

## Curriculum Vitae

September Nelson MS, RN, CNL  
Director, LRC & Instructor  
School of Nursing  
University of Portland  
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### **LICENSURE & CERTIFICATION**

Registered Nurse Licensure Oregon 200542782RN  
AACN Clinical Nurse Leader  
AHA Healthcare Provider CPR/AED Basic Life Support

### **EDUCATION**

Current            University of Colorado – Anschutz Medical Campus  
                         PhD Candidate, Nursing - Health Care Systems

2008    MS            University of Portland  
                         Master of Science, Clinical Nurse Leader  
                         Scholarly Project: Interdisciplinary collaboration to improve consistency of patient  
                         education in order to decrease length of stay and improve patient satisfaction.

1997    MS            University of Oregon  
                         Masters of Science, Exercise and Movement Science

1993    BS            Pepperdine University  
                         Bachelor of Science, Sports Medicine

### **TEACHING AND PROFESSIONAL EXPERIENCE**

05/10-present    Instructor, School of Nursing  
                         University of Portland  
                         Portland, Oregon

                         Courses Taught:

                         NRS 312    Introduction to Professional Nursing Practice: Didactic and Lab

                         NRS 313    Pathophysiology

                         NRS 322    Adult and Elder Health Labs: IV management, Wound and Ostomy Care

                         NRS 421    Adult and Elder Health II Labs: Advanced Airway Management and Tubes  
                         Review

                         NRS 401    Preparation for Reentry to Clinical Practice

                         NRS 500    Statistical and Quantitative Analysis

05/10-present    Director: Learning Resource Center (LRC), Instructor  
                         School of Nursing  
                         University of Portland  
                         Portland, Oregon

                         Duties

- Manage LRC operations, staff, and budget.

- Assist Simulation Manager to design, implement and evaluate simulations across the undergraduate and graduate curriculum to support clinical learning and assessment in partnership with faculty, supporting the core competencies of the school of nursing (SON).
- Responsible for the ongoing development and maintenance of the academic clinical teaching/learning environment for community partners, faculty, and students.
- Participate as presenter in all Dedicated Education Unit orientation/training workshops.
- Collaborate with lead faculty and LRC instructors to develop, implement, and evaluate the cognitive, psychomotor, and affective clinical skills acquisition for undergraduate and graduate students.
- Serve as a resource to faculty, assisting students with specified learning needs.
- Curriculum committee member. CNL Curriculum sub-committee member

04/09-06/10 Clinical Nurse Leader: Orthopedics and Neuroscience Unit  
 Providence Portland Medical Center  
 Portland, Oregon

Duties

- Facilitate Ortho/Neuro Partnership Council. This interdisciplinary team works to improve quality of patient care through collaboration and implementation of evidence based guidelines.
- Provide case management for complex patients, especially those with a long length of stay. Advocate for the patient through communication between providers and facilitating interdisciplinary communication. Provide a consistent contact for the patient and family as direct care nurses change.
- Provide training in collaboration with our unit educator. Examples include PAPR (positive air pressure respirator) use, safe patient handling (lifts and other devices), electronic charting, amiodarone administration safety, infection prevention.
- Contributor to multiple practice guidelines and policies including Respiratory Protection, Bariatric Patient Care, Falls Prevention, Patient Rounding, Nosocomial Urinary Tract Infection Prevention.
- Monitor nursing sensitive quality indicators for Ortho and Neuro units, assess for trends, and intervene as needed with a focus on proactive interventions.
- Assist with a Providence Stroke Center NIH funded research project.
- Serve as a resource to direct care nurses including patient care, 'just in time' education, collect data/resources, smooth processes, ensure nurses have what they need and their environment is conducive to productivity and ease of work flow.
- Utilize motivational interviewing techniques to encourage and support organizational and practice change among nurses and other teammates.

01/06-04/09 Direct Care RN: Neuroscience, Orthopedics, Float Pool, IV Therapy  
 Providence Portland Medical Center  
 Portland, Oregon

Duties:

- Perform ongoing assessment of individual patient; administer appropriate medications and therapies based on written order and clinical judgment.

