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Registered Nurse, Michigan

Work Address

Address

College of Health Professions, University of Detroit Mercy
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Home

2431 Summit Ridge Drive NE
Grand Rapids, MI 49505

Education

Doctor of Philosophy, Nursing, PhD
Rutgers University

2013
Newark, NJ

Masters of Science in Nursing: Community Health Nursing, MSN
Minor in Nursing Administration
Wayne State University

1987
Detroit, MI

Bachelors of Science in Nursing, BSN
Nazareth College

1979
Kalamazoo, MI

Additional Education Experience

Telehealth Certificate
Old Dominion University
April 2021

Caritas Coach Education Program (CCEP)
Watson Caring Science Institute
June 2020

Developing Nurse Scientists Program
National Institutes of Health
April 2009

Parish Nurse Certificate
Saginaw Valley State University
2004

Current Professional Experience

Site Director, Pre-Licensure BSN program
University of Detroit Mercy at Aquinas College

2019 - Present
Grand Rapids, MI

Associate Professor of Nursing

2014 - Present

University of Detroit Mercy at Aquinas College

Grand Rapids, MI

Past Professional Experience

Faculty Positions

Assistant Professor of Nursing 2011
University of Detroit Mercy at Aquinas College *Grand Rapids, MI*

Nursing Instructor 2006
University of Detroit Mercy at Aquinas College *Grand Rapids, MI*

Adjunct Professor 2005 - 2006
The University of Michigan - Flint *Flint, MI*

Adjunct Nursing Instructor 1996 - 2000, 2004 - 2005
Saginaw Valley State University *Saginaw, MI*

Nursing Instructor 1988 - 1993
The University of Michigan, Ann Arbor *Grand Rapids, MI*

Academic Administrative Positions

Chair, Pre-Licensure BSN Program 2012 - 2019
University of Detroit Mercy at Aquinas College *Grand Rapids, MI*

Chair, BSN Completion (BSNc) program 2014 - 2016
University of Detroit Mercy in West Michigan *Detroit, MI*

Project Coordinator, State of Michigan Nursing Grant 2005 - 2006
The University of Michigan - Flint *Flint, MI*

Nursing Service Administrative Positions

Program Director 1983 - 1987
Hospice of Greater Kalamazoo, Inc.
Kalamazoo, MI

Nursing Practice Positions

Staff Nurse
2003 - 2019
Michigan Community Blood Bone Marrow Program
MI

Visiting Nurse
1988 - 1993
Muskegon Visiting Nurses Association
Muskegon, MI

Nurse Research Associate
1988 -
1989
Centers for Disease Control HPV Study, PI: Dr. Richard Reid & Dr. Thomas White
Kalamazoo, MI

Clinical Nurse Specialist
1987 - 1988
Borgess Medical Center
Kalamazoo, MI

Visiting Nurse
1980 - 1983
Visiting Nurses of Southwest Michigan
Kalamazoo, MI

Staff Nurse
1979 - 1980
Bon Secours Hospital
Grosse Pointe, MI

Publications- (referred)

Razmus, I.S., & **Keep, S.M.** (2021). Neonatal intensive care nursing pressure injury prevention practices: A descriptive survey. *Journal of Wound, Ostomy & Continence Nursing*, 48(5), 394-402. <https://doi.org/10.1097/WON.0000000000000805>

Thiel, L.M., Razmus, I., Nauta, B., **Keep, S.**, Thomas, R., & Moran, K. (2021). Student nurses' perceptions of mercy: A qualitative study. *Journal of Christian Nursing*, 38(1), 32-37. <https://doi.org/10.1097/CNJ.0000000000000782>

Davis, **S**, **Keep, S.**, Edie, A., Couzens, S., & Pereiara, K. (2016). A peer-led diabetes education program in a homeless community to improve diabetes knowledge and empowerment, *Journal of Community Health Nursing*, 33(2), 71-80, DOI:10.1080/07370016.1159435

Keep, S., Reiffer, A., & Bahl, T. (2015). Supporting self-management asthma care, *Home Healthcare Now*, 34:3, 2-10

Keep, S., (2016). Physical activity: Like mother like daughter? *Michigan Journal of Public Health* Accepted for publication.

Keep, S., (2000). Practical jokers; Cheers; Kicking an addiction can be a pain in the rump. In M. Nowlin, & K. Miller.(Eds), *In a day in the life of Bay County 2000 project*, pp. 34,94. *Bay City Times*, Michigan.

