

CURRICULUM VITAE

MAUREEN R. GECHT-SILVER
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PERSONAL DATA

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CERTIFICATIONS

Certified Group Exercise Instructor, American Council on Exercise (ACE), 1991-2007
Certified T-Trainer for Stanford Patient Education Research Center for CDSMP and DSMP
IL Occupational Therapist License No. 056.000269

EDUCATION

2014-2016 University of Illinois at Chicago
Occupational Therapy Department
Clinical Doctorate in Occupational Therapy (OTD)
Graduation: May 2016

1987-1989 University of Illinois at Chicago
School of Public Health
Master of Public Health (M.P.H.)
Community Health Science, Focus: Health Education/Gerontology
Graduation: May 1989

1973-1977 University of Wisconsin, Madison
B.S. in Occupational Therapy
Graduation: May 1977

EMPLOYMENT HISTORY

2016-Present Associate Director Medical Student Education, Department of Family
Medicine, University of Illinois at Chicago, Chicago, IL (Dec. 2016-
Present)

2016-2016 Acting Associate Director Medical Student Education, Department of
Family Medicine, University of Illinois at Chicago, Chicago, IL (Feb-
Nov)

2011-2016 Resource Occupational Therapist, North Shore Home Health, Skokie, IL
5-10%

- Direct service for homebound patients
 - Team communication through EPIC electronic medical record
- 2009-2013 Resource Occupational Therapist, Glenview Terrace Nursing Center, Glenview, IL 5-10%
- Direct patient care coverage and evaluations for short and long term residents of the nursing center
- 2003-2005 Skills Training Leader, HART (Heart Failure and Retention Trial) Rush-Presbyterian St Luke's Department of Preventive Medicine, Chicago, IL June 2003-Feb 2005. Per diem position
- Self-Management training for people with Heart Failure following grant protocol
- 1994-2016 Project Coordinator and Faculty Member, Department of Family Medicine, University of Illinois at Chicago, Chicago, IL
Initially 50%, currently 90% appointment
Current Duties:
- Care coordination for clinic patients with chronic illness since 2012
 - Clinical instructor for medical student family medicine clerkship - develop and lead small group interactive education programs (selectives) each 6 week block
 - Active participant in medical student and residency education
- Past Duties:
- Co-PI IDPH Residency Training Grant, Key personnel HRSA, Spenser, FIPSE, ACHA, and MERCK grants
 - Curriculum director 4-week required community medicine rotation since 2005-2016
 - Patient instructor training, case development, program development, and coordination for medical students and medical residents education programs at UIC and in community
- 1989-1997 Private Practice Occupational Therapy and Wellness Activities with Older Adults, Chicago, IL 10-25%
- ACE certified senior exercise leader, Highland Park Senior Center, Highland Park, IL
 - Contract OT services
- 1992-1997 Community Educize Trainer. Institute for Inquiry in Education. Partially Funded by SBIR grant (1991-4). Chicago, IL 5% appointment
- Developed and tested audio and print package to train leaders in arthritis exercise and education
- 1991-1994 Occupational Therapist, Clinical Specialist, Rehabilitation Institute of Chicago, Chicago, IL 50%

- Outpatient treatment for injured musicians, people with arthritis and overuse conditions
- Inpatient multidisciplinary treatment for chronic low back pain one month program
- Patient care coverage for wide variety of rehabilitation diagnoses
- Ergonomic evaluations in client offices
- Teaching and presentations both professional and in the community
- Staff training in clinical specialist role including education in equipment use, arthritis care, management of overuse conditions, hand therapy, and injured musicians

1991-1994

Coordinator, Patient Instructor Program, Northwestern University Medical School, Division of Arthritis-Connective Tissue Diseases, Chicago, IL 10%

- Trained by chief of rheumatology to conduct arthritis joint exam
- Organized training program in conjunction with chief of rheumatology for people with arthritis to learn joint exam on themselves
- Provided continuing education and quality control for patient instructors with MD supervision
- Coordinate, organize, train and facilitate training for medical students and residents in conducting a joint exam at Northwestern and UIC

1987-1991

Educize Leader and Trainer, Northwestern Multipurpose Arthritis Center. Chicago, IL 20-40%

- Group Leader EDUCIZE program
- Trainer EDUCIZE Program (Aerobic Exercise and Problem-solving discussion group) for people with arthritis

1985-1991

Private Practice Occupational Therapist with Adults and Children, Chicago, IL 100-25% varied according to teaching/graduate school/grant activities

- Public schools 30% x 1 year
- Jackson Park Hospital 50% x2 years
- Nursing home, outpatient clinic, and hospital setting contract work
- UIC outpatient OT department 25% appointment <2 years

1982-1985

Physical Disabilities Occupational Therapist, St. Joseph Hospital, Chicago, IL 100%

- Patient care acute and rehab units
- Wellness education older adults

1978-1982

Staff Occupational Therapist, Christ Hospital, Oak Lawn, IL 100%

- Team leader inpatient psychiatry locked unit 2 years
- Rehab unit staff therapist 1.5 years

TEACHING EXPERIENCE

UIC Medical School

- 2016-Present Assistant Professor of Clinical Family Medicine, Department of Family Medicine, University of Illinois at Chicago, Chicago, IL 100% Appointment (December 2016-present)
- 2010-2016 Clinical Instructor of Public Health in Family Medicine, Department of Family Medicine, University of Illinois at Chicago, Chicago, IL, non-salaried appointment
- 2006-2010 Clinical Instructor in Family Medicine, Department of Family Medicine, University of Illinois at Chicago, Chicago, IL, non-salaried appointment

College of Allied Health Professionals

- 2016-Present Clinical Assistant Professor Occupational Therapy, Department of Occupational Therapy, University of Illinois at Chicago, Chicago, IL non-salaried appointment

