

**Lauren Elizabeth Massey, MD**  
Curriculum Vitae

**PERSONAL DATA**

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Office Address: Department of Physical Medicine and Rehabilitation  
Vanderbilt University Medical Center  
2201 Children's Way, Suite 1318  
Nashville, TN 37212

**EDUCATION**

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COLLEGE

**The Ohio State University** Columbus, OH  
Bachelor of Science in Biological Sciences, Minor in Art September 2009 – May 2013  
*Magna Cum Laude*

GRADUATE

**University of Missouri – Columbia School of Medicine** Columbia, MO  
Doctor of Medicine, M.D. July 2014 – May 2018

POSTGRADUATE TRAINING

**Vanderbilt University Medical Center** Nashville, TN  
Internal Medicine – Internship July 2018 – June 2019

**Vanderbilt University Medical Center** Nashville, TN  
Physical Medicine and Rehabilitation – Residency July 2019 – June 2022

**University of Washington** Seattle, WA  
Spinal Cord Injury Medicine – Fellowship July 2022 – July 2023

**BOARD CERTIFICATION & MEDICAL LICENSURE**

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ABPMR Board Certification in Spinal Cord Injury Medicine: Eligible October 2023  
ABPMR Board certified in Physical Medicine and Rehabilitation  
Tennessee Medical License (active)

**ACADEMIC APPOINTMENTS**

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Assistant Professor Present  
Department of PM&R, Vanderbilt University Medical Center Nashville, TN

**HOSPITAL APPOINTMENTS**

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Vanderbilt Stallworth Rehabilitation Hospital Present  
Department of PM&R Nashville, TN

Vanderbilt University Medical Center – Main September 2023 – present  
Department of PM&R Nashville, TN

## **PROFESSIONAL ORGANIZATIONS**

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Academy of Spinal Cord Injury Professionals (ASCIP)  
American Academy of Physical Medicine and Rehabilitation (AAPM&R)  
Association of Academic Physiatrists (AAP)

## **LEADERSHIP & PROFESSIONAL ACTIVITIES**

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### **Vanderbilt University Medical Center:**

Vanderbilt PM&R Residency Program Selection Committee Present

### **University of Washington Medical Center – SCI Fellowship:**

Fellowship Interviewer & Selection Committee Member; UWMC SCI Fellowship 2022

### **Vanderbilt University Medical Center – PM&R Residency:**

#### **Hospital Committees:**

Ethics Committee; House staff representative 2021 – 2022

Discuss and foster awareness of ethical issues affecting VUMC

GME Complement Committee; House staff representative 2020 – 2022

Review applications for new VUMC residency and fellowship programs/expansions

V-Well (Faculty/Physician Wellness Taskforce); House staff representative 2020 – 2022

Support and enhance faculty/physician wellness

Medical Center Safety Committee; House staff representative 2020 – 2022

Analyze and seek resolutions to safety-related issues within VUMC

House Staff Advisory Council (HSAC); PM&R resident representative 2019 – 2022

Committee to voice issues and debate items that affect all residents and fellows within VUMC

#### **Department Committees:**

Residency Interviewer & Selection Committee Member; VUMC PM&R 2019 – 2022

### **University of Missouri – School of Medicine**

PM&R Interest Group

President 2017 – 2018

Medical Student Affairs Council (MSAC) representative 2016 – 2017

Medical School Panel Representative; MU School of Medicine Student Ambassadors 2014 – 2018

Class representative; Families Assisting Medical Student (FAMS) Committee 2014 – 2018

Pediatric Interest Group

Co-President 2016 – 2017

MSAC representative 2016 – 2017

Co-Chair Medical Student Program Coordinator; *Eat Healthy Stay Active!* 2015 – 2016

Co-Chair Medical Student Program Coordinator; 18<sup>th</sup> annual MULATION 2016 2015 – 2016

Co-Chair Medical Student Program Coordinator; Gift of Body Commemoration 2015 2014 – 2016

Medical Student Case Manager; *Eat Healthy Stay Active!* 2014 – 2015

## **SERVICE & VOLUNTEER EXPERIENCE**

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UW Medical Student Small Group Facilitator for MBB block SCI case, Seattle WA 2022

Vanderbilt Medical Student PM&R Interest Group PM&R Resident Representative 2019 – 2022

Residency Interviewer & Selection Committee Member, VUMC PM&R 2019 – 2022

Medzou Community Health Clinic Volunteer, highly involved status, Columbia, MO 2014 – 2018

*Eat Healthy Stay Active!* Volunteer with Central Missouri Community Action 2014 – 2016

