

## HELEN L. GRAHAM Ph.D., RN-BC, CNS, FAACVPR CURRICULUM VITA

### EDUCATION

<b>Year</b>	<b>Institution</b>	<b>Degree</b>
1999-2004	University of Colorado Health Sciences Denver, Colorado Subject Area: Clinical & Behavioral Outcomes Focus: Cardiac Rehabilitation	Ph.D., Nursing
1991-1993	University of Colorado Health Sciences Clinical Nurse Specialist Community Health	MSN Nursing
1974-1977	Arizona State University Tempe, Arizona	BSN Nursing

### PROFESSIONAL EXPERIENCE

#### ACADEMIC APPOINTMENTS

2015-Present	Assistant Professor, Helen and Arthur E. Johnson Beth El College of Nursing and Health Sciences
2005-2006	Lecturer in Nursing Beth El College of Nursing, Colorado Springs, CO.
1993-1996	Clinical Instructor, Beth El College of Nursing, Colorado Springs, CO.
1988-1991	Adjunct Faculty, Instructor, Pueblo Community College, Pueblo, CO.
1988-1990	Instructor, Denver Technical College, Colorado Springs, CO.

#### CLINICAL EXPERIENCE

2014-2019	Penrose St. Francis Health Services, Nurse Scientist RN-BC
1999-2014	Cardiac Diagnostics, Manager of Cardiac Rehabilitation, Cardiac Quality Management Department, Penrose St Francis Healthcare Services, Colorado Springs, CO.
1994-1999	Coordinator, Inpatient/Outpatient Cardiac Rehabilitation Program, Penrose St. Francis Health Services, Colorado Springs, CO.
1993-1994	Clinical Charge Nurse of Inpatient/Outpatient Chronic Pain Control Program Colorado Springs Rehabilitation Hospital, CO.
1989-1993	Clinical Cardiac Rehabilitation Inpatient/Outpatient Nurse Program Coordinator, Parkview Hospital, Colorado Springs, CO.
1979-1981	Clinical Charge Nurse, Chevy Chase Cardiology Practice, Maryland
1978-1979	Clinical Staff Nurse, Georgetown University Hospital, Washington, D.C.
1977-1978	Clinical Staff Nurse, Highland Hospital, Rochester, New York

### RECOGNITION

#### HONORS AND AWARDS

2015	Fellow American Association of Cardiopulmonary Rehabilitation (FAACVPR) 2009 AACVPR Distinguished Service Award
2006	Patient Management Award Penrose Centura Cardiac Rehabilitation Program Preventative Cardiovascular Association 1 <sup>st</sup> Place Clinical Abstract Award

