

Kelly J. Freeman, MSN, RN, AGPCNP-C, DipACLM

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EDUCATION:

DOCTORATE

Indiana University Fairbanks School of Public Health

Health Policy & Management PhD part-time student

GRADUATE

Indiana University School of Nursing MSN/AGPCNP 2014

UNDERGRADUATE

University of Nebraska BSN/Cum Laude 1989

FURTHER EDUCATION:

Indiana University School of Public Health

Public health postgraduate certificate 2018

Indiana University School of Nursing

Nursing education postgraduate certificate 2015

National Institute of Paralegal Arts and Sciences

Paralegal/legal nurse consultant 2000

Albany Medical Center

Enterostomal therapist certificate 1993

APPOINTMENTS:

Indiana School of Nursing Lecturer 2019

Indiana School of Nursing Visiting lecturer 2015-2018

Indiana School of Nursing Adjunct faculty 2015

Indiana School of Nursing Teacher's assistant 2011-2014

LICENSURE, CERTIFICATION, SPECIALTY BOARD STATUS

Diplomate of the American College of Lifestyle Medicine

Advanced Practice Nurse with Prescriptive Authority: State of Indiana # **71005594B**

DEA Licensure: # **MF3583641**

Registered Nurse: State of Indiana # **28151105A**

American Nurses Credentialing Center Adult-Gerontology Primary Care Nurse
Practitioner #**2014010618**

Diabetes Prevention Program (DPP) provider

Comprehensive Health Improvement Program (CHIP) provider

PROFESSIONAL ORGANIZATION MEMBERSHIPS

Indiana Public Health Association 2016 - present

American Board of Lifestyle Medicine 2016 - present

Cardiovascular and Diabetes Coalition of Indiana 2015 - present

American College of Lifestyle Medicine 2013 - present

Sigma Theta Tau International Honor Society of Nursing 2012 - present

American Academy of Nurse Practitioners 2010 –present

Coalition of Advanced Practice Nurses of Indiana 2010 - present

PROFESSIONAL HONORS AND AWARDS

Marcia Plant Jackson Award Coalition of Advanced Practice Nurses of Indiana 2017

President's Recognition American College of Lifestyle Medicine 2015

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| Academic Achievement Award | Indiana University School of Nursing | 2014 |
| Clinical Excellence in Nursing Award | St. Paul Medical Center | 2000 |
| Gastrointestinal Surgical Externship | Mayo Foundation | 1988 |
| Phi Eta Sigma National Honor Society | University of Nebraska | 1987 |
| Horizons Honors Program | University of Nebraska | 1986 |
| President's Award | University of Nebraska | 1986 |

PROFESSIONAL DEVELOPMENT

Academy Health Annual Research Meeting, June 2-4, 2019, Washington, DC. Selected to attend by IU School of Public Health as a PhD student.

VitalTalk Woltman Interprofessional Scholars Program (WISP), April 26-28, 2019, Indianapolis, IN. Selected along with 3 other IUSON faculty to complete this communications program to then teach students better communication skills.

Coalition of Advanced Practice Nurses of Indiana Annual Conference, March 1, 2019, Noblesville, IN. Co-chaired this conference, with over 300 APRN's attending.

Indiana University Online Conference, November 9, 2018, Indianapolis, IN

Indiana Geriatrics Society Annual Conference, October 26, 2018, Indianapolis, IN

American College of Lifestyle Medicine Annual Conference, October 21-24, 2018, Indianapolis, IN. Planning committee member.

National Organization of Nurse Practitioner Faculty Annual Conference, April 18-22, 2018, Indianapolis, IN

Indiana Clinical and Translational Sciences Institute Ninth Annual Meeting, December 8, 2017, Indianapolis, IN

Advanced Wound Therapeutics Symposium, November 8, 2017, 6 AMA PRA Category 1 Credits, Indianapolis, IN

American College of Lifestyle Medicine Annual Conference, October 22-25, 2017, 14 AMA PRA Category 1 Credits, Tucson, AZ

Indiana Geriatrics Society Be Your Best Annual Conference, October 20, 2017, 6.25 AMA PRA Category 1 Credits, Indianapolis, IN

American College of Preventative Medicine, Lifestyle Medicine Core Competency Program, April – September 2017, 30.5 AMA PRA Category 1 Credits, Online

Indiana Geriatrics Society, Partnering to promote health in an aging population, October 28, 2016, 7.25 CEUs, Indianapolis, IN

Lifestyle Medicine 2016, October 22-25, 22 AMA PRA Category 1 Credits, Nashville, TN

