

Nicole M. (Armstrong) Cattano

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Academic Experience

Enrolled in Ph.D. Kinesiology (Spring 2006-current)

- Temple University, Philadelphia, PA
- 72 credits completed towards doctoral degree, awarded doctoral candidacy October 20, 2011
- Dissertation Topic: "Intraarticular Corticosteroid Injection Effects on the Biochemical Environment of Osteoarthritic Knees with Effusion"

M.P.H. Master's in Public Health

- West Chester University, West Chester, PA May 2004

B.S. Exercise and Sport Science

- University of North Carolina at Greensboro May 2001

Teaching Experience

Instructor-Department of Sports Medicine

West Chester University, West Chester, PA

- Tenure track beginning August 2007

August 2007-current (Courses taught)

- Sports Injury Management I (SMD 315)
- Pathology and Evaluation of Athletic Injuries III (SMD 313)
- Therapeutic Modalities Lab (SML 310)
- First Aid for Health Professionals (SMD 204)
- Foundations of Sports Medicine (SMD 100)

August 2004-2007(Courses taught as Temporary faculty member)

- Pathology and Evaluation of Athletic Injuries III (SMD 313)
- Therapeutic Exercise (SMD 311)
- Athletic Training Techniques (SMD 272)
- First Aid and Athletic Training (SMD 271)
- First Aid for Health Professionals (SMD 204)
- Foundations of Sports Medicine (SMD 100)

August 2004-present

- Approved Clinical Instructor (ACI) for athletic training education program
- American Safety & Health Institute (ASHI) Basic Life Support & First Aid Instructor

Clinical (Non-Teaching) Responsibilities

Certified Athletic Trainer

West Chester University, West Chester PA

August 2004-present (Sport Responsibilities)

- Men's and Women's Basketball

Scholarly Activity

Peer Reviewed Publications

- **Cattano NM**, Driban JB, Balasubramanian E, Barbe MF, Amin M, Sitler MR. Biochemical comparison of osteoarthritic knees with and without effusion. *BMC Musculoskeletal Disorders*, 2011; 12: 273.
- Hootman JM, Driban JB, Sitler MR, Harris KP, **Cattano NM**. Reliability and validity of three quality rating instruments for systematic review of observational studies. *Research Synthesis Methods*. *ACCEPTED August 18, 2011 IN PRESS*.
- **Cattano NM**, Driban JB, Sitler MR, Balasubramanian E, Barbe MF, Amin M. Analysis of the biochemical environment of effused and non-effused osteoarthritic knees. [abstract] *Journal of Athletic Training*, 2011; 46(3): S104.
- Driban JB, **Cattano NM**, Balasubramanian E, Sitler MR, Amin M, Glutting J, Barbe MF. A method to analyze synovial fluid biomarker concentrations in non-effused knees. [abstract] *Journal of Athletic Training*, 2011; 46(3): S108.
- Karris KP, Driban JB, Sitler MR, **Cattano NM**, Balasubramanian E, Hootman J. Tibiofemoral osteoarthritis after surgical and non-surgical treatment of the anterior cruciate ligament rupture: a systematic review. [abstract] *Journal of Athletic Training*, 2011; 46(3): S106.
- Kopec J, Heinerichs S, **Armstrong N**, Bertini T, Fowkes Godek S. Racial differences in sweat sodium concentration and gross sodium losses in professional and collegiate football players during practices in a hot and humid environment. [abstract] *J Athl Train*, 2008; 43(3): S38.
- Bertini T, **Armstrong N**, Kopec J, McCrossin J, Fowkes Godek S. Differences in sweat sodium concentration in professional ice hockey players when exercising in two different environmental conditions. [abstract] *J Athl Train*, 2008; 43(3): S72.

