

Kristi Reinikka

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E. EDUCATIONAL BACKGROUND (since high school)

Degrees, fellowships, diplomas, certificates including designation (BSc, PhD, FRCP(C), etc.); institution, department and location, year received

Degrees and Diplomas

2007	Master of Public Health (MPH) Lakehead University Thesis: Metaboreflex Response to Isometric Handgrip Exercise in People Living with Parkinson Disease	
2000	Bachelor of Health Sciences, Physiotherapy (BHScPT) McMaster University	
1997	Bachelor of Arts, English (BA) Lakehead University	
1995		Bachelor of Science Lakehead University

Certified Continuing Education

Oct 2007		A Step Above Pr
Apr 2007		Chedoke Arm & Workshop
Mar 2005	Chedoke- McMaster Stroke Assessment Workshop (organizer & participant)	
Oct 2004	Optimizing Neurological Rehabilitation – Carr and Shepherd	
Dec 2004	Anatomy Review	
Oct 2004	Movement Impairment (Sahrmann) – Level II	
Oct 2003		Movement Impa
Nov 2001		Mulligan Concep Therapy
Sept 2001	Acupuncture Foundation of Canada Institute – Level I Part I	
Aug 2001	Introductory Course in Neuro Developmental Treatment	
Apr 2001	APTEI- Shoulder Complex- Part I	
Mar 2001	Optimal Rehabilitation for People with Osteoporosis – Level I	
Sept 2000	Level I- Peripheral- Vertebral Certificate- Manual Therapy	

F. CURRENT STATUS AT MCMASTER

Rank and title, joint appointments, associate memberships

Status (tenured, continuing appointment without annual review, term, contract, etc.)

2007 Jul-2010 Jun	Assistant Clinical Professor, School of Rehabilitation Science, McMaster University
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G. PROFESSIONAL ORGANIZATIONS

Name (note those that are elected)

2007 – present	Member Health Human Resources Roundtable, North West Local Health Integration Network (LHIN)
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1998 – present	Member Canadian Physiotherapy/ Ontario Physiotherapy Association
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H. EMPLOYMENT HISTORY

(include starting and ending [if appropriate] dates, ranks, departments, institutions, locations)

Indicate: Academic, Consultations, Other

University Appointments

2007 – 2010	Assistant Clinical Professor, School of Rehabilitation Science, McMaster University
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Academic

Apr - May 2006	Facilitator: Distributed Learning Sessions Northern Ontario School of Medicine
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Jan 2004 – Mar 2006 Physiotherapy Clinical Education Coordinator
Health Sciences North/ Northern Ontario School of
Medicine

Administrative

Jan – Apr 2008 Coordinator
Sustainability of Community-Based Exercise
Programmes
St. Joseph's Care Group (Thunder Bay)

April 2005 – Mar 2006 Coordinator
Interprofessional Education Programme
Health Sciences North/ Northern Ontario School of
Medicine

Jan 2004 – Mar 2005 Coordinator
Communities of Practice Programme
Health Sciences North/ Northern Ontario School of
Medicine

Clinical

May 2001 – present Physiotherapist
St. Joseph's Care Group (Thunder Bay)

2006 – present Physiotherapist
Private Practice – Acquired Brain Injury

Nov 2008 – present Physiotherapist
George Jeffrey Children's Centre (Thunder Bay)

2000 – 2001 Physiotherapist
Lady Dunn General Hospital (Wawa)

1991 – 2001 Case Manager, Peer Supervisor, Direct Care Staff
Wesway Services (Thunder Bay)

Consulting

Nov 2008 – present Study Coordinator
Tele-Rehab: Improving Access to Quality Stroke
Rehabilitation in Rural and Remote Communities
Northwestern Ontario Regional Stroke Network/
Thunder Bay Regional Health Sciences Centre

Aug 2007 – present Research Affiliate
Northwestern Ontario Regional Stroke Network/
Thunder Bay Regional Health Sciences Centre

I. SCHOLARLY AND PROFESSIONAL ACTIVITIES

Include starting and ending [if appropriate] dates, and number of reviews if appropriate

Indicate: Editorial Boards, Grant and Personnel Committees, Executive Positions, Journal Referee, External Grant Reviews

Executive Positions

Apr 2008 – present	Past-President Northwestern Ontario District of the Ontario Physiotherapy Association
Apr 2006 – Apr 2008	Co-President Northwestern Ontario District of the Ontario Physiotherapy Association
Apr 2006 – Apr 2008	Co-Chair Local Health Integration Network Sub-Committee Northwestern Ontario District of the Ontario Physiotherapy Association
Mar 2005 – Mar 2006	Acting Chair Physiotherapy Quality Practice Council St. Joseph's Care Group
Apr 2001 – Apr 2004	Public Relations Representative Northwestern Ontario District of the Ontario Physiotherapy Association

