

## Curriculum Vitae

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Assistant Professor, Department of Physical Therapy and Rehabilitation Science  
University of Maryland School of Medicine

**Date** November 10, 2021

### **Contact Information**

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### **Education**

2005 – 2009 B.S., Exercise Science, University of Scranton (Summa Cum Laude)  
2009 – 2012 DPT, Physical Therapy, University of Scranton

### **Post Graduate Education and Training**

2012 – 2013 Residency, Geriatric Clinical Residency, University of Minnesota,  
Mentor: Debbie Hanka, PT, DPT, GCS, CEEAA

2019 – 2020 Audited PhD Courses, Graduate Seminar in Teaching I & II  
(PTRS 702 & 703)

### **Certifications**

2005 Inactive, NY State Certified Emergency Medical Technician – Basic

2007 Inactive, *Active Living Every Day* and *Healthy Eating Every Day* Facilitator

2011 *A Matter of Balance: Managing Concerns about Falls* trained Facilitator

2013 Inactive, STAR Clinician, ® Oncology Rehab Partners,

2014 Board Certified Geriatric Clinical Specialist, ABPTS

2018 Credentialed Clinical Instructor – Level I, APTA

### **Medical Licensures**

2012 Inactive, Minnesota

2013 Active, Maryland

## **Employment History**

### **Academic Appointments**

2018 – 2019	Clinical Instructor of Health, Human Function, and Rehabilitation Sciences, Physical Therapy, George Washington University School of Medicine and Health Sciences
2019 – 2021	Instructor, Department of Physical Therapy and Rehabilitation Science, University of Maryland School of Medicine
2019 – present	Assistant Director of Clinical Education, Department of Physical Therapy and Rehabilitation Science, University of Maryland School of Medicine
2021 – present	Assistant Professor, Department of Physical Therapy and Rehabilitation Science, University of Maryland School of Medicine

### **Other Employment**

2012 – 2013	Physical Therapist, Centrex Rehab, Augustana Health Care Center of Minneapolis, Minneapolis, MN
2013 – 2019	Physical Therapist, Outpatient Rehabilitation, Anne Arundel Medical Center, Annapolis, MD

### **Professional Society Membership**

2010 – present	General Member, American Physical Therapy Association
2010 – present	General Member, American Physical Therapy Association, Academy of Geriatric Physical Therapy and Academy of Neurologic Physical Therapy
2013 – present	General Member, American Physical Therapy Association, Maryland Chapter
2013 – present	General Member, American Physical Therapy Association, Academy of Oncologic Physical Therapy
2019 – present	General Member, American Physical Therapy Association Academy of Physical Therapy Education
2020 – present	Physical Therapy Faculty Member, American Council of Academic Physical Therapy

### **Honors and Awards**

2009	<u>Excellence in Exercise Science Award</u> , University of Scranton
2012	<u>Outstanding Physical Therapy Student Award</u> , University of Scranton
2017	<u>Bright Star Award</u> , Anne Arundel Medical Center Outpatient Rehab, awarded for excellence in patient care and teamwork

## **Clinical Activities**

## **Clinical Expertise**

Board Certified Geriatric Clinical Specialist

Previous certification as STAR (Survivorship Training and Rehab) Clinician<sup>®</sup> by Oncology Rehab Partners (organization no longer exists)

Clinical focus is in the areas of geriatric, oncologic, neurologic, and vestibular rehab

## **Scope of Clinical Practice**

2013 – 2019	Anne Arundel Medical Center Physical Therapist: Hospital-based Outpatient Rehabilitation ~250 patients per year 100% FTE
2015 – 2016	Senior Physical Therapist in the Physical Medicine Gym of Anne Arundel Medical Center, Outpatient Rehab
2019 – present	Baltimore VA Medical Center – Balance and Mobility Clinic Physical Therapist, Physical Therapist Liaison: Hospital-based outpatient rehabilitation for balance and functional mobility ~12 patients/year (limited due to COVID-19 pandemic for 2020) ~80 hours/year

