

Chelsea R. Howland, PhD, RN
 College of Nursing, University of Iowa
 50 Newton Road, Iowa City, IA 52242-1121
 319-335-7062 | Chelsea-Howland@uiowa.edu

Educational Background

2022-Present	Fellowship	University of Iowa Iowa City, Iowa	IOWA Postdoctoral Fellow
2018-2022	PhD	University of Missouri Columbia, MO	Nursing Science
2018-2022	Graduate Certificate	University of Missouri Columbia, MO	Participatory Health Research
2019-2021	Fellowship	University of Missouri Columbia, MO	NIH/NINR T32 Fellow
2014-2016	MSN	Southern Illinois University Edwardsville Edwardsville, IL	Nursing Education
2008-2012	BSN	Southern Illinois University Edwardsville Edwardsville, IL	Nursing

Certification, Licenses, Professional Training

2022	Registered Nurse- Iowa License #: 169503
2016	Registered Nurse- Missouri License #: 2014032191
2012	Registered Nurse- Illinois License #: 041402956
2022	Association of Diabetes Care & Education Specialists Cultural Competency for Diabetes Care, 2 nd Edition Training Program
2021	Designing Intervention Research, Ohio State University
2021	American Association of College of Nursing Student Policy Summit
2020	Association of Diabetes Care & Education Specialists (AADE)7® Self-Care Behaviors Online Training Series
2009-Present	Basic Life Support

Professional Experience

Postdoctoral Scholar College of Nursing, University of Iowa Iowa City, Iowa	August 2022 – Present
Instructor School of Nursing, Southern Illinois University Edwardsville Edwardsville, IL	March 2016 – July 2022
Staff Nurse Float Pool, Alton Memorial Hospital Alton, IL	July 2016 – March 2018
Graduate Assistant School of Nursing Simulated Learning Center, Southern Illinois University Edwardsville	

Edwardsville, IL

January 2016 – May 2016

Research Assistant

School of Nursing, Southern Illinois University Edwardsville

Edwardsville, IL

January 2015 – May 2015

Staff Nurse

Emergency Department, Alton Memorial Hospital

Alton, IL

October 2014 – July 2016

Staff Nurse

Medical Care Unit, Alton Memorial Hospital

Alton, IL

June 2012 – October 2014

Research Experience

Alton Memorial Hospital

Alton, Illinois

January 2013 – October 2014

- Collaborated with interdisciplinary research team within the Barnes-Jewish-Children's (BJC) healthcare system to assess perceptions and barriers among nurses caring for inpatients with diabetes.
- Involved in literature review, data collection, data analysis, and dissemination of findings.

School of Nursing, Southern Illinois University Edwardsville

Edwardsville, Illinois

January 2015 - May 2015

- Research Assistant to Dr. Ann Popkess for interdisciplinary error disclosure research study involving nursing, dental, and pharmacy students.
- Involved in implementation of research study, data collection, and data entry in SPSS.

Sinclair School of Nursing, University of Missouri

Columbia, MO

June 2019 – January 2020

- Worked as a part of a research team with Dr. Bonnie Wakefield and Dr. Laurel Despina on a secondary analysis of data about nursing activities with a telehealth system in a primary care setting.
- Involved in designing research study, data analysis, and writing research manuscript.

Sinclair School of Nursing, University of Missouri

Columbia, MO

January 2020 – present

- Worked as a part of a research team in the Precision START lab, led by Dr. Blaine Reeder.
- Focus included usability studies of wearable devices and mobile application development.
- Involved in research design and protocol development, institutional review board application submission, recruitment and enrollment, data collection and analysis, and dissemination of findings.

Sinclair School of Nursing, University of Missouri

Columbia, MO

April 2021 – July 2022

- Principle Investigator of dissertation research.
- Title: Assessing the Feasibility and Acceptability of a Health Action Process Approach Physical Activity and Sedentary Behavior Self-Guided Workbook in Rural Adults with Type 2 Diabetes

Honors & Awards

- 2022 MU Graduate Professional Council, Professional Development Travel Award
- 2021 Illinois Nurses Foundation, 40 under 40 Emerging Nurse Leader Award
- 2021 Griffiths Leadership Society for Women, MU Alumni Association
- 2020 Sigma Theta Tau International, Epsilon Eta Chapter, Writing for Publication Award
- 2020 PEO Scholar Award Nominee
- 2019 Sinclair School of Nursing Dean's Award
- 2018 HRSA Nurse Faculty Loan Program recipient
- 2018 Jane E. Cochran, PhD Memorial Scholarship

- 2018 March of Dimes, Nurse of the Year Award, General Medical/Surgical, Finalist
- 2018 Southern Illinois University Edwardsville, School of Nursing, Rising Star Award
- 2015 Edward J. Stiften Nursing Scholarship
- 2013 Alton Memorial Hospital, Virginia Ilch Excellence in Service Award, Diabetes Resource Team
- 2012 Southern Illinois University Edwardsville School of Nursing Gem Award
- 2012 Alton Memorial Hospital, Nursing Rookie of the Year
- 2012 Southern Illinois University Edwardsville Outstanding Senior Assignment Award
- 2011 Shirley Strohmeyer Memorial Nursing Scholarship Award
- 2011 Sigma Theta Tau International, Epsilon Eta Chapter, Clinical Excellence Award

