

# Katherine Walker-Rodriguez

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## Education

**MSN LEADERSHIP AND POLICY** | AUGUST 2010 | TEXAS A&M UNIVERSITY, CORPUS CHRISTI TX

**BACHELORS OF SCIENCE NURSING, B.S.N.** | DECEMBER 2005 | TEXAS TECH UNIVERSITY HEALTH SCIENCE CENTER, LUBBOCK TX

**ASSOCIATES OF SCIENCE NURSING, A.D.N.** | DECEMBER 2000 | SAN ANTONIO COLLEGE, SAN ANTONIO TX

**HIGH SCHOOL DIPLOMA, H.S.** | AUGUST 1994 | HEALTH CAREERS HIGH SCHOOL, SAN ANTONIO TX

## Experience

**PROGRAM DIRECTOR M.O.M.S.™ STUDY, CONTRACTOR 40 HRS/WK | U.S. AIR FORCE 59MDW JBSA VIA UNIVERSITY OF THE INCARNATE WORD | NOVEMBER 2017 – CURRENT**

- Involved in the development and implementation of nursing research for joint military forces to include Army, Navy and Air Force. Primary focus on Maternal Health and psychosocial adaptation during pregnancy
- Manage multi-site human research study in 3 different U.S. military installations (Joint Base San Antonio, TX, Naval Medical Center San Diego, CA, Madigan Army Medical Center, WA)
- Mentor for the M.O.M.S.™ study intervention
- Responsible for participant recruitment and participant scheduling according to study protocol
- Monitor daily operations of research program to include documentation, meetings, and coordination of study tasks
- Liaison between study PI's and AI's, Institutional IRB's, funding organization, and consultants for the study
- Responsible for budget, recruitment/retention, & staffing
- Responsible for maintaining research study compliance
- Responsible for monthly and quarterly audits, statistic and reports to U.S. Air Force representatives, Joint Program Committee- 5 and Institutional Review Board (IRB) as needed
- Responsible for annual report development and submission to Institutional Review Board (IRB) and grant funding organization – Joint Program Committee 5 (JPC-5)
- Responsible for research study protocol development, revisions, and IRB submissions
- Responsible for data entry, data analysis, and data auditing in Qualtrics and SPSS
- Participates in research presentations and conferences through abstract submission, USAF Form 3039 approvals, and presenting
- Staff scheduling and payroll
- Rounding of research participants to evaluate program satisfaction and address any concerns
- Perform initial interviews for new hires, ongoing evaluation of employee performance, and annual performance evaluations
- Proficient in SPSS, Microsoft Word, PowerPoint, Excel, Outlook, AHLTA, CHCS, and Qualtrics
- Additional duties as assigned

**UNDERGRADUATE NURSING INSTRUCTOR, PART-TIME | UNIVERSITY OF THE INCARNATE WORD | AUGUST 2017 – MAY 2017**

- Prepare course outline based on syllabus provided by department
- Evaluate student performance through either exams, paper, or assessment of student clinical skills
- Other administrative duties as assigned to complete the teaching and grading processes

**REGISTERED NURSE EMERGENCY DEPARTMENT (ED), PER DIEM | RESOLUTE HEALTH HOSPITAL | APRIL 2014-MAY 2019**

- Provides professional nursing care for assigned patients in the 26-bed emergency room from newborn to geriatric population
- Triage each patient and determines priority of care based on physical, psychological and social needs
- Monitors patient flow through the emergency care system
- Performs focused assessment of chief complaints of each patient in a timely manner according to ESI 5-Level Triage guidelines
- Patient satisfaction duties to include rounding, conflict resolution, and professional bedside manner
- IV/IO insertion, blood sampling draws, medication administration, ventilation/airway management, central line and A-line management, splinting, trauma stabilization and trauma charting
- Assist with I&D, sutures, casting, conscious sedation, and post-op recovery
- Trauma nurse certified, trained in disaster management
- Computerized documentation on AllScripts

**PROGRAM DIRECTOR M.O.M.S.™ STUDY, CONTRACTOR 32 HRS/WK | U.S. AIR FORCE 59MDW JBSA VIA GENEVA FOUNDATION, TACOMA WA | SEPTEMBER 2012 – NOVEMBER 2017**