## RESEARCH

## REFEREED PUBLICATIONS

- Prue-Owens, K., **Graham, H.**, & Ramesh, M. (2021). Would you rather jump out of a perfectly good airplane or develop cardiovascular disease? Validity and reliability of the cardiovascular risk perception survey (CRPS) among military personnel. *Journal of Nursing Measurement*, 29(1), 1-15. <http://dx.doi.org/10.1891/JNM-D-19-00052>
- Benton, M.J., **Graham, H.L.**, Schlairet, M.C., & Silva-Smith, A.L. (2020). Validity of a single activity question for clinical assessment of older women. *Journal of Gerontological Nursing*, 46(12), 15-22.
- Graham, H.L.**, Prue-Owens, K., Kirby, J., Ramesh, M. (2020). Systematic review of interventions designed to maintain or increase physical activity post-cardiac rehabilitation. *Rehabilitation, Process and Outcomes*, 9. 1-14. DOI:1177/1179572720941833
- Kenny, D., **Graham, H.**, Simmons, A.M. (2020). Everyday heroes: Nurses working quietly behind the scenes saving lives and protecting their patients. *Journal of Health and Human Experience*, 6(2), 26-49. (Original work published 2018).
- Benton, M.J., Schlairet, M.C. & **Graham, H.L.** (2019). Physical activity-related quality of life in breast cancer survivors compared to healthy women. *European Journal of Cancer Care*, 28(6): e13142
- Graham, H. L.**, Lac, A., Lee, H. & Benton, M.J. (2019). Predicting long-term mortality, morbidity, and survival outcomes following a cardiac event; A cardiac rehabilitation study. *Rehabilitation Process and Outcome*, 8,1-8. DOI:10.1177/1179572719827610
- Kenny, D., **Graham, H.** & Simmons, A. Everyday heroes: Working quietly behind the scenes saving lives and protecting their patients. (2018). *Journal of Health and Human Experience*, IV (2), 25-47.
- Graham, H.L.**, Nussdorfer, D., Beal, R. (2018). Nurse attitudes related to accepting electronic health records and bedside documentation. *Computers, Informatics, and Nursing Journal*. 36(11), 515-520.
- Verrill, D., **Graham, H.**, Vitcenda, M., Peno-Green, L., Kramer, V., & Corbisiero, T. (2009) Measuring behavioral outcomes in cardio-pulmonary rehabilitation: An AACVPR Statement. *Journal of Cardio-Pulmonary Rehabilitation and Prevention*, 29(3), 193-203.
- Peno-Green, L., Verrill, D., Vitcenda, M., Macintyre, N., & **Graham, H.** (2009). Outcome assessment in pulmonary rehabilitation an AACVPR Statement. *Journal of Cardio-Pulmonary Rehabilitation and Prevention*, 29(6), 402-410.
- Sanderson, B., Southard, D., Oldridge, N. & Writing Group Contributors **Graham, H. et al.** (2004). Outcomes evaluation in cardiac rehabilitation/secondary prevention programs: Improving patient care and program effectiveness. *Journal of Cardiopulmonary Rehabilitation and Prevention*, 24(2), 68-79.
- Graham, H.**, (2003). A conceptual map for studying long-term exercise adherence in a cardiac population. *Rehabilitation Nursing*.
- Bay, M.J., & **Graham, H.** (2001). The focus of parish nursing: Qualitative research study, *Parish Nursing Symposium Text*.
- Lindsay, R., & **Graham, H.** (2000). Relational narratives: An ethical dilemma with an Individual's Insurance Policy, *Nursing Ethics*.

## REFEREED INVITED PUBLICATIONS

- Graham, H.L.** (2019). Exercise adherence. *Encyclopedia of Gerontology an Aging*. Springer Nature Co. AG. Doi 10.1007/978-3-319-69892-2\_807-1
- Benton, M. J., & **Graham, H. L.** (2017). Maintaining quality of life in IPR patients: What role should pulmonary rehabilitation play? (Editorial). *Respirology*, 22, 841-842. Doi:10.1111/resp.13088

**MANUSCRIPT IN PRESS**

**Graham H. L.**, and Benton, M.J. (2020). Comparison of lean mass in women with and without heart disease. *Journal of Cardiopulmonary Rehabilitation and Prevention (JCRP)*.

**MANUSCRIPT in REVIEW****BOOK CHAPTERS**

**Graham, H.L.** (2013). Outcomes Assessment and Utilization. In AACVPR, 5<sup>th</sup> Ed., *Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs*, (pp 211-223). Champaign, IL: Human Kinetics.

Lindsay, R., & **Graham, H.** (2003). Relational narrative an ethical dilemma with an individual's insurance policy, Chapter 6. *Approaches to ethics nursing beyond boundaries*. London: Butterworth & Heineman.

**PUBLISHED ABSTRACTS**

**Graham, H.L.** and Benton, M.J. (2020). Influence of muscle quality versus quantity on health-related quality of life in women with heart disease. *Journal of Cardiopulmonary Rehabilitation and Prevention*. (JCRP), 40(5):E31-51. doi:10.1097/HCR.0000000000000556 [Abstract]

**Graham, H. L.**, Prue-Owens, K., Kirby, J., and Ramesh, M. (2020). Systematic Review of Interventions Designed to Maintain or Increase Physical Activity Post-Cardiac Rehabilitation Phase II. *Journal of Cardiopulmonary Rehabilitation and Prevention (JCRP)*. 40(5):E31-51. Doi:10.1097.HCR.0000000000000556 [Abstract]

Faulkender, M., Loy, K., Prue-Owens, K., **Graham, H.**, Lindsay, K., Ramesh, M.(2020). Post Event-Cardiovascular Risk Perception Survey: In Cardiac Rehabilitation Patients. *Journal or Cardiopulmonary Rehabilitation and Prevention*. (JCRP) 40(5):E31-51. doi: 10.1097/HCR.0000000000000556 [Abstract]

**Graham, H.L.** and Benton, M.J. (2018). Comparison of lean mass in women with and without heart disease. *Journal of Cardiopulmonary Rehabilitation and Prevention*. (JCRP), 38(5), E34. [Abstract]

**Graham, H. L.** (2016). Long-term follow-up study on mortality & morbidity rates for Patients who participated in outpatient cardiac rehabilitation: A comparative study. *Journal of Cardiopulmonary Rehabilitation and Prevention*, (JCRP) 36(4), 295.

