

KRISTIN ELGERSMA



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EDUCATION

Doctor of Philosophy - Nursing Candidate	anticipated, 2023
School of Nursing, University of Minnesota, Minneapolis, MN	
Master of Nursing	December, 2018
School of Nursing, University of Minnesota, Minneapolis, MN	
Doctor of Music - Piano Performance and Pedagogy	August, 2008
School of Music, Northwestern University, Evanston, IL	
Master of Music - Piano Performance and Pedagogy	June, 2002
School of Music, Northwestern University, Evanston, IL	
Bachelor of Arts - Music: Piano Performance and Pedagogy	December, 1999
Dordt University, Sioux Center, IA	

WORK EXPERIENCE

Nurse Interventionist/Study Coordinator; Graduate Research Assistant	November, 2018–present
School of Nursing, University of Minnesota, Minneapolis, MN	
<ul style="list-style-type: none"> • Work collaboratively as a team member on a pilot study developing and testing a technology-based GetWellNetwork® patient pathway for parents diagnosed with a major fetal anomaly in utero; study is under the supervision of Dr. Anne McKechnie • Create evidence-based content for a novel patient engagement intervention • Receive specialized training in Guided Participation, a process for helping people become competent in personally and socially meaningful practices • Work closely with parents of babies diagnosed with fetal anomalies; determine eligibility, conduct informed consent, conduct interviews and administer questionnaires to help understand how tailored care can reduce stress, support infant caregiving, and help manage fetal and infant health; collect and document data 	
Registered Nurse	April, 2019–April, 2021
Adult and Pediatric Cardiovascular Surgical Intensive Care Unit Mayo Clinic, Rochester, MN	
<ul style="list-style-type: none"> • Cared for high acuity, critically ill patients following open heart cardiac surgery and transplant • Monitored hemodynamic arterial lines and titrate drips, including pressors, inotropes, antihypertensive agents, antiarrhythmics, sedatives, anticoagulation, and insulin • Trained in care of patients requiring extracorporeal membrane oxygenation, ventricular assist devices, intra-aortic balloon pumps, continuous renal replacement therapy, intubation, lumbar drains 	
Graduate Research Assistant	December, 2017–April, 2019
School of Nursing, University of Minnesota, Minneapolis, MN	
<ul style="list-style-type: none"> • Worked collaboratively as a team member on studies testing the effect of exercise on peripheral artery disease; studies were under the supervision of Dr. Diane Treat-Jacobson • Conducted remote screening interviews to determine eligibility; conducted informed consent; collected and documented data • Performed diagnostic ankle-brachial index tests, physical performance tests; administered questionnaires • Conducted community screenings, provided education/counseling about health care and disease processes • Worked with Excel, REDCap, and SPSS Statistics software; perform independent data analysis 	

Assistant Professor of Piano; Co-Director Preparatory Division

August, 2010–May, 2014

Lionel Hampton School of Music, University of Idaho, Moscow, ID

- Taught courses, developed curriculum, served on committees, wrote grant proposals, represented the school across the country through conference presentations, workshops, master classes, performances, publications, and guest lectures
- Conducted independent research on contemporary American classical piano music; piano pedagogy
- Oversaw student teaching; mentored students and young teachers
- Co-founded and managed a 150-student pre-college community school of music, hired teachers and administrators, oversaw curriculum, created budgets, worked with business office to secure funding and ensure viability
- Collaborated with faculty colleagues to create a interdisciplinary working group, resulting in grant funding, public presentation, publication, and student workshops

Lecturer; Graduate Assistant

September, 2000–June, 2010

School of Music, Northwestern University, Evanston, IL

- Taught a variety of courses for music majors in a conservatory setting
- Developed syllabi; conducted placement assessments; prepared students for exams; provided individual feedback and tutoring
- Independently created a pedagogical video library as a resource for upper level undergraduate students
- Performed as a vocal, instrumental, and ensemble pianist in a variety of settings

Music Faculty

Punahou Music School, Honolulu, HI

August, 2015–July, 2017

Northwestern University Music Academy, Evanston, IL

September, 2001–July, 2010

Benedictine University, Lisle, IL

August, 2008–May, 2010

Merit School of Music, Chicago, IL

May, 2001–August, 2006

Interlochen Arts Camp, Interlochen, MI

Summers, 2009–2011, 2013–2014

- Taught music classes and lessons for children ages 4 - 18, taught early childhood music and movement classes for children ages birth - 7
- Taught low-income children at YMCAs, Head Start programs, and domestic violence shelters throughout Chicago; experienced at managing behavioral challenges and facilitating positive group experiences
- Created and implemented a unique, targeted curriculum for hundreds of students
- Nurtured relationships with family members, including in high-need, high-attention settings; provided whole-family education; communicated and managed expectations; experienced in de-escalating tense situations

PUBLICATIONS

Journal Articles:

Swanson, NM, **Elgersma, KM**, McKechnie, AC, McPherson, PL, Bergeron, MJ, Sommerness, SA, Friedrich, CL, & Spatz, DL. Encourage, Assess, Transition (EAT): A quality improvement project implementing a breastfeeding protocol for preterm hospitalized infants. [Under Review].

