

# Curriculum Vitae

**Meghan Garland, PhD, CNM, FACNM**

## **EDUCATION**

<u><b>Degree</b></u>	<u><b>Specialty</b></u>	<u><b>Institution, Location</b></u>	<u><b>Date</b></u>
Doctor of Philosophy	Nursing	Rush University Chicago, IL.	December 2022
Master of Science	Nursing	Case Western Reserve University Frances Bolton School of Nursing Cleveland, OH.	August 2002
Certificate	Nurse-midwifery	Frontier Nursing University Versailles, KY.	May 2002
Diploma	Nursing	Bronson Methodist Hospital School of Nursing Kalamazoo, MI.	May 1998
Bachelor of Arts	Anthropology	Western Michigan University Kalamazoo, MI.	April 1993

## **LICENSURES and CERTIFICATIONS**

<u><b>Type</b></u>	<u><b>State/Agency/Institution</b></u>	<u><b>Date</b></u>
RN/CNM	Michigan, Department of Licensing and Regulatory Affairs	RN 1998-present
Certified Nurse Midwife	Maryland, American Midwifery Certification Board	CNM 2002-present

## **ACADEMIC EMPLOYMENT**

<u><b>Institution</b></u>	<u><b>Rank</b></u>	<u><b>Dates</b></u>
Loyola University Chicago, IL.	Assistant Professor	August 14, 2023
Frontier Nursing University Versailles, KY.	Associate Professor	December 2009- August 11, 2023

## **OTHER EMPLOYMENT**

<u><b>Institution</b></u>	<u><b>Title</b></u>	<u><b>Dates</b></u>
Planned Parenthood of Southwest and Central Florida St. Petersburg, FL.	CNM	November 2010- January 2015
Dr. Lori Lambert Orlando, FL.	CNM	December 2009- June 2011
Lakeland OB/GYN Lakeland, FL.	CNM	December 2006- May 2009
Bond Clinic Winter Haven, FL.	CNM	May 2003-November 2006

Sexual Assault Services Battle Creek, MI.	Sexual Assault Nurse Examiner	February 1999-April 2003
Planned Parenthood of S. Central Michigan Kalamazoo, MI.	Clinic Assistant/RN	April 1993-October 1999

## HONORS, AWARDS, and MEMBERSHIPS in HONOR SOCIETIES

<u>Scholarships</u>	<u>Society/Agency/Institution</u>	<u>Date</u>
Golden Lamp Society Scholarship for doctoral studies	Rush University	2018
A. G. Cox Nursing Scholarship for doctoral studies	Rush University	2015
Heyl Scholarship	Bronson Methodist Hospital School of Nursing	1996, 1997

### Awards

Trainee Day Oral Presentation Award	Rush University	2022
Sigma Theta Tau Rising Star Presenter	31st Annual International Nursing Research Congress	2021
Honorable Mention, PhD Student Poster	Midwest Regional Nursing Research Society	2018
Service Provider of the Year	Calhoun County Sexual Assault Services, Battle Creek, Michigan	2013
Valedictorian	Bronson Methodist Hospital School of Nursing, Kalamazoo, Michigan	1998

### Memberships in Honor Societies

Fellow American College of Nurse Midwives	2022
Sigma Theta Tau	2015
Gamma Pi chapter	2015
Chi Pi member	2015

## RESEARCH AND SCHOLARLY EXPERIENCE

### Funded Research Grants and Contracts

Project Title: Determinants of physical activity and lifestyle physical activity behavior among pregnant Black women.

Funding Agency: Midwest Nursing Research Society

Funding Mechanism/Grant Number: MNRS/Aurora Health Dissertation Grant

Role: Principal investigator

Research Mentor: JoEllen Wilbur, PhD, RN, FAHA, FAAN

Dates of Project Period: 2021-2022

Total Costs: \$2,500

Project Title: Determinants of physical activity and lifestyle physical activity behavior among pregnant Black women.

