

## Curriculum Vitae

Sara M. Ahten

1910 University Drive, Boise, ID 83725-1840

[sahten@boisestate.edu](mailto:sahten@boisestate.edu)

### EDUCATION

- |            |   |
|------------|---|
| In-process | Doctorate in Nursing Practice<br>Rush University, Chicago, IL   |
| 2002-2006  | Master of Science in Nursing<br>Saint Joseph's College of Maine, Standish, ME<br>Major area of study: Nursing Education   |
| 1992-1995  | Bachelor of Science in Nursing<br>University of Illinois at Springfield, Springfield, IL<br><ul style="list-style-type: none"><li>• Dean's List; Sigma Theta Tau National Nursing Honor Society; University Honors Graduate</li></ul>   |
| 1988-1990  | Associate of Applied Science in Nursing<br>Illinois Central College, East Peoria, IL<br><ul style="list-style-type: none"><li>• President's List; Dingledine Academic Scholarship</li></ul>   |
| 1972-1976  | College of Professional Studies<br>Northern Illinois University, DeKalb, IL<br>Major area of study: Marketing and Merchandising<br><ul style="list-style-type: none"><li>• Northern Illinois University academic scholarship: renewed for 4 years; Cwens National Women's Honor Society</li></ul> |

### PROFESSIONAL EXPERIENCE

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|--------------|---|-----------|
| 2008         | Tenured, Department of Nursing, Boise State University  | Boise, ID |
| 2007-present | <b>Assistant Professor</b><br>Boise State University  | Boise, ID |
|              | <ul style="list-style-type: none"><li>• Instruction in didactic and clinical courses in the baccalaureate nursing curriculum</li><li>• Chair, Undergraduate Curriculum Team</li><li>• Course development in the Post-Master's Doctorate in Nursing Practice program</li></ul> |           |
| 2002-2007    | <b>Instructor</b><br>Boise State University   | Boise, ID |
|              | <ul style="list-style-type: none"><li>• Instruction in didactic and clinical courses in the Practical Nursing Program, the Associate of Science Nursing Program and the One Front Door Nursing Program</li></ul>  |           |
| 2000-2002    | <b>Idaho State Marketing and Business Development Director</b><br>HealthSouth Corporation   | Boise, ID |
|              | <ul style="list-style-type: none"><li>• Business development, marketing, and staff development programming for five outpatient physical therapy and rehabilitation facilities in Idaho.</li></ul>   |           |

- Business development and marketing at HealthSouth Treasure Valley Hospital for inpatient and outpatient surgery, diagnostics and inpatient/outpatient physical therapy service lines.
- Service line development and introduction, including: minimally invasive tumescent transilluminated varicose vein removal, oral and maxillofacial orthognathics and nuclear medicine brachytherapy. For the latter, worked with the United States Nuclear Regulatory Commission, physicists, physicians and dosimetrists to create necessary documentation and program applications. Also coordinated the hospital application team, including administration, nursing and diagnostic department personnel.
- Developed and coordinated a multi-disciplinary Industrial Injury Prevention and Management Program. Partnered with clinical case managers; safety officers and risk management coordinators; surety managed care directors; occupational medicine providers and HealthSouth clinicians, to provide continuing education, professional forums, worksite assessments, industry-specific outcomes data, employee evaluation / testing programs and related collateral materials.
- Marketing staff management, including service-line specific training and education; oversight of physician liaison activities; and marketing budget development, allocation and implementation for surgical, diagnostic and outpatient physical therapy service lines.

1998-2000

**Vice-President, Account and Healthcare Services**

Meyers and Pluckebaum

Boise, ID

- Account relationships, strategic and tactical marketing for health systems, creative services and marketing strategy for corporate clients. Clients included hospitals, solo and multi-specialty physician practices, and specialty treatment centers.

1997-1998

**Director, Business Development and Marketing**

Boise Orthopedic Clinic

Boise, ID

- Developed initial Communication Plan for proposed Boise Orthopedic Clinic- Intermountain Orthopedics merger.
- Designed the joint Marketing Budget for the proposed merger
- Developed the merged practice Marketing Plan and related strategy
- Created the Referring Physician Plan with program strategy for general referral physicians. Reorganized and expanded a multiple point of contact program for physicians and clinical coordinators to interact with referrers.

