

**James C. Borders, PhD, CCC-SLP**

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**Current Position**

**Boston University**, Boston, MA 2025 – Present  
**Assistant Professor**, Department of Speech, Language, and Hearing Sciences  
2025 – *Lab Director*: Airway Protection Research Lab  
2025 – *Affiliated Faculty*: Department of Otolaryngology, Boston Medical Center

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**Education and Training**

**Teachers College**, New York, NY 2023 – 2025  
Postdoctoral Research Fellow, Laboratory for the Study of Upper Airway Dysfunction

**Columbia University**, New York, NY 2023  
Ph.D. in Communication Sciences and Disorders  
Dissertation: *Maximizing cough motor learning with skill training in Parkinson's disease*

**MGH Institute of Health Professions**, Boston, MA 2016  
M.S. in Speech-Language Pathology, Medical Concentration

**College of the Holy Cross**, Worcester, MA 2014  
B.A. in Psychology, Minor in Deaf Studies

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**Awards and Honors**

National Institute of Neurological Disorders and Stroke Early-Career Rigor Champion Award 2025  
ASHA Research Mentoring Network: Pathways Program 2023  
Council of Academic Programs in Communication Sciences and Disorders Doctoral Scholarship 2022  
Carol Neilson Wilder Scholar, Teachers College 2022  
1<sup>st</sup> Place Scientific Abstract Poster Presentation, Dysphagia Research Society 2022  
ASHFoundation New Century Scholars Doctoral Scholarship 2021  
1st Place Scientific Abstract Oral Presentation, Dysphagia Research Society 2020  
Springer Publishing Junior Investigator Travel Grant, Dysphagia Research Society 2020  
Kenneth N. Stevens Student Research Award, MGH - Institute of Health Professions 2016  
Christopher Norman Research Fund, MGH - Institute of Health Professions 2015  
George J. Allen Psychology Award, College of the Holy Cross 2014  
Laurent Clerc Deaf Studies Award, College of the Holy Cross 2014  
Andrew W. Mellon Research Fellowship, College of the Holy Cross 2012

## Extramural Funding

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### *Awarded*

Neurophotonics Center Core Seed Award, Boston University

*Characterizing the role of the cerebral cortex during cough upregulation*

The objective of this seed award is to obtain preliminary data to use functional near-infrared spectroscopy (fNIRS) to measure cortical activation during cough upregulation. This will allow for the refinement of methodologies in support of a larger NIH grant application.

Role: PI

\$3,000 direct + \$0 indirect = \$3,000

## Peer-Reviewed Publications

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<sup>+</sup>Indicates trainee

47. **Borders, J. C.**, Gartling, G., Harry, E., Amina, M. R., Troche, M. S., Barkmeier-Kramer, J., & Branski, R. (2025). Patient perception of vocal tremor severity and its relationship to acoustic voice outcomes: An exploratory study. *Tremor and Other Hyperkinetic Movements*, 15(1), 1-11. <https://doi.org/10.5334/tohm.1087>
46. **Borders, J. C.**, Thompson, A., & Kearney, E. L. (2025). Using synthetic data in communication sciences and disorders to promote transparency and reproducibility. *Journal of Speech, Language, and Hearing Research*, 68(12), 5854-5869. [https://doi.org/10.1044/2025\\_JSLHR-24-00736](https://doi.org/10.1044/2025_JSLHR-24-00736)
45. **Borders, J. C.**, Huber, J. E., & Troche, M. S. (2025). Estimating lung volume during cough: A comparison of respiratory calibration tasks and methodologies. *Journal of Speech, Language, and Hearing Research*, 68(9), 4290-4296. [https://doi.org/10.1044/2025\\_JSLHR-25-00237](https://doi.org/10.1044/2025_JSLHR-25-00237)
44. **Borders, J. C.**, Kuo, S. H., & Troche, M. S. (2025) Single-session feasibility of cough skill training in cerebellar ataxia. *The Cerebellum*, 24(129), 2-6. <https://doi.org/10.1007/s12311-025-01884-1>
43. **Borders, J. C.**, Grande, A. A., Barbon, C. E., Hutcheson, K. A., & Troche, M. S. (2025). Effects of statistical practices for longitudinal group comparison of the penetration-aspiration scale on power and effect size estimation: A Monte Carlo simulation study. *Dysphagia*, 40(2), 388-398. <https://doi.org/10.1007/s00455-024-10738-7>
42. Villarreal-Cavazos, K., **Borders, J. C.**, Seikaly, Z., J., Sevitz, J.S., Vanegas-Arroyave, N., & Troche, M.S. (2025). Feasibility of expiratory muscle strength training in individuals with progressive supranuclear palsy. *Neurodegenerative Disease Management*. <https://doi.org/10.1080/17582024.2025.2514994>
41. Tipton, C. B., **Borders, J. C.**, Curtis, J. A., & Troche, M. S. (2025). Bowing index in individuals with Parkinson's disease, progressive supranuclear palsy, and cerebellar ataxia. *The Laryngoscope*, 135(6), 2081-2085. <https://doi.org/10.1002/lary.31993>
40. Curtis, J. A., Tabor-Gray, L., Arrese, L., **Borders, J. C.**, Starmer, H. M. (2025). Characterizing the validity of using VASES to derive DIGEST-FEES grades. *Folia Phoniatrica et Logopaedica*, 77(1), 10-19. <https://doi.org/10.1159/000538935>

