

## CURRICULUM VITA

**Karen L. Weis, Col (ret), PhD, RNC-OB, FAAN**  
**Professor, Brigadier General Lillian Dunlap Endowed Chair of Nursing Research**  
**Ila Faye Miller School of Nursing & Health Professions**

University of the Incarnate Word  
4301 Broadway, CPO #300  
San Antonio, TX 78209

**HOME ADDRESS:** 2622 Canon Perdido  
San Antonio, TX 78261

**TELEPHONE:** Home: (830) 714-4493  
Work: (210) 829-3987  
Cell: (850) 362-9227  
E-mail: weis@uiwtx.edu

### **EDUCATION:**

<b>Institution</b>	<b>Degree</b>	<b>Year</b>	<b>Field of Study</b>
University of North Carolina Chapel Hill, NC	PhD	2006	Nursing Science
University of Texas Medical Branch- Galveston, TX	MSN	1997	Acute Care Nursing (ACNP) (High-Risk Obstetric Focus)
Wichita State University Wichita, KS	BSN	1986	Nursing
Kansas State University Manhattan, KS	N/A	1982-84	Pre-Nursing

### **Military Education**

Air War College	2003
Air Command and Staff College	1999
Squadron Officer School	1992
Flight Nurse School	1990
Nursing Service Management	1987

## PROFESSIONAL EXPERIENCE

- March 15 Professor, BG Dunlap Endowed Chair of Nursing Research, University of the Incarnate Word, School of Nursing  
Provides leadership in the promotion of research and advancement of nursing scholarship to faculty and students. Teaches graduate courses in both the Masters and Doctorate programs.
- May 13-Feb 15 Dean, Medical Education and Training Campus, Ft Sam Houston, TX  
Directed 50 enlisted medical training programs for Air Force, Army and Navy, training over 21K+ students annually. Led 1,100 faculty and oversaw 3 institutional affiliations and requirements for 14 programmatic accrediting bodies.
- Jul 11-May 13 Director Nursing Research 59th Medical Wing, Lackland AFB, TX  
Directed nursing research for the Air Force nursing component of the San Antonio Military Health System, 9 medical treatment facilities/5M+ beneficiaries and the AF component of the largest DoD nursing research consortium with \$3.5M+ in funded studies.
- Jul 08-Jul 11 Dean, Air Force School of Aerospace Medicine, Brooks City-Base, TX  
Directed enlisted/officer training/Graduate Medical Education (GME) for 7K+ annually. Oversaw Academic Affairs, Office of the Registrar, Advanced Distributed Learning and the Aerospace Medicine Library – largest repository of aerospace medicine literature in the world. Directed 4 GME programs, Aerospace Medicine, Preventive Medicine, Occupational Medicine and Hyperbaric/Undersea Medicine.
- Jun 06-June 08 Director, Clinical Research, 96th Medical Group, Eglin AFB, FL  
Promoted improved clinical outcomes; initiated research integration into practice; mentored 230 staff providers/29 residents on abstract and proposal design and analysis.
- Aug 03-May 06 Doctoral Student, School of Nursing, University of North Carolina at Chapel Hill  
Competitively selected by Air Force Nursing Education Selection Board.
- Mar 02-Jul 03 Deputy Commander, 859th Medical Operations Squadron, 59th Medical Wing, Lackland AFB, TX  
Co-led DoD's largest maternal-child squadron with 465 medical/nursing personnel, 23-bed neonatal intensive care unit, 29-bed birthing center, 22-bed pediatric/6-bed pediatric intensive care units, and 6 outpatient clinics.
- Apr 01-Mar 02 Maternal-Child Flight Commander, 59th Medical Wing, Lackland AFB, TX  
Responsible for DoD's largest birthing center, with 109 assigned personnel, providing care to over 4,200 inpatient and 6,200 outpatient encounters annually. Promoted training environment for 73 obstetrical/pediatric residents.
- Jun 97-Mar 01 Nurse Manager, Labor and Delivery, 81st Medical Group, Keesler AFB, MS  
Led 24-hour operations for obstetrical unit providing care to over 3,800 inpatients annually with responsibility for perinatal specialized treatment services for 320 high-risk patients referred from Regions III/IV.

