

# NICOLE T. DAWSON, PT, PhD, GCS

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12805 Pegasus Drive  
HPA I, Room 258A  
Orlando, Florida 32816-2205

Phone: (407) 823-1863  
Fax: (407) 823-3464  
e-mail: nicole.dawson@ucf.edu

## Education

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- 2015      **Ph.D.** in Adult Development & Aging  
Department of Psychology  
Cleveland State University; Cleveland, Ohio  
University of Akron; Akron, Ohio
- Dissertation: "Examining the Effects of a Home-based Moderate-intensity Functional Exercise Intervention on Cognition and Function in Individuals with Dementia": Katherine S. Judge, Ph.D. (advisor)
- 2012      **M.A.** in Psychology  
Department of Psychology  
Cleveland State University; Cleveland, Ohio  
University of Akron; Akron, Ohio
- Thesis: "What Factors Predict Falls in Cognitively Impaired Older Adults?": Katherine S. Judge, Ph.D. (advisor)
- 2002      **M.P.T.** in Physical Therapy  
Division of Physical Therapy  
Ohio University; Athens, Ohio
- 1995      **B.A.** in Sports Medicine (Biology, minor)  
Honors Program  
Baldwin-Wallace College; Berea, Ohio

## Professional Licensure and Certification

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- 2015      State of Florida P.T. License #PT 30404  
2014      ABPTS Board Certified Specialist in Geriatric Physical Therapy  
2002      State of Ohio P.T. License #PT-10134

## Honors and Awards

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- 2016      College of Health and Public Affairs Faculty Research Fellowship  
2015      Cleveland State University, Department of Psychology  
*Federici Doctoral Research Award*
- 2013 & 2014      Margaret Blenkner Research Institute of the Benjamin Rose Institute on Aging  
*Graduate Research Fellowship*
- 2013      Ohio Department of Aging/Ohio Association in Gerontology Education Internship  
2012      Golden Key National Honor Society  
2012      Grantmakers in Aging  
*Annual Conference Fellowship*
- 2011      Jerome Kaplan Award for Best Graduate Student Paper: "Possible predictors of falls in cognitively impaired older adults: a literature review"  
*35<sup>th</sup> Annual Conference of the Ohio Association for Gerontology & Education*

## Academic Appointments

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2015 – Present

**University of Central Florida**  
Assistant Professor, *tenure-earning*  
Doctor of Physical Therapy Program  
Department of Health Professions

Orlando, Florida

## Publications

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### Journal Articles:

1. **Dawson, N.** & Menne, H. (in press). Can Interpreting Non-Significant Findings Inform the Lessons Learned from an Intervention?. *American Journal of Lifestyle Medicine*. Published online before print November 5, 2015, doi: 10.1177/1559827615614571
2. Bukach, A. M., Ejaz, F. E., **Dawson, N.**, & Gitter, R. (2015). Turnover among Community Mental Health Workers in Ohio. *Administration and Policy in Mental Health and Mental Health Services Research*. Published online before print December 11, 2015, doi:10.1007/s10488-015-0706-1
3. Ejaz, F. E., Bukach, A. M., **Dawson, N.**, Gitter, R. & Judge, K. S. (2015). Examining Direct Service Worker Turnover in Three Long-Term Care Industries in Ohio. *Journal of Aging and Social Policy*, 27(2). doi:10.1080/08959420.2014.987034
4. Powers, S. M., **Dawson, N.**, Krestar, M. L., Yarry, S. & Judge, K. S. (2014). 'I wish they would remember that I forget:' The effects of memory loss on the lives of individuals with mild to moderate dementia. *Dementia*, published online October 7, 2014. doi: 10.1177/ 1471301214553236
5. **Dawson, N.**, Powers, S. M., Krestar, M. L., Yarry, S. & Judge, K. S. (2013). Predictors of self-reported psychosocial outcomes in individuals with dementia. *The Gerontologist*, 53, 748-759. First appeared online October 2012, doi: 10.1093/geront/gns137
6. Krestar, M. L., Looman, W., Powers, S., **Dawson, N.**, & Judge, K. S. (2012). Including individuals with memory impairment in the research process: the importance of scales and response categories. *Journal of Empirical Research and Human Research Ethics*, 7, 70-79.

