



## **CURRICULUM VITAE**

**Rebecca D. Ford, LMT, MOT, LOTR, CHT, CLT-UE**

**March 11, 2025**

**School of Allied Health Professions**

**Department of Occupational Therapy**

**Current Title: Clinical Instructor**

**Business Address:**

**1900 Gravier Street, Room 8A18**

**New Orleans, LA 70112**

**Business Telephone: 504-568-4309**

**Business email Address: rdubou@lsuhsc.edu**

**Initial Appointment at LSUHSC Date: Clinical Instructor**

**Current Academic Rank: Clinical Instructor**

**Date of Appointment to Current Rank: December 16, 2024**

### **Education:**

#### **Blue Cliff College**

Date of Graduation: April 2008

· Massage Therapy Diploma

#### **University of New Orleans**

Date of Graduation: August 2010

· Bachelor of Science in Psychology

#### **Louisiana State University Health Sciences Center- New Orleans**

Date of Graduation: May 2014

· Master of Occupational Therapy

### **Certification:**

#### **National Board for Certification in Occupational Therapy**

· Certification Number: 326938

· May 27, 2014-Present

#### **Hand Therapy Certification Commission**

· Certification Number: 201711025

· December 2017-Present

#### **Klose Training Upper Extremity Lymphedema Certification**

· Certification Number: KTUE12170306

· December 2017-Present

#### **LSVT BIG Certification- LSVT Global**

· March 6, 2025-Present

**Revised: January 2021**

**Revised: August 2024**

**Licensure:****Louisiana Board of Massage Therapy**

- License Number: LA9622
- May 2008-Present

**Louisiana State Board of Medical Examiners**

- License Number: OTT.200752
- June 2, 2014-Present

**Academic, Professional, and Research Appointments:****Massage Envy**

Title: Massage Therapist

Dates of Employment: October 22, 2008- December 20, 2012

- Provided customized massages to clients, educated them in massage modalities, and developed massage plans to assist clients in reaching their health goals.
- Participated in continuing education opportunities to ensure the continued delivery of current, evidenced-based massage therapy practices.

**Pulse Home Health**

Title: Occupational Therapist (part time)

December 31, 2017-March 31, 2020

- Provided occupational therapy services, including conducting evaluations, treatment planning, and carrying out treatment interventions in patients' homes to help them achieve maximum functional independence.
- Effectively communicated with patients, caregivers, family members, and other health care professionals to ensure optimal patient care and treatment outcomes regarding patient diagnoses and deficits.

**Jefferson Orthopedic Clinic**

Title: Occupational Therapist (part-time)

August 22, 2023-August 9, 2024

- Provided hand therapy services, including orthosis fabrication pre-operation and/or post operation in an orthopedic surgery outpatient clinic to adults and children with varying diagnoses/injuries.
- Effectively communicated with the referring surgeons to ensure maximum patient care and treatment outcomes.

**West Jefferson Medical Center (WJMC)**

*Kindred Healthcare 2014-2021*

*Lifepoint Healthcare 2021-2024*

Title: Occupational Therapist

June 2, 2014-December 13, 2024

- Provided occupational therapy services in an outpatient setting to adults and children with orthopedic and neurologic diagnoses.
- Effectively communicated with patients, caregivers, family members, and other health care professionals to ensure maximum patient care and treatment outcomes.
- Supervised occupational therapy students throughout their fieldwork rotations

**Louisiana State University Health Sciences Center- New Orleans (LSUHSC-NO)**

Title: Clinical Instructor in the Department of Occupational Therapy, School of Allied Health Professions

December 16, 2024-Present

**Awards and Honors:****Five years of Excellent Service Award**

Revised: January 2021

Revised: August 2024

Kindred Healthcare  
June 2019

## **TEACHING EXPERIENCE AND RESPONSIBILITIES**

### **Fieldwork Educator**

Summer 2015, 2016, 2017, 2018, 2019, 2024

Fall 2015, 2016, 2017, 2018, 2019

- Supervised level II occupational therapy students on their fieldwork at WJMC.
- Progressed students to evaluate and treat a full caseload of occupational therapy patients in an outpatient setting by the end of their fieldwork.
- Taught students about organizational and federal guidelines pertaining to patient care and fostered their documentation and clinic reasoning skills throughout their 12-week fieldworks.