UIC Medical Student Education

First Year Medical Students –Entire Class Workshops

- 2009-2011 Sexual Health and Substance Use History Taking Workshop, M1 Students
- 2005-2011 First Patient Workshop, during Essentials of Clinical Medicine Course (ECM)
- 1994-2003 First Patient Workshop, during orientation, later (ECM)

Second Year Medical Students

- 1997-2009 Sexual Health and Substance Use History Taking Workshop M2 students, ECM,
- 2005-2007 Preceptor Service Learning Program

Third Year Medical Students- Workshops and Selectives (mini courses)

- 2012 Working in Concert: introduction to the role of the community health worker
- 2011-Present Health Promotion for People with Intellectual/Developmental Disabilities
- 2009-Present Introduction to Self-Management Support/Motivational Interviewing in Family Medicine. New name: Motivational Interviewing in Family Medicine
- 2009-2014 Introduction to House Calls
- 2009-2012 Promoting Cancer Wellness, Cancer Wellness Center, Northbrook, IL
- 2008 Community-Based Health Promotion for People with Arthritis
- 2007-2009 Self-Management Learning Lab. Three 2-hour sessions UIC Wellness Center, 2007 Nov-Dec and May-June; Cathedral Shelter Oct 2008; Rush Older Adults 2009. Partially funded by HRSA grant.
- 2006-2012 Health Promotion for Children in the Community

- 2005-2007 Group Medical Visits for HTN and weight loss that included training for M3 students in self-management and coaching. Taught in collaboration with Dr. Susan Buchanan and Dr. Sam Grief
- 2002-2004 Patient Education,
- 2001-2003 Home Visit Program
- 1999-2002 Cultural Competency Education
- 1994-1999 Musculoskeletal Workshop
- 1994-1997 Sex and Substance Abuse History Taking Workshop
- 1994-1999 Clinical Reasoning Work with Standardized Patient Cases

UIC Residency Education

Program Development

- 2007-2010 Implementation Self-Management Learning Lab at Rush University (supported by Illinois Department of Public Health, Residency Training Act Grant)
- 2005-2016 Curriculum Development, Community Medicine
- 2004-2005 Member Community Medicine Team, IDPH grant

Key Workshops and Trainings

- 2005-2011 Self-Management Training
- 2007-2010 Self-Management Learning Lab. Three 2-hour group sessions for older adults lead by second year residents. Program offered twice per year. Offered in partnership with Rush University Medical Center. Chicago, IL. Partially supported by Illinois Department of Public Health grant.
- 2006-2008 Patient education training
- 2004-2007 Sexual Health and Substance Use History Taking Workshop
- 1998-2005 Musculoskeletal Workshop
- 2001-2004 Interviewing Skills Assessment, R1 Orientation

External Resident and Medical Student Education Workshops

- March 2006 Sexual Health and Substance Use History Taking, St. Elizabeth Residents, Chicago, IL
- July, 2004 Clinical Reasoning Assessment of R1 Loyola Cook County Residents, Chicago, IL
- 2000-2007 Musculoskeletal Workshop, Cook County Hospital Residency, Chicago, IL
- 2000-2001 History Taking Workshop, R1, Christ Hospital, Oaklawn, IL
- 1998-2002 Musculoskeletal Workshop, Ravenswood UIC Residency, Chicago, IL
- 1998-2002 Sensitive Interviewing Workshop, Ravenswood UIC Residency, Chicago, IL
- 1997-2008 Advanced Physical Diagnosis with Musculoskeletal Patient Instructors, Loyola University, Chicago, IL
- 1995-1997 Musculoskeletal Exam Workshop for M2 students, University of Chicago, Chicago, IL

Occupational Therapy

- 1989 Instructor, OT 312 Occupational Media, Univ of Illinois at Chicago, Fall
- 1986 Instructor, OT 327 Physical Disabilities, Chicago State University, Fall

Community Education and Training

Diabetes Self-Management Program Group Leader

May-Jun 2017 Maureen Gecht-Silver, Jenica Lee, Kathryn Duke, UIC FM Center, Chicago, IL

Oct-Nov 2012 Maureen Gecht-Silver and co-leader Rush University, Chicago, IL

Self-Management Learning Lab Follow-up Group

2007-2011 Dana Bright LCSW and Maureen Gecht-Silver MPH, OTR/L, Bi monthly follow up and goal setting group for program graduates. Rush University Medical Center and UIC Family Medicine.

Chronic Disease Self-Management in the Workplace- Self-Management Resource Center (SMRC) Pilot Study

January 2018 Cathleen Jenson and Maureen Gecht-Silver, Chicago, IL

Chronic Disease Self-Management Program (CDSMP) Leader Training

Sept 2016 Maureen Gecht-Silver and Maria Oquendo-Scharneck Chicago, IL

Mar 2014 Maureen Gecht-Silver and Rachel Kirsch. Chicago IL 2012

CDSMP Update for UIC OT Department, March 21

Jan 2014 Maureen Gecht-Silver and Rachel Kirsch. Chicago IL for UIC OT Department. January 18,19, 20, 24

Oct 2010 Dana Bright, Maureen Gecht-Silver and Ruby Nalzarro, Chicago, IL, October 20, 21, 27, 28

Jan 2010 Maureen Gecht-Silver and Dana Bright, Chicago, IL for UIC OT Department, January 6-9

Feb 2008 Cheryl Ramirez and Maureen Gecht-Silver, Champaign, IL February 14, 15, 21, 22,

Sept 2007 Cheryl Ramirez and Maureen Gecht-Silver, Champaign, IL September 10,11,17,18,

Fall 2002 Maureen Gecht-Silver and Barbara Clay, UIC Family Medicine. Chicago, IL

DSMP Cross Training

April 2017 Padraic Stanley and Maureen Gecht-Silver Chicago, IL April 6

CDSMP Leader and Master Training

July 2008 Maureen Gecht-Silver and M. Lynn Griffith Olympia, Washington July 7-11,

June 2008 Cheryl Ramirez and Maureen Gecht-Silver, Mt Prospect, IL, June 19, 20, 26, 27

April 2005 Roberta Young and Maureen Gecht-Silver, Wausau, Wisconsin. April 4-8,

Self- Management Workshops for Faculty and Staff

2004-5 Maureen Gecht-Silver, Cook County Clinics, CIC. Chicago Area. IL

CDSMP Group leader.