Other Professional Activities

Jun 2008 – present	Research Liaison, Parkinson Disease Community-Based Exercise Programmes for People Living with Chronic Neurological Conditions. St. Joseph's Care Group
Aug 2007 – present	Co-Investigator/ Research Consultant Design, Implementation, and Evaluation of a Community-Based Exercise Programme for People Living with Stroke. Northwestern Ontario Regional Stroke Network/ Thunder Bay Regional Health Sciences Centre
August 2007 – present	Creator Fitness Instructor Training Programme: Community-Based Exercise for People Living with Stroke. A computer-based, electronic training module for community Fitness Instructors using a Competency-Based Education Training approach. Northwestern Ontario Regional Stroke Network/ Thunder Bay Regional Health Sciences Centre

November 2008	Instructor Principles of Physical Rehabilitation: A Training Workshop for Personal Support Workers in Remote First Nation Communities. Northwestern Ontario Regional Stroke Network/ Thunder Bay Regional Health Sciences Centre
Oct 2006 – Jul 2008	Co-Investigator Videoconferencing a Full Day Training Workshop: Effectiveness, Acceptability, and Cost. St. Joseph's Care Group. In collaboration with Northwestern Ontario Regional Stroke Network/ Thunder Bay Regional Health Sciences Centre, McMaster University (Hamilton, ON), Baycrest (Toronto, ON)
Sept 2005 – Mar 2006	Creator Fitness Instructor Training Programme: Community-Based Exercise for People Living with Parkinson Disease. A computer-based, electronic training module for community Fitness Instructors using a Competency-Based Education Training approach. St. Joseph's Care Group
Sept 2005 – Nov 2006	Co-Investigator Design, Implementation, and Evaluation of a Community-Based Exercise Programme for People Living with Parkinson Disease. Lakehead University/ St. Joseph's Care Group
2001 – 2007	Member Design and implementation of a multi-disciplinary Osteoporosis Clinic serving the community of Thunder Bay. St. Joseph's Care Group
2003 – present	Clinical Instructor Physiotherapy/ Rehabilitation Assistant Students

J. AREAS OF INTEREST

Indicate area: Consulting, Research, Training

Administrative

Programme Evaluation

Clinical

Generalist Practice

Use of Technology to enhance practice/patient outcomes

Consulting

Research- see below

Neurology – Acquired Brain Injury

Other

Health Care Reform

Primary Health Care

Health Promotion

Innovation and emerging roles for rehabilitation clinicians

Research

Design, Implementation, and Evaluation of Community-Based Programmes for People Living with Chronic Conditions
Continuing Professional Development
Programme Evaluation
Use of technology to enhance clinical practice/patient outcomes

PATENTS AND COPYRIGHTS

Fitness Instructor Training Programme: Community-Based Exercise for People Living with Stroke. Copyright: French, MacLeod, Reinikka, 2008.

Fitness Instructor Training Programme: Community-Based Exercise for People Living with Parkinson Disease. Copyright: MacLeod, Reinikka, 2006.

K. HONOURS AND AWARDS

*FRSC, Governor General's Award, Honorary Degrees
Fellowships, scholarships, scientific awards (including title, agency as well as starting and ending [if appropriate] dates)*

2008 Special Award – Ontario Physiotherapy Association
Co-President, Representing Northwest District

L. COURSES TAUGHT

*Include institution, department [programme] number, title, dates taught
Indicate: Undergraduate, Graduate, Post-Graduate, Other*

McMaster University – School of Rehabilitation Sciences
MSc Physiotherapy Program:

Jul 2007 – present	Clinical Lab Coordinator Community Health/ Community Practice Northern Studies Stream
Jan 2007	Lecturer Primary Health Care Community Health/ Community Practice Northern Studies Stream
Dec 2006 – Jul 2007	Project Supervisor Research and Evidenced-Based Practice Evaluation of Outcomes Post-Total Knee Arthroplasty in Two Hospital-Based, Out-Patient Settings
Dec 2005 – Jul 2006	Project Supervisor Research and Evidence-Based Practice Evaluation of a Community-based Exercise Programme for People Living with Parkinson Disease
Jan – Mar 2005	Tutor Problem-Based Tutorials Community Health/ Community Practice Northern Studies Stream

Jan – Mar 2004	Tutor Problem-Based Tutorials Community Health/ Community Practice Northern Studies Stream
June 2004	Lecturer Preceptor 101 Transition to Practice

FHS Teaching Before 1999

McMaster Teaching Outside FHS

Teaching Outside of McMaster

Apr – May 2006	Facilitator Distributed Learning Sessions Northern Ontario School of Medicine (Thunder Bay)
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M. SUPERVISORSHIPS

Include numbers completed, in progress, inactive and dates

Indicate: Master, Doctoral, Post-Doctoral, Professional, Supervisory Committees, Others

