

SEPTEMBER NEWSLETTER: Textbook and Other Publications

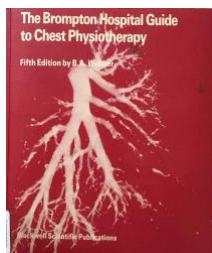
This historical perspective is focused on the history of textbooks and similar monograph publications throughout the history of the Academy of Cardiovascular and Pulmonary Physical Therapy. The Academy of CV&P community may find it fascinating to see where we have come from in the early days of the Academy and show our growth and where we are today. The Legacy Committee tried to identify as many of the textbooks and monographs that we knew about and deemed important in our history, so if we have left out anything, please help us add to the history by contacting the Executive Director with your information.

Growth has occurred in the publishing world since the development of the internet and in how we obtain our evidence. Prior to the internet and the utilization of computers, phones and tablets, you would find CV&P colleagues in the “stacks,” otherwise known as the section of the library that contained all of the journals that one would seek to obtain that specific article, go to the copier, insert your copy card or your change, and physically photocopy the article to then peruse at your leisure in your office or home. Of course these articles would be filed in a file folder, and then filed in file cabinets to be able to use whenever you needed to go back to your resource! A great question for your colleagues who experienced writing and editing back in the earlier days of the Academy would be to see how many file cabinets they owned. And follow that question with “and how many file cabinets do you still have with these articles?”

The committee has also been gathering comments and quotes from our colleagues about the changes in textbooks, writing and identifying evidence for our articles, chapters and books.

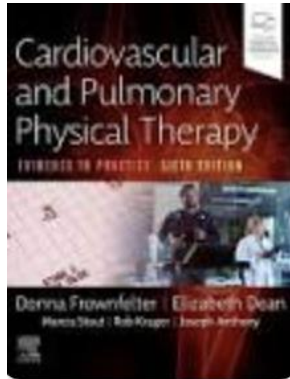
This perspective will attempt to help you see the growth in cardiopulmonary textbooks and monographs over the years with pictures of some of the textbooks, and then we will highlight two authors who have been involved in writing textbooks from the beginning: Dr. Lawrence Cahalin and Dr. Ellen Hillegass.

The very first textbook that our colleagues have all identified as being key to Cardiopulmonary Physical Therapy is the Brompton Hospital Guide to Chest Physiotherapy initially a pamphlet published in the late 60's . The original pamphlet was the “ bible “ on chest physical therapy for many physical therapists practicing in the early 70's.It was the foundation for developing chest physical therapy in the US. The first book edition was in 1973.

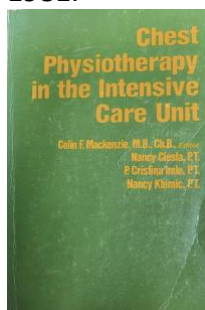


In chronological order, the first textbook available to use in clinical practice written by a cardiopulmonary PT was Cardiovascular and Pulmonary Physical Therapy Evidence and Practice

by Donna Frownfelter and Elizabeth Dean. It was first published in 1978 with the most recent edition pictured below (other editions: 1987, 1996, 2008, 2012, 2023).

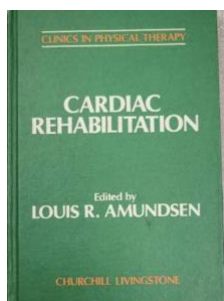


Following Donna and Elizabeth, Colin Mackenzie, Nancy Ciesla, P Cristina Imle and Nancy Klemic wrote the first textbook for the ICU titled Chest Physiotherapy in the Intensive Care Unit in 1981.

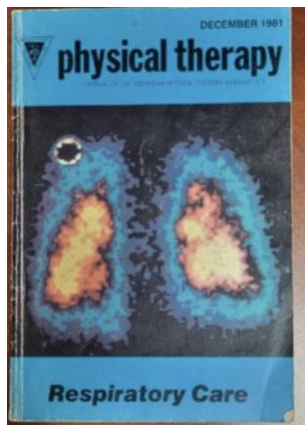


One colleague was quoted as saying, "I remember having to physically go to the library and use the card catalog to find books! For those who weren't born yet... the card catalog system were towering wooden cabinets with tiny brass handles and narrow drawers that held hundreds of index cards that were alphabetically arranged. You could look up the Author, or Subject cards."

In 1981 Louis Amundsen compiled writings for a text on Cardiac Rehabilitation that was part of the Series of Clinics in Physical Therapy.

