

**Adele Mattinat Spegman, PhD, RN**  
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## EDUCATION

- 2000, PhD Oregon Health Science University (OHSU), School of Nursing, Portland, OR  
(focus: Family Research; minor: Social Policy)
- 1987, MS University of Minnesota, School of Nursing, Minn., MN (Child-Family Nursing)
- 1978, BSN Niagara University, School of Nursing, Niagara, NY (Magna Cum Laude)

## PROFESSIONAL EXPERIENCE

### Research and Teaching

- 2011 - Current Director, Nursing Research, Geisinger Health System, Danville, PA.
- 2007 - 2011 Director, Institute on Nursing Excellence, Geisinger Health System, Danville, PA.  
Conduct, promote and support nurses' clinical scholarship and research.
- 2004 - 2007 Research Faculty, Center for Outcomes Studies, University of Western States, Portland, OR.  
Key roles on NIH-funded studies; supported research conducted by faculty, students and alumni.
- 2002 - 2004 Assistant Professor, School of Nursing, University of Portland, Portland, OR.  
Faculty in baccalaureate nursing program; activities included advising, curricula development/evaluation, research mentoring, school/university committees. Courses (didactic and clinical) included maternal-child health, advanced perinatal care, family nursing, research, growth & development.
- 2000 - 2002 Project Director, *ADHD, Ethnicity, and Family Environment*, Judith Kendall, PI), School of Nursing, OHSU, Portland, OR.  
Conducted in Oregon and California, this mixed- methods study examined ethnicity's influence on family responses to child's diagnosis of ADHD. Responsible for participant recruitment, data management, regulatory compliance, team training.
- 1999 - 2000 Project Director, *NIH funded study (Clinical trial of two bathing interventions in dementia*, Beverly Hoeffter & Philip Sloane, PI), School of Nursing, OHSU, Portland, OR.  
The randomized intervention examined influence of Certified Nursing Assistants' caregiving on elders with Alzheimer's in Oregon and North Carolina. Responsible for data collection/management, multi-site IRB reviews, contact with consultants, preliminary analysis, conference presentations.
- 1997 - 1999 Research Assistant, Office of Research Development and Utilization (Virginia Tilden, PhD, FAAN, RN, Associate Dean for Research), School of Nursing, OHSU, Portland, OR.  
Responsibilities included managing data files, assisting with research designs/analysis plans and developing graphic presentation for research findings.
- 1995 - 1997 Research Assistant for NIH funded study (Mother-Child Interaction and Adaptation of Toddlers and Self-regulatory Competency: Outcome of Mother-Toddler Interactions, Gail Houck, PI). School of Nursing, OHSU, Portland, OR.  
Activities included executing videotaped laboratory observation sessions, development of an observational coding scale, coding mother-toddler interactions and follow-up study.

Other positions include Faculty appointments at the University of Portland, University of New Hampshire, Western States University and experience as a direct care nurse, in NICU and Pediatric units.

## PUBLICATIONS (select list)

### Peer-reviewed journals

- Blosky MA; **Spegman A.** (2015). Health work environment as perceived by nurses. *Nursing Management*, 46(6): 32-38. doi: 10.1097/01.NUMA.0000465398.67041.58

- Stewart, JC; Carman, M; **Spegman, A**; Sabol, VK. (2014). Evaluation of the Effect of the Modified Early Warning System on the Nurse-led Activation of the Rapid Response System. *Journal of Nursing Care Quality*, 29(3):223-229. doi:10.1097/NCQ.0000000000000048
- Rolita L; **Spegman A**; Tang X; Cronstein B. (2013). Increasing Narcotic Analgesic Prescriptions for Osteoarthritis is Associated with Increased Falls and Fractures in the Elderly. *Journal of the American Geriatrics Society*, 61(3):335-40. doi:10.1200/JOP.2011.00312.
- Chubak J; Tuzzio L; Hsu C; Alfano CM; Rabin B; Hornbrook MC; **Spegman A**; Von Worley A; Williams A; Nekhlyudov L. (2012). Providing care to cancer survivors in integrated healthcare delivery systems: Practices, challenges, and research opportunities. *Journal of Oncology Practice*. doi: 10.1200/JOP.2011.00312.
- Haas M; **Spegman AM**; Peterson P; Aickin M; Vavrek D. (2010). Dose response and efficacy of spinal manipulation for chronic cervicogenic headache: a pilot randomized controlled trial. *Spine Journal*, 10:117-128.
- Sharma R; Haas M; Stano M; **Spegman A**; Gehring R. (2009). Determinants of costs and pain improvement for medical and chiropractic care of low back pain. *Journal of Manipulative & Physiological Therapeutics*. 32(4):252-61.
- Spegman, A.M.** & Herrin, S. (2007). Chiropractic interns' perceptions of psychological stress and clinical confidence. *Journal of Chiropractic Education*. 21(2) 129-137. PMC1852221
- Spegman, A.M.** & Houck, G.M. (2005). Assessing the feeding/eating interaction as a context for the development of social competence in toddlers. *Issues in Comprehensive Pediatric Nursing*, 28(4), 213-36. doi:10.1080/01460860500396799