**Dawson, N.**, Gerhart, H., & Judge, K. (in preparation). A Moderate-Intensity Functional Exercise Intervention for Individuals with Dementia: Acceptability and Feasibility. Future submission to the *Journal of Gerontology: Medical Sciences*.

**Dawson, N.** & Judge, K. (in preparation). Changing the Way Rehabilitation Professionals Care for Individuals with Dementia.

**Dawson, N.**, Gerhart, H., & Judge, K. (in preparation). Improved Functional Performance in Individuals with Dementia after a Moderate-Intensity Home-Based Exercise Program: A Randomized, Controlled Trial. Future submission to *The Gerontologist*.

### Book Chapters:

1. Judge, K.S. & **Dawson, N.** (submitted for editorial review). Healthy Cognitive Aging across the Lifespan: Current Research Findings & Implications for Older Adults. To appear in *Functional*

*Performance in Older Adults 4th Edition*, Eds Bonder, B.R. & Dal Bello-Haas, V.

2. Judge K.S. & **Dawson N.** (submitted for editorial review). Atypical Cognitive Changes across the Lifespan: The Impact of Illness and Considerations for Rehabilitation. To appear in *Functional Performance in Older Adults 4th Edition*, Eds Bonder, B.R. & Dal Bello-Haas, V.
3. Sterns, H. L., & **Dawson, N. T.** (2012). Emerging perspectives on resilience in adulthood and later life: Work, retirement, and resilience. In B. Hayslip, & G. Smith (Eds.), *Annual review of gerontology and geriatrics: Emerging perspectives on resilience in adulthood and later life (Volume 32)*, New York: Springer Publishing Company, 211-230.

### Executive Reports:

1. Gitter, R. J., Ejaz, F. E., Bukach, A. M., **Dawson, N.**, & Judge, K. S. (2013). The determinants of direct service worker turnover in Ohio [Final report]. Retrieved from the Ohio Colleges of Medicine Government Resource Center website: <http://www.ohioaging.org/PDFs/2014%20Budget%20advocacy,%20longer%20summary.pdf>
2. Ejaz, F. K., Bukach, A. M., **Dawson, N.**, Gitter, R. J., & Judge, K. S. (2013). Examining direct service worker turnover in Ohio. Retrieved from Ohio Colleges of Medicine Government Resource Center website: [https://osuwmcdigital.osu.edu/sitetool/sites/odswpublic/documents/EjazFinalUpdatedReportv3\(1\).pdf](https://osuwmcdigital.osu.edu/sitetool/sites/odswpublic/documents/EjazFinalUpdatedReportv3(1).pdf)

### Peer-Reviewed Presentations (\*\* denotes graduate student collaborator)

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1. Tucker, J., Richards, C.J.\*\*, Vandell, T.A.\*\*, **Dawson, N.** (June 9, 2016). Effects of preference based physical activities for children ages 6-10 years in a private school setting. APTA NEXT Conference and Exposition, Nashville, Tennessee.
2. **Dawson, N.** & Judge, K. S. (February 18, 2016). Improved Functional Performance in Individuals with Dementia Following a Moderate-Intensity Strength and Balance Exercise Program. 2016 American Physical Therapy Association Combined Sections Meeting, Anaheim, California.
3. **Dawson, N.** & Sterns, H. (November 20, 2015). Returning to Work Following Injury or Illness – The Disablement Discussion. 65<sup>th</sup> Annual Scientific Meeting, Gerontological Society of America, Orlando, Florida.
4. **Dawson, N.** & Judge, K. (November 18, 2015). Acceptability and Feasibility of a Moderate-Intensity Home-Based Exercise Intervention for Individuals with Dementia. 65<sup>th</sup> Annual Scientific Meeting, Gerontological Society of America, Orlando, Florida.
5. **Dawson, N.T.** & Menne, H.L. (November 8, 2014). Interpreting Non-Significant Findings: Physical Performance Measures in an Evidence-Based Program. 67<sup>th</sup> Annual Scientific Meeting, Gerontological Society of America, Washington, D.C.
6. **Dawson, N.**, Menne, H. & Bass, D. (February 5, 2014). Changes in Physical Performances Outcomes and Falls in Individuals with Dementia: Findings from the Reducing Disability in Alzheimer's Disease Intervention. 2014 American Physical Therapy Association Combined Sections Meeting, Las Vegas, Nevada.