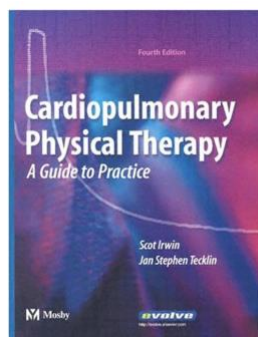


Physical Therapy Journal also published a monograph in 1981 on Respiratory Care vol 61(12).

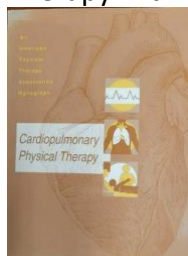


"Another colleague spoke about the 'stacks in the back' where all the physical journals were kept and filed in chronological order for each journal. To find articles one had to physically visit the library, and find these journals to then take the article and photocopy the article after inserting quarters in the xerox machine! Then one had to carry the articles home, read them, highlight them with highlighters and make notes in the columns, to be able to use the information in any article or chapter we were writing at the time. When we finished with the journal articles we most often filed them in our home or work file cabinets!"

In 1985 Scot Irwin and Jan Stephen Techlin produced *Cardiopulmonary Physical Therapy: A Guide to Practice* by Mosby publishers. This text was revised and published multiple times: 1990, 1995, 2004.

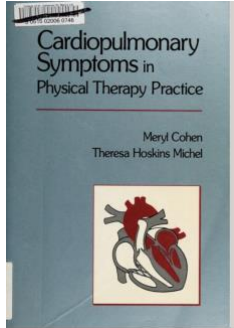


Also in 1985, the Physical Therapy Journal published a monograph of *Cardiopulmonary Physical Therapy* with multiple authors.

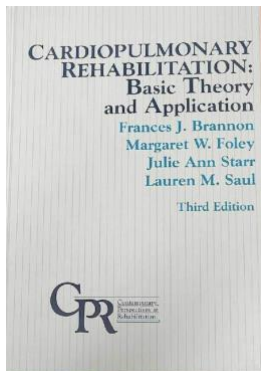


Does anyone remember “Microfiche”? Microfiche was a flat piece of film containing microphotographs of pages of documents or newspapers. So instead of going to the stacks in the back you now had to get access to a Microfiche film scanner to review the articles in Journals, and could still print from these machines so that you could take the articles home. This method was more efficient for libraries...but still hugely inconvenient to our current internet!!!!

In 1988 Meryl Cohen and Theresa Hoskins Michel published their text *Cardiopulmonary Symptoms in Physical Therapy Practice*. This was the only edition of this text.



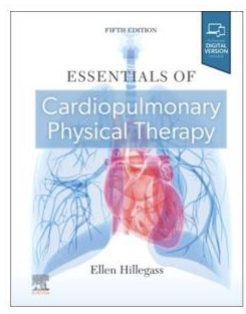
Also in 1988, Julie Starr and others were the editors of the book *Cardiopulmonary Rehabilitation: Basic Theory and Application*, with revisions published in 1993 and 1998.



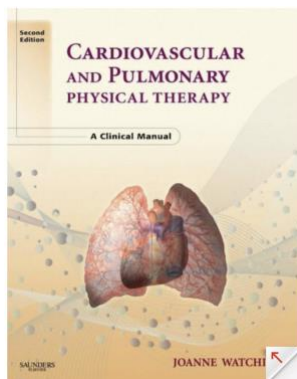
Also in 1988 Fred and Peg Pashkow published *Successful Cardiac Rehabilitation The Complete Guide for Building Cardiac Rehab Programs*. Peg Pashkow was on our Board in the past and her husband was a Cardiologist, but passed away in 2011.

In 1991 the World Wide Web was developed in 1991 by Tim Berners-Lee. Key developments included ability to identify and download research articles, determine strength of articles, etc. We now could use search engines to identify articles, (CINAHL, PUB MED, ETC)

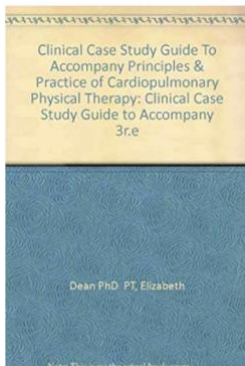
In 1994 Ellen Hillegass and Steven Sadowsky published their first edition of *Essentials of Cardiopulmonary Physical Therapy* through Elsevier Publishing. The initial edition was published with multiple authors who were all APTA Board Certified Cardiopulmonary Clinical Specialists. The current text is edited only by Ellen Hillegass and has had several revisions with new chapters and text in every edition: 2001, 2011, 2016, and 2022.



Joanne Watchie published her first edition in 1995 that was to be a companion text or clinical text for Cardiopulmonary PTs titled Cardiovascular and Pulmonary Physical Therapy; A Clinical Manual. This was revised in 2010.



