

Curriculum Vita

Betty Carlson Bowles, PhD, RNC-OB, Emeritus
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EDUCATION

Institution	Location	Degree	Year	Field of Study
Midwestern State University	Wichita Falls, TX	—	—	Core Courses 1960-1963
Incarnate Word College	San Antonio, TX	BSN	1965	Nursing
Midwestern State University	Wichita Falls, TX	—	—	Electives 1968-1971
Texas Woman's University	Denton / Houston, TX	MS	1974	Maternal / Child Health Nursing
Midwestern State University	Wichita Falls, TX	—	—	Electives 2001-2002
Texas Woman's University	Denton, TX	PhD	August 2009	Health Studies

LICENSURE/PROFESSIONAL CERTIFICATIONS

Credentialing/Licensure Agency	Date Certified	Area
Texas Board of Nurse Examiners	1965	Registered Nurse 219581
ASPO / Lamaze	1978	Certified Childbirth Educator
National Certification Corporation	1980	Certified Inpatient Obstetrics (Emeritus 2019)
International Board of Lactation Consultant Examiners	1987 - 2018	International Board Certified Lactation Consultant
Resolve Through Sharing Bereavement Services	1996	Certified Bereavement Counselor / Coordinator

PROFESSIONAL EXPERIENCE

2003 – 2013 **Assistant Professor**
2013 - 2014 **Assistant Professor (Tenured)**
2014 – 2019 **Associate Professor**
2020-Present **Professor**
Midwestern State University
Wichita Falls, TX

- *See Teaching Responsibilities*
- *Maintain TNA CNE Providership and Coordinate CNE activities.*

2000-2003

**Coordinator
Professional Outreach Center
Midwestern State University
College of Health Sciences and Human Services
Wichita Falls, TX**

- *Provide continuing education for all health sciences and human services in 150 mile radius around Wichita Falls, including conferences, classes, independent study, web-based instruction and rural outreach.*
- *Recruit for the College of Health Sciences and Human Services*

1995-2000

**Director of Education
Wichita General Hospital
Wichita Falls, TX**

- *Direct all educational services including orientation, inservice education and continuing education.*
- *Maintain the TNA and TMA provider units for CNE and CME*
- *Supervise the AHA Community Training Center for BLS, ACLS, PALS*

1990-1995

**Director of Maternal/Child Health
Wichita General Hospital / United Regional Health Care System
Wichita Falls, TX**

- *Direct all units providing services to mothers, infants and children*
- *Convert from traditional Labor and Delivery, Postpartum, Nursery to LDR and Mother Baby Care*
- *Supervise patient education program including prepared childbirth, breastfeeding, prenatal aerobics, sibling classes, mother / baby support groups and various pediatric support groups*

1981-1990

Associate Professor of Nursing (Tenured)

1974-1981

Assistant Professor of Nursing (Tenured)

1968-1974

**Instructor of Nursing
Midwestern State University
Wichita Falls, TX**

- *Primary classroom and clinical instruction of maternal / child health*
- *Secondary classroom and clinical instruction of basic nursing, medical/surgical nursing, community nursing, mental health nursing*

1966-1968

**Instructor of Nursing
Cameron State University
Lawton, OK**

- *Classroom and clinical instruction in all areas of nursing*

1965-1966

**Instructor of Nursing
Bethania School of Vocational Nursing
Wichita Falls, TX**

- *Classroom and clinical instruction in all areas of nursing*

OTHER EDUCATIONAL AND CLINICAL EXPERIENCE

1989-2016

Instructor of 18 hour Breastfeeding Educator Course
(250+ presentations in a 10 state area)

1989-1995

Lactation Consultant
Wichita General Hospital, Wichita Falls, TX

1988-1990

Labor & Delivery Staff Nurse (PRN)
Wichita General Hospital, Wichita Falls, TX

1970-1990

Lamaze Prepared Childbirth Instructor
Midwestern State University Continuing Education, Wichita Falls, TX
Burkburnett Community Education, Burkburnett, TX

1968

School Nurse, Head Start
Burkburnett ISD, Burkburnett, TX

1965-1966

Charge Nurse in obstetrics, medical/surgical, pediatrics, intensive care.
Bethania Hospital, Wichita Falls, TX

TEACHING RESPONSIBILITIES

Instructor of Nursing (1968–1974)

Assistant Professor of Nursing (Tenured) (1974-1981)

Associate Professor of Nursing (Tenured) (1981-1991)

- *Primary classroom and clinical instruction of maternal / child health*
- *Secondary classroom and clinical instruction of basic nursing, medical/surgical nursing, community nursing, mental health nursing*

Assistant Professor of Nursing (Tenured in 2013) (2003-2014)

Associate Professor of Nursing (2014 – 2020)

Professor of Nursing (2020-present)

- *Teach and/or provide clinical supervision in Nursing:*
 - *NURS 3203-X1 Pathophysiological Processes*
 - *NURS 4153 Community Nursing*
 - *NURS 4823 Concepts in Community Nursing (Accelerated)*
 - *NURS 4012 Nursing the Childbearing Family*
 - *NURS 4503 Nursing Research*
 - *NURS 4052 Pediatric Nursing*
- *Teach Honors Course MWSU 4433 – Death: Planning for the Inevitable*
- *Teach HSAD 5006 (graduate) and HSAD 4006 (undergraduate) – British Studies Public Health – Determinants of Health Disparities (London) 2011, 2013, 2015, 2017, 2019.*

RESEARCH AND SCHOLARLY ACTIVITIES

Publications:

Books / Booklets:

Bowles, B.C.& Lockhart, R. (2022). MSUTexas - Nursing: The First Fifty Years.

Bowles, B., Cook, W., Gibson, M., Horner, H., & Jansen, L. (2016). *Dalquest Desert Research Station Safety and Emergency Handbook*. Midwestern State University Press.

Bowles, B.C. (1990). *Breastfeeding: A Learned Art*. Wichita Falls, TX: Wichita General Hospital.