2001-2004 Maureen Gecht-Silver and Co-leader, Multiple Community Sites.
Chicagoland Area, IL

Arthritis Self-Help Group Leader

1983-1985 Maureen Gecht and co-leader. Arthritis Foundation, Chicago, IL

RESEARCH EXPERIENCE

Unfunded Submissions

2017 AOTF Intervention Research Grant. Investigators: Heidi Fischer, Brian Layden , Joy Hammel and Maureen Gecht-Silver.
Occupation-based, culturally relevant self-management for people experiencing diabetes: A collaborative approach between occupational therapists, physicians and peer mentors.

Funded Submissions

2018-2019 Retirement Research Foundation Grant. Danbi Lee (PI) Maureen Gecht Silver (Co-PI). Using motivational interviewing to build self-management skills among older adult clients: Adaptation and evaluation of a training for occupational therapists. (\$59,997 for one year award beginning July 1, 2018)

2016-2018 AOTF Intervention Research Grant. Mansha Mirza (PI) Maureen Gecht-Silver (Co-PI). Piloting an Occupational Therapy Intervention in a Primary Care Clinic (49,998 one year award) Funded for one year + one year no cost extension.

2007-2009 HRSA Training Grant. Memoona Hasnain (Co-PI) and Karen Connell (Co-PI) Maureen Gecht-Silver, Key personnel, developed patient-centered teaching seminars (selectives) for third year medical students.

2006-2009 Illinois Department of Public Health, Residency Training Act, Community Medicine Grant, Care of Underserved Patients with Chronic Disease: A Longitudinal Curriculum to Educate Residents to Promote Patient Self-Management. Potter MC (PI), Gecht-Silver MR (Co-PI), UIC Family Medicine, Chicago, IL (\$118,000 year one award, three year grant with incremental funding)

2001-2003 American College Health Association (ACHA), Building Healthy Campus Communities, Fall 2001, Gecht MR, Project Director, Gazdziak N, Project co-Director, UIC Family Medicine, Chicago, IL, \$12,000 supplies, no salary

2001-2004 Merck Pharmaceuticals, Establishment of an Innovative Chronic Disease Self-

Management Program, Maureen R. Gecht, Project director, Unrestricted Educational Grant to Teach the Stanford Chronic Disease Self-Management Program. UIC Family Medicine, Chicago, IL, June 2001, \$15,000

- 1995-1997 Fund for the Improvement of Post-Secondary Education (FIPSE).** Dissemination of an Innovative Approach to Provide Musculoskeletal Physician Education in the Musculoskeletal Diseases, Karen Connell, PI, Drs. Allan Olthoff and Michael Friedman, Physician Mentors, Maureen Gecht, Patient Instructor Trainer and Program Coordinator.
Participating Sites: Chicago Area Family Medicine Residencies of: Lutheran General Hospital, St. Elizabeth Hospital, McNeal Hospital, Cook County Hospital, Hinsdale Hospital, and University of Illinois at Chicago.
- 1995-1997 Spenser Foundation.** Assessing Medical Student Diagnostic and Semantic Competence during Case Presentations: Studies of Reliability, Validity and Feasibility. George Bordage (PI), Karen Connell (Co-PI) . Maureen Gecht, Key research personnel, Chicago, IL
- 1991-1994 Small Business Innovation Research** Karen J. Connell (PI), Maureen Gecht (Co-PI) Chicago, IL. Focus: materials development, training and program evaluation
- 1991 Buchanan Fellowship in Occupational Therapy,** Tools for Success: Teaching Self-Management Skills to People with Arthritis. Gecht MR and Nozaki L. Rehabilitation Institute of Chicago, Chicago, IL, \$11,950 salary. Chicago, IL
- 1987-1989 NIH Multipurpose Arthritis Center.** Enhancing the Health Status of Arthritis Patients: An educational Model. Susan Perlman, MD PI, Karen Connell, Co-PI. Maureen Gecht, Trainee and Trainer Educize, Northwestern Multipurpose Arthritis Center, Chicago, IL

PUBLICATIONS

Lorig K, Laurent D, Schreiber R, **Gecht-Silver M**, Thompson, D, Minor M, Gonzalez V, Sobel D, Lee D. (2018) Building Better Caregivers: A Caregiver's Guide to Reducing Stress and Staying Healthy. Boulder, CO, Bull Publishing, Boulder, CO

Gecht-Silver MR: Joint protection for the upper limb. Up-to-Date Online Journal, **18.3:** updated 2018 (since 2014) In: UpToDate [Internet]. Waltham (MA): UpToDate Inc. c1992

Gecht-Silver MR and Duncombe AM: Patient information: Arthritis and exercise. Up-to-Date Online Journal, updated 2018 (since 2007) In: UpToDate [Internet]. Waltham (MA): UpToDate Inc. c1992.

Gecht-Silver MR, Duncombe AM: Overview of joint protection. Up-to-Date Online Journal, **18.3:** updated 2017 (since 2005) In: UpToDate [Internet]. Waltham (MA): UpToDate Inc. c1992

Gecht-Silver MR, Duncombe AM,: Joint protection and the neck. Up-to-Date Online Journal, **18.3:** updated 2017 (since 2007) In: UpToDate [Internet]. Waltham (MA): UpToDate Inc. c1992

Gecht-Silver, MR, Lee, D., Ehrlich-Jones, L., & Bristow, M. (2016). Evaluation of a Motivational Interviewing Training for Third-Year Medical Students. *Family medicine*, *48*(2), 132-135.

