

Alisha Mack

Assistant Professor: Master's Primary Care Nursing Strengths

include curriculum development, mentoring students, innovation, and work ethic.

Professional Experience

Associate Professor, Nursing

2020-Present

Division of Master's Nursing
Indiana Wesleyan University, Marion, IN

Areas of Responsibility:

- ☐ Develop learning objectives, course syllabi, learning assignments, and evaluation methods for courses
- ☐ Utilize innovative teaching methods for online course delivery
- ☐ Participate in committee work
- ☐ Lead faculty for Advanced Health Assessment in Graduate Nursing Program
- ☐ Nurse Planner for annual conferences

Medical Director/Nurse Practitioner

2022-Present

R&R Lifestyle Solutions Clinic
South Bend, IN

Areas of Responsibility:

- ☐ Develop policies and procedures
- ☐ Organize and coordinate administrative duties
- ☐ Collaborate with patients for billing and coding services
- ☐ Utilize motivational interviewing techniques during patient coaching visits
- ☐ Conduct focused and comprehensive health history and physical exam
- ☐ Establish mutually agreed upon plan of care with implementation
- ☐ Evaluate patients' progress towards outcomes

Owner/Family Nurse Practitioner

2020-2022

Wellspring Lifestyle Clinic
Granger, IN

Areas of Responsibility:

- ☐ Develop policies and procedures
- ☐ Organize and coordinate administrative duties
- ☐ Collaborate with patients for billing and coding services
- ☐ Utilize motivational interviewing techniques during patient coaching visits
- ☐ Conduct focused and comprehensive health history and physical exam
- ☐ Establish mutually agreed upon plan of care with implementation
- ☐ Evaluate patients' progress towards outcomes

Family Nurse Practitioner

2021-2022

Health and Wellness Center
Indiana University, South Bend, IN

Areas of Responsibility:

- ☐ Conduct focused and comprehensive health history and physical exam
- ☐ Establish mutually agreed upon diagnosis and plan of care, with implementation
- ☐ Evaluate patients' progress towards outcomes

- ☐ Utilize motivational interviewing techniques during patient coaching visits

Clinical Assistant Professor, Nursing

2017-2020

Vera Z. Dwyer School of Nursing

Indiana University, South Bend, IN

Areas of Responsibility:

- ☐ Developed learning objectives, course syllabi, learning assignments, and evaluation methods for courses
- ☐ Utilized innovative teaching methods for in-person course delivery
- ☐ Participated in committee work
- ☐ Conducted onsite clinical evaluations for FNP students
- ☐ Assisted in accreditation process of

Family Nurse Practitioner

2015-2021

Activate Healthcare

South Bend, IN

Areas of Responsibility:

- ☐ Conducted focused and comprehensive health history and physical exam
- ☐ Established mutually agreed upon diagnosis and plan of care, with implementation
- ☐ Evaluated patient's progress towards outcomes
- ☐ Utilized motivational interviewing techniques during patient coaching visits
- ☐ Piloted a telehealth wellness program

Family Nurse Practitioner

2013-2015

Physician's Holistic Health Alliance

South Bend, IN

Areas of Responsibility:

- ☐ Conducted focused and comprehensive health history and physical exam
- ☐ Established mutually agreed upon diagnosis and plan of care, with implementation
- ☐ Evaluated patient's progress towards outcomes
- ☐ Conducted group visits for healthy nutrition
- ☐ Precepted FNP students

Family Nurse Practitioner

2012-2014

Healthlinc Clinic

Mishawaka, IN

Areas of Responsibility:

- ☐ Conducted focused and comprehensive health history and physical exam
- ☐ Established mutually agreed upon diagnosis and plan of care, with implementation
- ☐ Evaluated patient's progress towards outcomes
- ☐ Led shared medical appointments for diabetic patients
- ☐ Precepted FNP students

Family Nurse Practitioner

2009-2012

Memorial Neighborhood Health Center

South Bend, IN

Areas of Responsibility:

- ☐ Conducted focused and comprehensive health history and physical exam
- ☐ Established mutually agreed upon diagnosis and plan of care, with implementation
- ☐ Evaluated patient's progress towards outcomes
- ☐ Led shared medical appointments for diabetic patients
- ☐ Precepted RN and FNP students

Registered Nurse, Pediatric Unit

2006-2009

Memorial Children's Hospital

South Bend, IN

Areas of Responsibility:

- ☐ Conducted physical exams
Implemented providers' orders
- ☐ Administered medications
Performed treatments and assisted with diagnostic testing
- ☐ Implemented and developed nursing care plans
Provide education to patients and families

**Nurse Technician and Unit Secretary
Medical/Surgical Floor**

2001-2006

Saint Joseph Regional Medical Center
South Bend, IN

Areas of Responsibility:

- ☐ Assist with direct patient care
Obtained patient health histories
- ☐ Measured and recorded patient vital signs
Assisted with procedures
- ☐ Prepared charts
Transferred written orders into patients' electronic health records
- ☐

Education

Doctor of Nursing Practice (DNP)

2020

Northern Kentucky University

Highland Heights, KY

GPA: 4.0

DNP Project:

A Worksite Weight Loss Program

Master of Science in Nursing (MSN)

2009

Family Nurse Practitioner

University of Southern Indiana

Evansville, IN

GPA: 4.0

Bachelor of Science in Nursing (BSN)

2006

Indiana University-South Bend

South Bend, IN

GPA: 3.9-Graduated with Honors

Licensure and Certifications

Registered Nurse, Indiana License 28169564

2006-Present

Advanced Practice Nurse, Indiana license 71002997

2009-Present

Certified Family Nurse Practitioner, American Academy of Nurse Practitioners

2009-Present

Certified Health Coach, National Society of Health Coaches

2017-Present

BLS for Healthcare Providers certification

2002-Present

Awards

Christian Media Book Award-second place for published bioethics book	2023
DNP Evidence-Based Practice and Research Excellence Award (NKU)	2020
Spirit of Nursing Award-received at graduation	2006

Recent Presentations

Physical Health and Lifestyle Medicine

Freedom Round Table guest speaker – May 2023

A Worksite Weight Loss Program

Nursing Research Consortium of North Central Indiana Fall Conference – Nov 2020

A Worksite Weight Loss Program: Addressing the Obesity Epidemic

Northern Kentucky University DNP Research Conference – July 2020

Healthy Eating for Wellness

McDonald Physical Therapy Patient Seminar – Oct 2015

Gratitude and Stress Reduction

Activate Healthcare Provider Rounds – Aug 2015

Publications

- Mack, A., & Camosy, C. (2022). *Bioethics for nurses: A Christian moral vision*. Eerdmans Publishing
 - Mack, A. (2021). A worksite weight loss program: An innovative way to improve obesity. *Journal of Doctoral Nursing Practice*, 14(3). 193-203.
<https://doi.org/10.1891/JDNP-D-20-00059>
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Memberships

National Organization of Nurse Practitioner Faculties (NONPF)	2020-Present
Nursing Research Consortium of North Central Indiana	2019-Present
Alliance of Nurses for Healthy Environments	2019-Present
Obesity Medicine Association	2019-2022
National Society of Health Coaches	2017-Present
American Academy of Nurse Practitioners	2009-Present
Nursing Research Consortium of North Central Indiana	2006-2012

Sigma Theta Tau National Honor's Society of Nursing
Magna Cum Laude National Scholar's Honor Society

2006-2009
2006-2009

Grants

Faculty Development Mini Grant recipient-Lifestyle Medicine curriculum	2023
Co-author for ISDH Healthy Workplace grant for Indiana University	2021
Recipient of NRC-NCI research grant	2020
Co-author for ISDH Disease Intervention Specialist Assistant grant Co-author for Indiana CTSI Community Needs grant	2019
Indiana University MALT grant	2019
<i>Used to create 3D printing pelvic model for Assessment course</i>	2017

Service

Community Service

Volunteer for medical team at St. Mark Missionary Church	2022-Present
Volunteer for Granger Christian varsity volleyball team	2022
Led a Healthy Eating group through Clay Church	2022
Volunteer for Penn Lacrosse team	2022
Preceptor to BSN students for community health rotation	2021-Present
Led a Christian Nurse Practitioner Book study	2020-Present
Regular supporter of Center for the Homeless	2020-Present
Regular supporter of A21 Human Trafficking organization	2019-Present
Volunteer for Bags of Love (homeless shelter ministry)	2017-Present
Child Sponsor through World Vision	2016-Present
Volunteer for Children's Sunday School-Granger Community Church	2014-2019
Participated in Nurses Week at Saint Joseph Regional Medical Center	2018
Preceptor to Family Nurse Practitioner students	2009-2017
Piloted a Diabetic Group visit project for low-income patients <i>Healthlinc Clinic</i>	2012
Piloted a Diabetic Group visit project for low-income patients <i>Memorial Neighborhood Health Center</i>	2010

Indiana Wesleyan University-School of Nursing

Served on Faculty Awards Ad Hoc committee	2023
Served on Faculty Senate	2022-Present
Served on Multicultural Enrichment Council	2022-Present
DNP Faculty Advisor for student M.O.	2023-Present
DNP Faculty Advisor for student A.L.	2022-Present
Chair for Faculty Life Council committee	2022-Present
Served on Nurse Planner committee	2022
Faculty Mentor for DNP project for fellow faculty (A. Logan)	2021-2022
Served on Faculty Life Council	2021-2023
Served on Faculty Awards Ad Hoc committee	2022
Served on FLC Evaluation Ad Hoc committee	2022
CVS Health Foundation Scholarship reviewer for 2022 awards	2022
Designed a physical health module for nursing residency program	2022

