

**University of Detroit Mercy  
College of Health Professions  
McAuley School of Nursing  
Detroit, Michigan**

**PROFESSIONAL RECORD**

**Name: Mitzi M. Saunders, PhD, APRN, ACNS-BC**

Business Address

University of Detroit Mercy  
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**LICENSURE/NATIONAL CERTIFICATION**

Michigan Dept. of Licensing and Regulatory Affairs, Registered Nurse and  
Clinical Nurse Specialist Specialty Certification, License #470418186  
May 23, 2018 – May 29, 2020

Michigan Dept. of Licensing and Regulatory Affairs, Registered Nurse, License #4704182186  
1991 – May 22, 2018

Michigan Dept. of Licensing and Regulatory Affairs, Nurse Practitioner, License  
#4704182186, 1996 – May 22, 2018

American Nurses Credentialing Center, Adult Health Clinical Nurse Specialist  
(ACNS-BC), Certification #0267205, Dec 1, 1996 - November 30, 2021

Kansas State Board of Nursing, Registered Nurse, License #60774, 1989 – 1993

Nevada State Board of Nursing, Registered Nurse, License #RN22017, 1992 – 1993

**EDUCATION**

Dates

Sept, 2001- May, 2006

Degree/Coursework

Ph.D. in Nursing

Institution

Wayne State University  
Detroit, MI

Sept, 1996- May, 1997

Advanced Pharmacology

Oakland University  
Rochester, MI

Sept, 1993- May, 1995	M.S.N (Adult Health CNS)	Oakland University Rochester, MI
Sept, 1987- May, 1989	B.S.N with Distinction	University of Kansas Kansas City, KS
Sept, 1985- May, 1987	Pre-Nursing	Pittsburg State University Pittsburg, KS

### **EMPLOYMENT HISTORY**

<b><u>Years</u></b>	<b><u>Title</u></b>	<b><u>Institution</u></b>
2018-Present	Professor	University of Detroit Mercy Detroit, MI
2010-Present	Graduate Coordinator (AGCNS)	University of Detroit Mercy Detroit, MI
2007-Present	Tenure	University of Detroit Mercy Detroit, MI
2007-2017	Associate Professor	University of Detroit Mercy Detroit, MI
2001-2006	Assistant Professor	University of Detroit Mercy Detroit, MI
1999-2001	Instructor	University of Detroit Mercy Detroit, MI
1995-1999	Clinical Nurse Specialist	Medicine B Service Detroit Receiving Hospital Detroit, MI
1997-1999	Graduate Clinical Preceptor	Wayne State University Detroit, MI Oakland University Rochester, MI
1993-1995	Adjunct Faculty-Nursing	Oakland Community College Waterford, MI
1993-1995	R.N. (Charge Nurse)	Harper Hospital Detroit, MI
1992-1995	R.N (Head/Neck Surgery)	Harper Hospital



**Michigan Association of Clinical Nurse Specialists - Member (2009-Present)**

Secretary (Selected) (2009-2014)

Activities: Official recorder at all board/membership meetings, drive and lead the goals of the organization to include affiliation with the NACNS, develop and present continuing education offerings for state members and influence health care policy at the state level.

**Midwest Nursing Research Society**

Member (2006-2009)

**Doctoral Student Forum (Wayne State University)**

Member (2001-2006)

**Sigma Theta Tau, National Honor Society**

Inducted 1989

**TEACHING EXPERIENCE**

**COURSES DEVELOPED (Detroit Mercy)**

**Graduate (2007-Present)**

**Adult CNS Master's/Post-Master's CNS (On-line) (2007-2010)**

NUR 5750 CNS Theory and Practicum I (on-line/clinical – 250 supervised hours)  
 NUR 5760 CNS Theory and Practicum II (on-line/clinical – 250 supervised hours)  
 HLH 5900 Advanced Pathophysiology (on-line)  
 NUR 5750 Adult-Gerontology CNS Theory and Practicum I (on-line/clinical – 200 supervised hours)  
 NUR 5760 Adult-Gerontology CNS Theory and Practicum II (on-line/clinical – 200 supervised hours)  
 HLH 5900 Health Care Delivery and Policy Issues (on-line)  
 NUR 5160 Advanced Health Assessment (on-line/virtual lab)  
 NUR 5748 Adult Gerontology CNS Role and Theory I (on-line)  
 NUR 5749 Adult Gerontology CNS Practicum I (clinical – 200 supervised hours)  
 NUR 5752 Adult Gerontology CNS Role and Theory II (on-line)  
 NUR 5753 Adult Gerontology CNS Practicum II (clinical – 200 supervised hours)

