

Curriculum Vitae

Heidi Christine Waldinger Fischer
University of Illinois at Chicago
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Education

Doctorate, Occupational Therapy, University of Illinois Chicago, 2015

Project: "Implementing a Participation-Based Self-Management Program for People Who Have Experienced Stroke into the Outpatient Day Rehabilitation Setting." Advisors: Joy Hammel, PhD, OTR/L, Timothy Wolf, OTD, OTR/L, Kathy Preissner, EdD, OTR/L

Master of Science, Occupational Therapy, University of Illinois Chicago, 1999

Thesis: "A Social Model Analysis of Disability Identity Transformation Following Spinal Cord Injury." Advisors: Joy Hammel, PhD, OTR/L, Carol Gill, PhD, David Beer, PhD

Bachelor of Science, Psychology, University of Illinois Urbana-Champaign, 1993

Professional Experience

2023-present Associate Head, University of Illinois-Chicago, Department of Occupational Therapy
2020-present Clinical Associate Professor, University of Illinois-Chicago, Department of Occupational Therapy
2015 – 2020 Clinical Assistant Professor, University of Illinois-Chicago, Department of Occupational Therapy
2014-2015 Clinical Instructor, University of Illinois-Chicago, Department of Occupational Therapy
Aug-Dec, 2013 Adjunct Clinical Instructor, University of Illinois-Chicago, Department of Occupational Therapy
2005-2014 Clinical Research Coordinator, Sensory Motor Performance Program, Rehabilitation Institute of Chicago, Chicago IL
2009-2011 Quality Consultant, American Occupational Therapy Association
2005-2009 Clinical Research Coordinator, Center for Rehabilitation Outcomes Research, Rehabilitation Institute of Chicago, Chicago, IL
2003-2009 Research Occupational Therapist, Sensory Motor Performance Program, Center for Rehabilitation Outcomes Research, Rehabilitation Institute of Chicago, Chicago IL
2000-2004 Clinical Occupational Therapist, Rehabilitation Institute of Chicago, Chicago, IL
1999-1999 Research Assistant, Department of Occupational Therapy, University of Illinois Chicago
1997-1999 Graduate Assistant, Chancellor's Committee on the Status of Person's with Disabilities, University of Illinois Chicago

Honors and Awards

2021 Excalibur Award for Excellence in Teaching, UIC Department of Occupational Therapy
2020-2021 UIC Teaching Recognition Award
2020 Educator of the Year Award, College of Applied Health Sciences, UIC
2019 Excalibur Award for Excellence in Teaching, UIC Department of Occupational Therapy
2019 Faculty Merit Award for Highest Course Evaluation Scores, UIC, OT Dept
2018 Faculty Merit Award for Highest Course Evaluation Scores, UIC, OT Dept
2016 Excalibur Award for Excellence in Teaching, UIC Department of Occupational Therapy
2016 Faculty Merit Award for Highest Course Evaluation Scores, UIC, OT Dept.
2015 Faculty Merit Award for Highest Course Evaluation Scores, UIC, OT Dept.

2008 Baskin Research Award, Rehabilitation Institute of Chicago
1997-1999 University Fellow, University of Illinois at Chicago
1999 American Occupational Therapy Foundation Student Research Grant Recipient
1999 Illinois Occupational Therapy Association Student Research Grant Recipient

Professional Affiliations

American Occupational Therapy Association
Illinois Occupational Therapy Association
American Congress of Rehabilitation Medicine
Lifestyle Medicine Special Interest Group

Research Experience

Completed Support

Madhavan (PI) 2021-2023
National Institute of Health (NIH) R21
Remotely supervised transcranial direct stimulation for slowing disease progression in amyotrophic lateral sclerosis (ALS)
Role: Co-Investigator

P30 AG022849-1 Mirza (PI) 8/2020-2023
Midwest Roybal Center for Health Promotion and Translation
National Institute on Aging
Piloting the i-PROACTIF intervention to preserve independence and functioning.
Role: Co-Investigator

Lee (PI)
American Occupational Therapy Foundation (AOTF) Grant 2020-2022
Return to Life After Stroke: Motivational Interviewing and Self-Management Support in Early Stroke Rehabilitation
Role: Co-Investigator

Skidmore (PI) 2019-2021
Clinical Translational Science Award SPIRIT Program (UL1 TR001857, UL1 TR002345)
Promoting Participation and Health in People with Stroke-Related Disability A multi-site, single-arm pilot study examining the feasibility, acceptability, and estimated effects of a self-management intervention with individualized application
Role: Co-Investigator

National Institute on Aging Lee (PI)
Midwest Roybal Center for Health Promotion and Translation 6/1/15-6/1/16
Improving participation after stroke: examining a self-management intervention promoting healthy, active, and productive aging for older adults with stroke.
Role: Co-Investigator

H133B031127 Roth (PI) 1/1/14-8/15/14

Rehabilitation Research and Training Center (no cost extension)
National Institute on Disability and Rehabilitation Research
Enhancing the Functional and Employment Outcomes of Individuals Who Experience a Stroke
Role: Visiting Research Specialist for sub-project: Evaluating a Self-Management Intervention to
Community Living, Participation and Employment after a Stroke, Hammel, P.I.