- Analyze patient data and intervene appropriately with understanding of cognitive, physical, emotional, psychosocial, spiritual, and chronological maturation process.
- Prioritize care for continually changing patient situations and nursing needs.
- Demonstrate flexibility and adaptation in working in a wide variety of nursing units including serving as a resource for all medical surgical units in PPMC.
- Participate in professional development including continued training and participation in practice committees.
- Contribute to development of a new model of care for a newly designed environment of care – based on patient centered care and supporting the nurse at the bedside.
- Coordinate patient health care activities with other members of the health care team through collegial relationships.
- Perform duties in a manner that supports team concept, caring and respect.
- Serve as a clinical instructor for University of Portland Nursing Students, developing individualized learning plans, supporting learning, and evaluating progress.

2003-2004      Women’s Health Coordinator  
                      YWCA  
                      Salem, Oregon

Duties

- Used Motivational Interviewing techniques, Stages of Change theory and adult education theory to encourage women to obtain cancer screenings, perform self breast exams, and make behavior changes to reduce risk for developing disease.
- Recruited and engaged clients through telephonic health coaching to obtain cancer screenings in collaboration with the Marion County Breast and Cervical Cancer Screening Program.
- Developed and maintained secure database of client contact information and test results for follow up care.
- Successfully obtained Komen grant to fund program. Managed budget and billing statements.

2000-2001      Health and Safety Manager, Region 2  
                      Oregon Dept. of Transportation  
                      Salem, Oregon

Duties:

- Managed program to reduce incidence of illness and injury through education and counseling regarding behavior choices, hazard identification, safety procedures, and policies and procedures.
- Managed workers compensation claims in cooperation with SAIF, treating physicians, ODOT managers, and employees.
- Provided consultative services to managers, employees and union representatives regarding laws, rules, and health guidelines.
- Provide leadership on statewide safety and health issues through participation in Statewide Safety Team.

1998-2003      Health Promotion Specialist, Faculty  
                      School of Nursing – Corporate Health Services

Oregon Health Sciences University  
Portland, Oregon

Duties:

- Developed and implemented comprehensive wellness program for 500+ employees of the Oregon Dept. of Transportation, Region 2.
- Expanded program to cover a total of 4 regions. Hired and managed other Health Promotion Specialists to implement programs.
- Developed and implemented and evaluated program goals, objectives and timelines based on data from SAIF, PEBB, ODOT, and current literature focusing on disease and injury prevention to reduce sick leave, work related injury, and health care utilization.
- Established, monitored, evaluated and communicated program success indicators.
- Recruited and engaged employees in telephonic and interpersonal health coaching.
- Used Motivational Interviewing techniques to provide individual, appropriate, and effective health coaching to employees in order to achieve behavior change goals, reduce risk and manage disease through positive, non-threatening encounters. Topics included smoking cessation, diabetes control, blood pressure management, coronary heart disease, eating patterns, exercise patterns, depression and stress management.
- Provided education based on adult learning theory regarding varied health related topics including self-care, prevention, early detection of disease, and disease management through verbal and written communications.