Sheon RP, **Gecht-Silver MR.** Joint protection and the lower extremity. 16 June 2010. In: UpToDate [Internet]. Waltham (MA): UpToDate Inc. c 1992

Gecht-Silver MR: Outsmarting Arthritis. In Lorig and Fries (eds.): *The Arthritis Helpbook (Sixth Ed.)* Perseus Books, Cambridge, MA, 2006 (revised approximately every 5 years since 1986)

Gecht-Silver MR: Self-Helpers: 100+ Hints and Aids. In Lorig and Fries (eds.): *The Arthritis Helpbook (Sixth Ed.)* Perseus Books, Cambridge, MA, 2006 (revised approximately every 5 years since 1986)

Gecht-Silver MR: When you're caring for young children. *Arthritis Self-Management*. March/April 2004, p.14-20.

Gecht MR: What happens to patients who teach? *Teaching and Learning in Medicine*. *12*(4),171-175, 2000

Sinacore JM, Connell KJ, Olthoff A, Friedman M, **Gecht MR:** A method for measuring interrater agreement on checklists. *Evaluation and the Health Professions* *22*(2):221-234, 1999

Connell KJ, Bordage G, **Gecht MR,** Chang RW: Assessing clinicians' quality of thinking and semantic competence: a training manual for researchers and medical educators. Department of Medical Education at the University of Illinois at Chicago, 1998

Bordage G, Connell KJ, Chang R, **Gecht MR,** Sinacore JM: Assessing the semantic content of clinical case presentations: studies of reliability and concurrent validity. *Acad Med* *73*(10): S37-S39, 1997

Gecht MR, Connell KJ, Sinacore JM, Prohaska T: The relationship between exercise beliefs and exercise habits among people with arthritis. *Arth Care and Research* *9*(2):82-88, 1996

Connell KJ, **Gecht MR,** Conlon P: Multi-media dissemination of EDUCIZE for Arthritis. *Arth Care and Res* *6:* s22, 1993

Perlman SG, Connell KJ, Clark A, Robinson MS, Conlon P, **Gecht M**, Caldron P, Sinacore J: Dance-based aerobic exercise for rheumatoid arthritis. *Arth Care and Res* 1990; 3:29-35, 1990

PRESENTATIONS

Workshops and Invited Presentations

Gecht-Silver, M., Duke, K. Motivational Interviewing to Promote Patient Engagement and Self-Management. 6-hour institute. American Occupational Therapy Association Annual Conference. April 18, 2018. Salt Lake City, Utah.

Peterson E and **Gecht-Silver MR.** Self Management Interventions to Manage Chronic Disease, Health Promotion, and Participation. Community-of-Practice Break-out session. 4th Annual Scholarship of Practice Day. UIC OT Department. April 6, 2018. Chicago, IL

Mirza, M, Fischer, H, Gecht-Silver, M, and Duke, K. Occupational Therapy's Role in Chronic Disease Management. 4th Annual Scholarship of Practice Day. UIC OT Department. April 6, 2018, Chicago, IL

Peterson E and **Gecht-Silver MR:** The New COM Curriculum. June 5, 2017. UIC OT Department Faculty Retreat. Chicago, IL

Mirza M, **Gecht-Silver MR,** Kottorp A. Piloting an Occupational Therapy Intervention in a Primary Care Clinic. UIC OT Scholarship of Practice Day, Chicago, IL, March 10, 2017.

Peterson E and **Gecht-Silver MR:** Discussion leaders for community of practice: self-management interventions to manage chronic disease, health promotion & participation. Third Annual OT Scholarship of Practice Day. UIC OT Department. Chicago, IL Mar 10, 2017.

Gecht-Silver MR: Motivational Interviewing: Evidence-Based Approach to Promote Therapist Client Partnerships for Chronic Disease Management. AOTA Chronic Disease Specialty Conference. December 2, 2016, Orlando, Florida.

Gecht-Silver MR: Evaluation of a curriculum to educate practicing OTs to integrate motivational interviewing and self-management strategies into client-centered OT Practice. UIC Occupational Therapy Department Second Annual Scholarship of Practice Day. March 4, 2016 Chicago, IL

Peterson E, Hammel J, Fischer H, Jensen C, McGee K, **Gecht-Silver MR:** Clinic to Community: Activating Consumers with Long-term Disabilities To Become Self-managers. Scholarship of Practice Lecture Series. UIC Occupational Therapy Department, January 25, 2016, Chicago, IL

Gecht-Silver MR: Motivational Interviewing for Occupational Therapists in Physical Disabilities: Tools and Approaches to Enhance Client-Centered Practice. OTD Project Workshop. December 4 and 12, 2015. Chicago, IL

Gecht-Silver MR: Self- Management: Evidence and Application. Seminar Occupational Therapy Master Level Students. OT 501 Nov 2013, Nov 2014. Chicago, IL

Gecht-Silver MR: Introduction to Motivational Interviewing. 3-3 hour (9 hour) interactive workshops for OT doctoral students and faculty. 9-CEU credits offered. February 19, March 19, April 2, 2013. Occupational Therapy Department, Chicago, IL

Gecht-Silver MR: Motivational Interviewing: The Basics. 3- 3 hour (9 hour) interactive workshops for Project Connect Navigators. February 25, March 6, April 1, 2013, Core Center, Chicago, IL

Gecht-Silver MR: Motivational Interviewing: Exploring Your Ability To Motivate. 4 hour, 4 CEU credits training November 6 and 12, 2012. UIC Hospital Occupational Therapy Department, Chicago, IL

Gecht-Silver MR: Medication and the Patient Experience. Guest Lecture. UIC Pharmacy 344, Chicago, IL April 5, 2012.