Publications • Non-referred

Borner, S., Counsman (**Keep**), S., deGilling, B.L., Lewman, P., and Wills, M., (1998). High on Kalamazoo. In E. Hanchett (Ed.), *Nursing frameworks and community as client: bridging the gap*, pp. 151-165 , East Norwalk, Connecticut: Appleton and Lange Publishing Co.

Keep, S. (2020, September). Working with Michigan BSN students on Covid-19 tracing. *The Future of Nursing*. ANA-MI.

Keep, S., & Keep, P. (2014, September 11). Add health coverage for healthier readership. *The Bulletin*, Michigan Press Association.

Keep, S., (2014, June 24). Remaining physically active important for healthy lifestyle. *The Grand Rapids Press*.

Keep, S., (2014) Peers against diabetes. Leap Project,
<http://uwosh.edu/phnnursingstudentprojects>

Keep, S., (2014, February). Don't put off your colonoscopy. *The Grand Rapids Press*.

Keep, S., (2013, June 28). Swimmer's itch: nasty parasite. *The Grand Rapids Press*.

Keep, S., (2013, March 24). Properly dispose of expired meds. *The Grand Rapids Press*.

Keep, S., (2009, January 20). Obesity can't be ignored. *The Muskegon Chronicle*.

Oral Presentations

International

Keep, S., (2020, October 22). Introducing Watson Caring Science to freshmen nursing students. 26th International Caritas Consortium, (virtual).

National

Nauta, B., & **Keep, S.** (2021, October 24-27). Reflection, renewal, rejoicing. American Public Health Association 2021 Annual Meeting and Expo, Denver, Colorado.

Keep, S., Nauta, B., Wisinski, J., & Hoganson, J. (2021, October 24-27). Improving public health during the COVID-19 pandemic with an innovative partnership between a nursing school and a public health department. American Public Health Association 2021, Annual Meeting and Expo, Denver, Colorado.

Antol, S., Emerson, C., Farra, S., Hekel B, **Keep, S.,** & Stalter, A. (2021, June 10-11). What the “H” are we doing? Association of Community Health Nursing Educators (ACHNE) Annual Institute, (virtual).

Keep, S., Moran, K., & Cruikshanks, D. (2019, November 2-6). Understanding high levels of distress and personality characteristics among nursing students to promote risk reduction and health promoting behaviors for success in nursing school, American Public Health Association (APHA) 2019, Annual Meeting and Expo, Philadelphia, PA.

Keep, S., & Harrington, S. (2018, June 7-9). *Intercollegiate alliance for health and well-being (ICAHW) walking program to improve health outcomes among individuals with a low socioeconomic status and limited access to health care.* 40th Association of Community Health Nursing Educators (ACHNE) Institute, New Orleans, Louisiana.

Keep, S. (2013, November 2-6). Factors affecting commitment to a plan of physical activity among Hispanic mothers and their daughters. American Public Health Association 2013, Annual Meeting and Expo, 141st Meeting, Boston, MA.

State

Keep, S., & Hoganson, J. (2015, October 15). *The process of forming collaboration with nursing academia and local public health department.* American Nurses Association- MI, East Lansing, MI.

Keep, S., Bappert, K., & Hamel, P. (2014). *Collaborating to prepare the next generation of public health professionals: Win-win solutions for academia and practice.* Michigan’s Premier Public Health Conference, Big Rapids, MI.

Local (non- referred)

Allen, W., Vaughn-Deneen, T, **Keep, S.,** Moner, K., & White, M. (2022, January 4). *Spirituality and spiritual self-care theory: Existential connectedness in uncertain times.* University of Detroit Mercy, Colleague Development Days.

Keep, S. (2016, January). *Migrant workers’ health beliefs.* West Michigan Migrant Council, Holland, Michigan.

Keep, S. (2013, May). *Factors affecting commitment to a plan of physical activity among Hispanic mothers and their daughters*. Sigma Theta Tau, Lambda Zeta Chapter, UDM, Detroit, Michigan.

Keep, S. (2009). *University of Detroit Mercy honor code study results*. Natural Sciences, Mathematics and Nursing Division at Aquinas College.

Keep, S. (2008). *Courage and innovation proposal and poster workshop for RNs Mercy Health Partners, Muskegon, MI*.

Poster Presentations (oral)

International

Keep, S., & Razmus, I.S. (2023, July 1-5). *Feet: taking it to the streets*. International Council of Nurses Congress, Montreal, Canada.

Razmus, I.S., & **Keep, S.** (2023, June 4-7, 2023). *Put the toes back in head-to-toe assessment*. Wound, Ostomy, and Continence Nurses Society, WOCNEXT@2023 What's New. What's Needed. What's Next™ Las Vegas, Nevada

Razmus, I.S., & **Keep, S.** (2022, June 7). *Neonatal intensive care nursing pressure injury prevention practices: A descriptive survey*. Wound, Ostomy, and Continence Nurses Society, WOCNEXT® A Global Education Event, Fort Worth, Texas.