Refereed Journals:

- Bowles, B.C., Jansen, L., & Gibson, M. (2020). The Childbirth Educator's Role in Teaching Post-Birth Warning Signs. *Journal of Perinatal Education*, 29(2), 1-5.
- Leach, J., Bowles, B., Jansen, L. & Gibson, M. (2017). Perceived benefits of childbirth education On future health-care decision making. *Journal of Perinatal Education*, 26:1, 49-56.
- Gibson, M., Bowles, B., Jansen, L., & Leach, J. (2016). Intrapartum nurse's guide to protecting, promoting, and supporting breastfeeding: Another ten steps. *Clinical Lactation Monograph Series*, 51-71.
- Bowles, B.C. (2015). Breast Massage: A "handy" multipurpose tool to promote breastfeeding success. *Clinical Lactation Monograph Series*, 19-30.
- Gibson, M., Bowles, B. (2014). A Behavior Change Project as a student assignment to reduce personal health risk. (denied by *Pedagogy in Health Promotion*).
- Jansen, L., Gibson, M., Bowles, B., & Leach, J. (2013). First do no harm: Interventions during childbirth. *Journal of Perinatal Education*, 22(2), 83-92.
- Gibson, M., Bowles, B., Jansen, L. & Leach, J. (2013). Childbirth education in rural Haiti: Reviving low-tech teaching strategies. *Journal of Perinatal Education*, 22(2), 93-102.
- Gibson, M., Bowles, B., Jansen, L., & Leach, J. (2012). Intrapartum nurse's guide to protecting, promoting and supporting breastfeeding: Another ten steps. *Clinical Lactation*, 1(4), 147-154.
- Bowles, B., Gibson, M., & Jansen, L. (2012). Haiti: Exclusive breastfeeding in the prevention and treatment of cholera. *Clinical Lactation*, 3(2), 51-57.
- Gresham, J., Bowles, B.C., Gibson, M., Robinson, K., Farris, M., Felts, J. (2012). Death-Planning for the inevitable: A hybrid honors course. *Honors in Practice*, 8, 43-54.
- Bowles, B.C. (2011). Breast massage: A handy multipurpose tool to promote breastfeeding success. *Clinical Lactation*, 2(4):21-24.
- Bowles, B.C. (2011). Promoting breastfeeding self-efficacy: Fear appeals in breastfeeding management, *Clinical Lactation*, 2(1):13-16.
- Bowles, B., Cook, W., Gibson, M., Horner, N. & Jansen, L. (2010). Dalquest Desert Research Station Handbook: Health Promotion and Injury Prevention. Published online at <http://academics.mwsu.edu/ddrs/handbook.asp?LL=253>
- Bowles, B.C. (2009). Genograms as threat appeals: Using the Extended Parallel Process Model with familial cardiovascular disease (Doctoral dissertation, Texas Woman's University, 2009).

Sportsman, S, Bowles, B, & Hawley, L. (2004). The state of prevention in allied health education and practice. *Journal of Allied Health Professions*, 33(3), 218-223.

Bowles, B, Leach, J., Starr, S., & Foster, M. (1993). Infant feeding preference card, *Journal of Human Lactation*, 9(4): 256-258.

Bowles, B, & Leach, J. (1993). Breastfeeding by Federal Express, *Journal of Human Lactation*, 8(3): 154-155.

Bowles, B.C. (1991). Breastfeeding consultation in sign language, *Journal of Human Lactation*, 7(1):21.

Bowles, B.C., & Williamson, B. P. (1990).Pregnancy and lactation following anorexia and bulimia, *JOGNN*, 19(3): 243-248.

*Bowles, B.C., Stutte, P.C., Hensley, J.H. (1987/88). Alternate massage in breastfeeding: New benefits from an old technique, *Genesis*, 9(6), 5-8, 17.

*Stutte, P.C., Bowles, B.C., Morman, G.Y. (1988). The effects of breast massage on volume and fat content of human milk, *Genesis*, 10(9), 22-25.

Bowles, B.C. (1987). Cultural Masquerade, *Journal of Human Lactation*, 3(4), 157.

Bowles, B. C. (1974). Situational doll plan to relieve anxiety in children receiving injections. (Masters thesis, Texas Woman's University, 1974).

* 2 previously published articles included in a Cochrane Collaboration:

Becker, G.E. Smith, H.A. & Cooney, F. (2015). Methods of milk expression for lactating women (review). *The Cochrane Collaboration*, Issue 2. John Wiley & Sons, Ltd.

Professional Organization Publications

Gibson, M. & Bowles, B. (2012). Another cholera connection from London, to Texas...to Haiti. *Broad Sheet*, the newsletter of the John Snow Society (Royal Society of Public Health).

Bowles, B. & Gibson, M. (2017). Texas: Drought, water shortage, conservation, & innovation. *Broad Sheet*, the newsletter of the John Snow Society (Royal Society of Public Health - London).

Gibson, M. & Bowles, B. (2018). Primary amebic meningoencephalitis in Texas. *Broad Sheet*, the newsletter of the John Snow Society (Royal Society of Public Health - London).

Gibson, M. & Bowles, B. (2019). Texas chapter member received national award. *Broad Sheet*, the newsletter of the John Snow Society (Royal Society of Public Health - London).

Gibson, M. & Bowles, B. (2021). Importance of clean, safe water in preventing the spread of COVID-19. BroadSheet, the newsletter of the John Snow Society (Royal Society of Public Health- London).

Conference Proceedings

Polvado, K., Bowles, B., Jansen, L, Gibson, M., & Lockhart, R. (2017). *Motivation to Ride in the Hotter 'N Hell Bicycling Event*. World Academy of Science, Engineering and Technology, Paris, France.

Gibson, M., Bowles, B. (2014). *Behavior Change Project: A Student Assignment to Reduce Personal Health Risk*. 2014 Global Health Symposium, University of Riverside, AC.

Terrell, J., Bowles, B., Gibson, M. (2012). *Sustainability of Endangered Species: Queen Conch Research Refuge Ranch*. Hawaii University International Conferences in Education, Math & Engineering Technology, Honolulu, Hawaii.

UNPUBLISHED RESEARCH

Bowles, B., Gibson, M., & Jansen, L. (2013-2014). Identification of health risk factors before and after participating in the Community Health Fair.

Terrell, J., Bowles, B., & Gibson, M. (2012). Teaching marine assessment skills while promoting sustainability of the Queen Conch in Belize. (Reviewed / denied by *Journal of College Science Teaching*).

Bowles, B. (2001). Baby Friendly Hospital Initiative: Improving International Health..

Valerio, M.T., Bowles, B.C. & Stutte, P.C. (1990). Reproductive health care needs of Malaysian/ Muslim families. (Reviewed / denied by *MCN*).

GENEALOGY RESEARCH / PUBLICATIONS

Bowles, B.C. & Gunn, C.C. (1994). *Ancestors and Descendents of George Henry Staring III and Minna Mary Venturine*. Wichita Falls, TX: Carlson Press.

Bowles, B.C. & Gunn, C.C. (1994). *Ancestors and Descendents of Harry Robert Benjamin Carlson & Hannah Olivia Sandberg*. Wichita Falls, TX: Carlson Press.

Bowles, B.C. (1994). *Ancestors and Descendents of William Austin Bowles and Lou D. Montgomery*. Wichita Falls, TX: Carlson Press

Bowles, B.C. (1995). *Ancestors and Descendents of Harry Nesbeth Farris and Arizona Elizabeth Reynolds*. Wichita Falls, TX: Carlson Press.

Bowles, B.C. (1996). *Ancestors of Mary Louise Miller and Descendents George W. Miller and Mary Elizabeth Attaway*. Wichita Falls, TX: Carlson Press.

