

## Maine Chapter, APTA Call for Nominations

**Candidate Name:** Heather-Pearl Eastty

**Nomination Position:** Chief Delegate

**Degrees Earned & Certifications:**

BS 2012, Ithaca College

DPT 2014, Ithaca College

Board Certified Clinical Specialist in Neurologic Physical Therapy, 2019-Present

**EXPERIENCE:**

**Clinical/Research/Teaching:**

Clinical:

Jefferson Moss-Magee Rehabilitation - Center City (f.k.a. Magee Rehabilitation Hospital)

January 2015 - August 2023

Starting as a new DPT graduate, I spent more than eight years working in Magee's acute inpatient rehabilitation setting treating patients suffering from the full spectrum of neurologic diagnoses including but not limited to spinal cord injuries, traumatic brain injuries, and stroke. Working at Magee helped to foster my passion for neurologic physical therapy and during my time there I was promoted multiple times, completed my Neurologic Clinical Specialist Board Certification and departed as a leader on the CVA Unit.

Teaching:

Jefferson Moss-Magee Rehabilitation - Center City (f.k.a. Magee Rehabilitation Hospital)

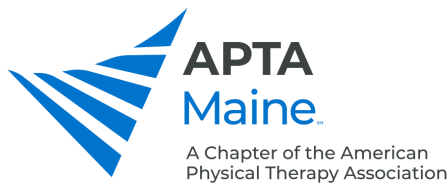
January 2015 - August 2023

Served as a clinical instructor for six students, 12-week clinical placements.

Widener University, Lecturer

"Rehabilitation for Individuals with High Tetraplegia C5-C7" March 2017, 2018, 2019

In 2017, I had my first opportunity as a classroom educator and developed a multimedia presentation used to teach a class of 60 second-year Physical Therapy students rehabilitation techniques for all aspects of functional mobility with individuals with C5-C7 tetraplegia. This experience gave me a taste for educating and mentorship and it remains a goal of mine to seek out more of those experiences in order to further develop those skills.



## Maine Chapter, APTA Call for Nominations

Drexel University, Lab Instructor  
“Neurologic Evaluation and Treatment” Spring 2022, Summer 2022

15th Annual Dr. Guy Fried Educational Webinar Series by the Tuttleman Family Foundation, Lecturer  
“Rehabilitation of Clients with COVID-19: An Interdisciplinary Approach” (CEU Course) April 2021  
During the COVID-19 pandemic, I volunteered to be one of the physical therapists to assist with building a unit at Magee focused on treating individuals recovering from COVID-19 infection and various sequelae. With limited access to a gym environment, I was able to expand my creativity and problem solving skills to achieve positive outcomes. After individuals post-COVID-19 were integrated into our other units, I continued to serve as a mentor to other therapists serving this population. This included helping to create a webinar with other members of the interdisciplinary team that we presented as a CEU course at a local webinar series for others in the greater Philadelphia area.

### **Current Employment:**

MaineHealth Maine Medical Center Portland, Staff Physical Therapist  
September 2023 - Present

### **Professional Contributions:**

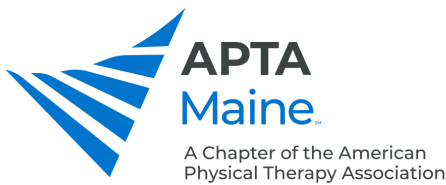
Specialization Academy of Content Experts - Neurologic Physical Therapy, 2023-Present  
Co-Chair of Communications, Magee Rehabilitation Hospital Diversity, Equity and Inclusion Council,  
September 2021 - August 2023

### **APTA Service History:**

Vice-Chair Neurologic Special Interest Group, Maine APTA, 2024 - Present  
Nominating Committee Member, Maine APTA, 2024 - Present  
APTA Member, 2011 - Present  
Academy of Neurologic Physical Therapy Member, 2018 - Present  
APTA Acute Care Section Member, 2023 - Present  
APTA Academy of Cardiovascular & Pulmonary Physical Therapy Section Member, 2023 - Present

### **Please explain how your experience and expertise could be utilized in the nomination position applied for to further the objectives of the Chapter:**

I have been a member of the APTA for over 10 years, and during that time I have experienced the benefits and opportunities of membership as my involvement within the organization has evolved. Through many years attending CSM, membership in multiple Academies, writing items for the Neurologic Clinical Specialist exam as a member of the Specialization Academy of Context Experts and coming from a large Chapter in Pennsylvania, I have been involved in myriad developments over the years. In the last year I have served as Vice Chair of the Maine Neurologic Special Interest Group and a member of the state Nominating Committee. In these positions I have been learning about the needs and opportunities in physical therapist practice in Maine. It is my desire to take these recent experiences, combined with my passion for physical therapy, and strengthen physical therapist education and clinical practice at the state and national level for the clinicians, students, and people of Maine.



