sharon PUCHALSKI, DNP, APN-C, WHNP-BC

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**EDUCATION\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**William Paterson University** Wayne, NJ

**Doctorate of Nursing Practice** 2014

**GPA: 4.0/4.0**

Dissertation: “Attitudes and Practices among Pregnant Women toward Influenza Immunization”

**Seton Hall University** S. Orange, NJ

**Master of Science in Nursing** 1999

Women’s Health Nurse Practitioner

**GPA: 4.0/4.0**

**County College of Morris** Randolph, NJ

**Associate in Applied Science** 1993

Nursing

**Pace University** Pleasantville, NY

**Bachelor of Business Administration** 1989

Marketing Management

**ACADEMIC APPOINTMENTS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**William Paterson University** Wayne, NJ Associate Professor in Nursing, Tenured2014-present

*Teaches undergraduate and graduate nursing students.*

Fall 2014

NUR 3250 Cultural Foundations of Nursing

NUR 3310 Health Concepts Seminar

NUR 8360 DNP Practicum

Spring 2015

NUR 3310 Health Concepts Seminar

NUR 6121 Advanced Nursing Theory II

Fall 2015

NUR 3310 Health Concepts Seminar

NUR 6111 Advanced Nursing Theory I

Spring 2016

NUR 3310 Health Concepts Seminar

NUR 6121 Advanced Nursing Theory II

Summer 2016

NUR 7011 Advanced Nursing Practicum II

Fall 2016

NUR 3320 Pharmacology

NUR 3310 Health Concepts Seminar

NUR 8360/8361 DNP Practicum

Advisement

Spring 2017

NUR 3320 Pharmacology

NUR 3310 Health Concepts Seminar

NUR 8360/8361 DNP Practicum

Advisement

Summer 2017

NUR 8350/8351 DNP Practicum

Fall 2017

NUR 3320 Pharmacology

NUR 3310 Health Concepts Seminar

NUR 8360/8361 DNP Practicum III/IV

Advisement

Spring 2018

NUR 3320 Pharmacology

NUR 3310 Health Concepts Seminar

NUR 8301 DNP Diad 1

Advisement

Summer 2018

NUR 8350-8351 DNP Practicum 1/II

Fall 2018

NUR 3320 Pharmacology

NUR 3310 Health Concepts Seminar

NUR 3500 Nursing Research

NUR 8311 DNP Diad 1

NUR 8360/8361 DNP Practicum III/IV

Spring 2019

NUR 3300 Nursing Practice II

NUR 3320 Pharmacology

NUR 3310 Health Concepts Seminar

NUR 8301 DNP Diad I

NUR 8311 DNP Diad II

Summer 2019

NUR 8350/8351 DNP Practicum I/II

Fall 2019

NUR 3300 Nursing Practice II

NUR 3320 Pharmacology

NUR 3310 Health Concepts Seminar

NUR 8311 DNP Diad II

NUR 8360/8361 DNP Practicum III/IV

Spring 2020

NUR 3300 Nursing Practice II

NUR 3320 Pharmacology

NUR 3310 Health Concepts Seminar

Summer 2020

NUR 8350/8351 DNP Practicum I/II

Fall 2020

NUR 3320 Pharmacology

NUR 3310 Health Concepts Seminar

NUR 8360/8361 DNP Practicum III/IV

Spring 2021

NUR 3320 Pharmacology

NUR 3310 Health Concepts Seminar

NUR 8301 DNP Diad I

NUR 6011 Advanced Pharmacology

Summer 2021

NUR 8350/8351 DNP Practicum I/II

NUR 6011 Advanced Pharmacology

Fall 2021

NUR 3321 Pharmacology

NUR 8311 DNP Diad II

NUR 8360/8361 DNP Practicum III/IV

Spring 2022

NUR 3321 Pharmacology

NUR 3310 Health Concepts Seminar

NUR 6011 Advanced Pharmacology

NUR 8301 DNP Diad I

**Bergen Community College**  Paramus, NJ

Assistant Professor in Nursing, Tenured 2007-2014

Develop syllabus and overall maternal-child health course structure, including clinical practicum, simulation, grade all written work and administer all grades.

Participate on department committees (curriculum, computer assisted instruction, admission, textbook, student nurse association, ADN-BSN task force), college wide committees (library), and division committee (promotion).