## **Development of Clinical Programs**

2017	Oncology “Prehab” Program, Anne Arundel Medical Center, member of work group for development and marketing
2018	Osteoporosis Physical Therapy Program, Anne Arundel Medical Center, lead developer
2018 – 2019	Falls Prevention Program, Anne Arundel Health System, co-lead member of work group for development
2019	Balance and Mobility Clinic, Baltimore VA Medical Center, Physical Therapist Liaison

## **Administrative Service**

## **Institutional Service**

2019 – present	With DCE, manage clinical contracts and liability insurance for over 200 clinical sites
2019 – present	With DCE, Coordinate continuing education courses hosted at UMB PTRS
2019 – present	With DCE, secure over 300 clinical placements annually

2019	Faculty co-facilitator, UMB Interprofessional Education Student Activity
2019	PTRS Search Committee for Administrative Clinical Education Assistant
2019 – 2020	Member, Curriculum Coordinating Committee
2019 – present	Chair, Innovation in Curricular Design & Delivery Taskforce
2020 – present	Physical Therapist Liaison, Balance and Mobility Clinic, Baltimore VA Medical Center
2020 – present	Chair, Curriculum Coordinating Committee
2020	Chair, Taskforce for Virtual BS1 Delivery
2021 – present	Affiliate, Center for Research on Aging
2021	PTRS Search Committee for Academic Services Support Specialist (Clinical Education Office)

### **Local and National Service**

2016	Facilitator, <i>Free From Falls</i> Program, through the National Multiple Sclerosis Society at Anne Arundel Medical Center
2017	Presenter, <i>Physical Activity and Osteoporosis</i> presentation to the community, Annapolis and Easton, MD
2019 – present	Member, Mid-Atlantic Consortium of Physical Therapy Clinical Education
2020	APTA Student Physical Therapy Advocacy Day
2020 – present	APTA Geriatrics co-State Advocate - Maryland

### **Community Service**

2011	Volunteer, partnered with fellow students and a professor to conduct <i>A Matter of Balance</i> program at local community center, Scranton, PA
2012 – 2013	Volunteer, lived in senior housing and participated in multiple community events per week
2013 – 2016, 2018	Volunteer, conducted balance screenings at annual church health fair, Odenton, MD
2017	Volunteer, rehab representative at Cancer Survivor's Day at Anne Arundel Medical Center
2019	PT Volunteer Facilitator, High School Student Outreach Program (UMMC)
2019	Faculty Volunteer, <i>Anatomy of Sports Day</i> , at the National Museum of Health and Medicine, Silver Spring, MD
2020	Faculty Volunteer Facilitator, DPT students mentoring pre-PT students at Morgan State University

### **Teaching Service**

#### **Undergraduate Student Teaching**

2008 – 2009	Supplemental Instructor, Structure & Function (BIOL 110 & 111) Group tutoring sessions open to all course students
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2 hours/week, ~24 weeks/year