**Graham, H. L.** Kramer, V., Corbisiero, T. (2007). Using descriptive statistics to study affiliate outcomes committee activities. *Journal of Cardiopulmonary Rehabilitation and Prevention*, (JCRP) 27(5), 330.

**Graham, H.** (2006) Long-term cardiac rehabilitation outcomes study of existing groups. *Journal of Cardiopulmonary Rehabilitation and Prevention*, (JCRP), 26(4), 261.

Hanley, K., **Graham, H.**, Pletcher, S, Beal, R., & Jones, J. (2006). Identification of heart failure in patients using a theory-based algorithm. *Journal of Cardiovascular Nursing,(JCN)* 21(4). 247

**PRESENTATIONS**

2020 November, Duncan, N (Swah), **Graham, H.** & Benton, M.L. Physical Activity and Mental Health in Women with Heart Disease: A Comparative Study. 7<sup>th</sup> Annual Mountain Lion Research Day. Virtual Conference. [Abstract].

2020 September, **Graham, H.**, and Benton, M. The Influence of Muscle Quality Versus Quantity on Health-Related Quality of Life in Women with Heart Disease. Accepted for presentation 35<sup>th</sup> Annual AACVPR 2020 National Virtual Conference [Abstract]

2020 September, Faulkender M., Loy, K., Prue-Owens, K, **Graham, H.** Lindsay, L., Ramesh, M. Post Event-Cardiovascular Risk Perception Survey: In Cardiac Rehabilitation Patients. Accepted for presentation at the 35<sup>th</sup> Annual AACVPR 2020 National

