
KATHLEEN LEAHY, PT, DPT, CWS

kathleen@oppt.com

PROFESSIONAL SUMMARY

Dynamic healthcare professional with a proven track record at RehabCare Skilled Nursing and Southern Maine Medical Center as a Physical Therapist utilizing evidence-based practices to assess, evaluate and treat a diverse patient population of various ages, disease states and injuries. Skilled in manual therapy, neurological techniques, therapeutic exercise, electrotherapeutic modalities, gait training, balance training, coordination activities and wound care. Service as the primary contributor to the founding development of the Outpatient Wound Clinic at Southern Maine Medical Center and interdisciplinary care coordination, achieving notable improvements in achieving high quality wound healing rates lower than national standards.

Additionally, an experienced Adjunct Faculty at the University of New England, well equipped to adopt new material or policy to help students comprehend subject matter. Exceedingly prepared to instruct both large class sizes and smaller groups depending on enrollment demands. Outgoing personality with outstanding history of professional relationships with students and faculty members. Experienced in the Physical Therapy Graduate program and the Westbrook College of Health Professions Undergraduate programs of Occupational and Wellness Studies, Nursing, Athletic Training, Dental Hygiene, Applied Exercise Science and Public Health.

WORK HISTORY

Staff Physical Therapist, 12/2023 - current

Optimal Performance Physical Therapy – Scarborough, ME

- Serving diverse populations including orthopedic injuries, neurological conditions, and post-surgical recoveries to provide comprehensive care for various patient needs.
- Enhances patient recovery by implementing evidence-based therapeutic interventions and individualized treatment plans.
- Maximizes functional independence among geriatric patients using age-appropriate interventions designed specifically for their unique needs.
- Applies manual techniques and therapeutic exercises to improve range of motion, strength, balance and coordination.
- Administers sports injury rehabilitation, facilitating return to pre-injury levels of activity.

Adjunct Faculty, 08/2006 - Current

University of New England, UNE – Biddeford, ME

- Designed and distributed feedback forms to continually improve teaching skills and develop stronger connections with students.
- Utilized various teaching methodologies to accommodate different learning styles within the classroom setting.
- Contributed to program development by participating in curriculum review committees and accreditation processes.
- Enhanced student comprehension by incorporating real-world examples and case studies in lectures.

Standardized Patient Educator, 12/2020 - 08/2024

University of New England, College of Osteopathic – Biddeford, ME

- Hired and trained Standardized Patients (SP) from the community to serve as medical patients for student encounters for practice and practical exams.
- Organized and scheduled training sessions and student-SP interactions following the Calgary-Cambridge Guide for medical encounter communication assessment.
- Collaborated with clinical faculty on creation and training of cases using a variety of medical diagnosis.
- Collaborated with multidisciplinary clinical faculty
- Provided SPs with training for providing effective feedback to graduate and undergraduate healthcare providers.

Staff Physical Therapist, 12/2013 - 12/2020

RehabCare, Kindred – Saco, ME

- Conducted clinical assessments and evaluations to determine patient needs.
- Managed acute and chronic conditions with full understanding regarding complex therapy
- Served diverse populations including orthopedic injuries, neurological conditions, and post-surgical recoveries to provide comprehensive care for various patient needs.
- Enhanced patient recovery by implementing evidence-based therapeutic interventions and individualized treatment plans.
- Maximized functional independence among geriatric patients using age-appropriate interventions designed specifically for their unique needs.

Wound Care Coordinator, 05/2001 - 05/2013

Southern Maine Medical Center – Biddeford, ME

- Spearheaded the implementation of a specialized wound care program, leading to increased referrals and improved patient outcomes.
- Developed comprehensive policies and procedures related to wound care services in accordance with regulatory requirements.
- Coordinated multidisciplinary meetings to discuss complex wound cases, leading to more effective treatment strategies.
- Identified patients requiring debridement procedures, performing conservative sharp debridement or kilohertz ultrasound per Physical Therapy Practice Act and advanced training.
- Provided Negative Pressure Wound Therapy for enhanced reduction of wound size.
- Applied and managed total contact casting and multilayer compression as indicated for wound closure.
- Instructed patients and caregivers on how to clean and dress wounds, apply compression appropriately and how to prevent infections.
- Assessed and treated draining wounds and burns.

