

CURRICULUM VITAE

Theresa Bechtel DNP, RN, PCCN, CNE
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EDUCATION

2020, Doctor of Nursing Practice, Allen College, Waterloo, IA

- Impact of Guided 9-Week Mindfulness Resources for Nursing Students on a Learning Management System (DNP Project)

2012, Master of Science in Nursing, University of Iowa, Iowa City, IA Focus on Education

2008, Bachelor of Science in Nursing, Mercy Colleges of Health Sciences, Des Moines, IA

2006, Bachelor of Arts in Psychology, University of Iowa, IA

LICENSURE

2026, Iowa Board of Nursing, Registered Nurse, 120787

CERTIFICATIONS

2025, National League for Nursing, Certified Nurse Educator (CNE)

2025, American Association of Critical-Care Nurses, Progressive Care Certified Nurse (PCCN)

2024, American Heart Association, Basic Life Support (BLS)

2024, American Heart Association, Advanced Cardiac Life Support (ACLS)

2026, Iowa Department of Human Services, Mandatory Reporter Child and Dependent Adult Abuse Training

2020, FEMA, ICS-00100, 00200, 00700, 00800

2020, University of Iowa, Build Certification

2022, University of Iowa, Crisis Prevention Intervention

2020, Suicide Prevention Kognito Certification

2021, Community Action Poverty Simulation Facilitator Training

PROFESSIONAL EXPERIENCE

Academic Appointments

2023-Present, Associate Professor of Instruction, University of Iowa College of Nursing, Iowa City, IA

2016-2023, Instructional Track Lecturer, University of Iowa College of Nursing, Iowa City, IA

2012-2021, Adjunct Instructor, Kirkwood Community College, Cedar Rapids, IA

2014-2016, Adjunct Lecturer, University of Iowa College of Nursing, Iowa City, IA

2011-2012, Graduate Research Assistant, University of Iowa College of Nursing, Iowa City, IA

Clinical Appointments

2008-Present, Staff Nurse, University of Iowa Hospitals and Clinics, Iowa City, IA

2019-2021 SANE Nurse, University of Iowa College of Nursing

Professional

2006-2008, Stress management coordinator for male and female inmates, Polk County Jail, Des Moines

HONORS AND AWARDS

2023, Faculty Innovation Award, Faculty recognized as utilizing innovative practices in nursing education above and beyond expectations, University of Iowa College of Nursing

2023, Daisy Award Nomination, Staff Doctor recognized staff nurse as going beyond duties of a nurse and providing extraordinary care, The DAISY foundation

2022, Spotlight Award, Recognition of staff nurse who goes beyond duties of a staff nurse, University of Iowa Hospitals and Clinics

2022, Daisy Award Nomination, patient recognized staff nurse as going beyond duties of a nurse and providing extraordinary care, The DAISY foundation

2022, Summer Teaching Development Grant Award, Development of DEI focused simulation scenarios in Basic Clinical Concepts.

2022, Teaching In Higher Ed Travel Award, awarded funds to travel to ACHNE Institute in Alexandria Virginia

2021, Alumni Association Scholarly Award, awards funded \$285 by Allan College Alumni Association to pay for conference attendance MNRS conference

2021, Five Year Service Award, Recognize Five Years of Service to the College of Nursing, University of Iowa College of Nursing

2021, Teaching Excellence Award Instructional Track, contributing to the teaching mission of the College of Nursing by going beyond traditional and required teaching responsibilities, University of Iowa College of Nursing

2021, Certificate of Appreciation, Recognition of outstanding contribution in support of the Medical Reserve Corps Program during the Coronavirus Disease response efforts, Johnson County Medical Reserve Corps

2021, Career development award, Integration of Active Learning, funds to support faculty in developing active learning curriculum, support to create content for development of a new course, College of Nursing, University of Iowa

2020, Spotlight Award, Recognition of staff nurse who goes beyond duties of a staff nurse, University of Iowa Hospitals and Clinics

2019, Career development award, Integration of Active Learning, funds to support faculty in developing active learning curriculum into course, the development of Emergency Preparedness Simulation for Community/Public Health Practicum, College of Nursing, University of Iowa

2019, Daisy Award Nomination, Family member recognized staff nurse as going above and beyond duties of a nurse and providing extraordinary care, The DAISY foundation

2018, Teaching In Higher Ed Travel Award, awarded funds to travel to INACSL international conference in Canada to present poster

2008, Clinical Excellence Award, awarded to a student who went above and beyond the requirements of coursework. Mercy Colleges of Health Sciences

SCHOLARSHIP

Research and Clinical Presentations

International

Bechtel, T. J., Prunty, A., Potter, K. (2018). The Integration of Cased Based Learning and High-Fidelity Simulation. INACSL Conference 2018, INACSL, Toronto Canada. Poster.