39. **Borders, J. C.**, Villarreal-Cavazos, K., Quinn, L., Huber, J. E., & Troche, M. S. (2024). Enhancing cough motor learning in Parkinson's disease through variable practice during task-specific training. *Movement Disorders Clinical Practice*, 11(12), 1500-1515. <https://doi.org/10.1002/MDC3.14218>
38. **Borders, J. C.** & Troche, M. S. (2024). Minimal detectable change of cough and lingual strength outcomes in neurodegenerative disease. *The Laryngoscope*, 134(23), 5034-5040. <https://doi.org/10.1002/lary.31654>
37. **Borders, J. C.**, Lowell, E. R., Quinn, L., Huber, J. E., & Troche, M. S. (2024). A preliminary study of voluntary cough motor performance and learning with skill training and biofeedback. *Journal of Speech, Language, and Hearing Research*, 67(5), 1299-1323. [https://doi.org/10.1044/2024\\_JSLHR-23-00516](https://doi.org/10.1044/2024_JSLHR-23-00516)
36. **Borders, J. C.** & Steele, C. M. (2024). The effect of liquid consistency on penetration-aspiration: A Bayesian analysis of two large datasets. *Frontiers in Rehabilitation Sciences*, 5, 1-17. <https://doi.org/10.3389/fresc.2024.1337971>
35. Curtis, J. A., **Borders, J. C.**, Kieffer, B., Alcalay, R. N., Huber, J. E., & Troche, M. S. (2024). Respiratory-swallow coordination and its relationship with pharyngeal residue, penetration, and aspiration in people with Parkinson's disease. *Journal of Speech, Language, and Hearing Research*, 67(11), 4314-4338. [https://doi.org/10.1044/2024\\_JSLHR-24-00056](https://doi.org/10.1044/2024_JSLHR-24-00056)
34. Buckley, D. P., **Borders, J. C.**, & Pisegna, J. M. (2024). Muscle tension dysphagia: An expanded investigation of clinical presentations and swallowing kinematics. *American Journal of Speech-Language Pathology*, 33(4), 1802-1810. [https://doi.org/10.1044/2024\\_AJSLP-23-00415](https://doi.org/10.1044/2024_AJSLP-23-00415)
33. Perry, S. E., Troche, M.S., Huber, J. E., ... **Borders, J. C.**, ... Katz, L. (2024). Behavioral management of respiratory/phonatory dysfunction for dysarthria associated with neurodegenerative disease: A systematic review. *American Journal of Speech-Language Pathology*, 33(2), 1069-1097. [https://doi.org/10.1044/2023\\_AJSLP-23-00274](https://doi.org/10.1044/2023_AJSLP-23-00274)
32. Kitila, M., **Borders, J. C.**, Krisciunas, G. P., McNally, E., Pisegna, J. M. (2024). Confidence, accuracy, and reliability of penetration-aspiration scale ratings on flexible endoscopic evaluations of swallowing by speech pathologists. *Dysphagia*, 39(3), 504-513. <https://doi.org/10.1007/s00455-023-10635-5>
31. Curtis, J. A., **Borders, J. C.**, Dakin, A. E., & Troche, M. S. (2024). Auditory-perceptual assessments of cough: Characterizing rater reliability and the effects of a standardized training protocol. *Folia Phoniatrica et Logopaedica*, 76(1), 77-90. <https://doi.org/10.1159/000533372>
30. Lowell, E. L., **Borders, J. C.**, Perry, S. E., Dakin, A. E., Sevit, J. S., Kuo, S. H., & Troche, M. S. (2024). Sensorimotor cough dysfunction in cerebellar ataxia. *The Cerebellum*, 23(4), 1338-1347. <https://doi.org/10.1007/s12311-023-01635-0>
29. **Borders, J. C.**, Hegland, K. W., Vanegas, N.V., & Troche, M. S. (2023). Motor performance during sensorimotor training for airway protection in Parkinson's disease. *American Journal of Speech-Language Pathology*, 32(6), 2718-2733. [https://doi.org/10.1044/2023\\_AJSLP-23-00055](https://doi.org/10.1044/2023_AJSLP-23-00055)