Gecht-Silver MR: Motivational Interviewing and Goal Setting, Maureen Gecht-Silver. OT 594 Special Topics: Developing and Implementing Self-Management Programs. 2.5 hour skills workshop. 2011. Chicago, IL.

Gecht-Silver MR: Self-Management: Getting to the Heart of the Matter. Guest Lecture. OT 401. Nov. 2, 2011

Gecht-Silver MR: Introduction to Self-Management Support. Guest Lecture. Concordia College, SW392, Milwaukee, WI, February 22, 2011.

Gecht-Silver MR: Expand your Tool Box to Help Patients Manage Their Chronic Pain. Rush-Stroger Internal Medicine Residents. 2 hour Workshop November 4, 2010.

Gecht-Silver MR: Motivational Interviewing and Goal Setting. Special Topics OT 594 Developing and Implementing Self-Management Programs. 2 hour workshop March 16, 2010 Chicago, IL.

Bright DM, **Gecht-Silver MR:** Introduction to Self Management Support. 2- 2 hour workshops. Rush-Stroger Internal Medicine Residents, October 26, 2009 and November 12, 2009

Gecht-Silver, MR: Motivational Interviewing and Chronic Disease Self-Management. Community Expert Guest Instructor for School of Public Health online course 480 Health Education and Health Promotion, Susan Altfeld instructor, October 7, 2009

Bright DM, **Gecht-Silver MR:** Chronic Disease Self-Management and the Interdisciplinary Team, Geriatric Interdisciplinary Team Training. Rush University, Chicago, IL. October 7, 2009, February 11, 2009.

Gecht-Silver MR, Ramirez C: Living Well: The Chronic Disease Self-Management Program (CDSMP). 2008 Illinois Women's Health Conference, Oak Brook, IL November 19, 2008
Patient Self-Management Skills for Patient Care and Community Education, St. Elizabeth Residents, Chicago, IL April 3, 2008.

Gecht-Silver MR and Bright D: Teaching Chronic Disease Self-Management to Health Professionals: A Practical Approach. Occupational Therapy Scholarship of Practice Lecture, Chicago, IL November 17, 2008

Gecht-Silver MR: The Chronic Disease Self-Management Program, CDSMP. Evidence Based Collaboration Meeting, Illinois Department of Public Health, Springfield, IL, June 23, 2008

Gecht-Silver MR, Hyderi A, Braun C, Valaski M: Using HIV+ Patient Instructors to Teach Sexual Health and Substance Use History Taking to 2nd Year Medical Students. 4th Annual Clinical Skills Education and Assessment-Chicago Style Conference, Northwestern University, Chicago, IL, June 21, 2006

Gecht MR: A Program to Teach Behavior Change Counseling to M3s using PIs. Innovations in Clinical Skills Education: The Chicago Perspective, Northwestern University Medical School, Chicago, IL, June 24, 2004

Gecht MR, Hasnain M, Sinacore JM, Tranmer, P, Connell KJ: Physician-Patient Communication: Impact of an Early Intervention, Clinical Skills Chicago Style, Northwestern University Medical School, Chicago, IL, June 19, 2003

Gecht MR: Getting Active, Educize and the ROM Dance. Presentation, Rehabilitation and the Elderly: Exercise and Exercise Programming. Rehabilitation Institute of Chicago, Chicago, IL, September 6, 1996 (Presented annually since 1991)

Connell KJ, Conlon P, Robinson M, **Gecht MR:** Educize for Arthritis: A Synergistic Combination of Vigorous Exercise and Problem-Solving Education. National Continuing Education Program at the Rehabilitation Institute of Chicago, Chicago, Illinois, April 17-18, 1989 and February 22-23, 1990

Miller A, **Gecht MR, Knudson K, Tyner-Hanrahan C :** Proprioceptive Neuromuscular Facilitation for the Hemiplegic Patient." Continuing education program presented by the Chicago PNF Study Group, Chicago, IL, May 1988; Milwaukee, WI, November 1988; Chicago, IL, February 1991

Gecht MR: New Approaches to Patient Education. Rehabilitation Management of Rheumatoid Arthritis. Rehabilitation Institute of Chicago. Chicago, IL. May 14-15 1990.

Gecht MR: Occupational Therapy Refresher for Physical Disabilities. Developed, coordinated and presented for four day national workshop. Edgewater Rehabilitation. Chicago, IL. March 24-27 1988, September 7-10 1989

Ellman, MH, Gecht MR, Holman A, Lewis MA, Muzio, L: The Multidisciplinary Approach. Arthritis: Strategies for Diagnosis and Treatment. Illinois Arthritis Foundation. Oakbrook, IL. Friday October 21, 1988

Gecht MR: Sensory Changes and Aging. One-hour lecture during Role of OT with the Elderly. Regional Workshop sponsored by the American Occupational Therapy Association. Chicago, IL, March 1986

Gecht MR: Wellness over 60. One-hour lecture during Understanding the Aging Process, Continuing Education Program. Rehabilitation Institute of Chicago. Chicago, IL March 1985

Presentations at UIC Medical School (selected)

Gecht-Silver MR OTR/L MPH, Duncombe A PT, OCS: *Taking Good Care of Vulnerable Joints: Evidence for Instructing Musculoskeletal Patients in Joint Protection.* First Annual DFM Scholarship Day. UIC Department of Family Medicine, Chicago, IL, May 31, 2006

Gecht MR, Hasnain M, Sinacore JM, Tranmer P, Connell KJ : *Physician Patient Communication: Impact of an Early Intervention.* UIC Academy for Excellence in Teaching-Integrating the Basic and Clinical Sciences, Chicago, IL, April 10, 2003

Gecht, MR: *Exercise for Older Adults with Joint Problems,* Grand Rounds, Department of Family Medicine, Chicago, IL, May 2, 2001

Gecht, MR: *The Chronic Disease Self-Management Program,* Grand Rounds, Department of Family Medicine, Chicago, IL, November 2001

Peer Reviewed Presentations and Posters

Gecht-Silver M, Kitchens, R, Perlmutter, M, Newman, R, Breeden K. (SIS) RDSIS Annual Program - Applying a Self-Management Approach Across Populations and Practice Settings To Improve Client Satisfaction and Outcomes. American Occupational Therapy Association Annual Meeting. April 19, 2018. Salt Lake City, Utah

Mirza, M., **Gecht-Silver, M.,** Lukaszewski, K., Fisher, G., Muir, S. Occupational Therapy in Primary Care: Creating Pathways and Building Evidence. American Occupational Therapy Association Annual Meeting, April 20, 2018.

