

CURRICULUM VITAE
Mona Colvin Cockerham, PhD, MSN, RN
4.2017

Education:

<u>Institution</u>	<u>Dates</u>	<u>Degree</u>	<u>Major/Minor</u>
The University of Texas Health Science Center. Houston, TX.	2013-2016	PhD	Nursing
The University of Texas Health Science Center. Houston, TX.	2015-2016	Post Master's Certificate	Education
The University of Texas Health Science Center. Houston, TX.	2007-2009	MSN	Nursing Leadership & Administration of Complex Health Systems
Louisiana College, Pineville, LA	1985-1990	BSN	Nursing
Southwood High School, Shreveport, LA	1981-1985	Diploma	

Professional and Academic Career: *Past to Current*

<u>Institution</u>	<u>Position/Title</u>	<u>Date</u>
Rapides Regional Medical Center, Alexandria, LA	Staff Nurse	1990-1991
Louisiana State University Hospital and Medical School Shreveport, LA	PACU Nurse/Bone Marrow Transplant Coordinator	1991-1996
St. Francis Hospital, Tulsa, OK	Administrative Coordinator/Nursing Supervisor	1996-2001
Conroe Regional Medical Center, Conroe, Texas	Nursing Supervisor	2002-2014
University of Texas Health Science Center, Houston	Teaching Assistant Community Clinical Instructor	2013-present

Houston Methodist Willowbrook Hospital, Houston, TX.	Nursing Quality Specialist/Nursing Supervisor/ Researcher in Residence/Facility Approver	2005-present, PRN
Sam Houston State University	Clinical Assistant Professor	2016- present

Professional Organizations:

	<u>Date</u>
Sigma Theta Tau	2007-present
American Nurses Association	2009- present

Publications:

Cockerham, M., Kang, D.H., Howe, R., Weimer, S., & Boss, L. **Role of Stress and Social Resources on Cortisol and Fatigue in Staff Nurses and Nurse Leaders in an Acute Care Setting.** *Journal of Nursing Education and Research*, accepted – Accepted for publication date TBD.

Singh, K., Davis, P. & **Cockerham, M.** **Applying Mindfulness to Influence the Patient and Care Team Experience.** *Journal of Nursing Education and Research*, accepted – Accepted for publication date TBD.

Presentations:

<i>National</i>	<u>Date</u>
Cockerham, M. & Kang, D.H. (deceased). The Association of Stress, Biological Markers, and Fatigue on Staff Nurses to be presented at QSEN, Chicago, IL May, 2017.	5/2017
Cockerham, M. Kang, D.H., & Howe, R. Stress and Social Resources on Cortisol and Fatigue in Staff Nurses and Nurse Leaders in an Acute Care Setting presented a 5poster at the 2015 Magnet Conference in Atlanta, Georgia.	5/2015

Cockerham, M. & Howe, R. We Brake for Breaks.

Impact of a Responsibility-Free Breaks on Nurse Fatigue and Job Satisfaction.

- Poster presentation 2014 ANA National Quality Forum, Las Vegas, Nevada.
- Poster presentation 2013 Houston Methodist and New York Presbyterian Research Symposium, Houston Texas.

Local

Santebanez, L., Cockerham, M. , & Chudi Ekwemalor. Risk Factors Associated with Malpractice Catastrophic Payout among Advance Practice Nurses. Poster	2013-2015
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session presented at the annual conference of University of Texas Health Science Center, Research Day, Houston, TX.

Cockerham, M., Howe, R., & Branson, S. Magnesium Sulfate Safety: Taking Preeclampsia Out of the Emergency Department. Originally identified as part of a class assignment, this project became an institutional quality patient safety project utilizing a rapid cycle change process. The project crossed organizational boundaries and sponsored through the collaborative efforts of nursing supervisor, staff development, and labor and delivery staff. Podium presentation The Methodist Health System Quality Board of Directors, May 2009. 12/2008

Professional awards and special recognitions:

<u>Awards</u>	<u>Date</u>
Sam Houston State University, Nursing Honor Society	2016
PhD Student Award of the Year, 2015. Sigma Theta Tau Chapter, Houston, Texas	2015
Nursing Excellence Award. The Good Samaritan Foundation of Houston, Texas	2014
Vivian L. Smith Foundation Scholar, Accelerated PhD Student Award.	2015-2016
Lapin/Landa Scholarship, Master in Nursing Scholarship.	2008-2009

Certifications:

ISO 9001 Lead Auditor,	12/2017
ACLS, expires	01/2019
BLS, expires	01/2019

Participation in academic and administrative activities:

Houston Methodist Willowbrook Hospital:

Researcher in Resident	12/2016–present
National Database for Nursing Quality Indicators (NDNQI) data team	11/2012–present
Nursing Peer Review Committee	9/2011–9/2013

National Charity League	11/2014–present
Camp Nurse	6/2013–present

Professional organizations and participation:

<u>Professional Organization</u>	<u>Office Held and/or Committee Assignment</u>	<u>Date</u>
Texas Nurses Association District 9	Member	2007–present
Sigma Theta Tau	Member	2009–present

Teaching responsibilities:

<u>Course Number</u>	<u>Course Name</u>	<u>Dates: Semester/Year</u>
The University of Texas Health Science Center at Houston. Houston, TX		
N4527	Professional Practice and Leadership (Preceptorship) Community Clinical	Spring 2016-present
Sam Houston State University, Huntsville, TX		
	Nursing Leadership (Course Coordinator)	2016–18
	Nursing Fundamentals– Didactic & Clinical	2016–17
	Health Assessment–Lab	Fall, 2016
	RN to BSN Transition (Online)	Fall, 2016/Spring 2018
	Concepts I	Fall, 2016
	Concept II	Spring, 2017
	LVN to BSN (Online)	Spring/Fall, 2017

Areas of research interest (list):

- Nursing stress, fatigue and workforce issues
- Quality measures, indicators, and outcomes
- Biobehavioral research approach

1. Research

New research project: IN DEVELOPMENT

University of Houston, Bauer School of Business and Sam Houston State University.

PI: Mona Cockerham, PhD RN and David Peng, PhD

Title of Project: NURSING STAFFING AND NATIONAL DATA BASE FOR NRUSIGN QUALITY INDICATORS (NDNQI).

Annual Direct Cost: to be determined

In development – waiting for access from the NDNQI database

Approved Project Period: Spring 2018 – IN PROGRESS

Sam Houston State University Teaching Innovation Grant

Title of Project: PDA4 NCLEX PROGRAM FOR NURSING STUDENTS

PI: Eloria Simon-Campbell, PhD RN

Co-PI: Mona Cockerham, PhD RN, Angel Cunningham, MSN RN, Jennifer Edeogu, MSN, RN & Desha Johnson-Makiya, PhD RN.

Annual Direct Cost: \$3,000

Approved Project Period: 10/2015- IN PROGRESS

PI: Motowidlo, S.

Co-I: Cockerham, M., Beier, M., Howe, R.

Annual Direct Costs: 20,000

Title of Project: NURSES' RESPONSES TO STRESSFUL EVENTS.

Project Goal: The purpose of the study is to develop a measure to assess the extent to which nurses use prosocial responses to stressful situations. The research will be conducted in two phases: Phase 1 comprises interviews with 50 nurses from whom we will derive content for a measure of nurses' knowledge about the utility of prosocial responses to stressful situations. After a measure is developed, an additional 50 nurses will rate each of the items for the extent to which it expresses prosocial behavior (in Phase 2).

Research: Completed

Approved Project Period: 1/2016- COMPLETED

PI: Cockerham, Mona

Co-PI: Kang, D.H.

Source: Houston Methodist Willowbrook

Annual Direct Costs: \$7,600

Title of Project: ROLE OF STRESS AND SOCIAL RESOURCES ON BIOMARKERS AND FATIGUE IN STAFF NURSES (Dissertation)

Project Goal: The purpose of this study is to assess how stress, fatigue, and biological responses (cortisol and alpha amylase) affect nurses' cognitive functioning and decision making, and how nurses' job performance is affected by these factors.

Results: poster, podium & publication submitted.

Approved Project Period: 5/2014-8/2014 - COMPLETED

PI: Cockerham, M.

Co-PI: Kang, D.H., Howe, R.

Source: Houston Methodist Willowbrook Hospital

Annual Direct Costs: \$1,400

Title of Project: WORK-RELATED AND INTERPERSONAL STRESS ON FATIGUE IN MEDICAL/SURGICAL NURSES AND NURSE LEADERS.

Project Goal: To assess the effect of stress on salivary cortisol and fatigue between staff nurses and nurse leaders over two consecutive 12-hour workdays.

Results: Poster, podium and publication

Period: 6/2010-6/2011- COMPLETED

PI: Cockerham, M

Co-PI: Howe, R.

Source: Houston Methodist Willowbrook Hospital

Annual Direct Costs: \$3,500

Title of Project: WE BRAKE FOR BREAKS.

Project Goal: Assess the impact of a responsibility-free break on nurse fatigue and job satisfaction.

Results: Poster presentation