### **III. PROGRAM DEVELOPMENT (Detroit Mercy)**

#### **B.S.N. to D.N.P. (2015-Present)**

Activity: Team member in development and roll out of BSN to DNP program with concentration in AG-CNS.

#### **Curriculum Approval (June, 2014) by American Association of Critical Care Nurses**

Activities: All course syllabi in the AG-CNS program submitted for review.  
 Meaningfulness: All graduates of the program will be able to sit for the ACCNS-AG examination without review.

#### **Program Name Change (Adult to Adult-Gerontology CNS (2009)**

Activities: Integrated new national level competencies (2010) of CNS practice into the curriculum and gained approval from the MSON Faculty Assembly and Provost. Name formally changed in 2010.

#### **Core Curriculum Task Force (2008-2011)**

Activities: Represented College of Health Professions in the first phase of development of a new University Core Curriculum

#### **Post-Graduate Adult CNS (2009)**

Activities: Developed courses for the program and gained approval from the MSON Faculty Assembly.

#### **Nursing Education/Adult CNS Master's Program Team (2005-2009)**

Activities: Member of grant writing team to develop a dual master's in nurse education and advanced practice nursing to address the nation's nursing shortage in nursing faculty.

HRSA Grant #618048201. Funded: \$772,995.00

**Second Degree Option, B.S.N. (12 Month Program) (2001-2003)**

Activities: Team member to developed 12-month program for second-degree students in consultation with faculty from Creighton University, Omaha, NE.  
Keynote Speaker - 1<sup>st</sup> Graduating Class (2003)

**Prelicensure B.S.N. Community-Based Curriculum (1999-2000)**

Activities: Team member to align courses to meet community-based needs

**IV. ACCREDITATION ACTIVITIES (Detroit Mercy)**

**Adult-Gerontology Clinical Nurse Specialist Master's and Post-Graduate Program Report (2017)**

Activities: Crafted report to meet Criteria of the Evaluation of Clinical Nurse Specialist Master's and Post-Graduate Certificate Educational Programs (NACNS approved guidelines, Dec. 2011)

Results: Standards met.

**Commission on Collegiate Nursing Education Accreditation (2016-2017)**

Activities: Steering Committee - Gathered data, wrote sections of the report, planned for site visit, assisted in site visit activities.

Result: Standards met.

**Detroit Mercy Higher Learning Commission Accreditation (2015-2016)**

Activities: Steering Committee for Teaching, Learning: Quality, Resources and Support - Gathered data, drafted sections of report, presented report to Detroit Mercy community before site visit, assisted in site visit activities.

Result: Standards met.

**Commission of Collegiate Nursing Education Accreditation (Fall, 2015)**

Activities: Gathered data, wrote sections of the report (C

**ReBUILDetroit Mentor (5/15/17 – 7/21/17):** Dazja Jones (Mentee), Project: Outcomes in Bereaved Dementia Caregivers: A Systematic Review

**Doctorate of Nursing Practice (2017 – Present/Chair):** Lori Bishop, Doctoral Student, Planned Project: Addressing Re-admissions among Patients with Heart Failure”

**Doctorate of Nursing Practice (2018 – Present/Chair):** Lori Bishop, Doctoral Student, Project: Addressing Re-admissions among Patients with Heart Failure”

**Doctorate of Nursing Practice (2018 – Present/Chair):** Taylor Brazelton, Doctoral Student, Planned Project: Evaluation of Volunteer Programs to Reduce Delirium in Older Hospitalized Adults”

**Doctorate of Nursing Practice (2018 – Present/Chair):** Noel Koller, Doctoral Student, Planned Project: Addressing and Assessing Depression in Acute Stroke Patients Before Discharge”

**Doctorate of Nursing Practice (2018 – Present/Chair):** Hanelli Fanega, Doctoral Student, Planned Project: Implementing Palliative Care Services Among Acute Care Patients in Need”

**Doctoral Dissertation (2018 – Present/Committee Member):** Ludmilla Rotchford, PhD Candidate, Planned Project: Perspectives of Patients with Heart Failure and their Family Caregivers on Causes for Readmissions”

**Doctorate of Nursing Practice (2015/Advisor):** Kathy Marshall, “Hospital Admissions for Malnutrition and Dehydration in Patients with Dementia” Defended, 2015.