Hall, M and Gecht-Silver MR. Effectiveness of Workshop for Teaching Breastfeeding Promotion and Management to Medical Students. STFM Medical Student Education Conference. In Progress Research Reports. February 2, 2018. Austin, Texas.

Mirza M, **Gecht-Silver MR,** Kottorp A, Krischer A. Piloting an Occupation-Focused Intervention for Older Adults in Primary Care: Feasibility of Patient Selection and

Implementation Procedures. Poster. OT Summit of Scholars 2017, Boston University, Boston MA, June 2-3.

Gecht-Silver MR, Fischer H, Preissner K. Evidence-Based Approaches to Evaluation and Delivery of Self-Management Programming in Occupational Therapy Practice, Short Course Presentation at AOTA Annual Conference, Philadelphia, PA, April 2, 2017

Gecht-Silver MR, Peterson, E, Ernst D, Hammel J: A Motivational Interviewing Curriculum for Occupational Therapists in Physical Disability Settings to Integrate Self-Management into their Practice. Poster. AOTA Annual Conference, Philadelphia, PA, April 1, 2017

Gecht-Silver MR: Building MI Capacity For Occupational Therapists Implementing Self-Management Strategies. Motivational Interviewing Network of Trainers (MINT) Forum, Montreal, Canada October 1, 2016

Gecht-Silver MR, Robinson M: The Role of Occupational Therapy in Care Coordination and Care Management. Illinois Occupational Therapy Association Annual Conference. Naperville, IL October 27-29, 2017

Peterson E, Fischer H, **Gecht-Silver MR**, Hammel J, Jensen C, McGee K., From Clinic to Community: Activating Consumers with Long-term Disabilities To Become Self-Managers. American Occupational Therapy Association Annual Conference and Expo. Chicago, IL, April 7, 2016

Gecht-Silver MR, Stringham R, Hanjrah S. Applying the National Family Medicine Curriculum for Clerkship Evaluation and Development. Work-in-Progress. STFM Conference on Medical Student Education; Atlanta, GA, February 5-8, 2015

Gecht-Silver MR, Yamaki K, Xiong S, Porter T. An Inter-professional Program to Educate Medical Students about Intellectual and Developmental Disabilities. Poster. STFM Conference on Medical Student Education; Atlanta, GA, February 5-8, 2015

Price A, MacDonald J, **Gecht-Silver MR**, Stringham R. Strategies to Increase Breastfeeding Education in Undergraduate Medical Education. Poster. STFM Conference on Medical Student Education; Atlanta, GA, February 5-8, 2015

Gecht-Silver MR. Introduction to Self-Management Support: Encouraging Patients to Manage their Health. Peer Paper in Progress. Medical Student Education Conference. Society of Teachers of Family Medicine (STFM). Long Beach, California, February 4, 2012

Gecht-Silver MR. Self-Management Support: Work Smarter Not Harder. Workshop. Illinois Primary Care Association Leadership Conference. St. Louis Missouri, October 5, 2011

Gecht-Silver MR and Bobek C. Training Medical Students to Teach Self-Management Skills to Patients with Chronic Disease. Seminar. Pre-doctoral Education Meeting. Society of Teachers of Family Medicine (STFM) Jacksonville, Florida, Sunday, January 31, 2010.

Gecht-Silver MR, Kull K, Vecchione A and Lopez B. Training Medical Students to Teach Health Promotion to Preschoolers. Poster. Predoctoral Education Meeting. STFM. Jacksonville, Florida. January 28-31, 2010.

Yamaki K, Cox C, **Gecht-Silver MR,** Kaye M: Medical Students Meet Patients with Disability for the First Time: Working to Build A Better Doctor Patient Relationship. Poster American Public Health Association, Philadelphia, PA, November 15, 2009

Bright DM, **Gecht-Silver MR:** The Self-Management Learning Lab. Lecture. Aging in America (ASA Annual Meeting). Las Vegas, Nevada. March 19, 2009

Gecht-Silver MR, Bright D: Teaching Chronic Disease Self-Management in Residency Education. Seminar presented at STFM 2007 Conference on Practice Improvement: Health Information and Patient Education, Newport Beach, California, November 8-11, 2007

Grief S, **Gecht-Silver MR,** Devens M: Planning and Implementing a Group Weight Loss Program. Family Medicine Forum 2007, Winnipeg, Canada, October 11-13, 2007

Grief S, **Gecht-Silver MR,** Devens M: Planning and Implementing a Group Weight Loss Program. Lecture discussion. 40th Annual Spring Conference of the Society of Teachers of Family Medicine, Chicago, IL., April 25-29, 2007

Gecht-Silver MR, Buchanan SN: Group Medical Visits: Training Medical Students to Become Part of the Group Visit Team. Workshop presented at STFM 32nd Annual Predoctoral Education Conference, Charleston, South Carolina, February 2-3, 2006

Gecht, MR: Integrating a Patient Education Program into a Family Medicine Department. Special Interest Roundtable Discussion, 25th Annual Conference on Patient Education, San Antonio, Texas, November 22, 2003

