

ALEXIS N. CHARGO, MOT, OTR/L

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EDUCATION

- Current Ph.D. Candidate, Psychology (Behavioral and Cognitive Neuroscience)
Wayne State University, Detroit, MI
- 2020 Master of Occupational Therapy (MOT)
Wayne State University, Detroit, MI
- 2019 B.S., Health Sciences
Wayne State University, Detroit, MI
- 2018 B.S., Kinesiology (Minor in Cognitive Sciences)
Michigan State University, East Lansing, MI

GRANTS AND FELLOWSHIPS

External Research Grants

Active

- 2022-25 "TRAIN-BW: Feasibility, Acceptability and Impact of Backward Walking Training in Persons with MS"
Institution: Wayne State University
PI: N. Fritz, DPT, Ph.D.
Role: Key Personnel
Agency: National Multiple Sclerosis Society Research Grant
Total Award: \$600,000

- Submitted** "The path less traveled: Exploring age-related changes in mobility and its impact on cognitive mapping"
Institution: Wayne State University
PI: A. Chargo, OTRL
Agency: National Institute on Aging
Total Award Requested: \$80,571

Internal Research Fellowship Stipend Awards

- 2024 Rumble Fellowship
Institution: Wayne State University, Department of Psychology
Total Award: *Full Tuition Support* (for 2024-2025)
- 2022 - Predoctoral Research Fellowship
Institution: Wayne State University, Institute of Gerontology
Total Award: \$3,000

RESEARCH EXPERIENCE

Healthy Brain Aging Lab

2021-present *Graduate Student*
Advisor: Dr. Ana Daugherty, Ph.D.
Institution: Wayne State University, Institute of Gerontology, Detroit, MI
Research Areas: Spatial Navigation, Hippocampal subfields, frailty, age-related cognitive decline, neurodegeneration

TEACHING EXPERIENCE

Student evaluation reports available upon request

2021-2022 Introduction to Psychology Lab
Graduate Teaching Assistant, Lab
Department of Psychology, Wayne State University, Detroit, MI

2019 Surface Anatomy for OT (graduate seminar)
Teaching Assistant, Lecture
Department of Occupational Therapy, Eugene Applebaum College of Pharmacy and Health Science, Wayne State University, Detroit, MI

PUBLICATIONS

Peer Reviewed Research Articles

Monaghan, PG., Takla, TN., **Chargo, AN.**, Edwards, EM., Yu, B., Myers, E., Daugherty, AM., & Fritz, NE. (2024). Measurement Properties of Backward Walking and its Sensitivity and Feasibility in Predicting Falls in Persons with Multiple Sclerosis. *International Journal of MS Care*, 26, 155-166.
<https://doi.org/10.7224/1537-2073.2023-091>

Chargo, AN, Takla, TN, Fritz, NE[†], Daugherty, AM[†]. (2024). On the Move: Correlation of Impaired Mobility with Spatial Navigation Ability in Persons with Multiple Sclerosis. *Brain Sciences*, 14(3), 277.

<https://doi.org/10.3390/brainsci14030277>

[†] Equal contribution, co-last author

Takla, TN*, **Chargo, AN***, Daugherty, AM[†], Fritz, NE[†]. (2023). Cognitive Contributors of Backward Walking in Persons with Multiple Sclerosis. *Multiple Sclerosis International*, 2023, 5582242.

<https://doi.org/10.1155/2023/5582242>

* Equal contribution, co-first author [†] Equal contribution, co-last author

Kivlen, C., **Chargo, AN**, & DiZazzo-Miller, R. (2023). Animal-Assisted Intervention on College Campuses: Graduate Student Perspectives Regarding the Need, Benefits, and Availability of Programming. *American Journal of Health Education*, 54(5), 405-412. doi: 10.1080/19325037.2023.2232836

Daugherty AM, Canada KL[†], **Chargo AN**[†], Knauff K[†], Ryan CE[†], Shay K[†]. (2023). Charting a course: Collective reflections and anticipations of emerging scholars in gerontology. *Generations*.

[†]co-authors made equal contribution; names listed alphabetically

In Prep and Submitted Research Manuscripts

Chargo, AN., Fritz, NE., & Daugherty, AM. Navigating the aging mind: An integrative review of the role of mobility in wayfinding deficits in old age. [*In preparation*].

