

Neenah Navasero

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Education

Master of Science in Physiotherapy, MSc PT <i>Ontario Graduate Scholar @ McMaster University, Hamilton, ON</i>	Sept 2010 – Sept 2012
Master of Science in Organic Chemistry, MSc CHEM <i>Richard H. Tomlinson Fellow @ McGill University, Montreal, QC</i>	Sept 2004 – May 2007
Bachelor of Science in Chemistry, BSc <i>Gordon M. Shrum Scholar @ Simon Fraser University, Burnaby, BC</i>	Sept 1999 – Jun 2004

Work Experience

Consultant Physiotherapist **Sept 2021 – current**
Post-Stroke Spasticity (PSS) Working Group, Allergan Incorporated, Markham, ON

- ◆ Participate as representative from Ontario in the Canada wide PSS working group to help develop UNITE: Tools and edUcation for PSS early interveNtion and optImal paTient outcomEs.
- ◆ Develop and adapt relevant and user-friendly educational and working tools.
- ◆ Promote collaboration amongst healthcare professionals and share ideas on how to execute and implement tools developed across Canada.

Owner & Physiotherapist **Apr 2018 – current**
Neenah Navasero Neurorehabilitation (NNN Physio), Hamilton, ON

- ◆ Owner and operator of in-home private practice business including recruitment and management of a small group of physiotherapists and physiotherapist assistants to provide physiotherapy care to Hamilton and the surrounding area
- ◆ Provide rehabilitation to clients with neurological illness such as acquired brain injury, stroke, spinal cord injury, Parkinson's disease, MS or who may have complex comorbidities or injuries (e.g. motor vehicle accident, diabetes, cardiovascular disease, osteoporosis, fractures, amputation, post-surgical) at all stages of recovery
- ◆ Work with clients, families, and teams to achieve client centered goals to improve bodily impairments (e.g. restricted range of motion, pain, weakness, dizziness), functional activities (e.g. walking, standing, balance, decrease falls) and participation in the community
- ◆ Registered with TELUS Health e-claims, Provider Connect, HCAI enrolled & FSRA licensed

Physiotherapist (casual) – Acquired Brain Injury Unit (2013 FT) & Sept 2020 - current
Hamilton Health Sciences – Regional Rehabilitation Centre, Hamilton, ON

- ◆ Provide coverage to Physiotherapists on the ABI unit to support assessment, treatment and discharge of patients with acquired brain injury
- ◆ Treatment includes functional balance, ambulation, cardiovascular & strength exercises; working with standing frames, lifts & walkers; serial casting & splinting

Physiotherapist – Restorative Care/Integrated Stroke U. – Inpatient Rehab. Sept 2013 – Nov 2018
Hamilton Health Sciences – St. Peter's Hospital, Hamilton, ON

- ◆ Assess, treat, and discharge patients with a variety of neurological, orthopedic, and cardiorespiratory issues within interdisciplinary team
- ◆ Effectively collaborate with team to establish and accomplish patient/family centered goals
- ◆ Engage in collaborative model of care changes to maximize quality of care to patients

- ◆ Educate students & colleagues as preceptor, interdisciplinary team member and mentor

Physio consultant – Fit for Function Livewell Program for Stroke Jul 2014 – Dec 2014
YMCA/McMaster University/HHS - Downton YMCA – Hamilton, ON

Physiotherapist – Private Practice Orthopedic Oct 2012 – May 2013
Grand River Sports Medicine Centre, Cambridge, ON

Conference/Administrative Assistant Nov 2009 – Aug 2010
Perimeter Institute for Theoretical Physics, Waterloo, ON

High School Teacher Sept 2008 – Jan 2009
Scholars' Hall Private School, Kitchener, ON

Committees & other quality initiatives

Canadian Activity-Based Therapy Community of Practice April 2021 – *current*
HBIA – Hamilton, ON

- ◆ The ABT CoP is a group of individuals focused on expediting the advancement of the Canadian ABT priorities and improving access to and quality of ABT for people living with spinal cord injuries and disorders. <https://praxisinstitute.org/research-care/key-initiatives/activity-based-therapy/abt-cop/>

Hamilton Brain Injury Association – Golf Committee August 2019 – *current*
HBIA – Hamilton, ON

- ◆ Volunteer and support with planning of annual Golf Tournament a major fund raising event for the Hamilton Brain Injury Association which supports people with ABI in our community.

ABLE Study Jan 2020 – June 2020
GERAS Centre for Aging Research – Hamilton, ON

- ◆ Conducted in-home physiotherapy visits to assess and provide intervention to research participants utilizing interactive technology to help engage participants in a more regular home exercise program. <https://www.gerascentre.ca/able-arts-based-exercise-enabling-longevity/>

Physiotherapy Practice Council (PTPC) Chair Jan 2016 – May 2017
Hamilton Health Sciences – Hamilton, ON

- ◆ Oversaw and lead a multi-site forum that made recommendations and decisions related to professional practice, education and research to support and advance the profession of physiotherapy, promote evidence informed practice and support achievement of strategic goals.
- ◆ Represented physiotherapy at the Interprofessional Advisory Council (IPC) and advised on issues related to professional practice and interprofessional practice at HHS.

A LEAN Approach to Maximizing Stroke Rehab Intensity Sept 2014 – June 2015
Restorative Care Unit collaboration with Central South Regional Stroke Network

- ◆ Utilized Lean Processing approach to maximize physiotherapy intensity for patients.
- ◆ Collaborated with physio team to evaluate the current state of the program and develop projects to create a more efficient future state maximizing sustainability within the job.

