



EDUCATION

Doctor of Philosophy in Nursing Education

University of Northern
Colorado
(EGD 2022)

Master of Science in Nursing

Chamberlain University
2016

Bachelor of Science in Nursing

University of Missouri-
St. Louis
2009

Associate of Science in Nursing

Deaconess College of Nursing
2005

Diploma in Practical Nursing

State Fair Community College
2002

LICENSURE AND CERTIFICATIONS

Registered Nurse

Missouri 2005-Present

Practical Nurse

Missouri 2002-2005

Basic Life Support (BLS) for Healthcare Providers

American Heart Association
2002-Present

ERICA FROST, MSN, RN, CNE, CCRN-K

PROFESSIONAL PROFILE

Certified Nurse Educator and Critical Care Nurse with 20 years of clinical, managerial, and academic experience. Engages students and colleagues in teaching and learning by utilizing evidence-based, learner-centered strategies in classroom, online, clinical, and laboratory settings. A leader dedicated to achieving extraordinary learning outcomes for students and contributing to the nursing community locally, regionally, and nationally. Devoted to learning and teaching holistically and exploring concepts related to caring for the whole person.

EXPERIENCE

ASSISTANT PROFESSOR & CLINICAL COORDINATOR, NURSING • FONTBONNE UNIVERSITY, ST. LOUIS, MO • MAY 2022 TO PRESENT

- Assist in the development of curriculum and facilitate accreditation processes for a new baccalaureate program of nursing
- Teach didactic, laboratory and clinical courses
- Provide clinical coordination for nursing students in collaboration with community clinical partners
- Mentor and advise students throughout the program
- Courses taught include Fundamentals of Nursing, Health Assessment, and Pathophysiology

ITEM WRITER • NURSETIM, INC • MAR 2022 TO PRESENT

- Write NGN-style exam items covering med-surg and advanced med-surg topics

SUBJECT MATTER EXPERT/REVIEWER • ELSEVIER NURSING EDUCATION • MAR 2022 TO PRESENT

- Serve as a subject matter expert and review exam items for digital quizzing products
- Revise and rewrite questions to align with best practices

INSTRUCTOR, TBSN AND ABSN PROGRAMS • SAINT LOUIS UNIVERSITY, ST. LOUIS, MO • AUG 2020 TO JUN 2022

- Teach didactic (on campus/online), lab, and clinical courses. Serve on the Undergraduate Program Curriculum Committee.
- Co-Chair of the SON Civility and Collegiality Committee
- Mentor and advise students throughout the program
- Courses taught include Adult Health 1 & 2, Complex Care of Adults, Foundations of Nursing, Pharmacology, and Senior Synthesis

ASSISTANT PROFESSOR/VISITING PROFESSOR, BSN PROGRAM • CHAMBERLAIN UNIVERSITY, ST. LOUIS, MO • FEB 2017 TO PRESENT

- Teach didactic (on campus/hybrid), lab, and clinical courses. Mentor for new faculty. Preceptor for MSN students. Committee Chair for Curriculum Action and Faculty Mentoring. National Committee member of the Faculty Advisory Council and the Testing Across the Curriculum Taskforce.
- Consistently meet benchmarks for evaluation scores (2019 mean score for student satisfaction 3.69 out of 4.0 possible), student achievement (over 73% of students

