

## CURRICULUM VITAE

**Sondra Heaston, MS, NP-C, CEN, CNE, CHSE, FAEN**

TITLE: Teaching Professor  
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 College of Nursing  
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**1. Education**

INSTITUTION AND LOCATION	DEGREE	MM/YYYY	FIELD OF STUDY
Brigham Young University	MS	08/2005	Nurse Practitioner
Weber State University	BS	06/1989	Nursing
Weber State University	ADN	06/1987	Nursing

**2. Professional Experience****Academic Positions**

INSTITUTION AND LOCATION	TITLE	YEARS OF SERVICE
Brigham Young University	Teaching Professor	2018-present
Brigham Young University	Associate Teaching Professor	2011-2018
Brigham Young University	Assistant Teaching Professor	2005-2011
Salt Lake Community College	Adjunct Faculty	2003-2005

### Professional Positions

INSTITUTION AND LOCATION	SPECIALTY/ROLE	YEARS OF SERVICE
Premier Family Medical Urgent Care	Nurse Practitioner	2012-present
ExpressMed Urgent Care Clinic	Nurse Practitioner	2009-2012
Intermountain Healthcare (ExpressCare Retail clinics)	Nurse Practitioner	2006-2012
Davis Hospital and Medical Center Emergency Department	Staff Registered Nurse	1986-2006
Emergency Nurses Inc.	Staff Registered Nurse Agency	1999-2006
Ogden Regional Medical Center Emergency Department	Staff Registered Nurse PRN	1996-1997
Davis County Sheriff's Dept. Ambulance	Critical Care Transport Registered Nurse	1993-1996
University of Utah Hospital Emergency Department	Staff Registered Nurse Per Diem	1991-1992

### 3. Citizenship Experience

INSTITUTION	TITLE/ROLE	YEARS OF SERVICE
<b>Professional Citizenship</b>		
Society for Simulation in Healthcare	Member	2019-present
Transcultural Nursing Society	Member	2012-present
National Student Nurses Association	Sustaining Member	2013, 2015
Society of Critical Care Medicine	Member	2009-2011
National League for Nursing	Member	2006-present

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Sigma Theta Tau International	Member	2006-present
American Association of Nurse Practitioners	Member	2005-present
Utah Nurse Practitioner Association	Member	2005-present
Emergency Nurses Association	Member	1990-present

**National:**

Volunteer at ENA Booth at the NSNA Conference for 3 days 2019, 2022

Appointed ENA Representative: Palliative Nursing Summit Steering Committee 2018-2019

National Annual Meeting Planning Committee 2014-2018

Wrote and presented a resolution entitled, "Healthcare Worker Fatigue" with Mona Kelley and Beth Broering 2012

National Nominations Committee 1998, 1999

Utah delegate to the National Conference 1994, 1996-2002, 2006-2009, 2011-2013, 2017, 2019, 2020, 2021(alternate), 2023

**State:**

Education Chair

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		2020 - present
	Advance Practice Chair	2018-2019
	Utah Membership Chair	2015-2018
	Utah Immediate Past President	2014
	Utah President	2012, 2013
	Utah Historian	2009, 2010
	Utah Student Nurse Liaison	2009-2011
	Utah Secretary/Treasurer	2006-2009
	Utah Immediate Past President	2000
	Utah President	1998-1999
	Utah Education Committee	1997-2000
	Utah President- Elect	1997
	<b><u>Chapter:</u></b>	
	Northern Utah Chapter President	1996
	Northern Utah Chapter President- Elect	1995
	Northern Utah Secretary/Treasurer	1994

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<b>University Citizenship</b>		
University Devotional	Invited Speaker	June 2015

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“Keeping Your Finger on the PULSE of Service”

BYU Professional Rank and Status Committee	Member	2013-2015
Women’s Conference “Come What May and Love it”	Invited Speaker	April 2009
University Commencement Line Marshal	Volunteer	Spring 2013, Summer 2006

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**College Citizenship**

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Professional Faculty Search Committee	Chair	2020-2021
Dean Search Committee	Member	2019-2020
Faculty Simulation Council	Member	2019-present
Rank and Status Council	Member	2011-2013, 2016-present
	Chair	2021-present
Student Development Council	Member Chair	2006-2008, 2011-2020 2008-2011
BYU Student Nurses Association	Faculty Advisor	2007-2021
Poverty Simulation	Volunteer	2013-present
TeamSTEPPS Taskforce	Member	2018
Faculty Development Council	Member	2016-2017
Alumni Board	Member	2010-2017, 2018
Faculty Affairs Council	Member	2006-2007
Development and Community Relations Council	Member	2005-2006
	Nurse Practitioner Subcommittee	2005-2006
Evaluator for Capstone Posters	Volunteer	2005-2008

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**Other Professional Service**


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TITLE	TITLE/ROLE	YEARS OF SERVICE
Paraguay research team	Research/Mentor	2018, 2019, 2022, 2023
Preceptor for BYU Nurse Practitioner students (1 each winter semester)	Preceptor	2017-present
Winter Olympics Salt Lake City, Utah Main Media Center Clinic	Volunteer Registered Nurse	2002

**Community Service**


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INSTITUTION	TITLE/ROLE	YEARS OF SERVICE
Basic Life Support	Instructor	2014-present
Trauma Nursing Core Course	Instructor	1996-2004, 2007-present
Utah Honor Flight	Medic	May 2016
CERT (Community Emergency Response Team)	Instructor	2015-2018
Advanced Life Support	Instructor	2014-2015
	Provider	2021-2023
Christmas Box Angel Spanish Fork Cemetery	Invited Speaker	2012

**Other**


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TITLE		YEARS OF SERVICE
Stake Relief Society President (YSA)	Provo, Utah	2018-2020
Ward Relief Society President	Provo, Utah	2015-2018
Missionary for The Church of Jesus	Asuncion,	1983-1985