H133B031127 Roth (PI) 10/1/08-12/31/13
Rehabilitation Research and Training Center
National Institute on Disability and Rehabilitation Research
Enhancing the Functional and Employment Outcomes of Individuals Who Experience a Stroke
Role: Clinical Research Coordinator of sub-project: Effectiveness of Stretching as Hand Therapy
for Sub-Acute Hemiparesis Following Stroke, Kamper, P.I.
The goal of this sub-project is to develop an orthotic system to facilitate motor recovery in
individuals with hemiplegia subsequent to stroke. All components will be passive to enable ready
use in work and home environments.
Role: Co-Facilitator and Recruiter of sub-project: Evaluating a Self Management Intervention to
Community Living, Participation and Employment after a Stroke, Hammel, P.I.

H133E070013 Rymer (PI) 10/1/07– 9/30/12
Rehabilitation Engineering Research Center
Machines Assisting Recovery in Stroke
National Institute on Disability and Rehabilitation Research
Role: Clinical Research Coordinator of sub-project: Devices for Hand Rehabilitation Following
Stroke.
The goal of this sub-project is to develop two devices designed to facilitate finger extension in
individuals with chronic hemiplegia following stroke. The devices will be assessed in feasibility
studies examining their effectiveness in improving hand function through training.

RO1 Kamper (PI) 12/15/07-8/31/12
National Institutes of Health
Mechanisms Impairing Finger Extension Following Stroke
Role: Clinical Research Coordinator
The goal of this project is to examine the neural and biomechanical characteristics of finger
extension and contribute to the design of new interventions for increasing hand function following
stroke.

Evergreen Invitational Women's Health Grant Initiative Hynes (PI) 7/01/09-7/30/10
Back In Action: Rapid Recovery after Breast Cancer Surgery
This study is a one-year program to evaluate the feasibility of an early education and screening
program by trained professionals in the post-operative phase. It is anticipated that early education
would lead to patients' earlier awareness of cancer-related physical impairments and signs of
lymphedema.
Role: Clinical Research Coordinator

1 RO1 AR052912-01 Chang (PI) 9/1/05 – 7/1/10
National Institutes of Health (NIAMS)

Physical Activity Management for Clients with Arthritis

Role: Physical Activity Advocate

The specific aims of this randomized, controlled trial of 480 clients with RA and knee OA followed for 24 months are to test the effectiveness of physical activity management combined with physician physical activity promotion (PAM group) compared to physician physical activity promotion only (control group) in improving arthritis-specific and generic HRQOL, observed measures of function, and objectively measured and self-reported physical activity levels. In addition, exploratory analyses will be done to assess whether the improvements in HRQOL and physical activity performance associated with the PAM program are mediated by increases in physical activity levels and theory-based motivational variables, respectively. This study is intended to generate feasible methods by which health care providers and health care systems can increase physical activity levels in clients with arthritis and to result in widely applicable strategies for health behavior change.

Merit Proposal Rymer (PI)

9/1/06-8/31/09

Department of Veterans Affairs

Hand Impairment in Stroke

Role: Research Occupational Therapist

The goal of this project is to quantitatively evaluate impairment mechanisms of the thumb, and its interactions with the fingers, following stroke.

H133B031127 Roth (PI)

10/1/03 - 9/30/08

Rehabilitation Research and Training Center

National Institute on Disability and Rehabilitation Research

Technology Promoting Integration for Stroke Survivors: Overcoming Societal Barriers

Role: Clinical Research Coordinator of sub-project:

(Kamper: PI) Design and Evaluation of a Coordinated System for Restoration of Reach-to-grasp Movements Following Stroke

The goal of this sub-project is to develop an orthotic system to facilitate reaching and grasping in individuals with hemiplegia subsequent to stroke. All components will be passive to enable ready use in work and home environments.

H133E020724 Rymer (PI)

1/1/02 – 10/31/07

Rehabilitation Engineering Research Center

Machines Assisting Recovery in Stroke

National Institute on Disability and Rehabilitation Research

Roles: Clinical Research Coordinator of sub-projects:

(PI: Kamper) Rehabilitation of Finger Extension in Chronic Hemiplegia

The goal of this sub-project is to develop two devices designed to facilitate finger extension in individuals with chronic hemiplegia following stroke. The devices will be assessed in feasibility studies examining their effectiveness in improving hand function through training.

(PI: Reinkensmeyer) Robotic Therapy for Force Training of the Upper Extremity in Chronic Hemiparetic Stroke

The goal of this project is to examine the efficacy of a novel robotic therapy device, the ARM Guide, to improve recovery of upper extremity function after stroke. The ARM Guide will be compared to conventional therapies in a feasibility study.