**County College of Morris** Randolph, NJ

Adjunct Professor in Nursing 2005-2008

Clinical instructor, Maternal-Child

**CLINICAL EXPERIENCE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Women’s Care Source** Morristown, NJ

APN-C, Women’s Health Nurse Practitioner, Board Certified 2001-present

Perform direct patient care including comprehensive gynecologic, preconception, prenatal, and post-partum services across the lifespan for women.

**Bloomfield OB-GYN** Bloomfield, NJ

APN, Women’s Health Nurse Practitioner, Board Certified 1999-2001

Perform direct patient care including comprehensive gynecologic, preconception, prenatal, and post-partum services across the lifespan for women.

**Columbus Hospital** Newark, NJ

Staff RN, Labor and Delivery 1993-2001

Responsible for all facets of antepartum, intrapartum, and postpartum care. Cross-trained to newborn nursery and postpartum unit.

**PUBLICATIONS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Puchalski, S. (2019). Preventing Heart Disease in Women through Physical Activity, Can we do better? *International Journal of Nursing and Healthcare Research.*

Puchalski, S. (2019). Contributed the foreword to Chapter 7 “The DNP Prepared Nurse as Educator” in Menonna-Quinn, D., and Tortorella-Genova, T. (2019). Fast Facts for DNP Role Development, A Career Navigation Guide.

Puchalski, S. (2018). Effect of an Education Intervention on the Knowledge, Attitudes, and Practices of Pregnant Women toward Influenza Immunization. *SF Nurs Health J 2:2.*

Puchalski, S. (2017). Physical activity:  Utilizing guidelines to promote health among pregnant women. *The Journal of Pregnancy and Reproduction. DOI: 10.15761/JPR.1000107*

Puchalski S., Tortorella T. (2016). Strategies to Improve Identification of Postpartum Depression, Follow up and Continuity of Care among Women. *Journal Womens Health, Issues Care 5:4. doi:10.4172/2325-9795.1000239*

Puchalski S., Hollema C., Marshall B. (2015). Current Attitudes and Practices among Pregnant Women toward Influenza Immunization. *Journal Pregnancy Child Health* *2: 184. Doi:10.4172/2376-127X. 10000184*

**PRESENTATIONS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Podium Presentations**

Puchalski, S. (August 2019). *Effect of an Education Intervention on the Knowledge, Attitudes and Practices of Pregnant Women toward Influenza Immunization*. Paper presented at The Twelfth National Doctors of Nursing Practice Conference, Washington, DC.

Puchalski, S. (September 2018). *Physical activity:  Utilizing guidelines to promote health among pregnant women.* Paper presented at The Eleventh National Doctors of Nursing Practice Conference, Palm Springs, Ca.

Puchalski, S. and Tortorella, T. (September 2017). *The (R)Evolution of the DNP:  10 Years in the Making*. Paper presented at The Tenth National Doctors of Nursing Practice Conference, New Orleans, LA.

Puchalski, S. (January 2017). *The Many Careers in Nursing.* Presented at Parsippany Hills High School to junior and senior students, Parsippany, NJ.

Puchalski, S. (October 2016) *Strategies to Improve Identification of Postpartum Depression, Follow up, and Continuity of Care among Women.* Paper presented at The Ninth National Doctors of Nursing Practice Conference, Baltimore, MD.

Puchalski, S. (March 2016). *The Many Specialties and Careers in Nursing.* Presented at The New Jersey Nursing Students Convention, Atlantic City, NJ.

Puchalski, S. (January 2016). *The Many Careers in Nursing.* Presented at Parsippany Hills High School to junior and senior students, Parsippany, NJ.

Puchalski, S. (September 2015). *Current Attitudes and Practices among Pregnant Women toward Influenza Immunization.* Paper presented at The Eighth National Doctors of Nursing Practice Conference, Seattle, WA.

Puchalski, S. (April 2015). *Current Attitudes and Practices among Pregnant Women toward Influenza Immunization*. Paper presented at Sigma Theta Tau International Iota Alpha Chapter Nursing Research Day, William Paterson University, Wayne, NJ.

**Poster Presentations**

Puchalski, S. (August 2019). *Effect of an Education Intervention on the Knowledge, Attitudes and Practices of Pregnant Women toward Influenza Immunization*. Poster session presented at The Twelfth National Doctors of Nursing Practice Conference, Washington, DC.

