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I. PROFESSIONAL PREPARATION

● *Education*

2005-2009 **PhD in Nursing**
Azusa Pacific University
Azusa, California
Dissertation title: "The Impact of Diabetes Self-Management Education Classes on Glucose Management in Ethnic Armenians"

1991-1993 **MN Masters in Nursing**
Primary Ambulatory Care:
Family Nurse Practitioner,
Geriatric Nurse Practitioner
University of California Los Angeles
Los Angeles, California

1980-1983 **BSN Bachelor of Science in Nursing**
American University in Beirut
Beirut, Lebanon

● *Licensures/ Certification*

-California Registered Nurse license # 412649, renewed 10-31-16, expires 10-31-18.
-California Nurse Practitioner certificate # 6770, renewed 10-31-16, expires 10-31-18.
-BLS Instructor through American Heart Association (AHA), renewed 7-31-17, expires 7-31-19.
-Certified Diabetes Educator (CDE) thru National Board of Diabetes Educators (NCBDE), # 09720240, renewed 12-31-17, expires 12-31-22.
-Dir. of Staff Development thru California Dept. of Health Services, Certified Nurse Asst. Program.

● *Teaching Experience*

2018- Present **Associate Professor**
2012- 2018 **Assistant Professor**
California State University-Northridge
Northridge, California
Responsibilities:

1) <u>Teaching theory to undergraduate, pre and post licensure RN programs. Clinical instructor for Health Assessment, Gerontology and Leadership.</u>
Courses taught: Nurs. 302 (pathophysiology: overview of abnormal cell/organ/system function that leads into disease process, identification of clinical manifestation); Nurs. 307 and Nurs. 307L (physical assessment: overview of anatomy and physiology of different body systems, health history obtaining techniques, performing systematic physical assessment using appropriate instruments); Nurs. 318 (Fundamentals in Nursing: understanding of nursing theories and applying into practice setting. Normal physiologic functioning of each body system, discussion of common disease processes, proper nursing assessment and intervention; Nurs. 319 (communication: discussion of appropriate communication measures in different clinical situations); Nurs 321 BL (gerontology/clinical: discussion of normal physiologic changes in elderly, institution settings where elderly are cared for, hands on wound care, medication administration with supervision), Nurs. 427 (nursing ethics: nursing scope of practice, legal, regulatory professional and health care delivery issues in clinical practice); Nurs. 427 L (leadership/clinical: discussion on the qualifications of efficient leader, student involvement in a change project in the assigned health institution); Nurs. 495 (nursing research: utilization of PICO model to identify clinical problem to achieve an outcome).

2) <u>Chair: Pinning Ceremony</u>
a. Venue, set up, stage, lighting
b. Program book: compose and edit
c. Key note speaker, student representatives
d. Student award recipient selection
e. Food/hospitality

3) <u>Assessment Committee 2017, 2016</u>
a. Liaison: University Assessment Committee
b. Member: College of Health and Human Development

4) <u>Chair for 2016 Admission Committee (3rd term)</u>
a. Reviewed/revised the admission criteria scoring tool to make it item/score unit more concrete to make the tool more objective
b. Reviewed all the admission related application forms that are posted on the web
c. Collaborated with team and designed the timeline for achieving completion of task on a timely manner.
d. Collaborated with team and established a student folder review system to facilitate an objective review, scoring and ranking process among the faculty members.

5) <u>Search and Screen committee (3rd term)</u>
a. Team member: reviewed/revised the new faculty applicant screening tool.

b. Team member: reviewed/revised the new candidate interview tool.
c. Participated in the faculty interview process: direct interview of candidates and following up with the references.

6) <u>RN Residency Course:</u>
Syllabus modifications completed in response to Curriculum Committee revision remarks. A new version was submitted Jan. 2015. Final decision of approval will be taken during the December meeting of the Curriculum Committee.

7) <u>Research/clinical scholarship.</u>
Involved in data collection and analysis of health fair participants to identify prevalence of health issues.
Active in clinical practice, conduct diabetes self-management education classes. Provide consultation and assist in management of clients diagnosed with diabetes.