Chargo, AN., Dahle CL., Raz, N., & Daugherty, AM. Age- and Sex-Related Differences in Cognitive Map Recall Following a Spatial Navigation Task. [*In revision*]

Chargo, AN., Dahle, CD., Raz, N., & Daugherty, AM. Age-sensitive Neural and Cognitive Correlates of Cognitive Mapping: Insights into Wayfinding Deficits. [*In preparation*]

RESEARCH PRESENTATIONS

Conference Posters

Chargo, AN., Takla, TN., Fritz, NE., & Daugherty, AM. 05/2024. *On the Move: Understanding how impaired mobility impacts virtual navigation in persons with Multiple Sclerosis*. Poster Presentation, Consortium of Multiple Sclerosis Centers (CMSC).

Chargo, AN., Takla, TN., Fritz, NE., & Daugherty, AM. 05/2024. *On the Move: Understanding how impaired mobility impacts virtual navigation in persons with Multiple Sclerosis*. Poster Presentation, Center for Research and Education in Navigation (CRANE).

Homayouni R., Saifullah, S., **Chargo, A.,** Canada, K. L., Raz, N., Ofen, N., Daugherty, AM. 04/2024. *Longitudinal Changes of Hippocampal Subfield Volumes from Middle Childhood to Late Adulthood*. [Accepted Poster Presentation], Cognitive Neuroscience Society, Toronto, Canada.

Chargo, AN., Dahle, CL., Raz, N., & Daugherty, AM. 11/2023. *Age-Sensitive Neural and Cognitive Correlates of Cognitive Mapping: Insights into Wayfinding Deficits*. Poster Presentation, Society for Neuroscience (SfN).

Takla, TN., **Chargo, AN.,** Daugherty, AM., Fritz, NE. 11/2023. *Impaired Mobility Negatively Impacts Navigation Ability and Map Recall in a Virtual Environment in Persons with Multiple Sclerosis*. Poster Presentation, Society for Neuroscience (SfN).

Patrick G. Monaghan, Taylor N. Takla, **Alexis N. Chargo,** Erin M. Edwards, Biaohua Yu, Emily Myers, Ana M. Daugherty, & Nora E. Fritz. 10/2023. *Measurement Properties of Backward Walking and its Sensitivity and Feasibility in Predicting Falls in Persons with Multiple Sclerosis*. Poster Presentation, Eugene Applebaum College of Pharmacy and Health Sciences College Research Day.

Chargo, AN., Dahle, CL., Raz, N., & Daugherty, AM. 05/2023. *Age-Sensitive Neural and Cognitive Correlates of Cognitive Mapping: Insights into Wayfinding Deficits*. Poster Presentation, MADRC Beyond Amyloid Research Symposium. Poster Award

Takla, TN., **Chargo, AN.,** Daugherty, AM., Fritz, NE. 05/2023. *Cognitive Contributors of Backward Walking in Persons with Multiple Sclerosis*. Poster Presentation, MADRC Beyond Amyloid Research Symposium.

Chargo, AN., Dahle, CL., Raz, N., & Daugherty, AM. 03/2023. *Age- and Sex-Related Differences in Cognitive Map Recall Following a Spatial Navigation Task*. Poster Presentation, Wayne State University, Institute of Gerontology, Lifespan Alliance Research Day. First-place Poster Award

Chargo, AN., Dahle, CL., Raz, N., & Daugherty, AM. 02/2023. *Age- and Sex-Related Differences in Cognitive Map Recall Following a Spatial Navigation Task*. Poster Presentation, Dallas Aging and Cognition Conference.

Campbell, AN., Raz, N., & Daugherty, AM. 11/2021. *Age- and Sex-Related Differences in Cognitive Mapping Following a Spatial Navigation task*. Poster Presentation, Wayne State University, Psychology Graduate Student Research Poster Day. First-place Poster Award

Campbell, A., Kivlen, C. 10/2021. *Graduate Students' Perceptions of a Canine-Assisted Stress-Reduction Intervention*. Poster Presentation (virtual), Wayne State University, Eugene Applebaum College of Pharmacy and Health Sciences Research Day. Poster Award

COMMUNITY ENGAGEMENT & PRESENTATIONS

Mind in Motion: Understanding age-related changes in cognitive and mobility function in aging. Cedarbrook Senior Living. Bloomfield Hills, MI. 06/2024.

CLINICAL WORK EXPERIENCE

2021-present **Galaxy Brain and Therapy Center**, Ann Arbor, MI

Role: *Occupational Therapist, OTR/L*

Responsibilities:

- Provide evidence-based and informed clinical occupational therapy interventions within the home and community environments to support functional and independent living.
- Establishment of compensatory and remediation strategies for improving independence in high-level cognitive tasks.
- Complete evaluations of functional assessments, interpretation of assessment results, establishment of functional goals, clinical report writing, and establishment of plan of care.
- Interprofessional collaboration, in addition to collaboration with the client, client's family, physician, and case manager (if applicable).