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Christ of Latter-day Saints

Paraguay

4. **Teaching**

UNDERGRADUATE COURSES TAUGHT	INSTITUTION	YEARS OF SERVICE
N292 Clinical Practicum Fundamentals in Nursing (Simulation Coordinator)	BYU	2023-present
N342 Clinical Practicum for Nursing Care of Adults with Acute and Chronic Illnesses (Simulation Coordinator)	BYU	2023-present
N471 Nursing Care of Adults in Crisis	BYU	2005-2022
N472 Clinical Practicum for Nursing Care of Adults in Crisis	BYU	2005-present
N473 Lab/Simulation for Adults in Crisis Course Coordinator	BYU	2007-2023
N390R Independent Study in the Practice of Nursing: Student Nurses Association Leadership Faculty Advisor	BYU	2007-2021
N404 Clinical Practicum Public and Global Health Nursing; Wendover (2006), Refugee (2011), Ecuador (2007-2010, 2012-2017) Spain (2017-present)	BYU	2006-present
N390R Part I and II Independent Study in the Practice of Nursing: Culture Class Ecuador (2007-2017) or Spain (2017-2019)	BYU	2007-2023
N341 (formerly N330) Nursing Care of Adults with Acute and Chronic Illness	BYU	Winter and Fall 2006
N294 Health Assessment and Promotion	BYU	Fall 2005
Pathophysiology	SLCC	2003-2005
Fundamental Nursing Clinical	SLCC	2003

## Student Mentoring

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UNDERGRADUATE STUDENT MENTORING				
Student name/ number of students	Semester/ Year	Honors Thesis, ORCA, MEG	Faculty Contribution	Publication/Presentation
6 students	2023	Paraguay Project	Mentor	International Poster Presentation & Two BYU Conference Podium Presentations
5 students	2022	Project	Mentor	International Podium Presentation
1 student	2013	ORCA	Mentor	1 Peer-reviewed Blinded Podium Presentation TCNS 2013
20 students	2009	MEG	Co-mentor	<i>Community Nursing in Ecuador: Improving Nutrition and Health with Limited Financial Resources</i> Outcome: Several presentations 2009- present
16 students	2008	MEG	Co-mentor	<i>Mentoring Students in Teaching Self Sufficiency: The Ecuador Project</i> Outcome: One peer- reviewed blinded podium presentation 2008 and one peer-reviewed blinded article 2009
16 students	2007	MEG	Co-mentor	<i>Mentoring Nursing Students In International Healthcare</i> Outcome: Published abstracts of peer-reviewed presentation 2007, 1 peer- reviewed poster presentation 2009

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 GRADUATE STUDENT MENTORING
 

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Student Name	Semester/ Year	Mentoring Opportunity	Faculty Contribution	Publication/Presentation
Jen Rigby	2023	Preceptor	Weber DNP	No
Elise Corbett	2019	Preceptor	BYU NP	No
Galgiani, Sophia	2016	Ecuador	Mentored these <b>five</b> graduate students to assist and supervise undergraduate nursing students in Ecuador	No
Robertson, Sarah	2016	Ecuador		
Rogerson, Ann	2015	Ecuador		
Rimmasch, AJ	2013	Ecuador		
Holt, Allie	2013	Ecuador		
Wilkerson, Chantal	2014	Preceptor	U of U Master's Clinical Preceptor	No
Hunsaker, Stacie	2012	Graduate Thesis Committee Member and Preceptor winter 2012	Reviewed manuscript and gave Feedback. UVU Clinical Preceptor	Yes publication
Rasmussen, Ryan	2010	Graduate Thesis Committee Member	Reviewed manuscript and gave feedback	Yes publication
Stuart, Barbara	2010	Graduate Thesis Committee Member	Reviewed manuscript and gave feedback	Yes publication
Smith, Michelle	2006	Graduate Thesis Committee	Reviewed manuscript	Yes publication

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Member	and gave feedback
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## 5. Contribution to the Discipline

### Defined Focus or Foci

Global Health  
Emergency Nursing

### Presentations

(\*undergraduate student, \*\* graduate student)

### Peer-Reviewed, Blinded Podium Presentations

#### *International/National Podium Presentations*

Palmer, S.P., Reed, S., **Heaston, S.**, Tobias, O.\*, Christiansen, J.\*, Smith, R.\*, Rawlins, A.\*, & Walker, A\*. (2022) *Nursing students promoting sexual health and making a global impact in Paraguay: a study and intervention*. 8th International Nurse Education Conference (NETNEP). Sitges, Spain (International)

Palmer, S.P., Reed, S., & **Heaston, S.** (2022, July). *Using collaborative research as a means to address adolescent pregnancy in Paraguay*. Sigma's 33rd International Research Congress, Edinburgh, Scotland (International)

Palmer, S., **Heaston, S.** & Summers, S. (2021). *Setting a course for study abroad transformation over 16 years: Weathering changes in Ecuador*. 47th Annual Transcultural Nursing Society Conference. Albuquerque, New Mexico. (International)

Palmer, S., **Heaston, S.** (2020) *Assessing impact of studying abroad: Student perspectives of comparing health systems in Spain to the United States*, 8th International Nurse Education Conference (NETNEP), Sitges, Spain (postponed till 2022)

**Heaston, S.**, Palmer, S. & Reed, S. (2019). *Promoting health among indigenous youth in rural Paraguay*. 45th Annual Transcultural Nursing Society Conference. Richmond, VA. (International)

**Heaston, S.**, Palmer, S.P., Matthews, Diaz, Rebecca\* (2019). *Student perspectives on teaching adolescent maturation and reproductive health in rural Paraguay*. Sigma's 30<sup>th</sup> International Nursing Research Congress, Calgary, Canada (International)

