

CURRICULUM VITA

Name: Elaine M. Rutkowski

Rank: Assistant Professor

Date of Appointment: August, 2008(Service Credit: 1 year)

Educational Preparation:

Date	Degree	Institution	Major	Areas of concentration/specialization
5/08	PhD	University of San Diego, San Diego, CA	Nursing	Doctorate of Philosophy
8/81	MSN	University of Pennsylvania, Philadelphia, PA	Nursing	Clinical Nurse Specialist/Community Health Nursing
5/77	BSN	Villa Maria College, Erie, PA	Nursing	Nursing

Professional Licenses/Certificates:

Date	Title	Source
8/81-active/current	Registered Nurse: 338717	California Board of Registered Nursing
10/98-active/current	Clinical Nurse Specialist: 566	California Board of Registered Nursing
6/98	Public Health Nurse: 59196	California Board of Registered Nursing

Academic Employment:	Position	Institution
Date		
8/2008-present (2007-08 service credit)	Assistant Professor	CSUF
8/2001-5/2008	Lecturer, full-time	CSUF
9/1998-5/2001	Instructor, full-time	Mount St. Mary's College, Los Angeles, CA
9/1997-5/1998	Clinical Instructor, part-time (Community Health)	Azusa Pacific University, Azusa, CA
5/1997-8/2001	Adjunct Faculty, part-time	University of Phoenix, Fountain Valley, CA

Clinical/Professional:

Date	Position	Institution
1997	Regional Director, Clinical Systems	Horizon Mental Health Management, Lewisville, TX
1993-1997	Assistant Vice-President, Clinical Outcomes, Quality Improvement	Community Psychiatric Centers, Inc. Las Vegas, NV
1993	Assistant CEO	CPC Laguna Hills Hospital, Laguna Hills, CA (Community Psychiatric Center facility)
1990-1993	Vice President, Quality Assurance	New Life Treatment Centers, Inc., Laguna Beach, CA
1988-1990	Director of Nursing	CPC Laguna Hills Hospital, Laguna Hills, CA (Community Psychiatric Center facility)
1982-1988	Vice-President, Quality Assurance	WestWorld Community Healthcare, Inc., Lake Forest, CA
1977-1982	Pennsylvania Public Health Nurse	Erie County Health Dept., Bucks County Health Dept.,

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**Institution of Academic Instruction
Courses Taught**

CALIFORNIA STATE UNIVERSITY, FULLERTON, (Graduate/Undergraduate)

Theses Project Seminar/Directed Project Master’s program final course.

Professional Nursing I (Theory/Clinical Lab) The “bridge” course which includes examination of the BSN program and psycho-social aspects for the professional nursing practice.

The Process of Teaching in Nursing (Web) On-line course which includes models of education; teaching and learning principles, teaching and learning theories

Assessment of Scholarship Prepares the beginning nursing student to identify patterns of learning and basic assessments for preparing study plans.

Community Health Nursing (Theory/Clinical Lab; Web/On-campus) Senior level course which includes the applications of theories and principles within community health settings.

Issues in Nursing (Web) Senior level course with a focus on preparing the professional nurse to identify current trends and issues that impact practice.

Project Chair Master’s level course for the culminating experience of completing the initial proposal for a research project.

MOUNT ST. MARY’S COLLEGE, (Undergraduate)

Community Health Nursing; Community Health Practicum

AZUSA PACIFIC UNIVERSITY, (Undergraduate)

Community Health Practicum

UNIVERSITY OF PHOENIX, (Graduate)

Dynamics of Nursing Leadership; Advancing Nursing Management: Communities

Thesis/Project Chair:

- 2006 Exercise Promotion During Perimenopause for the Prevention of Cardiovascular Disease (Sherrie Lynn Swartz)
- 2006 Management of Childhood Overweight (Emily Picou)

Scholarly/Creative Accomplishments

PUBLICATIONS

Professional Journals

Rutkowski, E., Brimer, D., (2012). School nurse advocacy for physical education students with autism spectrum disorders. *Journal of School Health.* (in review).

Rutkowski, E., Connelly, C. (2012). Self-efficacy and physical activity in parent/adolescent dyads. *Journal for Specialists in Pediatric Nursing* 17, 51-60.

