## Physical Activity Support Kit Initiative (PASKI)

### Members of Core Committee, Advisory Committee and Working Groups

<table>
<thead>
<tr>
<th>Core Committee</th>
<th>Title</th>
<th>Area of specialty</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Greg Noonan</strong></td>
<td>PT Practice Coordinator/Clinical Resource, Mary Pack Arthritis Program</td>
<td>Arthritis, Physical Therapy</td>
</tr>
<tr>
<td><strong>Dr. Marie Westby</strong></td>
<td>PT Teaching Supervisor, Mary Pack Arthritis Program Clinical Associate Professor UBC Department of PT</td>
<td>Arthritis, Physical Therapy</td>
</tr>
<tr>
<td><strong>Dr. Lynne Feehan</strong></td>
<td>KT Lead, BC SUPPORT Unit Clinical Associate Professor UBC Department of PT</td>
<td>Arthritis, MSK (Osteoporosis / bone health), Physical Therapy, Rehabilitation Knowledge Translation</td>
</tr>
<tr>
<td><strong>Rosalyn Jones (until 2018)</strong></td>
<td>PT Practice Coordinator/Clinical Resource, Cardiology/Respiratory/Chronic Disease Population</td>
<td>Chronic diseases (special emphasis on cardiorespiratory disease), Physical Therapy</td>
</tr>
<tr>
<td><strong>Dr. Zainisha Vasanj</strong></td>
<td>Qualified Exercise Professional, Physical Activity Line &amp; Physical Activity Services</td>
<td>Diabetes, Cardiac disease</td>
</tr>
<tr>
<td><strong>Angela Sealy (until Feb 2015)</strong></td>
<td>Coordinator, Active Choices Program Self Management BC</td>
<td>Self Management</td>
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<tr>
<td><strong>Dr. Kim Miller</strong></td>
<td>Senior Leader of Clinical Education and Special Projects Manager, Child Development &amp; Rehabilitation Evidence Centre Sunny Hill Centre for Children</td>
<td>Neurology, Cardiovascular, Knowledge Translation</td>
</tr>
<tr>
<td><strong>Chiara Singh</strong></td>
<td>PT Clinical Supervisor, Surrey Memorial Hospital Fraser Health</td>
<td>Oncology</td>
</tr>
<tr>
<td><strong>Alison Hoens</strong></td>
<td>Physical Therapy Knowledge Broker. Clinical Professor, Department of PT, UBC. Physiotherapy Association of BC &amp; Vancouver Coastal Health Research Institute</td>
<td>Knowledge Translation</td>
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<tr>
<td><strong>PASKI Project Lead</strong></td>
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<tr>
<td><strong>Students</strong></td>
<td>Evaluation of resources</td>
<td></td>
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<tr>
<td></td>
<td>Tanveer Mahal, Matthew Walden, Bhavjot Kang, Yi Zhou, Hussein Mamdani Alfred Jeffrey</td>
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</tbody>
</table>
**Analysis of survey; development of lay summary**  
Bobbi Piche, Sandy Kennedy,  
Charl Staflée, Robin Cater, Jana Scott

