

CURRICULUM VITAE

PERSONAL DATA

Name: Caroline R. Richardson, MD

Current Title: Assistant Professor, Department of Family Medicine
Research Scientist, VA Health Services Research & Development
Research Scientist, Institute for Research on Women and Gender

Work Address: Department of Family Medicine
University of Michigan Health Systems
1018 Fuller Street
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EDUCATION

1982 - 1986 Massachusetts Institute of Technology; Cambridge, MA
Bachelor of Science Degree in Theoretical Mathematics

1990 - 1994 Harvard University Medical School, Boston, MA
MD Degree

POSTDOCTORAL TRAINING

1994 - 1995 Family Practice Intern, PGY 1
St. Margaret Memorial Hospital, Pittsburgh, PA

1995 - 1996 Family Practice Resident, PGY 2
Hunterdon Medical Center, Flemington, NJ

1996 - 1998 Family Practice Resident, PGY 2-3
Thomas Jefferson University Hospital, Philadelphia, PA

1999 - 2001 Research Fellow, Robert Wood Johnson Clinical Scholars Program
University of Michigan Medical School, Ann Arbor, MI

ACADEMIC APPOINTMENTS

Jul 1999 - Jun 2001 Lecturer, Department of Internal Medicine
University of Michigan Health Systems, Ann Arbor, MI

Aug 1998 - June 2003 Lecturer, Department of Family Medicine
University of Michigan Health Systems, Ann Arbor, MI

- Jun 2003 - present Assistant Professor, Department of Family Medicine,
University of Michigan Health Systems, Ann Arbor, MI
- Sept 2003 - May 2004 Visiting Lecturer, Department of Epidemiology,
Graduate School of Public Health, University of Pittsburgh, Pittsburgh, PA

CLINICAL APPOINTMENTS

- Aug 1998 - May 2002 Attending Physician, The Corner Adolescent Health Clinic,
Ann Arbor, MI
- Aug 1998 - Jun 2003 Attending Physician, Chelsea Family Practice Inpatient
Service, Chelsea Community Hospital, Ann Arbor, MI
- Aug 1998 - present Attending Physician, Dexter Family Practice Office,
Dexter, MI

RESEARCH POSITIONS

- Sept 1989 - Aug 1990 Gastroenterology Clinical Research Coordinator
Faulkner Hospital, Department of Gastroenterology, Boston, MA
- Jul 1999 - Jun 2001 Research Fellow, Robert Wood Johnson Clinical Scholars Program
University of Michigan Medical School, Ann Arbor, MI
- Jan 2000 - present Research Scientist
Institute for Research on Women and Gender
University of Michigan, Ann Arbor, MI
- Aug 2001 - present Research Scientist
VA Health Services Research and Development, Ann Arbor, MI

OTHER POSITIONS

- Sept 1980 - Aug 1982 Laboratory Manager/Programmer
Surgical Intensive Care Unit
Jackson Memorial Hospital, Miami, FL
- Jan 1983 - Aug 1985 Programmer
Psychology Dept., MIT, Cambridge, MA
- May 1985 - Aug 1985 Statistical Programmer
Health Data Institute, Lexington, MA
- Jan 1989 - Aug 1989 Computer Laboratory Manager
Department of Psychology, Shands Hospital, Gainesville, FL

SCIENTIFIC ACTIVITIES

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|----------------------|--|
| 1997 - present | Reviewer, <i>Journal of Family Practice</i> (Patient Oriented Evidence that Matters [POEMs] section) |
| 1999 - present | Ad-hoc reviewer, <i>Academic Medicine</i> |
| 2000 - present | Book Reviewer, <i>Family Medicine</i> |
| Dec 2002 - present | Reviewer, <i>American Journal of Preventive Medicine</i> |
| April 2003 - present | Reviewer, <i>Medicine & Science in Sports & Exercise</i> |
| April 2003 - present | Sentinel Reader, <i>ACP Journal Club and Evidence-Based Medicine</i> |
| May 2003 - present | Reviewer, <i>Journal of Women's Health</i> |
| Nov 2003 - present | Reviewer, <i>Child Abuse & Neglect The International Journal</i> |
| Nov 2003 - present | Reviewer, <i>Journal of Medical Internet Research (JMIR)</i> |
| Jan 2004 - present | Reviewer, <i>Obesity Research</i> |
| Mar 2004 - present | Reviewer, <i>American Journal of Managed Care</i> |
| Apr 2004 - present | Reviewer, <i>Ethnicity and Disease</i> |