Publications

Peer-Reviewed Publications

- Lee, D., **Fischer, H.**, Yang, B., Tingey, J. L., Miller, M., Kahlia, F., & Bombardier, C. H. (2023). Telehealth Self-Management Support in Early Stroke Rehabilitation: A Feasibility Randomized Controlled Trial. *OTJR : occupation, participation and health*, 43(3), 457–466. doi:10.1177/15394492231159339
- Rao, A., Hanish, K., Khetani, M. A., & **Fischer, H.** (2023). The Role of Occupational Therapy After Perinatal Loss. *Zero to Three*, 43(4).
- Hahn, B., **Fischer, H.**, Hansen, P., & Kottorp, A. (2022). Feasibility of Increasing Occupation-Based Assessment Using the Knowledge to Action Framework. *OTJR: Occupational Therapy Journal of Research*, 15394492221137377.
- Zera, S. M., Preissner, K., **Fischer, H.**, & Stoffel, A. (2022). Cognitive orientation to daily occupation group in the adult day rehabilitation setting: A feasibility study. *British Journal of Occupational Therapy*. 85(1), 14–22. <https://doi.org/10.1177/03080226211008713>
- R. D. Ramirez, Y. Suarez-Balcazar, **H. C. Fischer** & S. R. Magasi (2021): The Occupational Participation of Latinx Cancer Survivors and Their Family Caregivers Living in Survivorship: A Qualitative Exploration Informed by Multiple Stakeholders, *Occupational Therapy In Health Care*, DOI: 10.1080/07380577.2021.1907868
- Lee, S. W., Qiu, D., **Fischer, H. C.**, Conrad, M. O., & Kamper, D. G. (2020). Modulation of finger muscle activation patterns across postures is coordinated across all muscle groups. *Journal of Neurophysiology*. <https://doi.org/10.1152/jn.00088.2020>
- Mercer, C., Turnbull, V., Saake, S., Terman, A., **Fischer, H.**, & Ehrlich-Jones, L. (2020). Measurement Characteristics and Clinical Utility of the Kohlman Evaluation of Living Skills Among Older Adults. *Archives of Physical Medicine and Rehabilitation*, 101(1), 173-174.
- Fischer, H.**, Zera, S. Robertson, R., Lee, D., and Hammel, J. (2018) Implementing Research into Everyday Occupational Therapy Practice: The IPASS-R program. *American Occupational Therapy Special Interest Section Quarterly Practice Connections*. August; 3(3): 26-28.
- Lee, D., **Fischer, H.**, Zera, S., Robertson, R., & Hammel, J. (2017). Examining a participation-focused stroke self-management intervention in a day rehabilitation setting: a quasi-experimental pilot study. *Topics in Stroke Rehabilitation*, 1-7.
- Thielbar, K.O., Triandafilou, K.M., **Fischer, H.C.**, O’Toole, J., Corrigan, M., Ochoa, J.M., Stoykov, M.E. Kamper, D.G. (2017) Benefits of using a voice and EMG-driven actuated glove to support occupational therapy for stroke survivors *IEEE-Transactions on Neural Systems and Rehabilitation Engineering* Mar;25(3):297-305. doi: 10.1109/TNSRE.2016.2569070.
- Fischer, H.**, Triandafilou, K., Thielbar, K., Ochoa, J., Lazzaro, E., Pacholski, K., & Kamper, D. (2015). Use of a portable assistive glove to facilitate rehabilitation in stroke survivors with severe hand impairment. *Neural Systems and Rehabilitation Engineering, IEEE Transactions on*, vol.PP, no.99, doi: 10.1109/TNSRE.2015.2513675
- Hammel, J., Magasi, S., Mirza, M. P., **Fischer, H.**, Preissner, K., Peterson, E., & Suarez-Balcazar, Y. (2015). A Scholarship of Practice Revisited: Creating Community-Engaged Occupational Therapy Practitioners, Educators, and Scholars. *Occupational therapy in health care*, 29(4), 352-369.
- Thielbar KO, Lord TJ, **Fischer HC**, et al. Training finger individuation with a mechatronic-virtual reality system leads to improved fine motor control post-stroke. *Journal of NeuroEngineering and Rehabilitation* 2014;11(1):171. doi:10.1186/1743-0003-11-171.

- Kamper DG, **Fischer HC**, Conrad MO, Towles JD, Rymer WZ, Triandafilou KM. “Finger-thumb coupling contributes to exaggerated thumb flexion in stroke survivors.” *J Neurophysiol*. 2014 Mar 26. [Epub ahead of print]
- Triandafilou KM, **Fischer HC**, Towles JD, Kamper DG, Rymer WZ. “Diminished capacity to modulate motor activation patterns according to task contributes to thumb deficits following stroke.” *J Neurophysiol*. 2011 Oct;106(4):1644-51. Epub 2011 Jul 13.
- Triandafilou KM, Ochoa J, Kang X, **Fischer HC**, Stoykov ME, Kamper DG. “Transient impact of prolonged versus repetitive stretch on hand motor control in chronic stroke.” *Top Stroke Rehabil*. 2011 Jul-Aug;18(4):316-24.
- Iwamuro BT, **Fischer HC**, Kamper DG. “A pilot study to assess use of passive extension bias to facilitate finger movement for repetitive task practice after stroke.” *Top Stroke Rehabil*. 2011 Jul-Aug;18(4):308-15.
- Seo NJ, **Fischer HW**, Bogey RA, Rymer WZ, Kamper DG. (2011). Use of visual force feedback to improve digit force direction during pinch grip in persons with stroke: a pilot study. *Archives of Physical Medicine and Rehabilitation*, Jan;92(1):24-30.
- Seo NJ, **Fischer HW**, Bogey RA, Rymer WZ, Kamper DG (2010). Effect of a serotonin antagonist on delay in grip muscle relaxation for persons with chronic hemiparetic stroke. *Clinical Neurophysiology*, Nov 12, 2010 [Epub ahead of print].
- Mallinson, T. & **Fischer, H.** (2010). How Well Is AJOT Meeting the Centennial Vision? *Rehabilitation Research: Examining Progress Towards Achieving the Centennial Vision*. *American Journal of Occupational Therapy*, 2010 May-Jun;64(3):506-14.
- Mallinson, T, **Fischer, HC**, Rogers JC, Ehrlich-Jones L, Chang, RW. The Issue Is—Human occupation for public health promotion: New directions for occupational therapy practice with persons with arthritis. *American Journal of Occupational Therapy*. 2009;63(2)220-6.
- Ehrlich-Jones, L, Mallinson, T, **Fischer, HC**, Bateman, J, Semanik, PA, Spring, B, Ruderman, E, Chang, RW. Increasing Physical Activity in Patients with Arthritis: A Tailored Health Promotion Program. *Chronic Illness*, Dec 2010;6(4) 272-81.
- Iwamuro, BT, Cruz, EG, Connelly, LL, **Fischer, HC**, Kamper, DG. Effect of a Gravity-Compensating Orthosis on Reaching After Stroke: Evaluation of the Therapy Assistant WREX. *Archives of Physical Medicine and Rehabilitation*. 2008;89(): 2121-2128.
- Fischer H**, Stubblefield K, Kline T, Luo X, Kenyon B, Kamper D. Hand Rehabilitation Following Stroke: A Pilot Study of Assisted Finger Extension Training in a Virtual Environment. *Topics in Stroke Rehabilitation*. Jan-Feb 2007: 14(1):1-12.
- Kamper D, **Fischer H**, Cruz E, Rymer W. Weakness is the primary contributor to finger impairment in chronic stroke. *Archives of Physical Medicine and Rehabilitation*. 2006;87(9):1262-1269.
- Kamper, D. G., **Fischer, H. C.**, & Cruz, E. G. (2006). Impact of finger posture on mapping from muscle activation to joint torque. *Clinical biomechanics (Bristol, Avon)*, 21(4), 361–369. <https://doi.org/10.1016/j.clinbiomech.2005.11.005>
- Cruz EG, **Waldinger HC**, Kamper DG. Kinetic and kinematic workspaces of the index finger following stroke. *Brain*. 2005 May;128(Pt 5):1112-21.
- Waldinger, H.** A Social Model Analysis of Identity Transformation Following Spinal Cord Injury. *Master’s Thesis* University of Illinois at Chicago. Chicago, Illinois. 1999.

