

CURRICULUM VITAE
SHEILA A. DUGAN, M.D.
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CURRICULUM VITAE

SHEILA A. DUGAN, M.D.

PERSONAL DATA

Office Address: University Physical Medicine and Rehabilitation
Rush University Medical Center
Rush Professional Building
1725 W. Harrison, Suite 970
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Place of birth: Cleveland, Ohio

EDUCATION

High School Lakewood High School
Lakewood, Ohio
1981

College University of Chicago
Chicago, Illinois
A.B., Biological Sciences
1985
Distinctions: General Honors

Northwestern University
Chicago, Illinois
B.S., Physical Therapy
1986

Medical School University of Illinois School of Medicine
Chicago, Illinois
M.D.
1994
Distinctions: Class President

POST GRADUATE TRAINING

Internship Preliminary Internal Medicine

University of Chicago
Chicago, Illinois
July 1, 1994-June 30, 1995

Residency Physical Medicine & Rehabilitation
Northwestern University/Rehab Institute of Chicago
Chicago, Illinois
July 1, 1995 – June 30, 1998
Distinction: Chief Resident
July 1, 1997 – June 30, 1998

FACULTY APPOINTMENTS

Instructor-Department of Physical Medicine and
Rehabilitation, Northwestern University, 1997-1998

Instructor-Department of Physical Medicine and
Rehabilitation, Harvard University, Boston 1998-2001

Assistant Professor-Department of Physical Medicine and
Rehabilitation, Rush University Medical Center, 2001-2008

Associate Professor-Department of Physical Medicine and
Rehabilitation, Rush University Medical Center, 2008-
present

ADMINISTRATIVE APPOINTMENTS

Current Medical Director, University PM&R
April 2006 to present

Women's Health Strategic Planning
Rush University Medical Center
Chicago, Illinois
April 2006 to present

Co-Director, Program for Abdominal and Pelvic Health
Rush University Medical Center
Chicago, Illinois
September 2004 to present

Previous Director, Women's Spine Program
Chicago Institute of Neurosurgery & Rehabilitation
Chicago, Illinois
2001 - 2006

Medical Director, Spaulding Neighborhood Rehab Center
Spaulding Rehabilitation Hospital
Boston, Massachusetts
1998 – 2001

Director of Musculoskeletal Rehabilitation
Spaulding Rehabilitation Hospital
Boston, Massachusetts
1998 - 2001

President, Sheila A. Dugan, P.T., Inc.
Contract Physical Therapist Company
1989 - 1991

HOSPITAL MEDICAL STAFF APPOINTMENTS

Current	Rush University Medical Center, Chicago, Illinois Active Staff-2001 to present
	Elmhurst Memorial Hospital, Chicago, Illinois Active Staff-2001 to present
Previous	Gottlieb Memorial Hospital, Melrose Park, Illinois Active Staff-2006 to 2008 Neuro and Ortho Institute of Chicago, Illinois Active Staff-2002 to 2006 St. Joseph Hospital, Chicago, Illinois Active Staff- 2003 to 2005 Illinois Masonic Medical Center, Chicago, Illinois Active Staff- 2003 to 2004 Spaulding Rehabilitation Hospital, Boston, Massachusetts Active Staff- 1998 to 2001 Massachusetts General Hospital, Boston, Massachusetts Active Staff- 1998 to 2001 Brigham and Women’s Hospital, Boston, Massachusetts Active Staff- 1999 to 2001

HEALTH CARE ORGANIZATIONS-BOARDS/COMMITTEES

Current	Rush University Medical Center Diversity Leadership Committee Member ADA Task Force Member American Academy of PM&R Foundation Board Member Research Committee Member
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Foundation Musculoskeletal Task Force Member
American College of Sports Medicine
Board Member
Chair, Strategic Health Initiative for Women, Sports
& Physical Activity
Pronouncement Committee Member
Women's Health Foundation
Board Member
Development Committee Member

Previous

Rush University Medical Center
Marketing & Strategic Planning for Women Group
Member at Large-Medical Executive Committee
Search Committee – Preventive Medicine Chair
Search Committee – PM&R Chair
American Academy of PM&R
Finance Committee
Research Task Force
Marketing Task Force
Physiatric Association of Spine, Sports and Occup Med
Chair, Webpage Advisory Board
Secretary/Treasurer
Vice-President
President and Board Member
Chair, Awards Committee
Chicago Institute of Neurosurgery and Neurorehabilitation
IRB Committee
Partners Healthcare
Patient Education Sub-Committee
Rehabilitation Institute of Chicago
Medical Chairman Committee
Ethics Committee

