

KIMBERLY M. TIPPENS, ND, MS, MPH

CURRICULUM VITAE

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CURRENT APPOINTMENTS

Associate Professor
Chair, Master of Science in Integrative Medicine Research
School of Research and Graduate Studies
National University of Natural Medicine (NUNM), Portland Oregon

EDUCATION

2009-2012	OREGON HEALTH & SCIENCE UNIVERSITY Master of Public Health, Epidemiology & Biostatistics Thesis: <i>Developing a Measure of CAM Orientation among Allopathic Primary Care Providers</i>	Portland, OR
2005-2007	OREGON HEALTH & SCIENCE UNIVERSITY Certificate in Human Investigations Human Investigations Program	Portland, OR
2004-2005	NATIONAL UNIVERSITY OF NATURAL MEDICINE Post-Graduate Medical Residency Community and Family Medicine	Portland, OR
1998-2003	BASTYR UNIVERSITY Doctor of Naturopathic Medicine Master of Science in Acupuncture and Oriental Medicine	Kenmore, WA
1994-1998	UNIVERSITY OF CALIFORNIA, LOS ANGELES Bachelor of Arts, Psychology	Los Angeles, CA

Oregon State Naturopathic License #1355, Active
Oregon State Acupuncture License #AC00876, Inactive

RESEARCH INTERESTS

Health policy, health equity, access and utilization of health services, health promotion, child and family health, nutrition education, behavioral health. Current focus is on exploring low-cost accessible models of Complementary and Alternative Medicine (CAM) and integrative health care.

RESEARCH POSITIONS

2012 to present, HELFGOTT RESEARCH INSTITUTE, NUNM - Portland, OR

Investigator, Associate Professor of Research

- Conduct primary research and mentor graduate students in health services and clinical research
- Research skills include observational study and clinical trial design and implementation, quantitative and qualitative analyses
- Proficiency with the following data analysis and management tools: Analytic software (Stata, SPSS, Dedoose, Nvivo, Microsoft Excel), data management platform (REDCap), and reference management software (Mendeley, EndNote)

2006 to 2011, HELFGOTT RESEARCH INSTITUTE, NUNM - Portland, OR

Postdoctoral Research Fellow

- Completed rigorous post-doctoral training emphasizing mixed-methods research
- Research included evaluation of the content of type 2 diabetes care provided by naturopathic practitioners compared to standard medical practice
- Designed and executed original research; analysis and interpretation of primary data

2009 to present, VETERANS AFFAIRS MEDICAL CENTER - Portland, OR

Research Assistant

- Research WOC (without compensation employee) worked with Dr. Somnath Saha throughout public health studies and NRSA fellowship. Assisted with survey research including recruitment, psychometric assessment, and scale development.

1992 to 1994, UCLA Department of Psychology – Los Angeles, CA

Student Research Assistant Recipient of the Student Award for Research Training (START)

- Laboratory assistant for learned helplessness research using murine models of depression
- Assisted with study visits for human subjects research related to depression, fear, and anxiety disorders

COMPLETED RESEARCH SUPPORT

NIH/NCCAM R25AT002878-06

Zwickey (PI)

7/1/06 – 6/30/16

Research in Complementary and Alternative Medicine Program

Program to integrate principles of evidence-based medicine into the curriculum of the naturopathic and Chinese medicine programs at NUNM and to further promote research literacy among faculty.

Role: Faculty Researcher/Educator

NIH/NIDA RC4 DA029988 01

Lowe (PI)

9/30/10- 9/29/13

Housing, Employment and Recovery Together for Health (HEARTH)

Building an Evidence Base for Treating the Vulnerable: A Community Partnership

Collaboration between Portland area academic institutions and a community-based organization providing healthcare, housing, employment and comprehensive recovery support to over 13,000 clients annually, addressing social determinants of health and chronic behavioral and medical disease.

Role: Associate Investigator

NIH/NCCAM F32 AT004342-01A1

Tippens (PI)

1/1/09 - 12/31/11

Mentor: Somnath Saha, MD, MPH

Ruth L. Kirschstein National Research Service Award Individual Fellowship (NRSA-F32):

A Health Services Research Training Program in CAM for a Naturopathic Physician

Rigorous post-doctoral training program emphasizing mixed methods (quantitative + qualitative) evaluation of the content of care for type 2 diabetes provided by naturopathic and allopathic physicians.

Role: PI, Postdoctoral Fellow

Tartar Trust Fellowship Award

Tippens (PI)

7/1/06 - 6/30/07

Mentor: Carlo Calabrese, ND

Oregon Health & Science University Foundation

Hormonal Controls, Hunger and Behavior in Obese Metabolic Syndrome Patients

(sub-study of U19 AT002656-02)

Secondary data analysis project evaluating associations between weight loss and hormonal markers of hunger and satiety during a 12-week weight loss program.