GRANT SUPPORT

Recent:

American Academy of Family Practice Foundation (AAFPF)

Restless Legs Syndrome in Primary Care Survey Study

Principal Investigator

01/01/01 - 03/01/02

(\$6,000 total costs)

Michigan Retirement Research Center (MRRC)

Implications of High Risk Health Behaviors on Work-Force Participation: Disability, Retirement, and Lost Productivity

Co-Investigator (Langa PI)

10/01/01 - 09/30/02

(\$50,000 total costs)

Kaiser Family Foundation Grant

Effect of Internet Filters on Access to Health Information

Co-Investigator (Resnick PI)

01/01/02 - 12/31/02

(\$185,706 total costs)

Current:

VA Ann Arbor Healthcare System (LIP 41-102)

Feasibility of a Step Count Feedback and Weight Loss Counseling Intervention

Principal Investigator

08/01/03 - 09/01/04

(\$10,000 total costs)

VA Ann Arbor Healthcare System (LIP 41-106)

Validity of the Step-Count Monitoring Devices

Principal Investigator

08/01/03 - 09/01/04

(\$10,000 total costs)

Department of Epidemiology – University of Pittsburgh Graduate School of Public Health

Validation of Objective Physical Activity Measures in Mobile Older Adults

Richardson (Co-I) (Kriska PI)

12/01/03 - 06/30/04

(\$8,333 total costs)

Department of Veterans Affairs Rehabilitation Research and Development Program

Does Step-Count Feedback Enhance Counseling for Weight Loss?

25%

Principal Investigator

10/01/04 - 09/30/07

(\$664,329 total costs)

Pending:

NIH – NIDDKD

Effective Care Management of Depressed Diabetes Patients

10%

Co-Investigator (Piette PI)

09/01/04 - 08/31/09

(\$3,095,388 total costs)

NIH – NHLBI
Motivational Feedback to Increase Walking Adherence
 75%
 Principal Investigator
 07/01/04 – 06/30/09
 (\$875,868 total costs)

CERTIFICATION AND LICENSURE

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|--------------------|---|
| Jul 1998 | Board Certified in Family Medicine |
| Jan 1998 - present | Physician License, Board of Medicine, State of Michigan Expiration 1/31/2005 |
| Jan 1998 - present | Controlled Substance License, State of Michigan Expiration 1/31/2005 |
| Jul 1998 - present | Controlled Substance Registration Certificate, US Expiration 4/30/2006 |
| Mar 2003 | Basic Cardiac Life Support |
| Mar 2003 | Advanced Cardiac Life Support |

HONORS AND AWARDS

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|----------------|---|
| May 10, 2001 | Best Paper Presentation at Michigan Family Practice Research Day, Lansing, MI |
| April 22, 2002 | Gender Equity Award from AMWA for Interpersonal Violence and Abuse Sequence for Second Year Medical Students at the University of Michigan |
| May 23, 2002 | Clinical Scholars Program Research Mentor Award |
| May 15, 2004 | Honorable Mention, Society of Teachers of Family Medicine Best Research Paper Award for paper, "Does Pornography-blocking Software Block Access to Health Information on the Internet?" |
| May 24, 2004 | Token of Appreciation from Medical Students (TAMS) Award |

MEMBERSHIPS AND OFFICES IN PROFESSIONAL SOCIETIES

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|----------------|--|
| 1992 - present | American Academy of Family Practice |
| 1994 - present | Society for Teachers of Family Medicine |
| 2001 - present | North American Primary Care Research Group |

2002 - present American College of Sports Medicine

COMMUNITY SERVICE

1986 - 1988 Peace Corps Volunteer,
Lesobeng secondary school, Lesotho, Southern Africa

TEACHING ACTIVITIES

1998 - present Inpatient Service Attending, Chelsea Community Hospital
Chelsea, MI

1998 - May 2002 Resident Preceptor, The Corner Adolescent Health Clinic
Ypsilanti, MI

1999 - present Sequence Director, Interpersonal Violence and Abuse Required
Sequence for 2nd year Medical Students,
University of Michigan Medical School, Ann Arbor, MI

July 2001 - June 2003 Mentor, Abby S. Letcher, RWJ fellowship

July 2001 - June 2003 Mentor, Lou A. Lukas, RWJ fellowship

Nov 2002 - present Mentor, Frederick W. Kron, House Officer III, Senior research
project