**Website design & development**  
Lucas Ferreira, Ian Foster, Juan (Sarah) Sun

## Advisory Committee

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Committee Area</th>
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</thead>
<tbody>
<tr>
<td>Janet Bauer</td>
<td>Patient representative, PasP</td>
<td>PVN</td>
</tr>
<tr>
<td>Jean Shepard</td>
<td>Patient representative, PasP</td>
<td>PVN</td>
</tr>
<tr>
<td>Dr Karim Khan</td>
<td>Professor, UBC Dept of Family Practice</td>
<td>Activity for Public Health</td>
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<tr>
<td></td>
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<td>Sports Medicine</td>
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<td>Hip Health</td>
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<tr>
<td>Dr Garey Mazowita</td>
<td>Department of Community and Family Medicine (PHC); Clinical Professor, BC MOH physician rep on the General Practice Services and Shared Care</td>
<td>Family Practice</td>
</tr>
</tbody>
</table>
| Dr Darren Warburton | Co-Director Physical Activity Promotion and Chronic Disease Prevention Unit (UBC)  
Director Cardiovascular Physiology and Rehabilitation Laboratory UBC  
Co-Director Physical Activity Support Line | Researcher – Kinesiology                                                      |
|                     |                                                                                                     | Physical Activity and chronic disease                                          |
| Dr Shannon Bredin   | Associate Professor, Co-Director Physical Activity Promotion & Chronic Disease Prevention Unit, and Director Cognitive & Functional Learning Laboratory and the Systematic Reviews Research Laboratory UBC | Researcher – Physical Activity                                               |
| Dr Janice Eng       | Interim Head – UBC Department of Physical Therapy. Professor                                         | Researcher – Neurology - stroke                                               |
| Dr Mary Jung        | Associate Professor School of Health and Exercise Sciences | Faculty of Health and Social Development, UBC Okanagan                     | Researcher                                                                      |
|                     |                                                                                                     | Self-regulation of health behavior – physical activity                        |
| Dr Linda Li         | Associate Professor Harold Robinson / Arthritis Society Chair in Arthritic Diseases               | Researcher - Physiotherapist                                                   |
|                     |                                                                                                     | Clinician, Arthritis, Model of Care, Help-seeking, Communication Technology, Knowledge Translation |
| Dr Michael Hunt     | Associate Professor, UBC Dept of Physical Therapy                                                | Researcher – Physiotherapist                                                   |
|                     |                                                                                                     | Biomechanics, Musculoskeletal                                                  |
Dr. Pat Camp  | Assistant Professor, Clinician-Scientist PHC  | Researcher - Physiotherapist Clinician, Chronic Lung Disease
---|---|---
Dr Kristin Campbell  | Associate Professor, UBC Dept of Physical Therapy  | Researcher – Physiotherapist, Oncology
Dr Teresa Liu-Ambrose  | Associate Professor, Canada Research Chair in Physical Activity, Mobility, and Cognitive Neuroscience  | Researcher – Physiotherapist, Aging & Cognitive Health
Dr Elizabeth Dean  | Professor, UBC Dept of Physical Therapy  | Researcher – Health & wellness, Healthy lifestyle to prevent & manage chronic illness
Dr Tania Lam  | Associate Professor, UBC School of Kinesiology  | Researcher – Health & integrative physiology, gait rehab following neurological injury
Joy Parsons  | Program Leader, Fraser Health Rehab Program  | Outpatient rehabilitation and community reintegration services
Elise Kayfetz  | Community Development Officer for Canadian Association of Retired Persons  |  
Nadine Plotnikoff  | Chair, Sports Physiotherapy Canada  | Clinician (Private Practice) - Physiotherapist, MSK/Ortho
Dr Martha MacKay  | Clinical Nurse Specialist, Cardiology  | RN, PhD
Dr Trish Parsons  | Assistant Professor, Queens Univ.  | Researcher – Renal Rehabilitation
Kofi Bonnie  | RPN, Doctoral Student (Yale University) Clinical Nurse Specialist, Mental Health Providence Health Care  | Clinician & Researcher – Mental health
Dr Annemarie Lee  | Postdoc Fellow  | Researcher – Pulmonary disease
Dr. Tania Janaudis Ferreira  | Asst Prof Dept of Physical Therapy U of Toronto & Scientist at St. John’s Rehab Program of Sunnybrook Health Sciences Centre & West Park Healthcare Centre Toronto  | Researcher – Pulmonary disease
Kate Lee  | Representatives from BC Parks & Recreation  |  
Bruce McLellan  |  |  
Maggie Cheetham  |  |  
Jaine Priest  |  |  
Anna Kochergina  |  |  

Physical Activity Support Kit Initiative (PASKI). A BC Physical Therapy Knowledge Broker project. UBC Faculty of Medicine, Department of Physical Therapy, Physiotherapy Association of BC, Vancouver Coastal Research Institute. Updated May, 2019
### Working Groups