Research Participation

Women's Health Study, Brigham and Women's Hospital & Harvard Medical School. This landmark study (1993-2004) tested the benefits and risks of low-dose aspirin and vitamin E in the prevention of cardiovascular disease and cancer in women. During this 12 year period I took 3 pills a day, gave periodic blood samples and completed extensive quarterly health assessments. Although the randomized trial is completed, I continue to complete regular study questionnaires, to advance knowledge about the prevention of cardiovascular disease, cancer and other chronic diseases in women.

Women's Health Study, Brigham and Women's Hospital & Harvard Medical School. In May 2013, I wore a physical activity monitor for a week and completed an extensive questionnaire as a follow-up to the study above.

Women's Health Study, Brigham and Women's Hospital & Harvard Medical School - completed an extensive questionnaire related to COVID-19.

Applied Research

In 2009, I participated with a nursing team that studied the **Dalquest Desert Research Station** in south Texas to assess the health and safety hazards for students and faculty working at the site. From that assessment we formulated the Dalquest Desert Research Station Safety and Emergency Plan, and the online *Health Promotion and Injury Prevention Handbook* that deals with prevention, symptoms and first aid for 27 identified environmental hazards.
<http://academics.mwsu.edu/ddrs/handbook.asp?LL=253>

As a follow-up to the Dalquest study, in 2016 our team again assessed the health and safety hazards at the research station in preparation for publication of the *Dalquest Desert Research Station Safety and Emergency Handbook* (see publications).

A research team from Texas Woman's University engaged in an ongoing environmental health research project to help save the Queen Conch from extinction by building a **Conch Refuge Ranch** on an island off the coast of Belize. In the summer of 2008 the coral reef was assessed. In the summer of 2009, five potential sites for the refuge were assessed on the island. The Ranch was constructed in 2011 and Queen Conch were collected, weighed and measured, tagged and aggregated in the Refuge Ranch to protect them from predators. They were to be re-assessed annually for several breeding seasons and then returned to their natural environment. I presented this ongoing action research at a meeting of the National Science Teachers Association in San Francisco in the spring of 2011, and at the Hawaii University International Education, Technology and Mathematics Conference in Honolulu, in the summer of 2012.

To enhance the student experience for those taking **British Studies Public Health – Determinants of Health Disparities** in London in the summers of 2011, 2013, 2015, 2017, 2019, and 2022 I embarked on an applied research project to familiarize students with the city of London. London is so vast that without an organized approach they would not have time to appreciate all that the city has to offer. My research resulted in a booklet (updated annually) that

describes points of interest in the vicinity of each of our course venues so they could visit them while they were in the area. This allowed them to explore parts of the city on a daily basis to maximize their study abroad experience.

Reviews:

Module reviewer and test item writer for National Certification Corporation, (2016 - present).

Test Item Writer for F.A. Davis, for *Essential Health Assessment* textbook, by Thomson. (2016).

Associate Editor, *International Journal of Health, Wellness, and Society* (2016).

Reviewer for Common Ground Publishing, (2015- present).

Reviewer for F.A. Davis, *Maternal-Newborn Nursing: The Critical Components of Nursing Care*, by Roberta Durham Linda Chapman (2014).

Reviewer for *Clinical Guidelines for the Establishment of Exclusive Breastfeeding*, by the *International Lactation Consultant Association* (2014).

Editorial Review Board for *Clinical Lactation*, the official journal of the U.S. Lactation Consultant's Association (2013 - present).

Reviewer for Davis Success Series, *Maternal and Newborn Success* (2nd ed.), (2013).

Grants:

Prairie Area Health Education Consortium – to present continuing education courses

2000	\$3,000
2001	\$3,000
2002	\$3,500
2005	\$3,500
2007	\$3,000
2008	\$3,500

March of Dimes – to present a nursing workshop during Prematurity Prevention Week.

2012	\$1,000
2013	\$3,000
2014	\$3,000
2015	\$1,500
2016	\$1,000
2017	\$2,000
2018	\$1,000
2019	\$1,500

Presentations

Date	Presentation (Podium, Poster)	Organization/Group (Local, State, National, International)	Location
April 23, 2021	Retrospect: 50 years as a Nurse Educator	Sigma Theta Tau Honor Society	Wichita Falls, TX
August 6-8, 2020	Nurse's Role in Teaching POST-BIRTH Warning Signs (Poster)	Nurse Tim – Nuts & Bolts (National)	Online
March 9, 2020	Retrospect: 50 years as a Nurse Educator	Sigma Theta Tau Honor Society	Wichita Falls, TX
October 10, 2019	Medical Mission to Haiti after the Earthquake and Cholera Epidemic (Guest Lecture, Global Health)	Midwestern State University (Local)	Wichita Falls, TX
May 17-18, 2019	“First Do No Harm: Interventions during Childbirth” Nursing & Midwifery Conference (E-Poster)	Conference Series LLC LTD (International)	Philadelphia, USA
April 21, 2019	The Role of the School Nurse in Practice and Education	WISD School Nurse Association (Local)	Wichita Falls, TX
November 13, 2018	Nursing Education's Role in “Healthy Nurse, Healthy Nation” (Poster)	Nursing & Healthcare, Scientific Federation (International)	Toronto, Canada
November 13, 2018	First Do No Harm: Interventions during Childbirth (Poster)	Nursing & Healthcare, Scientific Federation (International)	Toronto, Canada
November 13, 2018	The Crisis of Maternal & Infant Mortality in the United States (Poster)	Nursing & Healthcare, Scientific Federation (International)	Toronto, Canada
November 12, 2018	First Do No Harm: Interventions during Childbirth (Podium)	5 th World Congress on Nursing & Healthcare (International)	Toronto, Canada
October 25, 2018	Medical Mission to Haiti after the Earthquake and Cholera Epidemic (Guest Lecture, Global Health)	Midwestern State University (Local)	Wichita Falls, TX
September 13, 2018	Pediatric Health Fair: Incorporating Program Planning into a Pediatric Nursing Course (Podium)	North Central Texas Community College (Regional)	Gainesville, TX
July 13, 2018	Nursing Education's Role in “Healthy Nurse, Healthy Nation” (Poster)	Nurse Educators' Conference in the Rockies	Vail, CO