2010-2012 <u>Assistant Professor</u>
Azusa Pacific University
Azusa, California
Responsibilities:
1) Taught traditional undergraduate junior students Nurs 303 "Restorative and Rehabilitation Nursing" course. Lead instructor. Coordinated the course. Supervised 2 Masters prepared clinical instructors. Delivered weekly lectures and worked as clinical instructor. Assisted with coordination of clinical placement sites. Checked for accuracy and compiled all pre-clinical rotation paperwork of the students.
2) Taught RN Refresher course as described below.

1996-2016 <u>Adjunct Professor</u>
Azusa Pacific University
Azusa, California
Responsibilities:
1) Developed the curriculum and instructed RN Refresher Course: 28 hrs of theory and 56 hrs. of clinical training. Course geared towards updating the returning RNs in the pathophysiology and clinical guidelines of disease management of commonly seen adult chronic diseases. Demonstration of the operation of the equipment currently utilized on nursing units (1996-current).
2) Lecturer/ clinical instructor for GNRS 592 FNP course. "Primary Care of Mature and Aging Family". Lectured on assigned topics, held weekly post lecture clinical conferences, conducted clinical site visits. Evaluated student performance and progress (1996-2005).
3) Clinical instructor for BSN "Health Assessment" course. Assisted students practice and master physical assessment techniques during weekly clinical lab practice sessions (1998).

● *Clinical Experience*

2003-Present **Certified Diabetes Educator**
Glendale Adventist Medical Center; Diabetes Care Center
Glendale, California
Responsibilities:
Coordinator of Diabetes Care Center (DCC). DCC accredited by American Diabetes Association (ADA) and is geared toward providing assessment, education and follow up with patients with diabetes. Collaboration with physicians regarding treatment regimen. Teach weekly Diabetes Self-Management Education (DSME) classes. Curriculum approved by ADA. Presentation of annual operation outcome measure data analysis to advisory board members. Submitting annual reports to ADA to maintain license. Plan and organize community education lectures in the months of March and November as outreach for diabetes awareness in collaboration with ADA, Los Angeles chapter. Marketing the program to local physicians and Independent Practice Associations (IPA).

2003-2007 Family Nurse Practitioner
Glendale Adventist Medical Center, Blue Cross Clinic
Glendale, California
Responsibilities:
Annual screening physical exams to members of Anthem Blue Cross policy holders for adults and children above age 7. Performed Point of Care Testing (POCT) lipid panel and glucose and educated/ referred per clinic operation protocols. Preventative care regarding blood pressure, nutrition, exercise and weight management.

1996-2003 Geriatric Nurse Practitioner
Glendale Adventist Medical Center, Community Case Management
Glendale, California
Responsibilities:
Developed the program based on Chronic Care Model. Holistically case managed capitated chronically ill elderly in their homes as geriatric nurse practitioner. Collaborated with physicians, outpatient hospital departments and community resources to ensure appropriate care delivery to prevent disease exacerbation to reduce Emergency Dept. utilization. Reduced ER, inpatient admissions and length of stay for admitted patients saving the hospital annually $1 million for 5 years.

1994-2007 Family Nurse Practitioner
Citrus Valley Health Care Partners, Intercommunity Med. Center, Blue Cross Clinic
Responsibilities:
Annual screening physical exams to members of Anthem Blue Cross policy holders for adults and children above age 7. Performed Point of Care Testing (POCT) lipid panel and glucose and educated/ referred per clinic guidelines.

Preventative care regarding blood pressure, nutrition, exercise and weight management.

1995-1996 Diabetes Educator
Glendale Adventist Medical Center, Diabetes Education
Glendale, California
Responsibilities:
Inpatient, outpatient, gestational and selected home health care patient diabetes education. Education regarding diet, operation techniques of blood glucose monitoring devices and insulin administration.
Staff education regarding diabetes medications and types of insulin. New employee orientation and education regarding the operation techniques of blood glucose monitor used on the nursing units. Incorporated College of American Pathologists (CAP) procedures into nursing protocols to be compliant with CAP, POCT guidelines. Lead weekly diabetes support groups. Facilitated the group process, invited guest speakers.