Rutkowski, E., Connelly, C. (2011) Obesity risk knowledge and physical activity in families of adolescents. *Journal of Pediatric Nursing*, 26 (1), 51-57.

James, K., Connelly, C., **Rutkowski, E.,** McPherson, D., Garcia, L., Mareno, N., & Zirkle, D., (2008). Family-based Weight Management with Latino Mothers and Children. *Journal for Specialists in Pediatric Nursing (JSPN)*, 30(30), 1-14.

Rutkowski, E. (2008). "Learning it forward": Creating an assignment for emergency preparedness. *Journal of Nursing Education*, 41,2, 92.

Rutkowski, E. (2003). Move Around a Bit! *Home Healthcare Nurse*, 21, 6, 419-20.

Book Chapters

Rutkowski, E. (2012). Vital Signs: Temperature
In V. Bowden & C.S. Greenberg (Eds.), *Pediatric procedures*. Philadelphia: Lippincott, Williams & Wilkins.

Rutkowski, E. (2012). Vital Signs: Heart Rate. In V. Bowden & C.S. Greenberg (Eds.), *Pediatric procedures*. Philadelphia: Lippincott, Williams & Wilkins.

Rutkowski, E. (2012). Pediculosis and Scabies Management
In V. Bowden & C.S. Greenberg (Eds.), *Pediatric procedures*. Philadelphia: Lippincott, Williams & Wilkins.

Rutkowski, E. (2008). Vital Signs: Blood Pressure. In V. Bowden & C.S. Greenberg (Eds.), *Pediatric procedures*. Philadelphia: Lippincott, Williams & Wilkins.

Rutkowski, E. (2008). Vital Signs: Heart Rate. In V. Bowden & C.S. Greenberg (Eds.), *Pediatric procedures*. Philadelphia: Lippincott, Williams & Wilkins.

Rutkowski, E. (2008). Vital Signs: Respiratory Rate. In V. Bowden & C.S. Greenberg (Eds.), *Pediatric procedures*. Philadelphia: Lippincott, Williams & Wilkins.

Rutkowski, E. (2008). Vital Signs: Temperature. In V. Bowden & C.S. Greenberg (Eds.), *Pediatric procedures*. Philadelphia: Lippincott, Williams & Wilkins.

PRESENTATIONS

International Presentations

Rutkowski, E. (2009, February). *Obesity Risk Knowledge, Efficacy, Activity in Families of Adolescents*. Podium presentation. 10th Annual Evidence-Based Practice National/International Conference: Translating Research into Best Practice with Vulnerable Populations. Phoenix, AZ.

Rutkowski, E. (1995, May). *The Evolving Process of Evolving Outcomes Evaluation*. Podium presentation. Priory Hospitals Group Annual Medical Directors Retreat. London, UK. (invited).

National Presentations

Rutkowski, E., Connelly, C. (2012, April). Poster presentation (peer reviewed) *Validating a Measure for Obesity Risk Knowledge in Adolescents*. 2012 Western Institute of Nursing, Portland, OR

Rutkowski, E., Connelly, C. (2011, May). Poster presentation (peer reviewed) *Instrument for Primary Care Clinicians to Assess Obesity-Risk Knowledge of Adolescent Patients*. Obesity Treatment & Prevention: Practical Tools and Strategies for Managing Overweight and Obese Patients. Centers for Obesity Research and Education (CORE): San Francisco, CA

Rutkowski, E., Connelly, C. (2011, April). Poster presentation. (peer reviewed) *Making Progress: A Measurement Tool for Obesity Risk Knowledge in Adolescents*. 2011 Western Institute of Nursing, Las Vegas, NV

Rutkowski, E. (2009, May). *What's Important to Assess in Adolescent Families When Evaluating Levels of Physical Activity?* Podium presentation. Centers for Obesity Research and Education (CORE): Obesity: Treatment and Prevention., Las Vegas, NV (invited).

Rutkowski, E. (2009, April). *Obesity Risk Knowledge and Physical Activity in Families of Adolescents*. Podium presentation. (peer reviewed) 2009 Western Institute of Nursing: Communicating Nursing Research. Salt Lake City, UT.

Dewan, N. & **Rutkowski, E.** (1996, January). *Behavioral Healthcare Outcomes Management Skills*. Podium presentation. CentraLink, Costa Mesa, CA (invited).

