 & 2018

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 Cooperative education (IPE-COOP): A Pilot Study. Northeastern University Provost Grant, Principal Investigator
Funded \$15,000
July 2014 to September 2017

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

Vice President, 2019

Treasurer, April 2017 to 2018

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 – 2018

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 January 2018
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 Present

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:

PT Club

Faculty Advisor September 2018 - Present

Merit Committee

Committee Member and Chair September 2015 – September 2019

Awards Committee

Committee Member September 2017 – September 2018

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, 2014-2019

North American Cystic Fibrosis Conference

Various Locations, 2002-2004 & 2006-2019

APTA Combined Sections Meeting

Various Locations, 2007, 2013-2015, 2017 & 2018