*CURRICULUM VITAE*

**Kent Brouwer, DNP, APRN, AGACNP-BC**

751 Rose Street, Lexington, KY

CON, Room 414

859-323-0480 │ krbr246@uky.edu

**PROFESSIONAL EDUCATION**

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| **Date Conferred** | **Institution** | **Degree, Field of Study** |
| 05/2022 | University of Kentucky | Doctor of Nursing Practice, Acute Care |
| 05/2018 | University of Kentucky | Bachelor of Science, Nursing |
| 05/2015 | University of North Carolina at Chapel Hill | Bachelor of Arts, Psychology |

**PROFESSIONAL LICENSURE & CERTIFICATIONS**

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| MBSR: Palouse Mindfulness | MBSR Certification | 2024 |
| Kentucky Board of Nursing | APRN | 2022 - Present |
| University of Kentucky | Mental Health First Aid | 2021 |
| Kentucky Board of Nursing | Registered Nurse | 2018 - Present |
| University of Kentucky | QPR Training | 2020 |
| Institute for Healthcare Improvement | Mindfulness in Clinical  Practice | 2019 |
| American Heart Association | ACLS | 2018 - Present |
| American Heart Association | BLS | 2012 - Present |
| North Carolina Board of Nursing | CNA | 2014 - 2018 |

**PROFESSIONAL EXPERIENCES**

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| **Dates** | **Institution and Location** | **Position** |
| 10/2024 - Present | University of Kentucky College of Nursing, Lexington, KY | Assistant Professor |
| 11/2022 - Present | Baptist Health, Lexington, KY | APRN Pre-Op Medicine |
| 01/2023 - 10/2024 | University of Kentucky College of Nursing, Lexington, KY | Lecturer |
| 07/2022 - 07/2024 | RAM (Remote Access Medical) Clinic, Hazard, KY | Nursing Facilitator |
| 08/2020 - 12/2022 | University of Kentucky College of Nursing  Lexington, KY | Part-Time Nursing 101 Instructor |
| 08/2020 - 01/2023 | University of Kentucky College of Nursing  Lexington, KY | Part-Time Clinical Faculty |
| 08/2019 - 08/2020 | University of Kentucky College of Nursing hCATS to Appalachia | Nursing Facilitator |
| 01/2018 - 08/2020 | University of Kentucky Chandler Medical Center  Lexington, KY | RN Clinical Preceptor |
| 07/2018 - 08/2023 | University of Kentucky Chandler Medical Center  Lexington, KY | RN Cardiovascular PCU |
| 05/2015 - 12/2017 | University of North Carolina at Chapel Hill Medical Center | Transplant Unit CNA |
| 05/2012 - 08/2012 | University of North Carolina at Chapel Hill  School of Pharmacy | Laboratory Assistant |
| 06/2010 - 08/2011 | University of North Carolina at Chapel Hill  School of Pharmacy | Study Co-Investigator |

**PROFESSIONAL MEMBERSHIPS**

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| **Dates** | **Organization** | **Role** |
| 2024 - Present | American Association of Nurse Practitioners (AANP) | Member |
| 2020 - Present | Sigma Theta Tau (STT)- Delta Psi Chapter | Member |
| 2019 - Present | American Nurses Association (ANA) | Member |
| 2019 - Present | Kentucky Nurses Association (KNA) | Member |
| 2017 - 2018 | American Academy of Nursing (AAN) | Member |

**HONORS & AWARDS**

**Dates**

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| 2022 | UK College of Nursing Student Scholarship Showcase Award Winner |
| 2022 | Edith Anderson Leadership Education Grant, Sigma Theta Tau Nursing Research Congress, Edinburgh, Scotland |
| 2019 - 2021 | DNP Academic Excellence Scholarship Recipient, University of Kentucky |
| 2019 | Pam Branson Evidence-Based Practice Award, University of Kentucky Nurses Research Day |
| 2019 | Daisy Award Nomination, UK Healthcare |
| 2019 | 3rd Place Pitch Your Poster Competition, UK Center for Clinical and Translational Science Conference |
| 2017 | Dean’s List, University of Kentucky College of Nursing |
| 2016 - 2018 | Diversity Enhancement Scholarship Recipient, University of Kentucky College of Nursing |

**RESEARCH ACTIVITIES**

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| **Dates** | **Funding Agency, Role (Funding Amount)** |
| 12/01/2022 | STTI DNP Project Grant, University of Kentucky College of Nursing, Primary Investigator ($1,050) |

**PUBLICATIONS**

**Journal Articles**

**Brouwer, K.**, Melander, S., Walmsley, L.A., Norton, J. & Okoli, C.T.C. (6/26/23). A Mindfulness-Based Intervention for Acute Care Nursing Staff: A Pilot Study. *Journal of Holistic Nursing*. 2023;0(0). doi:[10.1177/08980101231181004](https://doi.org/10.1177/08980101231181004)

