

## **SANDRA PADDOCK, DNP, APRN, CNP, FNP-BC, CME, PHN**

### **EDUCATION**

St. Catherine University, St. Paul, MN <b>Doctor of Nursing Practice</b> System Change Project: Expansion of the Nurse Practitioner Role in Employee Health	<b>2014</b>
Winona State University, Winona, MN <b>Post Master's Certificate-Family Nurse Practitioner</b>	<b>2009</b>
Winona State University, Winona, MN <b>Master of Science</b> Nursing Education Thesis: The Effect of Age and Co-morbidity and the Use of Routine versus Non-routine Discharge Planning	<b>2003</b>
University of Minnesota, Minneapolis, MN <b>Teacher's Education Sequence for Vocational Teaching Licensure</b>	<b>2001</b>
Winona State University, Winona, MN <b>Bachelor of Science</b> Major: Nursing Minor: Psychology	<b>1997</b>
Inver Hills Community College, Inver Grove Heights, MN <b>Associate Degree</b> Nursing	<b>1991</b>
South Central College, Faribault, MN <b>Diploma</b> Practical Nursing	<b>1982</b>

### **AWARDS**

<b>Overall Nursing Research Award, St. Cloud Hospital</b>	<b>2015</b>
Summa Cum Laude, <i>Winona State University</i>	<b>2003</b>
Instructor of the Year, <i>South Central College</i>	<b>2003</b>
Outstanding Alumni, <i>South Central College</i>	<b>2000</b>
Summa Cum Laude, <i>Winona State University</i>	<b>1997</b>
Judith Kopper Memorial Scholarship, <i>Winona State University</i>	<b>1997</b>

**TEACHING EXPERIENCE**

Winona State University, Rochester, MN

**Associate Professor, Graduate Nursing Program****2015 - Present**

Didactic courses: Advanced Health Promotion, Learning about Teaching: Application of Nursing Education Evidence for Practice, Primary Care of the Adult & Gerontologic Client II. Clinical courses: Advanced Health Promotion, Primary Care Clinical I & II. Serve as committee member on Thesis and Scholarly Projects, provide advising for graduate nursing students. Serve on university wide IRB committee.

South Central College, Faribault, MN

**Associate Degree Nursing Faculty****2008 - 2010**

Responsible for assessment of learners, development of syllabus and teaching plans, utilizing a variety of teaching strategies, and evaluation of student learning. Provided supervision of students in clinical settings, and advised nursing and pre-nursing students.

South Central College, Faribault, MN

**Director of Nursing****2005 - 2008**

Provide leadership and administrative support to the college-wide nursing department. Internal responsibilities included: Planning, budgeting, hiring and mentoring new faculty, and facilitation of the learning experiences for students. External responsibilities included: Integration of regulatory agency directives, development of health industry partnerships, and serve as a liaison between regional, state and national nursing agencies.

South Central College, Faribault, MN

**Interim Director of Nursing****2004 - 2005**

Provide leadership and administrative support to the college-wide nursing department.

South Central College, Faribault, MN

**Practical Nursing Faculty****1999 - 2004**

Responsible for assessment of learners, development of syllabus and teaching plans, utilization of a variety of teaching strategies, and evaluation of student learning. Provided supervision of students in clinical settings, and advised nursing and pre-nursing students.

South Central College, Faribault, MN

**Basic Nursing Instructor, Adjunct Clinical Instructor****2011, 1998, 1991**

Supervision and evaluation of student performance in classroom and clinical settings.

**ADVANCE PRACTICE NURSING EXPERIENCE**

St. Cloud Hospital Employee Health, St. Cloud, MN

**Family Nurse Practitioner, Employee Health Specialist**

**August 2011 – Present**

Provide leadership for clinic staff. Provide assessment, diagnosis and treatment for hospital employees presenting with acute care concerns or work-related injuries. Determine candidates' eligibility to perform job functions. Provide medical evaluation for DOT drivers. Develop surveillance plans for employee exposures. Devise wellness initiatives. Revise department protocols and policies using evidence-base guidelines. Demonstrate knowledge of worker's compensation processes and employment laws.

Richie Eye Clinic, Faribault, MN

**Family Nurse Practitioner**

**July 2018 – Present**

Provide preoperative assessment for patients undergoing ophthalmic procedures. Order and interpret lab and diagnostic studies. Determine if patients are optimized for surgery. Provide health education, and referral to primary care provider as necessary.

Hawthorne Health Clinic

**Volunteer Family Nurse Practitioner**

**Sept 2017 – June 2018**

Provide assessment, diagnosis and treatment for acute and chronic health conditions for adults. Provide health education and referral to local health resources as needed.