		(National)	
July 13, 2018	The Crisis of Maternal & Infant Mortality in the United States (Poster)	Nurse Educators' Conference in the Rockies (National)	Vail, CO
May 23, 2018	First Do No Harm: Interventions during Childbirth (E-Poster)	3 rd International Conference on Nursing & Midwifery	New York, NY
April 12, 2018	Medical Mission to Haiti after the Earthquake and Cholera Epidemic (Guest Lecture, Global Health)	Midwestern State University (Local)	Wichita Falls, TX
March 28, 2018	Breastfeeding (Guest Lecture, Concepts in Maternity Nursing)	Midwestern State University (Local)	Wichita Falls, TX
March 3, 2018	Breastfeeding: Historical Influences (Podium)	Texas Breastfeeding Coalition State Conference (State)	Wichita Falls, TX
December 1, 2017	The Crisis of Maternal and Infant Mortality in the United States (Podium)	Midwestern State University & March of Dimes (Local)	Wichita Falls, TX
December 1, 2017	Maternal Hemorrhage & Infection (Podium)	Midwestern State University & March of Dimes (Local)	Wichita Falls, TX
November 29, 2017	Breastfeeding (Guest Lecture, Concepts in Maternity Nursing)	Midwestern State University (Local)	Wichita Falls, TX
September 20, 2017	Little Things Mean a Lot: What Really Matters (Podium)	Interdisciplinary Program Gunn COHSHS (Local)	Wichita Falls, TX
October 12, 2017	Sustainability of Endangered Species: Queen Conch Research Refuge Ranch (Guest Lecture, Global Health)	Midwestern State University Global Health (Local)	Wichita Falls, TX
October 12, 2017	Medical Mission to Haiti after the Earthquake and Cholera Epidemic (Guest Lecture, Global Health)	Midwestern State University Global Health (Local)	Wichita Falls, TX
July 24, 2017	Motivation to Ride in the Hotter 'N Hell Hundred Bicycling Event (Podium)	Athens Institute for Education & Research (International)	Athens, Greece

June 26, 2017	Breast Massage: A “Handy” Multipurpose Tool to Promote Breastfeeding Success (Poster)	Nursing Science & Practice (International)	Dallas, TX
June 26, 2017	First Do No Harm: Interventions During Childbirth (Poster)	Nursing Science & Practice (International)	Dallas, TX
May 3, 2017	Haiti: Exclusive Breastfeeding in Prevention & Treatment of Cholera (Poster) ⁷	USLCA Conference (National)	San Antonio, TX
May 3, 2017	Breast Massage: A “Handy” Multipurpose Tool to Promote Breastfeeding Success (Poster)	USLCA Conference (National)	San Antonio, TX
May 3, 2017	Fear/Threat Appeals and the Importance of Self-Efficacy in Breastfeeding Mothers (Poster)	USLCA Conference (National)	San Antonio, TX
May 3, 2017	Prenatal Education: Protecting, Supporting & Promoting Breastfeeding (Poster)	USLCA Conference (National)	San Antonio, TX
February 29, 2017	Motivation to Ride in the Hotter ‘N Hell Hundred Bicycling Event (Podium)	World Academy of Science, Engineering & Technology (International)	Paris, France
February 23, 2017	Medical Mission to Haiti after the Earthquake and Cholera Epidemic (Guest Lecture, Global Health)	Midwestern State University (Local)	Wichita Falls, TX
February 23, 2017	Sustainability of Endangered Species: Queen Conch Research Refuge Ranch (Guest Lecture, Global Health)	Midwestern State University (Local)	Wichita Falls, TX
November 18, 2016	Action Research: Dalquest Desert Research Station (Podium)	GCOHSHS Grand Rounds (Local)	Wichita Falls, TX
February 3, 2016	Dalquest Desert Research Station (Podium)	Rolling Plains Master Naturalists (Local)	Wichita Falls, TX
January 5, 2016	Sustainability of Endangered Species: Queen conch Research Refuge Ranch (Podium)	Rolling Plains Master Naturalists (Local)	Wichita Falls, TX

November 19, 2015	First Do No Harm: Interventions in Childbirth (Podium)	March of Dimes & Sigma Theta Tau (Local)	Wichita Falls, TX
1990 - 2015	Breastfeeding Educator Course (18 hour) 200+ presentations (Podium)	Various hospitals, WIC programs, State Health Departments (National)	TX, OK, KS, NE, MO, AR, LA, MS, FL
November 12, 2015	Team Work for Health Sciences (Podium)	COHSHS Interdisciplinary Students	Wichita Falls, TX
October 28, 2015	Hardin Professor Presentation "Retrospect: 50 years in Nursing" (Podium)	MSU Faculty Forum (Local)	Wichita Falls, TX
October 27, 2015	Hardin Professor Address (Podium)	Mensa Alta (Local)	Wichita Falls, TX
September 2015	Behavior Change Project: A Student Assignment to Reduce Personal Health Risk (Poster)	Texas Society for Allied Health Professionals (State)	San Antonio, TX
September 2015	Perceived Benefits of Childbirth Education on Long-term Healthcare Practices (Podium & Poster)	Lamaze & ICEA (National)	Las Vegas, NV
March 2015	Behavior Change Project: A Student Assignment to Reduce Personal Health Risk (Podium)	Midwestern State University – Nursing Faculty Organization (Local)	Wichita Falls, TX
March 2015	Behavior Change Project: A Student Assignment to Reduce Personal Health Risk (Poster)	Association for Prevention Teaching & Research (International)	Charleston, SC
July 2014	Behavior Change Project: A Student Assignment to Reduce Personal Health Risk (Podium)	Global Nursing Symposium University of Riverside (International)	Riverside, CA
April 2014	Kangaroo Care for Skin-to-Skin contact: Jumping from Evidence-Based Practice to Entrepreneurship (Poster)	Sigma Theta Tau, Xi Iota Chapter (Local)	Wichita Falls, TX
April 2014	Haiti: Exclusive Breastfeeding in the Prevention & Treatment of Cholera (Poster)	Sigma Theta Tau, Xi Iota Chapter (Local)	Wichita Falls, TX
April 2014	Community Health Fair as a Service Learning Strategy for Program Planning	Sigma Theta Tau, Xi Iota Chapter (Local)	Wichita Falls, TX

	(Poster)		
April 2014	Breast Massage: A “Handy” Multipurpose Tool to Promote Breastfeeding Success (Poster)	Sigma Theta Tau, Xi Iota Chapter (Local)	Wichita Falls, TX
April 2014	Childbirth Education in Haiti: Reviving Low-Tech Teaching Strategies (Poster)	Sigma Theta Tau, Xi Iota Chapter (Local)	Wichita Falls, TX
April 2014	First Do No Harm: Interventions During Childbirth (Poster)	Sigma Theta Tau, Xi Iota Chapter (Local)	Wichita Falls, TX
April 2014	Prenatal Education: Protecting, Promoting & Supporting Breastfeeding (Poster)	Sigma Theta Tau, Xi Iota Chapter (Local)	Wichita Falls, TX
April 2014	Health Risks and Behavior Change: Utilizing Online Self-Assessment Tools to Promote Health and Prevent Disease (Poster)	Sigma Theta Tau, Xi Iota Chapter (Local)	Wichita Falls, TX
March 2014	Community Health Fair: A Model of Interdisciplinary Collaboration (Poster)	Association for Prevention Teaching & Research: Health, Wellness & Society (International)	Vancouver, British Columbia
October 2013	Breast Massage: A “Handy” Multipurpose Tool to Promote Breastfeeding Success (Poster)	Lamaze Annual Conference (International)	New Orleans, LA
October 2013	Childbirth Education in Haiti: Reviving Low-Tech Teaching Strategies (Poster)	Lamaze International Annual Conference (International)	New Orleans, LA
October 2013	First Do No Harm: Interventions During Childbirth (Poster)	Lamaze International Annual Conference (International)	New Orleans, LA
October 2013	Prenatal Education: Protecting, Promoting and Supporting Breastfeeding (Poster)	Lamaze International Annual Conference (International)	New Orleans, LA
September 2013	Health Risks & Behavior Change: Utilizing Online Self-Assessment Tools to Promote Health & Prevent Disease	Texas Society of Allied Health Professionals (State)	San Marcos, TX