**Graduate Students/Alumni (2007-Present):** curricular advisement, accreditation examination preparation, interview techniques, navigating the role as a novice, obtaining State licensure as an Advanced Practice Registered Nurse.

**Undergraduate Students/Alumni (1999-2007), (2015-Present):** curricular advisement, National Counsel Licensure Examination preparation, employment decisions, options in graduate education.

**Colleague Development Topics (Presentations and informal):** outcomes-based curriculum, distance education, qualitative research methods, publishing and best practices

## **VI. PROFESSIONAL CONSULTATION**

Fall 2108: Peer Review and Observation On-line Course: FALL 2018 – NUR





- 2003, Marcia D. Bain Memorial Scholarship, Wayne State University, \$500.00. Role: Doctoral Student
- 2002, College of Nursing Alumni Doctoral Scholarship, Wayne State University, \$2000.00. Role: Doctoral Student

### **Refereed (Data-Based) Publications**

- Marshall, K., Burson, R., Gal, K., & **Saunders, M. M.** (2016). Hospital admissions for malnutrition and dehydration in patients with dementia. *Home Healthcare Now*, **34**, 32-37. (Google Scholar: 4 citations)
- Saunders, M. M. (2014). Home health care nurses' perceptions of heart failure home health care. *Home Health Care Management and Practice*, **42**, 217-222. (Google Scholar: 1 citation)
- Saunders, M. M. (2012). Perspectives from family caregivers receiving home nursing support: Findings from a qualitative study of home care patients with heart failure. *Home Healthcare Nurse*, **30**, 82-90. (Google Scholar: 13 citation)
- Saunders, M. M. (2010). Working and caregiving: A comparison of employed and unemployed caregivers of older heart failure patients. *Holistic Nursing Practice*, **24**, 16-22. (Google Scholar: 16 citations)
- Saunders, M. M. (2009). Indicators of health-related quality of life in heart failure family caregivers. *Journal of Community Health Nursing*, **26**, 173-182. (Google Scholar: 38 citations)
- Saunders, M. M. (2008). Family caregiver support and hospitalizations in patients with heart failure. *Home Healthcare Nurse*, **26**, 624-632. (Google Scholar: 18 citations)
- Saunders, M. M. (2008) Factors associated with caregiver burden in heart failure family caregivers. *Western Journal of Nursing Research*, **30**, 943-959. (Google Scholar: 91 citations)
- Vallerhand, A. H., **Saunders, M. M.**, & Anthony, M. (2007). Perceptions of control over pain by patients with cancer and their caregivers. *Pain Management Nursing*, **3**, 55-63. (Google Scholar: 27 citations)
- Vallerhand, A. H., Anthony, M., & **Saunders, M. M.** (2005). Home care nurses perceptions' of control over cancer pain. *Home Healthcare Nurse*, **23**, 642-654. (Google Scholar: 17 citations)
- Saunders, M. M. (2006). Influence of heart failure caregiving on caregiver burden, caregiver health-related quality of life and patient hospitalizations. Doctoral dissertation, Wayne State University, MI. (Google Scholar: 5 citations)

### **Refereed (Non-Data Based Publications)**

- Saunders, M. M. (2017). The Patient's Informal Caregiver. In: Proietti, R., Manzoni, G., Pietrabissa, G., & Castelnuovo, G. (Eds). *Psychological, Emotional and Cognitive Aspects of Implantable Cardiac Devices*. Springer, Cham
- Artinian, N. T., Artinian, C. G., & **Saunders, M. M.** (2004). Identifying and treating depression in patients with heart failure. *Journal of Cardiovascular Nursing*, **19**, S47-S56. (Google Scholar: 42 citations)
- Saunders, M. M. (2003). Family caregivers need support with heart failure patients. *Holistic Nursing Practice*, **17**, 136-142. (Google Scholar: 44 citations)
- Vallerhand, A. H., Hasenau, S. M., Anthony, M., & **Saunders, M.** (2005). Pain, suffering, and

the uses of narratives in nursing. In D. B. Carr, J. D. Loeser, & D. B. Morris (Eds.). *Narrative, pain, and suffering* (pp. 215 – 225). Seattle, IASP Press. (Google Scholar: 3 citations)