PROFESSIONAL SOCIETIES

Alpha Omega Alpha Medical Honor Society
American Academy of Physical Medicine & Rehabilitation
American Association of Neuromuscular and
Electrodiagnostic Medicine
American College of Sports Medicine
American Congress of Rehabilitation Medicine
Association of Academic Physiatrists

PRESENTATIONS AND COURSE DIRECTORSHIPS

Invited National Presentations

Dugan, SA, Bull M, Fillmore J, Gittler M, Godbold L, Sells J. Consumer Forum: The Role of Rehabilitation in Injury Prevention, Panel Presenter, 57th Annual Assembly of the American Academy of PM&R, Chicago, Illinois, October 1996

Dugan, SA. Introduction to the Female Athlete Triad, Platform Presenter, 59th Annual Assembly of the American Academy of PM&R, Seattle, Washington, November 1998

Dugan, SA. Evaluating for the Female Athlete Triad, Platform Presenter, 60th Annual Assembly of the American Academy of PM&R, Washington, D. C., November 1999

Dugan, SA. Shoulder Injuries in the Female Athlete, Platform Presenter, 13th Annual Conference on Exercise Sciences and Sports Medicine “Women, Exercise and Sport”, University of Puerto Rico School of Medicine, San Juan, Puerto Rico, March 1999

Dugan, SA. Knee Injuries in the Female Athlete, Platform Presenter, 13th Annual Conference on Exercise Sciences and Sports Medicine “Women, Exercise and Sport”, University of Puerto Rico School of Medicine, San Juan, Puerto Rico, March 1999

Dugan, SA. Back Pain: Diagnosis and Management, Presenter at the Harvard Medical School Continuing Education Course, “Primary Care of Women”, Cambridge Massachusetts, July 1999

Dugan, SA. Post Surgery to Post Rehab: The Functional Residual Deficit, Presenter, American College of Sports Medicine Mid-Atlantic Chapter Meeting, Ithaca, New York, October 1999

Dugan, SA. Athletic Injuries in Women, Presentation at the Harvard Medical School Continuing Education Course “Primary Care of Women”, Cambridge, Massachusetts, July 2000

Dugan, SA. Upper Extremity Pain, Presenter at the Harvard Medical School Continuing Education Course “Pri-Med”, Boston, Massachusetts, September 2000

Dugan, SA. Pumping Iron Without Injury, Platform Presenter, 61st Annual Assembly of the American Academy of PM&R, San Francisco, California, November 2000

Dugan, SA. Managing Low Back Pain in the Elderly, Platform Presenter, 61st Annual Assembly of the American Academy of PM&R, San Francisco, California, November 2000

Dugan, SA. Stress Fracture Rehabilitation, Platform Presenter for PASSOR, 61st Annual Assembly of the American Academy of PM&R, San Francisco, California, November 2000

Dugan, SA. The Older Athlete: A Biomechanical Approach, Platform Presenter, 37th Annual Education Conference of the Association of Academic Physiatrists, Hilton Head, South Carolina, March 2001

Dugan, SA. Examination of the Lumbar Spine, Workshop Presenter, 48th Annual Meeting of the American College of Sports Medicine, Baltimore, Maryland, June 2001 and 49th Annual Meeting of the American College of Sports Medicine, St. Louis, Missouri, June 2002

Dugan, SA. Upper Extremity Pain, Presenter at the Harvard Medical School Continuing Education Course “Pri-Med Midwest”, Chicago, Illinois, June 2002

Dugan, SA. Rehabilitation of Spinal Cord Injury, Platform Presenter at the 2nd Annual World Spine Conference, Chicago, Illinois, August, 2003

Dugan, SA. Lumbar Spine Surgical Approaches for Surgeons and Non-Surgeons: Pain Management Techniques, Platform Presenter at the 2nd Annual World Spine Conference, Chicago, Illinois, August, 2003

Dugan, SA. Physical Activity: Key to Women’s Health. Presenter at Camp World WIT (Women, Insights, Technology) “Women in the Lead” Annual Retreat, Lake Geneva, Wisconsin, May, 2004