**Heaston, S.,** Palmer, S.P., (2018). *A Nine-Year Journey of Nursing Students Advancing Healthcare in Ecuador: Education, Screenings, and Interventions*, Transcultural Nursing Society 44<sup>th</sup> Annual Conference, San Antonio, Texas. (International)

**Heaston, S.,** Palmer, S. P., & Thomas, M\*, (2017). *Education: Nursing Students' Journey to Promote Health in Ecuador*, Annual Transcultural Nursing Conference, New Orleans, Louisiana. (International)

Lundberg, K., Corbett, C., Edmunds, D., **Heaston, S.,** Hunsaker, S., Summers, S., Miles, L., Palmer, S. & Ray, G. (2017). *Advancing world health through nursing students' study abroad experiences: Shared insights*, A symposium presentation at the Sigma Theta Tau International's 28<sup>th</sup> International Nursing Research Congress, Dublin, IR (International)

**Heaston, S.,** Palmer, S. (2015). *Nursing Students Optimizing Health in Ecuador*, American Association of Colleges of Nursing, Baccalaureate Education Conference, Orlando, FL. (National)

Palmer, S. & **Heaston, S.** (2014). *More than just a vacation: students learning transcultural nursing in a changing world*. 40<sup>TH</sup> Annual Conference of the Transcultural Nursing Society, Charleston, SC. (International)

**Heaston, S.,** & Palmer, S., & Brown, E.\* (2014). *To Ecuador with love: Making international research meaningful to nursing students*. 40<sup>TH</sup> Annual Conference of the Transcultural Nursing Society, Charleston, SC. (International)

Palmer, S., **Heaston, S.,** Rowley, C.\*, & Brizzee, M.\* (2013). *Improving nutrition in Ecuador, Results of anemia interventions*. 39<sup>th</sup> Annual Conference of the Transcultural Nursing Society, Albuquerque, NM, (International)

Palmer, S.P., **Heaston, S.,** Kochevar, C., & Sheppard, D.\* (2012). *Improving Nutrition in Ecuador: A Partnership with nursing students and Hogar de Cristo*, Transcultural Nursing Society Conference Orlando, Florida. (International)

Wing, D., Maughan, E., Palmer, S., **Heaston, S.,** de la Cruz, K. (2012). *The world is our campus: Developing and implementing a multi-cultural nursing course*, National League for Nursing Summit, Anaheim, California. (National)

Astle, A.\*, **Heaston, S.,** & Palmer, S., (2012). *Study of malnutrition and anemia rates among children in the perimetral area of Guayaquil, Ecuador and its effects on growth and development*, National Conference on Undergraduate Research, March 29-31, 2012, Ogden, Utah (National)

**Heaston, S.** (May, 2011). *Approach to the patient with thromboembolic disease*, National Conference for Nurse Practitioners (NCNP), Las Vegas, Nevada (National)

Palmer, S.P., **Heaston, S.**, Thornton, K.\*, & Henrichson, C.\* (November 2009). *International collaboration for nursing students to improve global health in Latin America*, Sigma Theta Tau 40<sup>th</sup> Biennial Convention, Indianapolis, Indiana (International)

**Heaston, S.**, & Palmer, S. P. (June 2008). *Teaching without borders: real results in an international education experience*, 2<sup>nd</sup> International Nurse Education Conference (NETNEP2008), Dublin, Ireland (International)

**Heaston, S.**, Beckstrand, R.L., Bond, A.E., & Palmer, S.P. (September 2006). *Emergency nurses' perceptions of obstacles and supportive behaviors in end-of-life care*, Emergency Nurses Association Scientific Assembly, San Antonio, Texas (National)

### **Local Podium Presentations**

Sheppard, D.\*, Graham, N.\*, **Heaston, S.**, & Palmer, S.P. (2012). *Study of Malnutrition and Anemia Rates Among Children in Ecuador*, 10th Annual Research Conference, Utah Valley University, Provo, Utah

Beckstrand, R.L., Giles, V.\*\*, Luthy, K.E., Callister, L.C., & **Heaston, S.** (2011). *The last frontier: Rural emergency nurses' perceptions of end-of-life-care*. Podium Presentation: Evidence Based Practice Nursing Research Conference Intermountain Health Care. October 28, 2011

Beckstrand, R.L., Wood, D.R.\*\*, Callister, L.C., Luthy, K.E., & **Heaston, S.** (2011). *Emergency nurses' suggestions for improving end-of-life care*, Evidence Based Practice, Nursing Research Conference Intermountain Health Care, October 28, 2011

### **Open Peer-Reviewed Local Podium Presentations**

Kemsley, R\*., Hill, L\*., Palmer, S., **Heaston, S.**, Reed, S. (2019) Promoting Health Among Indigenous Youth in Rural Paraguay. *2019 Research and Scholarly works Conference, Brigham Young University College of Nursing*. Provo, UT

Murri, S\*, Thomas, M\*, **Heaston, S.**, & Palmer, S.P. (2018). Solving the mystery: *Will fortified soymilk or albendazole improve anemia rates in school-aged children in Ecuador?*, Utah Conference of Undergraduate Research (UCUR), Cedar City, Utah

Murri, M.\*, Wardell, L.\*, Valle, A.\*, Palmer, S. P., **Heaston, S.** (2014, October). *Improving Health and Smiles in Otavalo, Ecuador*, Brigham Young University Scholarly Works Conference, Provo, Utah

Rowley, C.\*, Young, E.\*, **Heaston, S.** & Palmer, S. (2014). *Results of Interventions to Fight Anemia in Children in an Impoverished Ecuador Community*, Utah Conference on Undergraduate Research (UCUR), Provo, UT

