

**Mitzi M. Saunders, Ph.D., R.N.**  
**Associate Professor**

College of Health Professions  
University of Detroit Mercy  
P.O. Box 19900  
313.993.1767 (office) 313.993.1271 (fax)  
[saundemm@udmercy.edu](mailto:saundemm@udmercy.edu)

**LICENSES AND CERTIFICATIONS**

Kansas Nursing License	1989 - 1993
Nevada Nursing License	1991 - 1993
Michigan Nursing License	1991 - Present
A.N.C.C. Certification, Clinical Specialist Medical-Surgical Nursing	1996 - Present
Nurse Practitioner, Specialty Certification	1996 – Present

**EDUCATION**

<b>Doctor of Philosophy in Nursing</b> Wayne State University, Detroit, MI Dissertation Title: “Influence of Heart Failure Caregiving on Caregiver Burden, Caregiver Health-Related Quality of Life, and Patient Hospitalizations”	May 2006
<b>Master of Science in Nursing</b> Oakland University, Rochester, MI Master’s Thesis: “Characteristics of Nursing Home Residents and the Effects of a 2-Hour Toileting Program”	August 1995
Post-Graduate Pharmacology, Oakland University, Rochester, Michigan,	Sept. 1996 – May 1997
<b>Bachelor of Science in Nursing with Distinction</b> University of Kansas, School of Nursing, Kansas City, Kansas	May 1989

## **ACADEMIC EXPERIENCE**

### **Associate Professor (May 2007 – Present)**

University of Detroit Mercy, McAuley School of Nursing, Detroit, MI

Responsibilities include teaching in the nursing programs:

Prelicensure, Second-degree option, BSN Completion and Graduate.

Other responsibilities include department, college, and university service and research activities.

### **Assistant Professor (August 2001 – April 2006)**

#### **Instructor (August 1999 – July 2001)**

University of Detroit Mercy, McAuley School of Nursing, Detroit, MI

Responsibilities include teaching in the nursing programs:

Prelicensure, Second-degree option, and BSN Completion. Other responsibilities

include department, college, and university service and research activities.

### **Clinical Preceptor (1997 – 1999)**

College of Nursing, Wayne State University, Detroit, MI.

Clinical preceptor for graduate students in my blended role as an Acute Care Nurse

Practitioner / Clinical Nurse Specialist at Detroit Receiving Hospital, Detroit, MI.

### **Clinical Preceptor (1997 – 1999)**

School of Nursing, Oakland University, Rochester, MI.

Clinical preceptor for graduate students in my blended role as an Acute Care Nurse

Practitioner / Clinical Nurse Specialist at Detroit Receiving Hospital, Detroit, MI.

### **Adjunct Faculty (1993 – 1995)**

School of Nursing, Oakland Community College, Waterford, MI.

Responsibilities included teaching health assessment and basic clinical skills classes.

Other responsibilities included clinical supervision of medical-surgical nursing students and supervising the clinical skills lab on campus during open lab hours.

## **CLINICAL EXPERIENCE**

### **Nurse Practitioner / Clinical Nurse Specialist (August 1995 – July 1999)**

Detroit Receiving Hospital, Detroit, MI. Responsibilities included: primary care of acutely

ill medical patients assigned to the non-teaching internal medicine service. Additional

responsibilities included billing of services, case study presentations, and on-call services for step-down ICU patients.

### **Staff Nurse (September 1992 – July 1995)**

Harper Hospital, Detroit, MI: head and neck surgery and oncology service. Provided direct

care to patients with head and neck cancer, post operative care for laryngectomy patients,

chemotherapy infusions, tube feedings, and special procedures related to central access

devices. Additional responsibilities included evening Charge Nurse and Unit Preceptor.

### **Part-time Staff Nurse (June 1992 – February 1993)**

William Beaumont Hospital, Royal Oak, MI: gynecology surgery and oncology services.

Provided direct care to post-hysterectomy patients.

**Part-time Home Care Infusion Nurse (June 1992 – September 1992)**

Home Health Infusion Care, Southfield, MI. Responsibilities included home visits to infuse chemotherapy or special treatments. Direct care included patient and family teaching of central intravenous line care. Performed blood draws from central lines.