- Virtual Conference [Abstract]
- 2020 September, **Graham, H.** Prue-Owens, K., Kirby, J., Ramesh, M. Systematic Review of Interventions Designed to Maintain or Increase Physical Activity Post-Cardiac Rehabilitation Phase II. Accepted for presentation at the 35<sup>th</sup> Annual AACVPR 2020 National Conference Virtual Conference [Abstract]
- 2020 May, Prue-Owens, K., **Graham, H.**, Lindsay, K., Ramesh, M., Buss, M., Justus, D., Angeles, E., Harding-Isadore, A., Loy, K., Faulkender, M., Sublett, K., & Ashara, Y., PostEvent-Cardiovascular Risk Perception Survey: Validity and Reliability in Cardiac Rehabilitation Patients Post Heart Event. Perceived Risk, PCNA 2020 Annual Virtual Conference [Abstract]
- 2020 February, **Graham, H.L.**, Prue-Owens, K., Kirby, J., & Ramesh, M, Systematic review of interventions to maintain or increase physical activity post-cardiac rehabilitation. 6th Annual Reaching for the Peak of Practice: Evidence Based Practice and Research Conference 2020 Colorado Springs, [Abstract]
- 2019 December, Baptist, K.S., Vogel, K.A, Vogt, J.M., **Graham, H.L.** & Benton, M.J. Relationship Among Physical Functioning, Energy/Fatigue, and Pain in Women with Heart Disease. Mountain Lion Day 2<sup>nd</sup> Annual Research Conference, Colorado Springs, [Abstract]
- 2019 November, **Graham, H. L.**, Prue-Owens, K., Kirby, J. & Ramesh, M. Centura Health 12<sup>th</sup> Annual Evidence Based Practice & Research Conference, Denver, CO. 2019 [Podium Presentation]
- 2019 February, Prue-Owens, K., **Graham, H. L.**, Ramesh, M., Buss, M., Justus, D., Angeles, E., Harding-Isidore, A.M. Penrose-St. Francis & University of Colorado Colorado Springs: A “Synergy of Collaboration, Mentorship, Professionalism, Engagement & Leadership. 5<sup>th</sup> Annual Reaching for the Peak of Practice: Evidence Based Practice and Research Conference 2019. [Podium Presentation]
- 2019 February, Schweighardt, P., Eastman, S., Vergara, A., Taylor, K., Sublett, K., **Graham, H.** Making it Stick: Panel Discussion on Successful Evidence Based Practice Change. 5<sup>th</sup> Annual Reaching for the Peak of Practice: Evidence Based Practice and Research Conference 2019 [Podium Presentation]
- 2019 February, **Graham, H. L.**, Benton, M. Physical Activity-Related Quality of Life in Breast Cancer Survivors Compared to Healthy Women. 5<sup>th</sup> Annual Reaching for the Peak of Practice: Evidence Based Practice and Research Conference 2019, Colorado Springs, [Abstract]
- 2018 September, Graham, H.L., and Benton M. J. Comparison of Lean Mass in Women with and without Heart Disease. 33<sup>rd</sup> Annual National American Association of Cardiovascular Pulmonary Rehabilitation and Prevention Conference 2018. Louisville, KY. [Abstract]
- 2018 January, **Graham, H. L.** and Prue-Owens, K. Evolving nursing profession. Regional Preventative Cardiovascular Nursing Quarterly Meeting, Denver, Colorado [Podium Presentation]
- 2017 March, **Graham, H.L.** Long Term Follow- UP Study Cardiac Rehabilitation Outcomes. 3<sup>rd</sup> Annual Reaching for the Peak EBP Practice Conference, Colorado Springs. [Abstract]
- 2016 November, Benton, M.J., Hutchins, A. M., Dennis, J. and **Graham, H.L.** Lean mass and lower body strength and function predict quality of life in breast cancer survivors. The Annual Research Conference of the American Institute For Cancer, Research, Bethesda, MD., [Abstract].
- 2016 October, **Graham, H.L.**, Long-term follow-up study on morbidity & mortality: Cardiac rehabilitation population. The 9<sup>th</sup> Annual Centura Health Care Evidence Based Practice Research & Innovation Conference, Denver, Colorado, [Podium Presentation]
- 2016 September, **Graham, H.** (2016). Long-term follow-up study on mortality & morbidity rates for patients who participated in outpatient cardiac rehabilitation: A comparative study The 31<sup>st</sup> Annual AACVPR National Conference in New Orleans, LA. [Podium Presentation]
- 2015 November, **Graham, H.L.** Using descriptive statistics from a registry to evaluate the effectiveness of a cardiac rehabilitation program. 3<sup>rd</sup> Annual Reaching for the Peak of Practice: Evidence-Based Practice and Research Regional Conference, Colorado Springs, CO., [Abstract]
- 2014 April, **Graham, H.L.** Using descriptive statistics from a registry to evaluate the effectiveness of a cardiac rehabilitation program, CHI Centura Health Evidence Based Practice Annual Research Symposium, Denver, CO. [Abstract]
- 2011 May, **Graham, H. L.**, Nursing Pinning Ceremony Presentation, Pikes Peak Community College School of Nursing, Colorado Springs, CO. [Invited Speaker – Podium Presentation]