28. **Borders, J.C.**, Sevitz, J.S., Curtis, J.A., Vanegas, N.V., & Troche, M. S. (2023). Quantifying impairments in swallowing safety and efficiency in progressive supranuclear palsy and Parkinson's disease. *Dysphagia*, 38, 1342-1352. <https://doi.org/10.1007/s00455-023-10560-7>
27. Dakin, A. E., **Borders, J. C.**, Curtis, J. A., Hegland, K. W., & Troche, M. S. (2023). Maximal expiratory pressure and its link with cough airflow before and after expiratory muscle strength training in Parkinson's disease. *Perspectives of the ASHA Special Interest Groups* 9(6), 1715-1724. [https://doi.org/10.1044/2023\\_PERSP-23-00065](https://doi.org/10.1044/2023_PERSP-23-00065)
26. Curtis, J. A., **Borders, J. C.**, Dakin, A. E., & Troche, M. S. (2023). Normative reference values for FEES and VASES: A prospective, observational study of non-dysphagic, community-dwelling adults. *Journal of Speech, Language, and Hearing Research*, 66(7), 2260-2277. [https://doi.org/10.1044/2023\\_JSLHR-23-00132](https://doi.org/10.1044/2023_JSLHR-23-00132)
25. Lowell, E.R., **Borders, J.C.**, Sevitz, J.S., Dakin, A.E., Brates, D., & Troche, M.S. (2023). A primer on hypotussic cough: Mechanisms and assessment. *Current Otorhinolaryngology Reports*, 11(2), 182-191. <https://doi.org/10.1007/s40136-023-00446-5>
24. Jijakli, A., Pisegna, J.M., **Borders, J.C.**, Ramirez, E., Gottlieb, A., Leonard, R., Murrar, J., & Langmore, S.E. (2023). Absent epiglottic inversion as seen on flexible endoscopic evaluations of swallowing (FEES) is associated with a gestalt reduction in swallowing mechanics. *American Journal of Otolaryngology*, 44(2), 1-8. <https://doi.org/10.1016/j.amjoto.2022.103757>
23. El Amin, M., **Borders, J. C.**, Long, H. L., Keller, M. A., & Kearney, E. (2023). Open science practices in communication sciences and disorders: A survey. *Journal of Speech, Language, and Hearing Research*, 66(6), 1928-1947. [https://doi.org/10.1044/2022\\_JSLHR-22-00062](https://doi.org/10.1044/2022_JSLHR-22-00062)
22. Schroeder, S. R., El Amin, M., Gaeta, L., Chow, J.C., & **Borders, J. C.** (2023). Evaluating research transparency and openness in Communication Sciences and Disorders journals. *Journal of Speech, Language, and Hearing Research*, 66(6), 1977-1985. [https://doi.org/10.1044/2022\\_JSLHR-22-00330](https://doi.org/10.1044/2022_JSLHR-22-00330)
21. **Borders, J. C.**, Grande, A., & Troche, M. S. (2022). Statistical power and swallowing rehabilitation research: Current landscape and next steps. *Dysphagia*, 37(6), 1673-1688. <https://doi.org/10.1007/s00455-022-10428-2>
20. **Borders, J. C.** & Troche, M. S. (2022). Voluntary cough effectiveness and airway clearance in neurodegenerative disease. *Journal of Speech, Language, and Hearing Research*, 65(2), 431-449. [https://doi.org/10.1044/2021\\_JSLHR-21-00308](https://doi.org/10.1044/2021_JSLHR-21-00308)
19. Curtis, J. A., **Borders, J. C.**, Dakin, A. E., & Troche, M. S. (2022). The role of aspiration amount on airway protective responses in people with neurogenic dysphagia. *Dysphagia*, 38(4), 1212-1223. <https://doi.org/10.1007/s00455-022-10546-x>
18. Sevitz, J.S., Perry, S.E., **Borders, J.C.**, Dakin, A.E., Curtis, J. A., & Troche, M.S. (2022). The relationship between lingual strength and functional swallowing outcomes in Parkinson's disease. *Dysphagia*, 38(4), 1169-1183. <https://doi.org/10.1007/s00455-022-10543-0>
17. Troche, M. S., Curtis, J. A., Sevitz, J. S., Dakin, A. E., Perry, S. E., **Borders, J. C.**, Grande, A. A., Vanegas-Arroyave, N., & Hegland, K. W. (2022). Rehabilitating airway protection in