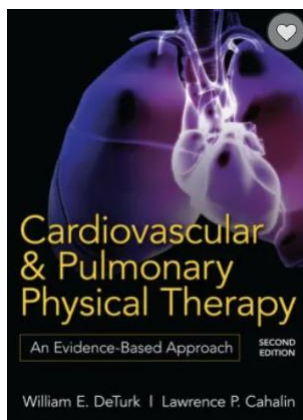
In 1996, Elizabeth Dean and Donna Frownfelter published their book Clinical Case Study Guide to Accompany Principles and Practice of Cardiopulmonary Physical Therapy: a Clinical Case Study Guide to Accompany.



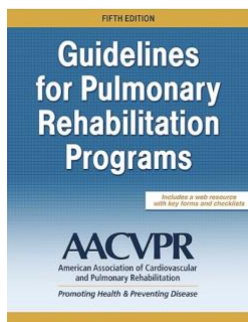
Also in 1996 the Physical Therapy Journal published a special issue on Cardiopulmonary Physical Therapy.



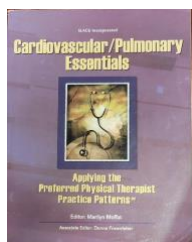
In 2004 William de Turk and Lawrence Cahalin published their first edition of Cardiovascular and Pulmonary Physical Therapy: An Evidence Based Approach and have published two additional editions: 2010 and 2018.



In 2004 Rebecca Crouch and other AACVPR members authored the AACVPR Guidelines for Pulmonary Rehabilitation THIRD edition, which has since had other editions published in 2011 and 2019.



In 2007, Marilyn Moffat and Donna Frownfelter published a book entitled Cardiovascular/Pulmonary Essentials: Applying the Preferred Physical Therapist Practice Patterns.



In 2014 the very first Academy of CV&P “Guidelines” were published in the Cardiopulmonary Journal “Supplemental Oxygen”

Official Guidelines from the Cardiovascular and Pulmonary Section

Supplemental Oxygen Utilization During Physical Therapy Interventions

*Task Force on Supplemental Oxygen: Ellen Hillegass, PT, EdD, CCS, FAACVPR, FAPTA;
Ann Fick, PT, DPT, MS, CCS; Amy Pawlik, PT, DPT, CCS; Rebecca Crouch, PT, DPT, CCS, FAACVPR;
Christiane Perme, PT, CCS; Rohini Chandrashekar, PT, DPT, CCS;
Susan Butler McNamara, PT, MMSc, CCS; Lawrence P. Cahalin, PT, PhD, CCS*

In 2015 the first official VTE Guidelines produced by the Academy of CV&P were published in the Physical Therapy Journal. The Updated guideline was published in 2022.

Practice Guideline > *Phys Ther.* 2016 Feb;96(2):143–66. doi: 10.2522/ptj.20150264.

Epub 2015 Oct 29.

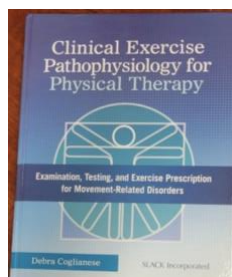
Role of Physical Therapists in the Management of Individuals at Risk for or Diagnosed With Venous Thromboembolism: Evidence-Based Clinical Practice Guideline

Ellen Hillegass¹, Michael Puthoff², Ethel M Frese³, Mary Thigpen⁴, Dennis C Sobush⁵,
Beth Auten⁶; Guideline Development Group

Affiliations + expand

PMID: 26515263 DOI: [10.2522/ptj.20150264](https://doi.org/10.2522/ptj.20150264)

In 2015 Debra Coglianesi published a text on the Clinical Exercise Pathophysiology for Physical Therapy



In 2020 The Academy of Cardiovascular and Pulmonary PT published guidelines for the management of heart failure. An updated publication is due in 2026.

JOURNAL ARTICLE

Physical Therapist Clinical Practice Guideline for the Management of Individuals With Heart Failure FREE

Michael J Shoemaker ✉, Konrad J Dias, Kristin M Lefebvre, John D Heick, Sean M Collins

Physical Therapy, Volume 100, Issue 1, January 2020, Pages 14–43,

<https://doi.org/10.1093/ptj/pzz127>

Published: 23 January 2020 **Article history** ▼

Kicks and Giggles:

In summary..... we have had many published textbooks as well as specific edition journals and now Guidelines and have seen a lot of changes in publishing educational materials over the years. We have gone from using a card catalog system in the library to using Artificial Intelligence to assimilate data and studies.