MHM Health Professionals

**Family Nurse Practitioner**

**Oct 2017 – April 2018**

Provide assessment, diagnosis and treatment to incarcerated adult male offenders presenting with acute or chronic health concerns. Order and interpret lab and diagnostic studies. Provide health education, and referral to other health care professionals as necessary. Follow Department of Corrections policies and procedures.

Waseca Urgent Care – Mayo Health System, Waseca MN

**Family Nurse Practitioner**

**January – March 2016**

Provide assessment, diagnosis and treatment for acute care conditions across the lifespan in fast paced rural setting.

Owatonna Clinic – Mayo Health System, Owatonna MN

**Family Nurse Practitioner, Internal Medicine Department**

**August 2010 – July 2011**

Obtain comprehensive health histories, provide physical exams, follow preventative health screening recommendations, and manage acute and chronic health conditions for adult patients. Order and interpret lab and diagnostic studies, and select appropriate treatment options, and provide health education to promote health and well-being.

Carleton College Wellness Center, Northfield, MN

**Family Nurse Practitioner**

**January – June 2010**

Assessment, diagnosis and treatment of acute care concerns for young adults. Provide health education, counseling and referral to other health care professionals and community resources as needed.

Minute Clinic, Lakeville, MN

**Family Nurse Practitioner**

**Nov 2009 – March 2010**

Provide health screening. Provide assessment, diagnosis and treatment for acute health concerns across the lifespan. Provide health education and referral to community resources.

**PROFESSIONAL NURSING EXPERIENCE**

Intensive Care Unit, Medical Surgical Unit, District One Hospital, Faribault, MN

**Registered Nurse and Charge Nurse (Casual Part Time)**

**2008 – 2010**

Provide prompt comprehensive assessment of patients. Formulation of individualized nursing diagnosis and plan of care. Administration of medication, and performance of treatments and procedures. Evaluation of nursing care provided. Use of critical thinking, prioritization of patient cares and concise documentation. Collaboration with other members of the multidisciplinary team. Interpretation of cardiac rhythms and rapid intervention as needed. Supervision of staff nurses.

Cardiac Rehabilitation Unit, District One Hospital, Faribault, MN

**Registered Nurse**

**1997 – 2005, 2008 – 2010**

Client assessment before, during and after exercise therapy. Titration of exercise protocol based on client tolerance. Interpretation of cardiac rhythms. Measurement and interpretation of vital signs in relation to exercise therapy. Client education on exercise equipment, diet, exercise, motivation, and self-esteem.

Intensive Care Unit, Medical Surgical Unit, District One Hospital, Faribault, MN

**Registered Nurse and Charge Nurse**

**1991 – 2005**

Provide prompt comprehensive assessment of patients. Formulation of individualized nursing diagnosis and plan of care. Administration of medication, and performance of treatments and procedures. Evaluation of nursing care provided. Use of critical thinking, prioritization of patient cares and concise documentation. Collaboration with other members of the multidisciplinary team. Interpretation of cardiac rhythms and rapid intervention as needed. Supervision of staff nurses.

## ADDITIONAL NURSING EXPERIENCE

Medical Surgical Unit, Fairview Ridges Hospital, Burnsville, MN

### Licensed Practical Nurse

1990 - 1991

Responsible for patient observation, medication administration, performance of treatments, assistance with activities of daily living, and patient education.

St. Lucas Care Center, Faribault, MN

### Licensed Practical Nurse

1982 - 1990

Responsible for patient observation, medication administration, performance of treatments, and assistance with activities of daily living. Supervision of licensed and unlicensed personnel.

## PROFESSIONAL PRESENTATIONS

Meiers, S.J., **Paddock, S.**, Dowat, K., & Deppa, B. "Incorporating clinical prevention and population health methods within the Doctor of Nursing Practice (DNP) curriculum: The Winona State University experience". American Association of Colleges of Nursing Doctoral Education Conference, Coronada, CA. 2017

**Paddock, S.**, Langer, K., Steele, D., Valen, M., & Schnepfer, L. "Overwhelmed with Chairing DNP Projects? Learn the Successful Strategy of Group DNP Projects." National Organization of Nurse Practitioner Faculties, Poster 2017

**Paddock, S.**, Swartwout, K., & Swider, S. "Integrating Population Health into the Nurse Practitioner Curriculum to Impact Care Outcomes". American Association of Colleges of Nursing, Webinar 2017

