

KARLA WITT NACION, RNC, CNM, Ph.D.

234 S. Elmwood Avenue
Oak Park, IL 60302
(708) 848-2052 (home)
(312) 996-1865 (office)
(708) 848-2523 (fax)

EXPERIENCE

University of Illinois at Chicago, Chicago IL (Academic Medical Center) 1984 to present

**Coordinator, Nurse-Midwifery Practice and Clinical Associate Professor
Clinical Co-Director, Center of Excellence in Women's Health**

Responsible for 18.8 FTE Nurse-Midwifery Practice which provides women's health care in seven community clinics and two on-campus clinics; Services include over 15,000 outpatient visits per year and over 900 women admitted to deliver at UIC as well as a small practice at St. Elizabeth's Hospital, Chicago IL; Clinical practice responsibilities include participation in the Credentials Committee and Quality Improvement Committee of the Department of Obstetrics and Gynecology, UIC Medical Center Planning for Women's Health Services and program development as well as contract negotiations in women's health care. Academic responsibilities include course coordination, student advisement and research.

Research responsibilities included successful completion of a NINR AREA grant.

Certified Nurse-Midwife 1984-1988

Half time position whose responsibilities included the provision of health care to women of childbearing age in outpatient antepartum and family planning clinics. Other responsibilities included participation in quality improvement and program development.

Research Assistant 1984-1988

"Postpartum Early Discharge: Effects on Low-Income Women." (HHS NU 01214) Half time position whose responsibilities included subject selection, data collection, data coding, data analysis and budget management of an NIH funded grant.

Rush-Presbyterian-St. Luke's Medical Center, Chicago IL 1979-1984

Staff Nurse, Family-Centered Care Unit (1981-1984)

Part-time position whose responsibilities included the provision of nursing care on a mother-baby postpartum unit. Part-time due to graduate school.

Staff Nurse, Family Birth Center (1979-1981)

Responsibilities included the provision of nursing care through labor, delivery, postpartum and home follow-up following early discharge in an innovative alternative birthing unit. Other responsibilities include program and protocol development for the unit.

Roper Hospital, Charleston, SC 1977-1979

Staff Nurse, Close Observation and Obstetrical Units

Responsibilities included the provision of nursing care on medical-surgical, labor and delivery, and postpartum units.

Childbirth Educators of Charleston, Charleston SC 1978-1979

Certified Childbirth Educator: Taught 6 classes while earning certification.

United States Navy 1972-1975

Nurse Corps Officer, Staff and Charge Nurse

Responsibilities included staff nurse on a variety of units, including medical-surgical and obstetric units. Final year was spent as the charge nurse of a 40 bed antepartum and postpartum unit at Charleston Regional Medical Center, Charleston SC.

OTHER PROFESSIONAL ACTIVITIES

- United States Naval Reserve 1975-present
CAPT, Nurse Corps
Current billet: Department Head, National Naval Medical Center, Bethesda Maryland. Credentialed and privileged as a Women's Health Care Nurse Practitioner. Administrative Officer for NNMC Detachment S.
Collateral Duty: Specialty Leader of Nurse-Midwives and Women's Health Nurse Practitioners for the U.S. Naval Reserve, 10/02-9/05.
Past assignments included Officer-in-Charge of a Naval Reserve Fleet Hospital Detachment, Director of Nursing Services of a Fleet Hospital during multi-service exercises, and Commanding Officer of a Naval Reserve Hospital Unit.
- University of Chicago, Lying-In Hospital 1989-present
Certified Lamaze Instructor
Teaches 4 classes per year of Lamaze Prepared Childbirth as a private contractor.
- World Foundation for Medical Studies in Female Health 1996-present
Nursing Continuing Education Coordinator
Writes, submits and coordinates all contact hours for nurses attending the Annual Clinical Conference of the World Foundation for Medical Studies in Female Health. Participates in planning the educational offerings of the Annual Clinical Conference through membership in the Planning Committee.
- Norplant Foundation 1997-present
Board Member
Participates as a member of the board of the Norplant Foundation which is a charitable, nonprofit foundation committed to ensuring voluntary access to and removal of the Norplant System for low-income women.
- American International Health Alliance
Consultant November, 1997
Provided five days of consultation on the coordination and administration of the Woman's Wellness Center, Tashkent Uzbekistan as well as consultation on the establishment of an Nursing Education Resource Center, Second State Medical Institute, Tashkent, Uzbekistan.