April 2004 Dissertation Review (Michelle Segar), University of Michigan

EXTRAMURAL INVITED PRESENTATIONS

1. Opportunities for Research for the Family Practitioner. MAFP Spring Residents' Conference, Livonia, MI, March 21, 2003.
2. Research in Family Medicine. St. Margaret Family Practice Fellows, Pittsburgh, PA, January 22, 2004.
3. Physical Activity and Chronic Disease. Grand Rounds Conference, West Penn Hospital, Pittsburgh, Pennsylvania, February 23, 2004.
4. Physical Activity and Health. Forbes Regional Hospital, Monroeville, PA, March 2, 2004.
5. Diabetes and Physical Activity. School of Nursing, University of Pittsburgh, Pittsburgh, PA, March 12, 2004.
6. What can physicians do to prevent diabetes? Residency Research Network of South Texas (RRNeST), San Antonio, TX, April 30, 2004.

7. Physical activity: the elixir of life. Department of Family and Community Medicine, University of Texas Health Science Center, San Antonio, TX, April 30, 2004.

OTHER PRESENTATIONS

1. Management of Chronic Hepatitis. Family Medicine Grand Rounds, Thomas Jefferson University, Philadelphia, PA, 1996.
2. Zinc Gluconate and the Common Cold: A Prospective Meta-Analysis. Presentation to the Department Committee on Research, Thomas Jefferson University, Philadelphia, PA, 1997.
3. Low Back Pain: An Evidence Based Approach. Family Medicine Morning Conference, Thomas Jefferson University, Philadelphia, PA, 1997.
4. Computers in the Office. Family Medicine Morning Conference, Thomas Jefferson University, Philadelphia, PA, 1997.
5. Pediatric Anemia. Family Medicine Grand Rounds, Thomas Jefferson University, Philadelphia, PA, 1997.
6. The Exercise Prescription. Family Medicine Grand Rounds, Thomas Jefferson University, Philadelphia, PA, 1997.
7. Applying Feminist Principles to the Professional Practice of Medicine. Feminist Professional Practice Seminar, Guest Lecturer University of Michigan, Ann Arbor, MI, February 1999.
8. The Exercise Prescription, Viral Hepatitis, and Pediatric Anemia. Continuing Medical Education Course, Boyne Highlands Family Practice Update, February 1-2, 2000.
9. Physical Activity, Physical Fitness and Exercise in Chronic Illness. RWJ Clinical Scholars Research Seminar, University of Michigan, Ann Arbor, MI, March 8, 2000.
10. Restless Legs Syndrome: how prevalent? UPRNet Conference, Traverse City, MI, April 14-15, 2000.
11. Beneficial Effects of Exercise in Disease: What is the Evidence? Annual Spring Update in Internal Medicine, Continuing Medical Education Conference, University of Michigan, Ann Arbor, MI, May 5, 2000.
12. Research Statistics. Research Workshop for Sports Medicine Fellows, American Medical Society for Sports Medicine, University of Michigan, Ann Arbor, MI, July 29, 2000.
13. Logistic Regression Techniques. Healthcare Literature Seminar: University of Michigan, Ann Arbor, MI, January 31, 2001.
14. History of Childhood Sexual Abuse: why ask? Spring Family Practice Update, Ann Arbor, MI, March 6-9, 2001.