- Parkinson's disease: A randomized controlled trial. *Movement Disorders*, 38(2), 201-211. <https://doi.org/10.1002/mds.29268>
16. Sevitz, J. S., **Borders, J. C.**, Dakin, A. E., Alcalay, R. N., Kuo, S., & Troche, M. S. (2022). Rehabilitation of airway protection in individuals with movement disorders: A telehealth feasibility study. *American Journal of Speech-Language Pathology*, 31(6), 2741-2758. [https://doi.org/10.1044/2022\\_AJSLP-22-00063](https://doi.org/10.1044/2022_AJSLP-22-00063)
  15. Curtis, J. A., **Borders, J. C.**, & Troche, M. S. (2022). Visual analysis of swallowing efficiency and safety (VASES): Determination of criterion and concurrent validity. *American Journal of Speech-Language Pathology*, 31(2), 808-818. [https://doi.org/10.1044/2021\\_AJSLP-21-00116](https://doi.org/10.1044/2021_AJSLP-21-00116)
  14. **Borders, J. C.**, Curtis, J. A., Sevitz, J. S., Vanegas-Arroyave, N., & Troche, M. S. (2021). Sensorimotor cough dysfunction is prevalent and pervasive in progressive supranuclear palsy. *Movement Disorders*, 36(11), 2624 - 2633. <https://doi.org/10.1002/mds.28707>
  13. **Borders, J. C.**, Curtis, J. A., Sevitz, J. S., Vanegas-Arroyave, N., & Troche, M. S. (2021). Immediate effects of sensorimotor training in airway protection (smTAP) on cough outcomes in progressive supranuclear palsy: A feasibility study. *Dysphagia*, 37(1), 74-83. <https://doi.org/10.1007/s00455-021-10251-1>
  12. **Borders, J. C.**, Sevitz, J. S., Malandraki, J. B., Malandraki, G. A., & Troche, M. S. (2021). Objective and subjective clinical swallowing outcomes via telehealth: Reliability in outpatient clinical practice. *American Journal of Speech-Language Pathology*, 30(2), 598-608. [https://doi.org/10.1044/2020\\_AJSLP-20-00234](https://doi.org/10.1044/2020_AJSLP-20-00234)
  11. Perry, S. E., **Borders, J. C.**, Dakin, A. E., & Troche, M. S. (2021). Characterizing quality of life in caregivers of people with Parkinson's Disease and dysphagia. *Dysphagia*, 37(3), 523-532. <https://doi.org/10.1007/s00455-021-10299-z>
  10. Curtis, J. A., **Borders, J. C.**, Perry, S. E., Dakin, A. E., Seikaly, Z., & Troche, M. S. (2021). Visual analysis of swallowing efficiency and safety (VASES): A standardized approach to rating pharyngeal residue, penetration, and aspiration during FEES. *Dysphagia*, 37(2), 417-435. <https://doi.org/10.1007/s00455-021-10293-5>
  9. **Borders, J. C.**, Brandimore, A. E., & Troche, M. S. (2020). Variability of voluntary cough airflow in healthy adults and Parkinson's disease. *Dysphagia*, 36(4), 700-706. <https://doi.org/10.1007/s00455-020-10190-3>
  8. **Borders, J. C.**, Blanke, S., Johnson, S., Gilmore-Bykoyskyi, A., & Rogus-Pulia, N. (2020). Efficacy of mealtime interventions for malnutrition and oral intake in persons with dementia: A systematic review. *Alzheimer's Disease & Associated Disorders*, 34(4), 366 – 379. <https://doi.org/10.1097/WAD.0000000000000387>
  7. **Borders, J. C.**, O'Dea, M. B., McNally, E., Norberg, E., Kitila, M., Walsh, M., Lui, R., & Pisegna, J. M. (2020). Inter- and intra-rater reliability of laryngeal sensation testing with the touch method during flexible endoscopic evaluations of swallowing. *Annals of Otology, Rhinology & Laryngology*, 129(6), 565 – 571. <https://doi.org/10.1177/0003489419901145>
  6. **Borders, J. C.** & Brates, D. (2019). Use of the penetration-aspiration scale in dysphagia research: A systematic review. *Dysphagia*, 35(4), 583 – 597. <https://doi.org/10.1007/s00455-019-10064-3>

