

CURRICULUM VITAE

Theresa Bechtel DNP, RN, PCCN, CNE

Instructional Track Lecturer

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EDUCATION

2020, Doctor of Nursing Practice, Allen College, Waterloo, IA

- Impact of Guided 9-Week Mindfulness Resources for Nursing Students on a Learning Management System (DNP Project)

2012, Master of Science in Nursing, University of Iowa, Iowa City, IA Focus on Education

2008, Bachelor of Science in Nursing, Mercy Colleges of Health Sciences, Des Moines, IA

2006, Bachelor of Arts in Psychology, University of Iowa, IA

LICENSURE

2023, Iowa Board of Nursing, Registered Nurse, 120787

CERTIFICATIONS

2025, National League for Nursing, Certified Nurse Educator

2022, American Association of Critical-Care Nurses, Progressive Care Certified Nurse

2022, American Heart Association, Basic Life Support

2022, American Heart Association, Advanced Cardiac Life Support

2023, Iowa Department of Human Services, Mandatory Reporter Child and Dependent Adult Abuse Training

2020, FEMA, IS-00100, 00200, 00700, 00800, 00

2020, University of Iowa, Build Certification

2022, University of Iowa, Crisis Prevention Intervention

2020, Kaltura Certification

PROFESSIONAL EXPERIENCE

Academic Appointments

2016-Present, Instructional Track Lecturer, University of Iowa College of Nursing, Iowa City, IA

2012-Present, Adjunct Instructor, Kirkwood Community College, Cedar Rapids, IA

2014-2016, Adjunct Lecturer, University of Iowa College of Nursing, Iowa City, IA

2011-2012, Graduate Research Assistant, University of Iowa College of Nursing

Clinical Appointments

2008-Present, Staff Nurse, University of Iowa Hospitals and Clinics, Iowa City, IA

2019-2021 SANE Nurse, University of Iowa College of Nursing

Professional

2006-2008, Stress management coordinator for male and female inmates, Polk County Jail, Des Moines

HONORS AND AWARDS

2021, Five Year Service Award, Recognize Five Years of Service to the College of Nursing, University of Iowa College of Nursing

2021, Teaching Excellence Award Instructional Track, contributing to the teaching mission of the College of Nursing by going beyond traditional and required teaching responsibilities, University of Iowa College of Nursing

2021, Certificate of Appreciation, Recognition of outstanding contribution in support of the Medical Reserve Corps Program during the Coronavirus Disease response efforts, Johnson County Medical Reserve Corps

2021, Career development award, Integration of Active Learning, funds to support faculty in developing active learning curriculum, support to create content for development of a new course, College of Nursing, University of Iowa

2020, Spotlight Award, Recognition of staff nurse who goes beyond duties of a staff nurse, University of Iowa Hospitals and Clinics

2019, Career development award, Integration of Active Learning, funds to support faculty in developing active learning curriculum into course, the development of Emergency Preparedness Simulation for Community/Public Health Practicum, College of Nursing, University of Iowa

2019, Daisy Award Nomination, Family member recognized staff nurse as going above and beyond duties of a nurse and providing extraordinary care, The DAISY foundation

2018 Teaching In Higher Ed Travel Award, awarded funds to travel to INACSL international conference in Canada to present poster

2008 Clinical Excellence Award, awarded to student who went above and beyond the requirements of coursework. Mercy Colleges of Health Sciences

SCHOLARSHIP

Research and Clinical Presentations

International

Bechtel, T. J., Prunty, A., Potter, K. (2018). The Integration of Cased Based Learning and High-Fidelity Simulation. INACSL Conference 2018, INACSL, Toronto Canada. Poster.

National

Bechtel, T (2021, June). The effects of an on-line curated mental health toolbox on general self-efficacy and perceived stress in nursing students (undergraduate and graduate). [Podium presentation]. ACHNE, virtual.

Bechtel, T. J., Jarvis, S. (2020). Embracing cross-sector partnerships to advance undergraduate nursing student emergency preparedness competencies. 2020 ACHNE Annual Institute, University of Iowa College of Nursing, Iowa City. Poster.

Regional

Bechtel, T (2021, March). Guided 9-week mindfulness resource for nursing students on a learning management system. [Poster presentation]. MNRS, Des Moines (Virtual)

Department

Bechtel, T. J. (2020). Mentimeter Use to Enhance Presentation., Nursing Research, Evidence-Based Practice, and Quality, Iowa City, Iowa United States. Invited Lecture.

Bechtel, T. J. (2009). 4JCW Goes Green., Nurse Residency Program UIHC, Iowa City, Iowa United States. Paper.

