

Curriculum Vitae | March 2021

Sarah K. Spilman

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EDUCATION

2004 M.A. Sociology | The University of Iowa (Iowa City, IA)

1999 B.A. Sociology | Augsburg College (Minneapolis, MN)

PROFESSIONAL EXPERIENCE

2020-present Owner and Principal Consultant, Diligent Research & Consulting, LLC, Urbandale, IA

2012-2020 Research Data Analyst, Trauma Services, UnityPoint Health, Des Moines, IA

2006-2012 Assistant Project Director and Data Manager, Family Transitions Project, Iowa State University (2006-2011) / University of California – Davis (2011-2012), Ames, IA

2004-2006 Instructor, Capstone Sociology, University of Iowa, Iowa City, IA

2002-2004 Teaching Assistant, Department of Sociology, University of Iowa, Iowa City, IA

2000-2002 Communications & Research Associate, Minnesota Private College Council, St. Paul, MN

1998-2000 Planner, Minnesota Planning, St. Paul, MN

1998-1999 Intern, Minneapolis Community Police Department and Hennepin County, Department of Children and Family Services, Minneapolis, MN

PEER-REVIEWED PUBLICATIONS

1. Pelaez CA, Spilman SK, Semmens AD, Fuchsen EA, Sidwell RA. Trauma response for elderly anticoagulated patients: An initiative to reduce trauma resource utilization in the emergency department. *J Trauma Nurs* (Accepted).
2. Eastman DK, Spilman SK, Tang K, Sidwell RA, Pelaez CA. Platelet reactivity testing for aspirin patients who sustain traumatic intracranial hemorrhage. *J Surg Res* (Accepted).
3. Sidwell RA, Spilman SK, Feist B, Fuchsen EA, Taber PS, Pelaez CA. Hemorrhage control training: Preparing adolescents to act at home, at school, or in public. *Pediatric Emergency Care*. (In press).

4. Jackson JA, Spilman SK, Kingery LK, Oetting TW, Taylor MJ, Pruett WM, Omerza CR, Branick KA, Ganapathiraju I, Hamilton MY, Nerland DA, Taber PS, McCann DA, Pelaez CA, Trump MW. Implementation of high flow nasal cannula therapy outside the intensive care setting. *Resp Care* 2021;66:357-365.
5. Hughes AM, Baumhover LA, Fuchsen EA, Spilman SK. Effect of revised inpatient pain management electronic order sets on opioid use in adult rib fracture patients. *J Trauma Nurs* 2020;27:234-239.
6. Purtle MW, Renner CH, McCann DA, Mallen J, Spilman SK, Sahr SM. Driving with undiagnosed obstructive sleep apnea (OSA): High prevalence of OSA risk in drivers who experienced a motor vehicle crash. *Traffic Inj Prev* 2020;21:38-41.
7. Tang K, Spilman SK, Hahn KD, McCann DA, Purtle MW. Prevalence of risk for obstructive sleep apnea among hospitalized patients who survived a medical emergency team activation. *J Clin Sleep Medicine* 2020;16(1):91-96.
8. Pelaez CA, Davis JW, Spilman SK, Guzzo HM, Wetjen KM, Randell KA, Ortega HW, Pitcher GJ, Kenardy J, Ramirez M. Who hurts more? A multicenter, prospective study of in-hospital opioid use in pediatric trauma patients in the Midwest. *Journal of the American College of Surgeons*. 2019;229:404-414.
9. Pelaez CA, Spilman SK, Bell CT, Eastman DK, Sidwell RA. Not all head injured patients on antiplatelet drugs need platelets: Integrating platelet reactivity testing into platelet transfusion guidelines. *Injury* 2019;50:73-78.
10. Tonui P, Spilman SK, Pelaez CA, Mankins M, Sidwell R. Head CT prior to transfer does not decrease time to craniotomy for TBI patients. *American Surgeon* 2018;84:201-207.
11. Lamb KD, Spilman SK, Oetting TW, Jackson JA, Trump MW, Sahr SM. Proactive use of high-flow nasal cannula with critically-ill patients: A prospective, two-cohort study. *Respiratory Care* 2018;63:259-266.
12. Sidwell RA, Spilman SK, Huntsman R, Pelaez CA. Efficient hemorrhage control skills training for healthcare employees. *Journal of the American College of Surgeons* 2018;226:160-164.
13. Mason MD, Spilman SK, Fuchsen EA, Olson SD, Sidwell RA, Swegle JR, Sahr SM. Anticoagulated trauma patients: A Level I trauma center's response to a growing geriatric population. *Journal of Emergency Medicine* 2017;53:458-466.
14. Healey CD, Spilman SK, King BD, Sherrill JE, Pelaez CA. Asymptomatic cervical spine fractures: Current guidelines can fail older patients. *Journal of Trauma & Acute Care Surgery* 2017;83:119-125.
15. Hegvik JR, Spilman SK, Olson SD, Gilchrist CA, Sidwell RA. Effective hospital-wide education in hemorrhage control. *Journal of the American College of Surgeons* 2017;224:796-799.
16. Halub MW, Spilman SK, Gaunt KA, Lamb KD, Jackson JA, Oetting TW, Sahr SM. High-flow nasal cannula therapy for patients with blunt thoracic injury: A retrospective study. *Canadian Journal of Respiratory Therapy* 2016;52:110-113.