Role: PI, Postdoctoral Fellow

NIH/NCCAM U19 AT002656-02

Oken (PI)

9/30/05 - 8/31/07

Mentor: Carlo Calabrese, ND

Expectancy in the Treatment of Metabolic Syndrome and Obesity

Mentored postdoctoral fellowship supported through an NIH/NCCAM Research Supplement to Promote Diversity in Health-Related Research (Admin Supp); Randomized 3-arm trial of the effect of expectancies associated with dietary supplements on weight and parameters of metabolic syndrome among patients with obesity and metabolic syndrome.

Role: Clinical Educator, Research Associate

PEER-REVIEWED PUBLICATIONS

1. Faith J, Thorburn S, Tippens KM. Examining the Association Between Patient-Centered Communication and Provider Avoidance, CAM Use, and CAM Use Disclosure. *Altern Ther Health Med*. 2015 Mar-Apr;21(2):30-5.
2. Tippens KM, Purnell JQ, Gregory WL, Connelly E, Hanes D, Oken B, Calabrese C. Expectancy, Self-Efficacy, and Placebo Effect of a Sham Supplement for Weight Loss. *J Evid Based Complementary Altern Med*. *J Evid Based Complementary Altern Med*. 2014 Apr;19(3):181-188.
3. Tippens KM, Chao MT, Connelly E, Locke A. Patient Perspectives on Care Received at Community Acupuncture Clinics: A Qualitative Thematic Analysis. *BMC Complement Altern Med*. 2013, Oct;13(1): 293.
4. Faith J, Thorburn S, Tippens KM. Examining CAM Use Disclosure Using the Behavioral Model of Health Services Use. *Complement Ther Med*. 2013 Oct; 21(5): 501-508.
5. Thorburn S, Faith J, Keon KL, Tippens KM. Discrimination in Health Care and Use of CAM in a Representative Sample of U.S. Adults. *J Altern Complement Med*. 2013 Jun;19(6):577-81.
6. Tippens KM, Oberg E, Bradley R. A Dialogue between Naturopathy and Critical Medical Anthropology: Toward a Broadened Conception of Holistic Health. *Med Anthropol Q*. 2012 Jun;26(2):257-70.
7. Chao M, Tippens KM, Connelly E. Utilization of Group-Based, Community Acupuncture Clinics: A Comparative Study with a Nationally Representative Sample of Acupuncture Users. *J Altern Complement Med*. 2012 Jun;18(6):561-6.
8. Tippens KM, Wild H, Campbell C, Russell A, Borba K, Swanson J, Elmer, PJ. Perspectives on Diversity among Students from Conventional and Alternative Medical Schools. *JBPHPD: Res, Educ and Policy*. 2012; 5(2), 850-862.

9. Maty SC, Tippens KM. Perceived and Actual Diabetes Risk in the Chinese and Latino Communities in Portland, Oregon, USA. *Diabet Med*. 2011; 28(6):658-67.
10. McDermott C, Hseih A, Sweet E, Tippens KM, McCune JS. A Pilot Study of Website Information Regarding Aromatase Inhibitors – Dietary Supplement Interactions. *J Altern Complement Med*. 2011; 17(11):1043-9.
11. Mist SD, Aickin M, Kalnins P, Cleaver J, Batchelor R, Thorne T, Chamberlin S, Tippens K, Colbert AP. Reliability of AcuGraph System for Measuring Skin Conductance at Acupoints. *Acupunct Med*. 2011; 29(3):221-6.
12. Tippens KM, Marsman K, Zwickey H. Is Prayer CAM? *J Altern Complement Med*. 2009; 15(4):435-438.
13. Tippens K, Pine B, Connelly E, Gregory WL, Zwickey, H. Effects of Soy Infant Formula on the Development of Adult Soy Allergies. *IntJNM*. 2009; 4(1):12-17.
14. Saha S, Freeman M, Toure J, Tippens KM, Weeks C, Ibrahim S. Racial and Ethnic Disparities in the VA Healthcare System: A Systematic Review. *J Gen Int Med*. 2008; 23(5):654-71.
15. Tippens KM, Connelly E. Poverty and Human Development: The Social Responsibility of the Naturopathic Physician. *J Altern Complement Med*. 2007;13(8):783-5.

