

Curriculum Vitae

Nantinee Nualnim, Ph.D., PT

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CONTACT INFORMATION:

Faculty of Physical Therapy, Mahidol University
999 Phuttamonthon 4 Rd., Salaya, Phuttamonthon,
Nakhon Pathom 73170, Thailand
Phone: 66-2-441-5450 ext. 20206
Fax: 66-2-441-5454
E-mail: nantinee.nua@mahidol.ac.th

EDUCATIONAL BACKGROUND:

Ph.D.	August 2011	University of Texas at Austin, USA. Kinesiology
M.Sc.	2001	Mahidol University, Thailand Physical Therapy
B.Sc.	1998	Mahidol University, Thailand Physical Therapy

PROFESSIONAL EXPERIENCE:

Director, Cardiovascular laboratory. Faculty of Physical Therapy, Mahidol University, Thailand, 2013 -

Lecturer, Faculty of Physical Therapy, Mahidol University, Thailand 2000-2006, 2011-

Graduate Research Assistant, Cardiovascular Aging Research Laboratory, Department of Kinesiology and Health Education, University of Texas, Austin, Texas, USA 2010-2011

CERTIFICATIONS:

Certified Advanced Cardiac Life Support from American Heart Association, 2009-2011

Certified Dual-Energy X-Ray Absorptiometry User, 2007-2011

Community CPR (American Red Cross)

HONORS AND AWARDS:

Student Scholarship Sponsor by National Science and Technology Technology Development Agency, Royal Thai Government, Thailand, 2006-2011

Texas Regional Chapter of ACSM Student Manuscript Research Award, 2007.

RESEARCH GRANTS:

“Relationship between cognitive impairment and arterial stiffness in lean and obese type 2 diabetes mellitus” Mahidol University New Researcher Grant	2014 120,000 Bath
“Comparison of central and peripheral arterial stiffness, blood flow and microvascular function in diabetic peripheral neuropathy, diabetes and the sedentary” Ministry of Science and Technology New Researcher Grant	2016 250,000 Bath

EDITORIAL SERVICE:

Editorial Board

American Journal of Cardiology (2018-)*Brazilian Archives of Biology and Technology* (2018-)*Clinical Trials in Degenerative Diseases* (2018-)*Alternative Therapies in Health and Medicine* (2016-)*Thai Journal of Physical Therapy* (2016-)

Abstract Referee

Physical Therapy Mahidol University Research Symposium (2014-2017)*WCPT-AWP & PTAT CONGRESS 2017***COLLEGE AND UNIVERSITY SERVICE:**

Member, Mahidol University Faculty Senate (2015-2017, 2018-)

DEPARTMENT SERVICE:

Secretary, Doctoral program of Physical Therapy (2013-)

PROFESSIONAL SOCIETIES:

The Physical Therapy Association of Thailand 1998-present

American College of Sports Medicine, 2006-2011

American Physiological Society, 2007-2013

TEACHING/LECTURE EXPERIENCE:

Clinical Instructor: Cardiovascular and thoracic surgery patients. Siriraj Hospital

Physiology

Exercise Physiology

Therapeutic Exercise

Cardiopulmonary Physical Therapy

Doctoral Seminar

GRADUATE MENTOR/COMMITTEE:

Major Advisor

- Umpira Promsri, Master thesis, Faculty of Physical Therapy, Mahidol University, Thailand
- Kanokporn Pakdeesang, Master thesis, Faculty of Physical Therapy, Mahidol University, Thailand
- Tititip Ariyasoponwong, Master thesis, Faculty of Physical Therapy, Mahidol University, Thailand
- Arunwan Phetcharat, Master thesis, Faculty of Physical Therapy, Mahidol University, Thailand
- Sitapa Tangluang, Master thesis, Faculty of Physical Therapy, Mahidol University, Thailand
- Nur Basuki. Ph.D. dissertation, Faculty of Physical Therapy, Mahidol University, Thailand

Co-advisor

- Wanichya Boontuam, MSc Thesis proposal, Faculty of Physical Therapy, Mahidol University, Thailand

Thesis/Dissertation committee

- Nutsupa Ubolnuar, PhD Dissertation, Department of Physical Therapy, Faculty of Allied Health Sciences, Chulalongkorn University, Thailand
- Chathipat Kruapanich, PhD Dissertation, Department of Physical Therapy, Faculty of Allied Health Sciences, Chulalongkorn University, Thailand.
- Lieutenant Chotirot Sukkee, Master thesis, Department of Physical Therapy, Faculty of Allied Health Sciences, Chulalongkorn University, Thailand.