Certified Nurse Educator Review Course, IU School of Nursing, June 1, 2016, 5.2 contact hours, Indianapolis, IN

Conceptual learning with NCLEX across the Curriculum. IU School of Nursing, May 9, 2016, 5.75 contact hours, Indianapolis, IN

Cultivating healthy populations: Inspiring a collective vision, April 29, 2016, IU School of Nursing, 5.5 ANCC contact hours, Indianapolis, IN

Preventing type II diabetes in at-risk patients, AMA, February 28, 2016, 1 AMA PRA credit

Coalition of Advanced Practice Nurses of Indiana Annual Conference, February 25-27, 2016, 8.25 AANP CE's

Pharmacology for Advanced Providers, Coalition of Advanced Practice Nurses of Indiana, November 11, 2015, 8.25 hours, Indianapolis, IN

Lifestyle Medicine 2015, November 1-4 2015, 18 AMA PRA Category 1 Credits, Naples, FL

Indiana Geriatrics Society Annual Conference, October 30 2015 6 AMA PRA Category 1 Credits, Indianapolis, IN

Emergency Medicine and Trauma Conference for Advanced Providers, IU School of Medicine, October 7, 2015, 4.75 AMA PRA Category 1 Credits, Indianapolis, IN

2015 Organization of Nurse Executive Nursing Summit, October 2, 2015, Indianapolis, IN

Coalition of Advanced Practice Nurses of Indiana Annual Conference, April 10-11, 2015, 11 contact hours of continuing education, Indianapolis, IN

TEACHING:

UNDERGRADUATE

| | | | |
|-------------------------|-------------------|----------|-------------|
| SP19-IN-NURS-B444-6389 | Nursing Intensive | Clinical | 10 students |
| SP19-IN-NURS-B444-25440 | Nursing Intensive | Didactic | 46 students |
| SP19-IN-NURS-B444-25435 | Nursing Intensive | Clinical | 5 students |
| SP19-IN-NURS-B444-25444 | Nursing Intensive | Didactic | 16 students |
| SP19-IN-NURS-B444-25448 | Nursing Intensive | Clinical | 8 students |
| SP19-IN-NURS-B444-25444 | Nursing Intensive | Didactic | 18 students |
| SP19-IN-NURS-B444-25436 | Nursing Intensive | Clinical | 4 students |
| SP19-IN-NURS-B444-25448 | Nursing Intensive | Clinical | 8 students |
| SP19-IN-NURS-B444-25440 | Nursing Intensive | Didactic | 46 students |
| FA18-IN-NURS-B444-26020 | Nursing Intensive | Didactic | 26 students |
| FA18-IN-NURS-B444-26023 | Nursing Intensive | Clinical | 7 students |
| FA18-IN-NURS-B444-26027 | Nursing Intensive | Clinical | 9 students |
| FA18-IN-NURS-B444-31293 | Nursing Intensive | Didactic | 37 students |
| SU18-IN-NURS-B444-11760 | Nursing Intensive | Didactic | 42 students |
| SP18-IN-NURS-B444-26552 | Nursing Intensive | Didactic | 35 students |
| SP18-IN-NURS-B444-26555 | Nursing Intensive | Clinical | 9 students |
| SP18-IN-NURS-B444-26556 | Nursing Intensive | Clinical | 9 students |
| FA17-IN-NURS-B444-26450 | Nursing Intensive | Clinical | 10 students |
| FA17-IN-NURS-B444-26444 | Nursing Intensive | Clinical | 10 students |
| FA17-IN-NURS-B444-26443 | Nursing Intensive | Didactic | 40 students |

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| SP17-IN-NURS-B444-27466 | Nursing Intensive | Didactic | 58 students |
| SP17-IN-NURS-B444-27470 | Nursing Intensive | Clinical | 10 students |
| SP17-IN-NURS-B444-27458 | Nursing Intensive | Clinical | 10 students |
| FA16-IN-NURS-H360-25193 | Interactive Processes | Clinical | 10 students |
| FA16-IN-NURS-H360-25194 | Interactive Processes | Clinical | 10 students |
| FA16-IN-NURS-H360-25201 | Interactive Processes | Didactic | 40 students |
| SP16-IN-NURS-H355-25679 | Data analysis | Online | 30 students |
| SP16-IN-NURS-B245-22521 | Health assessment | Practicum | 10 students |
| SP16-IN-NURS-B245-25670 | Health assessment | Practicum | 10 students |
| FA15-IN-NURS-H355-23294 | Data analysis | Online | 30 students |
| FA15-IN-NURS-B245-26924 | Health assessment | Practicum | 10 students |