May – Jul 2008	Monitor Physiotherapy Resident (Completed), St. Joseph's Care Group, Thunder Bay, ON
Aug 2007 – Dec 2007	Supervisor MScPT Physiotherapy students (Completed), University of Toronto (1), McMaster University (1): Development of a Fitness Instructor Training Programme: Community-Based Exercise for People Living with Stroke
Dec 2006 – Jul 2007	Primary Supervisor MScPT Physiotherapy students (Completed), McMaster University (2): Evaluation of Outcomes Post-Total Knee Arthroplasty in Two Hospital-Based, Out-Patient Physiotherapy Settings
Dec 2005 – Jul 2006	Primary Supervisor MScPT Physiotherapy students (Completed), McMaster University (3): Evaluation of the Impact of a Community-Based Exercise Programme for People Living with Parkinson Disease

N. RESEARCH FUNDING

Include type, source agency, amount, purpose, title

Grants

Primary Investigator's name is the first name listed

- 2007 – 2009 Heart and Stroke Foundation of Ontario: \$57,500.00. Evaluation of the Impact of an Eight-Week, Stroke-Specific Exercise Programme Developed by Physiotherapists and Delivered in the Community by Trained Fitness Facilitators. Esmé French, **Kirsti Reinikka**, Anne MacLeod (Co-PIs).
- 2007 – 2009 Ontario Ministry of Health Promotion – Communities in Action Fund: \$52,930.00. The Research and Development of a Training Package for Community Facilitators to Implement an Exercise Class for Persons Living with Chronic Stroke. Esmé French, **Kirsti Reinikka**, Anne MacLeod (Co-PIs).
- 2006 – 2007 Northern Ontario School of Medicine – Practice-Based Research Programme: \$4,800.00. Evaluation of Outcomes Post-Total Knee Arthroplasty in Two Hospital-based, Out-patient Physiotherapy Settings. Armagail North, **Kirsti Reinikka**, Michelle Addison, Maureen Dillon, Angelo Melchiorre, Kirk Whalen.
- 2006 – 2007 Thunder Bay Community Foundation – R.K. Dewar Research Award: \$5,000.00. Evaluation of a Community-Based Exercise Programme for People with Parkinson Disease. **Kirsti Reinikka**, Anne MacLeod, Michel Johnson, Michel Bédard.
- 2006 – 2007 Physiotherapy Foundation of Canada – Targetted Research Grant for Community-Based Physiotherapy: \$5,000.00. Development of a Community-Based Exercise Programme for People with Parkinson’s Disease. Anne MacLeod, **Kirsti Reinikka**, Michel Johnson, Michel Bédard.

Career Awards, Endowed Chairs and Other Funding

- 2008 – 2010 Ministry of Health Promotion – Communities in Action Fund 2008 – 2010: \$39,043.00. Community-Based Exercise Programmes for People Living with Chronic Neurological Conditions.
Liaisons: **Kirsti Reinikka**, Esmé French, Linda Adamson
- Jan – Apr 2008 North West Local Health Integration Network – Innovations in Coordinated Care Fund: \$14,036.53. Sustainability of Community-Based Exercise Programmes.
Coordinators: **Kirsti Reinikka**, Linda Adamson
- Jan – Apr 2008 North West Local Health Integration Network – Innovations in Coordinated Care Fund: \$50,002.00. Production of a Facilitator Training Programme (DVD): A Community-Based Exercise Programme for Stroke Survivors.
Co-Creators: Esmé French, Anne MacLeod, **Kirsti Reinikka**

2006 – 2007

St. Joseph's Care Group – Rehabilitation Network:
\$5,000.00. Production of a Multimedia Platform for
Community Fitness Facilitators.
Co-Creators: **Kirsti Reinikka**, Anne MacLeod

O. LIFETIME PUBLICATIONS

Indicate Peer Reviewed, Not Peer Reviewed, Accepted for Publication (in final form), Submitted for Publication, Unpublished Documents

Principal Author is the first name on each of the entries below

PUBLISHED

Peer Reviewed Publications

Miller, P. A., Huijbregts M., French E., Taylor D., **Reinikka K. J. E.**, Berezny L., Fry S., Grunin A., Harvey M., (2008). Videoconferencing a Full Day Training Workshop: Effectiveness, Acceptability, and Cost. *Journal of Continuing Education in the Health Professions*, 28(4):256

Peer Reviewed Journal Abstracts

Reinikka, K. J. E., MacLeod, A., Johnson, M., Bedard, M. (2007). Evaluation of a Community-Based Exercise Programme for People with Parkinson Disease. *Physiotherapy*, 93(1), S258-259.