<table>
<thead>
<tr>
<th>Working Groups</th>
<th>Members</th>
<th>Core Committee Facilitator</th>
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</table>
| **Neurological Stroke**| Jolaine Cowherd – Patient, PasP | PVN  
Gilda Heath – Patient, PasP | PVN  
Marilyn Araujo – PT (FHA)  
Lisa Wechzelberger – OT (FHA)  
Sarah Rowe – PT SCI (VCH)  
Nicole Acerra – PT stroke, TBI/concussion, MS, PD/PSP  
Kathleen Atagi – Recreation Therapist, neurotrauma or stroke (VIHA)  
Karla Marshall – PT, PD (VIHA)  
Christa Robertson – PT, VIHA  
Emily Becker – Rec Therapist, Neuro (VIHA)  
Joanna Gueret – PT, Stoke ABI (VCH)  
Sara Buckley – PT, Neuro (VGH & private practice)  
Catrien de Ruyter – PT, Neuro (IHA)  
Jonathon Russell – PT, Neuro (VCH)  
Farhana Dossa – PT (FHA)  
Serena Malpais – recreational Therapist (VCH)  
Cindy Hayto - Case manager (FHA)  
Salima Jeraj - PT (FHA)  
Corinna Ng - PT (FHA)  
Della Gallagher - PT (FHA)  
Nicole Acerra - PT Clinical Specialist (VGH)  
| Dr Kim Miller |
| **Neurotrauma Progressive** | Marilyn Araujo – PT (FHA)  
Lisa Wechzelberger – OT (FHA)  
Sarah Rowe – PT SCI (VCH)  
Nicole Acerra – PT stroke, TBI/concussion, MS, PD/PSP  
Kathleen Atagi – Recreation Therapist, neurotrauma or stroke (VIHA)  
Karla Marshall – PT, PD (VIHA)  
Christa Robertson – PT, VIHA  
Emily Becker – Rec Therapist, Neuro (VIHA)  
Joanna Gueret – PT, Stoke ABI (VCH)  
Sara Buckley – PT, Neuro (VGH & private practice)  
Catrien de Ruyter – PT, Neuro (IHA)  
Jonathon Russell – PT, Neuro (VCH)  
Pamela McClelland – PT (FHA)  
Daniel Hewson – PT (VCH) stroke  
Serena Malpais – recreational Therapist (VCH)  
Cindy Hayto - Case manager (FHA)  
Salima Jeraj - PT (FHA)  
Corinna Ng - PT (FHA)  
Della Gallagher - PT (FHA)  
Nicole Acerra - PT Clinical Specialist (VGH)  
| Dr Kim Miller |
| **Cardiovascular**      | Teresa Whitehouse – Patient, PasP | PVN  
Gerry Johnson – Patient, PasP | PVN  
Wendy Morton- PT (VIHA) *Until Feb 2015  
Alex Edye-Mazowita - Exercise physiologist / kinesiologist (Manitoba)  
Heidi Drygas – PT, Squamish  
Scott Downey – PT, Penticton *Until May 2015  
Daniel Hewson – PT (VCH), asthma *Until May 2015  
| Rosalyn Jones  
Greg Noonan |
| **Heart Hypertension**  | Teresa Whitehouse – Patient, PasP | PVN  
Gerry Johnson – Patient, PasP | PVN  
Wendy Morton- PT (VIHA) *Until Feb 2015  
Alex Edye-Mazowita - Exercise physiologist / kinesiologist (Manitoba)  
Heidi Drygas – PT, Squamish  
Scott Downey – PT, Penticton *Until May 2015  
Daniel Hewson – PT (VCH), asthma *Until May 2015  
| Rosalyn Jones  
Greg Noonan |
| **PVD**                 | Teresa Whitehouse – Patient, PasP | PVN  
Gerry Johnson – Patient, PasP | PVN  
Wendy Morton- PT (VIHA) *Until Feb 2015  
Alex Edye-Mazowita - Exercise physiologist / kinesiologist (Manitoba)  
Heidi Drygas – PT, Squamish  
Scott Downey – PT, Penticton *Until May 2015  
Daniel Hewson – PT (VCH), asthma *Until May 2015  
| Rosalyn Jones  
Greg Noonan |
| **Respiratory Asthma**  | Elaine Barnes – Patient, PasP | PVN (Asthma)  
Marcella Simpson – Patient, PasP | PVN (COPD) *Until May 2015  
Chris Wigley –Patient, PasP | PVN (COPD) *Until May 2015  
Jane Burns – PT, - COPD  
Brigette Wilkins – PT, respiratory, PHC *Until May 2015  
Heidi Drygas – PT, Squamish  
Scott Downey – PT, Penticton *Until May 2015  
Daniel Hewson – PT (VCH), asthma *Until May 2015  
| Greg Noonan  