Walmsley, L.A., **Brouwer, K. R.**, Okoli, C.T.C (2023). Check-in Care’ Campaign: A Targeted Intervention to Assess Nursing Students’ Wellbeing During the Early Stages of the COVID-19 Pandemic in the United States, Kentucky Nurse, pg. 21, [https://s3.amazonaws.com/nursing-network/production/files/118603/original/Kentucky-6\_23-WEB.pdf?1688054953](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fs3.amazonaws.com%2Fnursing-network%2Fproduction%2Ffiles%2F118603%2Foriginal%2FKentucky-6_23-WEB.pdf%3F1688054953&data=05%7C01%7Ckrbr2461%40uky.edu%7Cdb72de26e7984db4a4e408db7969ee75%7C2b30530b69b64457b818481cb53d42ae%7C0%7C0%7C638237268090705955%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=CchHXCwXwlt1NT%2FdVYTkcDkDYp05GJOw1eBQvAlDm9g%3D&reserved=0)

Okoli, C., **Brouwer, K. R.**, & Walmsley, L. A. (5/13/22). Using the Health Belief Model to Examine Adherence to Preventive Measures Among Nursing Students During COVID-19: A Cross-Sectional Analysis. *Nursing Education Perspectives*, 10.1097/1001.NEP.0000000000000987

Heath, J., Walmsley, L., Braido, C, **Brouwer, K.**, Thaxton-Wiggins, A., & Butler, K. M (10/6/21). Cultivating practices for resilience (CPR) with baccalaureate nursing students: A pilot study. Perspectives in Psychiatric Care. DOI:10.1111/ppc.12960

**Brouwer, K.R.,** Walmsley, L.A., Parrish, E., McCubbin, A., Welsh, J.D., Braido, C., Okoli, C.T.C (3/3/21).  Examining the associations between self-care practices and psychological distress among nursing students during the COVID-19 pandemic, *Nurse Education Today*. DOI: [10.1016/j.nedt.2021.104864](https://doi.org/10.1016/j.nedt.2021.104864)

**Media Interviews / Opinion Editorials**

**Brouwer, K.,** Beyond the Physical: The Importance of Mental Well-being.RAM, 2024. https://www.ramusa.org/09/beyond-the-physical-the-importance-of-mental-well-being/

**Brouwer, K.,** Nursing Burnout During the COVID-19 Pandemic. WKYT, 2021. https://www.wkyt.com/2021/09/20/wkyt-investigates-nursing-burnout/

**PRESENTATIONS (Local)**

**Brouwer, K.**, Walmsley, L.A. (10/2022). Stress, Burnout & Resilience. Podium Presentation, UK College of Pharmacy Student Group. Lexington, Kentucky

**Brouwer, K.**, Walmsley, L.A. (10/2022). *Work-Life Balance.* Zoom Presentation, UKHC Ambulatory Shared Governance Workshop

**Brouwer, K.**, Walmsley, L.A. (09/2022). *Resilience & Self-Care: Student Well-being.* Podium Presentation, UKHC PA Fellowship Orientation. Lexington, KY

**Brouwer, K.**, Walmsley, L.A. (05/2022). *Three reasons why student wellness is important*. Podium Presentation, 17th Annual UK College of Nursing Faculty Development Workshop, Lexington, Kentucky

Woods, M., Alverson, J., **Brouwer, K.**, Jennings, C., Jordan, E., Kelso, L., Parrish, E., Walmsley, L. (02/2022). *Nursing in the Time of COVID: University of Kentucky Initiatives.* Oral presentation, Virtual National Cancer Prevention Workshop

**Brouwer, K.** (05/2021). *Improving resilience through mindfulness practices among nursing students and faculty.* Zoom Presentation, Kentucky Nurses Association CE Program

**Brouwer, K.**, Walmsley, L.A. (11/2020). *Improving resiliency through mindfulness practices in professional healthcare students and faculty.* Zoom Presentation. Age Well, Live Well, Be Well, 2020 KNA Annual Conference

**Brouwer, K. R.**, Walmsley, L.A. (02/2020). *Introduction to mindfulness for preventing burnout in college students.* Podium Presentation,UK Phi Mu Sorority, Lexington, KY

**Brouwer, K.R.**, Walmsley, L.A. (01/2020). *Introduction to mindfulness for preventing burnout in professional healthcare students.* Podium Presentation,UK College of Nursing Faculty Retreat, Lexington, KY

