

CV ADJUSTMENT TEMPLATE

A. NAME

Kirsti Johanna Ellen Reinikka

-in full, with common designate underlined

[Redacted]

[Redacted]

[Redacted]

[Redacted]

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, Natural Science (BSc) Lakehead University

Certified Continuing Education

Oct 2007	A Step Above Prosthetic Gait Training Course
Apr 2007	Chedoke Arm & Hand Activity Inventory (CAHAI) 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 Impairment (Sahrmann) – Level I
Nov 2001	Mulligan Concept Course- Lower Quadrant- Manual 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)
1998 – present	Member Canadian Physiotherapy/ Ontario Physiotherapy Association

H. EMPLOYMENT HISTORY

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

Indicate: Academic, Consultations, Other

University Appointments

2010 – present	Assistant Professor, Clinical Sciences, Northern Ontario School of Medicine
2010 – present	Assistant Professor, Lakehead University
2007 – present	Assistant Clinical Professor, School of Rehabilitation Science, McMaster University

Academic

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

Administrative

Jun 2009 – present	Manager Rehabilitation Studies Continuing Health Professional Education Unit Northern Ontario School of Medicine
Jan 2008 – present	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 – Neurology
Nov 2008 – April 2009	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

Aug 2007 – present	Research Affiliate Northwestern Ontario Regional Stroke Network/ Thunder Bay Regional Health Sciences Centre
Nov 2008 – April 2010	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
Jan – August 2009	Project Lead Standardized Patients for Interprofessional Education and Care Roles Northern Ontario School of Medicine

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 – present	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

Sep 2009 – present	Member Community-Based Exercise Programme Steering Committee. Thunder Bay, ON
Dec 2008 – present	Member Advocacy Sub-committee Physiotherapy Quality Practice Council St. Joseph's Care Group
Jun 2008 – Apr 2010	Research Liaison, Parkinson Disease Community-Based Exercise Programmes for People Living with Chronic Neurological Conditions. St. Joseph's Care Group
Aug 2007 – Apr 2009	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
Aug 2007 – Apr 2009	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
Nov 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; Paediatrics

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 Handbook: Community-Based Exercise for
People Living with Parkinson Disease. Copyright: Reinikka, French, MacLeod, 2010.

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)*

2009	2009 – Community Partnership Award, Ontario March of Dimes Recipient: Northwestern Ontario Regional Stroke Network in recognition of the research, development and implementation of the community-based exercise programme, Keep Moving with Stroke
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 2009 – Jul 2010	Project Supervisor Research and Evidenced-Based Practice Tele-Rehab: An Exploration of Participant Perspectives
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)

M. SUPERVISORSHIPS

Include numbers completed, in progress, inactive and dates

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

Dec 2009 – Jul 2010 Supervisor
MScPT Physiotherapy students, McMaster University (3):
Tele-Rehab: An Exploration of Participant Perspectives

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

2009 – 2010 Heart and Stroke Foundation of Ontario: \$106,670.00.
Tele-Rehab: Improving Access to Quality Stroke
Rehabilitation in Rural and Remote Communities. Esmé
French, Maria Huijbregts, **Kirsti Reinikka**

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):256-269.

Peer Reviewed Journal Abstracts

Reinikka KJE, French E, Huijbregts M. (2010). Tele-Rehab: Feasibility of Using Telemedicine to Deliver Interprofessional Stroke Rehabilitation Consultations in Rural and Remote Communities. *Physiotherapy Canada*, 62: S18.

French EH, **Reinikka KJ**, Huijbregts MP. (2010). Tele-rehab: The Feasibility of Using Telemedicine to Deliver Interprofessional Stroke Rehabilitation Consultations in Northern, Rural and Remote Communities. *Stroke*, 41(7): e506.

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

Reinikka, K. J. E. French, E., Taylor, D. (2010). Stroke and Aboriginal Health in Northwestern Ontario: Physiotherapist-Supported Initiatives across the Stroke Care Continuum. *Synapse*, 30(1):7-12.