1994 June-Nov. Kaiser Permanente, Diabetes Clinic
Panorama City, California
Responsibilities:
Worked as a team member in diabetes clinic staffed with physicians, nurse practitioners and certified diabetes educators. Individual and class education regarding insulin administration and blood glucose monitoring techniques. Regulated insulin dosages in person and over the phone. Collaborated with physicians and established the appropriate plan of care.

1993-1994 Staff Developer, In-service Educator
Saint Joseph Medical Center/Pavilion
Burbank, California
Responsibilities:
Client and staff education, assistance to nursing staff in areas of complex client nursing care, quality assessment/improvement. Developed policies and procedures. Educated staff on documentation. Developed the curriculum for Certified Nursing Assistant (C NA) continuing education topics. Initiated and completed the continuing education provider application paperwork. Assessment, education and follow up of patients with diabetes in Transitional Care Unit (TCU).

1988-1993 Staff Nurse
Saint Joseph Medical Center/Pavilion, Orthopedic Rehabilitation Unit
Burbank, California
Responsibilities:
Team nursing, medication administration, treatments, supervised certified nursing assistants. Weekend charge duties: managed the units, supervised staff and communicated with physicians.

1987-1988 Clinical Nurse I
Cedar Sinai Medical Center, 6SW, Medical and Kidney Transplant Unit
Los Angeles, California
Responsibilities:
Primary nursing, patient care, medication administration, treatments, collaboration with physicians and health care personnel, charge duties as assigned.

1986-1987 Primary Nurse
Parkland Memorial Hospital, 8E, Physical Medicine and Rehabilitation
Dallas, Texas
Responsibilities:
Patient care, medication administration, treatment, supervising nursing assistants, charge duties as assigned.

1983-1984 Staff Nurse
American University of Beirut, Medical Center, Coronary Care Unit
Beirut, Lebanon
Responsibilities:
Patient care, medication administration, treatment, supervising LPNs, nurse aids, charge duties as assigned.

II. TEACHING EFFECTIVENESS AND DIRECT INSTRUCTIONAL CONTRIBUTIONS

On campus training
New faculty development seminars:
Off campus training
Continuing education courses to meet license and certification requirements

III. RESEARCH AND SCHOLARSHIP

A. Peer Reviewed Abstract and Poster Presentations:

"Impact of Diabetes Self-Management Education Classes on Glucose Management and Empowerment in Ethnic Armenians"

-American Association of Diabetes Educators (AADE), New Orleans, LA, 2015 (poster)
-Western Institute of Nursing (WIN), Anaheim, CA, 2013
-Council for the Advancement of Nursing Science (CANS), Washington DC, 2012
-3rd International Medical World Congress, Yerevan, Armenia, 2011
-34th Annual California Assoc. of Nurse Practitioners (CANP), San Francisco, CA, 2011
-Sigma Theta Tau, the Odyssey, San Diego, CA, 2010
-American Academy of Nursing (AAN), Atlanta, GA, 2009 (poster)
-Research Day, Azusa Pacific University, Azusa, CA, 2010
-9th Armenian Medical World Congress, New York, NY, 2009

"Risk Factors for Hypertension and Diabetes in Armenians Living in Los Angeles"

-American Association of Diabetes Educators (AADE), New Orleans, LA, 2015 (poster)
-4th International Medical World Congress, Yerevan, Armenia, 2015
-37th Annual Calif. Assoc. of Nurse Practitioners (CANP), Huntington Beach, CA, 2014
-11th Armenian Medical World Congress, Los Angeles, CA, 2013
-Western Institute of Nursing (WIN), Anaheim, CA, 2013 (poster)
-Sigma Theta Tau, the Odyssey, Ontario, CA, 2012 (poster)
-Research Day, Azusa Pacific University, Azusa, CA, 2012