17. Nyland BA, Spilman SK, Halub ME, Lamb KD, Jackson JA, Oetting TW, Sahr SM. A preventative respiratory protocol to identify trauma patients at risk for respiratory compromise on a general inpatient ward. *Respiratory Care* 2016;61:1580-1587.
18. Spilman SK, Lechtenberg GT, Hahn KD, Fuchsen EA, Olson SD, Swegle JR, Vaudt CC, Sahr SM. Is pain really undertreated? Challenges of addressing pain in trauma patients during prehospital transport and trauma resuscitation. *Injury* 2016;47:2018-2024.
19. Kerr RG, Bacon AM, Baker LL, Gehrke JS, Hahn KD, Lillegraven CL, Renner CH, Spilman SK. Underestimation of pupil size by critical care and neurosurgical nurses. *American Journal of Critical Care* 2016;25:213-219.
20. Pandullo SM, Spilman SK, Smith JA, Kingery LK, Pille SM, Rondinelli RD, Sahr SM. Time for critically ill patients to regain mobility after early mobilization in the intensive care unit and transition to a general inpatient floor. *Journal of Critical Care* 2015;30:1238-1242.
21. Gaunt KA, Spilman SK, Halub MW, Jackson JA, Lamb KD, Sahr SM. High-flow nasal cannula in a mixed adult intensive care unit. *Respiratory Care* 2015;60:1383-1389.
22. Spilman SK, Smith HL, Schirmer LL, Tonui PM. Evaluation and treatment of depression in adult trauma patients. *Journal of Trauma Nursing* 2015;22:17-22.
23. Spilman SK, Baumhover LA, Lillegraven CL, Lederhaas G, Sahr SM, Schirmer LL, Smoot DL, Swegle, JR. Infrequent assessment of pain in elderly trauma patients. *Journal of Trauma Nursing* 2014;21:229-235.
24. Le K, Donnellan MB, Spilman SK, Garcia OP, Conger RD. Workers behaving badly: Adolescent reports of the Big Five predict counterproductive work behaviors in adulthood. *Personality and Individual Differences* 2014;61:7-12.
25. Spilman SK, Neppi TK, Donnellan MB, Schofield TJ, Conger RD. Incorporating religiosity into a developmental model of positive family functioning across generations. *Developmental Psychology* 2013;49:762-774.
26. Neppi TK, Donnellan MB, Scaramella LV, Widaman KF, Spilman SK, Ontai LL, Conger RD. Differential stability of temperament and personality from toddlerhood to middle childhood. *Journal of Research on Personality* 2010;44:386-396.
27. Spilman SK. Child abduction, parental distress, and social support. *Violence and Victims* 2006;21:149-165.

MANUSCRIPTS IN PREPARATION

1. Trump MW, Jackson JA, Oetting TW, Cathey AA, Spilman SK, Capella JM, Pelaez CA. (In preparation). High-flow nasal cannula therapy for COVID-19 patients: A safe strategy to spare hospital resources.

2. Trump MW, Spilman SK, Branick KA, Ganapathiraju I, Taylor MJ, Pruett WM, Jackson JA, McCann DA, Pelaez CA. (In preparation). Use of nasal high flow oxygen on the general medical floor can keep COPD patients out of the ICU.
3. Pelaez CA, Spilman SK, Blake JP, Deobald CN, Kluesner NH. (In preparation). Clinical features and imaging utilization in cervical spine fractures in the elderly.
4. Pelaez CA, Vogl CS, Spilman SK, Eastman DK, Monzel C, Capella JM, Sidwell RA. (In preparation). An early intervention to manage pain for patients with rib fractures.
5. Pelaez CA, Spilman SK, Jackson JA, Hamilton MY, Omerza CR, Capella JM, Trump MW. (In preparation). Nasal high flow therapy provides optimal care and maximizes hospital resources for rib fracture patients.