M1 Orientation “Mind Over Medicine” Panel Speaker, Columbia, MO	2016
Truman State University Panel Speaker, Columbia, MO	2016
MSSU Pre-Med Group Panel Speaker, Columbia, MO	2015
Honors College Pre-Med Scholars Panel Speaker, Columbia, MO	2015
CoxHealth Medical Explorers Club Panel Speaker, Columbia, MO	2015
Senior Teacher Education Partnership (STEP) Program Participant	2014 – 2015
Friday Night Lights Participant, football first aid, Columbia, MO	2014
Assistant Age Group Swim Coach; Carmel Swim Club, Carmel, IN	2013 – 2014
Assistant High School Swim Coach; Heritage Christian H.S., Indianapolis, IN	2013 – 2014

## **HONORS AND AWARDS**

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Ohio State Post Graduate Studies M/I Homes Foundation Scholarship	2013
Academic All-Big Ten	2011, 2012, 2013
Big Ten Conference Finalist	2010, 2012, 2013
4-year Varsity Student Athlete; Ohio State Swimming and Diving Team	2009 – 2013
Dean’s List	2009 – 2013
OSU Scholar Athlete; honored for receiving a 4.0 GPA for at least 2 qtrs.	2009 – 2013
Ohio State Merit Scholarship	2009 – 2013
2012 Olympic Trials Qualifier in swimming, Omaha, NE	2012
CSCAA Team Scholar All-American Award	2012

## **CLINICAL TEACHING PRESENTATIONS**

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“High Yield Acute Spinal Cord Injury Care”. August 8, 2023. TSICU Staff Meeting. Harborview Medical Center. Seattle, WA.

“Spinal Cord Injury Care in the ICU”. June 30, 2023. SCI Fellowship Didactics. Department of Rehabilitation Medicine, University of Washington Medical Center. Seattle, WA.

“Diaphragm Pacing”. June 9, 2023. SCI Fellowship Didactics. Department of Rehabilitation Medicine, University of Washington Medical Center. Seattle, WA.

“SCI in the ICU – Mind the Gap”. June 7, 2023. TSICU Staff Meeting. Harborview Medical Center. Seattle, WA.

“Acute SCI Management”. March 31, 2023. SCI Journal Club: “Non-surgical Wound Care Management for SCI Patients”. February 3, 2023. SCI Fellowship Didactics. Department of Rehabilitation Medicine, University of Washington Medical Center. Seattle, WA.

SCI Journal Club: “Spinal Cord Tumors”. January 27, 2023. SCI Fellowship Didactics. Department of Rehabilitation Medicine, University of Washington Medical Center. Seattle, WA.

SCI Journal Club: “Neural Injury and Regeneration”. January 13, 2023. SCI Fellowship Didactics. Department of Rehabilitation Medicine, University of Washington Medical Center. Seattle, WA.

SCI Journal Club: “Hereditary and Congenital Disorders of the Spinal Cord”. January 6, 2023. SCI Fellowship Didactics. Department of Rehabilitation Medicine, University of Washington Medical Center. Seattle, WA.

“Spinal Cord Injury Mortality”. December 16, 2022. SCI Fellowship Didactics. Department of Rehabilitation Medicine, University of Washington Medical Center. Seattle, WA.

SCI Journal Club: “Not Specifically Neurogenic Bowel Issues”. November 18, 2022. SCI Fellowship Didactics. Department of Rehabilitation Medicine, University of Washington Medical Center. Seattle, WA.

Neurorehabilitation Course: “SCI Functional Prognosis”. November 8, 2022. UW PM&R Residency Didactics. Department of Rehabilitation Medicine, University of Washington Medical Center. Seattle, WA.

“Acute Spinal Cord Injury”. November 3, 2022. UW PM&R Residency Didactics. Department of Rehabilitation Medicine, University of Washington Medical Center. Seattle, WA.

“Communication and the Rehab Team”. November 2, 2022. Rehab 523 presentation to second year Doctor of PT students. Seattle, WA.

Neurorehabilitation Course: “Bladder Management”. November 1, 2022. UW PM&R Residency Didactics. Department of Rehabilitation Medicine, University of Washington Medical Center. Seattle, WA.

SCI Journal Club: “Vent Weaning”. October 21, 2022. SCI Fellowship Didactics. Department of Rehabilitation Medicine, University of Washington Medical Center. Seattle, WA.

Neurorehabilitation Course Small Group: “SCI Anatomy and Syndromes”. October 18, 2022. UW Medical Student Didactics, University of Washington. Seattle, WA.