Academy of Cardiovascular and Pulmonary PT Highlight of Members:

This month we also want to highlight two individuals who have been instrumental in publishing Cardiovascular and Pulmonary Content: Dr. Lawrence Cahalin and Dr. Ellen Hillegass. Not only has Larry Cahalin been known as an editor of textbooks, but more widely known for his research publications as well as mentoring others to conduct and publish research. Ellen Hillegass has been known as the author/editor of *Essentials of Cardiopulmonary Physical Therapy*, but also as the author of the *Oxygen Guidelines* and the *VTE Guidelines*. Enjoy reading their answers to our questions on their professional careers.



Lawrence Cahalin, PT, PHD, CCS, FAPTA

Larry Cahalin is a clinical professor in the Department of Physical Therapy at the Miller School of Medicine, University of Miami. He is a past Board Certified Cardiopulmonary Clinical Specialist with a varied research background and a PhD in Gerontology from the University of Massachusetts Boston. His research endeavors include studies of exercise testing, exercise training, and the assessment of functional capacity as well as testing and training of the respiratory muscles. His training in both physical therapy and gerontology has provided him with clinical and research skills to better appreciate and understand the effects of aging in older adults with and without various diseases. Additionally, his PhD students have enabled him to integrate the domain of cardiovascular and pulmonary physical therapy into a variety of other physical therapy domains including pediatrics, orthopedics, neurology, and pelvic health.

Answers to the following questions.

1. When did you first get involved in the Cardiopulmonary Section/Academy of CV&P – I first got involved in the Academy of CV&P PT in 1983 after moving from St. Louis, Missouri to Los Angeles, California to work with Randy Ice and Ray Blessey at SCOR Physical Therapy. Individuals working at SCOR were encouraged to participate in the Academy of CV&P PT and my first position in the Academy was on the nominating committee in 1988.

2. Who were some of your mentors? I have been extremely lucky to have had so many phenomenal mentors throughout my career including Ethel Frese PT, DPT, MHS, CCS, FAPTA; Gail L. Clark MD; Randy Ice PT; Ray Blessey PT, MA; David Kummer MD; Marcellin Simard MD; Bob Huhn PT, MA; Scott Irwin PT, DPT, CCS; Helen Hislop PT, PhD, FAPTA; Betty Protas PT, PhD, FAPTA; Dave Nielsen PT, PhD; G. William Dec MD, Marc Semigran MD, Colleen Kigin PT, DPT, MPA, MS, FAPTA; Cathy Certo PT, ScD, FAPTA; and Frank Caro PhD.

3. How have you practiced cardiopulmonary (what types of settings) and what are your proudest achievements? I have also been extremely lucky to have practiced CV&P PT in a variety of settings including cardiac rehabilitation, pulmonary rehabilitation, inpatient and outpatient cardiopulmonary PT, home health care, heart and lung transplantation, and exercise testing facilities. My proudest achievements include 1) publishing a paper highlighting the role of physical therapists performing exercise tests independently and safely, 2) training two cardiac transplant recipients from Massachusetts General Hospital to participate in the Solvang Century

in Solvang, California during which both individuals bicycled 50 miles safely and in good time despite encountering a good amount of climbing (approximately 3,000 feet) and publishing a paper describing their accomplishments, 3) being invited to work at Boston University by Cathy Certo which was my first academic position as a physical therapist, 4) receiving the Irma S. Ruebling Distinguished Speaker Award from St. Louis University where I received my BS in PT, and 5) obtaining my PhD in Gerontology under the mentorship of Frank Caro PhD, a renowned gerontologist at the University of Massachusetts Boston.

4. What is your advice to give someone to keep updated in our field, and what worked for you? I believe that it is likely easier to keep updated in our field these days due to readily available CV&P content via the internet, but one factor that I have consistently employed is to spend several hours one day a week reviewing CV&P literature. Another important method to keep updated in our field is to attend state and national APTA meetings. I believe that the Academy of CV&P PT has consistently provided excellent educational content at the Combined Sections Meetings and continues to be a driving force within the profession of PT. I also encourage my students to participate in international CV&P PT meetings as well as medical and other health care professional meetings and congresses to become acquainted with health care practices elsewhere and in other professions and to possibly develop collaborations to facilitate CV&P PT.

