

Katherine E. Menson
CURRICULUM VITAE

Position: Assistant Professor
Department of Medicine, Division of Pulmonary and Critical Care

Address: 149 Beaumont Ave
HSRF 228
Larner College of Medicine
University of Vermont
Burlington, VT 05405
Voice: (802) 656-3590
Email: Katherine.menson@uvmhealth.org

EDUCATION

Year	Institution	Degree	Area of Degree, Accolades
2016-2019	University of Vermont Medical Center Burlington, VT	Fellowship	Pulmonary & Critical Care Medicine
2013-2016	University of Vermont Medical Center Burlington, VT	Residency	Internal Medicine
2009-2013	University of New England College of Osteopathic Medicine Biddeford, ME	Doctor of Osteopathy	
2003-2007	University of New Hampshire Durham, NH	Bachelor of Science	Molecular, Cellular, and Developmental Biology <i>Magna Cum Laude</i>

LICENSES, CERTIFICATION

Year	Institution
2019	American Board of Internal Medicine – Pulmonary Medicine, Certified
2021	American Board of Internal Medicine – Critical Care Medicine, Certified
2021-present	Medical Licensure, New York
2019-present	Medical Licensure, Vermont
2016	American Board of Internal Medicine, Certified

FACULTY POSITIONS HELD

Year	Institution	Academic Title	Department
2019- present	University of Vermont Medical Center Burlington, VT	Assistant Professor	Pulmonary & Critical Care Medicine

OTHER POSITIONS AND MAJOR ADMINISTRATIVE POSITIONS HELD

Year	Institution	Academic Title	Department
2021- present	University of Vermont Medical Center Burlington, VT	Associate Program Director	Internal Medicine Residency
2019- present	University of Vermont Medical Center Burlington, VT	Medical Director	Pulmonary Rehabilitation

HONORS AND AWARDS

Year	Name of Award
2022	UVMCMC Better Together Award <ul style="list-style-type: none"> For efforts related to delivery of clinical care and support group for patients with Post Acute Sequaele of SARS-CoV-2
2016	University of Vermont College of Medicine Frank L. Babbott, MD Memorial Award <ul style="list-style-type: none"> Awarded to the graduating resident for idealism and integrity, dedication to patient care, and commitment to the educational mission of the Department of Medicine.
2011	UNECOM Student DO of the Year <ul style="list-style-type: none"> A full-time student selected by the SDOY Committee who represents leadership, commitment to community service, dedication to the profession, professionalism and embodiment of the osteopathic philosophy.
2011	Platinum Translating Osteopathic Understanding through Community Health (TOUCH) Award Winner <ul style="list-style-type: none"> Recognition of the osteopathic medical student with the highest number of hours working towards improving the health of their local community through service.
2010	Gold Translating Osteopathic Understanding through Community Health (TOUCH) Award Winner <ul style="list-style-type: none"> Recognition of osteopathic medical students with more than 100 hours of working towards improving the health of their local community through service.
2007	University Honors-in-Major: College of Life Sciences and Agriculture <ul style="list-style-type: none"> Completion of a senior thesis research project and GPA of greater than 3.5 on a 4.0 scale.
2006	Presentation Award, Third Place, Undergraduate Research Experience and Knowledge Award (UREKA) <ul style="list-style-type: none"> “Effects of Hypoxia on Exercise Performance: Can Proteins be Predictive?” Selected from sixteen UREKA presentation candidates.

KEYWORDS/AREAS OF INTEREST

Pulmonary rehabilitation, post-acute sequelae of SARS-CoV-2 (PASC), alpha-1 antitrypsin deficiency, sarcoidosis, transitions of care, ultrasound, endobronchial bronchoscopy

SUMMARY OF PROFESSIONAL ACTIVITIES- OVERALL

SUMMARY OF ACCOMPLISHMENTS

In 2019 I was hired as a pulmonologist and intensivist under the Clinical Scholar pathway at University of Vermont College of Medicine and Medical Center. I was brought on as a medical director of Pulmonary Rehabilitation and EBUS credentialed, in addition to niche interests in sarcoidosis, alpha-1 antitrypsin deficiency, and transitions of care. During my time at UVM, I have worked to expand our pulmonary rehabilitation program, adapted to the restrictions of the COVID pandemic, and restructured our program in attempts to increase access to patients across the network. In addition, I am developing sarcoidosis and alpha-1 antitrypsin deficiency clinics to streamline care across our division.