#### Other publications

- Raup CM; **Spegman AM**. (2013). Interprofessional education promotes collaboration. *American Nurse Today*, 8(3): 43-36.
- Spegman, A.M.**, Raudsepp, T.H. & Wood, J.R. (2008). Transfer Techniques (pp. 92-104). In A.L. Barrick, J. Rader, B. Hoeffler & P.D. Sloane (Eds.). *Person-Directed Care of Individuals with Dementia* (2<sup>nd</sup> ed.). New York: Springer Publishing Company.

#### FUNDED: RESEARCH and QUALITY INITIATIVES

- Spegman A, Berger K, Long M. *Nursing practices surrounding IVIG administration in adult, inpatient settings: Examining the efficacy of traditional nursing practices for quality care*. Funded with a Geisinger Clinical Research Award, 2015.
- Spegman A, Yoder, A., Gogoi R. *A pilot study on the effects of peppermint oil in decreasing urinary retention post urinary catheter removal*. Funded with a Geisinger Clinical Research Award, 2015.
- Flannigan N, Spegman AM. *Predicting risk factors for hospital readmission post discharge from skilled nursing*. Funded with a Geisinger Clinical Research Award, 2014.
- Fulcher J, Spegman AM. *A Study to Examine the Usefulness of Frequent Vital Sign Assessment for Mid-acuity in the Emergency Department*. Funded with a Geisinger Clinical Research Award, 2014.
- Evans S, Spegman AM. *The effects of cryotherapy on pain management of orthopedic patients with total knee replacement*. Funded by Geisinger Medical Center Auxiliary, 7/2014 - 6/2015.
- Spegman, AM. *Bedside Nursing as a Work Setting: Influences of Practice Environment, Education, Experience, and Expertise*. Funded by Sigma Theta Tau International, Theta Zeta chapter, 7/2013 - 6/2014.
- Spegman A, Shalongo G. *Promoting exercise among women for breast cancer*. Funded by Geisinger Medical Center Auxiliary Grant, 7/2013-6/2014.
- Ronk C, Bogart J, Spegman A. *Examining eICU nursing practices*. Funded by the South Central Organization of Nurse Leaders. 2011-2012.
- Spegman A, Clemens A. *Video-based support for healthy infant feeding practices*. Funded by the Geisinger Medical Center Auxiliary Grant, 7/2011-6/2012.

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- Neff-Bulger M, Spegman A. *Prenatal to Pediatrics Coordinated Interventions to Promote Tobacco-free Homes*. Funded by the American Academy of Pediatrics. 12/2010-11/2011.
- Spegman A. *Application of Patient Portal to Communication, Connection and Support: Breast Cancer Survivorship Program for Rural Pennsylvania*. Funded by the Cancer Research Network, Cancer Communication Research Center. 9/2010-8/2012.
- Rolita A, Spegman A. *A retrospective study to evaluate the effect of trends in pain management prescribing behaviors on falls and hip fractures in the elderly*. Funded as a Joint Research Initiative, NYU Langone Medical Center and Geisinger Health System. 11/2010 – 6/2012.
- Boker J, Spegman A. *Hands-on Quality Improvement: Physician-Nurse Relationships*. Funded by the Josiah Macy Foundation. 1/2010 – 8/ 2012.
- Wary A, Laam L, Spegman A. *Survey on the effectiveness of a prenatal smoking cessation program in rural PA*. Funded by the Geisinger Women's Health Endowment. 2009-2011.
- Maani P, Spegman A. *Development of a tool for nurses to initiate patients' palliative care needs*. Funded by a Geisinger Nursing Administration Award. 10/2009–2010.
- Larson S, Spegman A. *Care coordination evaluation: Connecting school health nurses, primary care providers and families to promote asthma*. Funded by Geisinger Academic Review Committee. 11/2008-12/09.
- Smith R, Spegman A. *Sounding the alarm: Toxin risks nurses should know at home and work*. Educational conference funded by Health Care without Harm. 2007-08
- Spegman A. *Collaborating to ensure quality clinical educational experiences: Facilitating clinical preceptors*. Funded by the Pennsylvania Dept. Labor & Industry: Nursing Shortage Initiatives. 2008-09.
- Spegman, AM. *Simulated clinical use testing: Evaluation study of the needle injection system with sharps injury prevention features*. Industry-sponsored study. 2008-09.