### **Physical Therapy Student Teaching**

2010 – 2011	Graduate Assistant, partnered with assistant professor to teach Neuroscience Lab (PT 707) ~40 students total, 2 sections, 2 hours/week per section, ~12 weeks/year
2012 – 2013	Clinical Preceptor, supervised and mentored physical therapy students at a <i>pro bono</i> Diabetic Foot Clinic for Native Americans ~4-6 students, 2-3 hours/month, ~2-3 months/year
2016 – 2018	Clinical Instructor for full-time DPT students 2 students per year, ~20-40 hours/week, 12-23 weeks/year
2019	Professional Issues II – DPTE 515 Lecturer, Lab Lead, Lab Instructor 65 First year physical therapy students, 9 contact hours
2019 – 2020	Medical Issues – DPTE 520 Lecturer, Lab Instructor 65 Second year physical therapy students, 98 contact hours Neuromuscular I – DPTE 524 Lab Instructor 65 Second year physical therapy students, 31 contact hours Neuromuscular II – DPTE 527 Lab Instructor 66 Second year physical therapy students, 15 contact hours Musculoskeletal II – DPTE 525 Lab Instructor 66 Second year physical therapy students, 3 contact hours Professional Issues III – DPTE 528 Lab Instructor 60 Third year physical therapy students, 15 contact hours Basic Sciences I – DPTE 511 Lab Instructor 65 First year physical therapy students, 2 contact hours Basic Sciences II – DPTE 513 Lab Instructor 65 First year physical therapy students, 10 contact hours Basic Sciences III – DPTE 514 Lecturer, Lab Lead, Lab Instructor 65 First year physical therapy students, 21 contact hours Professional Issues I – DPTE 512 Lecturer, Lab Lead, Lab Instructor 65 First year physical therapy students, 5 contact hours Professional Issues II – DPTE 515 Lecturer, Lab Lead, Lab Instructor

2020 – 2021

65 First year physical therapy students, 10 contact hours

Medical Issues – DPTE 520

Lecturer, Lab Instructor

65 Second year physical therapy students, 58 contact hours

Neuromuscular I – DPTE 524

Lab Instructor

65 Second year physical therapy students, 43 contact hours

Neuromuscular II – DPTE 527

Lab Instructor

65 Second year physical therapy students, 33 contact hours

Professional Issues III – DPTE 528

Lab Instructor

66 Third year physical therapy students, 15 hours

Professional Issues I – DPTE 512

Lecturer, Lab Lead, Lab Instructor

68 First year physical therapy students, 17 contact hours

Basic Sciences II – DPTE 513

Lab Instructor

68 First year physical therapy students, 18 contact hours

Basic Sciences III – DPTE 514

Lecturer, Lab Lead, Lab Instructor

68 First year physical therapy students, 17 contact hours

Professional Issues II

Lecturer, Lab Lead, Lab Instructor

68 First year physical therapy students, 10 contact hours

Medical Issues – DPTE 520

2021 – 2022

(In Progress)

Lecturer, Lab Instructor

68 Second year physical therapy students, 55 contact hours

Neuromuscular I – DPTE 524

Lab Instructor

68 Second year physical therapy students, 54.5 contact hours (projected)

Professional Issues III – DPTE 528

Lab Instructor

65 Third year physical therapy students, 6 hours

Basic Sciences I – DPTE 511

Lab Instructor

70 First year physical therapy students, 3 contact hours

Professional Issues I – DPTE 512

Lecturer, Lab Lead, Lab Instructor

70 First year physical therapy students, 8.5 contact hours

Basic Sciences II – DPTE 513

Lab Instructor

70 First year physical therapy students, 29.75 contact hours (projected)

## Publications

### Peer-reviewed journal articles

1. **Ortega MAC**, Zimmermann LA, Zyzyk SG. The Four Square Step Test and its use clinically in different populations. *Curr Geri Rep.* 2021;10:11-20. <https://doi.org/10.1007/s13670-020-00348-0>
2. **Ortega MAC**, Marchese VG, Zarro M, Film RJ, Shipper, AG, Felter, C. Digital and blended curriculum delivery in health professions education: an umbrella review with implications for Doctor of Physical Therapy education programs. *Phys Ther Rev.* Published online November 9, 2021. <https://doi.org/10.1080/10833196.2021.2000286>
3. Skolky R, **Ortega MAC**, Pravdo A, Marchese V. Exploring relationships between clinical education placement preferences, student satisfaction, clinical performance outcomes, and future job setting. [Submitted July 9, 2021 to: *Journal of Clinical Education in Physical Therapy.* Under Review]

### Other brief communications

1. Olsen E., **Ortega MAC**, Understanding concussion: Physical therapy can help. *The Sunday Capital.* 2017.

### Proffered Communications

#### Local

1. **Connelly MA.** Imagining success: Use of motor imagery and mental practice in the rehabilitation of older adults. University of Minnesota Continuing Education Course, Minneapolis, MN. Continuing education course. 2013.
2. Hernandez M., **Ortega MAC.** Hard to say goodbye – When is the right time? Anne Arundel Medical Center *Emerging Concepts in Orthopedic Surgery CME*, Annapolis, MD. Continuing education course. 2017.