15. Restless Legs Syndrome in a Family Practice Office Population. Michigan Family Practice Research Day, Lansing, MI, March 10, 2001.
16. The Benefits of Increasing Physical Activity in Low Income and High CV Risk Groups. Robert Wood Johnson Clinical Scholars Research Seminar, Ann Arbor, MI, April 19, 2001.
17. Restless Legs Syndrome in a Family Practice Office Population. Poster presentation. Society for Teachers of Family Medicine National Meeting, Denver, CO, April 29, 2001.
18. Physical Activity Promotion: Changing Resident and Patient Behavior. 22nd Forum for Behavioral Science in Family Medicine, Chicago, IL, September 29, 2001.
19. History of Childhood Sexual Abuse: Why Ask? 22nd Forum for Behavioral Science in Family Medicine, Chicago, IL, September 30, 2001.
20. The Benefits of Increasing Physical Activity in Low Income and High CV Risk Groups. Poster Presentation. CR Richardson, RA Hayward, PM Lantz. Cooper Institute for Aerobic Research Scientific Meeting: Mediators of Physical Activity, Dallas, TX, October 6, 2001.
21. Increasing Women's Pleasure and Participation in Physical Activity: Addressing the Objectification of Women. Poster Presentation. M Segar, CR Richardson. The Cooper Institute for Aerobic Research Scientific Meeting: Mediators of Physical Activity, Dallas, TX, October 6, 2001.
22. Cardiovascular Disease Risk, Socioeconomic Status, Physical Activity, and Mortality. Robert Wood Johnson Clinical Scholars National Meeting, Ft. Lauderdale, FL, November 9, 2001.
23. Measuring Physical Activity in Diabetes Research. HSR&D meeting, Ann Arbor, MI, December 4, 2001.
24. Opportunities and Challenges in Working with Health-Related Secondary Data sets: HRS/AHEAD Data. HSR&D meeting, Ann Arbor, MI, May 21, 2002.
25. Disability Costs of Poor Health Habits. RWJ 2002 National Meeting, Ft. Lauderdale, FL, November 7, 2002.
26. Prevalence of Restless Legs Syndrome in Family Practice Patients. NAPCRG 2002 Annual Meeting, New Orleans, LA, November 18, 2002.
27. Measuring Physical Activity and Fitness in Primary Care Research. NAPCRG 2002 Annual Meeting, New Orleans, LA, November 19, 2002.
28. VO₂ max estimates incorporating rr variability: validity in sedentary women and in cardiac rehabilitation patients. Poster Presentation. Richardson CR, Draper TA, Rubenfire M, Hofer TP, Kiningham RB. ACSM 50th Annual Meeting, San Francisco, CA, May 29, 2003.

29. Restless Legs Syndrome in Primary Care. Poster Presentation. Richardson CR, Mihaescu M, Klinkman MS, Malow BA. APSS 17th Annual Meeting, Chicago, IL, June 7, 2003.
30. Increasing lifestyle physical activity in patients with serious mental illness. Poster Presentation. Richardson C, Marcus S, Neal D, Avripas S. Physical Activity and Mental Health: A Multidisciplinary Approach Conference, The Cooper Institute, Dallas, TX, October 24, 2003.

COMMITTEE AND ADMINISTRATIVE SERVICE

National:

Mar 1999 - Mar 2000 NIH Consensus Panel on Restless Legs Syndrome Washington, D.C.

BIBLIOGRAPHY

Peer-Reviewed Publications:

1. Thorpy M, Ehrenberg BL, Hening WA, Mahowald M, Malow BA, Phillips B, Richardson CR, Wellbery C. Restless Legs Syndrome: Detection and Management in Primary Care. Am Fam Phys, 62(1):108-114, 2000.
2. Abraczinska DR, Ookubo R, Grace ND, Groszmann RJ, Bosch J, Garcia-Tsao G, Richardson CR, Matloff DS, Rodes J, Conn HO. Propranolol for the Prevention of First Esophageal Variceal Hemorrhage: A lifetime Commitment. Hepatology, 34(6):1096-1102, 2001.
3. Segar M, Jayaratne T, Hanlon J, Richardson CR. Fitting Fitness into Women's Lives: Effects of a Gender-tailored Physical Activity Intervention. Women's Health Issues, 12(6):338-347, 2002.
4. Richardson CR, Resnick PJ, Hansen D, Rideout VJ. Does Pornography Blocking Software Block Access to Health Information on the Internet? JAMA, 288(22):2887-2894, 2002.
5. Hansen DL, Derry HA, Resnick PJ, Richardson CR. Adolescents Searching for Health Information on the Internet: An Observational Study. J Med Internet Res, 5(4):e25, 2003.
6. Piette J, Richardson C, Valenstein M. Addressing the Needs of Patients with Multiple Chronic Illnesses: The Case of Diabetes and Depression. Am J Manag Care, 10:41-51, 2004.
7. Resnick PJ, Hansen D, Richardson CR. Calculating Error Rates for Filtering Software. CACM, *in press*.
8. Richardson CR, Kriska AM, Lantz PM, Hayward RA. Physical Activity and Mortality Across Cardiovascular Disease Risk Groups. Med Sci Sports Exerc, *in press*.
9. Richardson CR, Faulkner G, McDevitt J, Skrinar GS, Hutchinson DS, Piette JD. Integrating Physical Activity into Mental Health Services For Individuals with Serious Mental Illness. Psychiatr Serv, *in press*.