**Traveling Staff Nurse (June 1991 – May 1992)**

American Mobile Nurses, San Diego, California.

First 6-month assignment at Harper Hospital, Detroit MI, head and neck surgery service.

Provided direct care for post-laryngectomy and tracheostomy patients. Additional service included direct care of in-patient hospice patients.

Second 6-month assignment in Las Vegas, Nevada, Humana Hospital, general surgery.

Provided direct post-operative care to general surgery patients. Consistent team leader for the care of 12 patients following surgical procedures or trauma.

**Staff Nurse (June 1989 – May 1991)**

Shawnee Mission Medical Center, Shawnee Mission, Kansas. Provided direct care for patients on multiple units: telemetry, orthopedics, oncology, general medical-surgical, and urology. Special nursing care included post-operative care for prostatectomy, hip replacement, and abdominal surgery patients and hospice care to AIDS patients. Special duties included Night Charge Nurse and Unit Preceptor of urology service.

**PROFESSIONAL AND OTHER SERVICE ACTIVITIES AT UDM****Leadership Roles**

Co-Chairwoman, MSON Graduate Committee,  
August 2007 - Present

Chairwoman, McAuley School of Nursing, MSON Bylaws Taskforce.  
December 2006 – February 2007

Co-Chairwoman, McAuley School of Nursing, Evaluation and Outcomes Committee,  
August 2006 – May 2007

Chairwoman, McAuley School of Nursing, Faculty Search Committee,  
December 2006 – May 2006

Chairwoman, McAuley School of Nursing, Evaluation and Outcomes Committee,  
August 2005 – August 2006

UDM Disabilities Advisor, College of Health Professions,  
August 2002 - Present

Course Director: NUR 205 Health Assessment  
August 2004 – August 2006

Course Director: NUR 338 Pathophysiology  
August 2004 – August 2006

Co-Chairwoman, College of Health Professions, Quality Performance and Improvement  
Council, December 2004 – May 2005

Co-Chairwoman, College of Health Professions, Work Request Team,  
September 2004 – December 2004

Course Director: NUR 286 Health Restoration in Adults  
August 2001 – Present

Course Director: NUR 287 Practicum: Health Restoration in Adults

August 2001 – May 2007  
Faculty Team Leader: NUR 205, NUR 242/243, NUR 286/287, NUR 332/334/335  
August 2001 – August 2002

### **Additional Memberships**

Steering and Integration, College of Health Professions,  
August 2007 - Present  
Research and Grants Committee, College of Health Professions,  
August 2006 – May 2007  
Doctorate in Nursing Practice Task Force, College of Health Professions,  
August 2006 - Present  
Quality Performance and Improvement Council, College of Health Professions,  
August 2004 - May 2006  
Scholastic Progression Committee, McAuley School of Nursing,  
August 2003 - May 2005  
Testing and Assessment Hardware and Software Task Force, McAuley School of Nursing,  
August 2003 - November 2003  
Academic Enrichment Program, McAuley School of Nursing,  
August 2001 - May 2002  
Faculty Search Committee, McAuley School of Nursing,  
December 2000 - May 2000  
Evaluation and Research Committee, McAuley School of Nursing,  
August 1999 - May 2001

### **MEMBERSHIPS IN PROFESSIONAL AND HONOR SOCIETIES**

Midwest Nursing Research Society (May 2006 – Present)  
Wayne State University Alumni Association (May 2006 – Present)  
Oakwood Healthcare System Volunteer (March 2005 – Present)  
Sigma Theta Tau, National Honor Society (May 1989 – Present)  
Doctoral Student Forum, Wayne State University (Sept. 2001 – May 2006)  
Michigan Education Association, (Aug. 1999 – Present)

### **AWARDS**

Dean's Intramural Research Award, College of Health Professions, \$1600  
May 2005  
Graduate School, Research Award, Wayne State University, \$2,000  
May 2005  
Nurse Scholars Society Scholarship, Wayne State University, \$1,000  
Sept. 2005  
Gloria Anne Colquhoun Memorial Scholarship, Wayne State University, \$1,000  
Sept. 2004  
Marcia D. Bain Memorial Scholarship, Wayne State University, \$500  
Sept. 2003  
College of Nursing Alumni Doctoral Scholarship, Wayne State University, \$2000  
Sept. 2002

### **PEER-REVIEWED PUBLICATIONS**

Vallerhand, A. H., Saunders, M. M., & Anthony, M. (2007). Perceived control over pain among patients with cancer and their caregivers. *Pain Management Nursing*, 8(2), 55-63.

