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Background:  The number of people with chronic cardiac conditions, such as coronary artery diseases, heart failure, and myocardial infarction, has increased nationally over the years and has been the leading cause of death for the total US population. However, information on functional outcomes at post-acute stage is scarce. In addition, the usages and roles of different therapeutic services for people with chronic cardiac conditions at post-acute stage are not well known. Lastly, non-pharmacological intervention options that focus on light intensity physical activities, rather than moderate-to-vigorous physical activities (or ‘exercise’), to improve performance and participation in IADLs, leisure, and social participation for this population at post-acute stage are not available.

My research program includes two primary research foci: (1) the usages and roles of rehabilitation services in relation to functional outcomes at post-acute stage for people with chronic cardiac conditions, and (2) a non-pharmacological intervention targeting the light intensity physical activities for healthy older adults and people with chronic cardiac conditions living in the community.

Research Interests: Clinical intervention and functional outcomes in OT, adults with chronic cardiac conditions, older adults

Research skills: Experimental/quantitative studies; statistics; telerehabilitation.

Research Directions:

- **(Tentative) Usages and roles of rehabilitation services in relation to functional outcomes for people with chronic cardiac conditions discharged from acute care.** In this study, people with chronic cardiac conditions recently discharged from acute care after their acute cardiac events will be prospectively followed for 3 months to investigate rehabilitation services they receive, roles of those rehabilitation services, and their functional outcomes and daily routines. Graduate project students will participate in participant recruitment, visit participants’ homes to complete a series of assessments, complete follow-up assessments over the phone, and complete data entry and analyses.

- **Effectiveness of a non-pharmacological intervention targeting light intensity physical activities (or occupations) for healthy older adults and people with chronic cardiac conditions in the community.** In these studies, healthy older adults and people with chronic cardiac conditions in the community will be provided with an non-pharmacological intervention that aims to form a habit of performing activities/occupations to decrease their sedentary times. Graduate project students will participate in participant recruitment, visit participants’ homes (video-conference with participants) to complete assessments and provide the intervention, complete follow-up assessments, and complete data entry and analyses.