

**California State University, Fullerton
School of Nursing**

CURRICULUM VITA

Name: Ruth T. Mielke, PhD, CNM, FACNM, WHNP

Rank: Assistant Professor

Date of Appointment: August 19, 2010

Educational Preparation:

Date	Degree	Institution	Major	Areas of concentration/specialization
2010	PhD	Azusa Pacific University, Azusa CA	Nursing	Gestational Weight Gain in Mexican American Women; Obesity and Childbearing
1986	MS	University of Minnesota, Minneapolis, MN	Nursing	Nurse Midwifery
1980	BSN	Emory University, Atlanta, GA	Nursing	Women's Health/Obstetrics
1978		Wheaton College, Wheaton IL	Biology	

Professional Licenses/Certificates:

Date	Title	Source
2/1986 (CA)	Registered Nurse	RN 394868
7/1986	Nurse-Midwife	NMW 579
7/1986	Nurse-Midwife Furnishing Number	NMF 579
2/2008	Nurse Practitioner	18031
1/1986, 12/2011*	Certified Nurse-Midwife	C4857
	DEA	MM0798833
	NPI:	1932277365

* Re-certification

Employment History

Academic:

Date	Position	Institution
2014-present	Coordinator Women's Health Concentration	California State University Fullerton
2010 -present	Assistant Professor – School of Nursing	California State University Fullerton

2012- 2013	Interim Coordinator Women's Health Concentration	California State University Fullerton
2005 - 2010	Adjunct faculty – School of Nursing	Azusa Pacific University, Azusa, CA
2005- present	Clinical Preceptor	California State University, School of Nursing Fullerton, CA
2003 - present	Clinical Preceptor	Frontier Nursing Service School of Nurse Midwifery, Hyden, KY
1999 - 2002	Clinical Preceptor	University of California, School of Nursing
1988 - 1991	Clinical Assistant Professor	University of Southern California, School of Medicine

Clinical/Professional:

Date	Position	Institution
2014 -present	Consultant for development of OB/GYN/CNM hospitalist practice at Martin Luther King Community Hospital	Eisner Pediatric and Family Medical Center
2007- present	Staff nurse-midwife; preceptor for CSUF nurse-midwifery students, and USC, Cedars- Sinai, and Harbor UCLA medical residents	Eisner Pediatric and Family Medical Center & California Hospital Medical Center, Los Angeles, CA
2013-present	Voluntary Clinical Faculty	University of Southern California Keck School of Medicine
2000 - 2006	Nurse-midwife; nurse-midwife co-owner	California Obstetrics and Gynecology Services Medical Group, Inc. Daniel Freeman and Centinela Hospitals. Inglewood, California
1997 - 2002	Business Development & Marketing Coordinator, Midwifery Care of California	California Hospital Medical Center, Los Angeles, California
1993 - 1997	Administrative Director, Women's & Children's Services and Ambulatory Clinics	California Hospital Medical Center, Los Angeles, California
1991 - 1993	Director, Nurse-Midwifery Services	California Hospital Medical Center, Los Angeles, California
1989-1991	Chief Nurse-Midwife	LAC+USC Women's Hospital, Los Angeles, CA
1986 - 1989	Staff Nurse-Midwife	LAC+USC Women's Hospital, Los Angeles, CA

1982 - 1986	Head Nurse Labor/Delivery	St. Mary's Hospital Minneapolis, Minnesota
1980-1982	Staff nurse, Labor/Delivery	Grady Memorial Hospital, Atlanta GA

Academic Instruction

Courses Taught

Session/Semester	Course Number / Title	Weighted Teaching Units
Fall 2010, 2011, 2013 Spr 2011	501 Theoretical Perspectives of Nursing Practice	3
Fall 2010, 2011, 2012, 2013, 2015	544 Health Promotion Disease Prevention	2
Fall 2010, 2012, 2015	572 Basic Women's Health Management and Assessment II	2/3
Fall 2010, 2012	573B Basic WHC Practicum	4
Spr 2011	507 Advanced Decision Making 507L Advanced Decision Making Lab	3 1
Spr 2011, 2013, 201, 2016	577A Internship in Nurse Midwifery Practice	2
Sum 2011, 2013, 2014, 2015	579A Advanced Nurse Midwifery Internship	2
Sum 2011, Fall 2012	599 Independent Study	0
Fall 2011, Spr 2012	597 Master's project Chair	2
Spr 2012, 2013, 2014, 2015	576 Intermediate Women's Health Assessment & Mgt	1
Spr 2012, 2014	505B Seminar in Research and Evidence Based Practice	3
Fall 2012, 2013, 2014, 2015	573A Internship Basic Nurse-Midwifery Practice	2
Fall 2012, 2014, 2015 Spr 2013, 2015, 2016	596A Comprehensive Examination 596B Comprehensive Examination	2 2
Spr 2013	546 Primary Care of Women I: Family Planning & Gynecology	2
Spring 2015	577A Internship in Intermediate Nurse-Midwifery Practice	2
Spr 2013, 2015	577B Intermediate Women's Health Care Practicum	3
Sum 2013	594 Professional Role for the Advanced Practice Nurse as a Midwife or Nurse Practitioner	2
Sum 2013, 2015	579B Advanced Women's Health Practicum	3
Fall 2013	570 Basic Women's Health Assessment and Management I	2
Spring 2014, 2015, 2016	574 Intermediate Women's Health Assessment and Management I	2
Spring 2014, 2015 Fall 2015	697 A, B, C Integrative Clinical Scholarship Iii: Evidence- Based Practice I, II, III	