Vallerhand, A. H., Anthony, M., & Saunders, M. M. (2005). Interviews with patients who have cancer and their family members provide insight for clinicians. *Home Healthcare Nurse*, 23(10), 642-654.

Artinian, N. T., Artinian, C. G. , & Saunders, M. M. (2004). Identifying and treating depression in patients with heart failure. *Journal of Cardiovascular Nursing*, 19(6S), S47-S56.

Saunders, M. M. (2003). Family caregivers need support with heart failure patients. *Holistic Nursing Practice*, 17(3), 136-142.

### **OTHER PUBLICATIONS**

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, Detroit, MI

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.

### **PENDING - PUBLICATION**

Saunders, M. M. (submitted, November, 2007). *Factors Influencing Caregiver Burden in Heart Failure Family Caregivers*

### **PRESENTATIONS**

Saunders, M. M., Anthony, M., Mossier, S., Escamilla, S., (August 2007). *Building a scholarship plan*. University of Detroit Mercy, College of Health Professions Retreat, Plymouth, MI.

Saunders, M. M. (2007, March). *Influence of heart failure caregiving on caregiver burden, caregiver health-related quality of life and patient hospitalizations*. Poster session and discussion presented at the annual conference of the Midwest Nursing Research Society Omaha, Nebraska

Saunders, M. M. (2007, April). *Influence of heart failure caregiving on caregiver burden, caregiver health-related quality of life and patient hospitalizations*. Poster session presented at the University of Detroit Mercy Research Day, Detroit, MI

- Saunders, M. M. (2006, August). *Mentoring throughout the doctoral experience: Perspectives from a recent graduate*. Presented at the Doctoral Workshop: Developing and Sustaining Mentoring Relationships, Wayne State University, Detroit, MI
- Saunders, M. M. (2006, March). *Influence of heart failure caregiving on caregiver burden, caregiver health-related quality of life and patient hospitalizations*. Dissertation Defense presented at Wayne State University, College of Nursing, Detroit, MI
- Saunders, M. M. (2006, March). *Influence of heart failure caregiving on caregiver burden, caregiver health-related quality of life and patient hospitalizations*. Poster session presented at the annual Wayne State University College of Nursing Research Day, Detroit, MI
- Saunders, M. M. (2006, May). *Influence of heart failure caregiving on caregiver burden, caregiver health-related quality of life and patient hospitalizations*. Presented for the faculty and staff at the annual end-of-year meeting, University of Detroit Mercy, College of Health Professions, Detroit, MI
- Vallerhand, A. H., Anthony, M., & Saunders, M. M. (2005, March). *Interviews with patients who have cancer and their family members provide insight for clinicians*. Poster session presented at the University of Detroit Mercy Research Day, Detroit, MI
- Saunders, M. M. (2005, April). *Surviving the qualifying examination and dissertation proposal*. Panel Participant at the Doctoral Student Forum meeting, Wayne State University, Detroit, MI
- Saunders, M. M. (2003, May). Keynote Speaker, 1<sup>st</sup> Graduating Class of 2003 (12-month second degree option nursing students. University of Detroit Mercy, Detroit, MI
- Saunders, M. M. (1996, December). *Demonstrating the fiscal impact of the advanced practice nurse*. Symposium, Michigan Health Care Institute, Lansing, MI
- Saunders, M. M. (1996, March). *Role of the acute care nurse practitioner*. Panel participant, Graduate School, Oakland University, School of Nursing, Rochester, MI

#### **PENDING – PRESENTATION**

- Saunders, M. M. (Accepted March, 2008). *Comparison of employed and non-employed caregivers of heart failure patients on caregiver outcomes*. Accepted as part of the poster discussion format at the 32nd Annual Research Conference of the Midwest Nursing Research Society in Indianapolis, Indiana, March 28-31, 2008.