

Sonya L. Kowalski, DNP, RN, ACNS-BC
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Professional Experience

University of Detroit Mercy, Detroit, MI

Associate Professor, McAuley School of Nursing, August 2018-present

University of Detroit Mercy, Detroit, MI

Assistant Professor, McAuley School of Nursing, August 2015-2018

University of Detroit Mercy, Detroit, MI

Instructor, McAuley School of Nursing, Sept 2013-August 2015

University of Detroit Mercy, Detroit, MI

Temporary Faculty, Jan 2013-Aug 2013

University of Detroit Mercy, Detroit, MI

Adjunct Faculty, McAuley School of Nursing, Sept 2011-Jan 2013

Oakwood Healthcare System, Wayne, MI

In House Staffing pool, Annapolis Hospital ICU, April 2000-Nov 2013

Oakwood Healthcare System, Ypsilanti, MI

Team Leader/staff nurse, Beyer Memorial Hospital ICU/Step-down, Nov 1989-April 2000

Garden City Osteopathic Hospital, Garden City, MI

In House Staffing pool, supplemental staffing ICU, 1992-1994

Oakwood Healthcare System, Dearborn, MI

Health Risk Appraiser, Ford Motor Company/Various plant locations, 1989-1990

Peoples Community Hospital Authority, Wayne, MI

Staff nurse/Charge nurse, inpatient medical/surgical, step-down, ICU, PACU, Cardiac Catheterization laboratory Annapolis Hospital, Hospital System acquired by Oakwood Healthcare System. June 1985-Nov 1989

Education

Doctor of Nursing Practice, University of Detroit Mercy, Detroit, MI, May 2017
Project: Video Monitoring for Reduced Patient Falls and Reduced Sitter Costs: A Budget Proposal Utilizing an Inter-Professional Approach

Master of Science in Nursing, University of Detroit Mercy, Detroit, MI, Dec 2012
Adult Health Clinical Nurse Specialist/Nursing Education

Bachelor of Science in Nursing, Eastern Michigan University, Aug, 2008

Associate of Science in Nursing, Henry Ford Community College, Dearborn, MI, May 1985

Licensure

1985-present RN State of Michigan, 4704155415,
2013-2017, Nurse Practitioner
2018-Present, Clinical Nurse Specialist

Certifications

Adult Health Clinical Nurse Specialist 2014, 2019

Honors and Awards

Alpha Sigma Nu, Jesuit Honor Society 2017
Award for Academic Excellence, 2013
Dean's Scholar Award Graduate, 2011, 2012, 2013
Sigma Theta Tau International Honor Society, Lambda Zeta, 2011
Sigma Theta Tau International Honor Society, Eta Rho, 2008
Phi Kappa Phi Honor Society, 2008
Golden Key Honor Society, 2008

Professional Memberships

National Association of Clinical Nurse Specialists 2012-present
Michigan Association of Clinical Nurse Specialists 2011-present
Michigan Nurses Association 2007-present
American Nurses Association 2013-Present
Sigma Theta Tau, 2008-present
Counselor, Lambda Zeta Chapter, 2013-present

Teaching Experience

I. Courses Developed (Detroit Mercy)

a. Undergraduate

NUR 2200 Health Assessment and Physical Examination
NUR 3300 Pharmacology I
NUR 3310 Pharmacology II

b. Graduate

NUR 5500 Physical Assessment and Advanced Pharmacology for the CNL

II. Courses Taught (Detroit Mercy)

a. Undergraduate

NUR 2100 Introduction to Nursing Practice in Mercy and Jesuit Traditions
NUR 3300 Pharmacology I
NUR 3310 Pharmacology II
NUR 3050 Patho-Pharmacology II
NUR 2200 Health Assessment and Physical Examination
NUR 3330 Health Restoration of Adults and Their Families
NUR 2520 Nursing Skills Lab
NUR 2800 Pharmacology and Pharmacotherapeutics
NUR 2565 Practicum: Fundamentals of Adult Health Nursing
NUR 3350 Integrated Practicum with adults and Their Families
NUR 2050 Health Assessment
NUR 2450 Skills in Adult Health Nursing Laboratory
NUR 2460 Practicum in Adult Health Nursing

b. Graduate (Detroit Mercy)