## Maine Chapter, APTA Call for Nominations

**Explain your perceptions regarding the direction the Chapter should take in the future and how your goals for the nominated position will affect this change:**

This is an exciting time for the Maine Chapter of the APTA. While I am newer to Maine, in the past year I have served on the Nominating Committee and have been able to see the changing landscape of the chapter. As the chapter continues to evolve, it is essential that Maine continues to have a robust presence for the members of the state at the national level of the APTA.

The Chief Delegate and Delegate play an integral part in representing the needs of the chapter membership at the national level and driving national policy that best aligns with those needs. I hope to expand the ability of the Delegate team to know what those needs are by reinstating Town Halls and surveys to best reach all corners of our state and understand their needs in order to represent them best. If elected Chief Delegate, I will continue to build on the foundation set by those before me in order to establish Maine as a policy leader at the national level and continue to serve as a passionate advocate for clinicians and clients across the state of Maine.

*Modified by ck for website purposes*

# Heather Pearl Easty, PT, DPT, NCS

354 Clarks Pond Parkway #610  
South Portland, ME 14106

508-341-2907  
heatherpearl15@gmail.com

## EDUCATION

*Doctorate of Physical Therapy*, Ithaca College, Ithaca, New York

August 2014

*Bachelor of Science*, Ithaca College, Ithaca, New York

May 2012

Major: Clinical Health Studies

Minor: Sport Studies

*Board Certified Clinical Specialist in Neurologic Physical Therapy*

American Board of Physical Therapy Specialities

June 2019

## WORK EXPERIENCE

*Magee Rehabilitation Hospital*

**Staff Physical Therapist (rotating position)**

January 2015 to August 2023

January 2015 - July 2016: Spinal Cord Injury Unit, treating individuals with complete and incomplete tetraplegia and paraplegia, as well as patients on ventilators and with open airways.

July 2016 - November 2017: General Rehabilitation Unit, treating individuals with chronic spinal cord injury, Guillain-Barre Syndrome, lower extremity amputation, joint replacement, orthopedic injuries, multiple sclerosis and stroke.

**Senior Physical Therapist**

November 2017 - April 2020: Neuro Recovery Unit, treating individuals who have experienced stroke, as well as individuals after traumatic and non-traumatic brain injury.

April 2020 - October 2020: COVID-19 Unit, a volunteer position, treating individuals recovering from COVID-19 infection and various sequelae, while using creativity and problem solving skills to achieve outcomes with limited access to a gym environment. Participated in development of new therapy unit procedures for COVID-19 Unit. After isolated COVID-19 Unit ended, served as mentor for both PTs and OTs adjusting to treating individuals recovering from COVID-19

**Senior Non-rotating Physical Therapist**

October 2020 - August 2023: Stroke Unit, treating individuals with CVA. Serving as a leader and mentor on the unit for other rotating therapists, assisting with the duties of the Advanced Clinician and Team Leader, while treating a full caseload.

February 2023 - June 2023: Covering maternity leave for Seating and Positioning Advanced Clinician. Assisting other clinicians in manual wheelchair adjustment, as well as performing custom manual wheelchair prescription and ordering, and assisting outside ATPs with delivery and fitting of custom manual wheelchairs.

*Other responsibilities include:*

Physical Therapy Coordinator for Free Care (2016-2018)

Patient-Engagement Project Goal Coordinator for General Rehabilitation Unit (January 2017-November 2017)

Summer Float Physical Therapist (July-August 2017)

Falls Risk Audit Coordinator, NRC unit (2018-2020)

Wound Care Therapy Representative for COVID unit (April-October 2020)

Therapy Coordinator for COVID-19 Unit iPad Pilot Program (April-October 2020)

Member of Outcome Measures Task Force, including multiple presentations to PT staff, and orientation of all new PT hires regarding standardization of the APTA Core Set of Outcome Measures for Neurologic Populations. (Fall 2019-Present)

Peer partner of new hire (March 2020-April 2021)

Communications Co-Chair on Magee Rehabilitation's Diversity, Equity and Inclusion Council (September 2021-Present)

RQI Transition Super-User (January 2021)

EPIC Super-User (November 2022)

Knowledge Translation Project updating Home Accessibility Form, this included working with stake-holders within other departments as well as getting therapist input. Completion of the project included creation of new processes for integration with the electronic medical record. (March-August 2023)

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MaineHealth Maine Medical Center

## Staff Physical Therapist

September 2023 to Present

Staff physical therapist in a rotating position. Cross-trained on medical/surgical units, emergency department, joint replacement, bracing and orthotics, and airway clearance.