Book Chapters

- Fischer, H.**, Gecht-Silver, M., Marshall, H., Mulanthara, G., Smith, C. (In press) Chronic Health Conditions and Mental Health. In Brown, C., Munoz, J. & Stoffel, G. (Eds.) *Occupational Therapy for Mental Health* (3rd edition). F.A. Davis.
- Fisher, G., Lin, T. T., Pritchard, K., **Fischer, H.**, Stenger, J., Mulanthara, G., Nacht, A., & DiGiacomo, M. (2024). Applying the MOHO in outpatient physical rehabilitation, specialty care, and home settings. In R. R. Taylor (Ed.), *Kielhofner's Model of Human Occupation: Theory and application* (6th Ed.). Wolters Kluwer.
- Madhavan, S., Stoykov, M.E., **Fischer, H. C.**, Bathje, M., & Heidle, C. (2023) Major Considerations in Clinical Trials. In R. R. Taylor (Ed.), *Kielhofner's Research in Occupational Therapy: Methods of Inquiry for Enhancing Practice* F.A. Davis.

Clinical Publications

- Ferlin, A., **Fischer, H.**, Hahn, B., Januszewski, C. (2019) Integrated Behavioral Health in Occupational Therapy: A Visual Service Framework. *OT Practice*. January, 2019.
- Fischer H**, Barbas J, Kahn L. Mechanical treatment: Robot-assisted therapy may help improve shoulder function and upper extremity motor recovery after stroke. *Rehabilitation Management Magazine*, Oct. 2005.
- Mallinson, T., **Waldinger, H.**, Semanik P, Lyons JS, Feinglass J, Chang RW. Promoting physical activity in persons with arthritis. *OT Practice*, 10-13, March 2005.

Peer-Reviewed Conference Papers

- Mirza, M., **Fischer, H.**, & Arias, D. (2024). Promoting Social Participation among Older Adults with Chronic Disease: Identifying Modifiable Targets for Occupational Therapy Intervention. *Archives of Physical Medicine and Rehabilitation*, 105(4), e173.
- Lee, D., **Fischer, H.**, Tingey, J. L., Woods, R., Miller, M., Bombardier, C., & Yang, M. (2023). Motivational Interviewing & Self-Management Support in Early Stroke Rehabilitation: A Feasibility Study. *The American Journal of Occupational Therapy*, 77(Supplement_2), 7711510287p1-7711510287p1.
- Lee, D., **Fischer, H.**, Yang, B., Miller, M., & Bombardier, C. (2023). Motivational Interviewing and Self-Management Support in Early Stroke Rehabilitation: A Feasibility Randomized Controlled Study. *Archives of Physical Medicine and Rehabilitation*, 104(3), e39.
- Zera, S., Preissner, K., **Fischer, H.**, & Stoffel, A. (2019). Translating Evidence to Practice: Implementing an Adult CO-OP Group in Day Rehabilitation, A Feasibility Study. *Archives of Physical Medicine and Rehabilitation*, 100(12), e207.
- Kottorp, A., **Fischer, H.**, Hansen, P., & Hahn, B. (2019). Breaking Barriers to Utilization of the Assessment of Motor and Process Skills (AMPS). *American Journal of Occupational Therapy*, 73(4_Supplement_1), 7311520436p1-7311520436p1.
- Stoykov, M., **Fischer, H.**, Kamper, D. (2015) A Task-Specific Training Protocol for Individuals With Moderate Upper-Limb Hemiparesis Improves Motor Function *Am J Occup Ther*. 2015; 69(Supplement_1) doi: 10.5014/ajot.2015.69S1-RP303B

