

LAUREL THUR

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CURRICULUM VITAE

EDUCATION

Ball State University, Muncie, IN

June 2011

Master of Science

Department of Exercise Science

Specialization: Clinical Exercise Physiology

Thesis Title: *The utilization and patient demographics of patients attending an Early Outpatient Cardiac Rehabilitation Program.*

Advisor: Leonard Kaminsky, PhD

University of Wisconsin-Milwaukee, Milwaukee, WI

May 2008

Bachelor of Science

Cognate: Kinesiology

Specialization: Health Promotion, Exercise Physiology

PROFESSIONAL EXPERIENCE

University of Illinois at Chicago

August 2016

Research Specialist

- Responsible for overseeing the development and implementation of research protocols within the laboratory.
- Manage quality control and regulatory requirements of research in the laboratory including the institutional review board (IRB).
- Coordinate all aspects of the research process including; human subject recruitment, preparation of regulatory documentation, coordinating and performing metabolic, cardiovascular and exercise testing, implementing exercise training protocols for the completion of clinical research studies, human research testing, and data management.
- Equipment and techniques include: DEXA (GE Lunar iDXA), Aloka A7 ultrasound (vascular and heart), NIHem (Cardiovascular Engineering, Inc.), SphygmoCor (PWA, PWV), Parvo Metabolic Cart, treadmill, cycle ergometer, Quinton Q-tel, phlebotomy and sample processing, Mobil-O-Graph PWA, ActiGraph (accelerometry), EKG, anthropometrics and vitals.

University of Colorado Anschutz Medical Campus

April 2015

Professional Research Assistant

- Responsible for coordinating a variety of industry and investigator-initiated studies within a clinical setting. Including coordination with other departments, IRB submission, maintaining source documentation, and drug accountability.
- Performed ultrasound and arterial tonometry procedures used in assessing vascular stiffness for all studies within the Division of Renal Diseases and Hypertension. Additional clinical duties include performing phlebotomy, EKG's and blood pressures as required.
- Responsible for screening, recruiting, consenting, and enrolling patients in ongoing clinical research projects. Including all follow-up management visits and case reports.

University of Illinois at Chicago

February 2013

Integrative Physiology Laboratory Manager/Research Specialist

- Supported the ongoing research initiatives of the faculty within the Integrative Physiology Lab, as well as coordinate efforts of the IPL in providing exercise, metabolic, and cardiovascular testing to campus at large.
- Provided support/ assistance expert consultation regarding laboratory infrastructure and equipment procurement, calibration, set up, pilot testing, and data collection.
- Assisted with periodic/occasional training to lab members regarding gold-standard data collection methods and laboratory practices for exercise stress testing, body composition analyses, and related indices.
- Delivered expert consultation in flow mediated dilation, SphygmoCor, ultrasound Aloka A7 measures (vascular and heart), maximal and submaximal exercise testing, and DEXA.
- Additional duties: exercise and metabolic testing, arterial function assessment, as well as data processing, management, interpretation, and documentation.

University of Chicago Medicine

June 2011

Exercise Physiologist: Phase I and Phase II cardiac and pulmonary rehabilitation

- Responsible for the design and implementation of exercise programs for patients referred to phase I and phase II cardiopulmonary rehabilitation.
- Supervised patient sessions to ensure safe and effective treatments.
- Educated patients regarding proper exercise techniques and health fitness topics to facilitate a decrease in participant's cardiac risk factors and an increase in functional capacity.
- Responsible for coordinating inpatient and outpatient education program.
- Accountable for documentation required to maintain AACVPR certification for cardiac and pulmonary programs.
- Monitored patient's vital signs, heart rhythm, ratings of perceived exertion and exercise workloads as well as handled emergent issues that arose.

Indiana University Health-Ball Memorial Hospital

May 2010

Student Exercise Specialist

- Worked 500+ hours directly with cardiac, pulmonary, heart failure, oncology, peripheral artery disease, and bariatric patients.
- Monitored cardiac Phase II patients using Cardiac Science Q-Tel software.
- Completed all documentation for a certified and reimbursed program, including orientation assessment and transition to maintenance for cardiac/pulmonary Phase II cases.
- Performed recruitment, intake assessments, exercise prescriptions, and quality outcome measures for Phase III (secondary prevention) patients.
- Recruited subjects for research study, Increasing Physical Activity in Cardiacs, performed phlebotomy, aided in non-exercise and exercise testing measurements, instructed subjects on set-up of accelerometers and pedometers.