PROFESSIONAL SERVICE

DEPARTMENTAL SERVICE

Years	Service Committee	Role
2022-present	Diversity, Equity, and Inclusion Committee <ul style="list-style-type: none"> (2 hours/month) Newly formed committee to address DEI curriculum, equitable promotion and involvement, and data analysis within the Department of Medicine 	Co-Chair
2021-present	Grand Rounds Committee <ul style="list-style-type: none"> Developing schedule, suggested speakers, and election of Tisdale speakers 	Member
2021-present	Internal Medicine Clinical Competency Committee <ul style="list-style-type: none"> Evaluation of individual resident progress 	Member
2020-2021	Finance Group Committee <ul style="list-style-type: none"> (2 hours/month) Review division documentation and billing trends to identify deficiencies in these items and areas for improvement. 	Member
2020-2021	Night Float Task Force <ul style="list-style-type: none"> (2 hours/month) Development of a night float system for the PCCM fellowship program while analyzing and abiding by ACGME requirements to mitigate fellow fatigue and burn out. 	Member
2019-2020	Hypercapnia Quality Committee <ul style="list-style-type: none"> (1 hour/month) Quality initiative to reduce readmission rate for hypercapnic respiratory failure in high risk patients. 	Member
2018-present	Clinic Consult Quality Committee <ul style="list-style-type: none"> (1 hour/month) Quality initiative to increase clinic productivity and identify areas for improvement to patient access to care. 	Member

COLLEGE SERVICES

Years	Description	Position
2017	Medical School Interviewer <ul style="list-style-type: none"> Interviewed medical school applicants in the Multiple Mini-Interview format 	Interviewer

MEDICAL CENTER SERVICE

Years	Description	Position
2020-present	Alpha-1 Foundation Clinical Resource Center <ul style="list-style-type: none"> Maintain records and screening of all alpha-1 patients 	Director

2019 - present	Pulmonary Pathways <ul style="list-style-type: none"> Restructuring of asthma and COPD care management for divisions of primary care with updated GOLD and GINA guidelines 	Member
2019 - present	Internal Medicine Residency Interviews <ul style="list-style-type: none"> Interviewed IM resident applicants and participated in feedback and ranking process 	Interviewers

UNIVERSITY SERVICE

Years	Description	Position
2021- present	UVM Tobacco Centers of Regulatory Science (TCORS), Vermont Center on Behavioral Health <ul style="list-style-type: none"> Medical director for multiple studies regarding cigarette smoking and addiction in relation to high-risk populations 	Licensed Medical Professional
2019- 2020	Lactation Liasons <ul style="list-style-type: none"> Committee formed to increase access of nursing mother rooms across campus and mentor new mothers upon returning to work 	Member

GOVERNMENT - none

SOCIETY MEMBERSHIPS

Years	Society
2017-present	American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR)
2017-present	American College of Chest Physicians (ACCP)
2017-present	American Thoracic Society (ATS)

SERVICE TO PROFESSIONAL ORGANIZATIONS

Years	Description	Position
2022-present	AAACVPR Board of Directors <ul style="list-style-type: none"> Nominated and elected member of the board to represent the interests of pulmonary rehabilitation Advisor to Quality of Care and Document Oversight Committee Focus on legislation, virtual oversight, and reimbursement 	Member
2022-present	Northern New England Society for Cardiovascular & Pulmonary Rehabilitation (NNESCVPR) <ul style="list-style-type: none"> Development of tri-state AACVPR affiliate to focus on efforts of CR and PR needs including certification, reimbursement, and quarterly education topics 	Founding Member
2022-present	ATS Pulmonary Rehabilitation Webinar Committee <ul style="list-style-type: none"> Facilitate and moderate international ATS journal club webinars Organize and host podcasts from field specialists 	Member