- Qiu, D, **Fischer, HC**, Kamper, DG. Muscle Activation Patterns during Force Generation of the Index Finger. In: *Proceedings of the 31st Annual International Conference of the IEEE Engineering in Medicine and Biology Society Conference*. Minneapolis, MN, 2009.
- Kamper DG, **Fischer HC**, Cruz EG, Kline TL, Luo X, Rymer WZ. Hand rehabilitation following stroke. In: *Proceedings of Motor Control Conference 2005*. Sofia, Bulgaria, 2005.
- Fischer, H; Kahn, L; Pelosin, E; Barbas, J; Roth, H; Reinkensmeyer, D; Rymer, WZ. "Can Robot-Assisted Therapy Promote Generalization of Motor Learning Following Stroke?" In: *Proceedings of the Biomedical Robotics and Biomechatronics Conference*, Pisa, Italy, 2006.
- Luo X, Kline T, Fischer HC, Stubblefield KA, Kenyon RV, Kamper DG. Integration of augmented reality and assistive devices for post-stroke hand opening rehabilitation. In *Proceedings of the 27th International Conference of the IEEE Engineering in Medicine and Biology Society*. Shanghai, China, 2005.
- Luo X, Kenyon RV, Kline T, Waldinger HC, Kamper DG. An augmented reality training environment for post-stroke finger extension rehabilitation. In *Proceedings of IEEE International Conference on Rehabilitation Robotics*. Chicago, IL, 2005, 329-332.

Abstracts

- Fischer H, Kamper D, Kenyon B, Kline T, Luo X, Rymer, WZ. The use of mechatronics and virtual reality for rehabilitation of grasp and release following stroke. International Conference on Aging, Disability and Independence, St. Petersburg, Florida, 2006.
- Cruz EG, Waldinger HW, Kamper DG. Index finger movements reveal a directional dependence on path shape. *Soc Neuroscience Abstracts*, 34th Annual Meeting of the Society for Neuroscience, San Diego, CA, 2004.
- Kamper DG, Cruz EG, Waldinger HW. Variation in muscle moment arms with index finger posture. In *Proceedings of the 28th Meeting of the American Society of Biomechanics*, Portland, OR, 2004.

Invited Lectures

- Fischer, H. "Chronic Disease Management in Hospital Settings." UI Health Inservice for all OT and PT staff. March, 22, 2023.
- Mirza, M., Gecht-Silver, M., Fischer, H. "Promoting Safe Mobility through Primary Care Occupational Therapy." Northwestern Memorial Hospital 5th Annual Altholz Mobility Conference, June 3, 2022.
- Fischer, H. & Mulanthara, G. "Diabetes Management as an Occupation." Glass Half Full Podcast. July 2020 <https://glasshalffullot.com/podcast/diabetes-management-as-an-occupation/>
- Fischer, H., Gecht-Silver, M., Weitzel-Quander, D., Paul, C., Mulanthara, G., Patel, K. and Eisenberg, Y. "Collaborative Interprofessional Care for People Experiencing Diabetes." UIC Department of Occupational Therapy Scholarship of Practice Lecture Series. Nov. 2020
- Fischer, H. & Mulanthara, G. "Diabetes Management as an Occupation." Virtual Scholarship of Practice Day, University of Illinois at Chicago. October, 2020.
- Fischer, H. "Self-Management in Occupational Therapy" Midwestern University, Department of Occupational Therapy, July 1, 2019.
- Fischer, H. "Flipped Learning" Illinois Occupational Therapy Association Conference (ILOTA) November 2018.
- Fischer, H. "Role of Occupational Therapy in Diabetes Management." UIC Symposium for Diabetes Care, University of Illinois at Chicago, November 6, 2017.

Keynote: Fischer, H. "Improving Hand Function Following Stroke: Research Efforts of the RIC Hand Rehabilitation Lab." Marianjoy Rehabilitation Hospital Research Symposium, Wheaton, Illinois, May 5, 2009.

Conference Presentations

- Hansen, P., Watters, K., Sefandonakis, A., Fischer, H. "Integration of a Professional Development Module in an AOTA Fellowship: Supporting a Fellow's Future Professional Success" Poster presentation at 2024 American Occupational Therapy Annual Conference, Orlando, Fl.
- Fischer, H. "Collaborative Interprofessional Care for People Experiencing Diabetes: Diabetes Resource Extension And Management (DREAM) Program" Poster presentation at 2024 American Occupational Therapy Annual Conference, Orlando, Fl.
- Lee, D., Yang, M., Fischer, H., Tingey, J., Woods, R., Miller, M., Bombardier, C. "Motivational Interviewing & Self-Management Support in Early Stroke Rehabilitation: A Feasibility Study." Poster presentation at 2023 American Occupational Therapy Annual Conference, Kansas City, Mo
- Lee, D., Fischer, H., Yang, B., Tingey, J. L., Miller, M., Kahlia, F., & Bombardier, C. H. (November, 2022). Motivational interviewing and self-management support in early stroke rehabilitation: A feasibility randomized controlled study. Poster presentation at 2022 American Congress at Rehabilitation Medicine Annual Conference, Chicago, IL
- Fischer, H. C.; Mulanlara, G.M.; Gecht-Silver, M. "Integrating Occupational Therapy into Primary Diabetes Care: Interprofessional Collaborative Practice" Concurrent Session at the World Federation of Occupational Therapy (WFOT) International Congress and Exhibition 2022. Paris, France
- Hahn, B., Fischer, H., Hansen, P., Kottorp, A. "Knowledge Translation Case Study: Maximizing the use of Occupation-Based Assessment in Physical Rehabilitation" Poster presentation World Federation of Occupational Therapy (WFOT) International Congress and Exhibition 2022. Paris, France
- Mirza, M, Fischer, H., Gecht-Silver, M. "Promoting Safe Mobility Through Primary Care Occupational Therapy." 5th Annual Altholz Mobility Conference: Bridging the Gap between Home & Hospital, Northwestern Memorial Hospital, Chicago, IL. June 2022
- Eisenberg, Y., Fischer, H., Gecht-Silver, M., Kim, S., Patel, K., Paul, C., Weitzel Quander, D. "Diabetes Resource Extension And Management" UI Health 2021 Quality Fair, Poster Presentation
- Zera, S., Preissner, K., Fischer, H., Stoffel, A. "Translating Evidence to Practice: Implementing an Adult CO-OP Group in Day Rehabilitation, a Feasibility Study," Poster, American Occupational Therapy Association (AOTA) Conference, April 2020. (Accepted, Conference cancelled due to COVID-19)
- Heinemann, A., Ehrlich-Jones, L., Weaver, J. Fischer, H., Terhorst, L., Juengst, S., Grampurohit, N., Sullivan, J. "Enriching Curricular Resources to Aid in Rehabilitation Research: Collaborating with the Rehabilitation Measures Database (RMD)" Symposium at the American Congress of Rehabilitation Medicine (ACRM), Chicago, IL, October 2019.
- Zera, S., Preissner, K., Fischer, H., Stoffel, A. "Translating Evidence to Practice: Implementing an Adult CO-OP Group in Day Rehabilitation, A Feasibility Study." American Congress of Rehabilitation Medicine (ACRM), Chicago, IL. October, 2019
- Hohman, W., Fischer, H., Gecht-Silver, M., Mirza, M. "Use of screening tools to support physician referral for occupational therapy in the primary care setting." OT Summit of Scholars, May, 2019.