<p>Certified Nurse Educator National League of Nursing 2017-Present</p>	<p>demonstrating mastery of concepts on standardized assessments), and student retention (2020 mean annual pass rate 94.25%).</p>
<p>Certified Critical Care Nurse American Association of Critical Care Nurses 2013-present</p>	<p>-Multiple publications and presentations exceeding expectations for scholarly work; providing faculty development at monthly lunch and learns; provide service to both the campus and the community through committee work, volunteering for college events such as open houses, and serving on the board of Sigma Theta Tau (Regional Conference Chair in 2018 and 2017).</p>
<p><u>HONORS AND AWARDS</u></p>	
<p>Faculty Excellence Award Nominee St. Louis University, 2022</p>	<p>-Create a faculty onboarding program and course within the LMS; streamline and organize a formal mentoring process for new faculty.</p> <p>-Maintain clinical skills as well as relationships with clinical sites; onboard and orient new clinical faculty.</p> <p>-Courses taught include Complex Adult Health, Health Assessment 1 & 2, Fundamentals of Nursing 1 & 2, Transition to the Nursing Profession, all offered as hybrid courses. Clinicals taught include Complex Adult Health. Simulation Experiences taught for all courses across the curriculum.</p>
<p>Daisy Faculty Award Nominee St. Louis University, 2022</p>	<p>CLINICAL RESEARCH SITE COORDINATOR • CHAMBERLAIN UNIVERSITY, ST. LOUIS, MO • JUN 2015 TO DEC 2018</p>
<p>Association Appreciation Award Maryland Heights Chamber of Commerce, 2021</p>	<p>-Present and publish findings of the multisite national research study “Adaptive BLS Training: Optimizing Individual BLS Maintenance of Competence Training.”</p> <p>-Successfully recruit, enroll, and retain participants in the study. Exceeded recruitment goal and was asked to recruit a second round of participants due to successful efforts.</p> <p>-Collaborate with colleagues across the US, including partnerships with Laerdal, Duke University School of Nursing, and the United States Air Force Research Laboratory.</p>
<p>Daisy Faculty Award Chamberlain College of Nursing, 2020</p>	<p>-Train staff to administer the study protocol using simulation technology provided by Laerdal (RQI Program).</p>
<p>Association Appreciation Award Maryland Heights Chamber of Commerce, 2020</p>	<p>SIMCARE CENTER MANAGER • CHAMBERLAIN UNIVERSITY, ST. LOUIS, MO • AUG 2014 TO FEB 2017</p> <p>- Lead all clinical learning lab and simulated patient care learning experiences for Chamberlain campus and web-based students with appropriate resources to successfully complete learning opportunities.</p>
<p>DAISY Faculty Nominee Chamberlain College of Nursing, 2019</p>	<p>-Support faculty and college leadership with initiatives involving clinical simulation research and effective teaching strategies, providing related education.</p> <p>-Manage all SimCare Center staff including budgeting, purchasing, development, and education; develop external relationships for resource collaboration.</p>
<p>Employee Appreciation Award Maryland Heights Chamber of Commerce, 2019</p>	<p>-Develop standardized simulations for all clinical courses implemented across the curriculum.</p> <p>-Initiate and lead the St. Louis Simulation Interest Group (nursing schools and hospitals from a 100 mile radius in attendance); present educational sessions every other month and host a national moulage conference</p>
<p>Nurse of the Year Finalist, Research March of Dimes, 2016</p>	<p>CLINICAL LEARNING LAB SPECIALIST • CHAMBERLAIN UNIVERSITY, ST. LOUIS, MO • MAR 2014 TO AUG 2014</p> <p>-Facilitate simulation and laboratory experiences for nursing students across the curriculum, and for internal and external stakeholders.</p>
<p>Ron Taylor Award Devry Education Group, 2015</p>	<p>-Develop and implement experiential learning activities to meet course and program outcomes.</p>
<p>Long-Term Investment Award Devry Education Group, 2015</p>	<p>-Operate and maintain computerized simulation equipment. Facilitate simulation equipment care and maintenance, including troubleshooting and repair as required.</p> <p>CRITICAL CARE REGISTERED NURSE • ADVANCED ICU CARE, ST. LOUIS, MO • SEP 2012 TO MAR 2014</p>

Great Catch Award

Mercy Hospital St. Louis,
2011

- Critical care nurse on a tele-ICU team
- Demonstrate leadership through the assessment, care and evaluation of ICU patients.
- Provide support, education, and mentoring for ICU clinicians while working in a high-tech environment.

AFFILIATIONS

National League for Nursing
2014-Present

**American Association for
Critical Care Nurses**
2011-present

**Sigma Theta Tau
Nu Chi Chapter**
Offices held: Chapter
President, Vice President,
Webmaster and Immediate
Past President
2014-Present

**Society for Simulation in
Healthcare**
2021-present

**International Nursing
Association for Clinical
Simulation and Learning**
2014-2018

**St. Louis Simulation Interest
Group**
Founder & President
2014-2017, current member

**Bradley University Parents
Board of Directors**
Member
2020-present

CPAT Advocate
2020-present

CLINICAL RESEARCH COORDINATOR • MERCY HOSPITAL, ST. LOUIS, MO • OCT 2011 TO SEP 2012

- Manage all aspects of conducting clinical trials, both medical and surgical treatment based, primarily in cardiovascular health.
- Maintain in-depth knowledge of protocol requirements and good clinical practices as set forth by federal regulations.

CLINICAL SUPERVISOR • MERCY HOSPITAL, ST. LOUIS, MO • JUL 2009 TO NOV 2011

- Assure delivery of safe, quality and cost-effective care, engaging efficient utilization of available resources to meet productivity/financial goals. Work collaboratively with other personnel, physicians and co-workers to communicate and improve processes.
- Inspire a shared vision, demonstrating the value of change.
- Challenge current processes and enable others to promote change by providing support, mentorship, and guidance to those who provide direct patient care, encouraging co-workers by providing recognition and connecting on a personal level with those they serve through servant leadership.