KL Weis

Aug 95-May 97 Graduate Student, University of Texas Medical Branch, Galveston, TX  
Competitively selected by Air Force Nursing Education Selection Board.

Mar 93-Jul 95 Officer in Charge, Aircrew Training, 86th Aeromedical Evacuation Sq.,  
Ramstein AB GE.  
Responsible for initial/currency training requirements for 14 tri-qualified crews.  
Supervised 22 flight instructors.

Jun 92-May 93 Flight Nurse, Flight Clinical Coordinator, 2nd Aeromedical Evacuation Sq.,  
Rhein Main AB  
Qualified in C-9, C-141, and C-130 aircraft. Responsible for preparation of all  
routine, priority, and urgent patients reported into the European AE system.  
Flew a minimum of 7 missions monthly, in European/Middle Eastern theaters  
and to conus. (995 flying hours).

Sep 91-May 92 Clinical Nurse 1st Aeromedical Staging Facility, Scott AFB IL  
Jan 89-Sep 91 Clinical Nurse, Obstetrical Unit, Scott Medical Center, Scott AFB IL  
Jul 88-Dec 89 Clinical Nurse, Medical-Surgical Unit, Scott Medical Center, Scott AFB IL  
Jun 87-Jul 88 Clinical Nurse, Obstetrical Unit, USAF Hospital Altus, Altus AFB OK  
Jan 87-Jun 87 Nurse Intern, Scott Medical Center, Scott AFB IL

### **Deployments/Humanitarian Missions**

Aug 11–Feb 12 Director, Joint Combat Casualty Research Team (JC<sub>2</sub>RT). Led 11-Member team  
responsible for overseeing Human Protection requirements for data  
collection/research activities within Afghanistan, Iraq, Kuwait and Bahrain.  
Oversaw 84 protocols. Collaborated with multi-national healthcare leaders.

Jan 08–May 08 Chief Nurse, Craig Joint Theater Hospital, Bagram Airfield, Afghanistan  
Responsible for 200+ staff in combined 100+ bed Joint Task Force Med  
Led during 21% increase in surgical cases/94% increase in aeromedical evac  
Directed Operation Enduring Freedom linguist program with 61 linguists and  
contract costs exceeding \$12M across 4 Afghanistan sites.

Sep 00–Dec 00 Chief Nurse, 320th Expeditionary Group, Eskan Village, Riyadh, Saudi Arabia  
Oversaw care for 1,200 troops supporting Operation Southern Watch.  
Led and united efforts of 3 International military health organizations.

Dec 98 Humanitarian mission to Mexico (care to 1,200 outpatients; 90 surgical cases)

June 95 First flight nurse to support NASA Space Shuttle Transoceanic Abort Landing  
Site. Presented recommendations to NASA leadership.

Mar 94 Prepositioned at Sarajevo airfield to prepare/enplane 10 Bosnian civilian war  
victims.

Jan 91–Mar 91 Clinical Nurse, 1702nd Air Refueling Wing (Provisional), Seeb, Oman.