Non-Peer Reviewed Articles, Abstracts, Letters and Editorials:

Non-Peer-Reviewed Publications:

1. Eyler AE, Richardson CR, Tyszkowski K. Office Care of the Patient Who Has Been Sexually Assaulted. Clinics in Family Practice, 2(3):723-742, 2000.

2. Newell AR, Richardson CR, Eyer AE. Treatment of the Adolescent survivor of Sexual Assault. Clinics in Family Practice, 2(4):883-917, 2000.
3. Waller A, Fochesato M., Bacolor JM. Physical Activity in Washtenaw County: a status report on physical activity levels, current local interventions, strategies that work and recommendations for community action. Ypsilanti, Michigan, January 20, 2003. (*Expert Review Team member and Statistical Consultant*)

Books and Reports:

1. Thorpy M, Ehrenberg BL, Hening WA, Mahowald M, Malow BA, Phillips B, Richardson CR, Wellbery C. Restless Legs Syndrome: Detection and Management in Primary Care. NIH Publication No. 00-3788, March 2000.

Patient Oriented Evidence that Matters (POEMs) Reviews for Journal of Family Practice:

1. Richardson, CR. Glucose-Based Oral Rehydration Therapy. J Fam Pract, 43(4):344-345, 1996.
2. Richardson, CR. Parents and Pediatrics Procedures. J Fam Pract, 44(2):131, 1997.
3. Richardson CR. Leukotriene Receptor Antagonists Versus Inhaled Steroids in Asthma. J Fam Pract, 48(7):495-496, 1999.
4. Richardson CR. Homemade Spacers Useful in Asthma Treatment. J Fam Pract, 48(12):997, 1999.
5. Richardson CR. Can we reduce the use of echocardiography by using other clinical information to identify patients at very low risk for left ventricular systolic dysfunction. J Fam Pract, 49(7):655-656, 2000.
6. Richardson CR. Can vaginal misoprostol be administered 1 to 3 days after mifepristone without loss of efficacy or an increase in adverse events? J Fam Pract, 50(1):9, 2000.
7. Richardson CR. Dietary restriction counseling is not indicated prior to Fecal Occult Blood Testing. J Fam Pract, 50(12):1081, 2001.
8. Richardson CR. Educational interventions improve outcomes for children with asthma. J Fam Pract, 52(10):764-6, 2003.

Abstracts:

1. Barrett G, Bosch J, Garciatsao G, Groszmann RJ, Richardson CR, Navasa M, Rodes J, Conn HO, Grace ND. Hepatic venous-pressure gradient (HVPG) as a predictor of survival in patients with cirrhosis. Hepatology 12(4):850 Part 2, 1990.
2. Richardson CR, Draper TA, Rubenfire M, Hofer TP, Kiningham RB. VO₂ max estimates incorporating rr variability: validity in sedentary women and in cardiac rehabilitation patients (Abstract). Med Sci Sports Exerc, 35(5)Suppl:S154, 2003.
3. Richardson CR, Mihaescu M, Klinkman M, Malow BA. Restless Legs Syndrome: Prevalence in a Family Practice Office Population (Abstract). Sleep, 26 Abstract Supplement, 2003.
4. Newman MA, Storti KL, Pettee KK, Richardson CR, Boraz MA, Kriska AM. Seasonal variation of physical activity and fasting insulin levels in post-menopausal women: WOMAN clinical trial (Abstract). Med Sci Sports Exerc, 36(5)Suppl:S186, 2004.

Papers in Progress:

1. Richardson CR, Malow B, Klinkman M, Mihaescu M. Restless Legs Syndrome prevalence and severity in Family Practice.
2. Richardson CR, Kriska AM, Hayward RA, Lantz PM. The Benefits of Increasing Physical Activity Across Cardiovascular Disease Risk Groups.

3. Richardson CR, Hanlon JT, Mull HJ, Vijan, S, Hayward R, Wray LA, Langa KM. The Impact of Poor Health Behaviors on Workforce Disability.
4. Faulkner G, McDevitt J, Skrinar GS, Hutchinson DS, Piette JD, Richardson CR. Integrating Physical Activity into Mental Health Services For Individuals with Serious Mental Illness.

Updated: 7/28/04 jrb