Funding Agency: Rush University

Funding Mechanism/Grant Number: College of Nursing Dissertation Grant

Role: Principal investigator

Research Mentor: JoEllen Wilbur, PhD, RN, FAHA, FAAN

Dates of Project Period: 2021-2022

Total Costs: \$2,500

## **Other Research Projects**

**Project Title:** Testing Adaptive Interventions to Improve Physical Activity for Sedentary Women

**Funding Agency:** NIH/NINR

**Funding Mechanism/Grant Number:** 5R01NR017635-04

**Role:** Research assistant/motivational interviewer

**Principal Investigator:** Susan Buchholz, PhD, RN, FAANP, FAAN

**Dates of Project Period:** 2019-2022

## **PUBLICATIONS**

\* *data-based*

### **Refereed Published Articles**

- \*Garland, M., Wilbur, J. E., Fogg, L., Halloway, S., Braun, L., & Miller, A. (2021). Self-efficacy, outcome expectations, group social support, and adherence to physical activity in African American women. *Nursing Research*, 70(4), 239-247. <https://doi.org/10.1097/nnr.0000000000000516>
- \*Garland, M., Wilbur, J. E., Semanik, P., & Fogg, L. (2019). Correlates of physical activity during pregnancy: A systematic review with implications for evidence-based practice. *Worldviews on Evidence-Based Nursing*, 16(4), 310–318. <https://doi.org/10.1111/wvn.12391>
- Garland, M. (2017). Physical activity during pregnancy: A prescription for improved perinatal outcomes. *The Journal for Nurse Practitioners*, 13(1), 54–58. <https://doi.org/10.1016/j.nurpra.2016.07.005>
- \*Markowitz, J. R., Steer, S., & Garland, M. (2005). Hospital-Based intervention for intimate partner violence victims: A forensic nursing model. *Journal of Emergency Nursing*, 31(2), 166–170. <https://doi.org/10.1016/j.jen.2005.02.002>

### **Book Chapters**

- Garland, M. E. & Tringali, T. (in press). Physical Activity & Exercise in the Perinatal Period. In K. T. Grace, C. L. Farley, N. Jeffers & T. Tringali (Eds.), *Prenatal and postnatal care: A person-centered approach* (3rd ed.). Wiley Blackwell.
- Garland, M. E. (2019). Exercise and Sexual, Occupational, Environmental Health during Pregnancy. In R. G. Jordan, C. L. Farley, & K. T. Grace (Eds.), *Prenatal and postnatal care: A woman-centered approach* (2nd ed., pp. 323–340). Wiley Blackwell.
- Yount, S. M., Garland, M. E., & Barosso, R. (2017). Untethering in Labor: Using the Evidence for Best Practice. In B. A. Anderson, J. Rooks, & R. Barroso (Eds.), *Best practices in midwifery: Using the evidence to implement change* (2<sup>nd</sup> ed., pp. 345–368). Springer Publishing Company.
- Garland, M. E. (2014). Exercise, Recreational and Occupational Issues, and Intimate Relationships in Pregnancy. In R. G. Jordan, J. L. Engstrom, J. A. Marfell, & C. L. Farley (Eds.), *Prenatal and postnatal care: A woman-centered approach* (1st ed., pp. 274–288). John Wiley & Sons Inc.
- Garland, M. E. (2014). Sexually Transmitted Infections, Vaginitis and Vaginosis in Pregnancy. In R. G. Jordan, J. L. Engstrom, J. A. Marfell, & C. L. Farley (Eds.), *Prenatal and postnatal care: A woman-centered approach* (1st ed., pp. 274–288). John Wiley & Sons Inc.

Yount, S. M., & Garland, M. E. (2013). Tethering in Labor: The Effect of Current Practices on the Normalcy of Labor. In B. A. Anderson & S. E. Stone (Eds.), *Best practices in midwifery: Using the evidence to implement change* (1st ed., pp. 153–170). Springer Publishing Company.

Yount, S. M., & Garland, M. E. (2013). Un-Tethering in Labor: The Effect of Current Practices on the Normalcy of Labor. In B. A. Anderson & S. E. Stone (Eds.), *Best practices in midwifery: Using the evidence to implement change* (1st ed., pp. 171–186). Springer Publishing Company.

## **OTHER PUBLICATIONS**

### **Abstracts**

Garland, M., Wilbur, J. E., Semanik, P., & Fogg, L. (2018). Determinants of physical activity during pregnancy: An integrated review [Abstract]. *Western Journal of Nursing Research*, 40(10), 1564–1565.  
<https://doi.org/10.1177/0193945918785349b>

### **Technical Reports**

Louis, J., Caravello, J., Burnett, E., Egerman, R., Tsigas, E., Malone-Quarles, P., Garland, M., Gray, M., Miles, J., Yasin, S., Cox, C., Schwartz, W., Kalter, C., Travis, N., Morgan, A., Brown, R., Albers, K., & Foresburg, S. (2016, February). *Florida Perinatal Quality Collaborative*. HIP Toolbox - Florida Perinatal Quality Collaborative | USF Health. [https://health.usf.edu/publichealth/chiles/fpqc/hip\\_toolbox](https://health.usf.edu/publichealth/chiles/fpqc/hip_toolbox).