### **Lymphedema Support Group Leader at WJMC**

September 2017-February 2020

- Discussed social and emotional health and wellbeing surrounding patients living with breast cancer related and other forms of lymphedema.
- Educated patients and caregivers regarding lymphedema care and precautions.
- Discussed changes in legislation regarding insurance coverage for lymphedema products to ensure patients receive necessary garments and equipment to manage their lymphedema independently.

### **Guest lecturer in the Department of Occupational Therapy at LSUHSC**

October 2017, 2018

- Lectured and conducted labs and competencies on basic orthosis fabrication.
- Educated students on various thermoplastic and orthosis accessory materials, as well as proper safety and handling techniques used when fabricating orthotic devices.
- Discussed patient diagnoses, as well as precautions when conducting orthosis fabrication.

### **Led monthly 'Learning Groups' for occupational therapy (OT) practitioners at WJMC**

February 2021-December 2024

- Reviewed and collaborated on current OT patients and treatment interventions utilized.
- Presented on various upper extremity orthopedic diagnoses and reviewed provocative testing and updated empirical data regarding patient diagnoses.
- Presented case-studies and "success stories" for recently discharged occupational therapy patients.

### **NeuroPLEX Community Supervising Occupational Therapist**

October 23, 2024-November 20, 2024

- Supervised groups of 2 or 3 occupational therapy students while they conducted evaluations and five weekly, 1-hour treatment sessions with community participants with a history of neurological diagnoses.
- Partnered with and supervised students from the physical therapy and speech therapy departments when conducting multidiscipline intake forms with participants just prior to their initial evaluations.

## **FORMAL COURSE RESPONSIBILITIES**

### **Other Teaching Experiences**

Revised: January 2021

Revised: August 2024

· Co-teaching the Occupational Therapy Pathophysiology and Medical Conditions course to first year students- Spring 2025

- Course planning, including scheduling guest lectures and coordinating with the pathophysiology instructor to make information understandable and relevant for students in the Master of Occupational Therapy Program.
- Lecturing on occupational therapists' role while working with patients with neurological and orthopedic diagnoses.
- Co-coordinating/teaching labs to educate Master of Occupational Therapy students how to accurately take vital signs, as well as normative values and appropriate course of action when these values fall out of normal ranges.

· Co-teaching the Occupational Therapy Orthopedic course to second year occupational therapy students-Spring 2025

- Course planning, including scheduling guest lectures and ensuring that the course syllabus and schedule meet ACOTE (Accreditation Council for Occupational Therapy Education) standards.
- Lecturing on various upper extremity orthopedic diagnoses and discussing updated evidence-based practice techniques, as well as therapeutic use of self when treating patients in this population.
- Co-conducting labs and competencies to ensure that students are understanding how to apply skills learned throughout the course in a clinical setting.

### **Graduate Student Research Projects**

Co-supervising second year students' Capstone Projects- Spring 2025

- A pre/post-test study for patients with Parkinson's Disease determining improved subjective confidence and social engagement following participation in a 4-week standard LSVT-Big treatment program.

### **Curriculum Development/Implementation:**

#### **Consultant for Synergy Massage Institute**

June 2021-February 2022

- Consulted with the owners of The Woodhouse Day Spa in their efforts to open multiple massage therapy schools in the New Orleans Metropolitan area to ensure the curriculum was in accordance with The Commission on Massage Therapy Accreditation guidelines.
- Educated non-massage therapy practitioners on an appropriate order and delivery of course content through a massage therapy program to optimize students' success.