Thesis/Project Chair:

Cheryl Canary Westlake, RN, PhD

Number of years teaching experience:

Undergraduate	Graduate
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3 – part time (adjunct)	4 - part time (adjunct)
	5 - Full-time (2010- 2015)

Scholarly/Creative Activities

Publications:

Mielke, R. & Gorman, N. (2015). Predictors of gestational weight gain in Mexican American women in Los Angeles. *Californian Journal of Health Promotion*. 10(3), 1-18.

Mielke, R., Parsons, K., & Greenberg, C. (2014). Puberty through young adulthood. In E. Olshansky (Ed.), *Integrated Health and Wellness for Women*. Philadelphia: Lippincott Williams & Wilkins.

Mielke, R. T. (2013). Counseling parents who are considering newborn male circumcision. *Journal of Midwifery & Women's Health*, 58(6), 671-682. doi: 10.1111/jmwh.12130

Mielke, R, Deborah K. & Centuolo, R. (2013). Interconception care for women with prior gestational diabetes mellitus. *Journal of Midwifery & Women's Health*, 58, 303-312 doi: 10.1111/jmwh.12019.

Mielke, R. T. (2010). Determinants of excessive gestational weight gain in Mexican American women in Los Angeles. 341871 PhD. Azusa Pacific University. Ann Arbor: ProQuest Dissertations & Theses Full Text: The Humanities and Social Sciences Collection database.

Monographs, Technical Reports and Other Documents/Articles

Mielke, R & Fineman, A. (2016). Part III Response (Management of Labor Abnormalities): 2nd Stage Management of Malposition. *California Maternal Quality Care Collaborative Toolkit to Support Vaginal Birth and Reduce Primary Cesarean Delivery* <https://www.cmqcc.org/committees/support-vaginal-birth-and-reduce-primary-cesarean-delivery-taskforce> (in press).

Cox, K.J., Mielke, R.T., Erickson-Owens, D. (2014). Delayed umbilical cord clamping. *American College of Nurse-Midwives Position Statement*. Silver Springs, MD: American College of Nurse-Midwives.

Mielke, R., Al-Marayati, L., Jenkins, E., Tilley, I.B, & Tate, K. (2011). "A Successful Model of Collaborative Practice in Maternity Care: A Women's Medical Home in Los Angeles"- Manuscript finalist in call for collaborative practice reports by the American College of Obstetricians & Gynecologists and the American College of Nurse Midwives.

Research & Grants

PI: *Song-Brown Registered Nurse Education Program* (\$125,000 for purchase of ultrasound and EHR simulation equipment) Awarded March 5, 2015

PI: *Knowledge, Attitudes, and Beliefs Regarding Pregnancy Weight Gain in Mexican American Women* –with CSUF student, Carlos Mendoza Bombela, RN, BSN (current project - 3 units of release time, Fall 2014). Poster presented at the American College of Nurse-Midwives National Meeting in National Harbor, MD. June 2015

Co-PI with Rebecca Otten, EdD, RN: *California Community Foundation Grant; BAPP-14-111783 9* (\$38,466.00). One-year (July 1, 2014 - March 1, 2015) scholarship support for a program that provides quality undergraduate and graduate nursing programs to diverse first-generation college students.

Diabetes Care in Pregnancy: Comparison of Centering Pregnancy to Traditional Prenatal Care

Determinants of Gestational Weight Gain in Mexican American Women

Presentations:

June 29, 30, 2015 “Knowledge, Attitudes, and Beliefs Regarding Gestational Weight Gain by Mexican-American Women in Los Angeles” Poster with Carlos Mendoza Bombela, RN, CNM, MSN at ACNM Annual Meeting in Washington, D.C.