5. Enver, N., **Borders, J. C.**, Curtis, J. A., Sevitz, J. S., Vanegas-Arroyave, N., & Troche, M. S. (2020). The role of vocal fold bowing on cough and swallowing dysfunction in progressive supranuclear palsy. *The Laryngoscope*, 131(6), 1217-1222. <https://doi.org/10.1002/lary.28885>
4. **Borders, J. C.**, Fink, D., Levitt, J. E., McKeegan, J., McNally, E., Rubio, A., ... Krisciunas, G. P. (2019). Relationship between laryngeal sensation, length of intubation, and aspiration in patients with acute respiratory failure. *Dysphagia*, 34(4), 521 – 528. <https://doi.org/10.1007/s00455-019-09980-1>
3. Stipanovic, K. L., **Borders, J. C.**, Brates, D., & Thibeault, S. L. (2019). Prospective investigation of incidence and co-occurrence of dysphagia, dysarthria, and aphasia following ischemic stroke. *American Journal of Speech-Language Pathology*, 28(1), 188 – 194. [https://doi.org/10.1044/2018\\_AJSLP-18-0136](https://doi.org/10.1044/2018_AJSLP-18-0136)
2. **Borders, J. C.**, Gibson, A. L., Grayev, A., & Thibeault, S. L. (2018). Predictors of dysphagia in critically injured patients with neck trauma. *Journal of Critical Care*, 44, 312 – 317. <https://doi.org/10.1016/j.jcrc.2017.12.004>
1. Pisegna, J. M., **Borders, J. C.**, Kaneoka, A., Coster, W. J., Leonard, R., & Langmore, S. E. (2018). Reliability of untrained and experienced raters on FEES: Rating overall residue is a simple task. *Dysphagia*, 33(5), 645 – 654. <https://doi.org/10.1007/s00455-018-9883-x>

### Pre-Prints (Not Peer Reviewed)

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2. Curtis, J. A. & **Borders, J. C.** (2024). Semi-automated and manual measurement of respiratory-swallow coordination: A standard operating procedure. Open Science Framework. <https://doi.org/10.31219/osf.io/s3zer>
1. **Borders, J. C.** (2023). Semi-automated measurement of cough airflow and lung volume: A tutorial. Open Science Framework. <https://doi.org/10.31219/osf.io/gmydb>

### Conference Presentations

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#### Oral presentations:

- Borders, J. C.** & Troche, M. S. Applying dysphagia research to clinical practice: Case-based applications of minimal detectable change. Oral presentation at American Speech Language and Hearing Association. Washington, DC.
- Borders, J. C.**, Molfenter, S. M., & Troche, M. S. Minimal detectable change of laryngeal vestibule closure timing in Parkinson's disease: A first step toward distinguishing meaningful change from variability for swallowing outcomes. Oral presentation at Dysphagia Research Society. Philadelphia, Pennsylvania.
- Curtis, J. A. & **Borders, J. C.** Influence of cough testing setups on airflow: A laboratory-based study. Oral presentation at Dysphagia Research Society. Philadelphia, Pennsylvania.
- Buckley, D. P., **Borders, J. C.**, & Pisegna, J. M. (2024). Muscle tension dysphagia: An expanded investigation of clinical presentations and swallowing kinematics. Oral presentation at Fall Voice. Phoenix, Arizona.