	(Poster)		
August 2013	Prescribing Psychotropic Meds in Pregnancy & Lactation (Poster)	Midwestern State University (Local)	Wichita Falls, TX
May 2013	Principles of Lactation Management (3 Podium Presentations)	Texas Department of State Health Services Nutrition Services (State)	Beaumont, TX
May 2013	Prenatal Education: Gateway to Breastfeeding Success (Poster)	US Lactation Consultant Association (National)	St. Louis, MO
May 2013	Hands On: Gateway to Breastfeeding Success (Poster)	US Lactation Consultant Association (National)	St. Louis, MO
March 2013	Principles of Lactation Management (3 Podium Presentations)	Texas Department of State Health Services Nutrition Services (State)	El Paso, TX
March 2013	“Putting Prevention into Practice” Community Health Fair as a Service Learning Strategy for Program Planning (Poster)	Association for Prevention Teaching and Research (National)	Washington, DC
January 2013	Breastfeeding Educator Course (18 hours)	Shannon Medical Center (State)	San Angelo, TX
January 2013	Principles of Lactation Management (3 Podium Presentations)	Texas Department of State Health Services Nutrition Services (State)	Dallas, TX
November 2012	Principles of Lactation Management (3 Podium Presentations)	Texas Department of State Health Services Nutrition Services (State)	Laredo, TX
September 2012	Principles of Lactation Management (3 Podium Presentations)	Texas Department of State Health Services Nutrition Services (State)	Round Rock, TX
September 2012	Environmental Health: An Innovative Approach to Interdisciplinary Research (Poster)	Texas Society of Allied Health Professionals (State)	San Antonio, TX

September 2012	London: A Public Health Laboratory for Studying Health Disparities and Vulnerable Populations (Podium)	Texas Society of Allied Health Professionals (State)	San Antonio, TX
September 2012	A Program Planning, Team Building & Service Learning Model: Community Health Fair (Podium)	Texas Society of Allied Health Professionals (State)	San Antonio, TX
August 2012	Sustainability of Endangered Species: Queen Conch Research Refuge Ranch (Podium)	Hawaii University International Conferences on Education (International)	Honolulu, HI
July 2012	Principles of Lactation Management (3 Podium Presentations)	TX Department of State Health Services (State)	Longview, TX
May 2012	Principles of Lactation Management (3 Podium Presentations)	TX Department of State Health Services (State)	Galveston, TX
April 2012	Vision and Mission of Sigma Theta Tau International: Mission to Haiti (Podium)	Sigma Theta Tau, Xi Iota Chapter (Local)	Wichita Falls, TX
September 2011	Cultural & Religious Beliefs, Customs & Rituals Surrounding Death and Dying (Podium)	OKC University & Oklahoma Nurses Association (Regional)	Oklahoma City, OK
May 2011	Fear Appeals & the Importance of Self-Efficacy in Breastfeeding (Online Presentation)	Global Online Lactation Discussion (International)	Online
March 2011	Prescribing Psychotropic Meds in Pregnancy & Lactation (Poster)	Sigma Theta Tau, Xi Iota Chapter (Local)	Wichita Falls, TX
March 2011	University Interdisciplinary Collaboration: Putting Prevention into Practice for Students Engaging in Field Research in Remote Areas (Poster)	Sigma Theta Tau, Xi Iota Chapter (Local)	Wichita Falls, TX
March 2011	Promoting Breastfeeding Self-Efficacy – Fear Appeals in Breastfeeding Management (Poster)	Sigma Theta Tau, Xi Iota Chapter (Local)	Wichita Falls, TX
March 2011	Genograms as Threat Appeals: Promoting Patient Efficacy (Poster)	Sigma Theta Tau, Xi Iota Chapter (Local)	Wichita Falls, TX
March 2011	Death: Planning for the Inevitable- An Honors Course	Sigma Theta Tau, Xi Iota Chapter	Wichita Falls, TX

	(Poster)	(Local)	
March 2011	Queen Conch Research Refuge Ranch (Podium)	National Science Teachers Association (National)	San Francisco, CA
January 2011	Genograms as Threat Appeals: Promoting Patient Efficacy (Poster)	Contemporary Forums (National)	Orlando, FL
January 2011	University Interdisciplinary Collaboration: Putting Prevention into Practice for Field Research in Remote Areas (Poster)	Contemporary Forums (National)	Orlando, FL
January 2011	Prescribing Psychotropic Meds in Pregnancy & Lactation (Poster)	Contemporary Forums (National)	Orlando, FL
November 2010	Genograms as Threat Appeals: Promoting Patient Efficacy (Podium)	AACN Baccalaureate Education Conference (National)	Orlando, FL
October 2010	Genograms as Threat Appeals: Promoting Patient Efficacy (Poster)	National Nursing Research Conference (VA, SigmaThetaTau) (National)	Dallas, TX
September 2010	Genograms as Threat Appeals: Promoting Patient Efficacy (Poster)	TX Society of Allied Health Professionals (State)	Edinburg, TX
September 2010	University Interdisciplinary Collaboration: Putting Prevention into Practice for Field Research in Remote Areas (Poster)	TX Society of Allied Health Professionals (State)	Edinburg, TX
July 2010	Genograms as Threat Appeals: Promoting Patient Efficacy (Poster)	Nurse Educator's Conf. in the Rockies (National)	Breckenridge, CO
July 2010	University Interdisciplinary Collaboration: Putting Prevention into Practice for Field Research in Remote Areas (Poster)	Nurse Educator's Conference in the Rockies (National)	Breckenridge, CO
April 2010	Genograms as Threat Appeals: Promoting Patient Efficacy (Poster)	Nurse Educator Institute, AHEC NW (National)	Branson, MO
April 2010	Community Nursing Children's Injury Prevention Fair (Poster)	Nurse Educator Institute, AHEC NW (National)	Branson, MO
April 2010	Collaborative Testing: Learning to Test, Testing to Learn (Poster)	Nurse Educator Institute, AHEC NW (National)	Branson, MO