September, 26, 2014 “Advising Women about Weight Gain in Pregnancy: What’s the Best Approach?” at Contemporary Forums Women’s Health Conference in San Diego, CA.

September, 25, 2014 “Interconception Care for Women with Prior Gestational Diabetes: A Proactive Approach to Improve Health” at Contemporary Forums Women’s Health Conference in San Diego, CA.

July 16, 2014 “A Healthy Pregnancy is Worth the Weight: Management of Gestational Weight Gain” for LA Best Babies Network, Los Angeles, CA

June 6, 2014 “Water Birth” for Perinatal Morbidity and Mortality Review at California Hospital Medical Center, Los Angeles, CA.

June 2013 – September 2014 “Preventive Care: Pregnancy, Postpartum, Newborn” and “Ongoing Postpartum and Infant Care” four, 2-day workshops to train Home Visitors for Welcome Baby Program – LA Best Babies Network

April 20, 2013 “Simulation in Nursing Education” poster presentation with Brooke Weaver, RN, BSN and Chris Latham, RN, PhD at STTI Upsilon Beta Research Symposium in Placentia, CA

April 14, 2013 “Determinants of Gestational Weight Gain in Mexican American Women in Los Angeles” podium presentation in Anaheim, CA for the Western Institute of Nursing Annual Meeting

January 9, 2013 “Healthy Pregnancy is Worth the Weight” presentation in Los Angeles, CA for the Los Angeles Best Babies Network Perinatal Collaborative

January 9, 2013 “Prevention of Obesity and Onset of Type 2 Diabetes: The Role of Postpartum Care” – presentation in Los Angeles, CA with M. Lynn Yonekura, MD, for the Los Angeles Best Babies Network Perinatal Collaborative

November 2, 2013 “Determinants of Gestational Weight Gain in Mexican American Women in Los Angeles” poster presentation with Nicholas Gorman, MPH, EdD

June 7, 2012 “Interconception Care for Women with Prior Gestational Diabetes”, Presentation with Deborah Kaiser, and Rhonda Centuolo – presentation in Long Beach, CA at the American

College of Nurse Midwives Annual Convention

May 2, 2012 “Centering Pregnancy: An Alternative Model for Improved Care: Does it Improve Outcomes in Women with Diabetes?” – Presentation with Nikki Liburd, MD at Cedars Sinai Medical Center, Los Angeles, CA

April 2011 “Centering Pregnancy for Diabetic Women in Los Angeles”- Poster presentation with Cathy Jacobs, CNM, FNP, MSN at 1st National Centering Research Symposium in Chicago, IL

November 2011 “Alternative Methods of Pain Management in Labor and Delivery” Presentation at California Hospital Medical Center Annual CME Conference in Los Angeles, CA

October 2010 “Determinants of Excessive Gestational Weight Gain in Mexican American Women with Normal Pre-pregnancy Body Mass Index” Presentation at STTI Odyssey Annual Conference in San Diego, CA

June 2010 “Is She Gaining Enough, or Too Much? A Gestational Weight Gain Update” Presentation at American College of Nurse Midwives Annual Conference, Washington, DC

April 2010 “Determinants of Excessive Gestational Weight Gain in Mexican American Women” Podium presentation at Western Institute of Nursing Research Conference, Glendale, AZ

January and November 2010, August 2009 "Preventative Care" Universal Home Visitation Pilot Training for Best Start, Welcome Baby, Los Angeles, CA

April 2009 “Measuring Determinants of Excessive Gestational Weight Gain in Mexican American Women in Los Angeles” Poster presentation at the Western Institute of Nursing, Salt Lake City, UT

2006, 2008 “Transforming Postpartum Care” for LA Best Babies Network, Los Angeles, CA

Special Projects/Assignments

Trainer for Los Angeles Best Babies Network- Welcome Baby! Preventive Care: Prenatal, Postpartum, and Newborn care, 2013-

Genomics champion for CSUF School of Nursing, 2011- 2012

Consultation for development of nurse-midwifery practices

Expert witness

Service

Membership

American College of Nurse-Midwives

American College of Nurse-Midwives: Directors of Midwifery Education

California Nurse-Midwives Association

Association of Reproductive Health Professionals

International Society of Nurses in Genetics

Sigma Theta Tau

Professional

AIM Bundles Work Group on Interconception/Postpartum Care, 2015- present

American Midwifery Certification Board (AMCB) - discipline panel consultant, 2014

Reviewer for *Journal of Midwifery and Women's Health*, 2013-present

American College of Nurse-Midwives (ACNM)