- Fischer, H., Mirza, M., Ferlin, A., Duke, K., Arias, D., Gecht-Silver, M. "Collaborative Interprofessional Practice for Chronic Disease Management in Primary Care." American Occupational Therapy Association Conference, New Orleans, LA. April, 2019
- Hahn, B., Fischer, H., Kottorp, A., Hansen, P. "Impact of Multi-Modal Knowledge Translation Strategies to Increase Utilization of the Assessment of Motor and Process Skills in a Rehabilitation Setting." American Occupational Therapy Association Conference, New Orleans, LA. April, 2019
- Hahn, B., Fischer, H., Kottorp, A., Hansen, P. "Impact of Multi-Modal Knowledge Translation Strategies to Increase Utilization of the Assessment of Motor and Process Skills in a Rehabilitation Setting." American Congress of Rehabilitation Medicine (ACRM), Dallas, TX. October, 2018
- Fischer, H., Lee, D., Zera, S., Robertson, R., Hammel, J., Hahn, B. "Implementing an occupational therapy self-management program for people with stroke in the rehabilitation setting," Oral Presentation, World Federation of Occupational Therapists, Cape Town, South Africa, May 24, 2018.
- Ferlin, A., Fischer, H., Januszewski, C., Hahn, B. "Occupational Therapy in Integrated Behavioral Health Primary Care." Interprofessional Education Symposium, April 27, 2018.
- Arias, D., Fischer, H., Gecht-Silver, M., "Interprofessional Practice for People with Diabetes Experiencing Health Disparities." Interprofessional Education Symposium, April 27, 2018.
- Fischer, H., "Role of Occupational Therapy in Chronic Disease Management in Specialty Care." University of Illinois at Chicago, Scholarship of Practice, April 6, 2018
- Hahn, B., Fischer, H., Kottorp, A., Hansen, P. "Impact of Multi-Modal Knowledge Translation Strategies to Increase Utilization of the Assessment of Motor and Process Skills in a Rehabilitation Setting" Applied Health Sciences Research Day, November 1, 2017.
- Gecht-Silver, M., Peterson, E., Fischer, H., Preissner, K. Hammel, J. "Evidence-based approaches to evaluation and delivery of self-management programming in occupational therapy practice." American Occupational Therapy Association Conference, Philadelphia, PA. April 2, 2017.
- Fischer, H., Lee, D., Zera, S., Robertson, R., Wolf, T., Hammel, J. "Implementing A Participation-Based Self-Management Program for People Who Have Experienced Stroke into the Outpatient Day Rehabilitation Setting." COTEC-ENOTHE Congress, Galway, Ireland, June 16, 2016.
- Fischer, H., Lee, D., Zera, S., Robertson, R., Wolf, T. "Participation-Based Self-Management Program for People Who Have Experienced Stroke in the Day Rehabilitation Setting." UIC AHS Research Day, November 2016.
- Hammel, J., Fischer, H., Lee, D., Wolf, T., Baum, C. "Living Life Well After Stroke: Adapting Self-Management Interventions to Increase Community Living and Participation Among People Who Experience Stroke ." American Congress of Rehabilitation Medicine (ACRM), Chicago, IL, November 2, 2016.
- Fischer, H., Lee, D., Hammel, J., Robertson, R., Zera, S. "Improving Participation after Stroke: Examining a Self-Management Intervention for Promoting Productive Aging for Older Adults with Stroke." Oral presentation, OT Summit of Scholars, Pittsburgh, PA May 21, 2016.
- Peterson, E., Fischer, H., Gecht-Silver, M., Hammel, J., Jensen, C., McGee, K. From Clinic to Community: Activating Consumers With Long-term Disabilities To Become Self-Managers. Short Course, American Occupational Therapy Association (AOTA) Annual Conference, April 8, 2016.
- Fischer, H.C., Lee, D., Robertson, R., Zera, S., Wolf, T. Hammel, J. "Improving Participation After Stroke Self-Management (IPASS): Implementation of an Occupational Therapy Self-