### **Book Reviews, Editorials, Letters to the Editor, Columns, Commentaries, and Other**

Lassiter, N., Marowitz, A., Houston, J., & Garland, M. (2019, October 21). *Shared decision-making q&a*. Daily Nurse. <https://dailynurse.com/shared-decision-making-qa/>.

## **PRESENTATIONS**

### **Refereed Presentations - International**

Garland, M., Wilbur, J. E., Fogg, L., Holloway, S., & Braun, L. (2020, July 22-24). Self-efficacy, outcome expectations, group social support, and adherence to physical activity in African American women. [poster session] 2020 Sigma Theta Tau 31st Annual International Nursing Research Congress (online).

### **Refereed Presentations - Regional**

Garland, M. (2023, March 31). Determinants of Physical Activity and Lifestyle Physical Activity Behavior among Black Pregnant People. [podium presentation] 2023 Midwest Nursing Research Symposium. Des Moines, IA. United States.

Garland, M., Wilbur, J. E., Fogg, L., Semanik, P., & Holloway, S. (2020, April 1-3). Self-efficacy, outcome expectations, group social support, and adherence to physical activity in African American women. [poster session] 2020 Midwest Nursing Research Symposium (online).

Garland, M., Wilbur, J. E., Fogg, L., Semanik, P., & Holloway, S. (2018, April 12-15). Determinants of physical activity during pregnancy: An integrated review [poster session] 2018 Midwest Nursing Research Symposium. Cleveland, OH. United States.

## **Refereed Presentations - local**

Garland, M. (2022, March 17). The women's lifestyle physical activity program: Self-efficacy, outcome expectations, group social support, and adherence to physical activity in African American women. [podium presentation] Rush University Trainee Day. Chicago, IL. United States.

## **Invited Presentations**

Garland, M. (2023, July 20 & August 1). Talking about race-based medicine: Past assumptions, current barriers and moving the conversation forward. [two-part student seminar series] Frontier Nursing University. Versailles, KY. United States.

Garland, M. (2023, May 25). Cox's interaction model of client health behavior. [guest lecture] University of Nebraska Medical Center. Lincoln, NE. United States.

Garland, M. (2023, April 27 to November 30). Talking about race-based medicine: Past assumptions, current barriers and moving the conversation forward. [six-part faculty seminar series] Frontier Nursing University. Versailles, KY. United States.

Garland, M. (2019, October 25). Physical activity during pregnancy: Barriers and opportunities to change behavior. [podium presentation] Florida American College of Nurse-Midwives Annual Conference. Davenport, FL. United States.

Marowitz, A., Houston, J. & Garland, M. (2019, September 19). Call the birth professional! Discussing evidence during shared decision making. [podium presentation] 2019 Evidence Based Birth® Conference, "Bringing Evidence to Life!" Lexington, KY. United States.

## **PROFESSIONAL ACTIVITIES**

### **Memberships and Positions in Professional Organizations**

<b><u>Organization</u></b>	<b><u>Role</u></b>	<b><u>Date(s)</u></b>
Counsel for the Advancement of Nursing Science	Member	2021-present
American Heart Association (AHA)	Member	2021-present
Council on Cardiovascular and Stroke Nursing		
Council on Epidemiology and Prevention		
University of Massachusetts Physical Activity Policy, Research, and Evaluation Network (PAPREN)	Member	2020-present
Equity & Resilience Research Group	Member	2020-present
Midwest Nursing Research Society (MNRS)	Member	2017-present
Student Poster Competition	Reviewer	2023-2024
Perinatal, Sexual, & Reproductive Health Research Interest Group	Co-chair	2022-2023
	Co-chair elect	2021-2022
Women's Health and Childbearing Research Interest Group	Quarterly newsletter author	2020-2021
Florida Perinatal Quality Collaborative (FPQC)	Hypertension in Pregnancy Initiative Task Force	2015-2017
American Congress of Obstetrics and Gynecology (ACOG)	Member	2006-present
American College of Nurse-Midwives (ACNM)	Member	2000-present

<b><u>Organization</u></b>	<b><u>Role</u></b>	<b><u>Date(s)</u></b>
Orlando Chapter	Scholarship Committee	2014-2019
Illinois Chapter	Member	2019-present