- Involved in the development and implementation of nursing research for the Air Force. Primary focus on Maternal Health and psychosocial adaptation during pregnancy
- Mentor for the M.O.M.S.™ study intervention
- Responsible for participant recruitment and participant scheduling according to study protocol
- Monitor daily operations of research program to include documentation, meetings, and coordination of study tasks
- Liaison between study PI's and AI's, Institutional IRB's, funding organization, and consultants for the study
- Responsible for budget, recruitment/retention, & staffing
- Responsible for maintaining research study compliance
- Responsible for monthly audits, statistic and reports to U.S. Air Force representatives and Institutional Review Board (IRB) as needed
- Responsible for annual report development and submission to Institutional Review Board (IRB) and grant funding organization – TriService Nursing Research Program (TSNRP)
- Responsible for research study protocol development, revisions, and IRB submissions
- Responsible for data entry, data analysis, and data auditing in SPSS
- Participates in research presentations and conferences through abstract submission, USAF Form 3039 approvals, and presenting
- Staff scheduling and payroll
- Rounding of research participants to evaluate program satisfaction and address any concerns
- Perform initial interviews for new hires, ongoing evaluation of employee performance, and annual performance evaluations
- Proficient in SPSS, Microsoft Word, PowerPoint, Excel, Outlook, AHLTA, CHCS
- Additional duties as assigned

**DIRECTOR OF EMERGENCY DEPARTMENT (ED), 40 HRS/WK, SALARY | NORTHEAST METHODIST HOSPITAL- SAN ANTONIO- LIVE OAK, TX | FEBRUARY 2011 – NOVEMBER 2012**

- Monitored ED metrics, created business plans and presented ongoing process improvements recommendations to senior leadership regarding department operations
- Managed daily operations of Level 4 Trauma facility/28 bed ED
- Daily management of ED staff: rounding of employees, performance counseling, evaluations, hiring/terminations, scheduling & payroll (approximately 100 employees)
- Implemented ED throughput initiatives utilizing HCA's ED Playbook

- Reduced LPMSE from 4% to <1%
- Increased daily volume from average 150 to 180 patients/day
- Decreased ED metrics by improving department patient flow processes and implemented computerized documentation
- Successfully completed Level 4 trauma re-designation, collaborated with division trauma department on improving ongoing trauma chart review process
- Worked collaboratively with Emergency Department Medical Director regarding nurse-physician relationships, conflict resolution with patients, and department strategic planning
- Work directly with Chief Nursing Officer on fiscal year budget, cost saving measurements and business plans
- Submit monthly department statistics and reports to senior leadership
- Daily rounding of patients, patient callbacks, service recovery to improve Gallup patient satisfaction scores
- Development of policy and procedures
- Scheduling and payroll, rounding of employees, and performance counseling
- Performing initial interviews for new hires, ongoing evaluation of employee performance, and annual evaluations
- Proficient in computerized documentation system Meditech

**DIRECTOR OF EMERGENCY DEPARTMENT, 40 HRS/WK, SALARY | GUADALUPE REGIONAL MEDICAL CENTER, SEGUIN, TX | MAY 2008 – JANUARY 2011**

- Involved in the development, construction, and opening of the emergency department expansion from 9 beds to 26 beds
- Maintained Level 4 trauma designation and worked with trauma coordinator on trauma process improvements and ongoing chart reviews
- Worked collaboratively with Emergency Department Medical Director regarding nurse-physician relationships, conflict resolution with patients, and department strategic planning
- Monitoring daily operations for Emergency Department
- Worked directly with Chief Nursing Officer on fiscal year budget and cost savings measurements
- Submit monthly department statistics and reports to senior leadership
- Scheduling and payroll, rounding of employees, and performance counseling
- Daily rounding of patients, patient callbacks, service recovery to improve Press Ganey patient satisfaction scores
- Development of policy and procedures
- Performing initial interviews for new hires, ongoing evaluation of employee performance, and annual evaluations