Physical Therapist/Supervisor Inpatient PT & OT, 06/1994 - 05/2013

Southern Maine Medical Center – Biddeford, ME

- Served as primary liaison between Physical Therapy Department and other departments such as Nursing and Physician teams for seamless integration of interdepartmental communication and care coordination.
- Supervised Physical and Occupational Therapists, clinical students, certified and licensed assistants, technicians, and volunteers.
- Implemented evidence-based practices into daily therapy sessions, ensuring quality care and adherence to industry standards.
- Planned and carried out individually designed programs of physical treatment to maintain, improve or restore physical functioning and alleviate pain.
- Applied manual techniques and therapeutic exercises to improve range of motion, strength, balance and coordination.
- Administered sports injury rehabilitation, facilitating return to pre-injury levels of activity.

EDUCATION

Doctorate in Physical Therapy

Boston University - Boston

- National Honor Society Member
- Dean's List
- Capstone Project on Establishing a Wound Clinic
- Graduating GPA 3.85

Bachelor of Science: Physical Therapy

University of New England - Biddeford, ME

- Graduating GPA 3.20

Bachelor of Science: Education, Health & Fitness

University of Maine - Orono, ME

- Varsity Swimming Scholarship Recipient
- Elected Captain of Women's Swimming
- NCAA All American status as a Swimmer

CERTIFICATES AND AWARDS

- American Board of Wound Management Certified Wound Specialist since 2006
- UNE Distinguished Clinical Faculty Award 2008
- UNE Outstanding Clinical Instructor 2018 – 480 hours

COURSES

- June 2024 University of New England Annual Reviews:
- Research Compliance
 - Cyber Security
 - Health Information Portability and Accountability Act (HIPAA)
 - Code of Conduct
 - Sexual Harassment Prevention
 - Red Flag – Identity Theft Protection
 - Active Threat
 - Ergonomic Awareness
 - Family Educational Rights and Privacy Act (FERPA)
 - Title IX Non-Discrimination Anti-Harassment and Sexual Misconduct
 - Fire and Public Safety
 - Bloodborne Pathogens
- Dec 2023 Select Rehabilitation (transition from RehabCare to Select)
Orientation and Compliance
- Nov 2023 International CPR Institute Inc

Healthcare Provider BLS Course

Apr 2022	Wound Source Population Considerations in Wound Care
Apr 2022	ICE Learning Center Five Easy Ways to Engaged Your Students Using ICE Videos
Sept 2021	North American Center for Continuing Education Biofilm-Based Wound Care
Mar 2021	WoundCon Spring 2021
Jan 2021	McGraw Hill Professional Telehealth and Virtual Care
Jan 2021	Education Management Solutions Inclusion and Diversity in SP Recruitment
July 2020	WoundCon Summer On-Demand
July 2020	North American Center for Continuing Education Expert Insights on the Use of Placental Based Allografts in Plastic and Reconstructive Surgery
July 2020	North American Center for Continuing Education Clinical Practice Recommendations on the Use of Placental Based Allografts for Limb Salvage
Dec 2019	RehabCare Annual Trainings 10.10 total hours
Nov 2019	National Federations of High Schools LearningCenter Concussion in Sports
May 2019	Wound Care Educational Institute Diabetic Ulcers Identification and Treatment

May 2019 Wound Care Educational Institute
Staging and Identifying Pressure Injuries

May 2019 Wound Care Educational Institute

How To: Debridement Options – BEAMS made easy

May 2019 Wound Care Educational Institute
Pressure Injuries: Choosing the Right Treatment

May 2019 Wound Care Educational Institute
Venous Wound Care: Compression is not enough

Sept 2018 Wild Iris Medical Education, Inc.
Wound Care Testing – 8 contact hours

Jan 2018 American Physical Therapy Association Learning Center
Using the APTA Clinic Performance Instrument for Students

Nov 2017 Maine Sports Medicine Update
A Multidisciplinary Approach to Concussion Management

Oct 2016 National Federation of High Schools Learning Center
Concussion in Sports

Oct 2016 National Federation of High Schools Learning Center
Sudden Cardia Arrest

Apr 2016 American Board of Wound Management
Certified Wound Specialist Examination

Nov 2015 Wentworth-Douglas Hospital Educational/Organizational Department
11th Annual Wound Healing Symposium