NUR 5550 Physical Assessment and Advanced Pharmacology for the CNL

III. Advising Workload (Detroit Mercy)

Fall/Winter 2018/19 5 traditional undergraduate students, 8 SDO VA students
Fall/Winter 2017/18 24 undergraduate traditional students
Winter 2017 24 undergraduate traditional students, 1 transfer student
Fall 2016 4 undergraduate traditional students, 21 graduating transfer students
A/Y 2015-2016 6 undergraduate traditional students, 22 transfer students
A/Y 2014-2015 3 undergraduate traditional students 23 transfer students
A/Y 2013-2014 5 undergraduate traditional students

IV. DNP Project Committee (Detroit Mercy)

Reader, Augustina Amadi: Implementing and Evaluating Cognitive Behavioral Therapy
For Insomnia in a Community Mental Health Clinic. 2018
Chair, Louis Davis: Patient Fall Prevention: A Program Evaluation, 2019

V. Capstone Project Supervision (Dublin University with Princess Noura University, Dublin Ireland and Riyadh, Saudi Arabia)

Ahlam Al-Harbi: Lack of Knowledge About the Role of Advanced Nurse Practitioners Among Physicians in Riyadh, Saudi Arabia

Jawaher Mutair Alkhadi: How to Improve the Competence and Confidence of The Intensive care Unit (ICU) Nurses and Coronary Care Unit (CCU) Nurses in The Care of Patients Who are on ECMO Machine

Publications

Lee, V. Y., & **Kowalski, S. L.**, (2019). Opioid crisis: dosing considerations for home care Cancer patients. *Home Healthcare Now*, 37(6): 350-352.

Kowalski, S. L., Burson, R., Webber, E., & Freundl, M., (2018). Budgeting for a video monitoring system to reduce patient falls and sitter costs: a quality improvement project. *Nursing Economic\$,* 36(6): 291-295.

Kowalski, S. L. & Kemp, C. K., (2018). The evolving threat of candida resistance. *Home Healthcare Now*, 36(5) 454-455.

Saunders, M. M., **Kowalski, S. L.** , & Weathers, S. M. (2017). Students perceptions of a poem to evaluate learning: a qualitative study. *Journal of Nursing Education.* 56(10): 628-632. DOI: 10.3928/01484834-20170918-09

Kowalski, S. L., (2017). Fall reduction interventions for hospice patients. *Home Healthcare Now*, 35(3): 166-170. DOI: 10.1097/NHH.0000000000000511

Kowalski, S. L., & Anthony, M., (2017). Nursing's evolving role in patient safety, as reflected in AJN articles from germ theory to a culture of safety: a content analysis spanning 115 years. *American Journal of Nursing*, 117(2): 34-48

Kowalski, S. L., (2016). Physical therapy and exercise for hospice patients. *Home Healthcare Now*, November/December: 563-567. DOI:10.1097/NHH.0000000000000468

Saunders, M. M., & **Kowalski, S. L.** (2015). Using poetry writing and sharing to promote student empathy and caring. *Holistic Nursing Practice*, 29(6): 381-384. Doi: 10.1097/HNP.0000000000000117

Refereed Poster Presentations

Clinical Compass: Navigating the Relationship Between Clinical and Didactic Learning. Nursing Education Research Conference 2020, Sigma Theta Tau International and National League for Nursing, March 26-28 2020, Washington, D.C.

Utilizing an Inter-professional Approach to Obtain Budget Approval for a Video Monitoring System to Reduce Patient Falls and Sitter Costs. 2017 DNP National Conference, September 13-15, New Orleans, LA

Nursing's Evolving Role in Patient Safety, as Reflected in AJN Articles. From Germ Theory To a Culture of Safety: A Content Analysis Spanning 115 Years. 2017 QSEN National Forum, May 30-June 1, Chicago, IL

A Continuation of the Dedicated Education Unit (DEU) Model in a VA-University Partnership. VA Nursing Academy partnerships (VANAP) Conference, Chicago, April 2016
Leading the Way to Patient Safety

Taking the Lead 2016: The Power of Advocacy Conference, Ann Arbor, MI Jan 2016

Partners in Safety: Achievements in Patient Fall Reduction
VA Nursing Academic Partnerships (VANAP) Conference, St. Louis, Mar 2014

Fall Prevention Bundle Using pneumonic "SAFETY"
Continuing Education Credit Presentations, VAMC Detroit, Dec 2013, Jan 2014
ANA Michigan

Quality Improvement Fall Risk Reduction, Outcomes of Unit Based Fall Champions
Quality Improvement Symposium, VAMC Detroit, October 2013

Guest Speaker Presentations

The role of the CNS in Practice and Education.
University of Detroit Mercy, Nursing Leadership, March 4, 2018.