Saunders, M. M. & Labana, H. K. (1995). Characteristics of nursing home residents on a fixed 2-hour scheduled toileting program and the incidence of urinary incontinence. Oakland University, Master's Thesis.

### **Presentations**

- Saunders, M. M. (2018, Mar. 22). Nursing and Heart Failure. STEM Program: Canton High School, Canton, MI.
- Saunders, M. M., Groh, C., Henry, N., & Jones, D. (2018, Austin, TX). Podium: Outcomes in Bereaved Caregivers: A Systematic Review. 2018 National Association of Clinical Nurse Specialists Annual Conference.
- Henry, N., Jones, D., Groh, C., **Saunders, M.** (2017, Detroit). Poster: Outcomes in Bereaved Caregivers: A Systematic Review. 2017 ReBUILDetroit Research Symposium, Wayne State University.
- Saunders, M. M. (2017, Atlanta, GA). Podium: It's Sex and More: Improving Outcomes for Partners of Patients with ICDs and LVADs. 2017 National Association of Clinical Nurse Specialists Annual Conference.
- Saunders, M. M. (2013, Detroit Mercy). Podium: Home Healthcare Nurses' Perceptions of Heart Failure Home Healthcare. Research Day.
- Saunders, M. M. (2010, Chicago, IL). Poster: Caring for a Family Member with Heart Failure: The Caregiver's Perspective. Joanna Briggs Institute 7<sup>th</sup> Biennial International Colloquium.
- Saunders, M. M. (2010, Plymouth, MI). Poster: Caring for a Family Member with Heart Failure: The Caregiver's Perspective. Michigan Association of Clinical Nurse Specialists.
- Saunders, M. M. (2010, Detroit Mercy). Poster: Caring for a Family Member with Heart Failure: The Caregiver's Perspective. Poster presentation, Research Day.
- Saunders, M. M. (2008, Detroit Mercy). Podium: Family Caregiver Support and Hospitalizations in Patients with Heart Failure. Guest speaker, McAuley School of Nursing.
- Saunders, M. M. (Mar 2008, Detroit Mercy). Poster: Comparison of Employed and Non-employed Caregivers of Heart Failure Patients on Caregiver Outcomes. Research Day.
- Saunders, M. M. (2008, Indianapolis, IN). Podium: Comparison of Employed and Non-employed Caregivers of Heart Failure Patients on Caregiver Outcomes. Midwest Nursing Research Society Annual Conference.
- Saunders, M. M. (2007, Omaha, NE). Poster: Influence of Heart Failure Caregiving on Caregiver Burden, Caregiver Health-Related Quality of Life and Patient Hospitalizations. Midwest Nursing Research Society Annual Conference.
- Saunders, M. M. (2007, Detroit Mercy). Poster: Influence of Heart Failure Caregiving on Caregiver Burden, Caregiver Health-related Quality of Life and Patient Hospitalizations. Research Day.
- Saunders, M. M. (2006, Detroit, MI). Podium: Mentoring Throughout the Doctoral Experience: Perspectives from a Recent Graduate. Wayne State University.
- Saunders, M. M. (2006, Detroit Mercy). Podium: Influence of Heart Failure Caregiving on Caregiver Burden, Caregiver Health-related Quality of Life and Patient Hospitalizations, University of Detroit Mercy, College of Health Professions.



Saunders, M. M. (2015). Clinical nurse specialists' perceptions of work patterns, outcomes, desires, and emerging trends. *Journal of Nursing Administration*, **45**, 212-217. (Google Scholar: 3 citations)

### **Refereed (Non-Data Based Publications)**

Saunders, M. M. (Sept/Oct 2018). Why Every Medical-Surgical Nurse Deserves a Clinical Nurse Specialist. *Med Surg Matters!*, **27**, 1-3,11.