Rutkowski, E. (1995, November). *Linking Clinical Outcomes to Quality Improvement*. Podium presentation. Joint Commission on Accreditation of Healthcare Organizations: National Forum on Health Care Quality. Chicago, IL.

Lindheimer, J., & **Rutkowski, E.** (1995, May). *Application of Clinical Outcomes and Patient Satisfaction Measures to Improve Quality of Care*. Podium presentation. National Conference on Mental Health Statistics, Washington, D.C.

Regional Presentations

Rutkowski, E. (2012, May). Invited speaker, *Obesity Prevention Symposium, Obesity Prevention through the Life Span: Reflections of the Past and Vision for the Future*, Development of a Measure for Obesity Risk Knowledge for Adolescents. CSUF, Fullerton, CA.

Rutkowski, E. (2012, April). Invited speaker. *Taming Pediatric Obesity*. National Association of Pediatric Nurse Practitioners. San Diego and Orange County Chapters. Annual Meeting, Escondido, CA.

Rutkowski, E. (2011, March). Invited speaker. *Making an impact with families concerned with childhood obesity*. Orange County Chapter of the National Association of Pediatric Nurse Practitioners. Children's Hospital of Orange County, Orange, CA.

Rutkowski, E. (2011, February). Invited speaker. *Childhood obesity: What's a pediatric nurse to do?* Orange County Society of Pediatric Nurses. Children's Hospital of Orange County. Orange, CA.

Rutkowski, E. (2010, October). *Validating a Measure for Obesity Risk Knowledge in Adolescents*. Poster presentation. (peer reviewed) Nursing Odyssey 2010: "Creating a Legacy of Caring: For the Work Community, the Profession, and Ourselves". San Diego, CA.

Brimer, D., & **Rutkowski, E.** (2010, April). *Physical Activity Considerations for Students with Autism*. Poster presentation. (peer reviewed) Upsilon Beta Sigma Theta Tau International Nursing Honor Society: Reaching Out in Nursing. Yorba Linda, CA

Desrosiers, J., & **Rutkowski, E.** (2010, April). *Impact Evaluation of Nutrition Classes to Increase Fruit and Vegetable Consumption in Low-Income Preschool Families: A Quantitative Study*. Poster presentation. Upsilon Beta Sigma Theta Tau International Nursing Honor Society: Reaching Out in Nursing, Yorba Linda, CA

Mickey, V., & **Rutkowski, E.** (2010, April). Creating Behavioral Health Changes in Children with Risks for Obesity from Low income and Diverse Cultures. Poster presentation. Upsilon Beta Sigma Theta Tau International Nursing Honor Society: Reaching Out in Nursing, Yorba Linda, CA

Rutkowski, E. (2008, October). *Effects of Risk Knowledge on Obesity and Activity in Adolescents*. Podium presentation. Sigma Theta Tau International; Joint Southern California Chapters: A Call to Promote Knowledge, Leadership and Service. Cerritos, CA.

Rutkowski, E. (2008, May). *Physical Activity in Families of Adolescents*. Poster presentation. Research Day. The Hahn School of Nursing, University of San Diego, San Diego, CA.

Rutkowski, E.(2008, April). *Risk Knowledge, Efficacy, Physical Activity in Families*. Poster presentation. Western Institute of Nursing: The Circle of Nursing Knowledge: Education, Practice and Research. Anaheim, CA.

Rutkowski, E.(2007, April). *Obesity Risk Knowledge, Self Efficacy, Physical Activity in Families of Adolescents*. Poster presentation. Western Institute of Nursing. 50 Years of Advancing Nursing in the West: 1957-2007. Portland, OR.

Rutkowski, E. (2007, February). *Family Connections to Obesity*. Poster presentation. Orange County Society of Pediatric Nurses. Children's Hospital of Orange County, Orange County, CA.

James, K., **Rutkowski, E.**, & Connelly, C. D. (2007, January). *Families on the Move: An Intervention for Overweight Children and Families*. Poster presentation. California Childhood Obesity Conference: *Protecting the Future of Our Children* California Department of Health Services, the California Department of Education, the U.C. Berkeley Center for Weight and Health, and The California Endowment, Anaheim, CA.