7. Judge, K. S. & **Dawson, N.** (November 22, 2013). Using a Strength-Based Approach for Developing and Implementing a Dyadic Intervention for Individuals with Dementia and Their Family Caregivers: Results from Project ANSWERS. 66<sup>th</sup> Annual Scientific Meeting, Gerontological Society of America, New Orleans, Louisiana.
8. Ejaz, F. E., Bukach, A. M. & **Dawson, N.** (November 20, 2013). Examining DSW Turnover in Three Long-Term Care Industries in Ohio. 66<sup>th</sup> Annual Scientific Meeting, Gerontological Society of America, New Orleans, Louisiana.
9. Bukach, A. M., Ejaz, F. E. & **Dawson, N.** (November 20, 2013). Turnover among Community Psychiatric Supportive Treatment (CPST) Workers in Ohio. 66<sup>th</sup> Annual Scientific Meeting, Gerontological Society of America, New Orleans, Louisiana.
10. Bukach, A. S., **Dawson, N.** & Ejaz, F. E. (April 26, 2013). Predictors of Direct Service Worker Turnover in Ohio. Poster Presentations, 37<sup>th</sup> Annual Conference, Ohio Association for Gerontology & Education, Ashland, Ohio.
11. **Dawson, N.**, Krestar, M., Powers, S. & Judge, K. (April 26, 2013). Individuals with Dementia in the Research Process: Qualitative and Quantitative Findings from Project ANSWERS. 37<sup>th</sup> Annual Conference, Ohio Association for Gerontology & Education, Ashland, Ohio.
12. **Dawson, N.**, Menne, H. & Bass, D. (April 26, 2013). The effect of exercise on physical performance outcomes in individuals with dementia: findings from the Reducing Disability in Alzheimer's Disease intervention. 37<sup>th</sup> Annual Conference, Ohio Association for Gerontology & Education, Ashland, Ohio.
13. Ejaz, F., Bukach, A., **Dawson, N.** & Judge, K. (March 13, 2013). Examining Direct Service Worker (DSW) Turnover in Four Human Service Industries in Ohio. 2013 Aging in America Conference, hosted by the American Society on Aging, Chicago, Illinois.
14. **Dawson, N.** & Judge, K. S. (January 20, 2013). What Factors Best Predict Falls in Cognitively Impaired Older Adults? Poster Presentation. 2013 American Physical Therapy Association Combined Sections Meeting, San Diego, California.
15. Powers, S., **Dawson, N.**, Wilson, M. & Judge, K. S. (November 17, 2012). "I wish they would remember that I forget" - Understanding the illness experience of individuals with dementia. 65<sup>th</sup> Annual Scientific Meeting, Gerontological Society of America, San Diego, California.
16. **Dawson, N.**, Powers, S., Krestar, M., Yarry, S. & Judge, K. S. (November 17, 2012). Predictors of Self-Reported Psychosocial Outcomes in Individuals with Dementia. 65<sup>th</sup> Annual Scientific Meeting, Gerontological Society of America, San Diego, California.
17. Sterns, H. L. & **Dawson, N.** (November 18, 2012). Older workers & resilience: Finding their way back on the job. 65<sup>th</sup> Annual Scientific Meeting, Gerontological Society of America, San Diego, California.
18. Krestar, M. L., Powers, S. M., **Dawson, N. T.**, Yarry, S., & Judge, K. S. (April 28, 2012). "I wish they would remember that I forget": Insight on memory loss from individuals with dementia. Poster presented at the Cleveland Psychological Association student poster session, Cleveland, Ohio.