Puchalski, S. (March 2019). *Effect of an Education Intervention on the Knowledge, Attitudes and Practices of Pregnant Women toward Influenza Immunization.* Poster session presented at Sigma Theta Tau International Iota Alpha Chapter Research Conference at William Paterson University of New Jersey, Wayne, NJ

Puchalski, S., Pevour, R. and Pasquale, G. (March 2019). *Perceptions and experiences of undergraduate nursing students in pharmacology: Strategies for success*. Poster session presented at Sigma Theta Tau International Iota Alpha Chapter Research Conference, William Paterson University of New Jersey, Wayne, NJ.

Puchalski, S. (September 2018). *Physical activity:  Utilizing guidelines to promote health among pregnant women.* Poster session presented at The Eleventh National Doctors of Nursing Practice Conference in Palm Springs, Ca.

Puchalski, S., Pevour, R. and Pasquale, G. (April 2018). *Perceptions and experiences of undergraduate nursing students in pharmacology:  Strategies for success*. Poster session presented at William Paterson University Explorations 2018: Research, Scholarship and Creative Expression, Wayne, NJ.

Puchalski, S., and Despirito, N. (April 2018). *Physical activity:  Utilizing guidelines to promote health among pregnant women.*  Poster session presented at William Paterson University Explorations 2018: Research, Scholarship and Creative Expression, Wayne, NJ.

Puchalski, S. and Tortorella, T. (September 2017). *The (R)Evolution of the DNP:  10 Years in the Making.* Poster session presented at The Tenth National Doctors of Nursing Practice Conference, New Orleans, LA.

Puchalski, S. (April 2017). *Strategies to Improve Identification of Postpartum Depression, Follow up, and Continuity of Care among Women.* Poster session presented at William Paterson University Explorations 2017: Research, Scholarship and Creative Expression, Wayne, NJ.

Puchalski, S. (April 2017). *Strategies to Improve Identification of Postpartum Depression, Follow up, and Continuity of Care among Women.* Poster session presented at Sigma Theta Tau International Iota Alpha Chapter: Nurses’ Influence Through Evidence-Based Research, William Paterson University, Wayne, NJ.

Puchalski, S. (October 2016) *Strategies to Improve Identification of Postpartum Depression, Follow up, and Continuity of Care among Women.* Poster session presented at The Ninth National Doctors of Nursing Practice Conference, Baltimore, MD.

Puchalski, S. (September 2015). *Current Attitudes and Practices among Pregnant Women toward Influenza Immunization.* Poster session presented at The Eighth National Doctors of Nursing Practice Conference, Seattle, WA.

Puchalski, S. (April 2015). *Current Attitudes and Practices among Pregnant Women toward Influenza Immunization.* Poster session presented at William Paterson University Research and Scholarship Day, Wayne, NJ.

**GRANT\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Hollema, C., and Puchalski S. (2021). “Factors that Promote Persistence & Retention in an Online Program”. $1,500 Academic Partnerships.

Galetz, E., Brown, J., Albuquerque, L., Puchalski, S. (2021) HRSA Grant: Scholarship for Disadvantage Students. $650,000.00

**AWARDS AND ACHIEVEMENTS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Selected to Pin Graduates, William Paterson University Nursing Pinning Ceremony (May 2021)

Guest Address Speaker, William Paterson University Nursing Pinning Ceremony (January 2021)

Master of Ceremonies, William Paterson University Nursing Pinning Ceremony (January 2020)

Master of Ceremonies, William Paterson University Nursing Pinning Ceremony (January 2019)

Daisy Faculty Award Honoree (May 2019)

March of Dimes Nurse of the Year Finalist (May 2018)

Guest Address Speaker, William Paterson University Nursing Pinning Ceremony (May 2018)

Daisy Faculty Award Honoree (May 2018)

Master of Ceremonies, William Paterson University Nursing Pinning Ceremony (January 2018)

Master of Ceremonies, William Paterson University Nursing Pinning Ceremony (May 2017)

Daisy Faculty Award Recipient (May 2017)

Guest Address Speaker, William Paterson University Nursing Pinning Ceremony (January 2017)

Iota Alpha Chapter of the Honor Society of Nursing Sigma Theta Tau International Inductee as Nurse Leader (2016)

Nursing Excellence Doctor of Nursing Practice Award, William Paterson University (2014)

Columbus Hospital Nurse of the Year (1995)

**credentials/CertificationS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Board Certified, Women’s Health Nurse Practitioner – NCC (current)

Advanced Practice Nurse, State of New Jersey (current)