- Management Program in an Outpatient Day Rehabilitation Setting.” Poster Session, University of Illinois at Chicago, College of Applied Health Sciences Research Day, Chicago, IL, November, 2015.
- Stoykov, ME, Fischer, HC “A Task-Specific Training Protocol for Individuals with Moderate Upper Limb Hemiparesis Improves Motor Function.” Research Presentation, American Occupational Therapy Association Annual Conference, Nashville, TN, April, 2015
- Listenberger, M., Fischer, H., O’Neill, K., Kamper, D. “The Use of a Robotic Glove to Assist Hand Rehabilitation Following Stroke.” Poster Session, American Occupational Therapy Association Annual Conference, San Diego, California, April 2013.
- Fischer, H., Triandafilou, K., Towles, J., Kamper, D.G., Rymer, W.Z. “Reflex Coupling Between Fingers and Thumb after Stroke.” Poster Session, Society for Neuroscience Annual Conference, Chicago, Illinois, October 2009.
- Ehrlich-Jones, L; Mallinson, T; Fischer, H. “Enhancing Health Behavior Change in Rehabilitation Settings: Intro to Motivational Interviewing.” Short Course, American Occupational Therapy Conference, April 23, 2007.
- Ehrlich-Jones, L; Mallinson, T; Fischer, H. “Promoting Physical Activity in Persons with Arthritis.” One-Day Institute, American Occupational Therapy Conference, Charlotte, North Carolina, April 26, 2006.
- Mallinson, T; Ehrlich-Jones, L; Rogers, J; Fischer H. “Occupational Therapy’s Role in Health Promotion for Persons with Arthritis.” Panel, American Occupational Therapy Conference, Charlotte, North Carolina, April 27, 2006.
- Fischer, H; Kahn, L; Barbas, J; Pelosin, E; Roth, H; Reinkensmeyer, D; Rymer, WZ. “Robot-Assisted Therapy for the Upper Extremity Following Stroke ” Paper presentation, American Occupational Therapy Conference, Charlotte, North Carolina, April 29, 2006.
- Fischer, H; Kahn, L; Pelosin, E; Barbas, J; Roth, H; Reinkensmeyer, D; Rymer, WZ. “Can Robot-Assisted Therapy Promote Generalization of Motor Learning Following Stroke?” Biomedical Robotics and Biomechanics Conference, Pisa, Italy, February 20-22, 2006.
- Fischer, H; Kamper, D; Kenyon, B; Kline, T; Luo, X; Rymer, WZ. “The Use of Mechatronics and Virtual Reality for Rehabilitation of Grasp and Release Following Stroke.” International Conference on Aging, Disability and Independence, St. Petersburg, Florida, February 2-4, 2006.
- Hidler J, Hornby G, Kamper D, Nichols D, Waldinger Fischer H, Stubblefield K. The Use of Robotic Devices To enhance Recovery Following Neurological Injury: Recent Advances and Future Directions: Clinical Considerations and Rationale. American Congress of Rehabilitation Medicine – American Society of Neurorehabilitation Conference, Chicago, Illinois, September 29, 2005
- Waldinger Fischer, H. A Social Model Analysis of Identity Transformation Following Spinal Cord Injury. Society for Disability Studies Conference, San Francisco, Ca., June 10, 2005.
- Waldinger, H. and Stubblefield, K. Hand Rehabilitation Following Stroke: Limitations of Current Interventions and New Evidence-Based Approaches. American Occupational Therapy Conference, May 14, 2005.
- Waldinger, H. Hand Rehabilitation Using Mechatronics in a Virtual Environment. 18th Annual Midwest Deans' Occupational Therapy Research Conference, March 4, 2005 College of Health Sciences, Rush University, Chicago IL.
- Waldinger, H. And Wolenski, J. Community Rehabilitation in Rural Mexico: Spanish Language Immersion. Illinois Occupational Therapy Association Annual Conference. 2004.

Waldinger, H. A Social Model Analysis of Identity Transformation Following Spinal Cord Injury.
Society for Disability Studies Annual Meeting, Chicago, Illinois, June 30, 2000.

Teaching Experience

University of Illinois at Chicago, Department of Occupational Therapy

Current Courses

Lead Co-Instructor – OT 612: Occupational Performance and Participation: Outcomes and Interventions 1 (6 credits)

This lecture and lab-based course focuses on fundamental occupational therapy intervention and outcome measurement for basic activities of daily living, health management, leisure, play, work and social participation across the lifespan, including foundational skills in documentation and case analysis.

Lead Instructor – OT 630: OT Process 1 (3 credits)

A problem-based learning course applying clinical reasoning skills to a variety of scenarios. Application of the occupational therapy process across settings and through the lifespan. Discharge planning and consultation roles in a variety of contexts.

Co-Instructor – OT 631: Occupational Performance and Participation: Outcomes and Interventions 2 (4 credits)

This is the second in a series of 4 courses that focus on occupational therapy interventions and outcome measurement. The outcomes and interventions taught in this course are organized according to the Occupational Therapy Practice Framework and focuses on productivity across the lifespan including work, volunteer and school participation. Emphasizes theory-informed and evidence-based practice, roles and family/caregiver-focused interventions.

Lead Instructor – OT 640: OT Process 2 (3 credits)

A case-based course applying clinical reasoning skills and the occupational therapy process with individuals, groups, organizations, and populations. Role of the therapist to facilitate quality improvement, access to therapy, and care coordination.