National

Femino, L., Cullen, L., **Bechtel, T.** (2023, April) [Podium Presentation]. National EBP Conference, Revolutionizing EBP

Griffin, E., **Bechtel, T** (2022, Dec). An evidence-based approach for integrating domain 10 of the essentials: A commitment to personal health and wellbeing. [Poster Presentation] Transform 2022, AACN. .

Bechtel, T (2021, June). The effects of an on-line curated mental health toolbox on general self-efficacy and perceived stress in nursing students (undergraduate and graduate). [Podium presentation]. ACHNE, virtual.

Bechtel, T. & Jarvis, S. (2020). Embracing cross-sector partnerships to advance undergraduate nursing student emergency preparedness competencies. 2020 ACHNE Annual Institute, University of Iowa College of Nursing, Iowa City. Poster.

Regional

Bechtel, T (2021, March). Guided 9-week mindfulness resource for nursing students on a learning management system. [Poster presentation]. MNRS, Des Moines (Virtual)

Department

Bechtel, T. (2020). Mentimeter Use to Enhance Presentation., Nursing Research, Evidence-Based Practice, and Quality, Iowa City, Iowa United States. Invited Lecture.

Bechtel, T. (2009). 4JCW Goes Green., Nurse Residency Program UIHC, Iowa City, Iowa United States. Paper.

Media

2020, College of Nursing provides experiential learning for students while addressing public health needs in Iowa, Interview with Office of Community Engagement
<https://engagement.uiowa.edu/news/2021/09/college-nursing-provides-experiential-learning-students-while-addressing-public-health>

Grants

2023, HealthyMinds, HealthyHawks, (Mental Wellness App). Gilbertson-White, S., **Bechtel, T**, Griffin, E., Dirks, M., Weseman, D. Strategic Plan Funds, University of Iowa College of Nursing, \$35,000 (funded)

2022, Mental Wellness Toolbox Part 2. **Bechtel, T**, Mary Dirks (Yellow Strategic Team), Strategic Plan Funds, University of Iowa College of Nursing, \$5000 (funded)

2020, Improving Access to the LEAN on Me Peer Support Line. Wesemann, D., Sinnwell, E., Dirks, M., Johnson & Johnson Nurses Innovate QuickFire Challenge in Mental Health, \$100,000 (contributor, unfunded)

2020, Effect of Mental Wellness Toolbox on PSS and GSE on nursing students (both undergraduate and graduate students). **Bechtel, T.** PI, ACHNE, \$2500 (funded)

SERVICE

Editorial and Peer Review Service

2019-2021, ACHNE, student task-force, volunteer, review applications of student scholarships, develop scope of student role within organization

Professional Service

2022, ACHNE, member, Education Committee

2021, MNRS, member

2021, National League of Nursing, member

2021, INACSL, member

2022, American Association of Critical Care Nursing

University of Iowa Service

2022, Sustainability Charter Committee, Three Year Term, Appointed

2018-present, ISS Team-2 Staff nurse competency educator, UIHC, Iowa City, IA- selected

2018-present, Faculty supervisor at UI Mobile Clinic, Iowa City, IA-volunteer

2016-present, AACN Nurse residency advisor- volunteered

2016-2019, Interprofessional Education at Iowa, Faculty Facilitator- volunteered

2013-2015, Magnate champion, attendee

2012-2015, staff nurse council, attendee

2012-2015, staff education, attendee

College of Nursing Service

2022, Council on Faculty, Elected Member Three Year Term

- Task Force Lead: Updating Peer Teaching Evaluations
- Lead Planning and implementation of Faculty Retreat (August 2023)

2022, MSN-EIP Admission/Progression Subcommittee, invited

- Chair- 2023 MSN-EIP Admission/Progression Subcommittee

2023, Curriculum Champion, Redesign Undergraduate Curriculum utilizing AACN essentials

2023, DEO Excellence in Teaching and Learning (ETL) Action Group

- Envisioning Our Educator Workforce for Optimized Undergraduate Instruction, Overland Park Kansas

2021-present, Faculty advisor for SNAUI, Appointed

2023-present, Scholarship Committee, Appointed

2020-Present, Mental Wellness Toolbox for all students, Update (2023), volunteer

2020-2023, MSN entry to practice task-force, development of multiple courses, curriculum timeline, and contribution to the media website plan.

