

# Carolyn Bottone-Post, CNM, DNP

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**Position:** Assistant Professor  
School of Nursing  
College of Natural and Health Sciences  
University of Northern Colorado  
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**Telephone**

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**Education:**

2016  
Doctor of Nursing Practice-APRN  
Regis University, Denver, CO  
Graduate Honors

1986  
Master of Science in Nursing-Nurse-Midwifery  
University of Pennsylvania  
Philadelphia, PA

1985  
Bachelor of Science in Nursing  
Double Major in Nursing and Health Care Management  
Metropolitan State College, Denver, CO

1976  
Associates in Applied Science  
Middlesex County College  
Edison, NJ

**Work Experience:** Start up: October, 2020  
Opening February 1, 2021  
**Northern Colorado Women's Wellness**, Greeley, CO

- Part time midwifery, new practice
- Ambulatory GYN, women's health, family planning

April 2019 to October 2020  
**A Women's Healing Center**, Fort Collins, CO

- Part time midwifery in OB-GYN office
- Ambulatory OB-GYN, women's health, family planning

August 2018 to August 2019

**Sunrise Adelante Clinic, Greeley, CO**

- Part-time CNM in Federally Qualified Health Center for underinsured vulnerable populations
- Ambulatory OB-GYN, women's health, family planning

May 2014-July 2017

**Womancare Nurse-Midwifery, Fort Collins, CO**

- Per diem ambulatory midwifery
- Ambulatory OB/GYN, women's health, family planning

September 2004-June 2013

**Denver Health Medical Center OB Screening Room, CO**

- Emergency triage for pregnant patients over 20 weeks
- SROM & labor checks, AFI's, NSTs, PIH & PTL evaluations
- Complex medical evaluations. for non-obstetrical complaints in pregnant patients
- Precepted and mentored RN, CNM, nurse practitioners, physician assistant students and resident staff
- Developed, reviewed, and implemented policy and procedures as P&P committee member
- Responsible for work schedules for 10 member CNM staff
- Member scheduling committee

March 2001-July 2015

**Women First Nurse-Midwives, Loveland, CO**

- Full-time full-scope midwifery 3/1991-1/2006
- Per diem ambulatory midwifery for OB/Gyn and women's health patients
- Precepted pre-licensure nursing, nurse practitioner students
- Selected midwifery representative for Colorado Performance Excellence Committee (CPEC)

May 2000-May 2007

**University of Colorado Health Sciences Center, Denver, CO**

- Clinical Faculty University of CO midwifery faculty practice
- Part time, full scope midwifery in tertiary care center
- Primary preceptor for several midwifery students each semester
- Provided clinical performance appraisals, feedback, etc.

August 2000-June 2001

**Women's Choice-Rose Midwives, Denver, CO**

Full-time, full scope midwifery at Level II hospital

- Precepted antepartum and intrapartum midwifery students
- Provided 1<sup>st</sup> assist for cesarean sections

December 1992-September 2000

**Rocky Mountain Planned Parenthood**, CO, APRN float pool

- Well woman exams, family planning services, pap follow-ups.
- Staffed Rose Midwifery Prenatal Clinic

January 1997-July 2000

**Maternal Care Center**, Thornton, CO

- Full-time, full scope midwifery
- Precepted midwifery students
- Directed outreach for high risk teens at satellite clinic in high school
- Directed and staffed Colorado Women's Cancer Control Initiative for practice

July 1995-September 1996

**Harmony Center for Women**, Fort Collins, CO

- Full-time, full scope midwifery
- Performed transvaginal ultrasounds, cryotherapy, intrauterine inseminations
- Practicum with reproductive endocrinologist observing monitored cycles, medication manipulation, sperm washing for women with fertility challenges

April 1987-July 1995

**Womancare Nurse-Midwifery**, Fort Collins, CO

- Partner in a full-time, full scope midwifery practice
- Precepted many students, various educational programs
- Midwifery care for BIPOC and underinsured patients

December 1986-June 1987

**Larimer County Health Department**, Fort Collins, CO

- Provided family planning, STI screening, treatment and counseling for medically underserved or underinsured
- Provided post abortion patient follow-up