April 2010	Genograms as Threat Appeals: Using the Extended Parallel Process Model with Cardiovascular Disease (Podium)	Sigma Theta Tau, Xi Iota Chapter Nurses Research Day (Local)	Wichita Falls, TX
January 2010	Genograms as Threat Appeals: Promoting Patient Efficacy (Poster)	Mosby Faculty Development Institute (National)	San Diego, CA
November 2009	Genograms as Threat Appeals: Promoting Patient Efficacy (Poster)	American Assn of Colleges of Nursing (National)	Chicago, IL
July 2008	Community Nursing: Children's Injury Prevention Fair (Poster)	Nurse Educators Conf. in the Rockies (National)	Breckenridge, CO
September 2005	Collaborative Testing: Learning to Test – Testing to Learn (Poster)	TX Society of Allied Health Professionals (State)	Wichita Falls, TX
September 2005	Community Nursing: Bringing Community to Campus (Poster)	TX Society of Allied Health Professionals (State)	Wichita Falls, TX
July 2005	Community Nursing: Bringing Community to Campus (Poster)	Nurse Educators Conf. in the Rockies (National)	Breckenridge, CO
July 2004	Collaborative Testing: Learning to Test – Testing to Learn (Poster)	Nurse Educators Conf. in the Rockies (National)	Breckenridge, CO
June 2004	Planning Quality Educational Programs in Healthcare (Podium)	Children's Hospital (Regional)	Dallas, TX
September 2002	Rural Health: Spanish is Critical (Poster)	Texas Rural Health Association (State)	Lubbock, TX
March 2001	CPR –New Guidelines from American Health Association (Poster)	MSU Community Health Fair (Local)	Wichita Falls, TX
March 2001	Putting Prevention into Practice in Specialty Populations (Poster)	MSU Community Health Fair (Local)	Wichita Falls, TX
August 2000	Putting Prevention into Practice in Specialty Populations (Poster)	Texas Rural Health Association (State)	Austin, TX
April 2000	Perinatal Nursing: Successful Breastfeeding: Making an Impact (Podium)	Contemporary Forums (National)	San Antonio, TX

Professional Involvement

International

John Snow Society Royal Society for Public Health, London	Member, 2011-present President, Texas Chapter
International Lactation Consultants Association (ILCA)	Planning Committee for 2013 International Conference in Melbourne, Australia (2012 - 2013) Professional Resources Committee (2013 – 2015)
United States Lactation Consultant Association (USLCA)	Editorial Review Board for <i>Clinical Lactation</i> , (2012-present)
International Journal of Health, Wellness and Society	Associate Editor, 2015

National

National Certification Corporation (NCC)	Continuing Education Module Writer / Test Item Writer, (2011-present)
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State

Texas Nurses Association	State CNE Committee, 2000 – 2013 Chair, Ad hoc Committee, Quantification of Provider Assessment, 2010
Texas Society of Health Care Educators	State Board of Directors, 1996 – 1999
Texas Breastfeeding Coalition	Member (2011-present)

Local

Texoma Lactation Consultants (local affiliate of International Lactation Consultant's Association)	Charter member, 1990 President, 1990 – 1992, 2010-2012 Secretary / Treasurer, 2012-2014
Texas Nurses Association, District 11	Board of Directors, 2000 – 2004

Sigma Theta Tau International
Honor Society

Charter Member, Xi Iota Chapter

Consultations / Conferences

Texas Department of State
Health Services
Nutrition Services

Educator – Principles of Lactation Management
(6 courses / year)
2012- 2015

Breastfeeding Educator Course

18-hour workshop taught in a 10-state area over **250** times
from 1990 to 2015

SERVICE

Service to Midwestern State University

2021	Administered COVID-19 vaccinations during Dorm Move-In Day
2019- present	Honors Committee
2013 - present	College of Health Sciences & Human Services Interdisciplinary Committee
2013	MSU Vision Committee
2012 - 2013	MSU Faculty Senate
2012 - 2018	International Studies Advisory Committee
2000 – 2019	Program Director and Lead Nurse Planner TNA Continuing Nursing Education Providership Self-study and application / re-application for TNA CNE Providership in 2001, 2002, 2004, 2007, 2010, 2013, 2016.
2010 – 2018	University Health and Fitness Committee
2010 - 2011 2018 - 2019	Nursing Faculty Organization – Secretary
2010 – 2018	Dalquest Desert Research Station Advisory Committee
2000 – 2004	Chair – Professional Outreach Advisory Committee
2004 – 2018	Member – Nursing Advisory Committee
2001 - 2021	Chair – annual Community Health Fair and Children’s Health Fair

Service to the Profession

Medical Mission to Mizak, Haiti (Earthquake & Cholera Epidemic) (December/January 2011/2012)	Clinic and Home Visits to homebound patients Taught classes (through Haitian Creole interpreter) in <i>Home Birth</i> and <i>Breastfeeding for Cholera Prevention</i> for Traditional Birth Attendants Lactation Consultant to help mothers increase their milk supply during the Cholera epidemic (through Haitian Creole interpreter)
Sponsor Haitian Interpreter	To attend Medical School in Haiti (2011 – 2018) Graduated December 2018 (first doctor ever in Mizak)
HealthSouth Rehabilitation Hospital	Advisory Board, 2001 – 2007
Life Crossroads Coalition	Member, 1998 – 2003
American Red Cross	Preparation for Parenthood Instructor & Instructor Trainer
American Red Cross	Certified Disaster Services Volunteer, 2002

Service to the Community

Faith Refuge	Cook & serve meal once a month with church group
Interfaith Ministries	Decorate Christmas tree annually for silent auction fundraiser
Rolling Plains Master Naturalists	Volunteer work / Community Service (40+ hr / year)
Hotter'n Hell Bicycle Ride First Aid Station	Annual Student Nurse Association Volunteer
Race for the Cure	SNA project Volunteer
River Bend Nature Center	Volunteer (Camps, Electric Critters, & STEM program), 2000 – 2020
Little League	Sponsor, 2015 – 2020
Our Lady Queen of Peace Church	Eucharistic Minister, 2006-2021 Altar Society, 2008-present

	Bereavement Dinner Committee, 2008-present
	Parish Council, 2011 – 2015
	Vacation Bible School volunteer – 2016 to present
Museum of North Texas History	Donated lifetime collection of medical and hospital antiques (2011)
	Researched the history of the MSU School of Nursing (2012)
Texas Woman’s University Library	Donated lifetime collection of Florence Nightingale books, postcards, etc. Also donated collections of WWI nursing postcards to the Women’s Collection.
Neighborhood Crime Watch	Block Captain 2008 – present
Nonprofit Management Center of Wichita Falls	Board of Directors, 2002 – 2004
Volunteer – Kell House	Santa House, 2022

HONORS

1981	Fellow, American Academy of Childbirth Educators
1987	North Texas Women's Hall of Fame (Science)
1989	Sigma Theta Tau National Nurses Honor Society
1995	National Excellence in Lactation Leadership Award
2014 / 2015	Piper Professor, Midwestern State University
2015	Hardin Professor, Midwestern State University