Media

2020, College of Nursing provides experiential learning for students while addressing public health needs in Iowa, Interview with Office of Community Engagement
<https://engagement.uiowa.edu/news/2021/09/college-nursing-provides-experiential-learning-students-while-addressing-public-health>

Grants

2020, Effect of Mental Wellness Toolbox on PSS and GSE on nursing students (both undergraduate and graduate students). Theresa Bechtel, PI, ACHNE, \$2500 (funded)

SERVICE

Editorial and Peer Review Service

2019-current, ACHNE, student task-force, volunteer, review applications of student scholarships, develop scope of student role within organization

Professional Service

2021, MNRS, member

2021, National League of Nursing, member

2021, INACSL, member

2021, American Association of Critical Care Nursing

University Service

2018-present, ISS Team-2 Staff nurse competency educator, UIHC, Iowa City, IA- selected

2018-present, Faculty supervisor at UI Mobile Clinic, Iowa City, IA-volunteer

2016-present, AACN Nurse residency advisor- volunteered

2016-2019, Interprofessional Education at Iowa, Faculty Facilitator- volunteered

2013-2015, Magnate champion, attendee

2012-2015, staff nurse council, attendee

2012-2015, staff education, attendee

Collegiate Service

2021, Faculty advisor for SNAUI, invited

2020-present, MSN entry to practice task-force, development of multiple courses, curriculum timeline, and contribution to the media website plan.

2020-present, management and maintenance of Mental Wellness Toolbox

2020-present, Strategic Planning Committee Yellow team task force, active member

2020, NCEC stem events both virtual and in person, multiple times throughout year (volunteer to be a patient, distribute curriculum to tween/teens, present to SHPEP)

2019-present, faculty representative at early admission recruitment events (multiple times throughout semester)

2020-2021, CON-BSN Admission/Progression Subcommittee, invited

2019, CON Interview panel for undergraduate on coming faculty, invited

2019, CLAS- Dean's ad hoc- strategic planning ad hoc committee, attendee, invited

Other CON activities

2016-present, participation in graduation and/or pinning at least 1/year, volunteer

Community Service

2020-present, Days for girls international, assist with creating menstrual care kits, volunteer

2020-present, IC Compassion, food bank, volunteer

2019-present, Medical Reserve Corp, served on multiple missions including a three-day repatriation mission, volunteer

2020, Community flu vaccine task force, Johnson County Public Health, volunteer

2020, Community Covid vaccine task force, Johnson County Public Health, volunteer

2018, Waves program, hosted learning event in NCEC for school aged girls, Iowa City

TEACHING

Instructional Activities

Course Instruction

College of Nursing

Fall 2020– Present NURS: 3655 Community and Public Health Nursing Practicum Primary Instructor, Undergraduate, 30 students

Spring 2020-Present NURS:3651 Basic Clinical Concepts Course Lead and primary instructor (range from 5-7 other faculty teaching), Undergraduate, 80 students enrolled

Fall 2020 NURS:3651 Advanced Clinical Concepts for Nursing, primary instructor, undergraduate, 8 students

Fall 2020 NURS:3451 Introduction to Clinical Concepts for Nursing, primary instructor, undergraduate, 8 students

Fall 2019-Present NURS: 1020: First Year Seminar: The Distinctiveness of the Nursing Profession, primary instructor, Undergraduate, 85 students.

Fall 2015-Spring 2019 NURS: 3615 Adult Medical/Surgical Nursing Practicum. Primary Instructor. Undergraduate. 8 students.

Fall 2016-Spring 2019 NURS: 3450 Clinical Simulation Laboratory II. Team Teacher. Undergraduate

New Course Development

2021, NURS:3731 Healthier Living for Well-Being, co-designed

2020, Advanced clinical concepts, designed Charge Nurse learning activity

2020, Mental wellness toolbox, resource for students to utilize to help support mental wellness

New Program, Certificate or Track Development

2020, MSN-entry to practice (committee)

Kirkwood Community College

2019-2021, Advanced clinical concepts, senior internship advisor, adjunct, ASN, 5 students

SU 2016-2018, Concepts of Nursing lab, adjunct team teacher, ASN, 40 students

2016, Concepts of nursing didactic course, adjunct team teacher, ASN, 60 students

2014-2016, Professionals in health, adjunct teacher, Associate, 25 students

Mentoring and Advisement

Student

Fall 2017- Fall 2018 Faculty Mentor/Advisor to 17 freshmen

Faculty Mentorship

2021, Dr. Zaina Alzawad, New faculty lead

Advisement

2021, Taylor Saluri, Implementation of poverty simulation, BSN Honors Project, Uiowa in progress, faculty mentor

2020-current. Emily Griffin, Wellness Course, in progress, DNP project, Uiowa, Faculty mentor