August 1982-April 1985

**McKee Medical Center**, Loveland, CO

- Full-time staff nurse ICU/telemetry 1982-1983
- Part-time RN L&D, postpartum, level II nursery 1983-1985

October 1981-August 1982

**Denver General Hospital**, Denver, CO

- Staff nurse surgical ICU

August 1980-August 1981

**Somerset Medical Center**, Somerville, NJ

- Staff nurse L&D, postpartum, Level II nursery

February 1978-August 1980

**Muhlenberg Hospital**, Plainfield, NJ

- Staff nurse mixed med-surg ICU

August 1976-February 1978

**Raritan Valley Hospital**, Greenbrook, NJ

- Staff nurse mixed medical/telemetry/oncology unit

June 1976-August 1976

**Newcomb General Hospital**, Vineland, NJ

- Worked as graduate nurse on med-surg unit awaiting state board exam results

**Professional  
Academic:**

August 2017-present

**University of Northern Colorado**, Greeley, CO

- Assistant Professor
- On-campus didactic, lab and simulation instruction of Family Nurse Practitioner (FNP) students
- Responsible for OB-GYN and Advanced Health Assessment topics.
- Teaching classes in online or hybrid format for pre-licensure/dual enrollment or RN-to-BSN students.
- Develop simulations to enhance FNP student skill development in radiology.
- Develop, coordinate, and implement graduate simulation program
- Developed all OB, women's health labs
- Subject matter expert for undergraduate OB content
- Curriculum development for OB and women's health topics

July 2011-August 2017

**University of Northern Colorado**, Greeley, CO

- Adjunct faculty nursing
- Taught in OB, health assessment, fundamentals labs, simulations, and clinical oversight
- Precepted undergraduate nursing senior practicum students

February 2015-August 2017

**Aims Community College**, Greeley, CO

- Full-time faculty nursing
- Provided didactic, lab, simulation, and clinical oversight for across the prelicensure nursing curriculum

May 2011-May 2015

**Metropolitan State University of Denver**, CO

- Part-time affiliate (adjunct) faculty for undergraduate nursing for accelerated and 2<sup>nd</sup> degree programs

- Lab and simulation instruction for Foundations and Health programs.
- Clinical instructor and clinical oversight for OB students

June 2009-January 2018

**University of Phoenix**, Denver, CO

- Part-time affiliate (adjunct) faculty College of Nursing
- In-person didactic instruction for LPN-to-RN and RN-BSN tracks.
- Courses taught: Physical Assessment, Pathophysiology, Maternal-Child Nursing

November 2009-2018

**Colorado Christian University**, Denver, CO

- Affiliate (adjunct) Faculty prelicensure nursing
- Consultant for curriculum development in hybrid-delivery OB nursing course.
- 1/2014 and 1/2017 taught OB labs and simulations for accelerated undergraduate nursing students

**Area of  
Specialization:**

Midwifery, obstetrics, maternal-child nursing, health assessment, simulation, precepting, curriculum development, deliberate practice

**Research Areas/  
Interests:**

- High and low fidelity simulation
- Postpartum hemorrhage, and midwifery topics
- Training of standardized patients
- Developing clinical judgment and critical thinking
- Deliberate practice and repeated rehearsals
- Simulation for limited resource areas and under-served, vulnerable populations

**Publications:**

**DNP Capstone Project**

Bottone-Post, Carolyn L. (2016). Postpartum Hemorrhage Simulation Project. A Regis University capstone project published in the digital repository: <http://epublications.regis.edu/theses/734/>

**Simulation scenarios developed and published in**

Clinical Simulations for the Advanced Practice Nurse: A Comprehensive guide for faculty, students, and simulation staff (Alfes & Zimmerman Editors, 2020). Co-authored three simulations on diabetes (basic and advanced) and asthma

**Book chapter**

Clinical Pharmacology During Pregnancy 2<sup>nd</sup> ed. (Publication Date anticipated April 2021). Author of chapter: Updated Guidelines for the Management of Nausea and Vomiting of Pregnancy.