Funded Research & Training Grants & Fellowships

Assessing the Feasibility and Acceptability of a Health Action Process Approach Guided Physical Activity and Sedentary Behavior Self-Guided Workbook in Rural Adults with Type 2 Diabetes, Toni & Jim Sullivan Endowed Research Fund for PhD students, Sinclair School of Nursing, \$1000, Awarded July 2021 – June 2022

Sinclair PhD Student Fellowship, Sinclair School of Nursing, \$10,000 stipend + tuition, June 2021 - May 2022

Assessing the Feasibility and Acceptability of a Health Action Process Approach Guided Physical Activity and Sedentary Behavior Self-Guided Workbook in Rural Adults with Type 2 Diabetes, Dissertation/Evidence-Based Practice Research Grant, Epsilon Eta Chapter of Sigma, \$500, Awarded May 2021

NIH/NINR T32 Pre-doctoral fellow in Health Behavior Science, Sinclair School of Nursing, University of Missouri-Columbia, \$25,836 stipend + tuition, 2019 - 2021

Research & Training Grant & Fellowships, Not Funded

National Institute of Health, National Institute of Nursing Research, F31 Ruth L. Kirschstein Predoctoral Individual National Research Service Award, *Assessing the Feasibility and Acceptability of a Health Action Process Approach Guided Physical Activity and Sedentary Behavior Self-Guided Workbook in Rural Adults with Type 2 Diabetes* (submitted, August 2020; resubmitted, April 2021 – not funded)

Midwest Nursing Research Society, Founders' Circle Endowment Fund Grant, *Physical Activity and Sedentary Behavior Change in Rural Adults with Type 2 Diabetes* (submitted, November 2020 – not funded)

Publications

Howland, C., & Wakefield, B. (2021). Assessing telehealth interventions for physical activity and sedentary behavior self-management in adults with type 2 diabetes mellitus: An integrative review. *Research in Nursing and Health*, 44(1), 92 – 110. <https://doi.org/Asses10.1002/nur.22077>

Howland, C., Despina, L., Sindt, J., Wakefield, B., & Mehr, D. (2021). Primary care clinic nurse activities with a telehealth monitoring system. *Western Journal of Nursing Research*, 43(1), 5 – 12. <https://doi.org/10.1177/0193945920923082>

Wakefield, B., & **Howland, C.** (2021). Home monitoring technology: What is next?. *Western Journal of Nursing Research*, 43(1), 3 – 4. <https://doi.org/10.1177/0193945920947695>

Professional Presentations

Howland, C., Chase, J. D., Anbari, A. B., Reeder, B., Gallimore, M. R., Emezue, C., Herbert, D., Boles, K., Lee, K., Sherwin, L. B., Narasri, M., Young, L., & Graves, R. S. (Accepted). A systematic review of consumer grade wearable use to measure sedentary behavior [Poster presentation]. American Medical Informatics Association Annual Conference.