RESEARCH PRESENTATIONS

- Tippens KM, Erlandsen A, Graybill R, Hanes D, Zwickey H. Whole Foods-Based Nutrition Education: Effects on Risk Markers for Prediabetes and Cardiovascular Disease. International Congress on Integrative Medicine & Health. May 17-20, 2016, Las Vegas, NV.
- Tippens KM, Erlandsen A, Graybill R, Hanes D, Zwickey H. Food as Medicine Everyday – Research (FAMER): Evaluating physiological changes associated with a shift toward a whole foods diet. International Congress on Complementary Medicine Research. May 15, 2015, Jeju, South Korea.
- Chao M, Duncan L, Tippens KM, Gardiner P, Dresner D, Gergen-Barnett K. Methodological Innovation in Integrative Medicine Research Targeting Health Disparities. International Research Congress on Integrative Medicine and Health (IRCIMH). May 13, 2014, Miami, FL.
- Tippens KM, Upchurch DM. Addressing Health Disparities with Acupuncture: Thoughts on the Community Acupuncture Model. Symposium for Portland Area Research on Complementary and Alternative Medicine. May 4th, 2013, Portland, OR.
- Tippens KM, Fleishman S, Russell A, Zwickey H. Acupuncture and Oriental Medicine (AOM) Practitioners Conducting Research: Preliminary Findings for Interviews to Inform Workforce Training. Society for Acupuncture Research. April 18th, 2013. Ann Arbor, MI
- Tippens KM, Fleishman S, Russell A, Zwickey H. CAM Practitioners Conducting Research: Preliminary Findings from a Survey and Interviews to Inform Workforce Training. International Congress for Educators in Complementary & Integrative Medicine, October 23rd, 2012, Washington, DC.
- Tippens KM, Chao M. Examining Disparities in Complementary and Alternative Medicine Use Through Practice-Based Research in Community Acupuncture Clinics. Integrative Medicine for the Underserved (IM4Us) Conference, September 7th, 2012, Santa Clara, CA.
- Tippens KM, Chao M, Connelly E, Locke A. Assessing Patient Perspectives on Quality of Care in Community Acupuncture Clinics. International Research Congress on Integrative Medicine and Health, May 17th, 2012, Portland, OR.
- Tippens KM, Elmer PJ, Szybala C, Saha S. Patient Perspectives on Provider Communication, Self-Management and Alternative Medicine in Conventional and Naturopathic Diabetes Care. International Research Congress on Integrative Medicine and Health, May 16th, 2012, Portland, OR
- Tippens KM, Chao M. Practice-Based Research in Community Acupuncture Clinics: The Utility of Community-Based Participatory Research. Consortium of Academic Health Centers in Integrative Medicine Annual Research Day, October 26th, 2011, Los Angeles, CA.

- Tippens KM. Attitudes Toward and Experiences with Complementary and Alternative Medicine among Adult Patients with Type 2 Diabetes (T2DM): Preliminary Data from Portland, Oregon. Symposium for Portland Area Research on Complementary and Alternative Medicine. April 16th, 2011, Portland, OR.
- Tippens KM. Investigating an Innovative Acupuncture Service Model: Characterization of Community Acupuncture Clients. Community Acupuncture Network Conference, April 9th 2011, Portland, OR.
- Tippens KM, Chao M, Connelly E, Locke A, Lowery M, Murray M, Johnson R, Margitic A. Social Justice and the Community Acupuncture Movement: History and Preliminary Data from the Working Class Acupuncture clinics in Portland, Oregon. American Public Health Association Annual Meeting. November 6-10th 2010, Denver, CO.
- Tippens KM, Gatchell M, Gerrity M, Perrin N, Saha S. Measuring Physician Cultural Competence: Results from a National Survey. American College of Epidemiology Conference, Minority Affairs Committee Workshop. Sept. 12th, 2010, San Francisco, CA.
- Tippens KM, Assessing Student Perspectives on Diversity: The NCM Student Cultural Climate Survey. American Association of Naturopathic Physicians 25th Annual Convention. August 11th, 2010, Portland, OR.
- Tippens KM, Connelly E, Chao M, Johnson R, Locke A, Lowery M, Margitic A, Murray M. Investigating an Innovative Acupuncture Service Model: Characterization of Clients in a Community Acupuncture Setting. Symposium for Portland Area Research on Complementary and Alternative Medicine. April 17th, 2010, Portland, OR.