- 2011 March, **Graham, H.L.**, *DOTH* “Day on the Hill” Presentation RMCRA Annual Conference Denver, Colorado [Invited Speaker - Podium Presentation]
- 2010 November, Shin, Ju Young, **Graham, H.L.** Effects of a structured telephone intervention on resource use of discharge HF patients, CHI Centura Health Evidence Based Practice Annual Research Symposium [Abstract]
- 2010 April, **Graham, H.L.**, Corbisero, T., Kramer, V. Performance measures and measuring program outcomes RMCRA Annual Conference, Denver, Colorado [Podium Presentation]
- 2010 April, **Graham, H.L.** AACVPR Board of Directors Presentation to RMCRA Annual Conference Denver, Colorado. [Invited Speaker Podium Presentation]
- 2009 September, Corbisero, T., **Graham, H.L.**, Comparison of perceived functional capacity & achieved treadmill workload: A look at gender differences in cardiac rehabilitation, Annual National 24th AACVPR National Conference, Pittsburgh, PA. [Abstract]
- 2009 October, **Graham, H.L.** Measuring outcomes and planning for quality improvement, Annual National 24<sup>th</sup> AACVPR Conference, Pittsburgh, Pennsylvania [Podium Presentation]
- 2007 September, **Graham, H. L.**, Connecting outcomes to quality improvement initiatives, Annual National 22<sup>nd</sup> AACVPR Conference Salt Lake City, Utah [Podium Presentation].
- 2007 September, **Graham, H. L.**, Using descriptive statistics to study affiliate outcome committee activities, Annual National 22<sup>nd</sup> AACVPR National Annual Conference, Salt Lake City, Utah, [Abstract]
- 2006 July, **Graham, H.L.**, Hanley, K. Jones, J., Pletcher, S. Identification of heart failure inpatients using a theory-based algorithm, American Heart Association Western Region Education Teleconference [Invited Speaker Webinar Presentation]
- 2006 October, **Graham, H. L.**, Long- term outcome study of cardiac rehabilitation, Annual National 21<sup>st</sup> AACVPR Conference, Charleston, West Virginia, [Abstract]
- 2006 October, **Graham, H. L.**, Outcomes evaluation: how does it affect your practice? Annual National 21<sup>st</sup> AACVPR Conference, Charleston, West Virginia, [Podium Presentation].
- 2006 May, **Graham, H. L.**, Identification of Heart Failure Inpatients Using a Theory Based Algorithm, Preventative Cardiovascular Nurses Association (PCNA) 6<sup>th</sup> National Annual Conference Colorado, [Abstract]
- 2006 March, **Graham, H. L.**, Associating cardiac and pulmonary rehabilitation program outcomes with quality improvement initiatives, AACVPR National Teleconference Educational Presentation [Invited Speaker – Teleconference Presentation].
- 2004 December, **Graham, H.L.**, Long-term outcome study of cardiac rehabilitation, Colorado Springs Cardiology Alliance Annual Conference, Colorado Springs, Colorado. [Invited Speaker, Podium Presentation]
- 2004 October, **Graham, H. L.**, Understanding outcomes, Annual National 19<sup>th</sup> AACVPR Conference, Long Beach, California [Podium Presentation].
- 2003 November, **Graham, H. L.**, Dissertation outcome pilot study, Cardiology Springs Cardiologists Conference, Penrose –St. Francis, Colorado Springs, Colorado [Podium Presentation]
- 2003 November, **Graham, H.L.** RMCRA – Understanding the insurance maze, Rocky Mountain Cardiopulmonary Rehabilitation Association Annual Conference, Denver, Colorado [Invited Speaker, Podium Presentation].
- 2003 October, **Graham, H.L.**, Measuring program outcomes, Annual National 18th American Association of Cardiovascular Pulmonary Rehabilitation Conference, Kansas City, Kansas [Podium Presentation].
- 2000 June, **Graham, H. L.**, From kerosene lamps to computers and amps, Annual Nursing Grand Rounds, Penrose Hospital, Colorado Springs, Colorado Springs. [Invited Speaker, Podium Presentation].
- 1999 May, **Graham, H.L.**, Cardiac Rehabilitation, American Association of Critical Care Nurses Annual Regional Conference, Colorado Springs, Co. [Invited Speaker Podium Presentation].

## GRANTS AND RESEARCH

- 2019 November, Sigma Theta Tau. *Post Event-Cardiovascular Risk Perception Survey (PR-CRPS): Validity and Reliability in Cardiac Patients Post Heart Event.* Role: Co-Investigator (\$5000 unfunded.)
- 2019 November, Faculty Assembly of Women's Committee (FAWC). *Exercise Adherence Study of Women with Heart Disease Who Report Regular Exercise.* Role: Principle Investigator (\$500)
- 2018 University of Colorado Colorado Springs CRCW Intramural Grant *Post Event Cardiovascular Risk Perception Survey (PRE-CRPS): Validity and Reliability in Cardiac Patients Post Heart Event* Role: Co-Investigator (\$7500).
- 2017 University of Colorado Colorado Springs Faculty Assembly Women's Committee Mini-Grant *Comparison of Lean Mass in Women with and Without Heart Disease.* Role: Co Investigator (\$500).
- 2016 October, NIH-NCI R01. *Soy, Mastectomy, & Resistance Training + Gut Microflora "SMART GUT."* Role: Co-Investigator (unfunded)
- 2015 UCCS CRCW Intramural. A Long-Term Follow-Up Study on Mortality and Morbidity Rates of Patients Who Participated in Outpatient Cardiac Rehabilitation: A Comparative Outcome Study (funded \$7500). Role: Principle Investigator
- 2015 Online Teaching Certificate UCCS FRC (funded \$3000)
- 2003 Nurse Education Grant Penrose-St. Francis (\$1500)
- 2002 Nurse Education Grant Penrose –St. Francis (\$3000)
- 2000 Fraternal Order of the Eagles National Cardiology Grant (\$5000.) Role: Principle Investigator
- 1998 Fraternal Order of the Eagles National Cardiology Grant (\$5000.) Role: Principle Investigator
- 1993 El Paso County Colorado Nurses Association Scholarship Grant (\$500.)