**PUBLICATIONS**

- Nelson, S. T., & Flynn, L. (2015). Relationship between missed care and urinary tract infections in nursing homes. *Geriatric Nursing*, 36(2), 126-130.
- Nelson, S. T. and Woo, T. M. (2013). Lateral integration. In C. R. King and S. O. Gerard (Eds.), *Clinical nurse leader certification review* (pp. 45-50). New York: Springer Publishing Company
- Nelson, September (1997). Steroid use in adolescents. *Sport and Wellness on the Web*, 5(1) accessed from [https://scholarsbank.uoregon.edu/xmlui/bitstream/handle/1794/660/SW\\_Vol4No1-Vol5No2.pdf?sequence=1&isAllowed=y](https://scholarsbank.uoregon.edu/xmlui/bitstream/handle/1794/660/SW_Vol4No1-Vol5No2.pdf?sequence=1&isAllowed=y)
- Nelson, September (1997). The piriformis syndrome. *Sport and Wellness on the Web*, 4(3) accessed from [https://scholarsbank.uoregon.edu/xmlui/bitstream/handle/1794/660/SW\\_Vol4No1-Vol5No2.pdf?sequence=1&isAllowed=y](https://scholarsbank.uoregon.edu/xmlui/bitstream/handle/1794/660/SW_Vol4No1-Vol5No2.pdf?sequence=1&isAllowed=y)
- Nelson, September (1997). Calcium absorption: A critical process in maintaining healthy bones. *Sport and Wellness on the Web*, 4(2) accessed from [https://scholarsbank.uoregon.edu/xmlui/bitstream/handle/1794/660/SW\\_Vol4No1-Vol5No2.pdf?sequence=1&isAllowed=y](https://scholarsbank.uoregon.edu/xmlui/bitstream/handle/1794/660/SW_Vol4No1-Vol5No2.pdf?sequence=1&isAllowed=y)
- Feltner, M. E. and Nelson, S. T. (1996). Three-dimensional kinematics of the throwing arm during a penalty throw in water polo. *Journal of Applied Biomechanics*, 12(3) 359-382.

- Nelson, S. T. and Feltner, M. E. (1993). Three-dimensional kinetics of the throwing arm during a penalty throw in waterpolo. Medicine and Science in Sport and Exercise, 25(5), S196.

## PRESENTATIONS

- Nelson, S.T. (2015, April). *Relationship between missed care and urinary tract infections in nursing home residents*. Podium presentation, 2015 Western Institute of Nursing Annual Conference, Albuquerque, NM.
- Nelson, S.T. (2013, April). *Predicting patient satisfaction using the nursing organization and outcomes model*. Poster session presented at the 2013 Western Institute of Nursing Annual Conference, Anaheim, CA.
- Nelson, S.T. (2013, January). *Advancing your CNL degree*. Panel discussion presented at the 2013 AACN CNL Summit, New Orleans, LA.
- Nelson, S.T. (2011, January). *CNL led partnership and innovation*. Poster session presented at the American Association of Colleges of Nursing Clinical Nurse Leader Symposium, Miami, FL.
- Nelson, S.T. (2008, January). *Second degree nurses: richly prepared clinical nurse leaders*. Poster session presented at the American Association of Colleges of Nursing Clinical Nurse Leader Symposium, Tucson AZ.
- Feltner, M.E. and Nelson, S.T. (1996). Three-dimensional kinematics of the throwing arm during a penalty throw in water polo. Journal of Applied Biomechanics, 12(3) 359-382.
- Nelson, S.T. and Feltner, M.E. (1993). Three-dimensional kinetics of the throwing arm during a penalty throw in waterpolo. Medicine and Science in Sport and Exercise, 25(5), S196.

## School Service.

- Member, Curriculum Committee, August 2010 - December 2014.

## University Service.

- Local Chapter Board Member, Sigma Theta Tau, September 2015 - Present.
- Faculty Volunteer, Fields Hall Fellow, January 2014 - Present.
- School of Nursing Representative, UCCC-AC, September 2013 - Present.

## Professional Service.

- Peer Reviewer, Geriatric Nursing Journal, April 2015 - January 2016.

## Professional Affiliations.

- Sigma Theta Tau, January 2015 - Present.
- Western Institute of Nursing, February 2014 - Present.

#### Professional Development Participation.

- AACN Clinical Nurse Leader Research Symposium and CNL Summit. Long Beach, CA. January 2016.
- Learner-Centered Teaching & Learner Assessment. University of Portland, Portland, OR. Fall 2016.
- Evolving Nursing Education Science and Nurse Educator Roles. University of Colorado, Aurora, CO. Summer 2015.
- Western Institute of Nursing – Annual Conference. Albuquerque, NM. April 2015.
- Western Institute of Nursing - Annual Conference. Seattle, WA. April 2014.
- Sequoia Group. University of Portland. December 2013.
- Western Institute of Nursing - Annual Conference. Anaheim, CA. April 2013.
- AACN CNL Summit. New Orleans, LA. January 2013.