EDUCATION

Ph.D., Nursing Sciences, University of Illinois at Chicago, Chicago IL, 1988
M.S., Nurse-Midwifery Specialty, University of Illinois at Chicago, Chicago IL, 1987
BSN (Summa Cum Laude), University of Wisconsin, Eau Claire WI, 1972

CERTIFICATION AND LICENSES

- Women's Health Care Nurse Practitioner, Certified by the National Certification Corporation for Obstetric, Gynecologic and Neonatal Nursing Specialties, 1994, renewal -1997
- Certified Nurse-Midwife, Certified by the American College of Nurse-Midwives, 1983. Satisfactory participant in the American College Nurse-Midwives' Continuing Competency Assessment Program
- Certified Childbirth Educator, Certified by the American Society for Psychoprophylaxis in Obstetrics (ASPO/LAMAZE), 1979, renewal 1998
- Licensed Advance Practice Nurse, Illinois, Certified Nurse Practitioner (209-002348) and Certified Nurse-Midwife (209-002346).

Registered Professional Nurse in the States of Illinois and New York, Inactive status in South Carolina.

RESEARCH AND SERVICE GRANTS

Principal Investigator. "Concerns of Primiparas after Discharge from an Alternative Birth Center".
Master's Thesis, 1987, The University of Illinois at Chicago

Dissertation. "Postpartum Maternal Concerns of Low-Income Women Experiencing Early and
Conventional Discharge". The University of Illinois at Chicago, 1988.

Project Director, REACH Grant. Maternal-Child Nursing, College of Nursing and Parent-Child Health
Nursing, University of Illinois Hospital (2/87-9/89). P.I.: C. Barnes-Boyd. This was a SPRANS
grant to provide follow-up home visits for infants living in community areas with high infant
mortality.

Project Director and Co-Principal Investigator, "REACH Futures". P.I.: C. Barnes-Boyd. This is one of
the projects funded nationwide through the Healthy Tomorrow's Partnership for Children
(collaborative program of the Office of Maternal and Child Health and the American Academy of
Pediatrics). The project trains community members as maternal-child health advocates in an
inner city area of high infant mortality. (10/89-9/94) This grant received matching funds from the
Harris Foundation both in 1990 and 1991.

Principal Investigator, "Validating the Safety of Nurse-Health Advocate Services", Academic Research
Enhancement Award, National Center for Nursing Research, #HHS NR02776-01, 5/01/92 to
4/30/95, \$117,155.00.

PROFESSIONAL MEMBERSHIPS

American College of Nurse-Midwives, member of the By-Laws Committee (1990-1992)

AWHONN

Sigma Theta Tau - elected April 1980, charter member Delta Phi Chapter, University of Wisconsin, Eau
Claire WI

Phi Kappa Phi - elected March 10, 1971

ASPO/LAMAZE

HONORS

Elected to Alpha Lambda Delta, Freshman Women's Honor Society, 1991

Recipient, Navy Nurse Corp Candidate Scholarship, 1971

Marie Leonard Award for Distinguished Scholarship, 1972; Presented to one graduating senior each year
at the University of Wisconsin at Eau Claire WI by the local chapter of Alpha Lambda Delta

Outstanding Graduate Student in Maternal-Child Nursing, College of Nursing, University of Illinois at
Chicago, 1987

March of Dimes Outstanding Recognition Nurse Award for commitment toward improving the health of
mothers and infants, 1995

Karen Gousman Award for Nursing Excellence, UICMC, 2000

PUBLICATIONS

Norr, K. and Nacion, K.W. Early Postpartum Discharge NAACOG Update Series 4:10.