- Apr 2015 Cross Country Education
Hands-On! Wheelchair Seating & Positioning
- Oct 2014 Clinical Symposium on Advances in Skin & Wound Care
- What about unavoidable pressures ulcers is unavoidable?
 - Continuum of Care for Wounded: Ill and injured service members: From Battlefield to Reintegration
 - Infection: I know it when I see it...or do I?
 - Using Advanced Wound Care Modalities
 - A Functional Approach to Wound Healing Beyond Dressing and Modalities
 - Wilderness Wounds
 - Providing Resources for your Patient through Writing
 - MMPs and How Collagen Balances them to Break the Chronic Cycle of ECM Degradation
 - Developing National Guidelines for HBOT Endorsed by the ACHM
 - Demonstrating Evidence-Based Patient Benefit with HBOT
 - Lymphedema, Compression and the Infected Wound
 - 2014 – The Year of Major Wound Care Coding Changes
 - Understanding the Wound Pain Trifecta: The Person, the Social Aspect and the Regulatory Issue
 - What is Quality Wound Care and How Can We Measure it?
 - Patient-Centered Outcomes: Rethinking EBP
- Nov 2013 Wentworth-Douglas Hospital Educational/Organizational Department
9th Annual Wound Healing Symposium
- Oct 2013 National Federation of High Schools Learning Center
A Guide to Sports Nutrition
- Oct 2013 National Federation of High Schools Learning Center
A Guide to Heat Acclimatization and Heat Illness Prevention
- Sept 2013 University of New England

Wicked Good Sports Medicine Symposium

- Heat Related Deaths in Athletes
- Metabolic Lessons from the World's Best Endurance Athletes
- From Dictates to Function
- Interactions Between Pharmacology and Exercise to Prevent Type 2 Diabetes
- Muscle Mass and Strength: Is it the Gym or my Genes?
- Moving Towards a Better Understanding of Advanced Osteoarthritis Pain
- Resistance Training: Mythologies, Anecdotes, and Facts in the Search for Achieving Maximal Performance

- Apr 2013 Brigham & Women's Hospital Wound Care Center
2013 Annual Wound Care Conference: Caring for Patients with Lower Extremity Wounds
- Dec 2012 PESI Health Care
Independent Study in Skin & Wound Care
- Apr 2012 University of New England
ACL Rupture and Re-Injury: What Puts and Athlete at Risk?
- Sept 2011 Georgetown University Hospital
Diabetic Limb Salvage
- July 2011 Boston Scientific Corporation CE
Peripheral Arterial Occlusive Disease
- July 2010 North American Center for Continuing Medical Education, LLC
Advances in Wound Healing: Exploring Treatment Modalities
- July 2010 HealthPoint
Webcast: Advancements in Enzymatic Debridement: Applying Clinical Science to Everyday Applications and Treatment Modalities
- July 2010 PESI Health Care
Wound Care Challenges

- Apr 2010 Southern Maine Medical Center
Respirator Protection Training
- Nov 2009 Southern Maine Medical Center
Developing Unit Level Leadership
- Nov 2009 Academy Medical Systems
Wound Management Unwrapped
- Nov 2009 Wentworth-Douglass Hospital Educational/Organizational Department
5th Annual Wound Healing Symposium
- June 2009 Cross Country Education
Effective Techniques for Total Body Strengthening: The Physiology of Strength Training and Program Design
- Aug 2008 KCI, Inc.
Vacuum Assisted Closure Therapy
- July 2008 Wound Care SST – Chicago, Il.
 - Why another specialty?
 - The View from the Wound Care Fellowship
 - What the Rehab Doctor Brings to the Wound Care Party
 - Infectious Disease
 - Dermatology: Yes, there is Intact Skin Around the Wound
 - Vascular Surgery
 - Case Presentations
 - The Role of Surgical Offloading in the Diabetic Foot
 - What to Put ON the Wound
 - What to Take OFF the Wound
 - Plastic Surgery: Most Chronic Wounds Can Be Closed
 - General and Trauma Surgery
 - Venous Ulcers: Don't Forget the Vascular Surgeon
 - The Molecular Basis of Wound Healing

- Angiogenesis
- Psychological Stress and Wound Healing
- Microcirculation: What's New and How Does it Relate to the Real World
- Early vs Late Advanced Care
- Endovascular Techniques and Tools
- Biological Therapy
- Energy and Healing: Mechanical Transduction and Other Pathways to Healing
- Correction of Wound Tissue Hypoxia as a Prerequisite for Successful Therapies
- What about the Dressings
- Local Flaps for Wound Healing in the Foot and Ankle
- Putting It All Together
- Regulatory Update, OIG, Coding, Billing
- Wound Care as a Specialty?