2020-present	ATS Pulmonary Rehabilitation Reimbursement Committee <ul style="list-style-type: none"> • Subgroup of multiple organizations to address Medicare reimbursement for PR • Developing lobbying and educational topics to help PR programs succeed in setting of pandemic 	Member
2019- 2021	AACVPR Research Committee <ul style="list-style-type: none"> • Promotion of research advancement for early and advanced investigators • Grading of Beginning Investigator Award Presentations at national meeting 	Member

SERVICE TO PROFESSIONAL PUBLICATIONS

Years	Description	Position
2022-present	Journal of Cardiopulmonary Rehabilitation and Prevention (JCRP)	Editorial Review Board
2019- present	Journal of Cardiopulmonary Rehabilitation and Prevention (JCRP)	Peer Reviewer

PUBLIC SERVICE

Years	Description
2020-present	Physician Organizer/Consultant <ul style="list-style-type: none"> • Formation and development of COVID-19 survivors support group through the Frymoyer Community Health Resource Center

SUMMARY OF SERVICE ACTIVITIES

TEACHING

FORMAL SCHEDULED CLASSES

Years	Description	Position
2023	Cell to Society <ul style="list-style-type: none"> • “The Impact of Long COVID.” 	Guest Lecturer
2022-present	Facilitator, CRR <ul style="list-style-type: none"> • Clinical Application: PFT interpretation 	Small Group Facilitator
2022-present	Facilitator for Resident Simulation Training <ul style="list-style-type: none"> • Supervising clinical cases with ICU residents in simulation lab 	Facilitator
2022-present	Instructor for Fellow Simulation Training <ul style="list-style-type: none"> • Simulation of critical procedures such as surgical airways and temporary transvenous pacemaker placement 	
2020-2021	First Patient Debrief <ul style="list-style-type: none"> • First patient interaction with first year medical students at orientation 	Facilitator
2020-present	PCCM Fellows’ Lecture Series <ul style="list-style-type: none"> • Teach a variety of topics including Pulmonary Rehabilitation, Sarcoidosis, and Smoking Hazards 	Lecturer

1/24/2023
2020

Katherine Menson
Advisor

Advisor to Elective Month

- 1:1 advisor to Collin Love, MSIV regarding ventilator management
- Adapted during COVID pandemic when student electives were cancelled

2019 – present

Standardized Patient Point of Care Ultrasound (POCUS) teaching

Teacher

- Simulation training for first year medical students regarding bedside ultrasound

CURRICULUM DEVELOPMENT –

Years

Description

2020-present

IM Resident Academic Half Day

- Planning and implementation of Pulmonary & Critical Care curriculum for internal medicine academic half day

2021-present

Diversity, Equity, and Inclusion Curriculum (4 hours/month)

- Ongoing intern and resident lectures on DEI topics in emerging curriculum format

POSTGRADUATE AND OTHER COURSES - none

PREDOCTORAL STUDENTS SUPERVISED OR MENTORED – none

DISSERTATION/THESIS COMMITTEE MEMBERSHIP - none

POSTDOCTORAL FELLOWS AND RESIDENTS DIRECTLY SUPERVISED OR MENTORED - none

INFORMAL TEACHING

1. Pulmonary Rehabilitation in Review: IM Residency Primary Care Track
2. CPET Reviewer: interpretation and teaching to PCCM fellows

FACULTY MENTORED

1. Shawn Wayne, MD. PCCM Fellow.

OTHER VISITING FACULTY SUPERVISED - none

TEACHING AIDS – none

TEACHING AWARDS AND NOMINATIONS

Year

Award/Nomination

2023

2023 Leonard Tow Humanism in Medicine Faculty Award Nomination

2019, ,

Professionalism Accolade, LCOM

2021, 2022

2014,

Arnold P. Gold Foundation Humanism and Excellence in Teaching Award Nominee

2015,

- Nominated by 3rd year medical students based on demonstrating compassion to others and a commitment to teaching.