Fall Reduction Interventions for Hospice Patients
Quarterly Falls Collaborative Conference, VA National Center for Patient Safety, February 27, 2018

Evidence Based Practice Presentation Project
Nurse Residency Program Presentation, VAMC Detroit, Nov 2014

The New Fall Prevention Bundle Using the Pneumonic "SAFETY"
VAMC Detroit, Dec 2013 and Jan 2014

Cardiac Rhythm interpretation and dysrhythmia treatment
University of Detroit Mercy, Medical Surgical Nursing, Winter 2013 & Fall 2013

Addressing Health Literacy in Patient Education
MI-CNS Meeting, June 2012

Additional Scholarly Activities

Kowalski, S. L., Burson, R., Webber, E., & Freundl, M., (2018). Budgeting for a video monitoring system to reduce patient falls and sitter costs: a quality improvement project. *Nursing Economic\$,* 36(6): 291-295. Detroit Mercy Celebrate Scholarly Achievement, Detroit, MI April 16, 2019

Poster Evolving Threat of Candida Resistance. Detroit Mercy Celebrate Scholarly Achievement, Detroit, MI April 17, 2018.

Academic Journal Peer Reviewer: Home Healthcare Now, 2017

Patient Safety: An analysis of 115 years of American Journal of Nursing. UDM Celebrate Scholarly Achievement. Detroit, MI. April, 2016

Grants

APGF-AACN, 2018 White Coat Ceremony Funding

Service as a Consultant/Advisor

John Dingell Veterans Administration Medical Center, Detroit, Facilitator-Unit Based Fall Champions, 2012-2019

VANAP Liaison, University of Detroit Mercy-John Dingell Veterans Administration Medical Center Detroit, 2017-Present

University of Detroit Mercy MSON Alumni Relations Faculty Liaison, 2018-Present

MEDLIFE Student Travel Service Organization, Faculty Advisor, 2018-Present

Professional Committees

Student Success and Outcomes Ad Hoc, 2019-Present

Sigma International Nurse Leader Review Committee, 2019-2021

Coordinator Undergraduate Nursing Programs, 2019-Present

Course Delivery, Ad Hoc, 2019

Chair Traditional Undergraduate Nursing Program 2018-2019

Writing Intensive Courses in the Nursing Major Ad Hoc, 2018

Planning Committee, White Coat Ceremony, 2018

Member NCLEX Committee 2018-2019

Member University Mission Effectiveness Team 2018-2019

MFA Communication Officer 2017-2018

MFA Member 2016-2018

Chair NCLEX Committee, 2017-2018

Member NCLEX committee 2017

Member Detroit Mercy Mission/Urban/Social Justice Team, 2016-2017

Member MSON PEIT Committee 2016-2017

Chair: Associate Dean Search Committee, 2016

Member: Curriculum Committee, 2013-2016

Honor Council: Member, 2015-2016
Member: Simulation Committee, 2014-2015
Member: Social Amenities Committee, 2013-2014

Volunteer Activities

Faculty Volunteer, National Jesuit Student Leadership Conference, 2019, University of Detroit Mercy
Part Time Track Interviewer, University of Detroit Mercy, 2019
BCC/HFHS Medical & Dental Outreach, Detroit 2019
Community Volunteer City of Westland Blues, Brews and Bar-B. Q.s, 2018, 2019
Alumni/Student Mentoring Program 2018
Instructor, Summer Boot Camp (Pathophysiology, Medical-Surgical and Pharmacology) June 27 & August 9, 2018, University of Detroit Mercy
NCLEX Remediation Team 2017, 2018
Fall Festival Children's Activity Chair 2016, 2017, 2018, 2019
Volunteer, Celebrate Spirit, University of Detroit Mercy, 2014, 2015, 2016
Vestry Secretary, St. John's Church Westland, 2013-2015
Fall Festival Chairman, St. John's Church Westland, 2013, 2014
Second Degree Option Candidate Interviewer, University of Detroit Mercy, 2013, 2014, 2015, 2016, 2017
Parish Nurse, St. John's Church Westland, 1996-1998, 2010-2013
Classroom support, level fundraising and enrichment transportation, Dearborn Heights Montessori Center, 2001-2012
Production and fundraising, Ballet De 'Cole Nutcracker, 2002 and 2003
Blood Pressure Screening, WheelFest, Wayne, MI, 1996-1998
Committee Member, Westland Winter Festival, 1994-1995
Health Risk Appraisals, Heritage Festival, Ypsilanti MI, 1990-1993
Board Member, YMCA Westland, 1988-1990
Community Advisor, Tax Increment Finance Authority Westland, 1986-1988