### **Professional Community Service**

<b><u>Organization</u></b>	<b><u>Role</u></b>	<b><u>Date(s)</u></b>
Florida Healthy Start Coalition of Hardee, Highlands, and Polk Counties Board of Directors	Member	2012-2017
	Past-President	2016-2017
	President	2015-2016
	President-Elect Board of Directors	2014-2015
	Member	2013-2014
Service Development Plan Committee	Chair	2014-2016
Executive Finance Committee	Member	2013-2014
Fetal and Infant Mortality Review Committee	Member	2012-2015
Florida Perinatal Quality Collaborative	Member	2015-2017
Hypertension in Pregnancy Toolkit Taskforce		

### **Editorial Activities**

<b><u>Journal/Publisher</u></b>	<b><u>Nature of Activity</u></b>	<b><u>Date(s)</u></b>
Journal of Physical Activity & Health	Ad-hoc reviewer	2022, 2023
BMC Public Health/BioMed Central	Ad-hoc reviewer	2022, 2023
Western Journal of Nursing Research	Ad-hoc reviewer	2022
American Journal of Lifestyle Medicine	Ad-hoc reviewer	2022
American Journal of Public Health (AJPH)	Ad-hoc reviewer	2021
BMC Women's Health/ BioMed Central	Ad-hoc reviewer	2020, 2022

### **Consultation Experience**

<b><u>Agency or Project Title</u></b>	<b><u>Role</u></b>	<b><u>Date(s)</u></b>
Rissman, Barrett, Hurt, Donahue, McLain & Mangan, P. A.	Expert witness nurse-midwife	2017, 2023
Circuit court, Calhoun County, Judge Sindt	Expert witness sexual assault nurse examiner	2002
9th district court, Calhoun County, Judge Line	Expert witness sexual assault nurse examiner	2000

### **Workshops/Continuing Education Offerings Taught**

<b><u>Title</u></b>	<b><u>Sponsor</u></b>	<b><u>Date(s)</u></b>
Just getting started: the first scholarly publication	Frontier Nursing University Research Mini-Symposium	2018

## **TEACHING ACTIVITIES**

### **Graduate Courses Taught Frontier Nursing University**

<b><u>Course # title (credits)</u></b>	<b><u>Role</u></b>	<b><u>Sem., Yr.</u></b>
PC 617 Primary Healthcare I (3)	Instructor	Winter & Spring, 2010
NM619 Postpartum and Newborn (3)	Instructor	Summer, Fall, Winter, Spring, 2010-2011
NM623 Advanced Postpartum and Newborn (2)	Instructor	Summer, Fall, Winter, Spring,

NM617 Antepartum Care (4)	Instructor	2010-2011 Fall, Winter, Spring, Summer, 2010-2012
NM621 Advanced Antepartum Care (3)	Instructor	Fall, 2010
NM618 Intrapartum Care (4)	Instructor	Fall Winter Spring Summer 2012- 2015
NM622 Advanced Intrapartum Care (3)	Instructor	Fall Winter Spring Summer 2012- 2015
NM712-716 Nurse-Midwifery Clinical Experience (12)	Clinical Faculty	Fall Winter Spring Summer 2010- 2018
WH712-716 Women's Health Nurse Practitioner Clinical Experience (12)	Clinical Faculty	Fall Winter Spring Summer 2010- 2018
WH639/N599 Advanced Clinical Practicum in Women's Health Care (4)	Clinical Faculty	Fall Winter Spring Summer 2012- 2018
NM704 Midwifery Care During Labor and Birth (3)	Instructor	Fall Winter Spring Summer 2014- 2021
N400 Physical Assessment (3)	Instructor	Spring, Summer, Fall 2015-2016
N404 Statistics (3)	Instructor	Summer, 2017
NM700 The Role of the Nurse-Midwife in Health Care Delivery Systems (3)	Instructor	Fall, 2017
NM702 Midwifery Care During Pregnancy (3)	Instructor	Fall Winter Spring Summer 2018- 2023
<b>Loyola University Chicago</b>		
MCN 521: Population Health (3)	Assistant Professor	Fall 2023

## UNIVERSITY SERVICE

### Service to Frontier Nursing University

<u>Committee</u>	<u>Role</u>	<u>Date(s)</u>
Culture of Caring	Chair	2023
Diversity and Inclusion Presidential Task Force Inclusion and Equity Curriculum Subcommittee	Member	2022-present
Diversity and Inclusion Presidential Task Force Committee for BIPOC Student Retention	Member	2021-present
Library committee	Member	2018-2020
Administrative Review Team	Faculty representative	2013,2017
Honor Code Council	Faculty representative	2010,2012,2014 ,2016
Administrative Retreat	Faculty representative	2012,2015
Academic Standards Committee	Faculty representative	2014
Physiologic Birth Working Group	Chair	2013-2014
	Member	2011-2013
International HealthCare Committee	Member	2010-2013