Registered Nurse, State of New Jersey (current)

American Heart Association BLS for Healthcare Providers (CPR and AED) Program (current)

NJ CDS DEA (current)

**PROFESSIONAL AFFILIATIONS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

New Jersey State Nurses Association (NJSNA), member

American Nurses Association (ANA), member

National League of Nursing (NLN), member

Nurse Practitioners in Women’s Health (NPWH), member

The American College of Obstetricians and Gynecologists, member

Sigma Theta Tau International Honor Society of Nursing (STTI), Secretary

**SERVICE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**UNIVERSITY SERVICE**

Middle States Commission on Higher Education Working Group II Ethics and Integrity, committee member (2019-present)

University Assessment Committee, member (2016-present)

Ad hoc Committee on Student Success, Secretary (2018-present)

Volunteered for Senate Council (2019)

Volunteered New Faculty Mentoring Program (2019)

Volunteered for the Advisement and Registration Senate Council (2018)

Technology Across the Curriculum Committee, member (2017-present)

Ad Hoc Committee on Retention, member (2017-2018)

New Faculty Mentoring Program (2017-2018)

**DEPARTMENT SERVICE**

Ad Hoc White Coat Ceremony Fall 2021

Ad Hoc HESI Committee Fall 2021

RTP Task Force Spring 2021

RN-BSN Lead Coordinator, WP Online, Spring 2020

RN-BSN Coordinator, Fall 2019 – present

Academic Standards Committee, member (2015-2019)

Admissions Committee, member (2015 – present)

Daisy Committee, Chair (2015 – 2020)

Department Social Media, Chair (2016 – present)

DNP Committee, member (2018-present)

Ad Hoc Committee – Concepts through nursing curriculum, member (Spring 2018)

Preceptor – WPU nursing education student (Spring 2018)

CCNE Standard 3 committee, member (Spring 2018 - present)

Sigma Theta Tau International, Iota Alpha chapter– Secretary (Spring 2017- present)

Subcommittee – Nursing Drug Policy (Fall 2017)

Reviewed the *Current Issues and Clarifying Recommendations Report from the Task Force on the Implementation of the DNP*with regard to the DNP project and practicum hours and met with the incoming DNP cohort during their DNP orientation as they embark on the journey to the DNP degree (Fall 2017)

Advisor, Undergraduate and Graduate Students (2016- present)

Preceptor - FNP student (2016 - 2019)

WPU - Nursing 50th Anniversary Committee, member (2016-2017)

Developed and presented a new student nursing orientation program to incoming UDC 1 students in alignment with Strategic Plan Spring (2016 - 2018)

**COMMUNITY SERVICE**

Participant Superheroes helping Superheroes Virtual Half Marathon benefiting frontline workers at Morristown Medical Center (Spring 2020)

Participant Half Marathon benefiting Jersey Battered Women’s Service in Morris County (Fall 2019).

Participant Type I Willpower 5 K benefiting Type 1 Diabetes, committed to raising funds to support cure-focused research and the empowerment of children living with Type 1 diabetes (Fall 2019).

Organizer, Sigma Thera Tau Iota Alpha fundraiser for the Pioneer Food Pantry (Fall 2019)

Organizer, Sigma Thera Tau Iota Alpha fundraiser for the Pioneer Food Pantry (Spring 2019)

Participant, Jersey Girl Triathlon benefiting 180 Turning Lives Around, Inc., a non-profit organization dedicated to ending domestic and sexual violence in Monmouth County (2019)

Organizer, Sigma Theta Tau Iota Alpha fundraiser for CUMAC Food Pantry (2018)

Participant, Out of the Darkness Walk for suicide prevention (2018)

Board of Directors of the Lake Intervale Management Association (January 2016 – present)

Vice President for the Parsippany Hills H.S. Hockey (2016 – 2018)

Vice President Boy’s Lacrosse Booster Association (2016 – 2017)

Volunteer, CCD teacher at St. Ann’s Church, Parsippany, NJ. (2012-2016)

Volunteer, Hospitality Committee at St. Ann’s Church, Parsippany, NJ (2010-2019)

Volunteer, Health Ministry at St. Ann’s Church, Parsippany, NJ (2010-2019)

**CONTINUING EDUCATION\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Harassment & Discrimination in the Workplace (1 CEU) (January 2022)

OSHA Safety (2 CEU) (January 2022)

HIPAA Privacy & Security (2 CEU) (January 2022)