## PRESENTATIONS AT PROFESSIONAL MEETINGS

### Podium

- Berger, K; Long M., **Spegman A.** (2017). *Nursing practices surrounding IVIG administration in adult, inpatient settings: Examining the efficacy of traditional nursing practices for quality care*. (Podium presenter: Berger). Geisinger Nursing Research Conference, Danville PA: Nov. 4.
- Bower G; Myers G; Dietz D; Bennett T; **Spegman A.** (2014). *Intravenous immune globulin infusions in an adult outpatient setting: evidence to effect policy change*. (Podium presenter: Bower) 39th Annual Congress of Oncology Nursing Forum, Anaheim CA: May.
- Raup C; **Spegman A.** (2013). *Nurturing interdisciplinary collaboration isn't just reaching for the stars*. (Podium presenter: Raup) ANCC National Magnet Conference, Los Angeles CA.
- Spegman A**; Alechnie C. (2012). *Advancing Collaborative Practices through Interdisciplinary Learning: Student Quality & Safety Program*. 23<sup>rd</sup> International Nursing Research Congress, Brisbane Australia.
- Spegman A**; Wary A; Laam L. (2012). *Caring for Pregnant Smokers: Nurses' Views on Cessation Interventions*. 23<sup>rd</sup> International Nursing Research Congress, Brisbane Australia.
- Blosky MA; **Spegman A.** (2010). *Healthy work environments as perceived by nurses in a rural setting*. (Joint presentation) ANCC National Magnet Conference, Phoenix, AZ.
- Spegman AM**, Larson S. (2009). *School nurse perspectives on caring for children with chronic health conditions*. (Podium presenter: Spegman) at American Public Health Association (APHA) 137th Annual Meeting and Exposition, **Philadelphia, PA**.
- Spegman, AM.** (2008). *Supporting a Culture for Evidence-Based Nursing Practice*. Plenary Panel Presentation at Evidence-Based Practice: Nursing in the 21st Century, sponsored by Pennsylvania State University at Mont Alto, PA.

**Spegman, A.M.** (2007). *Methodological Issues Surrounding RCTs as Community-Based Research: Dose-Response Studies*. Podium Presentation at Foundation for Chiropractic Education and Research Conference, Chicago, IL.

## Posters

Berger, K; Long M., **Spegman A.** (2017). *Nursing practices surrounding IVIG administration in adult, inpatient settings: Examining the efficacy of traditional nursing practices for quality care*. Oncology Nursing Society Congress, Denver, CO: May 4 – 7.

Yodder A, **Spegman A.** (2017). *The effects of peppermint oil on decreasing urinary retention post catheter removal*. Southern New Jersey Nursing Research Consortium, Atlantic City NJ, April 7.

Murphy L, **Spegman A.** (2015). *Examining the Health Behaviors of Frontline Nurses*. STTI 43rd Biennial Research Conference, Las Vegas, NE: Nov 7-11.

DiMattio, MJ; **Spegman, AM.** (2015). *Effect of Educational Preparation and Practice Environment on Nurses' Decisions about Hospital Bedside Nursing*. 27th Annual ENRS Scientific Sessions, Washington DC: April 15-17.

Fulcher, J. **Spegman, A.** *Examining Clinical Indicators in the Emergency Department: Patients with Mid-level Acuity* (2015). Collaborative Nurses Research: Changing Practice and Making it Stick, WellSpan Health & York College, Gettysburg PA: April 24.