SCI Journal Club: “Thromboembolic disorders/VTE CPG”. October 14, 2022. SCI Fellowship Didactics. Department of Rehabilitation Medicine, University of Washington Medical Center. Seattle, WA.

“Neurorehabilitation Journal Club”. October 7, 2022. UW PM&R Residency Didactics. Department of Rehabilitation Medicine, University of Washington Medical Center. Seattle, WA.

“Aging in Spinal Cord Injury”. October 6, 2022. VA SCI Hub and Spoke Lecture. VA Puget Sound. Seattle, WA.

SCI Journal Club: “Cardiometabolic CPG”. September 16, 2022. SCI Fellowship Didactics. Department of Rehabilitation Medicine, University of Washington Medical Center. Seattle, WA.

SCI Journal Club: “Heterotopic Ossification”. September 2, 2022. SCI Fellowship Didactics. Department of Rehabilitation Medicine, University of Washington Medical Center. Seattle, WA.

SCI Journal Club: “Respiratory Complications”. July 29, 2022. SCI Fellowship Didactics. Department of Rehabilitation Medicine, University of Washington Medical Center. Seattle, WA.

SCI Journal Club: “Autonomic Dysfunction”. July 22, 2022. SCI Fellowship Didactics. Department of Rehabilitation Medicine, University of Washington Medical Center. Seattle, WA.

“Impact of Orthostatic Hypotension in Inpatient Rehabilitation”. May 19, 2022. Vanderbilt PM&R Resident Research Day. Department of Physical Medicine and Rehabilitation, Vanderbilt

University Medical Center. Nashville, TN.

“Spine Case Conference”. February 23, 2022. Department of Physical Medicine and Rehabilitation, Vanderbilt University Medical Center. Nashville, TN.

“Spine Journal Club”. February 9, 2022. Department of Physical Medicine and Rehabilitation, Vanderbilt University Medical Center. Nashville, TN.

“Cardiometabolic Effects of High-Intensity Hybrid Functional Electrical Stimulation Exercise after Spinal Cord Injury”. November 16, 2021. PM&R Journal Club. Department of Physical Medicine and Rehabilitation, Vanderbilt University Medical Center. Nashville, TN.

“Neuro Rehab Article Debate – AFFINITY vs. FLAME trials”. October 19, 2021. PM&R Journal Club. Department of Physical Medicine and Rehabilitation, Vanderbilt University Medical Center. Nashville, TN.

“Pharmacodynamics and effectiveness of topical nitroglycerin at lowering blood pressure during autonomic dysreflexia”. September 14, 2021. PM&R Journal Club. Department of Physical Medicine and Rehabilitation, Vanderbilt University Medical Center. Nashville, TN.

“Neuroanatomy Review”. August 17, 2021. Department of Physical Medicine and Rehabilitation, Vanderbilt University Medical Center. Nashville, TN.

“Spine Case Conference”. December 30, 2020. Department of Physical Medicine and Rehabilitation, Vanderbilt University Medical Center. Nashville, TN.

“Spine Journal Club”. December 2, 2020. Department of Physical Medicine and Rehabilitation, Vanderbilt University Medical Center. Nashville, TN.

“Pregnancy Outcomes in Women with Spinal Cord Injuries: A Population-Based Study”. August 6, 2020. PM&R Journal Club. Department of Physical Medicine and Rehabilitation, Vanderbilt University Medical Center. Nashville, TN.

“Women’s Health after Spinal Cord Injury”. July 31, 2020. SCI Lunch and Learn. Department of Physical Medicine and Rehabilitation, Vanderbilt University Medical Center. Nashville, TN.

“Morbidity, Mortality & Improvement Conference”. May 14, 2020. Department of Physical Medicine and Rehabilitation, Vanderbilt University Medical Center. Nashville, TN.

“Gait Training in Acute Spinal Cord Injury Rehabilitation Utilization and Outcomes Among Non-ambulatory Individuals: Findings From the SCIREhab Project”. April 2, 2020. PM&R Journal Club. Department of Physical Medicine and Rehabilitation, Vanderbilt University Medical Center. Nashville, TN.

“Wrist and Hand Anatomy & Disorders Board Review”. November 17, 2019. Department of Physical Medicine and Rehabilitation, Vanderbilt University Medical Center. Nashville, TN.

“Incidence of Ankle Fusion After Pilon Fracture”. November 2015. University of Missouri 2015 Health Sciences Research Day. Columbia, MO.

“Sun Protection Outreach by Students (SPOTS) Presentation”. 2015. Columbia, MO.

## QUALITY IMPROVEMENT PROJECTS

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**Massey L**, Barnett H, Prescott J. SCI ICU Education. SCI Core Group. Harborview Medical Center. Seattle, WA. Improving SCI education in the Trauma Intensive Care Unit.