Hansen, M. P., Dambaugh, L. A., Dusek, J. K., Kollauf, C., Martin, R., Rochon, R., Santiago-Rotchford, L. M., **Saunders, M. M.**, Swartz, M. J., & Senn-Reeves, J. (2018). White Paper: Addressing the Need of Individuals with Chronic Conditions. Sponsored by the National Association of Clinical Nurse Specialists.

Saunders, M. M. (2017, APRN Column). Clinical nurse spheres of influence. *Journal of Christian Nursing*, **34**, 138.

Saunders, M. M. (Fall, 2011). Clinical nurse specialist students meet patients' spiritual health needs. In *Update: The Newsletter of the Association of Catholic Colleges and Universities*.

### **Presentations**

Saunders, M. M. (2018, Nov). Role of the Clinical Nurse Specialist and Program at Detroit Mercy. Prelicensure - Senior Nursing Students Leadership Course. Detroit Mercy, Detroit, MI.

Saunders, M. M. (2018, Sept). Role of the Clinical Nurse Specialist and Program at Detroit Mercy. SDO - Senior Nursing Students Leadership Course. Detroit Mercy, Detroit, MI.

Saunders, M. M., Kyes, A., Schedler, S., Wornhoff, B., Greenman, M., Barone, C., Smith, T., Holly, V. (2018, July 25). Webinar – Leading CNS Forward: We Need You! Presented live to members of the National Association of Clinical Nurse Specialists.

Saunders, M. M., & Kowalski, S. (2018, Mar. 12). Role of the Clinical Nurse Specialist and Program at Detroit Mercy. Senior Nursing Students Leadership Course. Detroit Mercy, Detroit, MI.

Saunders, M. M. (2018, Mar. 12). Role of the Clinical Nurse Specialist and Program at Detroit Mercy. SDO - Senior Nursing Students Leadership Course. Detroit Mercy, Detroit, MI.

Greenman, M., Horner, S., Kitchens, J., Larson, A.C., **Saunders, M. M.**, & Wornhoff, B. (2018, Austin, TX). Symposium: All Aboard? The CNS and Board Leadership. National Association of Clinical Nurse Specialists Annual Conference.

Rochon, R., & **Saunders, M. M.** (2018, Austin, TX). Forum: Chronic Care Task Force. National Association of Clinical Nurse Specialists Annual Conference.

Saunders, M. M. (2017). Invited Speaker. Managing Conflict. Approved for 1.0 Continuing Education Unit. St. Joseph Mercy Oakland, Pontiac, MI.

Saunders, M.M. & Dambaugh, L. (2017, Atlanta, GA). Podium: Chronic Care Task Force White Podium. National Association of Clinical Nurse Specialists Annual Conference.

Dambaugh, L., Santiago-Rotchford, L. M., **Saunders, M. M.**, Dusek, J., & Swartz, J. (2016, Philadelphia, PA). Podium: NACNS Chronic Care Taskforce Open Forum, National Association of Clinical Nurse Specialists Annual Conference.

Saunders, M. M. (2014, Orlando, FL). Podium: Perspectives of Adult-Gerontology Clinical Nurse Specialists' on Practice Outcomes. National Association of Clinical Nurse