GRADUATE

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| SU19-IN-NURS-Y512-7277 | ADV CONCEPTS IN GERONTOLOGY | | 30 students |
| SP19-IN-NURS-Y555-21804 | ADLT GERO PC COLLAB | Clinical | 3 students |
| SP19-IN-NURS-Y555-22086 | ADLT GERO PC COLLAB | Clinical | 3 students |
| FA18-IN-NURS-Y552-21359 | Health Promotion | Clinical faculty | 3 students |
| SU18-IN-NURS-Y512-13370 | Advanced Concepts in Gerontology | | 19 students |
| SP17-IN-NURS-Y555-27136 | Collaborative Clinical Practice | Seminar | 16 students |
| FA17-IN-NURS-Y552-21058 | Health Promotion | Clinical placement | 16 students |
| SU16-IN-NURS-Y600 | Clinical Reasoning | Hybrid | 17 students |
| SP16-IN-NURS-Y555-23312 | Collab CI Prac | Clinical faculty, Typhon management, and clinical placement coordinator | 18 students |

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| FA15-IN-NURS-Y552-23368 | Health maintenance Management, and clinical placement coordinator | Clinical faculty, typhon | | 18 students |
| FA15-IN-NURS-Y600-28423 | Clinical reasoning | | Classroom | 17 students |
| SU15-IN-NURS-Y600-11608 | Clinical reasoning | | Classroom | 20 students |
| SP15-IN-NURS-Y555-8660 | Collab CI Prac (TA) | | Classroom | 21 students |
| SP15-IN-NURS-M575-C82792 | CNS Role (TA) | | Classroom | 19 students |
| FA14-IN-NURS-M559-C78861 | Stress/coping (TA) | | Classroom | 20 students |
| FA14-IN-NURS-R505-32767 | Measur/data (TA) | | Online | 21 students |
| SP13-IN-NURS-R505-8965 | Measur/data (TA) | | Online | 27 students |
| SP11-IN-NURS-R505-23146 | Measur/data (TA) | | Online | 30 students |

MENTORING:

Hillary Weber, BSN, student at University of Toledo, Nursing Education, preceptor for teaching practicum August 2018-December 2018

Lisa Barth, BSN, student at IU School of Nursing, Nursing Education, preceptor for T670 August 2016 – December 2016

Natalie Gibson, NP/DNP student at the University of Utah, Content expert for her curriculum work in lifestyle medicine August 2015 - May 2016

CURRICULUM DEVELOPMENT

Summer 2016, H360 Interactive Processes, updating/revisions

INVITED PRESENTATIONS:

Lifestyle Matters! American Association of Nurse Practitioners 2019 Annual Conference, June 20, 2019 (invited, have not yet presented)

Aging Well, Indianapolis Central Library, June 5, 2019, Indianapolis, IN

Healthy Aging, Eskenazi Lifestyle Medicine Symposium, March 29, 2019, Indianapolis, IN

Innovative approaches to clinical nutrition education within nursing curriculum, Sigma Theta Tau, February 23, 2019, New Orleans, LA

RN/APRN Task Force Annual Update, American College of Lifestyle Medicine, October 2018, Indianapolis, IN

How are Closed Health Systems Affecting NP Student Clinical Education? National Organization of Nurse Practitioner Faculties, April 2018, Indianapolis, IN

Chronic Disease Advisory Group Website Launch Celebration, Domain 1 – Epidemiology and Data Surveillance, Indiana State Department of Health/Indiana Public Health Association, March 2018, Indianapolis, IN

Intensive Therapeutic Lifestyle Change Programs, Cardiovascular and Diabetes Initiative 4th Annual Symposium, February 2018, Indianapolis, IN

Reaction Breakout Group, Cardiovascular and Diabetes Initiative 3rd Annual Symposium, February 2017, Indianapolis, IN

RN/APRN Task Force Annual Update, American College of Lifestyle Medicine, October 2017, Tuscan, AZ

Diet and Chronic Disease – What is the Evidence? Coalition of Advanced Practice Nurses of Indiana, February 2017, Indianapolis, IN

Utilizing Intensive Therapeutic Lifestyle Change Programs, St. Vincent House Staff, November 2016, Indianapolis, IN

Utilizing Intensive Therapeutic Lifestyle Change Programs to Enhance Health, Indiana Geriatrics Society 10th Annual Conference, October 2016, Indianapolis, IN

RN/APRN Task Force Annual Update, American College of Lifestyle Medicine, October 2016, Nashville, TN