## **HONORS**

- 2020 Moody Professor nominee for School of Nursing and Health Professions (University selection not yet announced)
- 2019 Piper nominee for School of Nursing and Health Professions for University award.
- 2018 Invited lecturer to the School of Nursing, Catholic University of Chile, Santiago, Chile
- 2018 Invited lecturer for first Sr. Margaret Mary (Lucilla), CCVI Endowed Nursing Lecture
- 2014 Director's Award, United States Air Force Research Laboratory (Leadership)
- 2012 Clinical Researcher of the Year Award, Air Education and Training Command
- 2012 The Rebecca Sealy Distinguished Alumnus Award, The University of Texas Medical Branch, School of Nursing at Galveston
- 2011 Air Force Research Laboratory Director's Award (for recognition of leadership & service)
- 2010 Inducted into the American Academy of Nursing
- 2010 Interagency Institute for Healthcare Executives (April 2010) attendee
- 2009 Inducted into the University of Texas Medical Branch, School of Nursing, Hall of Fame
- 2007 Federal Nursing Service Award, Association of Military Surgeons
- 2007 D. Jean Wood Scholarship Award, 21<sup>st</sup> Southern Nursing Research Society Conference
- 2006 University Award for the Advancement of Women nominee, University of North Carolina, Chapel Hill
- 2002 Outstanding Research Paper, Armed Forces District ACOG/AWHONN
- 2002 Excellence in Nursing Award, Sigma Theta Tau, Alpha Delta Chapter
- 1995 United States Air Force Mary T. Klinker Aeromedical Nursing Award nominee
- 1989 United States Air Force Nurse of the Year, Scott Medical Center, Scott AFB, IL
- 1989 Outstanding Nurse Preceptor Award, Scott Medical Center, Scott AFB, IL

## **RESEARCH GRANT AWARDS**

Principle Investigator. "Mentors Offering Maternal Support (M-O-M-S): A Prenatal Program Building Maternal Self-Esteem, Coping, and Resilience and Decreasing Depression." Joint Program Committee-5, Congressionally funded program, FA8650-17-6817, September 15, 2017 – December 15, 2020 \$1,876,296.

Principle Investigator. "Linking Pregnancy Stress to Specific Biomarkers: Testing a Military Intervention." TriService Nursing Research Program Grant, HU0001-11-1-TS13 (N11-C11), August 1, 2011 – July 31, 2016, \$360,947.

Principle Investigator. “Mentors Offering Maternal Support (MOMS): Building Resilient Families.” TriService Nursing Research Program Grant, HU0001-11-1-TS13 (N11-C11), August 1, 2011 – July 31, 2014, \$510,509.

Principal Investigator. “Mentor’s Offering Maternal Support (M.O.M.S.)” Office of the Air Force Surgeon General, Modernization Directorate award, October 1, 2007- September 31, 2008, \$100,000.

Co-Investigator. “Rapid Biomarker of Breath Following Receipt of Live Attenuated Influenza Virus Vaccine.” Principle Investigator: M. Phillips, M.D., Ph.D., Menssana Research Lab, Defense Advanced Research Projects Agency Award. October 1, 2008 – September 31, 2008, \$250,000.

Co-Investigator. “Breath Test for Detection of Explosives Handling.” Principle Investigator: M. Phillips, M.D., Ph.D., Menssana Research Lab, Defense Advanced Research Projects Agency Award. October 1, 2007 – September 31, 2007, \$300,000.

Co-Investigator. “A Randomized Controlled Clinical Trial Comparing 1 g of Daily Cinnamon with Usual Care to Treat Uncontrolled Type 2 Diabetics.” Principal Investigator: P. Crawford, M.D. 96 Medical Group, Eglin AFB, FL, 59 Medical Wing, Clinical Investigations Laboratory Award, November 1, 2006 – October 31, 2007, \$550.

Principal Investigator. “Military Families: Psychosocial Adaptation to Pregnancy.” TriService Nursing Research Program Award, July 2002 – June 2005, \$330,000.

## PUBLICATIONS

Lederman, R. P., **Weis, K. L.** (2020). *Psychosocial adaptation to pregnancy: Seven dimensions of maternal development* (4th ed.). New York: Springer.

Weis, K. L., Walker, K. C., Chan, W., Yuan, T. T., & Lederman, R. P. (2020). Risk of preterm birth and infant low birthweight in military women with increased pregnancy-specific anxiety. *Military Medicine*, 185, 678-685.