- Specialists Annual Conference.
- Saunders, M. M. (2014, Detroit Mercy). Poster: Clinical Nurse Specialist, the Bridge for Patients to System, Nurses to System, and Nurses to Patients: Findings of a Qualitative Study. Urban Health Conference.
- Saunders, M. M. (2014, Detroit Mercy). Poster: Clinical Nurse Specialist, the Bridge for Patients to System, Nurses to System, and Nurses to Patients: Findings of a Qualitative Study Poster presentation, Research Day.
- Saunders, M. M. (2012, Kalamazoo, MI). Invited Speaker: Role of the Clinical Nurse Specialist. APRN Council, Bronson Methodist Medical Center.
- Saunders, M. M. (2012, Detroit Mercy). Invited Speaker: Addressing Health Literacy in Patient Education. Approved for 1.5 Continuing Education Units. Michigan Association of Clinical Nurse Specialists Attendees
- Saunders, M. M. (2010, Ypsilanti, MI). Invited Speaker: CNS Clinical Preceptorship. Approved for 1.5 Continuing Education Units. Michigan Association of Clinical Nurse Specialists, Eastern Michigan University.
- Saunders, M. M. (2010, Plymouth, MI). Podium: Meeting Today's Healthcare Challenges: A Combined Master's Clinical Nurse Specialist and Nurse Educator Program. Conference for Clinical Nurse Specialists in Michigan.
- Saunders, M. M. (2010, Detroit Mercy). Podium: Becoming a Clinical Nurse Specialist, Senior Level Nursing Students.
- Saunders, M. M. (1996, Rochester, MI). Podium: Role of the Acute Care Advanced Practice Registered Nurse (the CNS), Oakland University.
- Pilzninski, C., Postalion, M., M. Campbell, & **Saunders, M. M.** (1996, Lansing, MI). Podium: Demonstrating the Fiscal Impact of the Advanced Practice Nurse. Michigan Health Care Institute.

### **Honors/Awards**

- 2014, Clinical Nurse Specialist Educator of the Year (Nominee), National Association of Clinical Nurse Specialists.
- 2012, National Association of Clinical Nurse Specialists, \$150.00 award. Role: Highest Recruitment of New Members.
- 2010, Mission Micro Grant Award, Detroit Mercy, \$250.00. Purchase spiritual guide booklets for graduate nursing students to support spiritual care interventions.

## **SECTION III: TEACHING**

### **III. TEACHING**

#### **Refereed (Data-Based) Publications**

- Saunders, M. M., Kowalski, S., & Weathers, S. (2017). Students' perceptions of a poem to evaluate learning: A qualitative study. *Journal of Nursing Education*.



Practice as Prepared – Being a CNS Prescriber  
On-line Fishbowl Debate

## **SERVICE**

### **I. SERVICE AND LEADERSHIP (Internal)**

2017-Present, Graduate Coordinator, Masters in Adult-Gerontology CNS  
 2017-2018, MSON Representative on CHP Dean's Advisory Committee  
 2017, MSON Faculty Search Committee  
 2016-2017, Steering Committee for Commission on Collegiate Nursing Education Accreditation  
 2016, MSON Undergraduate Associate Dean's Search Committee  
 2015-2016, Detroit Mercy Higher Learning Commission Self Study Report (Teaching Learning:  
     Quality, Resources and Support)  
 2015-2016, MSON Standards Committee (Graduate Representative)  
 2015, Continuous Improvement Progress Report for Commission of Collegiate Nursing  
     Education Accreditation for MSON  
 2013-2015 MSON Performance, Evaluation and Implementation Team  
 2013-2014, Chair, University Graduate Standards and Retention Committee.  
 2012-2014, Representative, University UDM Graduate Standards and Retention Team  
 2012, MSON Promotion and Tenure Committee  
 2011-2013, Representative, McNichols Faculty Assembly (MFA)  
 2010-Present, Graduate Coordinator, Adult-Gerontology CNS Post Master's Program.  
 2008-2010, Co-Author for Commission on Collegiate Nursing Educa

Michigan Association of Clinical Nurse Specialists

2009-2014, Secretary of the Board

2013, Hostess for Meeting, Innovations in Care, University of Detroit Mercy

2011, Hostess for Meeting, Clinical Cost Benefit, University of Detroit Mercy

2010-2016, Legislative Outreach Circle for HB 4774 (title protection for CNSs in MI)



- 2013, Manuscript: The **caregiving** perspective in heart failure: A population based study. **BMC Health Services Research** Published.
- 2013, Manuscript: The **caregiver** burden questionnaire for heart failure (CBQ-HF): Face and content validity. **Health and Quality of Life Outcomes** Published.
- 2012, Manuscript: Factors associated with health-related quality of life among Chinese **caregivers** of the elderly living in the community: a cross-sectional study. **Health and Quality of Life Outcomes** Published.
- 2012, Manuscript: Healthcare sector is setting the benchmark of determining patient satisfaction and individual patient care: A literature review and survey analyses. **Patient Preference and Adherence** Not Published.
- 2010, Manuscript: **Caregiving**