Webber, S.\*, Dollahite, C.\*, **Heaston, S.** & Palmer, S. (2013). *Results of Interventions Among Anemic and Malnourished Children in an Impoverished Ecuador Community*, Utah Conference on Undergraduate Research (UCUR), Logan, UT

Palmer, S.P., **Heaston, S.**, Hickman, N.\*, Tomao, C.\*, & Cudahy, B.\*, (2011). *Study of malnutrition and its effects on growth and development among children in the perimetral area of Guayaquil, Ecuador*, Utah Conference on Undergraduate Research (UCUR), Ogden, Utah

**Heaston, S.**, Beckstrand, R.L., Bond, A.E., & Palmer, S.P., (2006). *Emergency nurses' perceptions of obstacles and supportive behaviors in end-of-life care*, Brigham Young University College of Nursing Research Conference Provo, Utah

## Peer-Reviewed, Blinded Poster Presentations

### *International/National Poster Presentations*

**Heaston, S.**, Reed, S., Tobias, O., \* Cook, C., \*& Parker, K., \* (2023). *A Sustainable Reproductive Health Education Program from a Successful Collaboration in Paraguay*. 49th Annual Transcultural Nursing Society Conference, Charleston, South Carolina. (International)

**Heaston, S.**, & Painter, K., (2023). *Implementation of an Escape Room: Making Review of Skills fun and Engaging*. International Nursing Association for Clinical Simulation and Learning Annual Conference (INACSL 23). Providence, Rhode Island (International)

Cummins, D., Miles, L. W., Palmer, S. P., Ruda, P., & **Heaston, S.** (2022, July). *Beyond borders: Collaborative online international learning for undergraduate nursing and allied healthcare students* [Poster presentation]. Sigma Theta Tau International 33rd International Nursing Research Congress, Edinburgh, Scotland

**Heaston, S.**, Palmer, S. & Reed, S., Ruda, P., & de la Cruz, K., (2020). *Influencing cultural Awareness of Nursing Students in a Study Abroad Nursing*

*Course.* 46th Annual Transcultural Nursing Society Conference. Virtual (International)

**Heaston, S.,** Palmer, S., Reed, S. (2020) *Nursing students promoting sexual health and making a global health impact in Paraguay: a study and intervention*, 8th International Nurse Education Conference (NETNEP), Sitges, Spain (postponed till 2022)

Matthews, R.\* , Hancock, M.\* , **Heaston, S.**, Palmer, S., & Reed, S., (2019) *Finding the factors influencing teenage pregnancy among indigenous girls in Paraguay.* 10<sup>th</sup> Annual Consortium of Universities for Global Health Conference, Chicago, Illinois (International)

Reed, S. J., \*Hancock, M., \*Kemsley, J., \*Trujillo-Matthews, R., Palmer, S., and **Heaston, S.** (2019). *Adolescent pregnancy in rural Paraguay: Contributing factors, potential interventions, and cross-cultural considerations.* 2019 Association of Women's Health, Obstetric, and Neonatal Nurses (AWHONN) Annual Convention, Atlanta, Georgia, June. (National)

Palmer, S., **Heaston, S.**, Murri, S.\*, & Merrill, H.\*, (2018) *Does the price of oil have an effect on anemia rates of Ecuadorian school children?* 9<sup>th</sup> Annual Consortium of Universities for Global Health Conference, New York, New York (International)

Palmer, S. & **Heaston, S.** (2017). *Nursing roles around the world: student observations.* International Council of Nursing Congress (ICN), Barcelona, Spain (International)

**Heaston, S.** & Palmer, S. (2017). *Improving global health: Utilizing nursing students in international nursing research in Ecuador.* International Council of Nurses Congress (ICN), Barcelona, Spain (International)

**Heaston, S.,** & Romero, S.\* (2017). *The journey to a sustainable intervention in a global health nursing course.* 8<sup>th</sup> Annual Global Health Conference Consortium of Universities for Global Health, Washington, D.C. (International)

Hunsaker, S., & **Heaston, S.** (2016). *The Development of a Difficult Intravenous Access Algorithm in Guayaquil, Ecuador: Trials and Triumphs.* 7<sup>th</sup> Annual Global Health Conference Consortium of Universities for Global Health, San Francisco, California (International)

Palmer, S., **Heaston, S.** (2015). *Assessment: an Important Strategy for a Successful Study Abroad Program.* American Association of Colleges of Nursing, Baccalaureate Education Conference, Orlando, FL (41% acceptance – National)

Bowles, J.\*, Adams, C.\*, Kohl, J., Hunsaker, S., & **Heaston, S.** (2015). *Making Money and Saving Lives*, National Student Nurses Association Conference, Phoenix, Arizona (National)

Palmer, S.P, **Heaston, S.** (April 2010). *Malnutrition in Guayaquil, Ecuador: A study and intervention*, 19<sup>th</sup> Annual Global Health Education Consortium and 1<sup>st</sup> Latin American and Caribbean Conference on Global Health, Cuernavaca, Mexico (International --accepted but did not attend due to travel security issues)

**Heaston, S.**, Palmer, S.P. (September 2009). *The road to improved international clinical education: The 5 R's that direct our journey in Ecuador*, National League for Nursing Summit, Philadelphia, Pennsylvania (National)

**Heaston, S.**, Palmer, S. P., Waddington, R.\*, Parks, A.\*(April 2009). *Nursing Students Improving Global Health in Ecuador*, Unite for Sight Global Health and Innovations Summit, Yale University, Connecticut (International)

**Heaston, S.**, Palmer, S. P., Alden, D.\*, & Caceres, D.\* (April 2009). *Improving Student Nurse's Education and Confidence through an International Experience*, National Student Nurses Association Conference, Nashville, Tennessee (National)

Palmer, S. P., & **Heaston, S.** (February 2008). *Mentoring without borders: improving emergency nursing through an international collaboration*, Emergency Nurses Association Leadership Conference, Honolulu, Hawaii (National)