2016

SUMMARY OF TEACHING ACTIVITIES

Year	Award/Nomination
2021	Morbidity and Mortality Case Presentation, UVMMC Dept of Medicine

RESEARCH AND SCHOLARLY ACTIVITIESRESEARCH AWARDS AND GRANTS**Ongoing Research Support**

1. American Lung Association, Airways Clinical Research Centers Early Career Investigator Award, University of Vermont, Burlington, VT, 2023-2025. "Accelerated Pulmonary Rehabilitation in Preoperative Period (PREHAB)."
2. University of Vermont Medical Center Philanthropic Award, University of Vermont, Burlington, Vermont, 2023-2024. "Transitioning the UVM Medical Center Long COVID Support Group from a Mutual Support Group Model to a Therapy Group Model."

Completed Research Support

1. Science Foundation of Ireland, Undergraduate Research Experience and Knowledge Award (UREKA), University College Dublin, Dublin, Ireland, 2006. "Upregulation of Hypoxia-Induced Proteins Correlates to Exercise Performance in Thoroughbred Horses"

Pending - none**Selected Unfunded Grant Submissions** - noneSCHOLARSHIP**PEER REVIEWED PUBLICATIONS****Original Research**

1. **Menson KE**, Mank MM, Reed LF, Walton CJ, Van Der Vliet KE, Ather JL, Chapman DG, Smith BJ, Rincon M, Poynter ME. (2020). Therapeutic Efficacy of IL-17A Neutralization with Corticosteroid Treatment in a Model of Antigen-Driven Mixed Granulocytic Asthma. *Am J Physiol Lung Cell Mol Physiol*. DOI: 10.1152/ajplung.00204.2020
2. Eivers S, McGivney B, Fonseca R, MacHugh D, **Menson K**, Park S, Rivero JL, Taylor C, Katz L, Hill E. "Alterations in gene expression in equine skeletal muscle following exercise and training." *Physiological Genomics*, Volume 40, January 2010, pages 83-93. DOI: 10.1152/physiolgenomics.00041.2009

Review Articles

1. Farkas JD, Long B, Koyfman A, **Menson K**. (2020). BRASH Syndrome: Bradycardia, Renal Failure, AV Blockade, Shock, and Hyperkalemia. *The Journal of Emergency Medicine*. doi:10.1016/j.jemermed.2020.05.001

Case Reports

1. Steinmetz-Wood S, Gilbert M, **Menson K.** (2020). A Case of Diabetic Ketoacidosis in a Patient on an SGLT2 Inhibitor and a Ketogenic Diet: A Critical Trio Not to Be Missed. Case Rep Endocrinol. DOI: 10.1155/2020/8832833

In Review – none

In Preparation - none

NON-PEER REVIEWED PUBLICATIONS

Review Articles

1. Coleman S, **Menson K** (2023). Examining Associations between Baseline Health-Related Quality of Life and Depression and Physical Functioning Improvement Following Pulmonary Rehabilitation. Journal of Cardiopulmonary Rehabilitation and Prevention. (accepted)
2. Coleman S, **Menson K** (2022). Smoking Cessation Interventions for Patients with Chronic Obstructive Pulmonary Disease: A Narrative Review with Implications for Pulmonary Rehabilitation. Journal of Cardiopulmonary Rehabilitation and Prevention. (accepted)