"Management of Type 2 DM: Nutrition and Pharmacological Therapeutic Strategies for Improving Patient Outcomes with Insulin Therapy"
-41st Annual Calif. Assoc. of Nurse Practitioners (CANP), San Diego, CA, 2018

"Diabetes Management with Insulin"
-39th Annual Calif. Assoc. of Nurse Practitioners (CANP), Huntington Beach, CA, 2016

"Diabetes Management Update"
-4th International Medical World Congress, Yerevan, Armenia, 2015

"Current Pharmaceutical Management of Type 2 Diabetes"
-38th Annual Calif. Assoc. of Nurse Practitioners (CANP), Huntington Beach, CA, 2015

"Diabetes Treatment with Insulin"
-3rd International Medical World Congress, Yerevan, Armenia, 2011

"Obesity, Metabolic Disease, Diabetes: the Viscous Cycle"
-9th Armenian Medical World Congress, Ney York, NY, 2009

"Impact of Diabetes Education on A1c"
-9th Armenian Medical World Congress, San Francisco, CA, 2005

"Armenian Community Health Fair"
-9th Armenian Medical World Congress, San Francisco, CA, 2005 (poster)

"Community Case Management"
-1st International Medical World Congress, Yerevan, Armenia, 2003
-American Association of Diabetes Educators (AADE), Louisville, KY, 2001 (poster)
-American University of Beirut, 1st Annual Nursing Symposium, Beirut, Lebanon, 1999

"Community Based Preventive Health Care Projects in Armenian Schools in Los Angeles"
-8th Armenian Medical World Congress, Toronto, Canada, 2001

B. Invited Guest Speaker:

-Nurs 315 Pharmacology, CSUN, Spring 2013
Discussed the classification, mode of action, side effects of oral medications used to treat diabetes. Discussed the discovery of insulin and its evolution to current status.

-Nurs 428 Community Health Nursing, CSUN, March 2013, April 2015
Discussed and presented program development, operation and performance data of: Community Case Management program (1996-2003) and Diabetes Care Center (2003-present) at Glendale Adventist Medical Centers.

C. Publications

I. Published Extended abstracts

Extended abstract #46; 12th Armenian Medical World Congress

1) ***Naccashian, Z. (2017). Prevalence and Predictors of Diabetes Mellitus and Hypertension in Armenian Americans in Los Angeles***

Extended abstract #127; 12th Armenian Medical World Congress

2) ***Naccashian, Z. (2017). Role of Geriatric Nurse Practitioner in Reducing Post Hospitalization Readmissions.***

III. Published

1) Naccashian, Z, Hattar, M.H., Yu C. H., Ayvazian, S.P. (2018). Prevalence and Predictors of Diabetes Mellitus and Hypertension in Armenian Americans in Los Angeles. *The Diabetes Educator*. 44(2).

2) Naccashian, Z. (2014). The Impact of Diabetes Self-Management Education on Glucose Management and Empowerment in Ethnic Armenians with Type 2 Diabetes. *The Diabetes Educator.* 40(5), 638-647.

3) Der-Tavitian, R., Naccashian, Z., Singh-Carlson, S. (2010). Community Health Fair: Organization and Outcome Analysis. *The International Journal of Environmental, Cultural, Economic and Social Sustainability.* 6(4), 201-208.

IV. Work in Progress

1) Naccashian, Z., Child, R., Gelardi, L., Plunket, S. Family Qualities, Stress Capability and Quality of Life of Latino College Students.
2) Naccashian, Z, Hattar, M.H. Self-Care Theoretical Framework a Good Fit for a Research Study.
3) Naccashian, Z. Role of Geriatric Nurse Practitioner in Reducing Post Hospitalization Readmissions.

D. Grants

Funded

Relationship between Acculturation and Health Status/Health Risks among Armenian American in Los Angeles. Department of Nursing. California State University Northridge (2014-2015, $3,500)

Hypertension and Diabetes in Armenian Americans in Los Angeles: Risk Factors and Prevalence. Dept. of Vulnerable Population, Azusa Pacific University (2011-2012, $3,000)

Not Funded

Diabetes Education and Awareness grant though through The Alpha Gamma Delta Foundation, Indianapolis, IN. January 2017.

