**CURRICULUM VITAE**

October 2019

**Kimberly A. Couch, DNP, CNM, FNP-C**

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**LICENSURES and CERTIFICATIONS:**

**Licensure**

* Registered Nurse, State of Arizona #RN071137 April 2022 renewal
* Certified Nurse-Midwife, prescriptive authority 17Sep1998 #AP0237
* Family Nurse-Practitioner – Certified 10Mar2008 #AP2986

**Certification**

* Nurse-Midwife 26June1998

American College of Nurse-Midwives Certification expires

Certification #9020 31Dec2024

* Family Nurse-Practitioner 1Feb2008

American College of Nurse-Practitioners Certification expires

Certification # F0208203 31Jan2023

**EDUCATION:**

Institution and Location Degree Dates

**Doctorate of Nursing Practice** Sep 2009 -Dec2010

Frontier School of Midwifery and Family Nursing

Hyden, Kentucky.

**Masters of Science of Nursing**

Frontier School of Midwifery and Family Nursing 16May2006 - 19Jan2008

Hyden, Kentucky.

**Family Nurse Practitioner Certified** 16May2006 - 19Jan2008

Frontier School of Midwifery and Family Nursing

Hyden, Kentucky.

**Certified Nurse Midwife** 23Sep1996 - 22May1998

Frontier School of Midwifery and Family Nursing

Hyden, Kentucky

**Bachelor of Science, Nursing** Sep1980 - 12May 1989

Northern Arizona University

Flagstaff, Arizona

Institution

**Director Women & Infant Service Line Phoenix Indian Medical Center PD PX3583** Jan 2013 to present

**Nurse-Midwife (CAPT-06 Billet) (CNM)**

**Family Nurse-Practitioner (FNP)**

**Full time:**

**Current Supervisor (Dr. Jennefer Kieran Authorization to contact)**

Phoenix Indian Medical Center

Indian Health Service, Phoenix, Arizona

PIMC is a 127 bed general medical and surgical hospital serving the local Native American/Alaskan Native population. PIMC serves as a regional referral center for other hospitals and ambulatory care facilities within the jurisdiction of the Phoenix Area. The Women & Infant Service line (WISL) is made up of eight different departments: Dept. of OB/Gyn and Midwifery Services, Women’s Clinic (WC), OB Triage (OBT), Antepartum Testing Center (ATC), Labor and Delivery (L&D), Lactation Support Services, Postpartum, and Nursery (NSY). The WISL is 92 multidisciplinary FTE and is credentialed and regulated by Arizona Perinatal Trust, American College of Obstetrics and Gynecology, Baby Friendly USA, the Joint Commission.

**Duties:**

* **First line supervisor** for the Chief of Obstetrics and Gynecology (GS-602-15), Director of Midwifery Services (GS-610-14), Supervisory Neonatal Nurse Practitioner (GS 610-13), Licensed Social Worker: WISL (GS 185-11/12), Inpatient Supervisory Clinical Nurse (GS 610-12), Outpatient Supervisory Nurse (GS 610-12) and administrative program support personnel (GS 0303-6).
* **Second line supervisor** including, but not limited to Medical Officers, OBGYN (GS 602-15), APN-FNP, WHNP, and CNMs (GS 610-13), Nurse Specialists (GS-610-10/11), Practice Manager (GS670-13), Clinical Nurses (GS-610-9), Licensed Practical Nurses (GS-610-7), Nursing Assistants (GS-621-5) and a variety of support and administrative personnel.
* **Day to Day Management Operations** for a 24/7 level one inpatient Obstetrical Unit (Antepartum testing, OB triage, Operating rooms, L&D, Couplet care, NSY, Lactation Support) & full scope Outpatient Women’s OBGYN Clinic:
  + Patient safety and quality patient care, policies, procedures, program review
  + Administration and clinical performance of multidisciplinary staff
  + Human resources: hiring, performance evaluations, request for recruitment, awards, promotions, training, disciplinary action, employee career development, staff training, pay and leave, and resource management.
  + Supply and equipment procurement, purchase, repair, maintenance
  + Initiation, evaluation of new and existing therapies
  + Maintenance of desirable work environment and employee morale
* **Leadership**
  + Supervises, directs and oversees all aspects of the WISL.
  + Collaboration, advisement, recommendations: upper level leadership and other agency staff and departments.
  + Liaison with community organizations and advisory groups to optimize patient experience and care.
  + Authority during accreditation of surveys: the Joint Commission, American College of Obstetrics and Gynecology, Arizona Perinatal Trust Foundation, and Baby Friendly Breastfeeding Hospital Initiative.
  + Facilitation of Relationship Based Care, Leading an Empowered Organization and support of Unit Practice Councils with the goal of shared governance.
  + Strategic planning and program development
* **Professional Practice and Clinical Duties**
  + Full scope Certified Nurse-Midwifery/FNP Practice with birth, inpatient and outpatient GYN and prenatal care privileges.
  + First surgical assist
  + Limited Ultrasound
  + Inpatient admission and management privileges: antepartum, birth, postpartum