## CURRENT RESEARCH

**Graham, H.** Asakura, Y., Prue-Owens, K., Kirby, J., Ma, J., Loy, K., Faulkender, M., Ramesh, M., & Newbauer, M. Exercise Adherence Post Cardiac Event and Cardiac Rehabilitation  
Benton, M. J., and **Graham, H.L.** Comparison of lean mass in women with and without heart disease.

Prue-Owens, K., **Graham, H.L.**, Kirby, J., & Ramesh, M., Post event cardiovascular risk perception survey (Pre-CRPS): Validity and reliability in cardiac patients post heart event.

## TEACHING

### COURSES TAUGHT

University of Colorado Colorado Springs

2015-2020

NURS 4010 Nursing Research Undergraduate Accelerated Options

NURS 4250 Professional Practice Issues ADN to BSN

NURS 8030 DNP Project

1993-2005

NURS 2100 Basic Health Assessment Clinical Faculty Traditional Option

NURS 4450 Community Health Nursing

NURS Fund. Pharmacology, PCC

NURS Fund Nursing Assessment Skill Lab, PCC

### **GUEST LECTURER (UCCS)**

NURS 4015 Research: Special Topic- Research Process: A long Term Cardiac Rehabilitation Cardiac Rehab Outcome Study, *Spring 2017.*

HSCI 4490 Exercise Consideration for Special Populations, *Spring, 2016.*

GPS 1010 MapQuest Nursing: Special Topic Intro to Nursing for Pre-Nursing Students, *Fall 2015.*

### **OTHER**

HSCI 5100 20021 Spring. HSCI 5100 IPE Faculty Team member Introduction to IPE-CP

#### ***Doctoral Student Project Committee (Chair)***

NURS 8030 2016-2018 Crystal Chick, graduated Summer, July 2019 – *How to improve inpatient palliative care referral in the heart failure population: A quality improvement project.*

NURS 8030 2016-2017 Rachel Ledsema, graduated May 2017 – *Fatigue risk management strategy for the operating room environment.*

#### ***Doctoral Student Project Committee (Member)***

NURS 8030 Doctoral Student Project Committee Member

2016 Jennifer Pickering – Graduated, May 2016- *Not all that bleed need blood: Upper gastrointestinal bleeding restrictive transfusion strategy adherence and clinical decision support.*

#### ***MSN Comprehensive Exam Committee (Chair)***

2019 Christina Barnett, *Masters of Science of Nursing*

2018 Fall Nicole Hallford, *Masters Science of Nursing*

2018 Spring Norie Kirtley, *Masters Science of Nursing*

2017 Fall Elizabeth Kirt, *Masters Science of Nursing*

2017 Spring Stephanie Sarnes, *Masters Science of Nursing*

2016 Fall Yolanda Enrich, *Masters Science of Nursing*

2016 Spring & Fall Alicia Kielas, *Masters Science of Nursing*

2016 Spring Jennifer Tierney, *Masters Science of Nursing*

2016 Spring Beth Hermanson, *Masters Science of Nursing*

#### ***Undergraduate Nursing Research Mentoring***

2020 Fall, Nita Sawh Duncan – Research Project for 2020 7<sup>th</sup> Annual Mt Lion Research Day. Relationship Among Physical Activity and Mental Health in Women with Heart Disease. [Abstract]

2019 Fall, Baptist, K., Vogel, K., Vogt, J., - Research Project for 2019 . 6<sup>th</sup> Annual Mt. Lion Research Day. Relationship Among Physical Functioning, Pain, and Energy/Fatigue in Women with Heart Disease. [Abstract]