Dugan, SA. Male with Rectal Pain, Presenter at Bowel and Bladder SIG, AAEM 2004 Annual Meeting, Savannah, Georgia, November, 2004

Dugan, SA. Functional Fitness, Platform presenter at the 13th Congress on Women’s Health, Hilton Head, South Carolina, June, 2005

Dugan, SA. Borg-Stein JA, Mottola M. Neuropathies of Pregnancy and the Puerperium, Symposium Presenter, “Musculoskeletal Aspects of Pregnancy”, 66th Annual Assembly of the American Academy of PM&R, Philadelphia, Pennsylvania, October 2005

Dugan, SA. Impact of Physical Activity During Pregnancy and Postpartum on Chronic Disease Risk: Musculoskeletal Issues, Symposium Presenter, 53rd Annual Meeting of the American College of Sports Medicine Annual Meeting, Denver, Colorado, June 2006

Dugan SA. PASSOR Lower Extremity Course: Hip Cases. Platform presenter at 67th Annual Assembly of the American Academy of PM&R, Honolulu, Hawaii, November 2006

Dugan SA. Physical Activity and Bone Health: What is the Evidence? Platform presenter at 67th Annual Assembly of the American Academy of PM&R, Honolulu, Hawaii, November 2006

Dugan, SA. Pelvic Floor: Fitness for Pelvic Dysfunction. Symposium presenter, Medical Fitness Association Annual Meeting, Las Vegas, Nevada, November 2006.

Dugan, SA. ACL Injuries in Children. Presenter at University of Puerto Rico College of Medicine 21st Annual Sports Medicine Conference, San Juan, Puerto Rico, March 2007.

Dugan, SA. Neuromuscular Training in Prevention of Ligament Injuries. Presenter at University of Puerto Rico College of Medicine 21st Annual Sports Medicine Conference, San Juan, Puerto Rico, March 2007.

Dugan, SA. Non-operative Approaches to Vertebral Compression Fractures, Symposium Presenter, Aging Spine Conference, Chicago, Illinois, May 2007

Dugan, SA. The Pelvic Floor and the First Postpartum Year, Symposium Presenter, 54th Annual Meeting of the American College of Sports Medicine Annual Meeting, New Orleans, Louisiana, May 2007

Dugan, SA. ACL Tears in Girls and Women. Platform presenter at 68th Annual Assembly of the American Academy of PM&R, Boston, Massachusetts, September 2007

Dugan SA. Menopause, Physical Activity and Health Outcomes: An Update from the SWAN Study. Tutorial lecture at 55th Annual Meeting of the American College of Sports Medicine, Indianapolis, Indiana, May 2008

Dugan SA. Pelvic Floor Dysfunction: Assessment and Treatment. Symposium at 55th Annual Meeting of the American College of Sports Medicine, Indianapolis, Indiana, May 2008

Dugan, SA. Pelvic Floor Physical Examination for the Physiatrist. Workshop presenter at 69th Annual Assembly of the American Academy of PM&R, San Diego, California, November 2008

Dugan, SA. Obesity: Epidemiology, Impact and Treatment in Special Populations (Part 1: Pediatrics and Women). Platform presenter at 69th Annual Assembly of the American Academy of PM&R, San Diego, California, November 2008

Dugan SA. Non-operative Care of the Aging Spine Patient. Presenter at the Annual Aging Spine Conference, Chicago, Illinois, March 2009

Dugan SA. The Pelvic Floor: Childbearing and Other Issues Related to Pelvic Health. 13th Annual ACSM Health and Fitness Summit Women's Health Pre-Conference, Atlanta, Georgia, March 2009.

Dugan SA. The Pelvic Floor and Pelvic Girdle in Pelvic Pain Presentations. Clinical lecture at 56th Annual Meeting of the American College of Sports Medicine, Seattle, Washington, June 2009.

Dugan SA. Helping a breast cancer survivor to be a thriver: Interventions immediately after primary cancer treatment. Symposium Presenter, 56th Annual Meeting of the American College of Sports Medicine, Seattle, Washington, June 2009.