Code Captain – received Code Captain Excellence Award (2014) Jan 2014 – Dec 2014
Restorative Care, Hamilton Health Sciences – St. Peter's Hospital

- ◆ Designed, organized, and implemented education opportunities for unit staff to increase awareness and preparedness in responding to each code.

PT/PTA staff meetings Chair**Jan 2014 – Apr 2015***Hamilton Health Sciences – St. Peter's Hospital*

- ◆ Organized meetings, arranged agenda, delegated minute taking, facilitated completion of action items, fostered within site inter program communication and dialogue resulting in addressing goals and concerns in PT/PTA practice within St. Peter's site.

Quality & Patient Safety Committee**Sep 2013 – Apr 2014***Restorative Care, Hamilton Health Sciences – St. Peter's Hospital*

- ◆ Participated in initiatives including work towards improving interdisciplinary model of care within unit. Committee's purpose defined as follows: To foster a culture of continuous improvement, monitor Program performance, develop a Program Quality Improvement Plan, oversee the implementation of appropriate, aligned, data-driven quality improvement initiatives, share successes and sustain improvement gains.

Preceptorships & Teaching**NNN Physio In-services****Jan 2018 – current***Neenah Navasero Neurorehabilitation, Hamilton, ON*

- ◆ Host fellow physiotherapists and physiotherapist assistants for regular educational in-services:
 - ◆ “Functional Electrical Stimulation: Applications for Gait Enhancement in Neurological Impairment” – guest speaker: Maura Whittaker PT (April 22, 2021)
 - ◆ “NDT: Strategies for Stairs Retraining” – by Tara Dingman PT (September 21, 2020)
 - ◆ “COVID19 Infection Prevention and Control” – by Neenah Navasero PT (May 29, 2020)
 - ◆ “NDT Ataxia Inservice” & “NDT – Swing Phase of Gate” –by Tara Dingman PT
 - ◆ “Beyond BPPV” – guest speaker: Cheryl Wylie PT
 - ◆ “Hypertonicity Intervention Workshop Review” – by Alex Young
 - ◆ “BPPV Inservice” – by Neenah Navasero PT
 - ◆ “Concussion Management Workshop Review” – by Neenah Navasero PT

Feb 2019	McMaster clinical lab instructor: “Physiotherapy Practice in Homecare”		
2013-2017	McMaster Physiotherapy students (Unit 1 = 3d; Units 3-6 = 6wk):	2015 (7)	Unit 5: RH Unit 1: MB & KY
	<u>2013 (1) Unit 1: AD</u>	<i>High school (4wk):</i> TO	Unit 3: AN
	2014 (4) Unit 5: LR		Unit 6: LD
	Unit 6: JF		<u>Unit 4: SL</u>
	Unit 1: LQ	2016 (1)	Unit 4: Problem based tutorial tutor
	<u>Unit 4: KM</u>		Unit 5: KO
Jan – Dec 2014	Monthly code review posters and in-services as code co-captain		
2013 – 2017	Mohawk OTA/PTA yearly skills labs (x3)		
2014 – 2017	McMaster Physiotherapy on-site stroke skills lab (x3)		
Sept 2014	NDT – Food for thought and clinical gems (Part II – Intermediate)		
Apr/May 2014	Transfer training in-services for nursing staff on 2 West		
Feb 2014	NDT – Food for thought and clinical gems (Part I – Introductory)		

Training & Education (selected list)

- ◆ Vestibular Rehab for Dizziness following Posterior Stroke **Nov 2021**
- ◆ Why is My Client Struggling to Do That? NDTA webinar **May 2021**

- ◆ INTERAction Ontario Physiotherapist Association conference **April 2021**
- ◆ Functional Electrical Stimulation in Neurorehabilitation (UofT) **Jan – Mar 2021**
- ◆ OBIA: 2019 Provincial ABI Conference **Nov 2019**
- ◆ HHS: 25th & 26th ABI conf on Neurorehab in ABI **May 2018 & May 2019**
- ◆ Vestibular Rehabilitation: A Comprehensive Introduction **Mar 2019**
- ◆ Aquatic Physical Therapy – Ortho Workshop **Mar 2019**
- ◆ NDT – Treating the Individual with Ataxia **Jan 2019**
- ◆ Concussion Management Workshop (Shannon McGuire) **Dec 2018**
- ◆ Managing the Pusher: An NDT Perspective on Managing the Individual with Contraversive Pushing Tendencies Post-Stroke **Sept 2018**
- ◆ Management of the U/E following stroke or brain injury (NDT Intermediate Workshop) **June 2018**
- ◆ Gentle Persuasive Approaches (GPA) Certification **Jul 2015**
- ◆ Canadian Hemispheres Stroke Competency Series **Nov 2013-2014**
- ◆ Stroke Congress 2014 (Vancouver, BC) **October 2014**
- ◆ Mindful Communication (HHS) **Sept 2013-2014**
- ◆ Function in the Upright Posture following stroke or brain injury (NDT Intermediate Lvl) **June 2014**

For a complete list please contact me at: Neenah@NNNPhysio.ca

Licenses & Affiliations

- ◆
- ◆ Financial Services Regulatory Authority (FSRA) – Service Provider License **Apr 2018 - current**
- ◆ Health Claims for Auto Insurance – enrolled **April 2018 - current**
- ◆ Canadian and Ontario Physiotherapy Association Member **Current (2021)**
- ◆ College of Physiotherapists of Ontario License **Current (2021)**
- ◆ Hamilton Medical Legal Society **2019/2020**

Interests

- ◆ Dahlia flower gardening, baking (sourdough and all of the above), Ultimate Frisbee looking forward to playing club worlds in Limerick, Ireland in 2022!