CONTINUING EDUCATION

Date	Title	Sponsor	Location	Contact Hours
March 31, 2023	STIs: What every nurse should know	Nurse Tim	Online Webinar	1
March 31, 2023	Community Nursing	Nurse Tim	Online Webinar	1
March 30, 2023	Alzheimer's & Effects on Women	Alzheimer's Association	Wichita Falls, TX	1
November 29, 2022	Living Lectures: Alternatives to PowerPoint	Nurse Tim	Webinar	1
November 22-23, 2022	Mental Health First Aid for Higher Education	National Council for Mental Wellbeing	Wichita Falls, TX	8
November 28, 2022	Emotional Trauma Life Support, Day 2	HIS Cornerstone	Wichita Falls, TX	8
November 27, 2022	Emotional Trauma Life Support, Day 1	HIS Cornerstone	Wichita Falls, TX	8
November 21, 2022	Interventions for Nicotine, Alcohol, and Substance Abuse	American Academy of Family Physicians	Webinar	1
November 2, 2022	Trafficking Education and Prevention			1
April 22, 2022	Supporting and Promoting Breastfeeding and Lactation: Postpartum	Univ. of Albany School of Public Health	Webinar	1
April 21, 2022	Supporting and Promoting Breastfeeding and Lactation: Hospital/Birthing Settings 2	Univ. of Albany School of Public Health	Webinar	1
April 20, 2022	Supporting and Promoting Breastfeeding and Lactation: Hospital/Birthing Settings 1	Univ. of Albany School of Public Health	Webinar	1
April 20, 2022	Supporting and Promoting Breastfeeding and Lactation: Prenatal Care	Univ. of Albany School of Public Health	Webinar	1
February 24, 2021	Abuse, Neglect & Exploitation Competency Training	Texas Health & Human Services	Online	2
October 16, 2020	AHA Basic Life Support	American Heart Association	Wichita Falls, TX	4
August 12, 2020	SOAR for Health Care (Human Trafficking)	USDHHS & SOAR	Online	1
August 10, 2020	COVID-19	Nursing CE	Online	1.5
August 7-8, 2020	Nuts and Bolts for Nurse Educators	Nurse Tim, Inc.	Virtual	11.25
August 6, 2020	Clinical Assessment Strategies – Hands On	Nurse Tim, Inc.	Virtual	3

August 6, 2020	Test-Item Writing – The NCLEX Connection	Nurse Tim, Inc.	Virtual	3
July 23, 2020	Making Contact: A Training for COVID-19 Contact Tracers	ASTHO	Online	5
July 22, 2020	COVID-19 Infection Control & Prevention	TSDH	Online	1
May 13, 2020	Drug Diversion Training	Nurse CE for Less	Online	3
May 11, 2020 2020	Coronavirus Disease 2019- A Primer for Health Care Professionals	National Certification Corporation	Online	6
March 3, 2020	Promoting Vaginal Birth – Preventing C-Section	Realis	Online	1
October 10, 2019	Community Health Nursing: Strategies for Teaching UG & G Nursing	NurseTim, Inc.	Online	1
May 13, 2019	Behavioral Health – It’s Academic	Texas Department of State Health Services	Wichita Falls, TX	8
February 19, 2019	Social & Behavioral Research	Institutional Training Initiative	Online	6
February 18, 2019	Social Behavioral Research	Collaborative Institutional Training Initiative	Online	2
November 12-14, 2018	5 th World Congress on Nursing & Healthcare	Scientific Federation	Toronto, Canada	16.5
August 23, 2018	Improving Proficiency with Item Writing and Exam Creation	Nurse Tim	Wichita Falls, TX	4
August 17, 2018	CPR for Providers	American Heart Association	Wichita Falls, TX	3
July 10-13, 2018	Nursing Education Conference	Centennial Area Health Education Center	Vail, CO	15
June 14, 2018	Domestic Violence	Catholic Charities	Wichita Falls, TX	4
March 7, 2018	Evidence-Based Best Practices for Online Nursing Courses	Midwestern State University	Wichita Falls, TX	1
December 1, 2017	The Crisis of Maternal & Infant Mortality in the U.S.	Midwestern State University & March of Dimes	Wichita Falls, TX	4
October 26, 2017	Maternal Infant Microbiome: Considerations for Labor & Delivery	Lippincott Professional Development	Online	1.5
May 4, 2017	New Horizons in Clinical Lactation	United States Lactation Consultant Association	San Antonio, TX	7.5
January 17, 2017	Death, Dying & Bereavement: Essential Concepts	Western Schools	Home Study	15

January 17, 2017	Geriatric Assessment: An Introduction	Western Schools	Home Study	5
November 18, 2016	The Zika Challenge	MSU & March of Dimes	Wichita Falls, TX	3.5
October 28, 2016	Recognition of Symptoms to Reduce Burnout in Nursing	MSU GCOHSHS Grand Rounds	Wichita Falls, TX	1
October 27, 2016	Culturally Competent Nursing Care: A Cornerstone of Caring	Office of Minority Health	Online	6
September 12, 2016	Obstetric Lacerations (CE Module Reviewer)	National Certification Corporation	Online	10
December 10, 2015	Nurse Bullying: Impact on Nursing Students, New & Experienced Nurses	Midwestern State University	Wichita Falls, TX	1
November 19, 2015	First Do No Harm: Interventions in Childbirth	March of Dimes & Sigma Theta Tau	Wichita Falls, TX	3.5
October 13, 2015	Approved Provider Workshop	Texas Nurses Association/Foundation	Austin, TX	7
October 4, 2015	Evidence Based Practices for the Management of Second Stage Labor	National Certification Corporation	Online	15
October 4, 2015	Normal and Abnormal Neonatal Transition to Extra-uterine Life	National Certification Corporation	Online	5
October 2, 2015	Intrapartum Hemorrhage	National Certification Corporation	Online	5
October 2, 2015	Late Pregnancy Complications	National Certification Corporation	Online	10
September 29, 2015	First Do No Harm: Interventions During Childbirth	Lamaze International	Online	1
September 24/25, 2015	Innovations and Best Practices in Health Profession Education	Texas Society of Allied Health Professions	San Antonio, TX	6
August 11, 2015	Basic Life Support Certification	ACLS Training Center	Online	4
May 8, 2015	Anxiety, Depression & Mood Disorders in Clinical Practice	Midwestern State University	Wichita Falls, TX	1
May 1, 2015	Texas Nursing Jurisprudence & Ethics	NetCE	Online	2
April 10, 2015	The Other Side of the Stethoscope	Midwestern State University	Wichita Falls, TX	1.5
April 9, 2015	Conservations in Bioethics First Do No Harm: Physician Assisted Suicide in the U.S.	American Academy of Family Physicians	Wichita Falls, TX	2
April 8, 2015	National Guidelines Update BRCA Genetic Testing &	Midwestern State University	Wichita Falls, TX	1.5