**Heaston, S.**, & Palmer, S. P. (January 2008). *Teaching the teachers: real results in an international educational experience*, National League for Nursing's 2008 Faculty Leadership Conference, Orlando, Florida (National)

Beckstrand, R.L., Smith, M.\*\* , **Heaston, S.**, Bond, A. E. (September 2007). *Emergency nurses' perceptions of size, frequency, and magnitude of obstacles and supportive behaviors in end-of-life care*, Emergency Nurses Association Scientific Assembly, Salt Lake City, Utah (National)

### ***Local Poster Presentations***

Beckstrand, R.L., Rasmussen, R.J.\*\* , Luthy, K.E., & **Heaston, S.** (2011). *Emergency nurses' perceptions of department design as an obstacle to providing end-of-life care*. Evidence Based Practice Nursing Research Conference, Intermountain Health Care. October 28, 2011

Palmer, S. P., & **Heaston, S.** (April 2008). *Mentoring without borders: improving emergency nursing through an international collaboration*, Intermountain Health Care Urban South Region Research Symposium, Provo, Utah

## Open Peer-Reviewed Poster Presentations

### *Local Poster Presentations*

Romero, S.\*, Howard, T.\*, **Heaston, S.**, & Palmer, S. (2017). Reducing anemia rates with fortified soymilk in an impoverished Ecuadorian community, *Utah Conference on Undergraduate Research (UCUR)*, Orem, Utah

Palmer, S., **Heaston, S.** (2016). *Assessment: An Important Strategy for a Successful Study Abroad Program*. Research and Contribution to the Discipline Conference, Brigham Young University, Provo, Utah

Hunsaker, S., **Heaston, S.** (2016). *The Development of a Difficult Intravenous Access Algorithm in Guayaquil, Ecuador: Trials and Triumphs*. Research and Contribution to the Discipline Conference, Brigham Young University, Provo, Utah

Palmer, S., **Heaston, S.**, Tomao, C.\*, Smout, K.\* (2012). *A Study of Malnutrition and an Intervention among Children in Guayaquil, Ecuador*, Global Family Health Conference. Brigham Young University, Provo, Utah

## Publications

### Peer-Reviewed Blinded Articles

Palmer, S., **Reed, S. J.**, & Heaston, S. (2022). Using Action Research to Mentor Nursing Students in Global Health Advocacy. *Journal of Nursing Education*, 61(4), 193-196. <https://doi.org/10.3928/01484834-20220209-04>. (Impact factor 2.38)

Hassankhani, H., Haririan, H., Porter, J. E., & **Heaston, S.** (2018). Cultural aspects of death notification following cardiopulmonary resuscitation. *Journal of Advanced Nursing*. doi:10.1111/jan.13558, PDF at <http://onlinelibrary.wiley.com/doi/10.1111/jan.13558/epdf>

Palmer, S. P., Lundberg, K., de la Cruz, K., Corbett, C., **Heaston, S.**, Reed, S., & Williams, M. (2017). Long-term effects on nursing alumni: Assessing a course in public and global health. *Journal of Professional Nursing*, DOI: <http://dx.doi.org/10.1016/j.profnurs.2017.03.005>

Hunsaker, S.\*\*\*, Chen, H. C., Maughan, D., & **Heaston, S.** (2015). Factors that influence the development of compassion fatigue, burnout, and compassion satisfaction in emergency department nurses. *Journal of Nursing Scholarship* 47 (1), 1-10. doi: 10.1111/jnu.12122

Palmer, S., Wing, D., Miles, L., **Heaston, S.**, & de la Cruz, K. (2013). Meeting



the Faculty Shortage In A Global Health And Human Diversity Course: Using Alumni and Graduate Students. *Nurse Educator*. September/October, 38(5), 198-201. doi: 10.1097/NNE.0b013e3182a0e587

Beckstrand, R.L., Wood, D., Callister, L.C., Luthy, K.E., & **Heaston, S.** (2012). Emergency nurses' suggestions for improving end-of-life care obstacles, *Journal of Emergency Nursing*, www.jenonline.org, 38, (5), e7-14

Beckstrand, R.L., Giles, V.\*\*., Luthy, K.E., Callister, L.C., & **Heaston, S.** (2012). The last frontier: rural emergency nurses' perceptions of end-of-life care obstacles, *Journal of Emergency Nursing*, www.jenonline.org, 38, (5), e15-25

Beckstrand, R.L., Rasmussen, R.\*\*., Luthy, K.C., & **Heaston, S.** (2012). Emergency nurses perception of department design as an obstacle to providing end-of-life care, *Journal of Emergency Nursing*, www.jenonline.org, 38, (5), e27-32

Stuart, B.\*\*., Mandleco, B.L., Wilshaw, R., Beckstrand, R.L., & **Heaston, S.**, (2012). Mild traumatic brain injury; are emergency department providers identifying which patients are at risk?, *Journal of Emergency Nursing*, 38, (5), 435-442

Palmer, S. P., **Heaston, S.**, & Movius, C.\*, (2009). Teaching the teacher Program to assist nurse managers to educate nursing staff in Ecuadorian Hospitals, *Nursing Education in Practice*, 9, 127-133

Beckstrand, R.L., Smith, M.\*\*., **Heaston, S.**, Bond, A. E., (2008). Emergency nurses' perceptions of size, frequency, and magnitude of obstacles and supportive behaviors in end-of-life care. *Journal of Emergency Nursing*, 34 (4), 290-300

**Heaston, S.**, Beckstrand, R.L., Bond, A.E., & Palmer, S.P. (2006). Emergency nurses' perceptions of obstacles and supportive behaviors in end-of-life care *Journal of Emergency Nursing*, 32(6), 477-485

### **Books/Book Chapters.**

**Heaston, S.**, (2008). Revised 6 neurological and trauma case studies in B.A. Preusser (Ed.), *Critical Thinking: Cases in Nursing: Medical-Surgical, Pediatric Maternity, and Psychiatric Case Studies*, 4<sup>th</sup> edition, May 2008.