### Continuing Education Attended

- 2013 APTA Combined Sections Meeting (various programming), San Diego, CA  
2014 *An Introduction to Vestibular Rehabilitation*, Great Lakes Seminars, Philadelphia, PA  
2014 *Functional Strength Training for the Aging Spine*, Cross Country Education, Annapolis, MD  
2014 *Effective Management of Vestibular Disorders*, APTA of Maryland, Linthicum, MD  
2015 APTA Combined Sections Meeting (various programming), Indianapolis, IN  
2015 *Evidence-Based Rehabilitation Strategies for Joint Replacement*, Summit Professional Education, Annapolis, MD  
2016 *Vestibular Rehabilitation: An Advanced Course and Update*, University of Pittsburgh, Pittsburgh, PA

- 2016 *Creative Approaches for Therapeutic Exercise in the Older Adult Population*, Summit Professional Education, Annapolis, MD
- 2017 *Manual Therapy Approach to Treatment of Headaches*, Great Lakes Seminars, Annapolis, MD
- 2018 *Exercise for Osteoporosis: Beyond Weightbearing for Prevention and Treatment*, APTA E-Learning Course
- 2018 *Lab Values: Physical Therapy Management of the Medically Complex Patient*, APTA E-Learning Course
- 2018 *Concussion: Evidence-Informed Rehabilitation on the C-Spine and Vestibular System*, APTA Webinar
- 2018 *APTA Credentialed Clinical Instructor Program*, Arnold, MD
- 2019 *Tai Chi Fundamentals Adapted Program: Basic Moves Training*, APTA, District of Columbia
- 2019 APTA Combined Sections Meeting (various programming), District of Columbia  
*Our Efforts Matter! The Impact of IP Collaboration on Clinical Reasoning*  
*Pearls of Post-concussion Syndrome*  
*Developing and Implementing Your Teaching Philosophy for Quality Instruction*  
*Documentation to Support Medical Necessity: Evaluations and Reevaluations*  
*Using 3D Printing in Physical Therapy: Competitive Advantage and Improved Care*  
*Geriatric Posture and Movement Analysis: Assessment to Treatment*  
*Navigating Ethical and Professional Conundrums: The Price of a Teachable Moment*  
*"Best-Fit" Matching: The Scholarship of Clinical Education*  
*How Far Does Our Academic Obligation Extend to Support Students in Distress?*
- 2019 *What Does Culture Have to Do with It? Modeling Clinical Teaching Best Practices*, Mid-Atlantic Consortium of Physical Therapy Clinical Education, Inc., Winchester, VA
- 2019 *PTRS Annual Research Day*, University of Maryland School of Medicine, Baltimore, MD
- 2019 *Everyday Bias for Healthcare Professionals*, University of Maryland School of Medicine, Baltimore, MD
- 2019 APTA NEXT Conference (various programming), Chicago, Illinois  
*Teamwork Makes the PT/PTA Team Work! Creating and Sustaining a Successful PT/PTA Team*  
*The 50th Mary McMillan Lecture: Is Excellence in the Cards?*  
*Physical Activity and Aging: Innovative Community Partnerships*  
*Physical Therapists Who Order Diagnostic Imaging: Updates from the Field*  
*The 24th John H. P. Maley Lecture: Beyond Limits - Unmasking Potential Through Movement Discovery*  
*From Clinic to Classroom: An Authentic Discussion on the Transition Into Academia*  
*Collaborating to Integrate Education, Practice, and Research*  
*Oxford Debate*  
*Beyond Muscles and Bones: Holistic Physical Therapy Practice Self-Care 101*  
*Empowering the Patient: Concepts in Promoting a Patient-Centered Team Approach*