- Jones, C. A., **Borders, J. C.**, & Vose, A. Deglutitive airway protection: What is necessary and what is sufficient? Oral presentation at the European Society for Swallowing Disorders Annual Conference. Münster, Germany.
- Borders, J. C.**, Lowell, E. R., Villarreal Cavazos, K., & Troche, M. S. How to Integrate Cough Evaluation and Cough Skill Training into Dysphagia Management Oral presentation at the American Speech Language Hearing Association Annual Convention. November 2023. Boston, MA.
- El Amin, M., Hirsch, M., & **Borders, J. C.** Innovating Research in CSD by Embracing Open Science. Oral presentation at the American Speech Language Hearing Association Annual Convention. November 2023. Boston, MA.
- Troche, M.S., **Borders, J. C.**, Curtis, J.A., Dakin, A.E., Sevitz, J.S., Perry, S.E., Vanegas-Arroyave, N., & Helgand, K.W. Rehabilitating Swallowing Safety and Cough Effectiveness in Parkinson's Disease: A Randomized Clinical Trial Comparing EMST and smTAP. Dysphagia Research Society. March, 2023. San Francisco, CA.
- Curtis, J. A., Tabor-Gray, L., Arresse, L., **Borders, J. C.**, & Starmer, H. Concurrent and Criterion Validity of Using VASES to Derive DIGEST Grades when Rating Flexible Endoscopic Evaluations of Swallowing (FEES). Oral presentation at Dysphagia Research Society. March, 2023. San Francisco, CA.
- Perry, S. E., **Borders, J. C.**, Kuo, S. H., Amlang, C., & Troche, M. S. The effect of dual tasking on cough sensorimotor outcomes in people with spinocerebellar ataxia. Dysphagia Research Society. March, 2023. San Francisco, CA.
- Sevitz, J.S., **Borders, J.C.**, Dakin, A.E., Troche, M.S. Functional swallowing impairments do not predict swallowing-related quality of life in people with Parkinson's disease. Oral presentation at Dysphagia Research Society. March, 2023. San Francisco, CA.
- Schroeder, S., Gaeta, L., El Amin, M., Chow, J., & **Borders, J. C.** Do Journals in Speech-Language Pathology and Audiology Promote Transparent and Open Research? Oral presentation at the American Speech Language Hearing Association Annual Convention. November 2022. New Orleans, Louisiana.
- Sevitz, J.S., Perry, S.E., **Borders, J. C.**, Dakin, A.E., & Troche, M.S. The relationship between lingual strength and functional swallowing outcomes in Parkinson's disease. Oral Presentation at Dysphagia Research Society Annual Meeting. March 2022, Virtual.
- Curtis, J.A., **Borders, J. C.**, Kiefer, B., Huber, J., & Troche, M.S. (2022). Influence of Swallowing Condition on Respiratory-Swallow Coordination in Parkinson's Disease: A Prospective Cohort Study. Oral presentation at the Dysphagia Research Society, March 2022, Virtual.
- Borders, J. C.**, Hegland, K. W., & Troche, M. S. Motor performance during cough rehabilitation in Parkinson's disease. Oral presentation at the European Society for Swallowing Disorders Conference, November 2021. Virtual.
- Borders, J. C.**, Grande, A. A., & Troche, M. S. Betrayed by aggregation: Maximum penetration-aspiration scale scores reduce statistical power and bias effect size estimates. Oral presentation at the European Society for Swallowing Disorders Conference, November 2021. Virtual.
- Troche, M. S., Curtis, J. A., Dakin, A. E., Sevitz, J. S., **Borders, J. C.**, Perry, S. E., Vanegas-Arroyave, N., & Hegland, K. W. Sensorimotor training for airway protection (smTAP) versus expiratory muscle strength training (EMST) to rehabilitate cough and swallowing in Parkinson's disease:

A clinical trial. Oral presentation at the European Society for Swallowing Disorders Conference, November 2021. Virtual.