Rosalyn Jones |
| **COPD**                | Elaine Barnes – Patient, PasP | PVN (Asthma)  
Marcella Simpson – Patient, PasP | PVN (COPD) *Until May 2015  
Chris Wigley –Patient, PasP | PVN (COPD) *Until May 2015  
Jane Burns – PT, - COPD  
Brigette Wilkins – PT, respiratory, PHC *Until May 2015  
Heidi Drygas – PT, Squamish  
Scott Downey – PT, Penticton *Until May 2015  
Daniel Hewson – PT (VCH), asthma *Until May 2015  
| Greg Noonan  
Rosalyn Jones |
| **Oncology** | Peggy Brown – Patient, PasP|PVN  
Leanne Stinson – Patient, PasP|PVN *until March 2015  
Anne Rankin – UBC Dept of Physical Therapy  
Wendy Morton (VIHA)  
Lynita White – MSc Rehab Sc  
Jennifer Kadgien – PT (VCH)  
Janelle Gehring – Nurse Practitioner (VCH)  
Angela Sealy until Feb 2015  
Chiara Singh after Feb 2015 |
| **Mental Health** | Randi Roy – Patient, PasP|PVN  
Sandra Kelly – Patient, PasP|PVN  
Christine Glennie-Visser – Patient, PasP|PVN  
Martina Forster – OT (VIHA) *until March 2015  
Alex Edye-Mazowita - Exercise physiologist / kinesiologist (Manitoba)  
Robert Kent Desrochers – RPN, PHC, Health Sciences Association Enhanced Disability Management Prgm Rep  
Anne Leclerc – PT, PHC  
Jeff Danielson – RN, CNL (PHC)  
Beth Moewes – PT (VCH)  
Megan Shields – OT (VCH)  
Matthew Walden – student UBC  
Tanveer Mahal – student SFU  
Alison Hoens |
| **Metabolic / Endocrine** | Leanne Warren –Patient, PasP|PVN (diabetes)  
Sandra Swarbrick – Patient, PasP|PVN (diabetes)  
Bill Goodacre – Patient, PasP|PVN (obesity) *until March 2015  
Marjorie Laven – Patient, PasP|PVN (obesity)  
Kate Lee – BC Parks & Rec  
Sharon Casavant – PT (VCH)  
Laura Ng – RN, Certified Diabetes Educator (VCH)  
Crissy Stavrakov – RN (IHA) *Until June 2015  
Jaine Priest – BC Parks & Rec  
Dr. Zainisha Vasanji |
| **Musculoskeletal** | Michel White – Patient, PasP|PVN (OA & OP)  
Deb Bigattii – Patient, PasP|PVN (bone health) *Until Sept 2015  
Mona Acker – Patient, PasP|PVN (chronic pain / fatigue)  
Terran Ambrosone – Patient, PasP|PVN (chronic pain / fatigue) *until April 2015  
Wendy South - Patient, PasP|PVN (inflammatory arthritis) * Until Sept 2015  
James Ludvigson- Patient, PasP|PVN (inflammatory arthritis) *Until Sept 2015  
Judy Bogod- Patient, PasP|PVN (bone health/fall prevention) *Until Sept 2015  
Sheila Kerr – Patient partner  
Kelly English – Patient partner  
Phillipa Tattersall – Patient partner  
Dr. Marie Westby  
Dr. Lynne Feehan |
Dr Michael Hunt – UBC Dept of PT, OA  
Dawn Woods – PT osteoporosis  
Hannah Morley - PT Chronic pain (FHA)  
Liz Ball – PT (VCH)  
Karen Tsui – PT (VCH, FHA) – Arthritis *until Sept 2015  
Sara Falkner – PT (VCH)  
Sophia Zhao – PT (GFS – IA)  
Wendy Watson – PT (VCH)  
Darren Hagel – PT (VIHA) *Until Sept 2015  
Neil Pearson – PT, chronic pain *until Sept 2015  
Meena Sran – PT, bone health *until Sept 2015  
Ravi Jain *Osteoporosis Canada – advisor  
Dr Lora Giangregorio *McMaster University – advisor

**Other**  

**Kidney**  

Brian Deakin – Patient, PasP|PVN (kidney)  
Alyson Hagan-Johnson – Patient, PasP|PVN (kidney)  
Lisa Ellerton – PT, Nephrology (FHA)  
Susie Neufeld – PT (PHC)  
Judy Lau – PT (PHC) *Until Feb 2015

**Other**  

**Helping You Make It Happen**  

Dr. Mary Jung – Associate Professor, UBC Okanagan  
Phillipa Tattersall – Patient partner  
Kelly English – Patient partner

Dr. Zainisha Vasanji  

Alison Hoens