### **LICENSES AND CERTIFICATIONS**

2014-2024 ANCC RN-BC Cardiac Rehabilitation Nurse Certification

2014-2020 Colorado State Nursing License #85685

2014-2020 Colorado Advance Practice – CNS License #1673

2014-2016 ACLS – Advanced Cardiac Life Support

2014-2020 BLS – Basic Life Support

### **SERVICE**

#### **REVIEWER FOR PEER-REVIEWED JOURNALS**

2018-Present *Journal of Cardiovascular Nursing (JCN)*

2015 Present *Respirology*

2014 –2015	AACVPR National Certification Exam for CR Professionals (Reviewer)
2008- Present	<i>Journal of Cardiopulmonary Rehabilitation and Prevention</i> (JCRP) 2003-
2010- Present	<i>Applied Nursing Research</i> (ANR)
2004- 2008	<i>Nursing Ethics</i>

### PROFESSIONAL ORGANIZATIONS

2016-Present:	American College of Sports Medicine (ACSM)
2003-Present:	Sigma Theta Tau International Honor Society of Nursing (STI)
1996-Present:	Preventative Cardiovascular Nurses Association (PCNA)
1990-Present:	American Association of Cardiovascular Pulmonary Rehabilitation (AACVPR)

### ACADEMIC AND SCHOLARLY COMMITTEES/TASK FORCES/BOARDS

2020-Present	Chair of Teaching Council Helen & Arthur E. Johnson Beth El College of Nursing and Health Sciences (College Council)
2019-2019	RPT Reviewer PUC Committee for Susan Vandagriff, Instructional Librarian & Assistant Professor. (UCCS University Committee)
2019-2020	Chair of Faculty Affairs Council Helen & Arthur E. Johnson Beth El College of Nursing & Health Sciences. (College Council)
2018-2020	Co-Chair Faculty Affairs Council Helen & Arthur E. Johnson Beth El College of Nursing & Health Sciences. (College Council)
2018 -Present	Penrose-St. Francis Evidence Based Nursing Practice Council. (Professional Society).
2017-2018	RPT Policy Redesign Helen & Arthur E. Johnson Beth El College of Nursing & Health Sciences. (Nursing Department Task Force)
2016 -Present	Merit Review Committee Tenure/Tenured Track Faculty, Beth-El College (Nursing)
2016- 2019	ADN to BSN Dual Enrollment Task Force Committee (Nursing Department)
2015- 2020	Helen & Arthur E Johnson College of Nursing and Health Sciences, Faculty Affairs Council Member (College Level)
2015- Present	Graduate Nursing and Admissions & Progression Committee (Nursing Department).
2015- Present	Graduate Nursing Curriculum Committee. (Nursing Department).
2015- Present	Helen & Arthur E. Johnson Beth El College of Nursing & Health Sciences, College Assembly (College Level)
2015- Present	Helen & Arthur E. Johnson Beth El College of Nursing & Health Sciences Research & Scholarship Committee (College Level)
2015-Present	Beth-El College of Nursing Faculty Department Committee (Department).
2015-2015	UCCS Search Committee Task Force, Student Success Coordinator (UCCS University)
2014-Present	Editorial Board for the Journal of Cardiovascular Pulmonary Rehabilitation and Prevention
2009-2011	Board of Directors for American Association of Cardiovascular Pulmonary Rehabilitation (Professional Society – National Board)
2005-2017	IRB Board for Centura Penrose St. Francis IRB
2005-2010	American Association of Cardiovascular Pulmonary Rehabilitation Chair of National Outcomes Committee
2002-2005	Member of Outcome Committee for American Association of Cardiovascular Pulmonary Rehabilitation (Professional Society)
2004-2010	Member of Rocky Mountain Cardiovascular Pulmonary Rehab Association (Professional Society)
2000-2000	Delegate to Colorado Nurses Association for Annual Convention (Professional Society)
1994-2005	Nursing EBP, OH Pathway, CHF, Stroke, QI, Patient Family Advisory Committee



### **COMMUNITY SERVICE ACTIVITIES**

2018-2019	Silver Key Orientation and Annual Fund Raiser
2015-2018	El Paso County Nightingale Committee
2015-2019	Nightingale Committee Member
2015-2018	Nightingale Annual Awards Celebration Planning Committee
2008-2019	El Paso County Annual American Heart Ball
2001-2003	El Paso County Nurse Family Partnership Team
2000- 2000	Service-Learning Study Group, University of Colorado
1999- 2003	Board of Directors for First Visitors, Non-Profit Charity