2020-2023, Strategic Planning Committee Yellow team task force, active member

2020-present, NCEC stem events both virtual and in person, multiple times throughout year (volunteer to be a patient, distribute curriculum to tween/teens, present to SHPEP)

2019-present, faculty representative at early admission recruitment events (multiple times throughout semester)

2020-current, CON-BSN Admission/Progression Reviewer, invited

2019, CON Interview panel for undergraduate on coming faculty, invited

2019, CLAS- Dean's ad hoc- strategic planning ad hoc committee, attendee, invited

Other College of Nursing activities

2016-present, participation in graduation and/or pinning at least 1/year, volunteer

Community Service

2023, Board of Directors, Iowa Care Community (VNA, Iowa City Hospice), Elected

- Quality Committee, ICC, Elected

2020-present, Days for girls international, assist with creating menstrual care kits, volunteer

2020-present, IC Compassion, food bank, volunteer

2019-present, Medical Reserve Corp, served on multiple missions including a three-day repatriation mission, volunteer

2020, Community flu vaccine task force, Johnson County Public Health, partner

2020, Community Covid vaccine task force, Johnson County Public Health, partner

2018, Waves program, hosted learning event in NCEC for school aged girls, Iowa City

2017, Girls on The Run, Iowa City, Volunteer

TEACHING

Instructional Activities

Course Instruction

College of Nursing, University of Iowa

Fall 23 NURS:3650 Community and Public Health Nursing, Primary Instructor, MSN-EIP, 14 Students

Fall 20– Present NURS: 3655 Community and Public Health Nursing Practicum Primary Instructor, Undergraduate, 30 students

Spring 20-Fall23 NURS:3651 Basic Clinical Concepts Course Lead and primary instructor (range from 5-7 other faculty teaching), Undergraduate, 80 students enrolled

Fall 20 NURS:3651 Advanced Clinical Concepts for Nursing, primary instructor, undergraduate, 8 students

Fall 20 NURS:3451 Introduction to Clinical Concepts for Nursing, primary instructor, undergraduate, 8 students

Fall 19-Present NURS: 1020: First Year Seminar: The Distinctiveness of the Nursing Profession, primary instructor, Undergraduate, (Fall 22:85 students, Fall 23: 23 students)

Fall 2015-Spring 19 NURS: 3615 Adult Medical/Surgical Nursing Practicum. Primary Instructor. Undergraduate. 8 students.

Fall 2016-Spring 19 NURS: 3450 Clinical Simulation Laboratory II. Team Teacher. Undergraduate

New Course Development

2024, NURS:5225 Community Across the Lifespan Practicum

2023, NURS:3650 Community Health (redesign for MSN-EIP Program)

2021, NURS:3731 Healthier Living for Well-Being, co-designed

2021 Foundations of Professional Nursing, 2nd MSN Degree Program, co-developed

2020, Advanced clinical concepts, co-developed

2020, Mental wellness toolbox, resource for students

New Program, Certificate or Track Development

2020, MSN-entry to practice (committee)

Development and Implementation of Large Cohort Simulation

2021, Biannually, Poverty Simulation (MSN-EIP, BSN, Dental College)

2020, Biannually Emergency Preparedness Simulation (MSN-EIP, BSN)

Kirkwood Community College

2019-2021, Advanced clinical concepts, senior internship advisor, adjunct, ASN, 5 students

SU 2016-2018, Concepts of Nursing lab, adjunct team teacher, ASN, 40 students

2016, Concepts of nursing didactic course, adjunct team teacher, ASN, 60 students

2014-2016, Professionals in health, adjunct teacher, Associate, 25 students

Mentoring at College of Nursing, University of Iowa

Student

2023, Olivia Shepherd, MSN-EIP Creason Young Scientist Fellow, Faculty Mentor

2023, Alyssa Nahnsen, BSN Honors Project, Faculty mentor

2022, Taylor Saluri, Implementation of poverty simulation, BSN Honors Project, Faculty mentor

2022, Emily Griffin, Wellness Course, DNP project, Uiowa, Faculty mentor

2017- Fall 2018 Faculty Mentor/Advisor to 17 First- Year Students

Formal Faculty Mentorship

2023, Amanda Richardson, New Faculty Lead of Basic Clinical Concepts, Peer Mentor

2021, Dr. Zaina Alzawad, New faculty member, Peer Mentor