Greenberg, C. S. & **Rutkowski, E.** (2007, January). *A Collaborative Model for Promoting Healthy Lifestyles*. Poster presentation. California Childhood Obesity Conference: *Protecting the Future of Our Children* California Department of Health Services, the California Department of Education, the U.C. Berkeley Center for Weight and Health, and The California Endowment, Anaheim, CA.

Rutkowski, E. (2006, April). *A Model for Healthy Lifestyles in Elementary School Children*. Poster presentation. Obesity: Awareness and Beyond, Forum of the Center for the Promotion of Healthy Lifestyles and Obesity Prevention, CSUF, Fullerton, CA.

GRANTS/FUNDING

HPRI Grant, Spring, 2012 (CSUF), \$2,500
FDC Mini Grant, Spring, 2009 (CSUF), \$700
HPRI Mini-Grant, Spring, 2013 (CSUF)

SPECIAL PROJECTS/ASSIGNMENTS

Lead Faculty:

Professional Nursing I (NURS 305) 2001-Present
Community Health Nursing (NURS 402) 2008-Present
The Process of Teaching (NURS 320) 2001-2009

SERVICE

University(CSUF)

Member of the Institutional Review Board (2008-present)

Member of the Titan Student Union Food Advisory Committee (2008-10)

Member, Search Committee, Health Professions Coordinator, (2007-2008)

College of Health and Human Development (CSUF)

Member, Center for the Promotion of Healthy Lifestyles and Prevention of Childhood Obesity (2004-Present)

Member, Health Promotion Research Institute [HPRI](2008-Present)

Member, Professor for a Day Committee (2007-08)

School of Nursing (CSUF)

Member, Search Committee, Director, School of Nursing (2010-2011)

Member, Evaluation Committee (2011)

Member, Undergraduate Program Committee (2001-Present)

Member, Admissions/Progressions Committee (2008-2010)

Member, Faculty Affairs Committee (2004-2008)

Chair, Student Affairs Committee (2003-2004)

Member of ad hoc Curriculum Review Committees (2009-present)

Member of the ad hoc committee for Community Health Placements (2007-2010)

Member of the sub-committee to initiate SON mentorship program (2009-2010)

Designed the APA writing rubric (2008-2010)

Member of the sub-committee to develop a Center for Nursing Scholarship
(2008-Present)

Professional

Sigma Theta Tau: Eta Xi Chapter, Erie, Pennsylvania (1980-present)
Upsilon Beta Chapter, Fullerton, California (2006-present)
Reviewer for poster abstracts for annual conference, (2009; 2010)

WIN Reviewer Mentor, 2012

Association of Community Health Nurse Educators(ACHNE) (2006-present)
Reviewer for poster abstracts for annual institute, (2009)

International Editorial Review Board Member, *Clinical Nursing Studies (CNS)*

Manuscript reviewer: *Journal for Specialists in Pediatric Nursing*
Journal of Pediatric Healthcare
Journal for Pediatric Nursing
Journal of Obesity & Clinical Practice

Southern California Association, Clinical Nurse Specialists (2006-present)

Orange County Nurse Scientists (2008-present)

Community Service/Practice

Parish Nurse*	St. Timothy's Catholic Community
Health Office Nurse**	Aliso Viejo Middle School
Block Captain	City of Laguna Niguel
Safety Committee	City of Laguna Niguel
Advisory Board Member	WeROCK,(We Run Orange County Kids)
Advisory Board Member	University of San Diego, School of Nursing, Alumni Association
Level III Hearing Panel	Capistrano Unified School District

Practice (direct or indirect patient care)

*Parish Nurse at St. Timothy's Catholic Community. The following activities are part of my scope of practice: Conducted a seminar on "Safety in the Summer" for elderly members of the parish; Organize bi-monthly screenings for: blood pressure, diabetes, cholesterol levels; Submit a monthly educational column to the parish bulletin; Plan and organize the annual Health Promotion booth at the Parish picnic; Provide health education to all ages of students

attending Religious Education Programs; Assist in the dissemination of health education for all committees and programs as is requested; Assist in other activities as directed by the Parish Nurse Coordinator.