### **Departmental/Interdisciplinary Teaching**

#### **Introduction to Orthoses Lecture and Lab to Second Year Doctor of Physical Therapy Students**

February 18-19, 2025

### **Graduate Capstone Project**

LSUHSC-NO, School of Allied health, Department of Occupational Therapy

Spring 2014

- Conducted a pre/post-test survey of minority women within the community regarding their current practice, comfort level, and perceived importance of completing self-breast cancer examinations, as well as regular, recommended screenings (i.e. mammograms) before and after receiving education and reviewing literature of the importance of early screening/detection.

Revised: January 2021

Revised: August 2024

- Created a Poster Presentation, entitled, *Breast Cancer Related Lymphedema: A Guide for Future Health Care Professionals* highlighting the importance of early education and screening/detection to decrease the likelihood of developing Breast Cancer Related Lymphedema.

#### **Grants and Contracts:**

**Grant Title: Susan G. Komen New Orleans Community Grants Program for Breast Health Programs**

**Funding Agency: Susan D. Komen New Orleans**

**Grant Number:**

**2017-2018: CG-FR-2017-LA102-WEST71-0002**

**Grant cycle: April 1, 2017-March 31, 2018)**

Total Funding awarded: \$30,000

Role: Co-grant writer (50% effort)

**2018-2019: CGA-2018-LA102-WEST71-00002**

**Grant cycle: April 1, 2018- March 31, 2019**

Total Funding awarded: \$15,000

Role: Sole grant writer (100% effort)

#### **Major Areas of Research Interest:**

- 1.) Explore the role of occupational therapy in patients suffering from post-chemotherapy generalized joint pain and neuropathy. Investigating how this especially impacts patients post mastectomy, who are often also experiencing lymphedema and unilateral upper extremity/upper quadrant pain, tightness and paresthesia.
- 2.) Compare the efficacy of a multi-discipline functional restoration program, including occupational therapy, in comparison with a standard exercise program alone for patients living with chronic pain.
- 3.) Perform a systematic review of subjective functional outcome measure tools that are currently being used by occupational therapists treating orthopedic patients in an outpatient setting to determine which tool most accurately represents patients' subjective views of current levels at evaluation, throughout treatment, and at discharge.

#### **Invited Presentations:**

**Breast Health and Lymphedema Treatment**

Westwego Rotatory Club

October 8, 2018

**Hand Therapy and the Difference between Physical and Occupational Therapy**

Westwego Rotary Club

February 10, 2020

#### **Videos, Electronic Media, and Multimedia:**

**I created an instructional video for upper extremity compression wrapping with short stretch compression bandaging for patients with breast cancer related lymphedema**

- This was shared with patients and caregivers of current patients seen at the WJMC outpatient lymphedema program to increase safety, effectiveness, and compliance with compression wrapping.

Revised: January 2021

Revised: August 2024

- This was also shared with WJMC Inpatient Rehabilitation Occupational Therapists.

## **SERVICE AND ADMINISTRATION**

### **Committee Involvement:**

#### **WJMC Cancer Committee**

December 2018-October 2021

- Educated and collaborated with health care professionals on the role of occupational and physical therapy in cancer rehabilitation.
- Explained the provider referral and insurance authorization process for outpatient occupational and physical therapy to members from other departments at WJMC.
- Discussed limitations in patient care/outcomes related to insurance approval, patient compliance, and delayed start of therapy.

#### **LSUHSC- SAHP Clinical Coordinator/Clinics Committee**

January 3, 2025-present

- Contributing to the development of an orthopedic hand clinic within the occupational therapy department, as well as a clinic focused on treating breast cancer-related lymphedema and associated deficits.

### **Clinical Service:**

Credentialing process *in progress* to begin holding clinic hours at Louisiana State University Health Sciences Center, School of Allied Health Professions in the Department of Occupational Therapy.