Directors of Midwifery Education, 2012-present

Division of Standards and Policy committee member, 2013-present

Local planning committee member - 57th ACNM Annual Meeting in Long Beach, CA, 2012
California Nurse-Midwives Association
Southern California regional representative, 2013-present
Lobby day group leader, 2008-2015
Annual meeting planning committee member, 2013
President, 2006-2008
Clinical practice and preceptor for nurse-midwife and nurse-practitioner students, residents, and medical students at Eisner Pediatric & Family Medical Center/California Hospital Medical Center, Los Angeles, CA, 2007-present

School of Nursing/University

Coordinator, Women's Health Care Concentration, 2014-present
Californian Journal of Health Promotion reviewer, 2014-present
Health and Human Development Curriculum Committee, 2015-present
Doctorate of Nursing Practice Chair, 2015- present
Cervical Ripening Balloon: Evidence for Safety in Vaginal Birth after Cesarean
Doctorate of Nursing Practice Project committee member, 2013-2014
Weight Gain Patterns Associated With Vaginal Birth after Cesarean: A Study Proposal
Comparison of the Bradley Method and HypnoBirthing Childbirth Education Classes
Coordinated School of Nursing Director Vote, 2014
Health Promotion Research Institute member, 2014-present
Interim Coordinator, Women's Health Care Concentration, 2012-2013
SON (Graduate, Undergraduate, and Evaluation committees), 2010- present
Student Health Advisory Committee, 2011- present
Dean's Advisory Committee, 2012-2014

Community

CMQCC Task Force to Promote Vaginal Birth/Reduce Cesarean Section, 2015-
LA Best Babies - Advisory Board member, 2009- present
Maternal Quality Care Collaborative, 2013, 2014
Community Health Councils Infant Mortality Advisory group, 2012
Care Harbor 2011, 2012, 2013
Centering Pregnancy Task Force, 2012
Invest in Pasadena Kids, 2010-2012

Professional Development/Continuing Education (*See also conferences attended.)

Surgical First Assisting at Cesarean Delivery Course, 2015
Neonatal Resuscitation, 2015
Competency Maintenance in Obstetrics, 2012
Cincinnati Children's Hospital Genetics Institute, January - May 2012
American Midwifery Certification Board recertification, December 2011
Faculty Development sessions (monthly in 2010 - 2011) for new tenure tract faculty at CSUF

Conferences/Workshops Attended*

American College of Nurse Midwives Annual Meetings: 2015 (National Harbor, MD); 2014 (Denver); 2013 (Nashville, TN); 2012 (Long Beach, CA); 2011 (San Antonio, TX); 2010 (Washington D.C.).

Optimal Outcomes in Women's Health- Supporting Physiologic Birth: 2013 (Minneapolis, MN)
NIH Consensus Development Conference: [Diagnosing Gestational Diabetes Mellitus](#)
March, 2013 (Bethesda, MD)
Western Institute of Nursing Annual Conferences: 2013 (Anaheim, CA); 2010 (Glendale, AZ);
2009 (Salt Lake City, UT).
International Society of Nurses in Genetics Annual Meeting, "Charting a
Course for Genetic/Genomic Nursing: Practice, Education and Research," October 2013
(Philadelphia, PA)
Sweet Success Extension Program "From Prepregnancy Planning to Maternal and Infant
Outcomes," May, 2012 (Pasadena, CA)
International Society of Nurses in Genetics Annual Meeting "Genomic
Health Worldwide: Nurses Leading the Way," 2011 (Montreal, Quebec)
American Association of Colleges of Nursing "Success Strategies for New Faculty," 2011
(Austin, TX)
1st National Centering Research Symposium 2011 (Chicago, IL)
American Academy of Nursing Annual Conference, 2008 (Miami, FL)
Congress on the Advancement of Nursing Science, 2008 (Washington, D.C.)

Honors/Awards

Fellow of the American College of Nurse-Midwives- inducted at the ACNM Annual Meeting in
Washington, DC, 2015
Journal of Midwifery & Women's Health – finalist for Best Review Article Award (Counseling
Parents who are Considering Newborn Male Circumcision), 2014
Journal of Midwifery & Women's Health – finalist for Mary Ann Shah Best New Author Award
(Counseling Parents who are Considering Newborn Male Circumcision), 2014
Nominated for Daisy Award for Teaching Excellence – CSUF School of Nursing, 2013
Excellence in Teaching Award - CSUF Women's Health Concentration Students, 2011
UniHealth - Clarence Owen Murphy Award for volunteerism, 1994