National

Keep, S., & Razmus, I.S. (2023, June 4-8). *Creating academic partnerships to promote foot care among vulnerable populations*. Association Community Health Nurse Educators and Association of Public Health Nurses Joint Conference. Mission Valley, San Diego, California.

Keep, S., Kuyten, M., & DeSantiago, D. (2017, September 18-20). *Department of Health and Human Services Migrant Outreach Specialists in Collaboration with Nursing Students, Assess Health Perceptions: Effect of Sun Exposure to Eyes and Health Care Needs of Migrant Workers*. The National Center for Farmworker Health (NCFH) in Grand Rapids, MI

Keep, S. (2017, June 10). *Health beliefs of farmworkers in rural Michigan*. Association of Community Health Nursing Educators Annual Institute, Baltimore, MD.

Keep, S. (2016, June 4). *Community health nursing faculty/local health department administrators collaborate to increase student knowledge of community/public health nursing*. Association of Community Health Nursing Educators/American Public Health Association, Public Health Nursing Section, Joint Meeting, National Convention in Indianapolis, Indiana.

Regional

Keep, S., Moran, K., & Cruikshanks, D. (2019, March 22). *Understanding how biology and environment affect psychological health in college students: An interprofessional approach.* 2019 Ruth K. Palmer Symposium: The Intersection of Research and Health, Translation, Innovation, Collaboration, and Engagement. Marcella Niehoff Scholl of Nursing, Loyola University, Maywood, Illinois.

Keep, S. Health Beliefs of Migrant Workers in West Michigan Poster presentation Region 10, 2016: Bridging Nursing Leadership and Research- Innovations in Health Care Conference in Ann Arbor MI, April 15, 2016.

Keep, S., Factors affecting commitment to a plan of physical activity among low-income Hispanic mothers and their pre-adolescent daughters. Midwest Nursing Research Society 2013 Annual Regional Conference, Chicago, Illinois. April, 2013

Keep, S., (2009). Academic Integrity of Nursing Students, Midwest Nursing Research Annual Convention, St. Paul, Minneapolis. March 29, 2009.

State

Keep, S., Moran, K., & Cruikshanks, D. (2019, February 28). *Understanding high levels of distress in nursing students: An innovative and interprofessional approach.* ANA-Michigan Conference and Assembly, Grand Rapids, MI.

Hefferan, T., Harrington, S., Couzens, S., Zandee, G., & **Keep, S.** (2017, April 13). *Walking Club into Wellness: The Inter-Collegiate Alliance for Health and Well Being.* Civic Engagement Showcase, Grand Valley State University, Grand Rapids.

Keep, S., Bappert, K., & Hamel, P. (2015, October 16). *The process of forming collaboration with nursing academia and local public health departments.* Michigan Center for Nursing Summit, Dearborn, Michigan.

Keep, S., Blecke, J., & Solterman, M. (1998). *Windshield survey of the thumb of Michigan.* Michigan League for Nursing Conference, Kalamazoo, Michigan.

Local (referred, oral)

Keep, S., Kuyten, M., Blaskowski, A., Chapman, M., Dietrich, Haga, A., Haveman, T. & Visser, S. (2016, April 19). *Health perceptions of migrant workers in west Michigan.* University of Detroit Mercy Celebration of Scholarly Achievement Detroit, MI.

Keep, S. (2016, April 19). *University of Detroit at Aquinas service-learning poster.* University of Detroit Mercy Celebration of Scholarly Achievement.

Keep, S. (2015, April 14). *Factors affecting commitment to a plan of physical activity among Hispanic mothers and their daughters*. UDM Celebration of Scholarly Achievement.

Keep, S. (2014). *Factors affecting commitment to a plan of physical activity among low-income Hispanic moms and daughters*. Sigma Theta Tau International Kappa Epsilon At large Chapter, Spring Celebration of Nursing, Grand Rapids, MI.

Research Experience

Keep, S. (Principal Investigator). (2018-2022). *Psychological distress and associated personality characteristics in nursing students*. Research project partnership with University of Detroit Mercy and Aquinas College McNichols Faculty Association Internal Research Fund. Awarded \$4,471.

Razmus, I., & **Keep, S.** (2018-2021) *Pressure injury prevention among neonates*. Research project to understand the practices of neonatal nurses for infants related to skin integrity practices among neonatal nurses.