Sheffer S, Connell KJ, Sinacore JM, **Gecht MR:** Using Patient Instructors to Improve Physicians' Communication Skills. Poster. American Psychological Society Annual Conference, May 2003

Gecht MR, Hasnain M, Sinacore JM, Tranmer P, Connell KJ: Physician-Patient Communication: Impact of an Early Intervention, Poster. STFM Pre-doctoral Meeting, Austin, Texas, January 30-February 2, 2003

Gecht MR: What Happens to Patients Who Teach? Poster. STFM Annual Meeting, Denver, Colorado, April 28-May 2, 2001

Bordage G, Connell KJ, Chang RW, **Gecht MR**, Sinacore J: Semantic Competence During Clinical Case Presentations. Presentation, Regional Meeting, Central Group on Educational Affairs of the American Association of Medical colleges (AAMC) Rush Medical School, Chicago, IL, April 1996

Connell K, Olthoff A, Friedman M, **Gecht MR**, Sinacore J: The Effects of an Innovative Musculoskeletal Module on Third Year Medical Students' Clinical Behavior. PEER paper presented at the 1995 Society of Teachers of Family Medicine (STFM) Predoctoral Education Meeting, Charleston, South Carolina, January 26-29, 1995

Connell KJ, Olthoff A, Friedman M, **Gecht MR**, Sinacore JM: Effects of a Four-Hour Musculoskeletal Module on Medical Students? Clinical Behavior: A Randomized Controlled Study. Poster, AAMC Annual Research in Medical Education Conference (RIME), Washington, DC, October 1995

Connell KJ, Olthoff A, Friedman M, **Gecht MR**, Sinacore JM: The Effects of an Innovative Musculoskeletal Module on Third Year Medical Students' Clinical Behavior. Poster, 22nd Annual Meeting of the North American Primary Care Research Group, Toronto, Ontario, Canada, October 2-5, 1994

Olthoff A, Friedman M, Connell KJ, **Gecht MR**: An Experiential Introduction to a Musculoskeletal Module Developed for a Required Third-Year Clerkship. Workshop, 27th Society of Teachers of Family Medicine (STFM) Annual Spring Conference, Atlanta, Georgia, April 30-May 4, 1994

Olthoff A, Connell KJ, Friedman M, **Gecht MR**, Sinacore J: Evaluation of an Innovative Musculoskeletal Module for the M-3 Family Practice Clerkship Using Standardized Patient-Based Test. Presentation, Mead Johnson Family Medicine Research Forum, Fort Lauderdale, Florida, December 1993

Gecht MR, Connell KJ, Conlon P: Multi-Media Dissemination of Educize for Arthritis. Paper, 28th National Scientific Meeting of the Arthritis Health Professional Association, San Antonio, Texas, November 11, 1993

Connell KJ, Olthoff A, Friedman M, **Gecht MR**, Sinacore J: Using Standardized Patient-Based Tests to Evaluate a Curricular Intervention in an M-3 Family Practice Clerkship. North American Primary Care Research Group 21st Annual Meeting, San Diego, California, November, 1993

Connell KJ, Olthoff A, Friedman M, **Gecht MR**: An Experiential Introduction to a Musculoskeletal Module Developed for a Required Third-Year Clerkship. Workshop, 1993 Society of Teachers of Family Medicine Predoctoral Education Conference, New Orleans, Louisiana, January 28-31, 1993

Gecht MR, Yoshida J, Brooks C: Occupational Therapy and the Injured Performing Artist. Workshop, American Occupational Therapy Association Annual Conference, Houston, Texas, March 17, 1991

Gecht MR: A Study of the Relationship Between Exercise Beliefs and Exercise Habits Among People with Arthritis, Paper, 25th National Scientific Meeting of The Arthritis Health Professions Association, Seattle, Washington, October 27-November 1, 1990

Lorig K, Gonzalez V, Minor M, **Gecht MR**: Arthritis Self-Help Course for the 1990's, Panel of speakers, 25th National Scientific Meeting of The Arthritis Health Professions Association, Seattle, Washington, October 27-November 1, 1990

Gecht MR: Exploration of Attitudes and Beliefs, Self-efficacy, and Social Support as Determinants of Participation in Exercise-Based Activities for People with Arthritis, Practice talk, Family Physicians 11th Annual Conference on Patient Education: a Family Affair. Orlando, Florida, November 16-19, 1989

Conlon P and **Gecht MR**: Bridging the Patient Learning Gap: Facilitating Active Problem-Solving. Family Physicians 11th Annual Conference on Patient Education: a Family Affair Orlando, Florida, November 16-19, 1989

VOLUNTEER WORK AND COMMUNITY SERVICE

Personal

- 2012-Present Restore and Maintain Garden at Historic Grove, Glenview IL
- 2011-Present Book Club for Busy Women, Founder and Organizer, Glenview, IL
- 2010-Present Sisterhood member, Darchai Noam Synagogue. Northbrook, IL
- 2011-2015 Librarian, Circle of Stillness Meditation Group, Highland Park, IL
- 2010-2013 Advancement Chair, Boy Scouts of America, Northbrook, IL

Professional

- 2015-2016 AOTA RA Ad Hoc committee on case management
- 2013-2014 Discussion leader and monitor online community, National Council on Aging (NCOA)
- 2005-2011 Chronic Disease Self-Management Program (CDSMP) online facilitator/monitor

Community Presentations

Gecht-Silver MR: *Arthritis and Exercise*, Arthritis Support Group, Orland Park, IL June 4, 2007

Gecht-Silver MR: *Taking Charge of the Change*. Women's Leadership Symposium. Two Hour Workshop, UIC, June 9, 2005

Gecht MR: *Give Health a Chance*, Woman's Leadership Symposium. Two Hour Workshop. UIC. October 30, 2003