### **Commentary**

Journal of Nurse-Practitioners in Women's Health  
Project C.U.R.E's Efforts to Combat Cervical Cancer  
Publication anticipated April 2021

### **Professional Presentations:**

Non-juried

April 17, 2016

- Invited Presentation Sigma Theta Tau Omicron Zeta Chapter Spring Event
- Postpartum Hemorrhage Simulation Project

October 23, 2016

- Invited Presentation Sigma Theta Tau Alpha Kappa At Large Fall Event
- Postpartum Hemorrhage Simulation Project

July 2019

- Nurse Educators Conference of the Rockies
- Podium presentation Co-presenter
- Evolution of the Postpartum Hemorrhage Simulation Project

July 2020 Nurse Educators Conference of the Rockies (cancelled due to covid-19)

- Poster presentation: Postpartum Hemorrhage Simulation Project
- Poster Co-presenter: Evolution of Student Nurse Practitioner Experience of Telephonic Patient Management

Spring 2020 46<sup>th</sup> Annual Conference National Organization of Nurse Practitioner Faculty(NONPF)

- Poster Presentation two accepted (cancelled due to covid-19)
- Student Nurse Practitioner Experience of Telephonic Patient Management
- PPH Simulation Project

### **Funded Projects:**

Co-investigator on Experience of Pregnant Women During Covid-19 study  
HRSA grant funded

### **Professional Consultation:**

2010

Colorado Christian University  
Helped develop hybrid model OB nursing course

2019 AWHONN Venous Thromboembolic Event (VTE) Scientific Advisory Panel

- Selected for short term panel to help develop AWHONN VTE Consensus Document (AWHONN Practice Bulletin 7)

### **Professional Association Participation:**

Sigma Theta Tau

- Inducted December 1986
- American College of Nurse-Midwives (ACNM) 1985-2013; 2019-present

ACNM Region V, Chapter 13

- Founding member 1990
- Secretary, 1990-1994
- Co-Chair 2009-2011
- American Midwifery Certification Board: ongoing certification

Colorado ACNM Affiliate

- Continuing education committee 2021
- AWHONN Conference Planning committee 2021

**Community  
Service:**

2020

Project C.U.R.E (Commission on Urgent Relief and Equipment)

- Appointed to International: Medical Advisory Board Colorado
- Developed guidelines for international partner nations to provide cervical cancer screening and treatment in limited resource areas
- Developed provider instruction materials and patient education materials for cervical cancer screening and treatment

2019

Appointed member of Local Infant Health Initiative (LILI) and co-membership in Child Fatality Prevention Services task force

- Review of cases of infant mortality and preventable morbidity
- Develop strategies to decrease critical events in vulnerable communities

2016

Project C.U.R.E

- Medical mission Loma Plata, Paraguay
- Performed women's cervical cancer screening and treatment
- Taught local providers procedure to ensure sustainability

2016

Project C.U.R.E:

- Teaching trip Akyem, Ghana
- Taught Saving Mothers Lives education modules to local midwives and nurses
- Essential Care for Every Baby and Helping Mothers Survive Bleeding After Birth

2015

Project C.U.R.E

- Completed master trainer course for Helping Babies Breathe (HBB)
- Medical mission trip to Chiapas, MX
- Taught HBB modules to local nurses, midwives and physicians

**University Service:**

2017 to present

- Member of Nursing Faculty and Student organization
- Undergraduate curriculum committee 2017-2018
- Graduate curriculum committee 2018-present
- Learning Resource Center
- Simulation Center Committee
- Simulation Users Group.