Manuscripts Under Review

- Driban JB, **Cattano NM**, Balasubramanian E, Sitler MR, Amin M, Glutting J, Barbe MF. Associations between normalized synovial fluid biomarker concentrations and raw biomarker concentrations. *Rheumatology International*. *Submitted June 30, 2011, IN REVIEW*
- Driban JB, Boehret SA, Balasubramanian E, **Cattano NM**, Glutting J, Sitler MR. Medication and supplement use for managing joint pain among patients with knee and hip osteoarthritis. *BMC Musculoskeletal Disorders*. *Revision submitted October 12, 2011, IN REVIEW*
- Harris KP, Driban JB, Sitler MR, **Cattano NM**, Balasubramanian E, Hootman J. Tibiofemoral osteoarthritis after surgical and non-surgical treatment of the anterior cruciate ligament rupture: a systematic review. *Journal of Athletic Training*. *Submitted October 7, 2011, IN REVIEW*

Manuscripts In Preparation

- Driban JB, Hootman JM, Sitler MR, Harris KP, **Cattano NM**. Association between sports participation and the risk of knee osteoarthritis: a systematic review.

Research in Progress

- Analysis of Biochemical Environment of Effused and Non-Effused Osteoarthritic Knees (Preliminary Study) -IRB approved-May 20, 2009, re-approved May 20, 2010, re-approved May 20 2011- Submission for publication
- Effects of Intraarticular Corticosteroid Injections on Biochemical Environment of Osteoarthritic Knees with Effusion-IRB preparation

Grants

- WCU Special Provost Stimulus Funds-Effects of Intraarticular Corticosteroid Injections on Biochemical Markers of Clinically Effused Osteoarthritic Knees. **Funded** for \$5,000- April 2010

- PASSHE Faculty Professional Development Council (FPDC)-Effects of Intraarticular Corticosteroid Injections on Biochemical Markers of Clinically Effused Osteoarthritic Knees. **Funded** for \$8,000. March 2010
- WCU Faculty Development Grant-Analysis of Biochemical Environment of Osteoarthritic Knees. **Funded** for \$3,581-December 2008
- WCU College of Health Sciences Student-Faculty Research Grant-Do Ice Hockey Players Show Evidence of Heat Acclimatization? **Funded** for \$1,000.00-March 2007

Presentations

National:

- “Biochemical Comparison of Osteoarthritic Knees with and without Effusion.” Thematic Poster presentation (peer-reviewed). National Athletic Trainers’ Association Annual Meeting and Clinical Symposium, New Orleans, LA, June 2011.

Regional:

- “Biochemical Comparison of Osteoarthritic Knees with and without Effusion” Poster presentation at WCU Research Day-April 2011.
- “Not just a disease of older age: Osteoarthritis in Athletes” Oral Presentation at Pennsylvania Athletic Trainer’s Society Annual Meeting (PATs)- Harrisburg, PA- June 2010.
- “Analysis of the Biochemical Environment of Effused and Non-Effused Osteoarthritic Knees” Invited oral presenter at WCU Research Day-CHS representative-April 2010.
- “On the Move-Exercise with Ease” Oral Presentation at the Arthritis Foundation: Women’s Health Summit-West Chester, PA-September 2009.
- “Exercise Prescription for the Obese Child” Oral Presentation at the WCU Integrative Health Conference- West Chester, PA-March 2009.

Thesis/Project Mentoring

- Boehret, SA. *Pharmacological Use Among Osteoarthritis Knee Patients in an Outpatient Orthopedic Practice*-Temple Graduate Student (2009-2011)
- Schieler, N. *Self Reported Patient Outcomes After Anterior Cruciate Ligament Reconstructions: Assessment of Impending Osteoarthritis*-WCU Graduate Student (2008-2010)
- Harris, KP. *Systematic Review of The Incidence of Osteoarthritis after Anterior Cruciate Ligament Injury (Surgical vs. Conservative Treatment)*-Temple Graduate Student (2008-2010)
- Bertini, T. *Do Ice Hockey Players Show Evidence of Heat Acclimatization*- WCU Graduate Student-2006-2008
 - Thesis Committee - 2008

Additional Scholarly Activities

- Bi-weekly summary posts on new research in sports medicine on website: Sports Medicine Research: In the Lab & In the Field (www.sportsmedres.org) (2011-current)

Additional Graduate Work

- Courses in Progress Spring 2012
 - Dissertation Research (3.0 credits)

Additional Training

- Shipping of Dangerous Goods Certification (relative to doctoral research-2009, 2011)
- SAP Training (2009)
- Sim Man Training (2007, 2008)
- Contribute Web Design Software Training (2007)
- Bod Pod Body Fat Analysis User Training (2007)