Gecht MR: *Reframing Your View of Your Child's Behavior.* Lutz Family Center. April 23, 2002

ORGANIZATION MEMBERSHIP AND LEADERSHIP

Membership

American Occupational Therapy Association
Illinois Occupational Therapy Association
Motivational Interviewing Network of Trainers since 9/2012
Society for Teachers of Family Medicine

Past Member

Association of Rheumatology Health Professionals
American Public Health Association

Professional Leadership

Reviewer Teaching and Learning in Medicine, October 2017
Member, American Occupational Therapy Association Case Management Ad Hoc Committee, 2015-2016
Abstract Reviewer, Association of Rheumatology Health Professionals (ARHP) June 2006-2008
Advisory Board to State of the Art, October 2002-2005
Proposal reviewer for Association of Rheumatology Health Professionals (ARHP) June 2001
Product Services Committee, ARHP, 2001-2002
Appointed member Patient Services Subcommittee, Illinois Chapter Arthritis Foundation, Chicago, IL 1987-1991
Abstract reviewer American Public Health Association Annual Meeting, 1990

HONORS AND AWARDS

Bronze Award in the 2005 National Health Information Awards competition (category: Patient Education Information; subcategory: Magazine Article) for article titled "When You're Caring for Young Children," published in the March/April-04 issue of Arthritis Self-Management. Toastmasters 2001-January 2004, **Awarded Competent Toast Master 2002**

COMPLETED CONTINUING EDUCATION

Occupational Therapy (past 20 years)

1993 Gross Dissection Upper Extremity. Marquette University, Milwaukee, WI, July 7-10
2001 Upledger Craniosacral Therapy I(CS1), July 6-9, Chicago, IL
2002 Upledger Craniosacral Therapy 2(CS2), June 6-9, Chicago, IL
2002 Upledger SomatoEmotional Release 1 (SER1), Oct 3-6, Chicago, IL
2003 Upledger SomatoEmotional Release 2 (SER2), July 17-20, Chicago, IL
2003 Upledger Craniosacral Therapy for Pediatrics (CSP1) Dec 4-7, Chicago, IL
2013 Evidence-Based Assessment and Intervention for Fall Prevention: An Advanced Course". Laurie Swan PhD, DPT,PT, Synaptic Seminars, Skokie, IL February 22.

Patient Instructor

1995 Training and Using Standardized Patients for Teaching and Assessment. 5 day training program, Linda Morrison MSW, Springfield, IL
1997 Standardized Patient Training. Gayle Gliva-McConvey. McMasters University,

Hamilton, Ontario, Canada, June

Medical School

- 2017 Giving Effective and Constructive Feedback in Health Professions Education Certificate Program. June 15-16, 2017 Janet Riddle MD and Angela Blood PhD(c)
- 2008-09 Scholars for Teaching Excellence Faculty Fellowship (STEFF) Fellow. Janet Riddle MD, Department of Medical Education, Chicago, Illinois. September-June
- 1997-98 Faculty Development Fellowship. Promoting and Assessing Thinking and Problem-Solving in Medical Education, Karen Connell MS and Jim Sinacore PhD. UIC Family Medicine Chicago, IL, March-June.

Self-Management and Motivational Interviewing

- 2014 MITI 4.0 Training. Denise Ernst, Jennifer Manuel and Terri Moyers, Atlanta, GA October 7,8.
- 2014 Certificate of Competence in Clinical Health Coaching. Iowa Chronic Care Consortium. Awarded May 2014. Onsite training Des Moines, Iowa, February 26,27,28 and March 26, 27
- 2013 Motivational Interviewing: The Basics and Advancing the Practice. Stephen Andrew and John Belford, Springfield MA. August 21-23.
- 2012 Training for New Trainers. Motivational Interviewing Network of Trainers (MINT). Fort Wayne, Indiana, September, 9-12
- 2012 Chronic Pain Self-Management Program CDSMP Master Trainer Cross-training online, Stanford University, June 13 and 30.
- 2012 Diabetes Self-Management Program CDSMP Master Trainer Cross-training online, Stanford University, May 23 and 30.
- 2011 Online Course in Advanced MITI 3.1 Coding Training. Motivational Training Institute, Jacqueline Elders Psy.D. June-July
- 2011 Online Course MITI 3.1 (Motivational Interviewing Treatment Integrity) Coding Training. Motivational Training Institute, Jacqueline Elders Psy.D., Mar 14-April 28
- 2011 Certificate of Competence in Chronic Condition Self-Management Online. Kay Ross. Flinders University, Bedford Park SA 5042 Australia. November-February
- 2010 Motivational Interviewing and Health Behavior Change: An Advanced Training. Steven Malcolm Berg-Smith, MS. Three day certification program. National Wellness Conference, Stevens Point, Wisconsin, July.
- 2009 Introduction to Motivational Interviewing and Health Behavior Change. Steven Malcolm Berg-Smith MS. Three day certification program, National Wellness Conference, Stevens Point Wisconsin, July
- 2006 Faculty, Institute for Healthcare Communication, Choices and Changes Workshop, New Haven, Conn, November,
- 2004 T-Trainer, Trainer of Master Trainers, Chronic Disease Self-Management Program Stanford University Patient Education Research Center, Chicago, IL Aug
- 2003 Skills Training Group Leader. HART (Heart Failure and Retention Trial), Rush Presbyterian St.Lukes Medical Center, Preventive Medicine, Chicago, IL,
- 2001 Master Trainer Chronic Disease Self-Management Program. Stanford University Patient Education, Research Center, Palo Alto, CA, August
- 1988 Educize Trainer. Northwestern University Multipurpose Arthritis Center, Northwestern Univ Medical School, Div of Arthritis-Connective Tissue Diseases, Chicago, IL

1982 Arthritis Self-Help Group Leader. Arthritis Foundation, Chicago, IL