Corporate Compliance (1 CEU) (January 2022)

COVID-19 (January 2022)

"The NGN Evolution: A Discussion with Dr. Phil Dickison, PhD, RN" (November 2021)

Harassment & Discrimination in the Workplace (1 CEU) (February 2021)

OSHA Safety (2 CEU) (February 2021)

HIPAA Privacy & Security (2 CEU) (February 2021)

Corporate Compliance (1 CEU) (February 2021)

Covid-19 (February 2021)

Perinatal Care Guidelines during COVID-19 (New Jersey Department of Human Services, The Nicholson Foundation, and Rutgers New Jersey Medical School hosted by Rutgers Project ECHO.)

Maternal Child Health & Opioid Use Disorder During COVID-19 (New Jersey Department of Human Services, The Nicholson Foundation, and Rutgers New Jersey Medical School hosted by Rutgers Project ECHO.)

Managing Patient Care During COVID-19 (New Jersey Department of Human Services, The Nicholson Foundation, and Rutgers New Jersey Medical School hosted by Rutgers Project ECHO.)

Menopause Transition [5 contact hours] (May 2020)

Women’s Health Pharmacology [10 contact hours] (May 2020)

Sexually Transmitted Infections {10 contact hours] (May 2020)

Simulation Enhancing Nursing Education and Practice [5 contact hours] (May 2020)

Harassment & Discrimination in the Workplace (CEU) (February 2020)

OSHA Safety (CEU) (February 2020)

HIPAA Privacy & Security (CEU) (February 2020)

Corporate Compliance (CEU) (February 2020)

Prescribing Controlled Substances in NJ. Monmouth University [6 contact hours] (April 2019)

Leadership Development for Staff Nurses: Creating a Strategy to Accelerate the Transition into a Leader [4 contact hours] (March 2019)

Older Adults: Important Concepts for Care [2 contact hours] (March 2019)

Suicide Assessment and Prevention for Health Professionals [4 contact hours] (March 2019)

The Endocrine System: Disease, Disorders and Clinical Updates [10 contact hours] (March 2019)

Vaccine-Preventable Disease: Staying Healthy [10 contact hours] (March 2019)

Harassment & Discrimination in the Workplace (CEU) (February 2019)

OSHA Safety (CEU) (February 2019)

HIPAA Privacy & Security (CEU) (February 2019)

Corporate Compliance (CEU) (February 2019)

Harassment & Discrimination in the Workplace (CEU) (March 2018)

OSHA Safety (CEU) (March 2018)

HIPAA Privacy & Security (CEU) (March 2018)

Corporate Compliance (CEU) (March 2018)

The Pelvic Examination and Papanicolaou Smear – 5 contact hours (April 2017)

Menstrual Disorders – 10 contact hours (April 2017)

Death, Dying, and Bereavement: Providing Compassion During a Time of Need (30 CEU’s) (April 2017)

Menopause Management – 10 contact hours (April 2017)

Harassment & Discrimination in the Workplace (CEU) (April 2017)

OSHA Safety (CEU) (April 2017)

HIPAA Privacy & Security (CEU) (April 2017)

Corporate Compliance (CEU) (April 2017)

Technology Impact on Nursing Practice – 5 contact hours (March 2017)

Antepartum Testing & Prenatal Diagnosis – 5 contact hours (December 2016)

Pharmacology in Pregnancy – 5 contact hours (December 2016)

Antibiotic Resistance – 5 contact hours (December 2016)

Attended two-day curriculum workshop for nursing faculty (May 2016)

Attended 2 day “Nurse Tim” Workshop re: NCLEX, teaching strategies. (May 2016)

Attended the celebration of recently published WPU authors exhibition of publication and reception (April 2016

Research Workshop presented by David Plested and Tom Heinzen (April 2016)

NJNS Convention in AC – speaker (March 2016)

Harassment & Discrimination in the Workplace (CEU) (March 2016)

OSHA Safety (CEU) (March 2016)

HIPAA Privacy & Security (CEU) (March 2016)

Corporate Compliance (CEU) (March 2016)

Writing Across the Curriculum workshop (January 2016)

“Analyzing your NCLEX program reports workshop at Monmouth University (January 2016)

Harassment & Discrimination in the Workplace (CEU) (March 2015)

OSHA Safety (CEU) (March 2015)

HIPAA Privacy & Security (CEU) (March 2015)

Corporate Compliance (CEU) (March 2015)