Norr, K. and Nacion, K.W. (1987) Outcomes of postpartum early discharge, 1960-1986: A Comparative
Review. Birth, 14 (3), 135-141.

Norr, K., Nacion, K.W. and Abramson, R. (1989) Early Discharge with Home Follow-up: Impact on
Low-Income Mothers and Infants. JOGNN, 18 (2), 133-141.

McGuinness, M., Norr, K. F. & Nacion, K. W. (1991) Comparison between different perineal outcomes on tissue healing. Journal of Nurse-Midwifery, 36 (3), 191-198.

Barnes-Boyd, C., Norr, K. F. & Nacion, K.W. (1996) Evaluation of an interagency home visiting program to reduce postneonatal mortality in disadvantaged communities. Public Health Nursing 13 (3), 201-208.

Nacion, K.W., Norr, K.F., Barnes-Boyd, C. & Barnett, G. (2000) Validating the Safety of Nurse-Health Advocate Services, Journal of Community Health Nursing 17(1), 32-42.

PRESENTATIONS

Concerns of Primiparas after Early Discharge. Presented at the conference The Business of Early Postpartum Discharge: Packing the Bag which was sponsored by the Metropolitan Birth Environment Network, Chicago, IL, November, 1983.

Economic and Health Care Costs of Early Postpartum Discharge for Low-Income Mothers and Infants. Presented at the NAACOG Research Conference: Excellence in Perinatal and Women's Health Nursing Research, Minneapolis, MN, August, 1986.

Postpartum Early Discharge: Improving Health Care for Low-Income Mothers and Infants. Poster presentation at the 32nd Annual Convention of the American College of Nurse-Midwives: Quality Care Through Research, Orlando, FL, May, 1987.

Postpartum Maternal Concerns of Low-Income Women Experiencing Early and Conventional Discharge. Poster presentation at the 33rd Annual Convention of the American College of Nurse-Midwives: Moving Ahead-Facing the Barriers, Detroit, MI, April, 1988.

Postpartum Concerns of Low Income Black and Hispanic Women. Poster presentation at the Second NAACOG Research Conference, Toronto, Canada, July, 1988.

Early Discharge: Challenge to the Patient Educator. Presented at Dimensions in Perinatal Patient Education, sponsored by Michael Reese Hospital, Chicago, IL, September, 1988.

Preparation and Follow-up for Early Discharge. Presented at the Illinois Section NAACOG Fall Seminar Series, September, 1988.

An Interagency Model for Postneonatal Morbidity and Mortality Reduction in Inner City Communities. Poster presentation at the Third Annual Loyola University of Chicago Nursing Research Colloquium, Oak Brook, IL, April, 1989.

Analysis of Causes of Infant Morbidity and Mortality in Selected Chicago Community Areas. Paper presented at The REACH Experience, local conference sponsored by the University of Illinois Hospital, Parent-Child Health Nursing, Chicago, IL, December, 1989.

Child Health Extension Efforts: REACH-Futures. Presented at Making Change Happen: From Debate to Action, Fifth Annual Maternal and Child Leadership Conference, Chicago, IL, March, 1990.

The Nurse-Health Advocate Team. Presented at the Tri-Service Military Reserve Nurse Conference in Health Care: The Challenge of Change, Minneapolis MI, April, 1994.

Validating the Safety of Nurse-Health Advocate Teams: Vignette Studies. Poster presented at the Seventh Annual Karen A. Rieder Nursing Research Poster Session, 101st Annual Meeting of the Association of Military Surgeons of the United States, Orlando FL on November, 1994.

Validating the Safety of Nurse-Health Advocate Teams. Poster presented at NIH AREA Workshop, Indianapolis IN, April, 1995.

Validating the Safety of Nurse-Health Advocate Teams. Poster presented at the 124th Annual Meeting of the American Public Health Association, Empowering the Disadvantaged: Abstracts, 423, November, 1996.