### Rotations:

*Richards 2:* A medicine unit with telemetry, primarily treating individuals after CVA. While on this rotation, the lead-up to, and completion of the Comprehensive Stroke Center Survey was completed.

*Richards 7/Malone Family Tower 5:* A medicine unit with telemetry, with a concentration on medical and interventional cardiology. Patient population primarily included individuals with heart failure requiring diuresis, individuals requiring medication support for abnormal heart rhythms, individuals requiring interventions for cardiac issues including permanent pacemakers, ICD, and heart catheterizations and stent placement. A small number of patients seen for pre-surgical work-up for CABG and LVAD.

*Richards 5:* A medicine unit with telemetry, primarily treating individuals with nephrology and urology needs, including dialysis. This unit also served a large number of trauma patients with complex bracing needs.

### *Other responsibilities include:*

Neurologic Physical Therapy "Lunch and Learn" Series  
Member of Diversity, Equity and Inclusion Committee  
Member of Vestibular Committee  
Member of Events Committee

## **COVID Inpatient Vaccine Coordinator**, Magee Rehabilitation Hospital

February 2020

While on light duty for a broken bone, I took on the role of managing the tracking of the Inpatient COVID Vaccination Pilot Program. Responsibilities included tracking all patients for admission, discharge, vaccine consent, declination, or contraindication, vaccine administration for first and second doses, and correct, timely documentation for all of the above. I was a member of the team who followed-up with patients to ensure they returned to Magee as outpatients to receive their second dose. In addition to participating in bi-weekly Task Force meetings, I provided a daily summary to the Chief Medical Officer.

## **CLINICAL INSTRUCTOR EXPERIENCE:**

January-April 2016 (Slippery Rock University)  
March-May 2017 (Rutgers University)  
November 2018-February 2019 (University of the Sciences, Philadelphia)  
October 2019-December 2019 (University of Delaware)  
January 2022-April 2022 (Thomas Jefferson University)  
January 2023-April 2023 (Thomas Jefferson University)

## **PROFESSIONAL DEVELOPMENT**

Vice-Chair Neurologic Special Interest Group, Maine APTA	2024
Nomination Committee Member, Maine APTA	2024
Specialization Academy of Content Experts - Neurologic Physical Therapy	2023-Present
Maintenance of Specialty Certification 1	June 2022
LAMP Leadership 101: Personal Leadership Development: The Catalyst for Leading Within	February 2017
APTA Clinical Instructor Education and Credentialing Program	March 2016
APTA Combined Sections Meeting Attendee	2016, 2017, 2020, 2021 (online), 2022, 2023, 2024

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## TEACHING

*Widener University*, Lecturer

“Rehabilitation for Individuals with High Tetraplegia C5-C7”

March 2017, 2018, 2019

Developed the multi-media presentation used to teach a class of 60 second-year Physical Therapy students regarding rehabilitation techniques for all aspects of functional mobility to individuals with C5-C7 tetraplegia.

*Drexel University*, Lab Instructor

“Neurologic Evaluation and Treatment”

Spring 2022, Summer 2022

## PROFESSIONAL PRESENTATIONS

*Rehabilitation of Clients with COVID-19: An Interdisciplinary Approach* (CEU Course)

April 2021

As part of the 15th Annual Dr. Guy Fried Educational Webinar Series by the Tuttleman Family Foundation

## CONTINUING EDUCATION AND PROFESSIONAL DEVELOPMENT

*For all courses attended, I prepared an inservice presentation provided to staff at Magee*

Trauma-Informed Care: Implications and Uses at Magee

August 2022

Institute for Knowledge Translation: “Walk The Walk” Course

Spring 2022

Recovering Function - NeuroDevelopment Technique Part 1 & Part 2

September 2018

“If You Can’t Breathe, You Can’t Function”

December 2017

Amputee Across the Continuum of Care

March 2017

## ASSOCIATED CERTIFICATIONS AND COMPETENCIES

- First Aid and CPR certification
- APTA Clinical Instructor Credentialed
- Vector Trained
- Locomotor Training Certification
- RTI Functional Electrical Stimulation Bike and Xcite Trained
- Lokomat Trained

## PROFESSIONAL MEMBERSHIPS

- APTA Member – 2011 to present
- Academy of Neurologic Physical Therapy Member – 2018 to present
- APTA Acute Care Member – 2023 to present
- APTA Academy of Cardiovascular & Pulmonary Physical Therapy Member – 2023 to present

## LICENSURE

*Licensed Physical Therapist*, Commonwealth of Pennsylvania

License Number: PT024129

Expiration: December 31, 2024

*Licensed Physical Therapist*, State of Maine

License Number: PT6538

Expiration: March 31, 2025