Elgersma, KM, Martin, CL, Friend, S, Lee, J, Horning, ML, Fulkerson, JA. Food insecurity and parent feeding practices in urban and rural children ages 7–12 years. [Under Review].

Elgersma KM, McKechnie AC, Schorr EN, et al. The impact of human milk on outcomes for infants with congenital heart disease: A systematic review. *Breastfeed Med*. Published online February 15, 2022:bfm.2021.0334. doi:10.1089/bfm.2021.0334

Elgersma KM, Sommerness SA. What does it mean to be breastfed? A concept analysis in the context of healthcare research, clinical practice, and the parent perspective. *J Perinat Neonatal Nurs*. 2021;35(4):305-312. doi:10.1097/JPN.0000000000000572

Elgersma KM, McKechnie AC, Gallagher T, Trebilcock AL, Pridham KF, Spatz DL. Feeding infants with complex congenital heart disease: A Delphi survey to examine potential research and practice gaps. *Cardiology in the Young*. 2020 Dec 11;1–12. Available from: <http://dx.doi.org/10.1017/s1047951120004370>

Elgersma KM, Brown RJL, Salisbury DL, Stigen L, Gildea L, Larson K, et al. Adherence and exercise mode in supervised exercise therapy for peripheral artery disease. *Journal of Vascular Nursing*. 2020 Aug; Available from: <http://dx.doi.org/10.1016/j.jvn.2020.07.002>

Elgersma K. First year teacher of first year teachers: A reflection on teacher training in the field of piano pedagogy. *International Journal of Music Education*. 2012 Nov; 30(4):409–24. Available from: <http://dx.doi.org/10.1177/0255761412462970>

Elgersma K. & McCarney, M. New music and the American pianist. *MTNA e-Journal*. 2012;3(3):2-12.

Intellectual Property:

McKechnie AC & **Elgersma KM**. Preparing Heart and Mind™: Human Milk Feeding. In: Get Well Patient Engagement Care Program. Version 1.0. 2019. University of Minnesota Office of Technology and Commercialization Case Number: 2021-0218. [Intellectual Property]

McKechnie, AC, **Elgersma, KM**, & Trebilcock, A. Preparing Heart and Mind™ Care Program – Spanish Translation; Preparing Heart and Mind™: Human Milk Feeding Care Program – Spanish Translation. University of Minnesota Office of Technology and Commercialization Case Numbers: 2022-075 and 2022-076. [Intellectual Property]

CONFERENCE PRESENTATIONS

Elgersma, KM, McKechnie, AC, Sommerness, SA, Tanner, LR, & Swanson, NM. Wayfinding through the “ocean of the great unknown”: How lactating parents establish a direct breastfeeding relationship with their infants hospitalized with complex congenital heart disease (Poster). *Midwest Nursing Research Society 2022 Annual Research Conference*. Accepted, 2022 March; Schaumburg, IL, United States.

Elgersma KM, McKechnie AC, Gallagher T, Trebilcock AL, Pridham KF, Spatz DL. Feeding infants with complex congenital heart disease: A Delphi survey to examine potential research and practice gaps (Poster). *Midwest Nursing Research Society 2021 Annual Research Conference*. 2021 March; Des Moines, IA, United States.

McKechnie AC, Erickson K, **Elgersma KM**, Ambrose MB. Meeting the needs of parents in the context of fetal/infant heart disease: Developing and testing a patient engagement approach, and lessons learned. *GetConnected 2020*. 2020 March; Washington, D.C., United States.

Elgersma, KM. Adherence to a supervised exercise program in people with peripheral artery disease (Poster). *Midwest Nursing Research Society*, 2019 March; Kansas City, MO, United States.