- *I plan to treat ~ 2-5 hours/week, with a focus on treating upper extremity orthopedic patients, as well as patients with a diagnosis of upper extremity, specifically breast cancer related lymphedema.*

### **Membership in Professional Organizations:**

#### **American Occupational Therapy Association**

2024-Present

#### **Louisiana Occupational Therapy Association**

2024-Present

### **Community Service Activities:**

#### **Group Leader at the Covenant House in New Orleans, Louisiana**

Dates of Involvement: October 30, 2012-March 19, 2013

- Facilitated group discussions regarding various current events and personal topics to promote effective communication and conflict resolution among adolescents displaced from their homes.

#### **LSVT-BIG Support group at Touro Hospital**

Dates of Involvement: January 15, 2025-present

- Facilitated group discussions regarding various current events and personal topics to promote effective communication and conflict resolution among adolescents displaced from their homes.

### **Continuing Education Courses:**

#### **Swedish massage for Professionals**

October 29, 2009

Institute for Integrative Healthcare

#### **Prenatal Massage Fundamentals**

November 11, 2010

Revised: January 2021

Revised: August 2024

Institute for Integrative Healthcare

**Thai Yoga Massage**

September 24, 2011

Institute for Integrative Healthcare

**Psychology of the Body**

December 9, 2012

Institute for Integrative Healthcare

**Understanding Sports Massage**

December 31, 2013

Institute for Integrative Healthcare

**Lymphatic Drainage Massage**

March 11, 2014

Institute for Integrative Healthcare

**Parkinson's and Movement Disorders**

August 2015

Kindred Healthcare

**StrokeHelp Series**

- **Self-care**
- **Bed Positioning and Mobility**
- **Wheelchair Transfers and Standing Safely**
- **Preventing Shoulder Pain**
- **Improving Function and Awareness**

September 8, 2016

Medbridge

**Custom Hand and Wrist Orthosis Fabrication in the Clinic**

July 31, 2017

**Fundamentals of Lymphology and Lymphedema Diagnosis**

**Lymphedema Gold Standard Therapy: Risk Management and Adaptation**

**Cancer Rehabilitation**

August 2, 2017

Medbridge

**Facilitation of Higher Level Gait Activities Using NDT Handling Techniques**

August 26-27, 2017

Neuro-developmental Treatment Association

**Innovative Treatments for the Hand, Wrist, and Elbow**

September 9, 2019

Summit Professional Education

**Swelling, Edema, and Lymphedema**

September 18, 2019

Summit Professional Education

**Overcoming Challenges in Stroke Rehab**

July 30, 2020

Summit Professional Education

**Arthritis, Osteoporosis, and Osteopenia**

July 31, 2020

Summit Professional Education

**Chronic Pain Solutions**

September 8, 2021

Summit Professional Education

**Rotator Cuff Disorders**

September 8, 2021

Revised: January 2021

Revised: August 2024

Summit Professional

**Functional Amputee Rehabilitation**

July 19, 2022

Summit Professional Education

**Essential Assessment and Treatment Strategies for Pediatric Orthopedic Dysfunction**

July 25, 2022

Summit Professional Education

**Shoulder Disorders**

August 21, 2023

Summit Professional Education

**Therapeutic Yoga: Biopsychosocial Applications for Rehabilitation**

September 5, 2023

Summit Professional Education

**Myofascial Manual Therapy**

September 6, 2023

Summit Professional Education

**Pediatric Behaviors Series**

- **Part 1: Identifying Behaviors**
- **Part 2: Examining Approaches**
- **Part 3: When and How to Implement Strategies into Practice**
- **Part 4: Integrating Strategies into Practice**

September 11-14, 2024

Medbridge

**Executive Functioning Skills: Strategies for Children with ADHD and SPD**

September 29, 2024

Medbridge

**Treating Cerebral Palsy in Children Birth to 3 years: Diagnosis, Presentation, and Evaluation**

November 10, 2024

Medbridge

**Orthopedic Massage**

March 2, 2025

Institute for Integrative Healthcare

Revised: January 2021

Revised: August 2024