**Chief of Midwifery Services Phoenix Indian Medical Center PX1406** 22Nov1998 to 7Jan2013

**Nurse-Midwife (CAPT-06 Billet) (CNM)**

**Family Nurse-Practitioner (FNP)**

**Full time**

**Supervisor (Camlesh Nirmul) Authorization to contact**

Phoenix Indian Medical Center

Indian Health Service, Phoenix, Arizona

**First Line Supervisor:**

* 10 Midwives (GS 610-13)
* 1 Family Nurse Practitioner (GS 610-13)

**Day to Day Management**

* Direction and supervisory control over the CNM and Advanced Practice Provider Staff. Development, maintenance, evaluation of the Midwifery program including HR actions, selection and hiring of new staff, performance evaluations, request for recruitment, awards, promotions, training, disciplinary action, employee career development, staff training, staff schedules, pay and leave, and resource management.

**Leadership**

* Collaboration with Chief of OBGYN to meet the patient and organizational needs
* Resource for other IHS midwifery services
* Provides and coordinates supervision and guidance of Advanced Practice Providers including FNP, WHNP, CNM and PA students
* Liaison to other service units to share and offer guidance of best practices

**Professional Practice and Clinical Duties**

* Full scope Certified Nurse-Midwifery Practice with birth, inpatient and outpatient GYN and prenatal care privileges
* First surgical assist
* Limited Ultrasound
* Inpatient admission and management privileges: antepartum, birth, postpartum
* Patient/Staff education

**United States Public Health Service** 01Mar2003 to 01Sep2019

**Full time Commissioned Officer**

**Supervisor (Camlesh Nirmul) Authorization to contact**

Phoenix Indian Medical Center

Indian Health Service, Phoenix, Arizona

See above positions

**Part Time Adjunct Faculty** Jan 2011 to present

**Frontier Nursing University**

**Supervisor: (Tonya Nicholson) Authorization to contact**

**Authorization to contact**

Advance Practice Nurse Education: CNM, FNP, WHNP

Frontier Nursing University, Hyden, Kentucky

Faculty flexing to cover needs in Nurse Midwifery, Women’s Health Nurse Practitioner, Family Nurse Practitioner and Doctorate of Nursing Programs.

**Duties:** Grading, student education on evidence based theory and practice. Course maintenance. Facilitation of classes using Big Blue Button webinars. DNP capstone chair for many students since 2010. Primary preceptor for CNM, FNP and DNP Frontier Nursing University Students.

**Part Time FNP-C** May 2008 to 2010

**Supervisor: Mrs. Mila Garcia 480-540-1113**

**Authorization to contact**

Minute Clinic CVS

Phoenix, Arizona

Retail based clinic seeing children and adults for non-emergent health concerns.

**RN Case Coordinator.** Nov 1996 to Nov 1998

Casha Resource Home Care

Phoenix, Arizona

RN: Home Health serving home bound patients. Assessment, evaluation, medication administration, IV pumps, patient education, patient activities of daily living, wound care.

**Clinical Staff Nurse III** May 1990 to Nov 1996

Good Samaritan Hospital

Phoenix, Arizona

Duties: Labor and Delivery nurse for low risk, high risk and critical care patients.

**HONORS, AWARDS AND HONOR SOCIETY MEMBERSHIPS:**

Date Award or Honor **Uniformed Service Award**

2014 Unit Accommodation Public Health Service

2014 Unit Accommodation Public Health Service

2014 Recipient of the American College of Nurse-Midwives (ACNM) Distinguished Service Award, given for dedication and service to Indian Health Service.