1993 - 1997

**Director, Business Development and Marketing**

Orthopedic Institute of Illinois,

Peoria, IL

- Practice coordinator for the HCFA National Demonstration Project for Total Joint Replacement
- Developed the annual Orthopedic Symposium targeted to primary care physicians, nurse practitioners and physician's assistants
- Designed the Orthopedic Institute business development and marketing focus, goals and programs

- Developed a small, rural hospital orthopedic clinic using Orthopedic Institute physicians and extenders
- Collaborated with Cedaron Medical Corporation to pilot total hip/knee arthroplasty and carpal tunnel outcome studies at Orthopedic Institute for the AAOS Modems Project for Outcome Studies.
- Negotiated contracts through Hospital Shared Services/Amerinet for clinical and ambulatory surgical departments. At the end of the first full year of negotiated contracts, had reduced the cost of purchased clinical/surgical materials by 38%, and had cut standing inventory in stock from 2 weeks to just-in-time quantities (2-4 days).

1990 - 1993

**Staff Nurse**

OSF Saint Francis Medical Center

Peoria, IL

- Staff nurse, surgery/trauma unit. Charge nurse; orientation preceptor for cross-training professional staff; nursing staff continuing education and development.

1991 - 1995

**Staff Nurse**

Eureka Community Hospital

Eureka, IL

- Staff nurse, acute care unit (medical/surgical, telemetry, CCU); telemetry-certified; member of Nurse Practice Council; developed and presented JCAHO-mandated in-services for Department of Clinical Education; revised teaching protocols and quality assurance standards.

**MILITARY SERVICE**

1995 – 2002

**United States Army Reserve Nurse Corps**

- Commissioned as 2<sup>nd</sup> Lieutenant. Promoted to 1<sup>st</sup> Lieutenant. Honorably discharged November 2002.

**TEACHING ACTIVITIES**

**Program/Course Development**

- Chaired revision of baccalaureate nursing curriculum, including general baccalaureate program, RN-BS Completion Option, and Advanced Placement Option for LPNs. Incorporated transition from University Core Courses to Foundational Study Courses, a reduction in minimum credits for graduation, and revision of nursing courses offered. 2010-present
- Development of educational program for staff in outpatient clinics making the transition to a Medical Home model of care 2010-present
- Course development teams: NURS 100, NURS 110, NURS 200, NURS 205, NURS 227, NURS 402, NURS 404, NURS 405, NURS 424, NURS 425, NURS 422, DNP Leadership Courses Development Team 2002-present
- Faculty Mentor for new and adjunct faculty 2002-present
- Development of Leadership and Management didactic and clinical course. Includes literature review for best practice evidence, course design, content selection, assignment structure and grading criteria. Also included adaptation of courses for RN-BS completion online/distance delivery option 2009

- Revision of baccalaureate nursing curriculum with exit options into a dedicated baccalaureate curriculum. Includes revision of department vision, mission, philosophy and organizational framework. Includes development of leveled and end-of-program objectives and integration of objectives across curriculum levels 2006-2009
- Concept courses revision/restructuring teams 2002-2008
- Development of high school vending policy using evidence-based research on adolescent student behaviors 2006
- Continuing education programming for staff, a collaborative program with the clinical educator at Boise Samaritan Village. Presentations: "Best practices when caring for clients with indwelling catheters", "What does a special diet order mean?" Assisted in writing new evidence-based protocols for care of long-term suprapubic and indwelling urinary catheters. 2003-2005
- Design and coordination of an orthopedic-oriented extended care facility visitation program. Involved a monthly general orthopedic screening clinic, routine post-operative checks, and protocols for orthopedic emergencies during office hours. Reorganized care delivery model for residents of skilled nursing facilities, so they received timely, systemized care, rather than waiting in a hospital emergency room. Wrote assessment and evaluation tools used by care facility staff following a potential orthopedic injury to a resident. 1997
- Development of teaching guides on ankle injuries used by pediatricians, internal medicine physicians and nurse practitioners: a cooperative venture with Orthopedic Institute physicians, nurse practitioners, physical therapists and athletic trainers as resources for this project. 1996

## SCHOLARLY ACTIVITIES

### Research and Related Activities

- Master's professional paper: *Case studies in the classroom setting: Do they encourage deep learning in undergraduate nursing students?* 2006