**Perform volunteer Health Office activities (primary health care) in local Middle School.

PROFESSIONAL DEVELOPMENT

Conferences/Workshops

Obesity Prevention Symposium: Obesity Prevention through the Life Span: Reflections of the Past and Vision for the Future, May, 2012, CSUF, Fullerton, CA

Child Obesity Prevention Summit: Move More, Eat Healthy OC Schools May, 2012, Orange County Department of Education, Costa Mesa, CA.

Taming Pediatric Obesity, San Diego & Orange County NAPNAP, April, 2012, Escondido, CA.

Western Institute of Nursing, *45th Annual Communicating Nursing Research Conference "Advancing Scientific Innovation in Nursing"*, April, 2012, Portland, OR.

3rd California Doctoral Nursing Conference: Strategic Partnerships in Education, Technology, Research, and Practice, March, 2012, San Diego, CA.

Titanium in a Day, Faculty Development Center, CSUF, January, 2012.

Course Management Strategies & Student Support, January, 2012, SON Retreat, Oasis, Fullerton, CA

A Summit: *Making Connections: Move More, Eat Healthy OC*, May, 26, 2011, CSUF, Fullerton, CA.

Division of Information Technology, *Academic Technology Day: Academic Technology in the 21st Century: A CSU Perspective*, February, 15, 2011, CSUF, Fullerton, CA

Foundation Grant-Writing Workshop, College of Health and Human Development, CSUF. Spring Semester, 2011. (February-April, 2011)

Office of Grants & Contracts, the Faculty Development Center, and the Grants Resource Center: *Developing Winning Grant Proposals*, March 17-18, 2010, CSUF, Fullerton, CA

Academic Affairs, University Extended Education, OSSIS, Faculty Development Center: *Teaching with Technology Faculty Showcase 2010*, Jan. 21, 2010, CSUF, Fullerton, CA

2010 Mosby's Faculty Development Institute, Jan. 3-5, 2010, San Diego, CA

2009 Annual Institute: Association of Community Health Nurse Educators: *Demonstrating and Communicating the Value of PHN Practice to Stakeholders*, Chicago, IL, 2009

Centers for Obesity Research and Education (CORE): *Obesity: Treatment and Prevention.*, Las Vegas, NV., 2009

Western Institute of Nursing: 42nd Annual Communicating Nursing Research: *Networks in Nursing Science: Creating Our Future*. Salt Lake City, Utah, 2009

10th Annual Evidence-Based Practices in Nursing: Translating Research into Best Practice with Vulnerable Populations. Phoenix, AZ., 2009

Western Institute of Nursing: 41st Annual Communicating Nursing Research Conference: *The Circle of Nursing Knowledge: Education, Practice and Research*, Anaheim, CA., 2008

Western Institute of Nursing: 40th Annual Communicating Nursing Research: *50 Years of Advancing Nursing in the West 1957-2007*, Portland OR. 2007

Centers for Obesity Research and Education (CORE): *Obesity: Treatment and Prevention.*, Las Vegas, NV., 2007

California Childhood Obesity Conference: *Protecting the Future of Our Children*
California Department of Health Services, the California Department of Education, the U.C. Berkeley Center for Weight and Health, and The California Endowment, Anaheim, CA., 2007

Honors/Awards

Faculty Marshall, CSUF College of Health and Human Development, School of Nursing, Commencement, May, 2012

The Daisy Award for Extraordinary Nursing Faculty, California State University Fullerton, School of Nursing, August, 2011.

California State University Fullerton: *Academic Affairs Teacher Scholar Recognition: Exceptional Teaching Effectiveness*, 2011

Nominated, *The Carol Barnes Excellence in Teaching Award*, California State University Fullerton, 2010

Poster Award for "New Researcher" (\$50.00) Western Institute of Nursing Conference, 2008

Irene Sabelberg Palmer Scholarship Award (\$5,608), University of San Diego, 2007

Dean's Scholar Award, (\$5,000), University of San Diego, 2006

Neree Proprata Scholarship, (\$1,000), California Association of Colleges of Nursing, 2006

California State University, *Chancellor's Doctoral Incentive Forgivable Loan Program*, 2005

American College of Physician Executives: *Innovation in Medical Management*, 1995

Manager-of-the-Year, Community Psychiatric Centers, Laguna Hills Hospital, 1989