Keep, S. (Co-Principal Investigator) (2015-2018). Intercollegiate Alliance for Health and Wellness Walking (ICHAW), Grand Rapids, MI. Research project partnership with the University of Detroit Mercy, Grand Valley State University nursing and cultural anthropology faculties, and Calvin College nursing faculty and students from all three institutions. Funding from Kirkhoff College of Nursing Centers of Distinction (\$1,000) and GVSU Community Engagement Office (\$500).

Keep, S. (Principal Investigator). (2015-2018). *Health beliefs among migrant workers in west Michigan*. Mentoring UDM senior community health nursing students with staff from the Department of Health and Human Services, Ottawa County, MI.

Keep, S. (Motivational Interviewing counseling partner). (2014-2015). *Girls on the move intervention*. Interviewed female students at Crestwood Middle School in Grand Rapids, MI., using Motivational Interviewing techniques to increase physical activity. L.Robbins PI, Michigan State University.

Keep, S. (2013). *Factors affecting commitment to a plan of physical activity among Hispanic mothers and their daughters* [Unpublished doctoral dissertation]. Rutgers, The State University of New Jersey, Newark, New Jersey

Keep, S. (Research Assistant). (2010-2011). Dr. Lorraine Robbins, PI, NIH funded study *Girls on the move*, Michigan State University, East Lansing, Michigan.

Keep, S. co-PI (2008-2010). Integrity/Honor Code Study: University of Detroit Mercy at Aquinas College with Dr. Linda Thiel.

Keep, S. (Research Associate) (1988-1989). Centers for Disease Control funded study on HPV. Dr. Richard Reid and Dr. Thomas White, Kalamazoo, Michigan.

Grants and Awards

Keep, S. (April 1, 2023). National Academies of Practice Fellow Induction, Washington, D.C.

Razmus, I.S., & **Keep, S.** (2021). *Neonatal intensive care nursing pressure injury prevention practices: A descriptive survey*. WOCN Wound Ostomy and Continence Nurses Society, *Journal of Wound, Ostomy, and Continence Nursing*, 2021 Research Manuscript Award.

Razmus, I.S., & **Keep, S.** (2022). *Neonatal intensive care nursing pressure injury prevention practices: A descriptive survey*. Mideast region WOCN poster award for Neonatal intensive care nursing pressure injury prevention practices: A descriptive survey.

Keep, S., (Principal Investigator), Y. Freeman-Hildreth, K. Frost. October, 2021. *Telehealth simulation with LGBTQIA patients for community health nursing students*. University of Detroit Mission Micro Grant: \$200

Keep, S., (June 2020-2022). Michigan Board of Nursing Scholarship for pre-licensure BSN students to assist in costs related to nursing school. Michigan Board of Nursing: \$8,000-\$9,000

Keep, S., (Primary Investigator), Moran, K. & Cruikshanks, D., (2018). *Investigation of Psychological Distress and Associated Personality Characteristics in Nursing Students*. McNichols Internal Faculty Research Fund: Awarded \$4,471.

Keep, S., (June, 2017). *Daisy award for clinical leadership*. Pine Rest Psychiatric Hospital, Grand Rapids, MI

Keep, S., (April, 2017). *Excellence in Public Health Nursing Leadership Award*, Michigan Public Health Association Public Health Nursing Section

Keep, S., (2015). *Foot care kits for vulnerable populations*. St. Paul the Apostle Catholic Church, Grand Rapids, MI, Awarded \$200.

Keep, S., (2015). *St. Ignatius Daily Examen cards for UDM community health nursing students*. University of Detroit Mercy Mission Micro Grant: \$50.00.

Keep, S., (2015). *Foot care supplies for Exodus, transitional housing*. University of Detroit Mercy Mission Micro Grant.

Keep, S., (2014). *Aroma infuser for UDM nursing students, to decrease stress*. University of Detroit Mercy Mission Micro Grant: \$100.00.

Keep, S., (2013). *Blood pressure kits for community health clinical*. University of Detroit Mercy Mission Micro Grant: \$250.00.

Keep, S. (2012). Factors affecting commitment to a plan of physical activity among Hispanic mothers and their daughters (Ph.D. study). Sigma Theta Tau, Lambda Zeta Chapter: \$500.00 scholarship.

Keep, S. (2012). Factors affecting commitment to a plan of physical activity among Hispanic mothers and their daughters (Ph.D. study). Dean's Scholarship Award: \$1,500

Keep, S. (2009). Aprons for nursing students to provide foot care for the homeless. University of Detroit Mercy Mini-grant: \$250.00

Keep, S. (2010-2013). Professional nurse traineeship award. Rutgers, The State University of New Jersey.

