

Catherine A. Pankonien, DNP, RNC-NIC

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EDUCATION

- D.N.P. **Doctor of Nursing Practice, Chatham University**, December 2016
Pittsburgh, PA
Doctoral Project: Educating EMTs to Reduce Burnout
- M.S.N. **Master of Science in Nursing Education, South University**, July 2014
Savannah, GA
Master's Thesis: Nurses Coping with Perinatal Loss
Honors/Awards: Honor Roll
- B.S.N. **Bachelor of Science in Nursing, Midwestern State University**, May 2003
Wichita Falls, TX
Honors/Awards: Various Academic Scholarships

LICENSURE

Registered Nurse, Texas Board of Nursing since 2003

CERTIFICATIONS

Neonatal Intensive Care, NCC, since 2009

AREAS OF SPECIALIZATION

- 11 years Registered Nurse experience in Labor and Delivery, Pediatrics, and NICU, experience includes: assessing patients, providing neonatal resuscitation as required, providing oxygen therapy as required, gavage feedings, administration of PPN, lipids, IV fluids, narcotics, oral medications, antibiotics
- Charge Nurse in Labor and Delivery, NICU, Post-partum, and Pediatric areas assigning patient care to nurses of varying degrees, caring for patients, staffing the unit appropriately
- Instructor for Neonatal Resuscitation Program
- Evidence-based practice projects and course coordinator/developer: planning and implementing evidence in the clinical setting
- Pathophysiology: course coordinator and developer for both undergraduate and graduate level pathophysiology courses

- Implementing evidence/teaching coping skills to First Responders to reduce stress and anxiety in work and personal lives.

PROFESSIONAL EXPERIENCE

Teaching Experience

Assistant Professor, Wilson School of Nursing, MSU

AY 2023-2024

Graduate Programs Coordinator, Fundamentals of Nursing and lab co-instructor, Concepts of Pharmacology, Pharmacology in Nursing Practice

AY 2022-2023

Graduate Programs Coordinator, Fundamentals of Nursing and lab co-instructor, Concepts of Pediatric Nursing Care

AY 2021-2022

Graduate Programs Coordinator, Course coordinator and instructor for Advanced Pathophysiology and Evidence-based Practice I & II; Fundamentals of Nursing co-instructor, instructor of Clinical Judgement & Reasoning

AY 2020-2021

Graduate Programs Coordinator: Course coordinator and instructor for Advanced Pathophysiology and Evidence-based Practice I & II.

AY 2019-2020

Graduate Programs Coordinator: course coordinator for Advanced Pathophysiology and Evidence-based Practice 1 & II

AY 2018-2019

Graduate Programs Coordinator: course coordinator/instructor for undergraduate Leadership in Nursing, course instructor Pediatric Nursing Care, course instructor Concepts in Pediatric Nursing Care, course instructor Concepts of Leadership in Nursing

AY 2017-2018

Graduate Programs Coordinator: course coordinator/instructor for Evidence-based Practice II & III; course coordinator/instructor Advanced Pathophysiology

AY 2016-2017

Program Coordinator: RN Transition Program.
 Online RN-BSN Transitions to the BSN Role
 Online RN-BSN Pathophysiologic Processes
 Online RN-BSN Population Focused Community Health Nursing
 Online RN-BSN Ethics in Healthcare
 Pediatric Nursing and Clinical Course Coordinator

RN Transition courses: Foundations of Pathophysiologic Process and Transitions to the BSN Role; Ethics in Healthcare and Population Focused Community Healthcare

Pediatric Nursing Care. Clinical coordinator and Course Coordinator. Assisted United Way and Wichita County Public Health in implementing 5-2-1-0=8 Goes to School in Burkburnett ISD, WFISD, and Notre Dame Catholic School.

AY 2015-2016

Pediatric Nursing Care. Clinical coordinator and Course Coordinator. Assisted United Way and Wichita County Public Health in implementing 5-2-1-0=8 Goes to School in Burkburnett ISD.

Online RN-BSN Foundations in Pathophysiologic Processes.

Pediatric Nursing Care. Clinical coordinator and Course Coordinator. Assisted United Way and Wichita County Public Health in implementing 5-2-1-0=8 Goes to School in Burkburnett ISD, WFISD, and Notre Dame Catholic School.

Online RN-BSN Foundations in Population Health.

Clinical instructor in the Accelerated Nursing Program for the Maternal Child Course and Pediatric Nursing courses.

AY 2014-2015

Health Assessment, clinical instructor for Fundamentals of Nursing; Theories & Concepts in Pharmacology.