Course Director

Dugan, SA. "Update in Women's Musculoskeletal Care", CME Symposium at Rush University Medical Center, November 2002. Inviter Speakers included Drs. Sheila Dugan, Charlotte Harris, Roya Rezaee, Vesna Skul and Kathleen Weber.

Dugan, SA. "CINN Spring Spine Series", Rush CME Symposium at Neurologic & Orthopedic Institute of Chicago and Rush North Shore Medical Center, Spring 2004. Invited Speakers included Drs. Sheila Dugan, Lawrence Frank, Daniel Hurley, John Ratliff and Noam Stadlan.

Dugan, SA, Brand, MI. "Managing the Challenges of Pelvic Floor Symptoms: Practical Approaches to Pain, Incontinence and Prolapse", CME Symposium at Rush University Medical Center, October 2005 and "From Primary Care to Surgical Care-A Multidisciplinary Approach to Managing the Female Pelvic Floor" October 2006. Invited Speakers included Drs. Marc Brand, Sheila Dugan, Lev Elterman, Jerome Hoeksema, Tracey Hull, Laurie Keefer, Ali Keshavarzian, Carline Quander, Raymond Rackley, and Bruce Rosensweig.

Dugan, SA. "Update on Osteoporosis". Platform presentation at 68th Annual Assembly of the American Academy of PM&R, Boston, Massachusetts, September 2007. Invited Speakers included Merhsheed Sinaki and Miriam Nelson.

Invited National Chair/Discussant

Dugan, SA. Discussant for Free Communication/Thematic Poster Session on Brachial Plexopathy, 50th Annual American College of Sports Medicine Meeting San Francisco, California, May, 2003

Dugan, SA. Presenter and Discussant for 2005 ACSM/CEC Round Table on "Exercise and Pregnancy: The Benefits of Exercise on Long-term Chronic Medical Conditions". Member of Invited Expert Panel with Critical Review of Literature Regarding Musculoskeletal Impact of Exercise and Pregnancy, Lansing, Michigan, March 2005

Dugan, SA. Discussant for Case Presentations on Hip and Thigh Pain, 52nd Annual American College of Sports Medicine Annual Meeting, Nashville, Tennessee, May, 2005

Dugan, SA. Discussant for Case Presentations on Lower Leg Pain, 52nd Annual American College of Sports Medicine Annual Meeting, Nashville, Tennessee, May, 2005

Dugan, SA. Chair for Case Presentations on Knee Pain, 53rd Annual American College of Sports Medicine Annual Meeting, Denver, Colorado, May, 2006

Dugan, SA. Discussant for Case Presentations on Low Back Pain, 54th Annual American College of Sports Medicine Annual Meeting, New Orleans, Louisiana, May, 2007

Visiting Professorship

Dugan, SA. Athletic Injuries in Women: Visiting Professor, Prince Fellow Lecturer, Rehabilitation Institute of Chicago, Chicago, Illinois, May, 2001

Selected Local Intramural and Extramural Lectures

Dugan, SA. The Knee: Anatomy, Biomechanics and Clinical Considerations, Presenter Department of PM&R, Harvard University Medical School, Boston, Massachusetts, September 1998 and April 2001

Dugan, SA. Rehabilitation of the Elite Athlete, Presenter Department of PM&R, Harvard University Medical School, Boston, Massachusetts, September 1998 and April 2001

Dugan, SA. Common Lower Extremity Musculoskeletal Injuries in Marathoners Spaulding Rehabilitation Hospital Annual Marathon Clinic, Boston, Massachusetts, January 1999, 2000 and 2001

Dugan, SA. Rehabilitation of Hip Fractures, Presenter, Meeting of Division of Rehabilitation Medicine, Harvard University Medical School, Boston, Massachusetts, April 1999

Dugan, SA. Screening for Musculoskeletal System Disease, Course Presenter, Massachusetts General Hospital, Institute of Health Professions, Boston, Massachusetts, June 1999, 2000, 2001

Dugan, SA. Osteoporosis: Diagnosis and Management, Presenter,

Spaulding-Brighton Center Community Health Fair, Boston, Massachusetts, June 1999

Dugan, SA. Musculoskeletal and Neuromuscular Complications of Pregnancy, Labor and Delivery, Presenter, Medical Grand Rounds, Baystate Medical Center, Springfield, Massachusetts, December 1999