INVITED LECTURES:

- 1) "Exercise, successful aging and disease prevention" Presented at Annual Conference of Physical Therapy Mahidol University, 2013
- 2) "Arterial stiffness assessment" Presented at Physical Therapy Mahidol University Research Symposium, 2014
- 3) "Exercise for hypertension" Presented at Physical Therapy Mahidol University Research Symposium, 2015
- 4) "Panel discussion modulator; Osteoarthritis from joints to vascular" Presented at Physical Therapy Mahidol University Research Symposium, 2016
- 5) "Exercise, Hypertension, Weight loss and Hypercholesterolemia" Presented at Metropolitan Electricity Authority, 2016
- 6) "Cardiac rehabilitation" Presented at Rumah Sakit Deaerah dr.Zainoel Abidin, Bunda Aceh, Indonesia, May 2017
- 7) "Does habitual exercise improve cardiovascular disease risks?" Presented at STIKes MEDISTRA Lubak Pakam. Indonesia, May 2017

PUBLICATIONS

1. Hunter, S.D., M.Dhindsa, E. Cunningham, T. Tarumi, M. Alkatan, **N. Nualnim**, A. Elmenshawy and H. Tanaka. The effect of Bikram yoga on endothelial function in young and middle-aged and older adults. Journal of Body Work and Movement

Therapies. 21: 30-34, 2017

2. Hunter, S.D., M.Dhindsa, E. Cunningham, T. Tarumi, M. Alkatan, **N. Nualnim**, and H. Tanaka. Impact of Hot Yoga on Arterial Stiffness and Quality of Life in Normal and Overweight/Obese Adults. *Journal of Physical Activity and Health*. 13: 1360-1363, 2016
3. Tarumi, T., M.M. Gonzales, B. Fallow, **N. Nualnim**, J.S. Lee, M. Pyron, H. Tanaka, and A.P. Haley. Cerebral/Peripheral vascular reactivity and neurocognition in middle-age athletes. *Medicine & Science in Sports & Exercise*. 47: 2595-2603, 2015.
4. Barnes, J.N., **N. Nualnim**, M. Dhindsa, C.P. Renzi, and H. Tanaka. Macro- and microvascular function in habitually exercising systemic lupus erythematosus patients. *Scandinavian Journal of Rheumatology*. 43: 209-216. 2014
5. Hunter, S.D., M.S. Dhindsa, E. Cunningham, T. Tarumi, M. Alkatan, **N. Nualnim**, and H. Tanaka. The effect of Bikram yoga on arterial stiffness in young and older adults. *Journal of Alternative and Complementary Medicine*. 19: 930-934. 2013
6. Gonzales, M.M., T. Tarumi, S. Kaur, **N. Nualnim**, B. Fallow, M. Pyron, H. Tanaka, and A.P. Haley. Aerobic fitness and the brain: increased N-acetyl-aspartate and choline concentrations in endurance-trained middle-aged adults. *Brain Topography*. 26: 126-134. 2013
7. Tarumi, T., M.M. Gonzales, B. Fallow, **N. Nualnim**, J. Lee, H. Tanaka, and A.P. Haley. Aerobic fitness and cognitive function in midlife: an association mediated by plasma insulin. *Metabolic Brain Disease*. 28: 727-730. 2013
8. Tarumi, T., M.M. Gonzales, B. Fallow, **N. Nualnim**, M. Pyron, H. Tanaka, and A.P. Haley. Central artery stiffness, neuropsychological function, and cerebral perfusion in sedentary and endurance-trained middle-aged adults. *Journal of Hypertension*. 31: 2400-2409. 2013
9. Hunter, S.D., T. Tarumi, M. Dhindsa, **N. Nualnim**, and H. Tanaka. Hatha yoga and vascular function: Results from cross-sectional and interventional studies. *Journal of Bodywork and Movement Therapies*. 17: 322-327. 2013.
10. Miles, S.C., C.C. Chou, H.F. Lin, S. Hunter, M. Dhindsa, **N. Nualnim**, and H. Tanaka. Arterial blood pressure and hemodynamic responses to yoga practice. *Alternative Therapies in Health and Medicine*. 19(1): 38-45, 2013.
11. **Nualnim, N.**, K. Parkhurst, M. Dhindsa, T. Tarumi, J. Vavrek, and H. Tanaka. Effects of swimming training on blood pressure and vascular function in adults >50 years of age. *American Journal of Cardiology*. 109(7): 1005-1010, 2012. **(Ph.D. Dissertation)**
12. Barnes, J.N., **N. Nualnim**, J. Sugawara, S.M. Sommerlad, C.P. Renzi, and H. Tanaka. Arterial stiffening, wave reflection, and inflammation in exercising systemic lupus erythematosus patients. *American Journal of Hypertension*. 24(11): 1194-1200, 2011.

13. **Nualnim, N.**, J.N. Barnes, T. Tarumi, C.P. Renzi, and H. Tanaka. Comparison of central artery elasticity in swimmers, runners, and the sedentary. *American Journal of Cardiology*. 107: 783-787, 2011. (**Ph.D. Dissertation**)
14. Tanaka, H., Sommerlad, S., C.P. Renzi, J.N. Barnes, and **N. Nualnim**. Postexercise hypotension and blood lipoprotein changes following swimming exercise. *Biomechanics and Medicine in Swimming XI*. P.L. Kjendlie, R.K. Stallman, and J. Cabri (eds), Norwegian School of Sport Science, Oslo, Norway, pp381-383, 2010.
15. Dhindsa, M., J.N. Barnes, A.E. DeVan, **N. Nualnim**, and H. Tanaka. Innovative exercise device that simulates horseback riding: cardiovascular and metabolic responses. *Equine and Comparative Exercise Physiology*. 5(1): 1-5, 2008.