Books and Chapters

1. Teneback C, **Menson K**, et al (2018). Disease-Specific Approaches in Pulmonary Rehabilitation. Guidelines for Pulmonary Rehabilitation Programs, 5th Edition. Champaign, IL: Human Kinetics.
2. **Menson K**, Garrison G. Bronchoscopy. Polly E. Parsons, Jeanine P. Wiener-Kronish, Renee D. Stapleton, and Lorenzo Berra, eds. Critical Care Secrets, 6th Edition. Philadelphia, PA, Elsevier, 2018.
3. Weintraub, Z., **Menson, K.** (2022). Host-Directed Therapy. In: Teneback, C.C., Garcia, B. (eds) Bronchiectasis. Respiratory Medicine. Humana, Cham. 2022.
4. **Menson K.** Therapies and Therapeutic Procedures: Pulmonary Rehabilitation and Oxygen Therapy. Netter's Collection of Medical Illustrations: The Respiratory System, 3rd Edition. (in revision).

Abstracts

1. **Menson K**, Mank M, Reed L, Walton C, Ather J, Poynter M. *Classic Interleukin-6 Signaling Qualitatively Regulates Airway Inflammation but Not Methacholine Hyperresponsiveness in a Model of Neutrophilic Severe Allergic Asthma.* Grand Rounds Presentation at the University of Vermont Medical Center, Burlington, Vermont. June 7, 2019.

2. **Menson K**, Mank M, Reed L, Ather J, Poynter M. *Classic Interleukin-6 Signaling Qualitatively Regulates Airway Inflammation but Not Methacholine Hyperresponsiveness in a Model of Neutrophilic Severe Allergic Asthma*. Poster Presentation at the American Thoracic Society International Conference, Dallas, Texas. May 20, 2019.
3. **Menson K**, Mank M, Reed L, Walton C, Ather J, Poynter M. *Classic Interleukin-6 Signaling Qualitatively Regulates Airway Inflammation but Not Methacholine Hyperresponsiveness in a Model of Neutrophilic Severe Allergic Asthma*. Northern New England Fellows' Conference at the Dartmouth-Hitchcock Medical Center, Lebanon, New Hampshire. May 3, 2019.
4. **Menson, K.E.**, Mank, M.M., Reed, L.F., Walton, C.J., Ather, J.L., and M.E. Poynter. *Interleukin-6 qualitatively regulates airway inflammation but not methacholine hyperresponsiveness in a model of neutrophilic severe allergic asthma*. Poster Presentation at the Keystone Symposia on Origins of Allergic Disease: Microbial, Epithelial and Immune Interactions, Tahoe City, California, March 24-27, 2019.
5. **Menson K**, O'Toole J, Abdessamad A, Giri C, Weise W. *A retrospective study evaluating the etiologies of SIADH in an inpatient population, the clinical course, and treatment options*. Poster presentation at the American College of Physicians Vermont Chapter Meeting, Stowe, Vermont. October 2015.
6. **Menson K**. *Bad Blood: A Case of Catastrophic Antiphospholipid Syndrome*. Poster presentation at the American College of Physicians Vermont Chapter Meeting, Stowe, Vermont. October 2015.
7. **Menson K**, Khadanga S. *Clot Busters: A Case of Acquired Hemophilia A*. Poster presentation at the American College of Physicians Vermont Chapter Meeting, Hanover, New Hampshire. October 2013.

Patents Issued or Pending - none

Other Scholarly Publication - none

Other Creative Activities

1. **Menson K**. Host. "Health Inequities in Pulmonary Rehabilitation." Breathe Easy Podcast. American Thoracic Society. November 14, 2023.
2. **Menson K**, Coleman S. Interviewee. "Smoking Cessation in Pulmonary Rehabilitation." Doctor Radio. Sirius XM. August 8, 2023.
3. **Menson K**. *Caffeine and the Lungs*. AACVPR News & Views. March 2023.
4. **Menson, K**. *Updates on Etiology and Treatment of Post-Acute Sequelae of SARS-CoV-2*. AudioDigest. Internal Medicine 70:19 (May 21)

Quality Improvement and Patient Safety Activities - none

SUMMARY OF SCHOLARLY ACTIVITIES

INVITED PRESENTATIONS

Regional

1. **Menson K**. *Pulmonary Embolism and PERT*. Vermont State Association of Osteopathic Physicians and Surgeons Scientific Meeting. Waterbury, VT (virtual). October 14, 2023.