Dugan, SA. Evaluation and Management of Low Back Pain, Presenter. Massachusetts Institute of Technology, University Health Service, Boston, Massachusetts, March, 2000

Dugan, SA. Sports Injuries in Females, Presenter, Medical Grand Rounds, Newton Wellesley Hospital, Newton, Massachusetts, July, 2000

Dugan, SA. Physical Medicine and Rehabilitation Management of Musculoskeletal Problems, Presenter, Rheumatology Fellow Lecture Series, Brigham and Women's Hospital, August 2000

Dugan, SA. Electrodiagnostic Testing in Lumbosacral Radiculopathy, Presenter, Department of Physical Medicine and Rehabilitation Harvard University Medical School, Boston, Massachusetts, October 2000

Dugan, SA. Upper Extremity Mononeuropathy, Presenter, Department of Physical Medicine and Rehabilitation, Harvard University Medical School, Boston, Massachusetts, October 2000

Dugan, SA. Women and Exercise: Health Benefits. Presenter, Department of Medicine Grand Rounds, Rush Medical College, Chicago, Illinois, July 2002

Dugan, SA. Run Right with Rush: Common Running Injuries and Their Prevention. Presenter, Rush University Medical Center Community Lecture, Chicago, Illinois, October, 2002

Dugan, SA. A Guide to the Health Club, Presenter, Elmhurst Memorial Hospital Community Health Event, Elmhurst, Illinois, November, 2002

Dugan, SA. Low Back Pain: Physical Examination and Management Pearls, Presenter, Rush Medical School CME Course "Update in Women's Musculoskeletal Care, Chicago, Illinois, November 2002

Dugan, SA, Karoghlanian V Evaluation of Lumbar Spine, Workshop Presenter, Rush Medical School CME Course "Update in Women's Musculoskeletal Care, Chicago, Illinois, November 2002

Dugan, SA. Spine Anatomy and Assessment, Presenter, CINN Annual CNRN Review Course, Elmhurst, Illinois, February, 2003

Dugan, SA. Physical Examination of the Lumbar Spine and Lower Extremities, Presenter, Department of Neurosurgery, Rush Medical College, Chicago, Illinois, August, 2003

Dugan, SA, Brand MI. Beyond Kegel Exercises: Pelvic Health, Presenter, NBC 5 Health Expo, Chicago, Illinois, January, 2004

Dugan, SA, Evans, M. Osteoporosis and Exercise, Presenters, Elmhurst Memorial Hospital Community Health Event, Elmhurst, Illinois, January, 2004

Dugan, SA. The Physiatric Approach to Female Patients: Gender-Based Musculoskeletal Medicine, Invited Speaker for Rehabilitation Institute of Chicago PM&R Grand Rounds, Chicago, Illinois, May, 2004

Dugan, SA. Pain: From Neurophysiology to Practice, Presenter at monthly Women's Heart Center Meeting, Rush University Medical Center, Chicago, Illinois, May, 2004

Dugan, SA and Stadlan, N. Non-operative and Operative Approaches to Lumbar Pain, Presenter, "CINN Spring Spine Series", CME Symposium at Neurologic & Orthopedic Institute of Chicago, Chicago, Illinois, June, 2004

Dugan, SA. Exercise the Fountain of YOUth, Presenter, Elmhurst Memorial Hospital Community Women's Health Event, Elmhurst, Illinois, October, 2004

Dugan, SA. Beyond Kegel Exercises: Additional Approach for Your Pelvic Health, Presenter, Rush Community Education Program, Oak Park, Illinois, October, 2004 and Chicago, Illinois, May, 2005

Dugan, SA, Deutsch H. Low Back Pain: The Physiatric Approach. Presenters, NBC 5 Health Expo, Chicago, Illinois, January, 2005

Dugan, SA, Brand, MI. Beyond Kegel Exercise: Pelvic Health, Presenters, Department of Obstetrics and Gynecology Grand Rounds, Rush University Medical Center, Chicago, Illinois, April, 2005

Dugan, SA, Hurley DJ, Stadlan, N. Getting Back to Work Quickly, Presenter, CINN Workman's Compensation Symposium, Skokie, Illinois, May, 2005

Dugan, SA. Women's Middle Ages and Pelvic Health. Invited Speaker, CEU Symposium: "Physical Therapy and Women's Health", Homer Glen, Illinois, June, 2005