- Dakin, A. E., **Borders, J. C.**, Curtis, J. A., Hegland, K. W., & Troche, M. S. Does change in maximal expiratory pressure predict change in cough effectiveness after training? A secondary analysis of a randomized controlled trial. Oral presentation at the European Society for Swallowing Disorders Conference, November 2021. Virtual.
- "Curtis, J. A., **Borders, J. C.**, & Troche, M. S. Visual analysis of swallowing efficiency and safety (VASES): Establishing criterion-referenced validity and concurrent validity. Oral presentation at the European Society for Swallowing Disorders Conference, November 2021. Virtual."
- Amin, M., Long, H., **Borders, J. C.**, Keller, M., & Kearney, E. Open science practices in communication sciences and disorders. Oral presentation at the American Speech Language Hearing Association Annual Convention. November 2021. Washington, D.C.
- Curtis, J. A., **Borders, J. C.**, Dakin, A. E., & Troche, M. S. The role of aspiration amount on airway protective response in people with neurogenic dysphagia. Oral presentation at the Dysphagia Research Society's Annual Meeting, March 2021. Virtual.
- Sevitz, J. S., Dakin, A. E., **Borders, J. C.**, & Troche, M. S. Feasibility of device-driven treatment approaches for airway protective deficits via telehealth. Oral presentation at the Dysphagia Research Society's Annual Meeting, March 2021. Virtual.
- Borders, J. C.**, Curtis, J. A., Sevitz, J. S., Seikaly, Z., & Troche, M. S. Immediate effects of sensorimotor training in airway protection (smTAP) on cough outcomes in progressive supranuclear palsy. Oral presentation at the Dysphagia Research Society's Annual Meeting, May 2020. Virtual.
- Enver, N., **Borders, J. C.**, Curtis, J. A., Sevitz, J. S., Vanegas-Arroyave, N., & Troche, M. S. The role of vocal fold bowing on cough and swallowing dysfunction in progressive supranuclear palsy. Oral presentation at the American Broncho-Esophagological Association's Annual Meeting, May 2020. Virtual.
- Buckley, D., Tracy, L. F., **Borders, J. C.**, Norberg, E., & Pisegna, J. M. Muscle tension dysphagia: An expanded clinical picture. Oral presentation at the Fall Voice Conference. October 2019. Dallas, Texas.
- Borders, J. C.** & Brates, D. Use of the penetration-aspiration scale in dysphagia research: A historical review. Oral presentation at the Dysphagia Research Society's Annual Meeting. March 2019. San Diego, California.
- Borders, J. C.**, Fink, D., Levitt, J. E., McKeethan, J., McNally, E., Rubio, A., ... Krisciunas, G. P. (2018). Relationship between laryngeal sensation, length of intubation, and aspiration in acute respiratory failure survivors. Oral presentation at the American Speech Language Hearing Association Annual Convention. November 2018. Boston, Massachusetts.

#### **Selected Conference Poster Presentations:**

- Villarreal-Cavazos, K., **Borders, J. C.**, Rogus-Pulia, N., & Troche, M.S. Swallowing-related quality of life and Its relationship with patient reported outcomes of saliva. Poster presentation at the European Society for Swallowing Disorders. Athens, Greece.
- Villarreal-Cavazos, K., **Borders, J. C.**, Rogus-Pulia, N., & Troche, M.S. Relationship between salivary flow rate and spontaneous swallow frequency in individuals with Parkinson's disease. Poster presentation at the European Society for Swallowing Disorders. Athens, Greece.

- Borders, J. C.**, Villarreal-Cavazos, K., Huber, J. E., Quinn, L., Keller, B., & Troche, M. S. Enhancing Cough Motor Learning in Parkinson's Disease through Variable Practice During Skill Training. Poster presentation at the Dysphagia Research Society. San Juan, Puerto Rico.
- Borders, J. C.** & Steele, C. M. The Impact of Thickened Liquids on Airway Invasion: Findings from Two Large Datasets. Poster presentation at the Dysphagia Research Society. San Juan, Puerto Rico.
- Villarreal-Cavazos, K., **Borders, J. C.**, Seikaly, Z., J., Sevitz, J.S., Vanegas-Arroyave, N., & Troche, M.S. Establishing the practical feasibility of expiratory muscle strength training (EMST) for individuals with Progressive Supranuclear Palsy (PSP). Poster presentation at the Dysphagia Research Society. San Juan, Puerto Rico.
- Lowell, E.R., **Borders, J. C.**, Sevitz, J.S., Vanegas-Arroyave, N., & Troche, M.S. Reduced lingual swallowing pressure increases odds of airway invasion in progressive supranuclear palsy. Poster presentation at the Dysphagia Research Society. San Juan, Puerto Rico.
- Veit, K.R., Sevitz, J.S., Dallal-York, J., ... **Borders, J. C.**, ... & Troche, M.S. Practical tools to improve the implementation of expiratory muscle strength training via telehealth. Poster presentation at the Dysphagia Research Society. San Juan, Puerto Rico.
- Tipton, C. B., **Borders, J. C.**, Curtis, J. A., & Troche, M. S. Association between Airway Protection and Bowing Index in Individuals with Neurodegenerative Disease. Poster presentation at the Dysphagia Research Society. San Juan, Puerto Rico.
- Lowell, E. R., Rau, S., Lee, T., **Borders, J. C.**, Dakin, A. E., & Troche, M. S. Cough Motor Effectiveness in Movement Disorders: Comparing Parkinson's Disease, Progressive Supranuclear Palsy, and Ataxia. Poster presentation at the American Speech Language Hearing Association Annual Convention. November 2023. Boston, MA.
- Borders, J. C.**, Kuo, S. H., & Troche, M. S., Effects of Cough Skill Training in Spinocerebellar Ataxia. Poster presentation at Dysphagia Research Society. March 2023. San Francisco, California.
- Borders, J. C.**, Lowell, E. R., Huber, J. E., & Troche, M. S., Visual Biofeedback Does Not Enhance Cough Upregulation in Parkinson's Disease. Poster presentation at Dysphagia Research Society. March 2023. San Francisco, California.
- Borders, J. C.**, Grande, A. A., Barbon, C. E., Hutcheson, K. A., & Troche, M. S., Effects of Statistical Practices for Longitudinal Group Comparison of the Penetration-Aspiration Scale on Power and Effect Size Estimation: A Monte Carlo Simulation Study. Poster presentation at Dysphagia Research Society. March 2023. San Francisco, California.
- Borders, J. C.**, Huber, J. E., & Troche, M. S., Assessing the Accuracy of Respiratory Calibration Methods to Estimate Lung Volume During Cough. Poster presentation at Dysphagia Research Society. March 2023. San Francisco, California.
- Curtis, J. A., **Borders, J. C.**, Dakin, A. E., Troche, M. S. Visual Analysis of Swallowing Efficiency and Safety (VASES): Preliminary Norms from a Standardized FEES Protocol in Healthy Adults. Poster presentation at Dysphagia Research Society. March, 2023. San Francisco, CA.
- Lowell, E. R., **Borders, J. C.**, Kuo, S. H., Perry, S.E., Dakin, A.E., Sevitz, J.S., & Troche, M. S., Disease Severity and Sensorimotor Cough Outcomes in Spinocerebellar Ataxia: A Cross-Sectional Study. Poster presentation at Dysphagia Research Society. March, 2023. San Francisco, CA.