2014 National Nurse Leadership Award Indian Health Service

2013 IHS Directors Group Award Indian Health Service

2012 Unit Accommodation Public Health Service

2011 Unit Accommodation Public Health Service

2008 Unit Accommodation Public Health Service

2007 Unit Accommodation Public Health Service 2006 Citation Public Health Service

* American College of Nurse-Midwives (ACNM) #12157
* American Academy of Nurse-Practitioners National Organization #0710100

**PROFESSIONAL ACTIVITIES**:

Policy and Advisory Board Memberships

* Arizona State Department of Health Services Maternal Mortality Review Board (current). This is a multidisciplinary board charged with reviewing all Arizona maternal deaths occurring during pregnancy and/or within one year of birth. This board looks at each individual case, medical records, police reports, medical examiner reports to determine if the deaths were preventable and related causes. Recommendations to reduce maternal mortality are reported to the governor and include changes to health care practice, policy, community/provider/agency/family/patient education.
* Deputy Chief Clinical Consultant Midwifery/APN to Indian Health Service (current). Responsibilities include liaison and resource to all IHS/Tribal programs on best practice, maternal neonatal safety, policy, procedures, program development, strategic planning, patient/family education, and advisement to agency leadership.
* American College of Obstetrics and Gynecology rural health board member (current). Serves as a member of a multidisciplinary board charged with evaluating IHS/Tribal OBGYN programs across the United States, making recommendations on evidence based practice, safety, reduction of maternal/neonatal morbidity and mortality, and program improvements.

**RESEARCH ACTIVITIES:**

Research Projects

* **ETCHED Phoenix Indian Medical Center (PIMC),** National Institutes of Health, Principal Investigator, 2016- present. Expansion of the Life-Moms research project to follow infants of enrolled prenatal care clients through infancy, childhood, adolescence and into adulthood.
* **Life-Moms, Phoenix Indian Medical Center (PIMC),** National Institutes of Health, Principal Investigator,Jan 2013 to present, LIFE-Moms (Phoenix center) is a randomized clinical trial in overweight and obese pregnant women that will test the effects of an intensive lifestyle intervention on gestational weight gain, control of maternal hyperglycemia, and post-partum return to pre-pregnancy weight. The Phoenix study was conducted in collaboration with Phoenix Indian Medical Center (PIMC) nurse midwifery and obstetrics services and the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). This study is part of the LIFE-Moms Consortium consisting of six other clinical centers that follow similar protocols and a research coordination unit.
* **Phoenix Indian Medical Center (PIMC) Maternal and Child Data,** National Institutes of Health, Associate Investigator, Principal Investigator William Knowler, MD NIH, May 2013 until completion of data review. Analysis of the effect of glucose and obesity on maternal and child health outcomes in an American Indian population. Data contains measures of children who are followed in the PIMC pediatric clinic from birth to about 10 years of age, as well as measures of mothers in multiple pregnancies. Evaluation of the impact of feeding type (breast, bottle) and duration of selected feeding type on mother (weight retention, weight gain) and child (growth). Reports of glycemia in the child will be included in the analysis.
* A secondary analysis is being conducted on blood loss and hemorrhage risks, rates of Native American Women . Only one other study exists exploring hemorrhage rates among Native American Women. Publication draft is well under way.

**PUBLICATIONS:**

Lifestyle Intervention Limit Gestational Weight Gain with Overweight or Obesity: LIFE-Moms Prospective Meta-Analysis *Obesity.* 2018 September;26(9); 1396-1404. doi:10.1002/oby.22250

Implementing a Breastfeeding Toolkit for Nursing Education. *The Journal of Perinatal & Neonatal Nursing*: [April/June 2018 - Volume 32 - Issue 2 - p 153–163](https://journals.lww.com/jpnnjournal/toc/2018/04000)

doi: 10.1097/JPN.0000000000000330

Changing Glucose Tolerance During Pregnancy in the LIFE-Moms Randomized Clinical Trials: Implications for Diagnosis of Gestational Diabetes Mellitus (GDM). Target journal: Lancet Diabetes and Endocrinology 2019.