Pediatric Nursing Care. Clinical coordinator and Course Coordinator. Assisted United Way and Wichita County Public Health in implementing 5-2-1-0=8 Goes to School in Burkburnett ISD.

Clinical instructor in the Accelerated Nursing Program for the Maternal Child Course and Pediatric Nursing courses. Coordinated education courses for Maternal Child Health at the YMCA.

Clinical Experience

BSN Nurse Educator, MSU Regional Simulation Center

Aug. 2013-Aug. 2014

Responsibilities included teaching in various classes, including Health Assessment, Fundamentals of Nursing, Family Health, Pediatrics, Clinical Decision Making, and

Maternal Child Health; running hi-fidelity simulators and debriefing students after the clinical experience.

Nursery Charge Nurse, United Regional Healthcare

Feb. 2005-Aug. 2013

Responsibilities included patient assignments, attending deliveries, stabilizing infants according to NRP guidelines, medication administration, infant feeds including oral and tube feedings, patient education and assistance with breastfeeding, NG and OG placement, IV placement, PPN and lipid administration, central line care and maintenance, oxygen therapy via nasal cannula, High flow, ventilator and nasal CPAP, incubator humidification and maintenance, lab draws from heel prick, venipuncture and central lines.

Staff Nurse, United Regional Healthcare

June 2003-Feb. 2005

Responsibilities include triaging patients, answering phones, vaginal exams, electronic fetal monitoring, IV insertion/placement, medication administration, Pitocin induction and augmentation of labor, Amniotomy, Cesarean section circulating, abdominal preparation for surgery, surgical scrub, computerized charting.

Management Experience

Legal Assistant, Bret Hanes and Tim Kramer, Attorneys

May 2002-June 2003

Responsibilities included scheduling appointments and court hearings, preparation of legal documents, filing of court documents, notarization of legal documents, preparation of account filings.

Office Manager, Dr. Chris Swanson, O.D.

Oct. 2000-May 2002

Responsibilities included admitting patients, basic cranial nerve testing, scheduling, contact lens fittings, patient education regarding contact lens wear and care, insurance billing and collections.

PRESENTATION AND PUBLICATIONS

Published: April 2023. The impact of a role-play patient simulation on nursing students as measured by the comprehensive state empathy scale. *Teaching and Learning in Nursing* 18(e79-e83).

Published: May 2022. Anxiety: An invisible complication of pregnancy. *Infant* 18(3).

Published: March, 2022. Helping perinatal nurses cope with patient death. *Infant* 18(2).

Published: May, 2020. Neonatal intensive care unit communication /collaboration among nursing and allied health students. *Journal of Interdisciplinary Sciences* 4(1). ISSN: 2594-3405

Published: March 2020. Relieving paternal stress in the NICU. *Infant* 16(2).

Invited speaker, Behavioral Health- It's Academic: Putting the Pieces Together. May, 2019
Effects of Opioids on Fetal/Infant Development

Invited speaker, 46th Global Nursing and Healthcare conference October 2018 Las Vegas, NV: "The Ethical Dilemma of Managing the Care of the Aging Population"
"Educating Emergency Medical Technicians to Reduce Stress and Burnout"
"Integrating Evidence-based Practice into Nursing Education"

Published abstract in Proceedings of 46th Global Nursing & Healthcare October 2018
Advanced Practices in Nursing (3): ISSN: 2573-4571

Invited Speaker, Ethics of Aging in Healthcare workshop March 2018 at Vernon College, Wichita Falls, Texas

Poster Presenter, International Conference on Nursing Science & Practice: Educating EMTs to Decrease Stress and Burnout June 2017 Dallas, Texas

Invited Speaker, March of Dimes Conference: The Zika Challenge November 2016 at Midwestern State University, Wichita Falls, Texas

Invited Speaker, First Do No Harm: Interventions During Childbirth November 2015 at Midwestern State University, Wichita Falls, Texas

Invited Speaker, Born Too Soon: An Interdisciplinary Approach to Prevention and Management of Prematurity. November 2013 at Midwestern State University, Wichita Falls, Texas

REVIEWS

2023: Fundamentals of Nursing Made Incredibly Easy (in publication): Wolters Kluwer

2022: Relationship between Allied Health Student's Behavioral Style and Ideal Clinical Instructor Behaviors (in publication) *Internet Journal of Allied Health Sciences and Practice*.