**CLINICAL NURSING LEAD APPLICATION ANALYST, INFORMATION MANAGEMENT- NURSING INFORMATICS, 40 HRS/WK | CHRISTUS HEALTH, HOUSTON, TX | APRIL 2005 – APRIL 2008**

- Managed a team of associates responsible for planning, building, training, and implementing Meditech Clinical Nursing documentation throughout the corporation (Houston, Beaumont, San Antonio, & Lake Charles, LA)
- Manage assigned resources using work plans, staff meetings, action plans, & time sheets
- Facilitate in conflict resolution
- Part of a collaborative team that identifies & recommends various options for standardizing workflow process in various hospital departments through the implementation of computerized documentation systems
- Communicated with senior leadership and corporate directors on issues relating to current projects assigned
- Experience in implementation of projects from analysis, testing, execution, to remedial support
- Lead trainer for hospital staff. Duties included training material development, developing and implementing training schedules, in-class training sessions, presenting at new hire orientations

**Registered Nurse, Emergency Department, per diem**

*Guadalupe Regional Medical Center, Seguin, TX*

March 2004 – April 2008

**Registered Nurse, Emergency Department, Tele, Med/Surg, 36 hrs/wk**

*Christus Santa Rosa Medical Center, San Antonio, TX*

October 2002 – April 2008

**Registered Nurse, Case Manager, 40 hrs/wk**

*Optima Care Home Health, San Antonio, TX*

September 2002 – February 2005

**Registered Nurse, Nurse Traveler, 40 hrs/wk**

*Medstaff, Philadelphia, PA*

December 2001 – September 2002

## Publications and Presentations

**October 2019** - Weis, K. L., Walker, K. C., Chan, W., Yuan, T. T., & Lederman, R. P. (2019). Risk of preterm birth and infant low birthweight in military women with increased pregnancy-specific anxiety. *Military Medicine*. DOI: 10.1093/milmed/usz399

**September 2019** – Dols, J., Beckmann-Mendez, D., McDow, J., Walker, K., Moon, M. (2019). Human trafficking victim identification, assessment and intervention strategies in south texas emergency departments. *Journal of Emergency Nursing*, 45(5), In-Press, DOI: <https://doi.org/10.1016/j.jen.2019.07.002>

**June 2019** - Beckmann-Mendez, D., Dols, J.D., Moon, M., Walker, K.C., & McDow, J. (2019). Human Trafficking Victims: Identification, Assessment, and Intervention in South Texas Emergency Departments. *30th International Nursing Research Congress: Theory-to-Practice: Catalyzing Collaborations to Connect Globally Proceedings*. <http://hdl.handle.net/10755/17360>

**April 2019** - McDow, J., Dols, J.D., Beckmann-Mendez, D., Moon, M., and Walker, K.C. (2019). Strategies to obtain a statistically valid sample for a South Texas human trafficking research study. *Celebrating Nursing Students Introduction of Primary Care Projects*, San Antonio, TX.

**April 2019** - Dols, J., Beckmann-Mendez, D., Moon, M., Walker, K.C., McDow, J. (2019) *Identifying, Assessing, and Interviewing for Human Trafficking Victims* (Panel presentation, 3rd Annual Service Learning Showcase – Research Week, University of the Incarnate Word, San Antonio, TX 10 April, 2019).

**April 2019** – McDow, J., Dols, J., Beckmann-Mendez, D., Walker, K.C., & Moon, M. (2019). *Strategies to Obtain a Statistically Valid Sample for a South Texas Human Trafficking Research Study* (Poster, 3<sup>rd</sup> Annual Service Learning Showcase – Research Week, University of the Incarnate Word, San Antonio, TX 10 April, 2019).

**April 2019** – Dols, J.D., Beckmann-Mendez, D., Moon, M., Walker, K.C., & McDow, J. (2019). Human Trafficking Identification, Assessment, and Intervention Strategies. *2019 Service Learning Conference*, University of the Incarnate Word, San Antonio, TX.

**April 2019** – Dols, J.D. & Walker, K.C. (2019-04). Gulf South Service Learning Panel. *2019 Service Learning Conference*, University of the Incarnate Word, San Antonio, TX.