MacLeod, A., **Reinikka, K. J. E.**, Johnson, M., Bedard, M. (2007) Developing a Competency Based Education Training module: an electronic approach to "training the trainer" for a Community Exercise Programme. *Physiotherapy*, 93(1), S739.

Reinikka, K. J. E., MacLeod, A., Johnson, M., Bedard, M., Jog, M. (2007). Development and Evaluation of a Community-based Exercise Programme for People with Parkinson Disease. *Movement Disorders*, 22(S16), S101.

Not Peer Reviewed Publications

French, E., **Reinikka, K.J.E.** Linking with your LHIN. *Physiotherapy Today*. 2006;102:4.

P. PRESENTATIONS AT MEETINGS

Indicate: Invited, Contributed, Peer reviewed, Non Peer Reviewed

Contributed Peer Reviewed Presentations

Podium Presentations

Reinikka, K. J. E., Melchiorre, A., North, A., Addison, M., Dillon, M., Whalen, K., (2008). Evaluation of Outcomes Post-Total Knee Arthroplasty in Two Hospital-Based, Out-Patient Physiotherapy Settings. 2008 Canadian Physiotherapy Congress.

MacLeod, A., **Reinikka, K. J. E.**, Johnson, M., Bedard, M., (2008). Building Capacity: A Multimedia Approach to Deliver Competency-Based Education Training to Community Fitness Facilitators. 2008 Canadian Physiotherapy Congress.

French E., Taylor, D., Huijbregts, M., Miller, P.A., **Reinikka, K.J.E.**, Berezny, L., Fry, S., Grunin, A., Harvey, M., (2008). Videoconferencing a Full Day Training Workshop: Effectiveness, Acceptability, and Cost. 2008 Canadian Physiotherapy Congress.

French, E., Taylor, D., Huijbregts, M., Miller, P.A., **Reinikka, K.J.E.**, Berezny, L., Fry, S., Grunin, A., Harvey, M., (2008). Videoconferencing a Full Day Training Workshop: Effectiveness, Acceptability, and Cost. 2008 St. Joseph's Care Group Showcase of Applied Research.

Reinikka, K. J. E., Melchiorre, A., North, A., Addison, M., Dillon, M., Whalen, K., (2008). Evaluation of Outcomes Post-Total Knee Arthroplasty in Two Hospital-Based, Out-Patient Physiotherapy Settings. 2008 St. Joseph's Care Group Showcase of Applied Research.

MacLeod, A., **Reinikka, K. J. E.**, Johnson, M., Bedard, M., (2007). The Impact of a Community Based Exercise Programme for People Living with Parkinson Disease. 2007 St. Joseph's Care Group Showcase of Applied Research.

Contributed Peer Reviewed Presentation Poster Presentations

Reinikka, K. J. E., MacLeod, A., Johnson, M., Bedard, M., Jog, M., (2007). Development and Evaluation of a Community-based Exercise Programme for People with Parkinson Disease. 2007 Movement Disorder Society's International Congress of Parkinson's Disease and Movement Disorders.

Reinikka, K. J. E., MacLeod, A., Johnson, M., Bedard, M., (2007). Evaluation of a Community-Based Exercise Programme for People with Parkinson Disease. 2007 World Physical Therapy International Congress.

MacLeod, A., **Reinikka, K. J. E.**, Johnson, M., Bedard, M., (2007). Developing a Competency Based Education Training module: an electronic approach to "training the trainer" for a Community Exercise Programme. 2007 World Physical Therapy International Congress.

Reinikka, K. J. E., Mathew, M., Wong, S., (2001). Qualitative Evaluation of Special Therapy Services at the Rotary Children's Centre. 2001 Canadian Physiotherapy Association Congress.

Other Presentations

Taylor, D., French, E., **Reinikka, K.J.E.**, Huijbregts, M., Miller, P.A., Berezny, L., Fry, S., Grunin, A., Harvey, M., (2007). Videoconferencing a Full Day Training Workshop: Effectiveness, Acceptability, and Cost. 2007 Fall General Meeting of the Ontario Physiotherapy Association, Northwestern Ontario District.

MacLeod, A., **Reinikka, K. J. E.**, (2007). The Impact of a Community Based Exercise Programme for People Living with Parkinson Disease. St. Joseph's Care Group Regional Rehabilitation Rounds (videoconferenced).

Q. ADMINISTRATIVE RESPONSIBILITIES

*Include name, role: member or chair, starting and ending [if appropriate] dates
Indicate: Department, Faculty, University*

Hospital

Mar 2005 – Mar 2006	Acting Chair Physiotherapy Quality Practice Council St. Joseph's Care Group
2003 – 2005	Physiotherapy Representative Professional Advisory Council St. Joseph's Care Group

S. OTHER RESPONSIBILITIES

2002 – 2004

Liaison Thunder Bay-West
Northwestern Ontario District of the Ontario
Physiotherapy Association