Dols, J. D., Beckmann-Mendez, D., DiLeo, H. A., **Weis, K. L.**, & Medina-Calvo, M. (2018). Nurse-managed health centers: Measures of excellence. *The Journal for Nurse Practitioners*, 14(8), 613-619.

Weis, K. L., Lederman, R. P., Walker, K. C., & 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.

Thiam, M. A., Elmore, K. O., & **Weis, K. L.** (2017). The psychological aspects of motherhood. In M. Thiam (Ed.), *Perinatal mental health and the military family: Identifying and treating mood and anxiety disorders* (pp. 3-13). New York: Routledge.

Thiam, M. A., & **Weis, K. L.** (2017). Overview of perinatal mood and anxiety disorders. In M. Thiam (Ed.), *Perinatal mental health and the military family: Identifying and treating mood and anxiety disorders* (pp. 14-31). New York: Routledge.

Thiam, M. A., & **Weis, K. L.** (2017). Introduction to military service and the military family. In M. Thiam (Ed.), *Perinatal mental health and the military family: Identifying and treating mood and anxiety disorders* (pp. 69-81). New York: Routledge.

- Thiam, M. A., Hodson, D., & **Weis, K. L.** (2017). Future directions. In M. Thiam (Ed.), *Perinatal mental health and the military family: Identifying and treating mood and anxiety disorders* (pp. 218-221). New York: Routledge.
- Weis, K. L. & Elmore, K. O. (2017). Current military perinatal mental health treatment models. In M. Thiam (Ed.), *Perinatal mental health and the military family: Identifying and treating mood and anxiety disorders* (pp. 151-165). New York: Routledge.
- Weis, K. L., & Ryan, T. W. (2012). Mentors offering maternal support: A support intervention for military mothers. *Journal of Obstetric, Gynecologic & Neonatal Nursing*, *41*, 303-313.
- Weis, K., & Ledermen, R. (2010). Prenatal spousal military deployment and maternal prenatal adaptation as predictors of postpartum maternal-infant attachment. *SOJNR: Southern Online Journal of Nursing Research*, *10*(3), [http://snrs.org/publications/SOJNR\\_articles2/Vol10Num03Main.htm](http://snrs.org/publications/SOJNR_articles2/Vol10Num03Main.htm)
- Lederman, R. P., **Weis, K. L.** (2009). *Psychosocial adaptation to pregnancy: Assessment of seven dimensions of maternal role development* (3rd ed.). New York: Springer.
- Weis, K. L., Lederman, R. P., Lilly, A. E., & Schaffer, J. (2008). The relationship of military imposed marital separations on maternal acceptance of pregnancy. *Research in Nursing & Health*, *31*, 196-207.
- Weis, K. (2007). *Birth of a mother: A guide for military spouses*. Image Design Services, Parks Photographic Laboratory: Eglin AFB, FL.
- Weis, K. L. (2006). Maternal identity formation in a military sample: A longitudinal perspective. *Unpublished doctoral dissertation, University of North Carolina, Chapel Hill.*
- Weis, K. (2003). Asthma management across the life span: The childbearing woman with asthma. *The Nursing Clinics of North America*, *38*, 665-673.
- PRESENTATIONS** (through 2009)
- Weis, K. L., Loewendorf, A. I, Yuan, T. T., & Chan, W. (2019, August). *Relationship of prenatal anxiety and deployment on maternal inflammatory cytokines: Machine Learning provides insight to highly dimensional data*. Poster presented at the Military Health System Research Symposium, Orlando, FL.
- Thiam, B., & Weis, K. (2019, June). *Boots and babies: Challenges of motherhood in active duty military and veteran mothers effecting pre- and postnatal mental health*. 32nd Annual Postpartum Support International Conference, Portland, OR.
- Weis, K., Killian, J. & Walker, K. (2019, March). *Considerations for conducting research with military populations*. K. Weis (Chair). Panel discussion conducted at the Society of Behavioral Medicine, 40th Annual Meeting and Scientific Session, Washington, DC.
- Weis, K. L. (2018, November). *Promoting health and well-being in pregnancy: A global effort*. International Health Promotion Symposium at Catholic University of Chile, Santiago, Chile.
- Weis, K. L. (2018, November). *Mentors Offering Maternal Support: A prenatal program with community participation*. Plenary session presented at the Re-Imagining Healthcare: A Lifecourse Approach to Community-based Care, San Antonio, TX.