- Howland, C.**, Gallimore, M. R., Chase, J. D., Reeder, B., Emezue, C., Boles, K., & Anbari, A. B. (2021, December). Usability, feature, and functionality evaluation of the Amazfit bips smart watch in the Precision START laboratory. [Poster Presentation]. Aging and Health Informatics Conference, Virtual.
- Grimsley, A., Boles, K., **Howland, C.**, Emezue, C., Gallimore, M. R., Sherwin, L. B., Chase, J. D., Reeder, B., & Anbari, A. (2021, November). Digital methodology for mobile clinical decision support development [Poster Presentation]. American Medical Informatics Association Annual Conference, 2021.
- Gallimore, M. R., **Howland, C.**, Chase, J. D., Grimsley, A., Emezue, C., Boles, K., Anbari, A. B., Sherwin, L. B., Vogelsmeier, A., Popejoy, L., Rantz, M. J., & Reeder, B. (2021, October). Digital methodology for mobile clinical decision support development in long-term care [Paper presentation]. International Medical Informatics Association, Virtual.
- Reeder, B., Gallimore, M., **Howland, C.**, Emezue, C., Boles, K., Anbari, A., & Chase, J. (2021, July). Stepwise evaluation methodology of smart watch sensor function and usability [Paper presentation]. Human Computer Interaction International, Virtual.
- Howland, C.** (2021, April 30). Interview with Calhoun, M. Telehealth increases nurse workload. KMOX St. Louis Radio.
- Howland, C.** (2021, April 29). Interview with Angle, A., & Gao, L. Telehealth helps people access health care providers but doubles nurses' tasks. KOMU 8 News.
- Howland, C.**, Gallimore, M. R., Chase, J. D., & Reeder, B. (2021, April). Usability and feature evaluation of the Amazfit Bips smart watch using precision START methodology [Postcard Poster presentation]. Sinclair School of Nursing, PhD On-Campus Days, Virtual.
- Gallimore, M. R., **Howland, C.**, Reeder, B., & Chase, J. D. (2020, November). Usability and feature evaluation of the Amazfit Bips smart watch in the Precision START Lab [Poster presentation]. MU Health Sciences Research Day, Virtual.
- Howland, C.**, Gallimore, M. R., Chase, J. D., & Reeder, B. (2020, November). Usability and feature evaluation of the Amazfit Bips smart watch using precision START methodology [Poster presentation]. American Medical Informatics Association Annual Conference, Virtual.
- Chase, J. D., **Howland, C.**, Gallimore, M. R., & Reeder, B. (2020, November). Usability and feature evaluation of the Amazfit Bips smart watch in the Precision START Lab [Poster presentation]. Gerontological Society of America 2020 Annual Scientific Meeting, Virtual.
- Howland, C.** (2020, July). Primary care clinic nurse activities with a telehealth monitoring system [Podium presentation]. Sigma Theta Tau, Epsilon Eta Chapter, Annual Business Meeting, Virtual.
- Howland, C.**, Despins, L., & Wakefield, B. (2020, April). Primary care clinic nurse activities with a telehealth monitoring system. In C. Shuman & K. Oosterhouse (Chairs), *Health technology to support care of older adults* [Symposium]. Midwest Nursing Research Society 44th Annual Conference, Virtual.
- Howland, C.**, Despins, L., & Wakefield, B. (2019, November). Primary care clinic nurse activities with a telehealth monitoring system [Poster presentation]. MU Health Sciences Research Day, Columbia, MO. [**Dean's Award for best poster presentation**]
- Leey, J. A., **Acord, C. R.**, James, L. K., Pratt, E., & Tobin, G. S. (2015) Inpatient management of diabetes: Assessing perception and barriers among nurses, a qualitative and quantitative review. [Poster presentation]. 9th Annual Barnes Jewish Hospital Multidisciplinary Research Conference, St. Louis, MO.
- Leey, J. A., **Acord, C. R.**, James, L. K., Pratt, E., & Tobin, G. S. (2014). Inpatient management of diabetes: Assessing perceptions and barriers among nurses. [Poster presentation]. American Diabetes Association 74th Scientific Session, San Francisco, CA.

Supervision Experience

Nurse Educator Practicum, Southern Illinois University Edwardsville

Edwardsville, IL

August 2018 – February 2021

- Provided twice weekly individual supervision to four Masters' level graduate students participating in Nurse Educator practica.
- Designed individual practica plan to meet the objectives of various undergraduate nursing courses students were precepting in.
- Provided feedback and evaluation of students' progress.

Nursing Senior Capstone, Southern Illinois University Edwardsville

Edwardsville, IL

August 2017 – May 2018

- Provided weekly individual supervision to four Baccalaureate level undergraduate nursing students.
- Assisted in the development of literature reviews and quality improvement projects.
- Provided feedback and evaluation of students' progress.

Teaching Experience

Teaching Practicum

Sinclair School of Nursing, University of Missouri

Columbia, MO

Practicum Experience:

- N8954 Distance-Mediated Teaching Nursing Practicum
 - Graduate Nursing, online
 - Completed a teaching practicum mentored by Dr. Kari Lane in the online graduate nursing course N7110: Advanced Nursing Role Acquisition which provided an overview of advanced nursing roles and professional issues. Completed additional teaching practicum experience with Dr. Jennifer O'Connor in the online PhD Program Immersion component of N7087: Leadership and Technology Institute.

Instructor

School of Nursing, Southern Illinois University Edwardsville

Edwardsville, IL

Courses taught:

- NURS246: Foundations and Health Assessment
 - Undergraduate Nursing Sophomore level, didactic course with lab component
- NURS342: Adult Health 1 & NURS343: Adult Health 2
 - Undergraduate Nursing Junior level, didactic and clinical
- NURS472/NURS472r: Scholarly Inquiry: Connecting Research to Practice
 - Undergraduate Nursing Senior level, didactic and RN – BS program, online
- NURS476: Care of Persons with Complex Needs
 - Undergraduate Nursing Senior level, didactic and clinical
- NURS480r: Nursing Leadership in Healthcare Systems
 - Undergraduate RN – BS program, online
- NURS482: Transition to Professional Practice
 - Undergraduate Nursing Senior level, online and clinical
- NURS484r: Quality and Safety in Nursing
 - Undergraduate RN – BS program, online
- "Return to Practice"
 - Collaborative teaching experience with SSM Hospital System
- Chronic Illness Training
 - Coordinated implementation of Nurse Managed Clinic IPCP Redesign and Evaluation: RNPCs in Primary Care for Chronic Illness program to community registered nurses in collaboration with We Care Clinic Director

Professional Organizations

Association of Diabetes Care and Education Specialists

January 2021 – Present

Member

National Rural Health Association

April 2020 – Present

Member

American Medical Informatics Association

March 2020 – Present

Member

Midwest Nursing Research Society

July 2019 – Present

Member

American Diabetes Association

January 2013 – Present

Member

Sigma Theta Tau International, Epsilon Eta Chapter

November 2011 – Present

Treasurer

Editorial Activities

The Gerontologist, Reviewer

September 2021

Telemedicine and e-Health, Reviewer

January 2022