PROCEEDINGS

1. Promsri, U., S. Chuachan, S. V. Chittithavorn, W. Jalayondeja, and **N. Nualnim**. Effects of modified respiratory muscle stretch gymnastics (RMSG) on shoulder flexion and pain in postero-lateral thoracotomy. *The 1st APACPH Bangkok Region Conference and The 8th International Public Health Conference 2017*.
2. Ariyasoponwong, T., **N. Nualnim**, V. Kasemsup, P. Thichanpiang, and K. Permpoonputtana. Comparison of arterial stiffness among type 2 diabetes with, without peripheral neuropathy and healthy individuals. *The 7th STOU National Research Conference 2017*.
3. Pakdeesang, K., **N. Nualnim**, V. Kasemsup, K. Permpoonputtana, and P. Thichanpiang. Effects of 8-weeks Buerger's exercise on ankle-brachial index (ABI) and leg microcirculation in type 2 diabetes. *The 7th STOU National Research Conference 2017*.
4. Tangluang, S., A. Phetcharat, P. Suwannachot, P. Chaiyawat, **N.Nualnim**. Effects of one session of Buerger's exercise on leg and skin blood flow in patients with diabetic peripheral neuropathy. *The International Physical Therapy Research Symposium 2019*.
5. Phetcharat, A., S. Tangluang, P. Suwannachot, P. Piriyaprasath, **N.Nualnim**. Comparison of arterial stiffness and endothelial function among hypertensive diabetic, hypertension and healthy individuals. *The International Physical Therapy Research Symposium 2019*.

ABSTRACTS:

1. **Nualnim, N.**, S. Jarungjitaree, W. Auppakarat, G. Puangsa-art, and O. Paisoonsin. Cardiovascular and respiratory responses at the onset of exercise after delayed onset muscle soreness. *The PTMU Research Symposium, 2013*.
2. Alkatan, M., **N. Nualnim**, K. Tyson, and H. Tanaka. Bone mineral density and regular swimming: observational and interventional studies. *FASEB Journal*. 2013.
3. Tarumi, T., M.M. Gonzales, B. Fallow, **N. Nualnim**, J.S. Lee, H. Tanaka, and A.P. Haley. Cardiopulmonary fitness and cognitive function in midlife: associations with central elastic arterial stiffness and regional cerebral perfusion. *FASEB Journal*. 2013.

4. **Nualnim, N.**, K. Parkhurst, M. Dhindsa, T. Tarumi, J. Vavrek, and H. Tanaka. Swimming exercise reduces arterial blood pressure in adults >50 year of age. *The Asian Physical Therapy Research Symposium*, 2012.
5. Tarumi, T., M.M. Gonzales, B.A. Fallow, **N. Nualnim**, and H. Tanaka. Cardiopulmonary fitness and cognitive function: association with peripheral vascular and cerebrovascular function. *Medicine and Science in Sports and Exercise*. 43(5): S535, 2012.
6. Hunter, S.D., M. Dhindsa, E. Cunningham, T. Tarumi, M. Alkatan, **N. Nualnim**, and H. Tanaka. The effect of Bikram yoga on vascular function. *Medicine and Science in Sports and Exercise*. 44(5): S239, 2012.
7. **Nualnim, N.**, J.N. Barnes, and H. Tanaka. Endothelium-dependent vasodilation and baroreflex sensitivity in swimmers. *Medicine and Science in Sports and Exercise*. 43(5): S516, 2011.
8. Barnes, J.N., **N. Nualnim**, M. Dhindsa, and H. Tanaka. Lack of macro- and micro-vascular dysfunction in habitually exercising systemic lupus erythematosus patients. *Medicine and Science in Exercise and Sports* 42(10): 3, 2010.
9. Sommerlad, S., C.P. Renzi, J.N. Barnes, **N. Nualnim**, and H. Tanaka. Postexercise hypotension and blood lipoprotein changes following swimming exercise. *XIth International Symposium for Biomechanics and Medicine in Swimming*. P108, 2010.
10. Barnes, J.N., **N. Nualnim**, J. Sugawara, and H. Tanaka. Habitual exercise is associated with reduced arterial stiffness in systemic lupus erythematosus. *FASEB Journal*. 24: 804.7, 2010.
11. **Nualnim, N.**, J.N. Barnes, and H. Tanaka. Regular swimming exercise and central artery compliance. *Medicine and Science in Sports and Exercise*. 41 (5 Suppl): S248, 2009.
12. Dhindsa, M., J.N. Barnes, A.E. DeVan, **N. Nualnim**, and H. Tanaka. Innovative Exercise Device that Simulates Horseback Riding: Cardiovascular Responses. *Medicine and Science in Sports and Exercise*. 39(5 suppl): S352, 2007.