- Weis, K. L. (2018, April). *Decreasing prenatal anxiety in military women: Findings from the M-O-M-S study*. Paper presentation at the TSNRP Research Evidence-Based Practice Dissemination Course. San Antonio, TX.
- Weis, K. L. (2018, March). *Prenatal maternal identity formation and the relationship to birth outcomes*. Invited lecturer for Sr. Margaret Mary (Lucilla), CCVI Endowed Nursing Lecture. San Antonio, TX.
- Weis, K. L., Lederman, R. P., Walker, K. C., & Chan, W. (2017, July). *Longitudinal evaluation of a prenatal mentoring program for decreasing maternal anxiety in a military sample*. Paper presentation at the Sigma Theta Tau 28<sup>th</sup> International Nursing Research Congress, Dublin, Ireland.
- Dols, D. D., Hoke, M., **Weis, K. L.**, & Gunter, M. D. (2017, July). *Chronic disease burden and the impact on nursing practice in south Texas*. Poster presented at the Sigma Theta Tau 28<sup>th</sup> International Nursing Research Congress, Dublin, Ireland.
- Kisner, P., Matthews, J., & **Weis, K.** (2017, March). Predictors of increased prenatal maternal anxiety, self-esteem, and resilience in a sample of military women. In K. Weis (Chair), *Prevalence and predictors of depression and stress in diverse samples of pregnant women*. Symposium conducted at the Society of Behavioral Medicine, 38th Annual Meeting and Scientific Session, San Diego, CA.
- Weis, K. L., Lederman, R. P., Morgan, B., & Chan, W. (2016, March). *Mentors Offering Maternal Support (M-O-M-S): Findings from a randomized controlled trial of program effectiveness*. Poster presented at the Society of Behavioral Medicine, 37th Annual Meeting and Scientific Session, Washington, District of Columbia.
- Weis, K. L. (2016, April). *Prenatal psychosocial health and birth outcomes in a military population*. Panel member for the Military Women's Health Research Conference, Washington, District of Columbia.
- Weis, K. (2015, March 27). *Building a theory-based intervention*. Plenary Address at the Dr. Linda Corson Jones Scholarship Day, sponsored by the Epsilon Nu chapter of Sigma Theta Tau International Nursing Honor Society, Louisiana State University Health Science Center School of Nursing.
- Lederman, R. P., Weis, K., & Roberts-Gray, C. (2015). Preterm birth and anxiety in low and high risk women: Selecting anxiety measures and interventions. In C. R. France (Ed.), *Society of Behavioral Medicine, 36<sup>th</sup> Annual Meeting and Scientific Sessions, 49(S1), S54*.
- Weis, K., Greene, E., & Thiam, M. A. (May, 2014). *Perinatal mental health and the military family*. Panel presentation at the American Psychiatric Association's 167<sup>th</sup> Annual Meeting, New York.
- Weis, K. L., Lederman, R. P., Morgan, B. J., & Walker, K. (2014, April). *Mentors Offering Maternal Support (M.O.M.S.): A military intervention program for decreasing prenatal maternal anxiety and depression and building resilience*. Poster presented at the 35<sup>th</sup> Annual Society of Behavioral Medicine Conference, Philadelphia, PA.
- Weis, K. L., Walker, K.C., & Lederman, R.P. (2013, December). *Mentors Offering Maternal Support (M.O.M.S.): A military intervention program for decreasing prenatal maternal anxiety and depression and building resilience*. Paper presented at the U.S. Army Academy of Health Sciences Graduate School Research Day, Joint Base San Antonio – Ft Sam Houston, TX.