2020 **VA Ann Arbor HealthCare System**, Ann Arbor, MI

Role: *Level II Student Occupational Therapist, Medical Model Fieldwork Placement*

Responsibilities:

- Provide evidence-based and informed clinical occupational therapy interventions under the supervision of a licensed occupational therapist.
- Provide recommendations for, and skilled education on durable medical equipment at time of discharge to increase client's level of independence upon return to home.
- Documentation of client progress, establishment of functional goals, recommendations of appropriate and safe placement at time of discharge.
- Administration of assessments of functional and cognitive status and administering quality of life scales in an inpatient and subacute setting.

2020 **Galaxy Brain and Therapy Center**, Ann Arbor, MI

Role: *Level II Student Occupational Therapist, Community-Based Fieldwork Placement*

Responsibilities:

- Provide evidence-based and informed clinical occupational therapy interventions within the home and community environments to support functional and independent living under the supervision of a licensed occupational therapist.

- Establishment of compensatory and remediation strategies for improving independence in high-level cognitive tasks.
- Complete documentation regarding client progress, clinical report writing, and establishment of plan of care.
- Interprofessional collaboration, in addition to collaboration with the client, client's family, physician, and case manager (if applicable).

2019 **Henry Ford Kingswood Hospital**, Ferndale, MI
 Role: *Level I Student Occupational Therapist, Mental Health Fieldwork Placement*
Responsibilities:

- Observed licensed occupational therapist within an inpatient psychiatric setting treating clients of various age ranges (childhood – older adult).
- Observed and helped with running Dialectical Behavioral Therapy (DBT) group sessions.

2019 **Team Rehabilitation**, Dearborn, MI
 Role: *Level I Student Occupational Therapist, Physical Disabilities Fieldwork Placement*
Responsibilities:

- Observed licensed occupational therapist in outpatient neurological and orthopedic clinic, treating clients of various age ranges (young adult – older adult).
- Practice screening and assessment of upper extremity strength and range of motion under the supervision of licensed occupational therapist.

PROFESSIONAL CERTIFICATIONS AND LICENSURE

2021-present **Licensed Occupational Therapist**, State of Michigan
 License Number: 5201011170

2021-present National Board for Certification in Occupational Therapy
OTR Certified
 Certification Number: 448736

2023-present **Certified Dementia Practitioner (CDP)**
 National Council of Certified Dementia Practitioners
 Certification Number: CDP 272788

AWARDS AND HONORS

Monetary Academic Awards

2024 Institute of Gerontology (IOG) Winter 2024 Travel Award

2023 Elizabeth Olson Memorial Paper Award

2023 Institute of Gerontology (IOG) Winter 2023 Travel Award

2022 Sallie P. Asche Travel Award

2020 Graduate Professional Scholarship

2020 Barbara Henderson Miller Endowed Scholarship

2019 Kaye J. Schlomer Endowed Scholarship

Dean's List Academic Honors

- 2018-2021 Dean's List, *Recipient*
Wayne State University, Detroit, MI
- 2014-2018 Dean's List, *Recipient*
Michigan State University, East Lansing, MI

PROFESSIONAL SERVICE

Academic Service

- 2023 Psychology Graduate Student Organization (GSO): **Department Meeting Representative**
- 2023 Speaker, WSU COTAD: Pursuing a PhD Alumni Panel
- 2023 GSO Graduate Student Presentation Day 2023: **BCN Area Judge**
- 2023-present Behavioral Cognitive Neuroscience (BCN) Program: **Student Representative**
- 2022 **Graduate Student Panel Speaker**, Mentoring Undergraduate Students toward Excellence (MUSE) Program

Community Service

- 2023 Art of Aging Successfully Conference; Volunteer
- 2022, 2023 Brain Day (Detroit)
- 2022, 2021 AAIC Alzheimer's Disease Awareness Walk
- 2020, 2019 Veteran's Unit Interprofessional Event
- 2019 Galaxy Brain and Therapy Center (GBTC) Artisan Market
- 2019 American Cancer Society, Breast Cancer Walk Volunteer
- 2019 MiOTA MOTEC Student Volunteer

PROFESSIONAL MEMBERSHIPS

- Society for Neuroscience (SfN), since 2023
- Gerontological Society of America, since 2022
- American Occupational Therapy Association, since 2019
- Michigan Occupational Therapy Association, since 2019
- Pi Theta Epsilon, National Honor Society of Occupational Therapy