Ball State University

Spring 2011

Program Testing and Fitness Center Supervisor

- Trained graduate assistants in clinical exercise physiology assessment protocols.
- Supervised laboratory testing and day-to-day activities in the fitness center.
- Calibrated and prepared all testing laboratory equipment for daily procedures.
- Directed collection and interpretation of all cardiovascular, respiratory, and metabolic data.
- Performed non-exercise and exercise testing on new fitness center participants; consulted participants on their initial testing results and prescribed personalized exercise prescriptions for participants.
- Implemented two exercise incentive programs, assisted in designing bimonthly educational newsletters, and created monthly educational bulletin boards

Ball State University

August 2009

Clinical Exercise Physiology Lab Technician

- Performed weekly non-exercise assessments including resting electrocardiogram, phlebotomy, body composition tests, pulmonary function testing, and objective physical activity monitoring.
- Operated an electrocardiogram and treadmill system during graded maximal exercise test under physician supervision.
- Monitored respiratory and metabolic variables with a PARVO indirect calorimetry system.
- Interpreted test data to develop personalized exercise prescriptions for fitness center members.

Exercise Leader

- Reviewed community members' health history questionnaires and evaluated their readiness for participation in a regular exercise routine.
- Developed individualized exercise prescriptions based on maximal exercise testing results.
- Evaluated and modified members' strength and flexibility prescriptions to assist them in reaching their fitness goals. Educated participants on both non-exercise and maximal exercise test results.

Wisconsin Arthritis Foundation

January 2009

Health Promotion Coordinator

- Identified, negotiated, managed and monitored system partnerships for the Arthritis Foundation Exercise Program in Wisconsin.
- Identified resources and community contacts in areas of cultural diversity and rural outreach for the Arthritis Foundation Exercise Program.
- Worked in collaboration with the WI Department of Health and Family Services and the CDC
- Presented the Arthritis Foundation and State Arthritis Program collaborative mission and goals to clubs, organizations, businesses, funders and the media.

University of Wisconsin Hospitals and Clinics

July 2008

Certified Nursing Assistant

- Provided direct patient care, both medical and non-medical under direction of registered nurse.
- Responsibilities included taking vital signs, assisting with medical procedures, aiding patients with ambulating, and reporting changes in patient's status

UW-Milwaukee/Milwaukee County Department on Aging
WellnessWorks Health Assessment Technician

December 2006

- Performed initial and annual fitness assessments on senior citizen participants.
- Health assessments include measurements of resting heart rate, blood pressure, waist and hip, height and weight, BMI, and six-minute walk tests.
- Assessments were done for ongoing research projects which focused on enhancing physical activity in underserved older adult populations in Milwaukee County.
- Trained members on the use of cardiovascular and resistance training equipment; provided personal training and health and wellness education.

PUBLISHED MANUSCRIPTS

Kaminsky, L.A., **Thur, L.A.**, Riggin, K. Patient and Program Characteristics of Early Outpatient Cardiac Rehabilitation Programs in the United States. *J Cardiopulm Rehab Prev.* 33(3):168-172, May/June 2013.

AWARDS AND GRANTS

- Ball State University Graduate Assistantship August 2010-May 2011
- Ball State University Graduate Assistantship August 2009-May 2010

PRESENTATIONS

- Comparing Cardiac Rehabilitation Functional Outcomes: DASI vs 6MWT. University of Chicago quality fair, October 2012
- Exercising with Diabetes: Benefits & Guidelines. American Diabetes Association EXPO-Chicago, IL, April 2012
- Cardiopulmonary Education Initiative. Poster presentation, University of Chicago Medicine quality fair, October 2011
- Importance of Exercise and Taking Care of your Body. Ball Memorial Hospital, March 2011
- The Usefulness of Including a Lipoprotein-associated Phospholipase A2 Test in Cardiac Risk Assessments of Women. Poster presentation ACSM Conference-Baltimore, MD, June 2010
- Physical Activity and Arthritis. Wisconsin Arthritis Leadership Summit, June 2009
- Arthritis Foundation Exercise Program, Speaker, January 2009-August 2009

PROFESSIONAL ASSOCIATIONS

- American College of Sports Medicine, October 2009-present
- American College of Sports Medicine- Midwest Chapter, April 2010-present
- North American Artery, September 2013-2015
- American Association of Cardiovascular and Pulmonary Rehabilitation, September 2010-2015
- Clinical Exercise Physiologist Association, June 2011-2013

CERTIFICATIONS

- ACSM Certified Clinical Exercise Physiologist®, August 2012-present
- American Heart Association BLS Healthcare Provider, May 2011-present
- American Heart Association ACLS Provider, February 2010-February 2014