**Brouwer, K.R.**, Walmsley, L.A. (12/2019). *Introduction to mindfulness for preventing burnout in professional healthcare students.* Podium Presentation,UK College of NursingDeans Advisory Board, Lexington, KY

**Brouwer, K.R.**, Hardin-Pierce, M., Heath, J., Manley, M., Sawyer, D. (10/2019). *Badge buddies: a low tech, high impact solution to save lives*. Podium Presentation, Nurses Research Paper Day, Lexington, KY

**Brouwer, K.R.**, Hardin-Pierce, M.G. (04/2019). *An interprofessional approach to reduce burnout through mindfulness and meditation practices in an acute care setting*. Poster Presentation, UK Center for Clinical and Translational Science (CCTS) Research Conference, Lexington, KY

**Brouwer, K.R.**, Potter, J., Hardin-Pierce, M.G. (09/2018). *A proposed project on an interprofessional approach to promote resiliency through mindfulness and self-care practices in the acute care setting*. Poster Presentation, UK College of Nursing Nurses Research Day, Lexington, KY

Potter, J., **Brouwer, K.R.** (08/2018). *Introduction to stress and mindfulness in healthcare*. Podium Presentation, UK College of Nursing New Student Orientation, Lexington, KY

Potter, J., Ferrente, J., Nilges A., **Brouwer, K.R.** (08/2018). *Cultivating resilience through mindfulness techniques*. Podium Presentation, UK College of Pharmacy New Student Orientation, Lexington, KY

**PRESENTATIONS (Regional & National)**

**Brouwer, K.**, (08/30/2024). Improving Resilience While Fostering Holistic Wellness: Students, Nurses & Nurse Practitioners. Invited Speaker, Northeast AHEC Nursing Summit. Morehead, Kentucky

**Brouwer, K.**, Walmsley, L.A., Okoli, C.T.C. (11/2021). *Preventative practices to improve the mental health of nursing students during the COVID-19 pandemic*.  Symposium Podium Presentation, 46th Biennial Convention, Sigma Theta Tau International Honor Society of Nursing. Indianapolis, IN

**Brouwer, K. R.,** (04/2020). *Improving resiliency through mindfulness practices in professional healthcare students.* Zoom Presentation, NONPF 46TH Annual Conference

Ferrin S, Walmsley LA, Potter J, **Brouwer K.** (10/2019). CPR camp: *training emergent student leaders*. Collaborating Across Borders VII Conference, Indianapolis, IN

**PRESENTATIONS (International)**

**Brouwer, K.,** (07/2022). *Caring for Ourselves Before We Care for Others: A Healthy Nurse Initiative.* Podium Presentation, Sigma Theta Tau 33rd International Nursing Research Congress. Edinburgh, Scotland

**PROFESSIONAL SERVICE**

**Committees**

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| **Dates** | **Role, Name of Committee** |
| 2024 - Present | Member, UK CON Wellness Committee |
| 2024 | Member, Nursing Award Selection Committee |
| 2022 - Present | Member, UKHC Hospital Well-being Committee |
| 2022 - Present | iCATS Facilitator, UK Center for Interprofessional Education |
| 2022 - 2024 | Member, Education Research Council, Kentucky Nurses Association  Vice Chair, Education Research Council, Kentucky Nurses Association |
| 2020 - 2021 | Member, University of Kentucky College of Nursing,  Faculty and Students Award Committee |
| 2020 - 2021 | Member, University of Kentucky College of Nursing,  DNP Holistic Admissions Committee |
| 2019 - 2024 | Member, University of Kentucky College of Nursing Bringing Awareness Right Now: To Mental Health (BARN) Committee  Member, University of Kentucky College of Nursing Work-Life Council |
| 2019 - 2021 | Member, University of Kentucky College of Nursing DNP-MSN Student Committee |
| 2017 - 2022 | Member, Student Advisory Board, UK Center for Interprofessional Education |

**Teaching**

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| 2024 - Present | NUR 518, Introduction to Mindfulness and Wellness | Co-Instructor |
| 2023 - Present | NUR 225, Medical-Surgical Nursing I | Course Coordinator |
| 2023 - Present | NUR 224, Introduction to Professional Nursing | Co-Instructor |
| Fall 2022 | NUR 450, Impact of Evidenced Based Practice in Nursing | Instructor |
| 2020 - 2023 | NUR 225 & 227 Clinical, Medical-Surgical Nursing | Clinical Instructor |
| 2020 - 2023 | NUR 101 | Co-Instructor |

**Advising**

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| 2024 - Present | DNP Committee Member, Laura Bragg, UK FNP Student |
| 2022 - 2024 | DNP Committee Member, Karen Hilt, UK AGACNP Student |
| 2023 - 2024 | DNP Committee Member, Caroline Cunningham, UK FNP Student |
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