The California State University Program for Education and Research in Biotechnology (CSUPERB). Faculty grant program. March 1, 2017.

"Taking Charge of your Diabetes" RGS Summer Funding Seed Grant. June 2016.

Relationship between Acculturation and Health Status/Health Risks among Armenian Americans in Los Angeles. Probationary Faculty Support Program. CSUN (Fall 2015, Spring 2013)

E. Participations in Professional Organizations

Professional Membership

1994-Present: Alpha Tau Delta, National Fraternity for Professional Nurses
1994-Present: Sigma Theta Tau International Honor Society of Nursing
1996-Present: Armenian American Nurses Association
2013-present: President; 1998-2004: President; 1996-98: Board Member
1997-Present: Armenian American Medical Society
2003-2009: Treasurer
1999-Present: California Association of Nurse Practitioners, Greater Pasadena Chapter
2005-2008: Treasurer
1999-Present: American Association of Diabetes Educators
1999-2010: Multi-Cities American Association of Diabetes Educators
2000-2002: President

F. Honors Received

2017: Commendation for co-chairing Nursing Workshop at 12th Armenian Medical World Congress
By Dr. Daniel Stanboulian, Chair; 12th Armenian Medical World Congress
2015: House of Representative Certificate of Recognition for Outstanding and Invaluable Service to the Community
By Adam Schiff; Member of Congress
2015: Senate Certificate of Recognition for Service for 2015 Glendale Health Festival

By Carol Liu; Senate District 25
2015: Certificate of Recognition for participation in the Glendale Health Festival
By Mike Gatto; Assemblyman 43rd District
2015: Commendation in Recognition of 6th Annual Glendale Health Festival Board Member Extraordinaire
By Michael D. Antonovich; Mayor of County of Los Angeles
2012: Senate Certificate of Recognition for Service for 2011 Glendale Health Festival
By Carol Liu; Senate District 25
2012: Special Commendation for 2011 Glendale Health Festival Organizing Committee Member
By Laura Friedman; Mayor of City of Glendale
2011 Certificate of Congressional Recognition for Public Service
By Judy Chu; Member of Congress 32nd District
2011 Certificate of Congressional Recognition for Service to the Community
By Adam Schiff; Member of Congress
2011: City of Glendale Mayor's Commendation
By Laura Friedman Mayor of City of Glendale
2011: President's Leadership Award for community service
By Armenian American Medical Society,
2009: Community Contribution and Success in the Chosen Career
By Western Diocese of the Armenian Church
2003: Women Achiever Award
By Business Life Magazine
1983: Ann Ogden Smith Award for Scholastic Excellence and Community Service
By Ladies Auxiliary Guild American University Beirut Medical Center

IV. CONTRIBUTIONS TO THE UNIVERSITY AND COMMUNITY

1) RN Residency course development:
    a. Syllabus composed and submitted to Curriculum Committee for approval
2) HHD Commencement Planning Committee
    a. Participation in graduation ceremonies as graduation marshal
3) New faculty orientation mentor
4) Organizing and planning committee member "Glendale Health Festival"
    a. Coordinated the licensing process for Point of Care Testing of the blood work performed at the fair through Department of Health
    b. Compiled supplies necessary to perform the blood work
    c. Coordinated volunteer nurse recruitment and task assignment
    d. Trained the volunteer nurses the operation techniques of equipment
    e. Trained the volunteer nurses of finger stick techniques
    f. Compiled and analyze data
    g. Presented data to members of the planning committee
    h. Presented data in professional conferences
5) Nutrition Education: Selecting Healthy Food Choices
    a. Azusa Unified School District, Adult Education Sept. 2015
6) Different Roles of a Nurse: Education about the Profession
    a. Glendale Unified School District, Columbus Elementary School, Nov. 2014

Curriculum Vitae