5. What is the most important issue for CVP Academy to address in the future? Hummm, this is a hard one. I honestly believe that the Academy of CV&P PT has been at the forefront of addressing important issues in PT. I believe that the future of CV&P PT is strong due to the unfortunate number of CV&P risk factors that continue to be present in the US population and subsequent CV&P disorders that arise because of them. In view of this, perhaps the most important issue for the Academy of CV&P PT to address is prevention and risk factor reduction in high-risk populations. Despite the fact that reimbursement for preventative PT services is poor or non-existent, implementation of PT risk factor reduction and prevention services could be done via health fairs and community wellness programs. Examples of this include university and community driven health fairs and pro-bono clinics like that at the University of Miami and numerous other universities and communities as well as collaboration with other organizations like the YMCA and Jewish Community Centers. Methods to implement and examine the effects of such programs by the Academy of CV&P PT may be an important step in this direction with the goal to reduce risk factors and subsequent CV&P disorders starting with children and adolescents and progressing to older adults. Collaboration with the Academy of Pediatric and Gerontologic PT and various universities and communities in which such programs exist may help to facilitate such preventative programs.



Ellen Hillegass, PT, EdD, CCS, FAPTA

Dr. Ellen Hillegass is an APTA board certified specialist in the cardiovascular and pulmonary clinical specialty (#6 of all specialists). She is also a Catherine Worthingham Fellow of the American Physical Therapy Association. Ellen is the President and CEO of PT Cardiopulmonary Educators, a web based education company providing webinars for continuing education and residency education that also has a core curriculum in Cardiopulmonary for DPT programs. She is also the founder of a Clinical Residency in Cardiopulmonary through Mercer University in conjunction with Piedmont Hospital. Ellen Hillegass was the Chair of the Clinical Practice Guidelines committee on Venous Thromboembolism (VTE) for the APTA that was published in 2015 and the revision in 2022. Dr. Hillegass is also the current Chair of the Oxygen Consensus Guidelines Task force for the Academy of Cardiovascular and Pulmonary PT of the APTA that should be published in late 2025. She is the Editor of Essentials in Cardiopulmonary Physical Therapy, an entry-level text with the fifth edition just published in 2022 as well as the author of a clinical notes book entitled "PT CLINICAL NOTES" (formerly REHAB NOTES). In 2024 the Academy of Cardiovascular and Pulmonary Physical Therapy named their Keynote Lecture after Dr. Hillegass.

1. When did you first get involved in the Cardiopulmonary Section/Academy of CV&P?

I first got involved in the section when I attended CSM to present my masters research on Low level exercise testing in acute MI patients in Nashville, TN. I presented to the Cardiopulmonary Section, then attended events of the Section. I remember meeting Colleen Kigin, Cyndi Zada, Cathy Certo, Bob Huhn and others at that meeting.

2. Who were some of your mentors?

Michael Pollock, PhD (an Exercise Physiologist from University of Florida), Linda Crane, PT, PhD, CCS, Gary Dudley, PhD (an Exercise Physiologist who previously worked at NASA as a Muscle Biologist and was Doctoral Advisor at UGA), Scot Irwin, PT, CCS, Randy Ice, PT, CCS and Ray Blessey, PT.

3. How have you practiced cardiopulmonary (what types of settings) and what are your proudest achievements?

I started out in Cardiopulmonary after I went to Emory University for my Masters in Medical Science (at that time it was termed an Advanced Masters) where I took my didactic work. I then interned with Randy Ice, PT, CCS in Whittier, California and where I also worked with Ray Blessey, PT once each week followed by an internship with Scot Irwin in Georgia. I ended up being hired by Scot Irwin and then became a partner in the private practice he started with Bob Donatelli, PT. It was there that I worked in the inpatient setting where I practiced acute PT with

all cardiovascular and pulmonary patients including inpatient cardiac rehab and pulmonary rehab, ICU, outpatient cardiac rehab and outpatient pulmonary rehab as well as performing diagnostic stress testing in the Cardiac Lab. I gained extensive experience in all aspects of care of cardiopulmonary patients (except pediatrics) and sat for the CCS exam (and passed) the second year the exam was given.

I moved on from full time clinical practice to a teaching position at Georgia State University in Atlanta, GA and pursued my doctorate from the University of Georgia at the same time. Since that time I have worked in clinical settings in cardiac rehabilitation, pulmonary rehabilitation and Critical Care as well as teaching in numerous universities, and teaching numerous continuing education courses.

4. What is your advice to give someone to keep updated in our field, and what worked for you?

I was able to stay updated by attending conferences and becoming involved in organizations outside the APTA including the American Thoracic Society, Chest Physician's Society and the American Association of Cardiovascular and Pulmonary Rehabilitation . I also find reviewing Journals for the latest research as it is published is important as well as identifying topics that others need to be updated on and proposing and developing presentations for national and international meetings.

5. What is the most important issue for CVP Academy to address in the future?

I believe that PTs need to be acknowledged for Advanced Practice and be recognized by CMS and the healthcare community as equal to Advanced Nurse Practitioners and Physician Assistants