19. **Dawson, N.**, Powers, S., Krestar, M. & Judge, K. S. (April 20, 2012). Predictors of psychosocial outcomes in individuals with dementia. 36<sup>th</sup> Annual Conference, Ohio Association for Gerontology & Education, Youngstown, Ohio.
20. Powers, S., **Dawson, N.**, Krestar, M. & Judge, K. S. (April 20, 2012). The effects of memory loss on the lives of individuals with mild to moderate dementia. 36<sup>th</sup> Annual Conference, Ohio Association for Gerontology & Education, Youngstown, Ohio.
21. **Dawson, N.** & Sterns, H. L. (February 25, 2012). Resilience & working longer. The 38<sup>th</sup> Association for Gerontology in Higher Education Annual Meeting and Educational Leadership Conference, Arlington, Virginia.
22. **Dawson, N.** & Culler, K. (February 25, 2012). "When the going gets tough, the tough get going": Coping in graduate school and professional development transitions. The 38<sup>th</sup> Association for Gerontology in Higher Education Annual Meeting and Educational Leadership Conference, Arlington, Virginia.
23. **Dawson, N.**, Powers, S. & Wilson, M. (November 21, 2011). Psychosocial constructs from the perspective of an individual with dementia. 64<sup>th</sup> Annual Scientific Meeting, Gerontological Society of America, Boston, Massachusetts.
24. Powers, S., **Dawson, N.**, & Wilson, M. (November 21, 2011). Insight on memory loss through the eyes of the dementia patient. 64<sup>th</sup> Annual Scientific Meeting, Gerontological Society of America, Boston, Massachusetts.
25. Yarry, S., **Dawson, N.** & Judge, K. S. (November 21, 2011). A strength-based cognitive rehabilitation approach for individuals with dementia. 64<sup>th</sup> Annual Scientific Meeting, Gerontological Society of America, Boston, Massachusetts.
26. Wilson, M., Powers, S. & **Dawson, N.** (November 21, 2011). Including individuals with dementia in the research process: understanding the impact of scales and response categories used in surveys. 64<sup>th</sup> Annual Scientific Meeting, Gerontological Society of America, Boston, Massachusetts.
27. Judge, K., Wilson, M., **Dawson, N.** & Powers, S. (November 19, 2011). Implementing Interventions for Individuals with Dementia (Acquiring new skills while enhancing remaining strengths (ANSWERS): a dyadic cognitive rehabilitation and educational skills training program for individuals with dementia). 64<sup>th</sup> Annual Scientific Meeting, Gerontological Society of America, Boston, Massachusetts.
28. **Dawson, N.** (October 14, 2011). Unique predictors used in assessment of falls in cognitively impaired older adults. Ohio Physical Therapy Association Fall Scientific Symposium "Aging: Putting Science into Practice", Columbus, Ohio.
29. **Dawson, N.** (April 15, 2011). Coping with declining mobility in older adults. 35<sup>th</sup> Annual Conference, Ohio Association for Gerontology & Education, Columbus, Ohio.
30. **Dawson, N.** (April 15, 2011). Possible predictors of falls in cognitively impaired older adults: a literature review. 35<sup>th</sup> Annual Conference, Ohio Association for Gerontology & Education, Columbus, Ohio.

## **Submitted Abstracts (\*\* denotes graduate student collaborator)**

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1. **Dawson, N.**, Pabian, P. & Moya, S. (submitted). Implementing a Mixed-Methods Analytical Approach to Admissions in Physical Therapy Education. American Physical Therapy Association Educational Leadership Conference 2016, Phoenix, Arizona.
2. **Dawson, N.**, Gregory, M.\*\* & Judge, K. (submitted). Exercise May Be the Best Medicine for Individuals with Dementia to Age Successfully. 66<sup>th</sup> Annual Scientific Meeting, Gerontological Society of America, New Orleans, Louisiana.
3. Gregory, M.\*\*, Judge, K. & **Dawson, N.** (submitted). Development and Implementation Strategies for an Exercise Program for Individuals with Dementia. 66<sup>th</sup> Annual Scientific Meeting, Gerontological Society of America, New Orleans, Louisiana.
4. Judge, K. & **Dawson, N.** (submitted). An Exercise Program for Individuals with Dementia – Findings from a Randomized Controlled Trial. 66<sup>th</sup> Annual Scientific Meeting, Gerontological Society of America, New Orleans, Louisiana.
5. **Dawson, N.**, Gregory, M.\*\* & Judge, K. (submitted). Translating Findings from an Exercise Program with Individuals with Dementia – What are Next Steps? 66<sup>th</sup> Annual Scientific Meeting, Gerontological Society of America, New Orleans, Louisiana.