Workshops and Invited Oral Presentations

- Addressing Racial and Ethnic Disparities in Health. Academy of Integrative Health & Medicine Annual Conference, 2015
- Evidence-Based CAM: State of the Science of Chiropractic, Naturopathic and Asian & Oriental Medicine. International Research Congress on Integrative Medicine and Health, 2012
- Community Outreach and Engagement. Community Acupuncture Network Conference, 2011
- Utilizing Evidence-Based Medicine in Naturopathic Practice: A Critique of the JUPITER Trial; Lecture for naturopathic continuing education in pharmacy. American Association of Naturopathic Physicians 25th Annual Convention, 2010

TEACHING EXPERIENCE

NATIONAL UNIVERSITY OF NATURAL MEDICINE (formerly NCM) — Portland, OR

Associate Professor 2015 to Current

- Teaching faculty in the School of Research & Graduate Studies and the College of Classical Chinese Medicine
- Additional Courses taught: Research Methodology, Fundamentals of Integrative Medicine Research I, II, III
- Guest lecturer for the College of Naturopathic Medicine; evidence based medicine, evidence-informed practice, culturally and linguistically appropriate health care delivery
- Additional curriculum development and instructional design for the Masters of Science in Integrative Medicine Research program

Assistant Professor 2012 to 2015

- Designed unique coursework for students of integrative medicine and research
- Courses taught: Public Health Policy, Health Disparities Research, Grant Writing
- Developed a repertoire of teaching techniques to facilitate student learning and research, including direct classroom instruction as well as mentorship of graduate students through original research projects focused on various aspects of integrative medicine and public health

PORTLAND STATE UNIVERSITY, SCHOOL OF COMMUNITY HEALTH— Portland, OR

Adjunct Instructor

2007 to Current

- Designed and taught graduate and undergraduate introductory courses in integrative medicine
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ADMINISTRATIVE EXPERIENCE

NATIONAL UNIVERSITY OF NATURAL MEDICINE, SCHOOL OF RESEARCH AND GRADUATE STUDIES

Chair, Master of Science in Integrative Medicine Research

2016 to Current

- Direct graduate education in integrative medicine research

Director of Public Health and Community-Partnered Research

2014 to 2016

- Directed graduate education in public health research through teaching and mentorship
 - Fostered partnerships with community organizations to investigate chronic pain management among Oregonians in addiction recovery and transitional housing
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CLINICAL EXPERIENCE

NATURAL HEALTH CENTERS, NATIONAL UNIVERSITY OF NATURAL MEDICINE

Clinical Resident

2004 to 2005

- Family medicine physician providing naturopathic care at numerous Portland area community health centers
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PROFESSIONAL SERVICE

- State Commissioner, Oregon Health Evidence Review Commission (HERC)
 - Appointed Member, Cultural Competence Continuing Education Curriculum Approval Committee, Oregon Health Authority (OHA), Office of Equity and Inclusion (OEI)
 - Board Member, Integrative Medicine for the Underserved (IM4Us)
 - Member, Health Equity Researchers of Oregon (HERO), Oregon Office of Equity and Inclusion (OEI)
 - Peer Reviewer - education grants, Loan repayment program, National Institutes of Health; National Center for Complementary and Integrative Health (NCCIH)
 - Ad Hoc Grant Reviewer, Health Resources and Services Administration (HRSA)
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INSTITUTIONAL SERVICE - NUNM

2017 – present

Equity Team – Member

Institutional body assembled to advance the mission of equity and inclusion at the university, with a focus on strengthening institutional practices related to faculty, staff and student recruitment, retention, and training.

2014 – present

Faculty Advisor

Students AWARE - *Actively Working to Advance Real Equity*

2013 – present	<p>Scientific Review Committee – Co-Chair</p> <p>Responsibilities include critical review of all research applications from student and faculty investigators prior to submission to the NCNM Institutional Review Board.</p>
2012 – 2016	<p>Program Curriculum Review Committee</p> <p>Responsibilities include review and approval of all newly proposed academic programs and courses at NCNM.</p>
2007 – 2016	<p>Research in Complementary & Alternative Medicine Program (RCAMP)</p> <p>Vanguard Faculty: Responsibilities include promoting evidence-based medicine among faculty and students through faculty trainings and curriculum design.</p>

AWARDS AND HONORS

2016	Excellence in Teaching and Scholarship in Research and Graduate Studies Award; NUNM
2013	Loan Repayment Program for Clinical Research, National Institutes of Health (NCCAM)
2011	Special Achievement Faculty Award – Awarded for leadership in assessing campus cultural climate at NUNM
2008	Vanguard Faculty Award, NUNM Research in CAM Program
2007	Best Research Award, American Association of Naturopathic Medicine 22 nd Annual Convention; The Effect of Placebo Dietary Supplements for Weight Loss. Calabrese C, Purnell J, Connelly E, Tippens K, Oken B.
2004	Physicians for Social Responsibility Scholarship for clinical rotation in Oaxaca, Mexico through Child & Family Health International
2001	Bastyr University Venture Grant – Awarded for one month of health service in Kenya
2000	Bastyr University Venture Grant, Bastyr University Venture Grant – Awarded for the survey of integrative medical practice in Havana, Cuba