GRANTS

Under Review

National Institutes of Health Ruth L. Kirschstein Predoctoral Individual National Research Service Award (F31) 2022
\$90,986 (Principal Investigator)

Project title: Human milk and direct breastfeeding for infants with single ventricle congenital heart disease: An analysis of prevalence, supportive and limiting factors, and impact on key outcomes

Impact score: 14

Funded

University of Minnesota School of Nursing Foundation
\$2000 (Principal Investigator)

2021

Project title: “They told me, ‘We never send babies home that are only breastfed’”: How parents achieve direct breastfeeding with their infants who were hospitalized for congenital heart disease

University of Minnesota Office of Discovery and Translation Translational Grant \$59,100 (Co-Investigator)	2020
<i>Project title: Improving inclusivity of content, delivery, and testing of the Preparing Heart and Mind care program designed for families of infants prenatally diagnosed with complex congenital heart disease</i>	
Agency: NIH National Center for Advancing Translational Sciences UL1TR002494-03 (PI Blazer; PI McKechnie)	
University of Minnesota Office of Discovery and Translation Translational Grant \$50,000 (Co-Investigator)	2019
<i>Project title: Extending an eHealth enhanced care approach: Development of nurse-guided patient engagement content to support human milk feeding of infants with complex congenital heart disease</i>	
Agency: NIH National Center for Advancing Translational Sciences UL1TR002494-03 (PI Blazer; PI McKechnie)	
University of Idaho Fine Arts Grant \$5000 (Co-Principal Investigator)	2013
<i>Project title: Play Like a Girl: An interdisciplinary performance project</i>	
University of Idaho Kurt Olsson Early Career Research Fellowship \$12,000 (Principal Investigator)	2012
<i>Project title: Commissioning and recording four new/old American works for solo piano</i>	
University of Idaho Seed Grant \$12,000 (Principal Investigator)	2011
<i>Project title: An investigation into American piano repertoire of the late 20th and early 21st centuries</i>	
Submitted, Not Funded	
University of Minnesota Clinical Translational Research Services Pilot Funding Program \$75,000 (Co-Investigator)	2020
<i>Project title: An eHealth enhanced care program to support human milk feeding of infants with complex congenital heart disease. 2020.</i>	

VOLUNTEER & SERVICE EXPERIENCE

Journal Reviewer

<i>Congenital Heart Disease</i>	2022–present
<i>Clinical Nutrition ESPEN</i>	2021–present
<i>Western Journal of Nursing Research</i>	2021–present

Secretary, International Society for Research in Human Milk and Lactation
Trainee Interest Group (TIG) Governing Committee 2022–2024

Board Member, Honolulu Chamber Music Series 2015–2017

Founding Member, Young Professional Leadership Network 2014–2015

- Co-founded a California state-wide organization dedicated to serving and connecting young music teachers

Co-founder, Volunteer Co-director, University of Idaho Music Preparatory Division 2011–2014

- Created and managed a community music school from the ground up; school grew to serve 150 school-age and high school students within three years; school served as a training ground for young teachers

Founding Member, Duality 2012–2016

- Co-founded a professional performance group; performed and conducted volunteer outreach at universities, high schools, grade schools, conferences, and recital venues across the country

Volunteer Website Design and Maintenance, Music Teachers National Association 2010–2014

- Created and maintained websites for the Piano Pedagogy Symposium, an annual national conference:

CERTIFICATIONS

Registered Nurse, Minnesota Board of Nursing, License Number 2470457	2019–present
American Heart Association ACLS	2019–present
American Heart Association PALS	2019–present
American Heart Association BLS for Healthcare Providers	2017–present

AWARDS & HONORS

Selected, University of Minnesota PhD student representative;	2021, 2022
Midwest Nursing Research Society Student Poster Competition	
Amy Wenger Fellowship in Pediatric Nursing, University of Minnesota	2020–2022
Dora Stohl Fellowship in Nursing Leadership, University of Minnesota	2021–2022
Theresa V. James Fellowship in Child & Family Health, University of Minnesota	2021–2022
Nina Lee Ciarla Scholarship, University of Minnesota School of Nursing	2020–2021
Winner, MSN Student Poster Competition, Midwest Nursing Research Society, Kansas City, MO	2019
Sigma Theta Tau International Honor Society of Nursing, University of Minnesota School of Nursing	2018
Mary K. and Cyrus A. Field Scholarship, University of Minnesota School of Nursing	2018
Marion Vannier Scholarship, University of Minnesota School of Nursing	2017–2018
Member of the Year, Illinois North Shore Music Teachers Association, Evanston, IL	2010
Winner, Best Graduate Student Presentation, College Music Society Super-Regional Conference, Normal, IL	2007
National Merit Scholar	1996
Iowa Presidential Scholar	1996