## **Invited Presentations & Lectures**

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1. **Dawson, N.** (September 26, 2015). PT Management of Patients with Dementia: Using a Strength and Functionally Based Approach. Florida Physical Therapy Association Fall Conference. Orlando, FL.
2. **Dawson, N.** (February 26, 2015). Psychosocial Aspects of Illness and Disability. NEOPTA District Meeting. Southwest General Hospital.
3. **Dawson, N.** (January 30, 2015). PT Management of Patients with Dementia: Using a Strength and Functionally Based Approach. Ohio University, Doctor of Physical Therapy Program lecture. Honorarium received.
4. Caulkins, M. (scheduled, November 13, 2014). Environmental Correlates of Falls in Health Care Settings. *Respondents: Dawson, N. & Hodgson, C.* Life in Balance: Fall Prevention from Multidisciplinary Perspectives, Annual Kent State University Symposium on Aging, Kent, Ohio.
5. **Dawson, N.** (July 18, 2014). PT Management of Patients with Dementia: Using a Strength and Functionally Based Approach. Marion Technical College Continuing Education Program, Marion, Ohio. Honorarium received.
6. **Dawson, N.** (March 29, 2014). PT Management of Patients with Dementia: Using a Strength and Functionally Based Approach. Ohio Physical Therapy Association Annual Conference, Columbus, Ohio. Honorarium received.
7. **Dawson, N.** (March 27, 2014). Helping Them Stay on their Feet: Physiological Risk Factors and Assessment of Falls in Older Adults. Pre-Conference Symposium: *One Step at a Time: Interdisciplinary Symposium on Falls Prevention*. 38<sup>th</sup> Annual Conference, Ohio Association for

Gerontology & Education, Dayton, Ohio. Honorarium received.

8. **Dawson, N.** (February 1, 2012). Staying on your feet: How to keep your balance & prevent falls. Heather Knoll Skilled Nursing & Rehabilitation Center, Tallmadge, Ohio.

## Grants for Research

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### Funded Proposals:

1. Using Moderate-Intensity Functional Exercise to Maximize Success with Individuals with Dementia: a Home-Based Exercise Intervention. **Dawson, N.** Dissertation Research Award. Office of Research, Cleveland State University. \$5,000, funded May 2014-2015.

### Submitted Proposals:

1. U54: NIMHD Transdisciplinary Collaborative Center for Health Disparities Research on Chronic Disease Prevention. Submitted to National Institute on Mental Health, December 2015.

### Proposals in Preparation:

1. Moderate-Intensity Home-Based Functional Exercise for Individuals with Dementia. **Dawson, N. & Judge, K.** In development; anticipated submission to National Institute on Aging (R01 Parent Announcement PA-13-302).
2. The influence of video teleconferencing on pain, perceived disability and functional outcomes in patients with low back pain treated in physical therapy. Hanney, W.J., Rovito, M.J., Lui, X., **Dawson, N.** & Kolber, M.J. In development; anticipated submission to Center for Innovative Healthcare.

## Funding to Support Scholarship

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1. Faculty Sponsored Research Support Initiative, College of Health and Public Affairs, University of Central Florida. \$2,500, Summer-Fall 2016.
2. Graduate Assistantship, Department of Psychology, Cleveland State University. Tuition waiver and stipend: \$28,253.60, 2014-2015 academic year.
3. Department of Psychology and College of Graduate Studies, Cleveland State University. 2014 American Physical Therapy Association Combined Sections Meeting, Las Vegas, Nevada: Student Travel Award, \$500, 2014.
4. Graduate Assistantship, Department of Psychology, Cleveland State University. Tuition waiver and stipend: \$26,002.80, 2013-2014 academic year.
5. Department of Psychology and College of Graduate Studies, Cleveland State University. 66<sup>th</sup> Annual Scientific Meeting, Gerontological Society of America, New Orleans, Louisiana: Student Travel Award, \$1,081, 2013.
6. Graduate Assistantship, Department of Psychology, Cleveland State University. Tuition waiver and stipend: \$25,758, 2012-2013 academic year.

7. Graduate Assistantship, Department of Psychology, Cleveland State University. Tuition waiver and stipend: \$24,331, 2011-2012 academic year.
8. Graduate Assistantship, Department of Psychology, Cleveland State University. Tuition waiver and stipend: \$20,885, 2010-2011 academic year.