Service

Professional Service

- “Optimal Use of NSAIDs” Invited Evidence Based Forum Moderator. National Athletic Trainers Association Annual Meeting and Clinical Symposium, New Orleans, LA, June 2011.
- Co-chair WCU Continuing Education Conference—Evaluation and Treatment of the Overhead Throwing Athlete, February 2011.
- Co-chair WCU Continuing Education Conference-Introduction to Strain/Counterstrain (Positional Release) Evaluation and Treatment of Musculoskeletal Injuries, April 2009.
- Co-chair Pennsylvania Athletic Trainer’s Society (PATs) Student Symposium Planning Committee, February 2008.
 - Hosted 120 students from 11 of the 19 accredited undergraduate athletic training programs
- “Research in Athletic Training” Oral Presentation at PATs Student Symposium-West Chester, PA, February 2008.

University Committee Service

- University Office of Sponsored Research Advisory Council-Invited member (2010-current)
- University Campus Climate Advisory Committee Member-Student Success & Retention Representative (recommended by Chair of Student Success and Retention Committee) (2009-2011)
- University Student Success and Retention Committee Member-College of Health Sciences Representative (2007-2010)
- Pre-Major and Out-of-State Students Subcommittee Member of University of Student Success and Retention Committee (2007)

College of Health Sciences Committee Service

- CHS Web Site & Technology Committee Member (2010-current)
- Sturzebecker Scholarship Committee Member (2006-current)
- Integrative Health Conference Planning Committee Member- Department of Sports Medicine Representative (2007-current)
- Long Range Planning Committee Member (2008-current)
- Sim Man Acquisition Ad Hoc Committee Member (2006-2007)
 - \$65,000.00 proposal **funded** by Technology monies
- Ad Hoc Simulation Committee Member (2008-current)

Department Committee Service

- Graduate Assistant Search Committee Chair (2010-2011)
- Graduate Assistant Search Committee Member (2007-2010)
- Temporary Faculty Search Committee Member (2008)
- Projector and Physician’s Exam Room Technology Upgrades
 - \$12,000 proposal **funded** by Technology Fee monies (Spring 2010)
- Humac NORM Upgrade
 - \$10,500 proposal **funded** by Technology Fee monies (Fall 2009)
- SportsWare Adhoc (2004-current)
 - Instructed faculty in the use of an injury tracking/record keeping software on Palm Pilots, iTouches, and computer/internet.

- Successful transition of sports medicine department to digital medical record keeping (Fall 2010)
- Scholarship Committee Chair (2008-current)
 - 2009 Charge: Identify WCU undergraduate AT students who will potentially represent WCU-ATEP on the university, state, regional and national levels.
 - Improved WCU representation at the regional and local levels.
- WCU Student Athletic Training Club Faculty Co-Advisor (2007-current)
- Curriculum Committee Member (2007-current)
- Alternative Workload Analysis Ad Hoc Committee Member (2007)
- Conference Planning Committee for Continuing Education Conference Member (02-current)
- Alumni Newsletter Committee Member (2007)

Community Service

- “Evidence Based Medicine” Invited Lecturer in Research Methods I course. Temple University, Philadelphia, PA, September 2011.
- WCU Ski Team Club Faculty Advisor (2006-current)
- CPR & First Aid Certification for Student Recreation and Leisure Staff (2011)
- CPR & First Aid Re-certification for Athletic Training Majors (2008-current)
- CPR & First Aid Certification for Head and Assistant Coaches, West Chester University Athletics (2008-2010)
- CPR & First Aid Certification for Rising Juniors, West Chester University (2007, 2008)
- Volunteer for Special Olympics-Fall Festival, Villanova, PA (2006, 2007, 2009)
- USA Women’s and Girl’s Ice Hockey tournaments, West Chester PA (March-April 2008)
- Great Valley Basketball League Community Center -Basketball Shooting Lessons (2007, 2008)

Professional Organizations

- National Athletic Trainer’s Association (member)
- Eastern Athletic Trainer’s Association (member)
- Pennsylvania Athletic Trainer’s Society (member)

Professional Honors and Awards

- Eastern Athletic Trainers’ Association Frank George Doctoral Student Scholarship Award, January 2012.
- National Athletic Trainers’ Association Research and Education Foundation Doctoral Student Scholarship Award, May 2011.