Dugan, SA, Brand, MI. Pelvic Floor Suffering from Pain and Incontinence, Presenters, Department of Medicine Grand Rounds, Rush University Medical Center, Chicago, Illinois, June, 2005

Dugan, SA, Brown, JT, Morrell D. Surgical and Non-surgical Approaches to Lumbar Spinal Stenosis, Presenters, Elmhurst Memorial Hospital Community Health Event, Elmhurst, Illinois, September, 2005

Dugan, SA. Chronic Pelvic Pain: A Challenge and an Opportunity. Invited Speaker, Rush CME Course "Managing the Challenges of Pelvic Floor Symptoms: Practical Approaches to Pain, Incontinence and Prolapse", Chicago, Illinois, October 2005

Dugan, SA. Surgery for Breast Cancer: Musculoskeletal Considerations. Presenter at monthly Rush Breast Cancer Program Meeting, Rush University Medical Center, Chicago, Illinois, December, 2005

Dugan, SA. Pain and Musculoskeletal Problems Associated with Perimenopausal Changes in Active and Sedentary Women, Presenter at East Bank Club Women's Health Week, Chicago, Illinois, January, 2006

Dugan SA, Soltes B, Youngbrandt J. Women's Health-Approaches to The Pelvic Floor for Nurse Practitioners. Continuing Education lecture for NP's, Tinley Park, Illinois, March 2006

Dugan SA, Latchamsetty C, Quander C, Rosenzweig B. Approach to Pelvic Floor Dysfunction in the Elderly, Moderator, Gerontology Grand Rounds, Rush University Medical Center, July, 2006

Dugan SA, Brand M. Managing the Challenges of the Pelvic Floor. Community Symposium to Northwest Indiana PCP's and surgeons, May, 2007.

RESEARCH

Interests

Women's Health
Pain and menopause
Physical activity and menopause
Intra-abdominal fat (IAF) and exercise in women
Vulvodynia and multidisciplinary care
Diastasis Rectus Abdominus (DRA)
Low back pain in pregnancy
Knee pain in female athletes

Female athlete triad: prevalence in collegiate athletes
Bone health in girls and women

Current Projects

Relationship of Moderate Physical Activity and IAF
Physical Activity in Midlife Women and Pain and Function
DRA and Pelvic Floor Dysfunction
Physical Activity and Bone Health in Girls and Adolescents
Chair Based Exercise Program: Women in Assisted Living

GRANT AND RESEARCH SUPPORT

Grant No.:U01 HL 097894-01 (PI – Powell)
Source: NHLBI

Project Dates: 09/30/2009-4/30/2014

Effort on the study: 15%

Title: Obesity Related Behavioral Intervention Trials
(ORBIT)

The major goals of this study are to develop and perform an intervention to increase physical activity and reduce stress in midlife black and white women to reduce development of menopause related visceral fat.

Grant No. P50 HL 105189-01 (PI – Powell)
Source: NHLBI

Project Dates: 09/30/1994-4/30/2014

Effort on the study: 15%

Title: Rush Center for Urban Health Equity

The center has as its mission the reduction of health disparities in cardio-metabolic risk and cardiopulmonary diseases. The Center fulfills its mission by conducting rigorous community-based behavioral clinical trials to test multilevel interventions to reduce the physiologic burden associated with lifetimes of exposure to major and traumatic life stressors. It includes a Training and Career Development Core, Stress Core and Administrative Core along with 3 inter-disciplinary, multi-level studies.

Grant No.: U01 AG 12505 (PI - Powell)
Source: NIH/NIA

Project Dates: 09/30/1994-4/30/2014

Effort on the study: 10%

Title: The Study of Women's Health Across the Nation
(SWAN)

The major goals of this study are to examine biobehavioral

and cultural aspects of the Menopausal transition in women from five racial/ethnic groups as they transition from premenopause to postmenopause.

Grant No.: 1 R01 HL 67128-01 (PI – Powell)

Source: NIH/NHLBI

Project dates: 04/01/2002-03/31/2007

Effort on the study: 10%

Title: A Longitudinal Study of the Menopause and Fat Patterning

The primary aim of the trial is to determine the distribution of fat while women go through the menopausal transition.