Ontario Hospital Association. Improving Access to Quality Stroke Rehabilitation. *Executive Reports*. Dec 2, 2009, 3.

Ontario Hospital Association. Working Together to Assist People with Multiple Sclerosis (MS), Parkinson Disease and Stroke. *Executive Reports*. Dec 23, 2009, 2.

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 Workshops

French, E., MacLeod, A., **Reinikka, K. J. E.**, (2009). Community exercise for people with stroke: A new DVD-based educational tool for training fitness instructors. Inter-Urban Stroke Conference 2009: Innovations in Stroke Rehabilitation. London, ON.

Contributed Peer Reviewed Presentations

Podium Presentations

Reinikka KJE, French E, Huijbregts M. (2010). Tele-Rehab: Feasibility of Using Telemedicine to Deliver Interprofessional Stroke Rehabilitation Consultations in Rural and Remote Communities. 2010 Canadian Physiotherapy Congress. St. John's, NF.

French EH, **Reinikka KJ**, Huijbregts MP. (2010). Tele-rehab: The Feasibility of Using Telemedicine to Deliver Interprofessional Stroke Rehabilitation Consultations in Northern, Rural and Remote Communities. 2010 Canadian Stroke Congress. Quebec City, QC.

French, E., **Reinikka, K.J.E.**, (2009). Supporting Community Exercise for People with Stroke: A New DVD-Based Educational Tool for Training Fitness Instructors. Heart and Stroke Foundation of Ontario, Stroke Collaborative. Toronto, ON.

Reinikka, K. J. E., French, E., MacLeod, A., (2009). Physiotherapists: Facilitating Partnerships for Sustainable Community Exercise Programmes for People with Chronic Conditions. 2009 Canadian Physiotherapy Congress.

French, E., MacLeod A., **Reinikka, K.J.E.**, (2009). Supporting Community Exercise for People with Stroke: A New DVD-Based Educational Tool for Training Fitness Instructors. Interurban Stroke Academic Association – Innovations in Stroke Rehabilitation. London, ON.

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 Presentations

Poster Presentations

Reinikka, K. J. E., Adamson, L., French, E. (2009). Improving Access to Specialized Community Exercise Programmes for People Living with Chronic Neurological Conditions. HealthAchieve 2009 Leading Practices.

Reinikka, K. J. E., French, E., Adamson, L., MacLeod, A., Tombs, C., (2009). Partnerships for Sustainable Community Exercise Programmes for People Living with Chronic Neurological Conditions. 2009 St. Joseph's Care Group Showcase of Applied Research.

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

French, E., **Reinikka, K. J. E.,** Adamson, L., Duncan, J. (2009). Workshop: Facilitating Partnerships for Community-Based Exercise for People with Chronic Conditions. Northern Ontario School of Medicine Fall Clinical Education Session.

Reinikka, K. J. E. (2009). Update on Parkinson Disease. Neurology Interest Group, St. Joseph's Care Group, Thunder Bay, ON. Videoconferenced session.

Reinikka, K. J. E., Tombs, C., French, E., (2009). Community Exercise Programmes for Chronic Neurological Conditions. 2009 Spring General Meeting of the Ontario Physiotherapy Association, Northwestern Ontario District.

Reinikka, K. J. E., French, E. (2009). Physiotherapy and Telemedicine. Ontario Telemedicine Network, College of Physiotherapists of Ontario. Videoconferenced session.

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*

Northern Ontario School of Medicine Continuing Health Professional Education Unit	Committee Member Management Leadership Team Senior Leadership Group Health Sciences Management Team Pan-Northern Database Steering Group Interprofessional Education Program Planning Committee Health Professional Preceptor Development Program Planning Committee
Jun 2009 – present	

**St. Joseph's Care Group
(Thunder Bay)**

Mar 2005 – Mar 2006

Acting Chair
Physiotherapy Quality Practice Council

2003 – 2005

Physiotherapy Representative
Professional Advisory Council

S. OTHER RESPONSIBILITIES

2002 – 2004

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