	Counseling & Cervical Cancer Screening			
February 17, 2015	Ebola Virus Disease	Midwestern State University	Wichita Falls, TX	1.5
February 5, 2015	Conversations in Bioethics: Ethical issues in Stem Cell Research & Therapies	American Academy of Family Physicians	Wichita Falls, TX	1
January 8, 2015	Conversations in Bioethics: Family Planning	American Academy of Family Physicians	Wichita Falls, TX	1
January 7, 2015	Breastfeeding Management for the Clinician: Using the Evidence	Anderson Continuing Education	Online	35
December 4, 2014	Conversations in Bioethics: Advanced Directives	American Academy of Family Physicians	Wichita Falls, TX	1
November 12, 2014	Prevention and Support after Preterm Birth: It Takes a Team	Midwestern State University	Wichita Falls, TX	5
October 25, 2014	Conversations in Bioethics	American Academy of Family Physicians	Wichita Falls, TX	1
August 25, 2014	Helping the Obese Patient Find Success	Western Schools	Correspondence	20
July 11-12, 2014	Global Nursing Symposium	University of Riverside	Riverside, CA	14.4
April 22, 2014	Nursing Research Day 2014	MSU & Sigma Theta Tau	Wichita Falls, TX	2.5
January 14, 2014	Helping my Patient Quit Tobacco: A Nurse's Guide	Nurse Oncology Education Program	Online	0.5
November 12, 2013	Born Too Soon: An Interdisciplinary Management of Prematurity	Midwestern State University & March of Dimes	Wichita Falls, TX	6.5
October 11-13 2013	Lamaze International 2013 Annual Conference	Lamaze International	New Orleans, MO	2.5
September 3, 2013	Culturally Competent Nursing Care: Cornerstone of Caring	Office of Minority Health	Online	9
September 26/27, 2013	TSAHP Annual Conference	Texas Society of Allied Healthcare Providers	San Marcos, TX	4
May 3/5, 2013	US Lactation Consultant Association Conference	USLCA	St. Louis, MO	11.5
March 11/12, 2013	Developing Educational Experiences for an Evolving Health System	Association for Prevention Teaching & Research	Washington, DC	9.75
January 14, 2013	Pregnancy Physiology CE Module Reviewer	National Certification Corporation	Online	10
November 30, 2012	Approved Provider Workshop	Texas Nurses Association	Austin, TX	7

November 9, 2012	Advances in Prevention and Management of Premature Labor, PIH & Gestational Diabetes	Midwestern State University	Wichita Falls TX	3.75
September 28, 2012	Texas Society of Allied Health Professions Conference	TSAP	San Antonio, TX	3.5
August 23, 2012	Neonatal Resuscitation Program	American Heart Association	Online	8
August 24, 2012	Developing Critical Thinking Test Items	Elsevier	Wichita Falls TX	4.83
August 14, 2012	Desire2Learn Training	Midwestern State University	Wichita Falls TX	6
April 9, 2012	Understanding Emotions	Institute for Natural Resources	Online	3
January 26, 2011	Physiology of Lactation (Self Assessment Author)	National Certification Corporation	Online	10
January 26, 2012	Food Addictions, Overeating, Mood Swings	Institute for Natural Resources	Abilene, TX	6
January 17, 2012	International Code in Everyday Practice	International Lactation Consultants Association	Online	2.0
December 20, 2011	Oxytocin as a High-Alert Medication: Perinatal Patient Safety	Wolters Kluwer/Lippincott Williams Wilkins	Online	2.5
June 2, 2011	Breastfeeding: Good Starts, Good Outcomes	Wolters Kluwer/Lippincott	Online	2
May 31, 2011	Global Online Lactation Conference	Health E-Learning	Online	16.5
May 9, 2011	Problems Maintaining Blood Sugar Levels	Contemporary Forums	Dublin, CA	1.25
January 4-5, 2011	Mosby's Faculty Development Institute	Contemporary Forums	Orlando, FL	13
November 18-20, 2010	AACN 2010 Baccalaureate Education Conference	American Assn..of Colleges of Nursing	Orlando, FL	9
October 1, 2010	18 th National Nursing Research Conference	VA North TX Health Care System	Dallas, TX	6
September 23-24, 2010	Promoting Excellence in Allied Health Education-Teaching and Research	Texas Society of Allied Health Professions	UT Pan American, Edinburg TX	3.5
August 3, 2010	Biological Perspective Initiating Breastfeeding	Lactation Education Resources	Online	2
July 21-25, 2010	2010 ILCA Conference	ILCA	San Antonio, TX	8

July 14-17, 2010	Nurse Educators Conference in the Rockies	Centennial AHEC CO Nurses Assn.	Breckenridge, CO	15.75
June 9, 2010	Cyclic Upheaval: PMS & PDD	Gannett Education	Falls Church, VA	1
April 5, 2010	Nursing Research Day	Midwestern State University	Wichita Falls TX	2.5
March 26, 2010	Teaching Strategies for Critical Thinking	Midwestern State University	Wichita Falls, TX	1
March 2, 2010	Lengthy Lactation Lightens Metabolic Syndrome Risk	Projects in Knowledge	Little Falls, NJ	.55
January 22, 2010	TNA Operational Requirements for CNE Approved Providers	Midwestern State University	Wichita Falls, TX	1
January 14, 2010	Making Breastfeeding the Norm: Social Marketing	School of Public Health, University of Albany	Online	2
December 7, 2009	Approved Provider Workshop	Texas Nurses Association	Austin, TX	7
November 3, 2009	Understanding the Role of Folic Acid in Preconception Care	School of Medicine, University of Virginia	Online	1
November 3, 2009	Pelvic Health: Optimizing Care	School of Medicine, Univ. of Virginia	Online	1
October 15, 2009	Cardiometabolic Risk Factors: Hitting Targets	School of Medicine, Univ. of Virginia	Online	1
October 15, 2009	Low Sexual Desire in Women: Breaking the Silence	School of Medicine, University of Virginia	Online	1
August 19, 2009	Insulin Therapy: Sooner than Later	Scherer Clinical Communications	Wichita Falls TX	1.5
August 11, 2009	Breastfeeding Grand Rounds 2009: Breastfeeding: A Vital Emergency Response	School of Public Health, University of Albany	Online	2.4

Out of Class Work with Students:

Every year	Work with SNA on Hotter 'N Hell First Aid Station
Every year	Sikes Lake Cleanup as Service Learning in Community Nursing
2020	Campus Community Garden with 2 honor students in Community Nursing
2019	Mentor & Co-investigator for Undergraduate Student
2019	Study subject for 3 Exercise Physiology students (1 hour/day for 4 weeks)
2013 – 2021	Mentor for Introduction to Nursing students (5 / year)
2016 - 2017	Mentor for Research and Dissertation – Graduate Nursing student in India
2015 –2016	Mentor for Clinical Decision Making students