Grant No: Pfizer IIR GA9001TS (PI-Dugan)

Source: Pfizer Global Investigator-Initiated Research

Project Dates: 04/17/08-04/16/09

Effort on the study: .05%

Title: Adaptation of Fitness Class to Women in Assisted Living with Overactive Bladder (OAB)

The major goals of the study are to study the capacity of a seated pelvic and trunk exercise program and educational program to improve bladder control in elderly women living in an assisted environment/nursing home setting.

Grant No: RRF 1424 (PI-Dugan)

Source: Research Retirement Foundation

Project Dates: 03/17/08-03/16/09

Effort on the study: .05%

Title: Development and Feasibility Study of a Chair-Based Bladder Health Program for a Limited-Mobility Senior Population

The major goals of the study are to adapt a previously validated floor based pelvic and trunk exercise program and educational program to improve bladder control to a seated program for older women with limited mobility.

Harvard Department of Physical Medicine and Rehabilitation Mini-Grant.

Study Number R10983 (PI – Dugan)

Title: “A Pilot Study of Functional Outcome Measures of Musculoskeletal Outpatients Treated in the Spaulding Network” 09/98 – 10/00

CINN Foundation Grant (PI - Dugan)

Title: “The Relationship Between Physical Activity and Back Pain During Pregnancy”

Co-investigators with Drs. McElroy and Pombar, Rush Department of Obstetrics and Gyn

TEACHING

Graduate

Northwestern University Medical School

Residency-Physical Medicine and Rehabilitation

1997 - 1998 – 400 hours annually

Organize weekly didactics, journal club, sign-out rounds; cadaver program; EMG supervision

Harvard Medical School

Residency-Physical Medicine and Rehabilitation

1998 – 2001 – Spaulding Rehabilitation Hospital

1200 hours annually. Quarterly didactics, monthly

Physical exam and EMG workshops; PGY 2-4

Outpatient rotations supervising ambulatory care

Residency-Primary Care Internal Medicine

1998 – 2001 Brigham and Women's Hospital

12 hours annually. Musculoskeletal exam, didactics and peripheral joints injections

Residency-Women's Health Center of Excellence

1999 – 2001 Massachusetts General Hospital

25 hours annually. Musculoskeletal exam, didactics and supervise ambulatory clinic care

Fellowship – 1998 – 2001 Anesthesia Pain Program at Massachusetts General Hospital

6 hours annually. Musculoskeletal exam pain patient

Rush University

Residency in Physical Medicine and Rehabilitation

2001-present – 600 hours annually

1.) PGY-4 Outpatient Rotation quarterly

Objectives include: Musculoskeletal H &P, clinical reasoning, and treatment planning; Introduction to pelvic floor anatomy and neurophysiology and multidisciplinary care; EMG clinical teaching

2.) Workshops on Physical Examination

3.) Didactic Lectures on Pelvic Floor and Anatomy

4.) Annual anatomy prosection course instruction

Residency in Neurosurgery 2001 – present

8 hours annually. Didactics in EMG and

Musculoskeletal Care, supervise ambulatory clinic

Fellowships in Primary Care Sports Medicine, 2005
– present, 3 hours annually. Didactics in disabled athletes and pelvic floor issues in athletes.

Allied Health

MGH Outpatient Physical Therapy Didactics/Cases
1998 - 2001 – 2 hours/year
MGH Institute of Health Professions-PT Didactics
1999-2001 – 2 hours/year
Nursing for Neuroscience Course-CINN
2002 - 2004 – 1.5 hours/year
Rush Outpatient Physical Therapy Didactics/Cases
2001 to present - 2 hours/year

Additional

Partners Healthcare
1998 – 2001 Spaulding Rehabilitation Hospital System
25 hours annually Developed and implemented ‘Spine Care and Conditioning’ an evidence based protocol for PM&R and PT ambulatory management of spine pain
1999-2001 SRH/BWH/MGH 12 hours annually
Developed and implemented primary care curriculum for musculoskeletal physical examination

Chicagoland Pelvic Floor Journal Club and Research Consortium, 2002 – present. 10 hours annually.
Developed and organize bi-monthly meeting of pelvic floor practitioners for critical review of literature. Invite guest speakers and present on interdisciplinary topics.