Weis, K. L. (2013, October). *Mentors Offering Maternal Support (M.O.M.S.<sup>tm</sup>): Preliminary findings for a prenatal stress reduction intervention*. Invited speaker to the International Health Congress, Dalian, China.

Weis, K. L. (2011, April). *Taking care of military families*. Paper presented at the 2011 AWHONN, Texas Section Conference, Austin, TX.

Weis, K. L. (2010, April). Maternal prenatal psychosocial adaptation: Predictors of gestational age and infant birthweight. Paper presented at the 18<sup>th</sup> Congress on Women's Health Issues: Cities and Women's Health: Global Perspectives, University of Pennsylvania, PA.

Weis, K. L. (2009, August). *Mentor's Offering Maternal Support (M.O.M.S.)*. Paper presented at the Annual Air Force Medical Services Symposium, Washington, D.C.

Weis, K. L. (2009, March). *Evidence based practice*. Keynote speech presented at the Air Force Executive Leadership Symposium (Nursing), Dallas, TX.

## **PROFESSIONAL ACTIVITIES**

- 2020-present Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN) Research Advisory Panel
- 2020-present American Academy of Nursing, expert panel, Maternal-Infant Health Care
- 2018-present Member, Texas Nursing Association Advisory Board on Maternal Mortality and Morbidity
- 2018-present Reviewer, *Journal of Obstetric, Gynecologic, & Neonatal Nursing*
- 2017-present Member of Texas Nursing Association, District 8 Government Advisory Council
- 2015-2019 Texas Nursing Association, District 8 Delegate
- 2013-2015 Joint Program Committee – 5 (JPC-5) Task Area Manager for Family and Community Health and Resilience
- 2011 American Academy of Nursing, expert panel on military medicine and nursing
- 2011 Working group for revising and updating the DoD/VA Pregnancy Guidelines
- 2009 Consultant for the VA/Department of Defense (DoD) Uncomplicated Pregnancy Clinical Practice Guidelines Guideline (revisions)
- 2009 Air Force Research Laboratory (AFRL) Core 4 Process (Aerospace Medicine Education and Training) Owner
- 2009 Appointed to the Air Force Medical Modeling and Simulation Strategic Planning Group
- 2008-2011 Lead for standing up swing space at Wright Patterson Air Force Base as the School of Aerospace Medicine was transitioned from Brooks City-Base to Wright Patterson Air Force Base in 2010-2011 as part of the Base Realignment and Closure



KL Weis

2008-2011 United States Air Force Nursing Executive Council member  
2008-2011 United States Air Force Consultant for Nursing Research to the Surgeon General  
2008-present Reviewer, *Research in Nursing & Health*  
2003 USAF Obstetrical Competencies Development Team  
2000 National Nursing Licensure Examination Panel Reviewer (Obstetrics)  
1997-2007 United States Air Force Expert Reviewer for Obstetrics  
1997-2000 AWHONN Fetal Monitoring Instructor

**PROFESSIONAL AFFILIATIONS** (Current memberships)

American Academy of Nursing  
American Legion  
American Nurses Association/Texas Nurses Association  
Association of Women's Health, Obstetric and Neonatal Nurses  
Sigma Theta Tau International  
Society of Air Force Nurses  
Southern Nursing Research Society  
Veterans of Foreign Wars

**SPECIALITY CERTIFICATIONS**

1990-present Inpatient Obstetrical Nursing, National Certification Corporation  
1997-present High-Risk Obstetrics, National Certification Corporation

**NURSING LICENSES**

2015-present Registered Nurse, Texas State Board of Nursing  
1997-present Acute Care Nurse Practitioner, Kansas State Board of Nursing  
1986-present Registered Nurse, Kansas State Board of Nursing