**Massey L**, Pham A, Chotai S. “VUMC Housestaff Well-being Survey”. V-Well Faculty/Physician Wellness Taskforce Committee, Vanderbilt University Medical Center. Nashville, TN. Improving Housestaff wellness across VUMC residency and fellowship programs.

**Massey L**, Swenson T, Plummer II CJ, Yang A. “Creation of a Hybrid Virtual and In-person PM&R Medical Student Curriculum”. Department of Physical Medicine and Rehabilitation, Vanderbilt University Medical Center. Nashville, TN. Improving medical student PM&R rotation.

Berlin E, Epps A, **Massey L**, Miller S, Huddleston B, Plummer C. Physical Medicine and Rehabilitation Chapter. Commodore Compendium: Housestaff Manual. Department of Internal Medicine, Vanderbilt University Medical Center. July 2020.

Miller S, Berlin E, Epps A, **Massey L**. PGY-2 Primer. Department of Physical Medicine and Rehabilitation, Vanderbilt University Medical Center. July 2020. Improving onboarding experience and transition to PGY-2 year

Miller S, Berlin E, Epps A, **Massey L**. PM&R Pocket Guide. Department of Physical Medicine and Rehabilitation, Vanderbilt University Medical Center. July 2020. Pocket guide and pictorial quick reference guide for residents.

## RESEARCH EXPERIENCE

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V-Well Faculty/Physician Wellness Taskforce, VUMC – Beth Ann Yakes MD & Mary Yarbrough MD MPH  
Resident Quality Improvement Research Nashville, TN  
2021 – present

- VUMC Housestaff Well-being Survey
  - Improving Housestaff wellness across VUMC residency and fellowship programs

Department of Physical Medicine & Rehabilitation, VUMC – CJ Plummer MD & Aaron Yang MD  
Resident Quality Improvement Research Nashville, TN  
2021 – 2022

- Medical Student PM&R rotation QI project
  - Improving curriculum and teaching with specific focus on inpatient TBI and SCI rotations

Department of Physical Medicine & Rehabilitation, VUMC – Jeff Johns MD, LE Okamoto MD & I Biaggioni MD  
Resident Research Nashville, TN  
2020 – 2022

- *Impact of Orthostatic Hypotension in Inpatient Rehabilitation*

Department of Orthopaedic Surgery, University of Missouri – B Crist MD  
Research Assistant Columbia, MO  
2015 – 2018

- *Incidence of Ankle Fusion After Pilon Fracture*

## **PUBLICATIONS**

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### **ABSTRACTS/POSTERS**

**Massey L**, Bryant D, Schaaf S. “An Atypical Baker’s Cyst Referral: A Case Report”. *PM&R: The Journal of Injury, Function and Rehabilitation*.

**Massey L**, Swenson T, Plummer II CJ, Yang A. “Creation of a Hybrid Virtual and In-person PM&R Medical Student Curriculum”. *PM&R: The Journal of Injury, Function and Rehabilitation*. 2021 Dec; 13 (S1).

**Massey L**, Berlin E, Khan S, Mansourian V. “A Case of Rapidly Progressive Ataxia and Myoclonus Found to be Creutzfeldt-Jakob Disease”. *PM&R: The Journal of Injury, Function and Rehabilitation*. 2021 Dec; 13 (S1).

**Massey L**, Jones MW, Morgan JW. “Spinal Cord Injury Rehabilitation in under-funded and uninsured patients: a case series”. *The Journal of Spinal Cord Medicine*. 2021 Sep 27; 44 (5).

**Massey L**, Jones MW. “Rehabilitation Issues for a Case of Incomplete Tetraplegia due to Cervical Epidural Abscess after COVID-19 infection”. *The Journal of Spinal Cord Medicine*. 2021 Sep 27; 44 (5).

**Massey L**, Johns J, Okamoto LE, Sharma P, Biaggioni I. “Impact of Orthostatic Hypotension in Inpatient Rehabilitation”. *American Journal of Physical Medicine & Rehabilitation*. 2021 Apr; 100(4).

**Massey L**, Sturos E, Schneider B. “A Case of Inadvertent Intra-discal Injection Occurring at an Adjacent Segment During a Properly Performed TFESI”. *American Journal of Physical Medicine & Rehabilitation*. 2021 Apr; 100(4).

Okamoto LE, Sharma P, **Massey L**, Biaggioni I, Johns J. “Impact of Orthostatic Hypotension in Inpatient Rehabilitation”. Presented at the American Autonomic Society 2020 Conference. Published in *Hypertension*. 2020 Sep 9; 76: AP104.