2020: Porth's Pathophysiology: Concepts of Altered Health States (10th edition). Wolters Kluwer

2019: Pediatric Nursing: A Case-based Approach by Catherine Tagher and Lisa Knapp. Wolters Kluwer

2018: Essentials of Pediatric Nursing, 3rd edition by Terri Kyle and Susan Carman. Lippincott Williams and Wilkins

2018: Pediatric Nursing: Providing Safe Care in Multiple Clinical Settings. Jones & Bartlett

2018 (April): National Organization of Nurse Practitioner Faculty Abstract Reviewer

GRANTS

2019: HRSA ANEW MUSTANGS grant recipient. \$2.6 million over four years to increase training for primary care FNP students in telehealth and rural/underserved communities

2022: HRSA Health and Public Safety Workforce Training Resiliency Program. \$2.3 million over 3 years to train first responders and healthcare workers in resiliency to decrease burnout and increase support and coping skills

CONFERENCES

2023: Critical Incident Stress Management trainings for first responders and healthcare personnel from all over Texas, along with participants from Oklahoma, California, and Kansas. The training aids in building response teams. Teams respond to critical incidents to support the providers after traumatic events. Coordinated the training and all promotions and registrations. Funding was provided by the HRSA Health and Public Safety Workforce Training Resiliency Program. Courses hosted include Assisting Individuals in Crisis, Group Crisis Intervention, and the Secrets of Psychological Body Armor.

2022: Emotional Trauma Life Support: Grief Support and Death Notification workshop included how to make a death notification as well as how to cope with the disenfranchised grief that first responders and healthcare providers suffer. Coordinated the training and all promotions and registrations. Funding was provided by the HRSA Health and Public Safety Workforce Training Resiliency Program.

2022: Emotional Trauma Life Support: Trauma Support for Responders and Providers workshop offered to first responders and healthcare workers to aid in the recognition of stressors in self and others. The training included guidance on how to cope and where to find further help to build resiliency. Coordinated the training and all promotions and registrations. Funding was provided by the HRSA Health and Public Safety Workforce Training Resiliency Program.

2019: Behavioral Health- It's Academic: Putting the Pieces Together conference offered to health science students, healthcare workers, and first responders. Topics included the opioid crisis, PTSD, depression, and addiction. Coordinated the training, all promotions, speakers, and registrations. Funding was provided by the HRSA ANEW MUSTANGS grant.

SKILLS

Instructor of Neonatal Resuscitation Program
Provider of Neonatal Resuscitation
Provider of S.T.A.B.L.E.
Provider of BLS

COMMITTEES

Wilson School of Nursing

- Student Nurses Association Faculty Advisor August 2014-2017
- Member of Undergraduate Curriculum & Standards August 2018-present
- Member of the Graduate Curriculum & Standards August 2017-present
- Chair of Search Committee for Graduate Faculty position 3 times (4 positions) (2021)
- Member of the WSON Leadership Committee August 2016-2020
- Chair of the Faculty Affairs Committee August 2018-2019
- Member of the Student Affairs Committee August 2017-2021
- Chair of Faculty Search Committee for Undergraduate positions (1 position) 2022

University

- Member of Graduate Council August 2017-present
- Attend and Participate in the biannual Senior Walk (May & December)
- Attended and Participate in Commencement in each December and May
- Member of the search committee for Athletic Training/exercise Physiology Department Chair
- Member of Institutional Review Board August 2018-Fall 2020
- Member of the Interdisciplinary Committee in Gunn Health Sciences and Human Services 2017-present
- Who's Who Among University Students committee member 2020-present
- Library committee member 2020-present
- Member of Gunn Health Sciences & Human Services Appeals committee 2020
- CPR class coordinator for Gunn Health Sciences & Human Services 2020-present

Community

- Volunteer for Wichita County Health and Human Services through 5-2-1-0=8 Health Promotion Program in WFISD
- Nursing Leadership Scientific Conference Organizing Committee Member, Nov. 2018
- Moderator of the day 2 sessions at the 46th Global Nursing and Healthcare conference. Las Vegas, NV October 2018

- Wichita Falls Wichita County Health Coalition member 2015 to present

SERVICE

- Assist with meal preparation and service at Our Redeemer Lutheran Church on Wednesday evening prior to Midweek services and activities 2015 to present
- Volunteer for meal preparation and service at Our Redeemer Lutheran Church Vacation Bible School each summer serving 150-200 people from the community each day
- Read to first and second grade students weekly at Wichita Christian School 2016-2018
- Blood donor at Oklahoma Blood Institute since 2007
- Hotter than Hell Hundred rest stop volunteer with Student Nurses Association 2015-present