Keep, S. (1985-1986). Professional nurse traineeship award. Wayne State University, Michigan: \$1,000

Professional Activities

Current Activities

President - Elect

2021 - 2023

Michigan Public Health Association (MPHA)

Program Planning Committee, Member

2022 - Present

Public Health Nursing Section - Michigan Public Health Association

Midwestern Member-at-Large

2021 - Present

Association of Community Health Nursing Educators

Membership Committee, Member

2021 - 2022

American Nurses Association - MI

MPHA Bylaws Committee, Member

2020 - Present

Bylaws Committee, Member

2020 - 2022

American Nurses Association - MI

Nursing Practice Committee and COVID-19 Task Force, Member, Chair

2020 - 2021

American Nurses Association - MI

**Networks of Support Virtual Meet Ups, Moderator
2020 - 2021**

American Nurses Association - MI

**MPHA Policy Committee, Member
2017 - 2018**

**Regional Perinatal Alliance Committee, Member
2017 - Present**

**Midwest Inter-Professional Practice, Education and Research Committee Member
2014 – Present**

Previously - West Michigan Inter-professional Education Initiative Committee

**Academic Practice Partnerships, Chairperson
2012 - Present**

Michigan

Past Activities

**Program Committee, Chair
2018 - 2022**

Michigan Public Health Association - Public Health Nursing Section

**CCEP Coach
June 2020**

Caring Science

**Region 3, President
2018**

2017 -

American Nurses Association - MI

**Program Committee, Chair
2012 - 2018**

Michigan Public Health Association - Public Health Nursing Section

**Secretary and Executive Committee Member
2015 - 2017**

Michigan Public Health Association - Public Health Nursing Section

Professional Affiliations & Memberships

Professional Memberships

Association of Community Health Nursing Educators 2016
- Present

American Nurses Association (ANA, MI-ANA), Member 2012
- Present

Michigan Public Health Association (MPHA), Member 2012
- Present
American Public Health Association (APHA)

Sigma Theta Tau 1986
- Present
Lambda Zeta Chapter

Past Affiliations & Memberships

Wound, Ostomy, and Continence Nurses Society[®], Member
2022

Regional Clinical Placement Consortium, Member, Academic partnerships
2012 - 2022

Michigan Public Health Nursing Association, Nursing Executive Committee
2012 - 2017

West Michigan Nursing Advisory Committee (WMNAC), Member
2012 - 2014

National Association of School-Based Health Care Convention
2010
Social Media Fellow and Honorary Advocacy Fellow

Parish Nurse Network, Parish Nurse
2004 - 2006 *Genesys Health Park - Flint MI*

Kalamazoo Oncology Program (KCHOP), Committee Member
1980 - 1988

Michigan Hospice Organization, President-elect
1986 – 1987

Board Positions

American Association of Nurses - MI, Membership, Bylaw Committee Present	2013 -
American Association of Nurses - MI, Director – 2021	2019
Pine Rest Hospital, Board Member <i>Grand Rapids, Michigan</i>	2014 - 2017
Michigan Public Health Association, Board Member Present	2013 -
Pine Rest Foundation, Board member <i>Pine Rest Psychiatric Hospital - Grand Rapids, MI</i> <u><i>Community Service</i></u>	2011 – 2017
Biometric Assessments - Special Olympics, RN Volunteer	2022
COVID-19 vaccinations, RN Volunteer <i>Helen DeVos Place, MI</i>	2021
Health Assessments - middle school athletes, RN Volunteer <i>Grand Rapids Public Schools</i>	2018
Grand Rapids Urban Tree Forester	2016
Assessing for Ptygerium in Migrant Farmworkers <i>Ottawa County, MI</i>	2015
Christian Nursing Association 2014 <i>Prayer walk at Heartside in Grand Rapids, MI</i>	
Illinois Bone and Joint Institute <i>Hot chocolate 15K/5K in Chicago, Illinois</i>	2010
Grand Rapids Press <i>Nursing Column Coordinator/Editor</i>	2009– 2015
American Cancer Society Hope Lodge <i>Prepared meal for families with UDM-AQ faculty</i>	2008
Knitted Scarves for African Mothers incarcerated in Africa	2008

Michigan Community Blood - Moonlit Miles for Marrow – 2017 <i>Zombie dashes - International courier for bone marrow</i>	2006
Grand Rapids Area Health Ministry Consortium – 2010 <i>Heartside Ministries foot care</i>	2006
Muskegon Chronicle Seaway Run	2006 – 2009
God's Kitchen <i>Serving meals to houseless populations in Grand Rapids, MI</i>	2006