**Massey L**, Jones MW. “Rare Case of Interdisciplinary Rehabilitation of Female with Dual Diagnosis of Severe Traumatic Brain Injury and Traumatic Spinal Cord Injury with incomplete tetraplegia found to be pregnant at time of injury”. *PM&R: The Journal of Injury, Function and Rehabilitation*. 2020 Dec; 12 (S1).

**Massey L**, Jones MW. “Interdisciplinary Rehabilitation of Incomplete Tetraplegia related to Os Odontoideum in a Teenager with Chromosome 5 Abnormality”. *The Journal of Spinal Cord Medicine*. 2020 Sep 16; 43 (5).

Berlin E, **Massey L**, Jones MW. “Atypical Initial Presentation of a 53-year-old Female with Chiari I Malformation and Holocord Syrinx”. *The Journal of Spinal Cord Medicine*. 2020 Sep 16; 43 (5).

**Massey L**, Sturos E, Schneider B. “A Case of Inadvertent Intra-discal Injection Occurring at an Adjacent Segment During a Properly Performed TFESI”. *Pain Medicine*. 2020 Sep; 21 (9).

## **CHAPTERS**

Berlin E, Epps A, **Massey L**, Miller S, Huddleston B, Plummer II CJ. Physical Medicine and Rehabilitation. *Commodore Compendium: Housestaff Manual*. Department of Internal Medicine, Vanderbilt University Medical Center. Editors Wiles, A et. al. July 1, 2020.

## **NATIONAL PRESENTATIONS**

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“An Atypical Baker’s Cyst Referral: A Case Report”. October 20-22, 2022. American Academy of Physical Medicine and Rehabilitation (AAPM&R) 2022 Annual Assembly.

“Acute Spinal Cord Injury after Single Use of Whippets”. May 18-20, 2022. American Spinal Injury Association (ASIA) Annual Scientific Meeting. New Orleans, LA.

“A Case of Rapidly Progressive Ataxia and Myoclonus Found to be Creutzfeldt-Jakob Disease”. November 11-14, 2021. American Academy of Physical Medicine and Rehabilitation (AAPM&R) 2021 Annual Assembly.

“Spinal Cord Injury Rehabilitation in under-funded and uninsured patients: a case series”. September 5-8, 2021. Academy of Spinal Cord Injury Professionals (ASCIP) Hybrid Educational Conference & Expo. Reno, NV.

“Rehabilitation Issues for a Case of Incomplete Tetraplegia due to Cervical Epidural Abscess after COVID-19 infection”. September 5-8, 2021. Academy of Spinal Cord Injury Professionals (ASCIP) Hybrid Educational Conference & Expo. Reno, NV.

“Impact of Orthostatic Hypotension in Inpatient Rehabilitation”. February 9-13, 2021. Association of Academic Physiatrists (AAP) 2021 Annual Meeting.

“A Case of Inadvertent Intra-discal Injection Occurring at an Adjacent Segment During a Properly Performed TFESI. February 9-13, 2021. Association of Academic Physiatrists (AAP) 2021 Annual Meeting.

“Rare Case of Interdisciplinary Rehabilitation of Female with Dual Diagnosis of Severe Traumatic Brain Injury and Traumatic Spinal Cord Injury with incomplete tetraplegia found to be pregnant at time of injury”. November 12-15, 2020. American Academy of Physical Medicine & Rehabilitation (AAPM&R) 2020 Annual Conference.

“Interdisciplinary Rehabilitation of Incomplete Tetraplegia related to Os Odontoideum in a Teenager with Chromosome 5 Abnormality”. September 12-13, 2020. Academy of Spinal Cord Injury Professionals (ASCIP) Annual Conference.

“Atypical Initial Presentation of a 53-year-old Female with Chiari I Malformation and Holocord Syrinx”. September 12-13, 2020. Academy of Spinal Cord Injury Professionals (ASCIP) Annual Conference.

“A Case of Inadvertent Intra-discal Injection Occurring at an Adjacent Segment During a Properly Performed TFESI”. August 6-8, 2020. Spine Intervention Society (SIS) Annual Meeting.

Beucke N, King M, Rivera J, Wright T, **Massey L**, McDonald C, Wasserman M. “Eat Healthy, Stay Active!": A Collaborative Partnership between Central Missouri Community Action Head Start and



University of Missouri School of Medicine”. May 4-6, 2016. Institute for Healthcare Advancement (IHA) 15<sup>th</sup> Annual Health Literacy Conference. Anaheim, CA.