### **Published abstracts of peer reviewed presentations/posters.**

Palmer, S., Reed, S., **Heaston, S.**, Zitting, B., Cluff, H. & Acosta, C. (2020). *Addressing a Gap in Youth Health: Teaching Maturation and Sex Education in Paraguay*. Global Health in a Time of Worldwide Political Change. eBook of Abstracts: Global Health Education. Consortium of Universities for Global Health

<https://www.cugh.org/our-work/events/past-conferences/2020-11th-annual-cugh-global-health-conference/cugh-2020-ebook/>

Reed, S. J., \*Matthews, R., \*Hodgson, K., Palmer, S. P., **Heaston, S.**, & \*Hancock, M. (2019). Factors contributing to pregnancy among adolescent girls in rural Paraguay. *Journal of Obstetric, Gynecologic & Neonatal Nursing*, 48(3), S126. doi: <https://doi.org/10.1016/j.jogn.2019.04.212>.

Palmer, S., **Heaston, S.**, Turjillo, R.\*, Reed, S. & Acosta, C.\* (2019). *Finding Factors that influence pregnancy among indigenous girls in Paraguay*. 52<sup>nd</sup> Annual Communicating Nursing Research Conference, Western Institute of Nursing. San Diego, California

Dollahite, C.\*, Webber, S.\*, **Heaston, S.**, & Palmer, S. (2013). *Results of interventions among anemic and malnourished children in an impoverished Ecuador community*, Western Institute of Nursing Conference, Anaheim, California Conference CD (Regional)

Palmer, S., **Heaston, S.**, & Miles, L. (2011). *Utilizing alumni to fill a critical need as nursing study abroad faculty*. American Association of College of Nursing (AACN) Baccalaureate Education Conference, St. Louis, MO. (National)

Palmer, S., **Heaston, S.**, Tomao, C.\*, & Smout, K.\* (2011). *A study of malnutrition and an intervention among children in Guayaquil, Ecuador*, The Western Institute of Nursing 44<sup>th</sup> Annual Communicating Nursing Research Conference, Las Vegas, Nevada. (Regional)

Wood, D., Beckstrand, R. L., Callister, L. C., & **Heaston, S.** (2011). *Preventing suffering: creating a peaceful death in the emergency department*, Western Institute of Nursing (WIN) Communicating Nursing Research Conference, (44), 193. (Regional)

Palmer, S. P., & **Heaston, S.**, (November 2007). *Education without borders: mentoring nursing students in Ecuador*, AACN 2007 Baccalaureate Education Conference, New Orleans, Louisiana. (National)

### **Manuscripts under Review**

### **Manuscripts currently at various state of preparation**

MCI manuscript with Adrianna, Jeanette, Matt, and I

### **Unpublished documents/reports**

**Heaston, S.,** (2012) Chapter 20 Advanced Neurological Skills, Essential Clinical Nursing Skills: Basic to Advanced (Submitted to lead authors (Deborah Mattin and Tim Meyers 2012, book was not published)

**Heaston, S.,** (2012) Chapter 9 Essentials of Neurological Care, Essential Clinical Nursing Skills: Basic to Advanced (Submitted to lead authors Deborah Mattin and Tim Meyers 2012, book was not published)

## Professional Review

### Manuscript/Book/Grant Reviewing

Journal / Organization	Years	Average # of Reviews/Year
Journal of Emergency Nursing	2015-2019	1
Journal of Advanced Nursing	2015-2019	1-2
National Student Nurses Association (Marilyn Bagwell Grant)	2010	1

### Research Grants Submitted and Funded

FUNDING SOURCE	AUTHORS	YEAR/AMOUNT	GRANT TITLE/DESCRITION
<i>External</i>			
2009	<b>Heaston, Sondra</b> Zundel, Erin*	\$1000	Marilyn Bagwell Leadership Development Grant (NSNA)
<i>Internal</i>			
2023	<b>Heaston, Sondra</b>	\$3,850	TCNS Conference
2023	<b>Heaston, Sondra</b>	\$20,000	Paraguay Project
2020	<b>Heaston, Sondra</b> Lyman, Bret	\$24,633.00	NSNA Conference Annual Fund
2020	<b>Heaston, Sondra</b>	\$13,121.50	Spain NETNEP Conf. Global Nursing Endow.
2020	<b>Heaston, Sondra</b>	\$ 4,082.00	CUGH Conference Experiential Learning
2020	<b>Heaston, Sondra</b>	\$ 2,990.00	TCNS Conference Mary Ellen Edmunds Endowment
2019	<b>Heaston, Sondra</b>	\$15,475	PGH Endowment (ICN/Sigma)