**April 2019** - Dols, J.D., Beckmann-Mendez, D., Moon, M., Walker, K.C., & McDow, J. (2019). *Service Learning: Human Trafficking Identification, Assessment, and Intervention Strategies*. (Presentation at the 2019 Gulf-South Summit Service Learning & Civic Engagement Through Higher Education, Sam Houston State University, Huntsville, TX. April 3-5, 2019).

**March 2019** – Weis, K., Killian, J., Walker, K. (2019). “*Considerations for Conducting DoD – Sponsored Research with Military Populations*”. (Panel Presentation, 40th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine (SBM), Washington, D.C. 6 Mar-9 Mar, 2019).

**February 2018** - Weis, K., Walker, K., Paden, R., & Chan, W. (2017). *Maternal Prenatal Anxiety and Active Duty Status Predict Low Birthweight and Preterm Birth in a Military Sample*” (poster, 11<sup>th</sup> Annual Office of Graduate Research Studies Poster Night, University of the Incarnate Word, San Antonio, TX 21 Feb, 2018).

**October 2017** - Weis, K., Lederman, R., Walker, K., & Chan, W. (2017). Mentors offering maternal support reduces prenatal, pregnancy-specific anxiety in a sample of military women. *Journal of Obstetric, Gynecologic, & Neonatal Nursing*, 46(5), 669-685.

**July 2017**- Weis, K., Lederman, R., Walker, K., & Chan, W. (2017). *Longitudinal evaluation of a prenatal mentoring program for decreasing maternal anxiety in a military sample*. (panel session, 28<sup>th</sup> International Nursing Research Congress, Sigma Theta Tau, Dublin, Ireland, Jul 27-31, 2017).

**March 2017**- Weis, K., Lederman, R., Walker, K., Paden, R., & Chan, W. (2017). *“Predictors of increased prenatal maternal anxiety, self-esteem and resilience in a sample of military women”*. (symposium, 38th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine (SBM), San Diego, CA 29 Mar-1 Apr, 2017).

**February 2016** - Weis, K., Lederman, R., Walker, K., Valentin, M. & Chan, W. (2016). *Mentors offering maternal support (M-O-M-S™): Findings from a randomized control trial of program effectiveness*. (panel presentation, 9<sup>th</sup> Annual UIW Research Week, San Antonio, TX, Feb 22-26, 2016).

**November 2014** - Poster Presentation: Mentors Offering Maternal Support (M.O.M.S.™): Integrated Nursing Intervention Targeting Maternal Anxiety, Depression, Coping and Resilience for Improved Birth Outcomes *TriService Nursing Research Program Evidence Based Conference, San Antonio TX*

**April 2014** - Poster Presentation: Mentors Offering Maternal Support (M.O.M.S.™): A Military Intervention Program for Decreasing Maternal Anxiety and Depression and Building Resilience. *Society of Behavioral Medicine Conference, Philadelphia PA*

**November 2012** – Poster Presentation: Mentors Offering Maternal Support (M.O.M.S.™): Proof of Concept *UTHSC Knowledge Market, San Antonio TX*

## License & Certifications

Licensed Registered Nurse – Texas/Compact License- License # 674311

CPR/AED Health Care Provider Certified

Trauma Nurse Core Course Certified (TNCC)

Emergency Nurse Pediatric Course Certified (ENPC)

Pediatric Advanced Life Support Certified (PALS)

Non-Violent Crisis Intervention Certified (NVC)

FEMA Disaster Management – Course Completion

Licensed Real Estate Agent – Texas

## Awards

Christus Health Certificate of Achievement for 5 years of service

President’s Honor Roll Texas Tech University Health Sciences Center

Dean’s Honor Roll Texas Tech University Health Sciences Center

Biltmore Who’s Who Among Healthcare Professionals

Magna Cum Laude – BSN

## Memberships

Sigma Theta Tau

San Antonio Board of Realtors (SABOR)

Texas Association of Realtors (TAR)

National Association of Realtors (NAR)

Parishioner and events volunteer at Santo Nino Catholic Church, San Antonio TX