Guest Instructor – OT 632: Occupational Performance and Participation: Outcomes and Interventions 3 (4 credits)

This lecture and lab-based course is focused on advanced occupational therapy interventions and outcome measurement for basic and instrumental activities of daily living. Topics include technology use, assistive devices, seating and positioning, home modifications, feeding, and health maintenance.

Guest Instructor – OT 568/DHD 594: Teaching, Learning & Curriculum Design, Delivery and Evaluation (2-4 credits)

Focuses on how to design, deliver and evaluate effective teaching and learning in university, professional, continuing education, community and online contexts. Provides opportunities to design effective learning opportunities (lectures, workshops, seminars, problem based & team-based learning, online learning, flipped learning and cognitive apprenticeships). Develops an understanding of how diverse adults learn through study of current learning theory and evidence on how to promote critical thinking, problem solving and social learning in context.

Past Courses

Lead Co-Instructor – OT 602: Client-Centered Practice Using Occupation-Focused Models (3 credits)

This lecture-discussion course covers core occupation-focused models guiding occupational therapy practice. Students will compare how each model informs the occupational therapy process and practice administering client-centered occupational therapy assessments.

Co-Instructor – OT 628: Group Theory and Process (1 credit)

This lecture-discussion course introduces students to group theory and models for OT practice. Students design mock groups and integrate communication modes to promote group function and a therapeutic process.

Lead Instructor – OT 512: Human Structure and Function (5 credits)

This lecture and lab-based course examines the anatomical and physiological basis for occupational performance. Features structure and function of musculoskeletal, cardiovascular and nervous systems and application of biomechanical and motor control principles.

Lead Co-Instructor – OT 523: OT Practice: Cognition and Perception in Action (4 credits)

This lecture and lab-based course explores the impact of impaired cognitive and perceptual processes on occupational performance of children and adults with neurological conditions, cognitive and intellectual disabilities and psychiatric disabilities.

Lead Co-Instructor – OT 515: Synthesis I (1 credit)

This course provides a problem-based learning context for the development of clinical reasoning skills in occupational therapy. Students analyze and synthesize 4 individual client cases which emphasize the occupational therapy assessment process.

Co-Instructor – OT 522: OT Practice: Functional Movement and Mobility (5 credits)

This lecture and lab-based course involves application of occupational therapy evaluation and intervention skills to children and adults with occupational performance deficits resulting from mobility and movement dysfunction.

Co-Instructor – OT 526: Assistive Technology and the Environment (3 credits)

Assessing the need for, delivering, and evaluating the outcomes of occupation-based technology and environmental interventions with people with disabilities within home, school, the workplace and the community.

Guest Instructor – PT 520: Mechanics of Joint Dysfunction (3 credits)

Lecture and lab course examining the principles of mechanics applied to pathology of joint components; mechanical and neurological implications of extremity and spinal joint dysfunction; critical review of pertinent literature.

Co-Instructor – Leadership and Management in Occupational Therapy (3 credits)

This course provides an overview of issues related to management and leadership in varied settings in which occupational therapists practice. Topics include, but are not limited to, quality improvement, program evaluation, financial management and leadership skills.

Co-Instructor – Synthesis II (2 credits)

In this problem-based learning course, students engage in small and large group learning to analyze cases. Emphasis is placed on occupation-based intervention planning with particular consideration of contextual factors.

Guest Instructor – PT 505: Advances in Rehabilitation Sciences I (3 credits)

Highlights the advances in the knowledge in rehabilitation of neurological, pediatric and geriatric populations. Provides exposure to methods of assessment, treatment and outcome measurements, and basic understanding of recovery of functions.

Rehabilitation Institute of Chicago Academy

Course Presenter - Annual Nancy B. Holt Management Course – Challenges in Leadership and Management, March 5, 2010. “What’s New in Rehabilitation Research?”

Created and delivered lecture on current trends in upper extremity rehabilitation research for stroke.

Sole Instructor – External Continuing Education Course

“Shoulder Rehabilitation for the Orthopedic and Neurologically Impaired Adult.” One Day Course, Ft. Lauderdale, Florida, November 8, 2005; Tampa, Florida, November 10, 2005; Orlando, Florida, November 11, 2005; Irving, Texas, April 18, 2006; Austin, Texas, April 19, 2006; Houston, Texas, April 21, 2006.

Designed curricula for a new course offered by RIC. Created lectures and labs on current research and evidence-based clinical interventions for clients with shoulder impairments for occupational and physical therapists, designed course agenda and learning objectives.

Sole Instructor- Internal Continuing Education Course

“Shoulder Rehabilitation for Occupational Therapists.” Half-day Course, January 10, 2006.

Developed evidence-based lectures and case studies for occupational therapists, created learning objectives and course agenda.

Course Presenter – External Continuing Education Course

“Interdisciplinary Tone Management.” Therapeutic Interventions in Stroke Rehabilitation for OTAs and PTAs, Chicago, Illinois, January 20, 2006.

Co-developed lecture with physical therapist on current treatment for stroke survivors.

Co-Instructor – External Continuing Education Course

“Interdisciplinary Approach to Stroke Rehabilitation.” Rehabilitation Institute of Chicago Outreach Course. April 23-24, 2005, Texarkana, TX; Augusta, Va. September 17-18, 2005; Reading, Pa. June 25-26, 2005.

Co-created lectures and workshops for physical, occupational, speech therapists and nurses, along with learning objectives and course agenda.