Nurse Planner for Skills on Point conference in March	2022
Nurse Planner for VA/IWU Scholarship conference in March	2022
Partnered with CLI for major course revisions <i>PYC660 Advanced Health Assessment</i>	2021

Indiana University - Administrative

Attended UCET workshop on Teaching Strategies	2019
Course leader, F570 Advanced Health Assessment-Lab	2018
Course leader, F572 Primary Health Care of Children	2018
Course leader, F576 Primary Health Care of Women	2018

Dwyer College of Health Sciences Committees & Service

Interprofessional Learning Anchor November conference	2019
Interprofessional Learning Anchor September conference	2019
Interprofessional Learning Anchor March conference APG	2019
Committee member-Dwyer College of Health Science	2018-2020
Interprofessional Learning Anchor February conference	2018

Indiana University School of Nursing Committees and Services

Council of Nursing Faculty member	2017-2020
Graduate Faculty Committee member	2017-2020
SON Faculty Search and Screen Committee for three faculty positions IU	2018
South Bend Nursing Assessment Committee	2018-2020
Educational Gaming: co-created card game for Assessment course	2018
Participated in curriculum development for three courses (PHC I, II, III)	2018

Teaching

Indiana Wesleyan University Courses

Lead faculty for PYC660 Advanced Health Assessment	2022
PYC682 Primary Care Across Lifespan II (spring)	2022
PYC682 Primary Care Across Lifespan II (spring) Lead	2022
faculty for PYC660 Advanced Health Assessment	2021
PYC602 Professional Role Development (winter)	2021
PYC683 Primary Care Across Lifespan III (fall)	2021
PYC614 Advanced Pathophysiology (fall)	2021
PYC614 Advanced Pathophysiology (summer)	2021
PYC683 Primary Care Across Lifespan III (spring)	2021
PYC614 Advanced Pathophysiology (spring)	2021
Lead faculty for PYC660 Advanced Health Assessment	2020
PYC682 Primary Care Across Lifespan II (fall)	2020

Indiana University Graduate Courses

N504 Leadership for Advanced Nursing Practice	2020
F580 Primary Health Care Families Acute/Wellness-Didactic	2020
F580 Primary Health Care Families Acute/Wellness-Clinical Faculty	2020
Y612 Advanced Pharmacology	2020
F570 Advanced Health Assessment-Didactic	2019
F570 Advanced Health Assessment-Lab	2019
F582 Primary Health Care Families Chronic/Complex-Clinical Preceptor	2019
F581 Primary Health Care Families Chronic/Stable-Clinical Preceptor	2019
F580 Primary Health Care Families Acute/Wellness-Didactic	2019
F580 Primary Health Care Families Acute/Wellness-Clinical Faculty	2019
Y612 Advanced Pharmacology	2019
F570 Advanced Health Assessment-Didactic	2018
F570 Advanced Health Assessment-Lab	2018
F572 Primary Health Care of Children-Didactic	2018
F572 Primary Health Care of Children-Clinical Faculty	2018
F576 Primary Health Care of Women-Didactic	2018
F576 Primary Health Care of Women-Clinical Faculty	2018
Y612 Advanced Pharmacology	2018
F574 Primary Health Care of Adults-Didactic	2018
F574 Primary Health Care of Adults-Clinical Faculty	2018
F570 Advanced Health Assessment-Lab	2017
F578 Primary Health Care of Families-Clinical Faculty	2017

Continuing Education

Lifestyle Medicine Summit Course-24 credit hours	2022
NONPF Faculty Workshop: BSN – DNP: Entry to Practice	2022
Office Procedures for the Nurse Practitioner	2022
VA/IWU Annual Nurse Practitioner Symposium	2022
NONPF Conference	2021
AANP Introductory Certificate on Leadership	2020
Annual NONPF conference	2020
Obesity Medicine Conference	2020
Skills On Point two-day workshop for Family Nurse Practitioners	2019
Prescriber's Letter Pharmacology CE monthly modules	2009-Present
Up-To-Date CE for Providers	2009-Present
Annual Shields Lecture	2018
<i>Caring Science</i>	
Mastering Sixteen Key Habits of Emotionally Resilient People Conference	2017
<i>Institute of Brain Potential</i>	
Evidence-based Health Coaching for Healthcare Providers	2017
<i>The National Society of Health Coaches</i>	
The Habits of Stress-Resilient People Conference	2016
<i>Institute of Brain Potential</i>	
Centering Pregnancy Conference	2011
<i>Centering Healthcare Institute</i>	
Innovations in Gynecology Conference	2010
<i>Omnia Education</i>	
National Conference for Nurse Practitioners (NNP) conference	2010