Sept 2007	North American Center for Continuing Medical Education The Buck Stops Here: Strategies for the new realities in Wound Care
July 2007	Maine Chapter of the American Physical Therapy Association Medical Screening for the Physical Therapist
June 2007	The American Physical Therapy Association PTs & Medicare Audits: Reducing your Risks
Apr 2007	Columbia University College of Physicians and Surgeons Practical Evidence-Based Management of Chronic Wounds – Chicago, IL
Dec 2006	SkillPath Seminars The Conference for Women
May 2006	Baptist Health – Montgomery, Alabama Update on the Management of Chronic Wounds
May 2006	Advancing Knowledge in Healthcare Focus on the Wound: Assessment Driven Wound Management

Oct 2005 American Academy of Wound Management
9th Annual Wound Care Congress – Reading, PA

May 2005 KCI, Inc.
The V.A.C. Vacuum Assisted Closure Educational Seminar

Mar 2005 KCI, Inc.
Pathways to Excellence Professional Tier

Oct 2004 HealthSouth Inpatient Division – Clinical Education Department
Advanced Wound Assessment and Treatment

Aug 2004 Southern Maine Medical Center
Manual Materials Handling Safety Training

June 2004 Cross Country University
Assessing and Documenting Competency

Oct 2003 Educators 2000Plus
7th Annual Wound Care Congress – San Antonio, Tx

Mar 2003 PESI HealthCare
Understanding & Interpreting Laboratory Tests

Oct 2002 New England Region/WOCN
26th Annual Fall Symposium

June 2002 Educators 2000Plus
Keeping the foot attached to the leg

June 2002 Educators 2000Plus
Clinical Debridement Skills

Oct 2001 Cross Country University
Coding & Billing for Therapy & Rehab 2001

Sept 2001 Springhouse Offices of Lippincott Williams & Wilkins
16th Annual Clinical Symposium of Advances in Skin & Wound Care – Lake Buena Vista, Fl

Mar 2001 Fred Pryor Seminars
Team Leadership Essentials

Mar 2001 Fred Pryor Seminars
How to Supervise People

Sept 2000 4th Annual Wound Care Congress

May 2000 Mind Matters Seminars
Emotional Intelligence, Health and Relationships

Oct 1999 The Dogwood Institute, Inc.
Vestibular Rehabilitation & Balance Retraining – St Petersburg, Fl.

May 1998 St Mary's Regional Medical Center
Total Wound Treatment & Hyperbaric Oxygen
Treatment: Potential for the Future

Feb 1998 Wound Care International, Inc
Putting Theory Into Practice – Lakeland, Fl

Oct 1998 NorthEast Seminars
The Study of the Connective Tissue System with Myofascial Release Technique (For the
Orthopedic and Neurologic Patient – A Lab Course) – Portland, Me

Aug 1997 NorthEast Seminars
The Study of Biomechanics with “Beyond” Muscle Energy Technique – Upper Quadrant for the
Thoracic and Cervical Spine, Rib Cage, Shoulder, Elbow, Arm and wrist (An Introductory Lab
Course) – Boston, Ma.

Nov 1996 Smith & Nephew United, Inc

- Assessment and Treatment of Lower Extremity Ulcers
- Diabetic Foot Ulcer Prevention and Treatment Modalities
- Lower Leg Skills Lab

Sept 1996 URSA Foundation
Adaptation of the Body to Internal and External Injuries

Oct 1995 Louisiana State University Medical Center
Clinical Perspectives in Wound Healing – Boston, Ma

June 1995 URSA Foundation
Introduction to Muscle Energy Technique

Apr 1995 Braintree Hospital and Rehabilitation Network
Sports Medicine Program Clinical Congress “Decision Making and Sports Injuries”

Mar 1995 New England Rehabilitation Hospital of Portland
Fibromyalgia

Jan 1995 Education Resources, Inc
Strain & Counter-strain

Nov 1994 Southern Maine Medical Center
Managing Change

Oct 1994 New England Rehabilitation Hospital of Portland
Outcome Driven Rehabilitation

Sept 1994 New Hampshire Musculoskeletal Institute
Annual Symposium

June 1989 Aquatic Exercise Association

1989 Regional Conference

Aug 1987 New England Memorial Hospital – Stoneham, Ma
Internship in Outpatient Cardiac Rehabilitation Phase III