REGISTERED NURSE • MERCY HOSPITAL, ST. LOUIS, MO • JUL 2005 TO JUL 2009

- Provide direct patient care to clients from across the region.
- As a float pool nurse, care for patients in all intensive care units (including burns), step-down units, progressive care units, and the emergency department.

LICENSED PRACTICAL NURSE • VARIOUS POSITIONS • JUL 2002 TO JUL 2005

- Care for clients in settings such as psychiatric care, traumatic brain injury care, and long-term acute care within the scope of practice

PUBLICATIONS AND PRESENTATIONS

Improving student perception of simulation effectiveness through co-facilitation during prebriefing and debriefing.

Accepted for publication • Nursing Education Perspectives.
De Rosa, C. B., Frost, E., Ziegler, E. N., Spies, M.

Retention in spaced practice of CPR skills in nursing students.

Accepted for publication (May/June 2022) • MEDSURG Nursing.
Oermann, M.H., Krusmark, M.A., Kardong-Edgren, S., Gluck, K.A., Jastrzembki, T.S., Frost, E. & Ziegler, E.

Crucial conversations: Leading virtual, safe groups.

Nov 2021 • Nurse Educator.
Freed, P.E., Frost, E., Simmons, K.
DOI: 10.1097/NNE.0000000000001087

Podcast Interview with Dr. Marilyn Oermann

Nov. 15, 2021 • Nurse Educator Tips for Teaching on Apple and Google Podcasts
Freed, P.E., Frost, E., Simmons, K.

[https://podcasts.apple.com/us/podcast/nurse-educator-tips-for-teaching/id1467432231__?!K543PA!aF_5FuvKj-pX0NX1NzsD9uQXROFpet7bi3WII-lmTRwp9Ge8PI2rk2SpqV6b1Fk1aA\\$](https://podcasts.apple.com/us/podcast/nurse-educator-tips-for-teaching/id1467432231__?!K543PA!aF_5FuvKj-pX0NX1NzsD9uQXROFpet7bi3WII-lmTRwp9Ge8PI2rk2SpqV6b1Fk1aA$)

Co-facilitation: Leveraging Clinical and Simulation Expertise to Improve Outcomes

July 15, 2021 • Conference presentation: Professor Rounds at SimOps (SSH)

De Rosa, C. B., Frost, E., Ziegler, E. N., Spies, M.

Baseline Cardiopulmonary Resuscitation Skill Performance of Nursing Students Is Improved After One Resuscitation Quality Improvement Skill Refresher

Feb 5, 2020 • Journal for Nurses in Professional Development

Coauthors: Kardong-Edgren, S.; Oermann, M. H.; Jastrzembski, T.; Krusmark, M. A.; Gluck, K.; Malloy, M., et al.

https://journals.lww.com/jnsdonline/Abstract/publishahead/Baseline_Cardiopulmonary_Resuscitation_Skill.99926.aspx

Planning and Managing a Complex Multisite Study in the Age of Technology

Oct 30, 2019 • Nursing Forum

Coauthors: Miller, C.; Greenawalt, J.A.; Kardong-Edgren, S.; Oermann, M. H.; Malloy, M.; Mudra, V.; Rogers, N., et al.

<https://onlinelibrary.wiley.com/doi/abs/10.1111/nuf.12401>

Communication Best Practices

Podium Presentation at Larson Financial and MedInsure Group Employee Conference • Dec 19, 2018

Mindfulness: Strategy for Promotion of Work-Life Balance

Podium Presentation at Chamberlain College of Nursing Clinical Partner Summit • Oct 21, 2016

Current Modalities for Operationalizing a Research Study: Recruitment and Retention of Participants

Podium Presentation at International (INACSL) Conference • Jun 2016

Clinical Absences as Opportunities

Poster Presentation at International (INACSL) Conference • July 2016

Coauthors: Erica Frost, Lisa Bausano, and Meleah Vaughan

Simulating the Everyday Tasks that Nursing Students Never See But Need to Know

Poster Presentation at International (INACSL) Conference • July 2016

Coauthors: Erica Frost, Lisa Bausano, and Meleah Vaughan

Standardized Simulation: A Strategy to Increase Student Success in a Time of Faculty and Clinical Site Scarcity

Poster Presentation • Sigma Conference: The Future of Nursing: How Far Have We Come? • Chicago, IL • October 4, 2014

Coauthors: Jennifer Bussen and Lisa Blust

Simulation in Healthcare Education

Podium Presentation • Respiratory Care Conference • Shriner's Hospital • July 18, 2014

Simulation in Acute Stroke Education