Utilizing Lifestyle Counseling Programs to Improve Patient Outcomes, Coalition of Advanced Practice Nurses of Indiana, February 2015, Indianapolis, IN

Incorporating lifestyle medicine into the practice of wound healing, Indiana Skin Care Consortium, Indianapolis, IN, April 2015, Indianapolis, IN

Formation of an ACLM RN/APRN Task Force, American College of Lifestyle Medicine, October 2015, Naples, FL

SERVICE:

UNIVERSITY SERVICE

DEPARTMENT

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| -Inter-professional education events | 2015-present |
| -Scholarship committee | 2018 |
| -Regatta | 2016-2018 |
| -MSN Professional Practice Day | 2017-2019 |
| -VitalTalk facilitator (Woltman Interprofessional Scholars Program) | 2019 |

PROFESSIONAL SERVICE

LOCAL

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| St. Vincent Key to the Cure Cancer Care Fundraiser | |
| -Co-chair, committee member | 2010-2016 |
| Coalition of Advanced Practice Nurses of Indiana | |
| -Conference committee volunteer | 2013-present |
| -Annual Conference co-chair | 2018-2019 |

REGIONAL

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| Cardiovascular and Diabetes Coalition of Indiana | |
| -Chronic disease risk factor resources strategy group leader | 2016-2017 |
| -Steering committee member | 2016-present |
| Indiana Public Health Association | |
| -Chronic disease advisory group (CDAG) member | 2016 –2018 |

NATIONAL

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| American College of Lifestyle Medicine | |
| -Sponsorship committee volunteer | 2013 |
| -Founder/chair, and co-chair of the RN/APRN Task Force | 2014-2018 |
| -Abstract reviewer | 2016-2018 |
| -Content expert/nurse planner for 2 nd Edition LM Board Review Course | 2018 |
| -Moderator – national conference | 2017-2018 |
| -Planning committee member – national conference | 2018 |
| -Elected chairperson, RN/APRN Interest Group | 2019 |
| -Elected board of directors allied health professional | 2019 |

PATIENT CARE/CLINICAL SERVICE:

Adult/geriatric primary care NP rounding in extended care environments
Center for Healthy Aging/Hoosier Village, Indianapolis, IN 2015

Adult/geriatric primary care NP, founder/owner, facilitator for an intensive therapeutic behavioral change program, CDC Diabetes Prevention Program certified, Comprehensive Health Improvement Program certified
WELL. Lifestyle Medicine LLC, Indianapolis, IN 2014-present

Adult/geriatric primary care nurse practitioner clinical student rotations
Indianapolis, IN 2013-2014

Advanced Healthcare Associates – management of acute and chronic geriatric conditions in the long-term care setting
VA Medical Center – Preoperative assessment for multiple surgeries and procedures
VA Medical Center – Back pain clinic assessment, diagnosis and follow-up for chronic back pain
Gennesaret Free Clinic – Assessment, diagnosis, and management of acute and chronic conditions in a non-profit, free clinic
MedCheck – Assessment, diagnosis, and management of acute and chronic conditions in the immediate care environment
St. Vincent Immediate Care - Assessment, diagnosis, and management of acute and chronic conditions in the immediate care environment
Advanced Migraine Care PC – Migraine headache specialty clinic
Advanced Wound Center – Assessment, diagnosis, and management of chronic wounds

CWOCN consultation for multiple facilities, with a focus on the development and implementation of pressure ulcer prevention and wound care at St. Vincent Heart Center
St. Vincent Health, Indianapolis, IN 2002-2011

Acute care CWOCN
Denton Regional Medical Center, Denton, TX 2000-2001

Acute care CWOCN
St. Paul Medical Center, Dallas, TX 1999-2001

Long-term care CWOCN
Evergreen Pharmaceuticals, Seattle, WA 1998-1999

Acute care CWOCN
St. Joseph Medical Center, Tacoma, TX 1997-1998

Owner, private practice CWOCN, consulting in multiple hospitals, home health agencies, long-term care facilities, and speaker for Johnson & Johnson Medical and Redline Industries

Enterostomal Consulting Services, San Diego, CA

1994-1996

Active duty lieutenant. Medical/surgical nurse, charge nurse, discharge planner, case coordinator, enterostomal therapist, patient contact representative

United States Navy Nurse Corps, San Diego, CA

1989-1994

PUBLICATIONS:

Primedia (2001). *Venous status ulcers – evaluation and treatment* (video, audio, and companion booklet). Carrollton, Texas: Health and Sciences Television Network.