Bower G; Bennett T; Myers G; Dietz D; **Spegman A.** (2015). *Audit → Research → Policy change: Intravenous immune globulin infusions in an adult outpatient setting*. Collaborative Nurses Research conference: Changing Practice and Making it Stick, WellSpan Health & York College, Gettysburg PA: April 24.

Snyder M; Anselmo C; McFadden A; Worhach SA; **Spegman A.** (2014). *Care for pregnant incarcerated women: Clinician perspectives*. EBP and Nursing Research: Hardwiring Excellence, sponsored by York College & WellSpan Health, Gettysburg PA.

**Spegman A;** Neff-Bulger M. (2012). *Collaborative practices to promote tobacco-free homes for young children*. 2012 National Conference on Tobacco or Health, Kansas City, Missouri.

Raup C; Thompson M; Boker J; Spegman A. (2012). *Instilling Interprofessional Collaboration on Quality Improvement in Health Professions Faculty and Students*. American Association of Medical Colleges Annual Conference, Chicago, IL.

**Spegman A,** Raup C, Boker J, Thompson M. (2012). *Promoting Teamwork among Health Profession Students Enrolled in Unrelated Institutions*. American Association of Medical Colleges Annual Conference, Chicago, IL.

**Spegman A,** Wary A, Laam L. (2011). *Nurses' perceptions of smoking cessation interventions in prenatal clinics*. STTI 41<sup>st</sup> Biennial Research Conference, Grapevine, TX.

**Spegman A,** Shalong G, Leighlow E, Krum S. (2011). *Breast cancer continuum of care: Addressing the challenges of rural areas..* STTI 41<sup>st</sup> Biennial Research Conference, Grapevine, TX: Oct 29 – Nov 2.

**Spegman A,** Raup C. (2011). *Nurse-Physician Partnerships for Quality Improvement* (Poster). STTI 41<sup>st</sup> Biennial Research Conference, Grapevine, TX..

**Spegman AM,** Raup C. Thompson M, Wantz D, Boker J. (2011). *Hands-on quality improvement through interdisciplinary partnerships*. 139<sup>th</sup> APHA Annual Meeting, Washington DC..

**Spegman AM,** Neff-Bulger M. (2011). *Prenatal to Pediatrics: Coordinated Interventions to Promote Tobacco-free Home* (Poster). 139<sup>th</sup> APHA Annual Meeting, Washington DC.

Stametz FA, Stark A, **Spegman A.** (2011). *Breast cancer survivorship program for rural Pennsylvania: Communicate, connect, and support*. 17th Annual HMO Research network Conference, Boston, MA.

Behrens L; **Spegman A.** (2010). *The CRN Contribution to WTP and Informed Consent*. Annual conference,. International Association of Clinical Research Nurses. Washington DC.

- Boker J; **Spegman A**; Thompson M; Wantz D; Raup C. (2010). *Hands on Quality Improvement: The Physician-Nurse Relationship*. American Association of Medical Colleges Annual Conference, Chicago.
- Rolita L; **Spegman A**; Salimi N; Chitu C; Cronstein B. (2010). *Unintended consequences: Increased prescription of narcotic analgesics for OA in the elderly is associated with increased falls and fractures in the post-Vioxx era*. American College of Rheumatology 74<sup>th</sup> Annual Scientific Meeting, Atlanta, GA.
- Behrens L, **Spegman A**, Henninger D, Harkins V. (2010). *Production/Production Capability of the Clinical Research Nurse* (Poster). Association of Clinical Research Professionals: Global Conference, Boston, MA, October 2009 and Eastern Nursing Research Society 22<sup>st</sup> Annual Scientific Sessions, Providence RI, March 2010.
- Steimling R, Bower A, Gobble S, Heinzleman B, **Spegman A**. (2009). *Collaborating to Enhance Nursing Students' Clinical Learning*. 18<sup>th</sup> Annual Academy of Medical-Surgical Nurses Convention. Washington, DC and the Eastern Nursing Research Society 22<sup>st</sup> Annual Scientific Sessions, Providence RI.
- Spegman, AM**. (2009). *Promoting research among rural hospital nurses using a participatory research approach*. Poster presentation at the Eastern Nursing Research Society 21<sup>st</sup> Annual Scientific Sessions, Boston, MA.
- Spegman, AM**; Haas, M; Hewitt, EG. (2007). *Exploring the effectiveness of Chiropractic treatments for young infants with ongoing breastfeeding difficulties*. American Public Health Association Convention, Washington DC.