2019	<b>Heaston, Sondra,</b> Thomas, Daphne; Lyman, Bret	\$19,339	Experiential Learning (NSNA)
2019	<b>Heaston, Sondra</b>	\$7,475	Experiential Learning (CUGH)
2019	<b>Heaston, Sondra</b>	\$5,952	PGH Endowment (Spain)
2018	<b>Heaston, Sondra</b>	\$20,420	College of Nursing Annual Fund (NSNA)
2017	<b>Heaston, Sondra</b> Palmer, Sheri	\$12,660	Experiential Learning
2017	<b>Heaston, Sondra</b> Palmer, Sheri	\$2,340	PGH Endowment
2017	<b>Heaston, Sondra</b> Palmer, Sheri	\$5,000	College of Nursing Scholarly Works Council
2017	<b>Heaston, Sondra</b> Hunsaker, Stacie	\$4,950	College of Nursing Scholarly Works Council
2017	<b>Heaston, Sondra</b> Hunsaker, Stacie Wing, Debra	\$7,560	Undergraduate Experiential Learning Grant 2016 (SNA)
2017	<b>Heaston, Sondra</b> Hunsaker, Stacie Wing, Debra	\$6,440	Dean's Funds (BYU SNA to NSNA)
2017	<b>Heaston, Sondra</b> Palmer, Sheri	\$12,400	Public and Global Health Endowment (ICN/Spain)
2016	<b>Heaston, Sondra</b> Hunsaker, Stacie	\$13,256	Undergraduate Experiential Learning Grant 2016 (SNA)
2016	<b>Heaston, Sondra</b> Hunsaker, Stacie	\$3,745	Public and Global Health Endowment (supplies)
2016	Lundberg, Karen Corbett, Cheryl <b>Heaston, Sondra</b>	\$10,000	Graduate Student Mentoring Grant (\$5000 each for 2 students)
2015	<b>Heaston, Sondra</b> Hunsaker, Stacie	\$3,400	Scholarly Works Council
2015	<b>Heaston, Sondra</b>	\$2,000	College of Nursing (supplement costs)
2015	<b>Heaston, Sondra</b>	\$5,000	Graduate Student Mentoring Grant
2014	<b>Heaston, Sondra</b>	\$15,000	Anonymous donor CON
2013	<b>Heaston, Sondra</b>	\$2,500	Anonymous donor CON
2013	<b>Heaston, Sondra</b>	\$5,000	Graduate Student Mentoring Grant

2012	<b>Heaston, Sondra</b>	\$2,500	Anonymous donor CON
2009	<b>Heaston, Sondra</b> Palmer, Sheri	\$20,000	Mentoring Environment Grant
2008	<b>Heaston, Sondra</b> Palmer, Sheri	\$20,000	Mentoring Environment Grant
2007	Palmer, Sheri <b>Heaston, Sondra</b>	\$8,500	Mentoring Environment Grant

### Honors and Awards

HONOR/AWARD SOURCE	YEAR	HONOR OR AWARD
BYU College of Nursing	2021	Daisy Award for Faculty
National Emergency Nurses Association	2020	Fellowship in the Academy of Emergency Nursing
National Student Nurses Association	2010, 2015, 2020	Stellar School Chapter Recognition Award
National Emergency Nurses Association	2013, 2012	Distinguished Leadership Award for Service as Utah State Council President
Western Institute of Nursing	2011	Runner-up best poster
National Emergency Nurses Association	2003	Karen O'Neil Endowed Advanced Practice Scholarship
Utah Department of Health Bureau of Emergency Medical Services	2001	Emergency Nurse of the Year
Utah Emergency Nurses Association	1996	Emergency Nurse of the Year

### Certifications

CERTIFICATION	YEAR
Certification for Healthcare Simulation (CHSE)	2022-present
Community Emergency Response Team (CERT)	2015-2018

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(provider and instructor)	
Basic Life Support Instructor	2014-2023
Certified Nurse Educator (CNE)	2013-2023
Fundamental Critical Care Course (provider and instructor)	2009
American Association of Nurse Practitioners Certification	2005-present
Advanced Practice Registered Nurse, Utah	2005-present
Pediatric Advanced Life Support Provider	1998-2014
Trauma Nursing Core Course (instructor)	1996-2004, 2007-present
Advanced Cardiac Life Support Instructor	1996-2015
Emergency Nurse Pediatric Course Provider	1994-1999, 2007-2011
Board Certified Emergency Nurse (CEN)	1992-present
Advanced Cardiac Life Support Provider	1987-2015, 2020 – present
Basic Life Support Provider	1986-present

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### Other

#### *Conferences, workshops, and other classes attended*

10/23	49th Annual Transcultural Nursing Society Conference (TCNS) Charleston, South Carolina
9/23	Emergency Nurses Association Conference San Diego, California
6/23	International Nurses Association for Clinical Simulation and Learning (INACSL) Providence, Rhode Island
1/23	Emergency Nurses Association Leadership Conference Scottsdale, Arizona

10/22	8 <sup>th</sup> International Nurse Education Conference (NETNEP) Sitges, Spain
9/22	Emergency Nurses Association National Conference Denver, Colorado
7/22	Sigma's 33 <sup>rd</sup> International Research Congress, Edinburgh, Scotland
6/22	International Nurses Association for Clinical Simulation and Learning (INACSL) Conference, Milwaukee, Wisconsin
1/22	International Meeting on Simulation in Healthcare (IMSH)Conference, Los Angeles, California
10/21	Utah Emergency Nurses Association Conference Park City, Utah
9/21	Emergency Nurses Association Conference Virtual
3/21	11 <sup>th</sup> Annual Global Health Conference Consortium of Universities for Global Health (CUGH), Virtual
1/21	International Meeting on Simulation in Healthcare Conference Virtual
11/20	National Student Nurses Association Mid-year Conference Virtual
10/20	Transcultural Nursing Society Annual Conference Virtual
10/20	Dermatology Workshop sponsored by the University of Utah Virtual
9/20	National Emergency Nurses Association Conference Virtual
7/20	National Student Nurses Association Leadership Conference Virtual
1/20	Society for Simulation in Healthcare Conference San Diego, California