- 2019 ACAPT Education Leadership Conference (various programming), Bellvue, Washington  
*6<sup>th</sup> Annual Geneva R. Johnson Forum on Innovation in Physical Therapy Education  
 Part 1 – Transforming Relationships to Meet the Needs of Patients and Care  
 Providers*  
*Beginners Guide for the New DCE: Need to Know Tips and Resources*  
*March 1 Madness: Utility of the National Slot Request Date from Academic and  
 Clinical Perspectives*
- 2019 *With Feathers: Helping People with Chronic Pain*, University of Maryland School of  
 Medicine, Baltimore, MD
- 2019 *Motivational Interviewing*, APTAs of Maryland & DC Annual Conference, Arnold, MD
- 2020 APTA Combined Sections Meeting, Denver, CO  
*Student Performance Assessment in the Clinical Learning Environment: Taking  
 the Leap From CPI to CIET*  
*A Clinical Reasoning Blueprint: Linking Learning Theories to Curricular  
 Innovations*  
*Emotional Intelligence Across the Professional Lifespan in Physical Therapy: From  
 Novice Student to Expert Practitioner*  
*Removing the Kid Gloves in Neurologic and Geriatric Rehabilitation*  
*Raising the Proverbial Bar: Development of a Novel Tool to Assess Clinical  
 Educators*  
*Is Research Making You Dizzy? How to Translate the Vestibular Clinical Practice  
 Guidelines Into Clinical Practice*  
*LGBTQ+ Cultural Humility and Climate: Educator & Student Perspectives*  
*Clinically Oriented Readiness Evaluation (CORE): A Mechanism to Determine  
 Clinical Experience Readiness*  
*Getting Your Head Out of the Books: Collaborative and Experiential Learning  
 Across a DPT Curriculum*
- 2020 *PTRS Annual Research Day*, University of Maryland School of Medicine, Baltimore, MD,  
 Virtual
- 2020 ACAPT Education Leadership Conference (various programming), Virtual  
*7<sup>th</sup> Annual Geneva R. Johnson Forum Keynote Address – “Bringing a population  
 health perspective to physical therapy education”*  
*Geneva R. Johnson Forum Part 2- Fireside Chat*  
*Academy of Education and American Council of Academic Physical Therapy Hot  
 Topics Open Forum*  
*Diversity, Equity and Inclusion in Physical Therapy Education: Developing a  
 Diverse and Culturally Competent Workforce*  
*Innovative Course Design and Delivery in a Hybrid Model*  
*National Interprofessional Education Consortium (NIPEC) - A Systematic  
 Approach to Using IPE for Scholarly Activities and Promoting Student  
 Learning*  
*Scholarship of Education SIG, Education and Pedagogy Consortium and Clinical  
 Reasoning: Collaborating for Education Research*  
*Closing the Loop: Providing Effective Student Feedback*

*Practical Implications of Student Experiences Learning Psychomotor Skills in a Blended DPT Curriculum*

*Clinical Education and Telehealth: Strategies, Successes, Lessons Learned, and Ongoing Needs*

*Beginners Guide for the New DCE: Need to Know Tips and Resources*

2020 *Motor Learning in Rehabilitation: From Brain to Behavior*, University of Maryland School of Medicine, Baltimore, MD, Virtual

2021 *PTRS Annual Research Day*, University of Maryland School of Medicine, Baltimore, MD, Virtual

2021 *Time to Get Hip! A Review of Hip Anatomy: Implications for Clinical Practice and the Use of Diagnostic Ultrasound*, University of Maryland School of Medicine, Baltimore, MD, Virtual