2. **Menson K.** *Long Covid in Pulmonary Rehabilitation*. Northern New England Society for Cardiovascular and Pulmonary Rehabilitation (NNESCVPR). Portland, Maine. May 5, 2023.
3. **Menson K.** *What We Know in 2023: Updates on Etiology and Treatment of Post-Acute Sequelae of SARS-CoV-2*. UVM Hospital Medicine Conference. Stowe, Vermont. January 29, 2022.
4. **Menson K.** *Post-Acute Sequelae of SARS-CoV-2 (PASC)*. Northeastern Vermont Regional Hospital Medical Staff Education Series. St. Johnsbury, VT (virtual). June 9, 2022.
5. **Menson K.** *Post-Acute Sequelae of SARS-CoV-2 (PASC)*. Blue Cross Blue Shield of Vermont. Montpelier, VT (virtual). April 13, 2022.
6. **Menson K.** Annual Meeting Presentation, Post Acute Sequelae of SARS-CoV-2. Vermont State Association of Osteopathic Physicians and Surgeons. Virtual. October 30, 2021.
7. **Menson K,** Kaminsky D, Lawrence S. Project ECHO Presentation Series, Post Acute Sequelae of SARS-CoV-2. University of Vermont Primary Care and Area Health Education Centers. Virtual. September 10-October 8, 2021.
8. **Menson, K.** Post Acute Sequelae of SARS-CoV-2. Charlotte/Shelburne/Hinesburg Rotary Group. Virtual. May 19, 2021.
9. Kaminsky D, **Menson K,** Gilwee J, Jacobs A. *When Symptoms Persist: Development of the UVM Health Network COVID-19 Recovery Program*. Department of Medicine Grand Rounds. University of Vermont. Burlington, Vermont. April 30, 2021.
10. **Menson, K.** *Longitudinal Assessment of Lung Function in COVID-19 Patients*. UVM Tackles COVID-19: Research Progress and Perspectives One Year into the Pandemic. University of Vermont. Burlington, Vermont. March 18, 2021.

National

1. **Menson K.** *Smoking and Pulmonary Health Among Women and Girls*. Vermont Center on Behavior and Health Annual Conference. Burlington, VT. October 5, 2023.
2. **Menson K,** Gaalema D. *Anxiety in Cardiac and Pulmonary Rehabilitation: Effects on Attendance and Outcomes*. American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) Annual Meeting. Milwaukee, Wisconsin. September 15, 2023.
3. **Menson K.** *Respiratory Medications 2023*. American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) Webinar. Virtual. June 29, 2023.
4. **Menson K.** *Respiratory Medications: Update 2022*. American Association of Cardiovascular and Pulmonary Rehabilitation Annual Meeting. West Palm Beach, FL. September 23, 2022
5. **Menson K,** Galeema D. *Smoking in Cardiac and Pulmonary Rehabilitation: Effects on Attendance and Health Gains*. American Association of Cardiovascular and Pulmonary Rehabilitation Annual Meeting. West Palm Beach, FL. September 22, 2022.
6. **Menson K.** *“It’s a cause I believe in”: Determinants of research participation in the lung health cohort study*. American Thoracic Society International Conference.
7. **Menson K,** Teneback C, Lamberti J. *Non-Pharmacologic Therapies for IPF and Other Non-COPD Pulmonary Disease*. American Association of Cardiovascular and Pulmonary Rehabilitation Presentation at the Annual Meeting. Portland, Oregon. September 19, 2019.

International

1. **Menson K,** Carlin B. *Pulmonary Rehabilitation: Creating, Developing, and Maintaining an*

Effective Program. American Thoracic Society. Virtual. June 8, 2021.