**Graduate Student  
Committees:**

Masters Comprehensive Exam Committees  
**Spring 2018**

- Stephanie Wyttenbach: "Education in the Primary Care Setting for Lactating Patients"; committee chair
- Rachel McLean: "Parental Decision Making on Circumcision and the FNP Role"; committee member
- Tricia Staatz "Implementation of Tai Chi for Fall Reduction"; committee chair
- Scott Parker, "Preventing Overweight and Obesity in College Students"; committee member

**Fall 2018**

- Heidi Burnett: "Motivational Interviewing for the Management of Obese Adolescents"; committee chair
- Hong Dang: Provider-based Educational Interventions May Potentially Reduce Antibiotic Resistance; committee member
- Nicole Suppes: Postpartum Depression; committee chair
- Ryan Kennard: Genetic Testing for MTHFR Gene Variation; committee member
- Katy Pfiffner: Group B Strep Colonization in Pregnancy; committee chair
- Rebekah Hartford (AGACNP): Enhanced Recovery; committee member

**Fall 2019**

- Leah Salman, DNP Scholarly Project: Oral Health in Pregnancy
- Angie Pickerel, DNP Scholarly Project: Mammography Adherence
- Nikki Armstrong, DNP Scholarly Project
- Leanne Elisha, DNP Scholarly Project
- Nicola McNamara: "Booby Trapped: Breastfeeding Longevity", committee chair
- Diana Bailey: "Effects of Maternal Marijuana Use During Pregnancy", committee member
- Elle McQuagge: "Advanced Care Planning in Primary Care", committee member
- Katie Martin: "Cognitive Effects of the Return-to-School Protocol in Adolescents with Sports Related Concussion", committee member



- Traci Alvarado: “PCOS in Primary Care”, committee member
- Colleen Newvine: “CAM as an Adjuvant for Chronic Pain Management in Fibromyalgia”, committee member
- Angi Axmann-Grassinger: “Does Personalized Truth Telling vs. Full Disclosure Increase Understanding in Young Adults Receiving Life Altering Diagnostic Results?”, committee member
- Diana Babumba-Migadde: “Hypertension”. Committee member
- Makayla Wilson: “Lifestyle Modification and Effects on Blood Pressure”, committee member
- Siri Rennie: “Preconceptual Care”, committee chair
- Leighann Brock: “To Err is Human: Taking the Err Out of Healthcare”, committee member
- Chrystin Snell: “Oxygen Preconditioning for the Prevention of Contrast-Induced Nephropathy, member
- Harrison Lowell: Alternatives to Opiates for Pain Management in the Emergency Department”, committee member

#### **Fall 2020**

- Corrie Goodier: “The Effects of Gratitude Interventions on Well-Being in Individuals with Chronic Illness “, committee chair
- Nora Keane: “Electronic Health Behavior Screening tool: Improving Adolescent Health Through Prevention”, committee member
- Kevin Barnes: “Pharmacogenomics in Primary Care”, committee member
- Karen Nemejc: “White Coat Hypertension”, committee member
- Meghann Contreras: “Understanding and Initiating Palliative Care in Primary Care”, committee chair
- Greg Clark: “Fibromyalgia: Are Current Treatment Guidelines Effective?”, committee chair
- Erin Slocum: “Strategies to Improve Adherence in Adolescents with T1DM”, committee chair
- Melanie Dennis: Depression Treatment with Collaborative Care: Does Approach Matter”, committee member

#### **Spring 2021**

- Laraine Klunder, DNP Scholarly Project  
Programmed Intermittent Epidural Bolus for Labor Analgesia in a Critical Access Hospital.
- Leah McCaslin, AudD Project

**Teaching:****University of Northern Colorado**

**NUR 382** Patient Centered Care Concepts Across the Lifespan Summer, 2017, Fall, 2017, Spring, Summer 2018; Fall, Spring, Summer 2019; Spring, Summer, Fall 2020