SPECIALTY CERTIFICATION

Diplomat, The American Board of Physical Medicine and Rehabilitation, 1999
Certificate # 5963

Diplomat, The American Board of Physical Medicine & Rehabilitation, Subspecialty of Pain Medicine, 2003
Certificate # 417

Diplomat, The American Board of Electrodiagnostic Medicine, 2003
Certificate # 2787

Diplomat, The American Board of Physical Medicine & Rehabilitation, Subspecialty of Sports Medicine, 2010
Certificate # TBD

LICENSURE

State of Illinois, License # 036-105444

HONORS AND DISTINCTIONS

College

Solomon Manaster Full Academic Scholarship 1981-1985

Medical School

President Elect, University of Illinois, 1994
Alpha Omega Alpha Medical Honor Society 1994
William J. Grove Outstanding Student, 1994
Tom C. Reeves Memorial Award, 1993
Nathan O. Noah Scholarship, 1991-1994
Mary Amanda Anderson Scholarship, 1991-1992

Residency

Chief Resident, RIC, 1997-1998
Scholl Foundation Research Fellowship, 1996
Meyer S. Gunther Award, 1996

Attending

Outstanding Teacher 2006- Rush Department of PM&R
Partners In Excellence Award 2000-Partners Healthcare
Teacher of the Year 1999 – Harvard Department of PM&R

COMMUNITY ACTIVITY

Rehabilitation Topics

Think First Brain Injury Prevention Program, 1994-1998
Partners in Peace Violence Prevention Program, 1996
Kids Set Sail-Adaptive Sailing Program, 1999-2001

Sports Medicine Coverage

Lesley College Women's Soccer Team, 1998-2001
US Figure Skating Precision Invitational, 1999
Boston Marathon Elite Runners Finish Line, 1999-2001
Varsity Athletes Lecture Chicago Public Schools, 2002
US Paralympics Salt Lake City Winter Games, 2002
US Soccer, U19 National Team, Mexico City, 2007

Women's Promotion

Futures Unlimited Girls Careers in Math & Science, 2003

BIBLIOGRAPHY

Peer Reviewed Journals

Dugan SA, Everson-Rose SA, Karavolos K, Avery EF, Wesley DE, Powell LH. Physical Activity and Reduced Intra-abdominal Fat in Midlife African-American and White Women. *Obesity* (2009) doi:10.1038/oby.2009.396

Janssen I, Powell LH, Kazlauskaitė R, Dugan SA. Testosterone and visceral fat in midlife women: the study of women's health across the nation (SWAN) fat patterning study. *Obesity* (2009) doi:10.1038/oby.2009.251

Everson-Rose SA, Lewis TT, Karavolos K, Dugan SA, Wesley D, Powell LH. Depressive symptoms and increased visceral fat in middle-aged women. *Psychosom Med*, 71(4):410-6, 2009

Prather H, Dugan S, Fitzgerald C, Hunt D. Review of anatomy, evaluation and treatment of musculoskeletal pelvic floor pain. *PM&R*, 1(4): 346-358, 2009

Dugan SA, Everson-Rose SA, Karavolos K, Sternfeld B, Wesley D, Powell LH. The Impact of Physical Activity Level on SF-36 Role-Physical and Bodily Pain Indices in Midlife Women. *J Phys Act Health*, 6(1):33-42, 2009

Dugan SA, Powell LH, Kravitz HM, Everson Rose SA, Karavolos K, Luborsky J. "Musculoskeletal pain and menopausal status" *Clin J Pain*, 22:325-331, 2006

Kurina LM, Gulati M, Everson-Rose SA, Chung PJ, Karavolos K, Cohen NJ, Kandula N, Lukezic R, Dugan SA, Sowers M, Powell LH, Pickett KE. "The effect of menopause on grip and pinch strength: results from the Chicago, Illinois, site of the Study of Women's Health Across the Nation." *Am J Epidemiol*, 1;160(5):484-91, 2004

Wong CA, Scavone BM, Dugan S, Smith JC, Prather H, Gauchiff, JN, McCarthy RJ, "Incidence of Postpartum Lumbosacral Spine and Lower Extremity Nerve Injuries." *Obstetrics and Gynecology*, 101 (2): 279-88, 2003

Dugan SA, Frost DA, Sullivan KP "An Active and Cost-Conserving Approach to the Management of Low Back Pain" *Journal of Clinical Outcomes Management*, 8(1):38-47, 2001

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