## Teaching Experience

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2015 – Present	<b>University of Central Florida</b> Instructor, PHT 7521C (Fall) Management of Physical Therapy Services II  Instructor, PHT 7780C (Fall) Advanced Gerontology in Physical Therapy  Instructor, PHT 6521 (Fall) Management of Physical Therapy Services  Instructor, PHT 6374C (Spring) Gerontology in Physical Therapy Practice	<i>Orlando, Florida</i>
2013 – Present	<b>Summit Professional Education</b> Instructor, A Strength-Based Approach to Rehabilitation for Individuals with Dementia  Instructor, Using Evidence-based Approaches for Successful Assessment and Treatment of Functional Disability in Older Adults	
2010 – 2015	<b>Cleveland State University</b> <i>Cleveland, Ohio</i> Guest Lecturer, Advanced Interactions IV <i>Doctor of Physical Therapy Program,</i> Summers 2012 – 2015  Instructor, Introduction to Psychology <i>Department of Psychology, Spring 2013</i>  Guest Lecturer, Lifespan Development <i>Doctor of Physical Therapy Program, Summer 2012</i>  Instructor, Psychology 101 Recitation <i>Department of Psychology, Fall 2010, Spring 2011</i>	

## Graduate Research Experience

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2010 – 2015	<b>Cleveland State University</b> Graduate Assistant, Research Assistant Supervisor: Katherine S. Judge, Ph.D.	<i>Cleveland, Ohio</i>
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2011 – 2015

**Benjamin Rose Institute**

*Cleveland, Ohio*

Margaret Blenkner Research Institute  
*August 2013 to May 2015*  
Graduate Research Fellowship  
Supervisor: David Bass, Ph.D.

*January 2013 to August 2013*

Graduate Research Assistant Supervisor: Heather Menne, Ph.D.

**Project:** Ohio Replication of Reducing  
Disability in Alzheimer's Disease

*September 2011 to December 2012*

Graduate Research Assistant Supervisor: Farida K. Ejaz, Ph.D.

**Project:** Examining Direct Care Worker Turnover in Ohio

**Professional Service**

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2000 – 2003 & 2010 – Present	American Physical Therapy Association, Member Credentialed Clinical Instructor (2003 – Present)
2011 – Present	The Gerontological Society of America, Member
2011 – Present	Sigma Phi Omega (Gerontology Honor Society), Xi Chapter Student Representative, National Executive Board (2012-2015)
2013 – Present	<i>The Gerontologist</i> , Reviewer
2015 – Present	<i>Journal of Geriatric Physical Therapy</i> , Reviewer
2015 – Present	Florida Council on Aging, Member
2016 – Present	Specialization Academy of Content Experts, Item Writer
2016	American Board of Physical Therapy Specialties, Geriatric Specialty Exam Standard Setting Committee
2014 – 2015	American Psychological Association, Member
2011 – 2013	Association for Gerontology in Higher Education, Member
2011 – 2015	Ohio Association for Gerontology and Education, Member

**Clinical Experience**

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2016 – Present	<b>LifeCare Centers of America, Inc.</b> Physical Therapist (PRN)	<i>Orlando, Florida</i>
2008 – 2015	<b>Sprenger Healthcare, Inc.</b> <b>Therapy Partners, Inc.</b> Staff Physical Therapist, Heather Knoll	<i>Tallmadge, Ohio</i>
2007 – 2008	<b>Santera Rehabilitation, Inc.</b> Director of Rehab Services, Stratford Commons	<i>Solon, Ohio</i>
1996 – 2007	<b>NovaCare Rehabilitation</b> Manager of Clinical Operations <i>March 2006 – June 2007</i>	<i>NE Ohio Market</i>
	Center Manager <i>May 2005 – March 2006</i>	<i>Mayfield Village, Ohio</i>

Center Manager,  
Center Coordinator of Clinical Education  
*September 2004 – May 2005*

*Raleigh, NC*

Staff Physical Therapist,  
Center Coordinator of Clinical Education  
*June 2002 – September 2004*

*Brook Park, Ohio*

Rehabilitation Aide  
*January 1996 – June 2002*

*Cleveland, Ohio*

2003 – 2006 &  
2007 – 2010

**Marymount Hospital**  
Physical Therapist - PRN

*Garfield Heights, Ohio*

## **Professional References**

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Professional references available upon request