### Publications

- Clark, C. M., Werth, L., & Ahten, S. M. Descriptive Study of Cyber-bullying and Incivility in an Online Learning Environment. Manuscript accepted for publication
- Clark, C. M., Ahten, S. M., & Macy, R. (2012). Using problem-based learning scenarios to prepare nursing students to address incivility. *Clinical Simulation in Nursing*. Advance online publication. doi:10.1016/j.ecns.2011.10.003.
- Clark, C.M., & Ahten, S.M. (2011, August 19). Nurses: Resetting the Civility Conversation. *Medscape Nursing*. Retrieved from <http://www.medscape.com/viewarticle/748104>
- Clark, C.M., & Ahten, S.M. (2011, March 24). The downward spiral: Incivility in nursing/Interviewer: Laura A. Stokowski. *Medscape Nursing*. Retrieved from <http://www.medscape.com/viewarticle/739328>
- Clark, C. M., & Ahten, S. M. (2011). Beginning the conversation: The nurse educator's role in preventing incivility in the workplace. *RN Idaho*, 33, 9-10..

- Ahten, S., Anson, R., Brudenell, I., Goodman, J.A., Orton, E., & Reavy, K. (2010). Influencing metacognition through computer-supported collaborative learning: Lessons learned from a faculty learning community. *Learning Communities Journal*, 2(1), 49-70.
- Cahill, B. R. & Ahten, S. M. (2001). The three critical components in the conservative treatment of juvenile osteochondritis dissecans (JOCD): Physician, Parent and Child. In J. Kowalak (Series Ed.) and R. C. Schenck (Vol. Ed.), *Clinics in Sports Medicine: Vol. 20. Osteochondral Injuries* (pp. 287-298). Philadelphia: Saunders.

### Editor for Publications

- Cahill, B.R., Misner, J. E., Boileau, R. A. (1997). The Clinical Importance of the Anaerobic Energy System and Its Assessment in Human Performance. *American Journal of Sports Medicine*, 25, 863-872.
- Cahill, B.R., Pitchford, K. R., (1996). Atraumatic Osteolysis of the Distal Clavicle in Throwing Athletes: Presentation, Diagnosis and Treatment in the Adjunct Weight-lifter as Compared to the Primary Weight-lifter. In D. Drez & J. DeLee (Series Eds.) and M. Wirth (Vol. Ed.), *Operative Techniques in Sports Medicine, Vol. 5. Injuries to the Acromioclavicular Joint in the Throwing Athlete* (pp. 72-77). Philadelphia: Saunders.

### Presentations

- Ahten, S. M. (2012). Assessment of Organizational Culture and Practice Attributes: SAMG Overland Clinic. Presentation to management, clinicians and staff, SAMG Overland Clinic, Boise, ID, January 9, 2012 2012
- Ahten, S. M. (2011). The role of nurses in a medical home model. Presentation to Friends of Nursing, Boise State University, February 9, 2011.
- Poster Presentation: Fall 08 NURS 405 Nursing Leadership and Management Professional Practice Clinical, Transforming Care at the Bedside (TCAB) clinical group, Educating nurses on complementary and alternative medications for discharge teaching, TCAB Final Learning Community Meeting for Cohort I & II, Chicago, IL 2009
- Ahten, S. M. (2006). Poster presentation: Pick 5: A collaborative partnership between university nursing faculty and a local high school to implement evidence-based healthy vending policies, 35<sup>th</sup> National Conference on Professional Nursing Education and Development, Kansas City, MO 2008
- Ahten, S. M. (2006) "Nursing in the 21<sup>st</sup> Century: The realities and the myths about the nursing profession today", presentation to the Introduction to Health Professions course, College of Health Science, Boise State University 2006
- Ahten, S. M. (2006). Poster presentation: Pick 5: A collaboration between nursing faculty and a local high school to develop an evidence-based Healthy Vending policy, Drexel University Nursing Education Institute, Providence, RI. 2006
- "Pick 5: Evidence-based decision-making for healthier vending choices": Presentation to the Meridian School District No. 2 Wellness Policy Committee 2006
- "Generational Differences in Teaching and Learning": presentation at Department of Nursing Faculty Forum 2004
- Ahten, S. M. & Floyd, E. (2003). Poster presentation: Innovate, integrate

