

Elizabeth “Beth” Hughes, PT, DPT
Board-Certified Clinical Specialist in Neurologic Physical Therapy
CURRICULUM VITAE

Date: June 2024

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Present Position

2021—Present Clinical Associate/Neuro Team Lead St. Louis, MO
Washington University Program in Physical Therapy

Education

<u>Year</u>	<u>Degree</u>	<u>Field</u>	<u>Institution</u>
2016	BS	Exercise Science Minor in Spanish Concentration in Interprofessional Education	Saint Louis University, St. Louis MO
2018	DPT	Doctorate of Physical Therapy	Saint Louis University, St. Louis MO

Medical Licensure and Certifications

2018 Missouri Physical Therapist License #2018030283
Missouri State Board of Registration for the Healing Arts

2019 Revital Cancer Rehabilitation Specialist
Select Medical Rehabilitation Network

2022 ABPTS Board Certified Neurological Clinical Specialist
American Physical Therapy Association

Professional Experience

2018 Supplemental Instructor for DPT course, *Patient Management*, Saint Louis University St. Louis, MO

2018-2020 Physical Therapist, SSM Health Day Institute-Lake St. Louis St. Louis, MO

- Initiated peer support groups, peer companion system and clinic wide events to address psychological and social aspects of recovery from neurological injury
- Co-presented with occupational therapist on upper extremity recovery post-stroke to staff occupational therapists

2018-2021 Physical Therapist (per diem), SSM Rehab Hospital-Bridgeton St. Louis, MO

- Co-developed handoff program between inpatient rehab therapists and outpatient day rehab therapists to improve continuum of care

2020-2022 Physical Therapist, SSM Health Day Institute-Chesterfield St. Louis, MO

- Opened new clinic and created referral program between outpatient and day rehab for patients to receive pelvic health, lymphedema, dry needling and other available services within the network
- Co-lead physical therapy mentorship program to promote knowledge translation of clinical practice guidelines into clinical practice
- Participated in new hire trainer program to train all new graduations upon hire

2022-Present Clinical Associate, Washington University Program in Physical Therapy St. Louis, MO

- Physical therapy representative for Washington University School of Medicine ALS Multidisciplinary Clinic
- Organized in-service with author of Academy of Neurological Physical Therapy Journal article focused on Health Promotion and Wellness (HPW) for clinicians and collected HPW resources for clinicians and patients

Teaching Experience

- 2018 Supplemental Instructor – Patient Management
Saint Louis University
- 2019-Present Clinical Instructor
- Professional Year I and Professional Year II students - SSM Health Day Institute
 - ECE, CEI, CE II and CE IV level students - Washington University Program in Physical Therapy
- 2022 Lab Assistance, Diagnosis and Management of Neuromuscular Conditions
Washington University Program in Physical Therapy
- 2022 Lab Assistance, Module 3 and Module 5
Washington University Program in Physical Therapy
- 2023 Lab Assistant, Module 6
Washington University Program in Physical Therapy
- 2023 Lecturer, Module 6 (April 2023), “Other Physical Therapy Considerations for Multiple Sclerosis”
Washington University Program in Physical Therapy
- 2023 Lab Assistant, Module 5
Washington University Program in Physical Therapy
- 2024 Assessor, Module 4
Washington University Program in Physical Therapy
- 2024 Assessor, Module 7
Washington University Program in Physical Therapy
- 2024 Legislative Lobbying Simulated Experience
Washington University Program in Physical Therapy
- 2024 Instructor, Module 8
“Don’t Skip a Beat, Physical Therapy and Dysautonomia”
Washington University Program in Physical Therapy
- 2024 Lecturer, Assessor and Lab Coordinator; Module 6
“Additional Considerations for People with Multiple Sclerosis”
“Gait Revisited- Orthotics”
“Additional Considerations for People with Amyotrophic Lateral Sclerosis”
Washington University Program in Physical Therapy

Professional Presentations

- 08/2021 “Centennial Scholar Project Update and Proposal”
APTA Missouri Board of Directors
- 11/2021 “APTA involvement post-graduation and Centennial Scholar Project”
Saint Louis University Student Association
- 12/2023 “Vestibular Examination and Treatment”
Washington University Program in Physical Therapy Orthopedic Residency
- 03/2024 “Vestibular Examination and Treatment- Clinical Rounds”
Washington University Program in Physical Therapy Clinical Division
- 06/2024 “BPPV in Patients with Traumatic Brain Injury”
The Rehab Institute of St. Louis, In-service

Professional Memberships

- 2016-Present American Physical Therapy Association, Member
- 2016-Present American Physical Therapy Missouri, Member
- Key contact for Congresswoman Cori Bush
- 2019-Present Academy of Neurologic Physical Therapy (ANPT), Member
- 2021-Present American Physical Therapy Association Missouri Early Professionals Special Interest Group
- 2024-Present Northeast ALS Consortium (NEALS)- member
- 2024-Present ALS Midwest – member

Honors/Awards

2021 American Physical Therapy Association Centennial Scholar

Professional Activities and Community Outreach

2015-2017 Care Coordinator for Health Connections - Restore St. Louis
2015-2018 International Student Ambassador - Saint Louis University
2016-2017 Health Resource Center Pro-Bono Clinic Team Lead - Saint Louis University
2018 Commission on Accreditation in Physical Therapy Education (CAPTE) Student Review Committee
 o Saint Louis University
2019 Select Medical Parkinson's Journal Club
2019-2021 Fall Team Clinic Representative - SSM Day Institute
2020 SSM Health Network COVID-19 Recovery Team
2020 CSM attendee
4/2021 Panelist for Missouri Advocacy Panel
2021 Disabled Athletes Sports Association (DASA) volunteer
2021-2022 APTA Centennial Scholar Program
2023 CSM attendee
2024 CSM attendee
2024 Walk to Defeat ALS- team captain and participant

Continuing Education

2021	Medbridge Courses for NCS Prep	90 hrs
2022	Medbridge Courses for NCS Prep	12hrs
2022	NCS advantage courses for NCS Prep	37 hrs

Clinical Experiences

2017	Loyola University Medical Center - <i>Outpatient orthopedics, Day Rehab and Aquatics</i>	Chicago, IL
2017	Hillside Health Care International - <i>Community Based Rehab and Home Health</i>	Punta Gorda, Belize
2017	VA Medical Center, Jefferson Barracks - <i>Inpatient Rehab and Lymphedema</i>	St. Louis, MO
2018	Barnes Jewish Hospital - <i>Acute Care</i>	St. Louis, MO
2018	Elite Physical Therapy - <i>Outpatient Orthopedics</i>	St. Louis, MO