10/19	Transcultural Nursing Society Annual Conference Richmond, VA
9/19	Emergency Nurses Association Conference Austin, TX
4/19	National Student Nurses Association Conference Salt Lake City, Utah (16 students of board +)
3/19	10 <sup>th</sup> Annual Global Health Conference Consortium of Universities for Global Health (CUGH), Chicago, IL
10/18	Transcultural Nursing Society Annual Conference San Antonio, TX
9/18	Emergency Nurses Association Annual Conference Pittsburgh, Pennsylvania
4/18	National Student Nurses Association Conference Nashville, TN (15 students)
3/18	9 <sup>th</sup> Annual Global Health Conference Consortium of Universities for Global Health (CUGH), New York, New York
10/17	Transcultural Nursing Society Annual Conference New Orleans, Louisiana
9/17	Emergency Nurses Association Annual Conference St. Louis, MO
7/17	Sigma Theta Tau International's 28 <sup>th</sup> International Nursing Research Congress, Dublin, IR
5/17	International Council of Nursing Congress (ICN), Barcelona, Spain
4/17	8 <sup>th</sup> Annual Global Health Conference Consortium of Universities for Global Health (CUGH), Washington, D.C
9/16	Emergency Nurses Association Annual Conference Los Angeles, California
7/16	Simulation/Debriefing Workshop at LDS Hospital Salt Lake City, Utah (3-day course)
4/16	7 <sup>th</sup> Annual Global Health Conference Consortium of



	Universities for Global Health, Orlando, Florida
4/16	National Student Nurses Association Conference, Orlando, Florida (14 students)
11/15	American Association of Colleges of Nursing Baccalaureate Education Conference Orlando, Florida
9/15	Emergency Nursing 2015 Annual Conference Orlando, Florida
4/15	National Student Nurses Association Annual Conference Phoenix, Arizona (8 students)
10/14	Transcultural Nursing Society Annual Conference South Carolina
10/14	National Emergency Nurses Association Conference Indianapolis, Indiana
4/14	National Student Nurses Association Annual Conference Nashville, Tennessee
3/14	National Emergency Nurses Association Leadership Conference, Phoenix, Arizona
10/13	Transcultural Nursing Society Annual Conference, Albuquerque, New Mexico
9/13	National Emergency Nurses Association General and Scientific Assembly, Nashville, Tennessee
5/13	International Congress of Nurses 25 <sup>th</sup> Quadrennial Congress, Melbourne, Australia
4/13	National Student Nurses Association Conference Charlotte, North Carolina
2/13	National Emergency Nurses Association State and Chapter Leader and Leadership Conference Fort Lauderdale, Florida
1/13	National Emergency Nurses Association Advocacy Training, Chicago, Illinois

10/12	Transcultural Nursing Society Conference Orlando, Florida
9/12	National League for Nursing Summit, Anaheim, California
9/12	National Emergency Nurses Association General and Scientific Assembly, San Diego, California
4/12	National Student Nurses Association Conference Pittsburg, Pennsylvania
2/12	Emergency Nurses Association State Leaders and Leadership Conference, New Orleans, Louisiana
11/11	AACN Baccalaureate Education Conference, St. Louis, Missouri
09/11	Emergency Nurses Association General and Scientific Assembly, Tampa, Florida
06/11	American Association of Nurse Practitioner Conference Las Vegas, Nevada
05/11	National Conference for Nurse Practitioners Las Vegas, Nevada
05/11	Children's Justice Symposium Midway, Utah
02/11	American Association of Colleges of Nursing 2011 Faculty Development Conference in Austin, Texas
04/10	National Student Nurses Association Conference Orlando, Florida
10/09	Emergency Nurses Association General and Scientific Assembly Baltimore, Maryland
9/09	National League for Nursing Summit Also attended the Certified Nurse Educator course Philadelphia, Pennsylvania
6/09	American Association of Nurse Practitioners Conference Nashville, Tennessee

6/09	PESI Neurological Emergencies Provo, Utah
4/09	Unite for Sight Yale, University, Connecticut
4/09	National Student Nurses Association Conference Nashville, Tennessee
12/08	Emergency Nurses Association State Council Orientation Chicago, Illinois
9/08	National Emergency Nurses Association General and Scientific Assembly Minneapolis, Minnesota
6/08	2 <sup>nd</sup> International Nurse Education Conference (NETNEP) Dublin, Ireland
4/08	National Student Nurses Association Conference Grapevine, Texas
2/08	Emergency Nurses Association Leadership Conference Hawaii
1/08	National League for Nursing 2008 Faculty Leadership Conference in Orlando, Florida
12/07	Emergency Nurses Association State Council Orientation Chicago, Illinois
9/07	National Emergency Nurses Association General and Scientific Assemblies, Salt Lake City, Utah
8/07	EM Train the Trainer program, Education in Palliative and End- of-life Care for Emergency Medicine (EPEC), Chicago, Illinois
6/07	American Association of Nurse Practitioners Conference Indianapolis, Indiana
04/07	American Association of Colleges of Nursing (AACN) Hot Issues Conference – <i>Stepping up to Clinical Simulation</i> , Denver, Colorado
04/07	National Student Nurses Association Conference in Anaheim, California

3/07	Neurology Classes – I attended six 3 hour classes University of Utah Hospital Neuro-Medical and Neuro Critical Care Units, Salt Lake City, Utah
2/07	Emergency Nurses Association State Leaders Conference and Leadership Conference, Boston, Massachusetts.
12/06	Emergency Nurses Association State Council Orientation Chicago, Illinois
09/06	Emergency Nurses Association General and Scientific Assembly in San Antonio, Texas
06/06	American Association of Nurse Practitioners Conference Grapevine, Texas
06/06	Faculty Development Institute at Villanova University Pennsylvania
05/06	Suture Workshop at Primary Children’s Hospital Salt Lake City, Utah
05/06	Utah Nurse Practitioner Pharmacology Update Salt Lake City, Utah
04/06	PriMed Update in Salt Lake City, Utah
02/06	Critical Care 2 day Orientation University of Utah Hospital
02/06	Emergency Nurses Association Leadership Conference and State Leaders Conference in Austin, Texas
12/05	Emergency Nurses Association State Council Orientation Chicago, Illinois.