**NUR 312/314** Health Assessment Lab Summer 2013, 2014, Fall, 2014, Summer, 2017

**NUR 324** Foundations Lab (with clinical group) Summer 2014; Lab only Summer 2017

**NUR 329** On-line Health Assessment (RN-BSN)

**NUR 420** OB skills lab, simulation and clinical faculty multiple academic years

**NUR 440** Issues in Professional Nursing Summer 2015

**NUR 613** Advanced Physical Assessment Fall, 2017, 2018, 2019, 2020

**NUR 640** Healthcare of Families I Fall 2017, Spring 2018 (old curriculum)

**NUR 645** Healthcare of Families II Spring 2018 (old curriculum)

**NUR 654** Acute Care of Adults Spring 2018, Spring 2019, 2020

**NUR 656** Chronic Care of Adults Spring 2019: Simulation and live stream case studies support

**NUR 674** Care of Women and Pediatric Populations Summer 2018, 2019, 2020

**NUR 676** Advanced Topics Spring 2019, Fall 2020

**Aims Community College**

**NUR 109** Fundamentals of Nursing/Health Assessment Fall 2015, 2016

**NUR 150** Maternal-Child Nursing Spring 2015, 2016, 2017

**NUR 106** Med-Surg Nursing Spring 2016, 2017

**NUR 230** Transition to Practice Spring 2017

**Metro State University of Denver**

Health Assessment Labs: two concurrent sections Spring 2014

OB Clinical rotations Fall 2011, Fall 2014

**University of Phoenix** (on-ground)

**NUR 426** Pathophysiology: 2 complete courses

**NUR 435** Maternal-Child Nursing: two complete courses, substitute for two class sessions

**NUR 435** Maternal-Newborn Nursing: developed and implemented OB Clinical Boot Camp for lab/simulation

**Colorado Christian University**

OB Skills Labs Spring 2014, Summer 2017

**Professional  
Development  
Activities:**

December 5, 2020

All the Write Stuff: Writing for Publication (virtual)

2.5 CE

October 16-18, 2020

23<sup>rd</sup> Annual Nurse Practitioners in Women's Health Virtual Conference

October 16, 2020

CO ACNM Virtual Symposium: 13 CE, 2.25 Rx

Attendee and poster presenter (Postpartum Hemorrhage Simulation Project)

Multiple non-credit online staff development courses during covid-19

2018

AWHONN

On-line Webinars various topics

4.5 contact hours

August 2018

Nurse Tim On-line Webinars various topics

8.5 contact hours

July 9-13, 2018

NEC in the Rockies

15 contact hours

Poster presentation: on call experience

Spring, 2018

National Organization of Nurse Practitioner Faculty (NONPF)

Attendee and poster presenter

AWHONN Conference

April 27, 2018

7.2 contact hours

January 14, 2018

Transfer of Fresh vs Frozen Embryos in Ovulatory Women

NEJM online CME (1 contact hour)

January 3, 2018

Acute Pyelonephritis in Adults

NEJM online CME (1 contact hour)

January 3, 2018  
Contemporary Hormonal Contraception and Risk of Breast Cancer  
NEJM online CME (1 contact hour)

November 15, 2017  
Education Management Solutions Simulation Development Day  
Explore and network with sim users at UCCS

November 4, 2017  
Bugs and Drugs: New Trends in Infectious Disease Management and  
Treatment (7 contact hours)

September 18, 2017  
Safe Deliveries: Improving Pregnancy Outcomes (4 contact hours)

February 28, 2017  
NLN Simulation Webinars (4 for 8 contact hours) [Certificates in digital  
measures]

February 21, 2017  
NLN Simulation Webinars (5 for 10 contact hours) [Certificates in digital  
measures]

October 27, 2016  
NLN Simulation Webinars (3 for 6 contact hours) [Certificates in digital  
measures]

October 25, 2016  
NLN Simulation Webinars (3 for 6 contact hours) [Certificates in digital  
measures]

Summer, 2017  
Nurse Educators Conference (NEC) in the Rockies

**Honors and  
Awards:**

2021  
Fellow American College of Nurse Midwives

2015  
Friends of Nursing Scholarship, Claire Sandiekian scholarship  
award through Friends of Nursing 2015

2013  
University of CO Department of OB-GYN Annual Resident  
Midwife Teaching Appreciation Award

2003  
Centennial Area Health Education (CAHEC) Regional Award for  
Excellence in Human Caring

2003

Nightingale nominee: Colorado State Nursing Association

1985-1987

Nurse Midwives in Regional Planning Grant: Academic

Full tuition grants awarded for demonstrated commitment to medically underserved and underinsured women