**Paddock, S.** "Expansion of the Nurse Practitioner Role in Employee Health". St. Cloud Hospital, St. Cloud, MN 2015

**Paddock, S.** "Expansion of the Nurse Practitioner Role in Employee Health". St. Catherine University, St. Paul, MN 2014

**Nichols, S.** "Physiological Effects of Smoking". District One Hospital, Faribault, MN 2000

**Nichols, S.** "Health Care Opportunities". Skilled Nursing Facilities in Rice County, MN 2000

**Nichols, S.** "Coronary Artery Disease". Faribault High School, Faribault, MN 1998

**Nichols, S.** "Heart Rhythms and Telemetry Monitoring". District One Hospital, Faribault, MN 1997

**Nichols, S.** "Hazards of Illegal Drugs". Faribault High School, Faribault, MN 1996

**Nichols, S.** "Dangers of Smoking". Washington Elementary School, Faribault, MN 1994

**PROFESSIONAL MEMBERSHIPS**

MNNP	2018 - Present
STTI	2017-Present
NONPF	2015 – Present
AANP	2014 – Present
AANP	2010 – 2011
ACNP	2010 – 2011
MNPN/MNAD Directors	2004 – 2008
MNA	1991 – 1999

**LICENSURE AND CERTIFICATIONS**

Quality Matters Course Certification NURS 612	
National Registry of Certified Medical Examiners	Expires 1/2024
National Provider Identifier	
Family Nurse Practitioner – Board Certified (ANCC)	Expires 9/2019
Minnesota Certified Nurse Practitioner	Expires 5/2019
Basic Life Support	Expires 12/2019
Drug Enforcement Agency Number	Expires 3/2021
Minnesota Registered Nurse	Expires 5/2019
Smoking Cessation Facilitator	
Minnesota Public Health Nurse	

**GRANT APPLICATIONS**

Nurse Practitioner Health Foundation Astellas Heart Health Award (not funded)	2018
HRSA Advanced Nursing Education Workforce ([ANEW]; not funded)	2017

**COMMITTEE MEMBERSHIPS**

Graduate Council	2018
Faculty Resource Scholarship Committee	2018
Caregiver Engagement, Rochester Boys and Girls Club	2018
Interview Committee, Graduate Nursing Faculty, Winona State University	2018
AGACNP and PCFNP Curriculum Review Committee	2017 – 2018
Bridges Health, Winona	2016 – Present
Interview Committee, Under Graduate Nursing Faculty, Winona State University	2017
Outstanding Alumni Award Selection Committee, South Central College	2017
Blood Borne Pathogens Committee, Winona State University	2016-2017
May Nursing Retreat Planning Committee, Winona State University	2016
Rochester Healthy Community Partnership	2016 – Present
Club Fit, Rochester Boys and Girls Club	2015 - Present
Nursing Faculty Organization, Winona State University	2015 – Present
Graduate Nursing Committee, Winona State University	2015 – Present
Graduate Nursing Curriculum Committee, Winona State University	2015 - Present
Institutional Review Board, Winona State University	2015 – Present
Professional Practice Day Planning Committee, Winona State University	2015
Infection Prevention and Control, St. Cloud Hospital	2011 – 2015
Wellness Committee, St. Cloud Hospital	2011, 2013 – 2015
Women's Health Day, Owatonna Clinic	2011
Wellness Committee, South Central College	2009 – 2010
Assessment Committee, South Central College	2005 – 2008
Safety Committee, South Central College	2005 – 2007
Academic Affairs and Student Council, South Central College	2004 – 2005
Re-licensure Committee, South Central College	2000 – 2004
Health Division Center Chair, South Central College	2002 – 2003
Pathway Documentation Initiative, District One Hospital	1999
Performance Improvement Re-admission Rate of CHF Patients, District One Hospital	1996

**COMMUNITY SERVICE**

Mayo High School Health Fair, Rochester, MN	2018
Volunteer, Hawthorne Health Clinic	2017
Donation Collection for Ruth's House, Faribault, MN	2016
Donation Collection for Breaking Free, St. Paul, MN	2016
Data Collection for HIF Grant, Mayo Clinic	2015 – 2016
Data collection for Rochester Boys and Girls Club Fit, Mayo Clinic	2015 – 2016
Volunteer, St. Cloud Hospital, St. Cloud, MN	2014 – 2015
Faculty Leader on 10 Day Global Health Mission Trip, Guatemala	2008
Building on Promise, Mentorship for High School Adolescents, Faribault, MN	2006 – 2007
Confirmation Guide, First English Lutheran Church, Faribault, MN	1995, 1997, 1999
Blood Pressure Screening, Jerome Foods, Faribault, MN	1996