- and educate. Mosby Faculty Development Institute, Miami Beach, FL. 2003
- “Using nursing diagnoses to develop care plans”: presentation at Eureka Community Hospital, Eureka, IL 1995
- “Why are you doing what you are doing?": Updating policies and procedures using research as your guide" : presentation at Eureka Community Hospital, Eureka, IL 1994

## **PROFESSIONAL, INSTITUTIONAL, COMMUNITY SERVICE**

- Undergraduate Program Governance Group (School of Nursing[SON]) 2012-present
- Graduate Team, (SON) 2011-present
- Saint Alphonsus Medical Group (SAMG) Patient Centered Medical Home Working Group 2011-present
- Curriculum Team Chair, (SON) 2010-present
- Operations Team, School of Nursing (SON) 2010-present
- Senior Level Faculty Team (SON) 2007-present
- Curriculum Team, (SON) 2006-present
- School of Nursing Liaison: Transforming Care at the Bedside (TCAB) Project – A St. Luke’s Health System/Robert Wood Johnson Foundation Grant Initiative 2008-2011
- Boise State University Faculty Senate Representative  
University Honorary Doctorate Committee 2008-2010
- College of Health Sciences Representative, Boise State University  
Financial Affairs Committee 2009-2011
- College of Health Sciences Representative, Boise State University  
Foundation, Employee Giving Campaign 2009-2011
- Faculty Senate Representative  
Faculty Senate Constitution and By-laws Revision Committee 2009-2010
- College of Health Sciences Representative,  
Boise State University Faculty Senate 2006-2010
- Chair, Senior Level Faculty Team 2008-2010
- College of Health Sciences representative: Nursing Practice  
Council, St. Luke’s Regional Medical Center, Boise, ID 2004-2008
- Co-advisor, Student Nurses Association 2005-2008
- Student Team, Department of Nursing 2005-2007
- Coordinating Council, Department of Nursing 2006
- Outcomes Team, Department of Nursing 2002-2005
- Advising
  - Senior Level Nursing Advising 2008-present
  - 1<sup>st</sup> Level Nursing Advising 2006-2008
  - Pre-Nursing Advising 2004-2006
  - One Front Door advising 2002-2004
- Healthy Vending Policy Development Program, February 2006

Meridian Joint School District No. 2, Meridian, ID

- Participant: The Governor's Conference on Aging Senior Screenings September 2004
- Co-chair, College of Health Sciences entry for the Saint Alphonsus Regional Medical Center Festival of Trees November 2003

## PROFESSIONAL DEVELOPMENT

### Continuing Education

- COHS Writing Group 2011-present
- "From Here to There: Presentation to Publication", Dr. Janet Reis, COHS Office of Research Director 2011
- Doctor of Nursing Practice, Rush University, College of Nursing 2010-present
- Boise State University Teaching Scholars Faculty Learning Community: Enriching Learning Through Technology-Supported Collaboration 2008-2009
- Transforming Care at the Bedside (TCAB) Faculty Partnership Meeting and TCAB Final Learning Community Meeting for Cohort I & II, Robert Wood Johnson Foundation - The American Association of Nurse Executives, Chicago, IL June 2009
- 35<sup>th</sup> National Conference on Professional Nursing Education and Development, Kansas City, MO October 2008
- Master of Science in Nursing, Education Emphasis 2002-2006
- Drexel University Nursing Education Institute, Providence, RI June 2006
- National League for Nursing/Indiana University-Purdue University at Indianapolis certificate program, "Teaching in Nursing: Computer Technologies for Nurse Educators, Teaching in Nursing, Evaluation In Nursing". 2004-2005
- National Student Nurses Association Mid-year Conference November 2005
- Drexel University Nursing Education Institute, Philadelphia, PA June 2004
- NCLEX Test Question Construction Workshop January 2004
- Mosby Faculty Development Institute January 2003
- Faculty Development Forums 2002-present

### Membership in professional organizations

- Sigma Theta Tau International 1995-present
  - Nu Pi and Mu Gamma chapters
- Leadership Boise Advisory Committee 2001-present
- Leadership Boise 1998-2001

- Alliance for Healthcare Strategy and Marketing 1993-2003
- Women in Management, Health Services Sector 1993-2003
- Saint Francis Medical Center Orthopedic Enhancement Team 1994-1998
- Central Illinois Arthritis Foundation Advisory Board 1994-1998

**Licensure**

- Idaho State License # N-27134
- Illinois State License # 041-261514 (inactive)