## Media

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“Open Science in Dysphagia Research with James Borders”, Dysphagia Matters podcast. Episode #11, September 5, 2022

## Clinical Speech Pathology Experience

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**Boston Medical Center**, Boston, MA 2017 – 2019  
Speech Pathologist, Department of Otolaryngology

**University of Wisconsin – Madison**, Madison, WI 2016 – 2017  
Clinical Fellow in Speech Pathology, Department of Otolaryngology

## Teaching Experience

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*At Boston University*

**Introduction to Speech Science**, SAR 220 Spring 2026

**Advanced Dysphagia**, SH 739 Fall 2025

**Research Methods in Speech-Language Pathology and Audiology**, SH 700 Fall 2025

*At Teachers College*

**Assessment and Intervention of Dysphagia**, Adjunct Professor Fall 2024

**Evaluation of Research in Speech-Language Pathology**, Adjunct Professor Fall 2021, 2022

## Professional Activities

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### Certifications and Professional Memberships

2017 Certificate of Clinical Competency, American Speech-Language-Hearing Association

2017 Massachusetts State Speech Pathology License

2016 Member, Dysphagia Research Society

2014 Member, ASHA Special Interest Group 3: Swallowing and Swallowing Disorders

### Academic Service

2025 ASHFoundation Scholarship Reviewer

2023 – 2025 Mentor for CSD doctoral students, LGBTQ+ CSDSA

2022 – 2024 Trainee Advisory Council Member, Dysphagia Research Society

2025 Volunteer, CSDisseminate

2022 – 2026 ASHA Topic Committee Reviewer, Swallowing Disorders in Adults

**Ad-hoc Journal Review**

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|-----------------------------------------------------------|---------------------------------------------------------|
| <i>Dysphagia</i>                                          | <i>Archives of Physical Medicine and Rehabilitation</i> |
| <i>Journal of Parkinson's Disease</i>                     | <i>The Laryngoscope</i>                                 |
| <i>Journal of Telemedicine and Telecare</i>               | <i>Annals of the American Thoracic Society</i>          |
| <i>Annals of Otology, Rhinology &amp; Laryngology</i>     | <i>Movement Disorders</i>                               |
| <i>American Journal of Speech-Language Pathology</i>      | <i>Head &amp; Neck</i>                                  |
| <i>International Journal of Speech-Language Pathology</i> | <i>JAMA-Otolaryngology</i>                              |
| <i>Journal of Speech, Language, and Hearing Research</i>  | <i>Folia Phoniatica et Logopaedica</i>                  |