INVITED LECTURES

1. Spilman SK, Pelaez CA. (2019). Trauma research: Quick and easy. Lecture at Friday Research Seminar Series, Des Moines University, Des Moines, IA.
2. Spilman SK. (2018). How to disseminate project outcomes. Podium presentation at UnityPoint Health Evidence-Based Practice Symposium, Des Moines, IA.
3. Spilman SK, Sheesley B. (2014). How to obtain grant funding. UnityPoint Health Research Day, Des Moines, IA.

REGIONAL AND NATIONAL CONFERENCE PRESENTATIONS

1. Jackson JA, Trump MW, Oetting TW, Spilman SK, Pelaez CA. (2020). High-flow nasal cannula therapy for acute hypoxic respiratory failure in COVID-19. Poster presentation at American Association for Respiratory Care Congress (virtual).
2. Monzel C, Eastman DK, Spilman SK, Pelaez CA. (2020). Gabapentin hits a nerve with opioid use in rib fracture patients. Poster presentation at American College of Clinical Pharmacy Annual meeting (virtual).
3. Ganapathiraju I, Branick KA, Jackson JA, McCann DA, Pelaez CA, Spilman SK, Trump MW. (2020). Nasal High Flow (NHF) therapy keeps patients with chronic obstructive pulmonary disease out of the intensive care unit (ICU). Poster (virtual) at the American Thoracic Society International Conference, Philadelphia, PA.
4. Trump MW, Jackson JA, Pelaez CA, Spilman SK. (2020). Use of Nasal High Flow therapy on the general medical floor can prevent ICU admission and escalation of care. Poster at the National Association for Medical Direction of Respiratory Care conference, Scottsdale, AZ.

5. Pelaez CA, Trump MW, McCann DA, Jackson JA, Spilman SK. (2020). Nasal high flow therapy improves outcomes for rib fracture patients. Poster presentation at Society for Critical Care Medicine Critical Care Congress, Orland, FL.
6. Vogl CS, Spilman SK, Eastman DK, Monzel C, Sidwell RA, Pelaez CA. (2019). The sooner the better: An early intervention to manage pain for patients with rib fractures. Presentation at the annual meeting of the American College of Surgeons Committee on Trauma, Region 7, Kansas City, MO.
7. Jackson JA, Kingery LK, Spilman SK, Trump MW, McCann DA, Pelaez CA. (2019). Medical-surgical nursing education for implementation of nasal high flow therapy outside the intensive care setting. Poster presentation at American Association for Respiratory Care Congress, New Orleans, LA.
8. Blake J, Spilman SK, Kluesner N, Deobald CN, Pelaez CA. (2019). Absence of cervical spine pain on initial musculoskeletal exam in cervical spine fractures: A retrospective analysis of elderly trauma patients at a Level I trauma center. E-poster at American Osteopathic Association's Osteopathic Medical Conference, Baltimore, MD.
9. Sidwell RA, Pelaez CP, Spilman SK. (2019). Continuous multilevel intercostal nerve block to minimize narcotic use when managing chest wall injury. Video presentation at American College of Surgeons Clinical Congress, San Francisco, CA.
10. Branick KA, Jackson JA, McCann D, Pelaez CA, Pruett WM, Spilman SK, Taylor MJ, Trump MW. (2019) Use of nasal high flow oxygen on the general medical floor can prevent ICU admission and escalation of care in COPD patients. Rapid abstract poster discussion at American Thoracic Society international conference, Dallas, TX.
11. Pelaez CA, Fuchsen EA, Spilman SK. (2019). Targeting the geriatric population to reduce undertriage ... is it worth the cost? Poster presentation at Trauma Center Association of American annual conference, Las Vegas, NV.
12. Villiard HM, Pelaez CA, Davis JA, Spilman SK, Wetjen KM, Randell KA, Pitcher G, Ortega HW, Kenardy J, Ramirez M. (2019). Who hurts more? A multicenter, prospective study of in-hospital opioid use in pediatric trauma patients in the Midwest. Podium presentation at Committee on Trauma 2019 Resident Trauma Paper Competition, 1st Place, Clinical Research, Chicago, IL.
13. Hamilton MY, Jackson JA, McCann DA, Pelaez CA, Spilman SK, Trump MW. (2019). High flow nasal cannula use in the ED. Poster presentation at the Association of Military Osteopathic Physicians and Surgeons conference, Orlando, FL.
14. Villiard HM, Pelaez CA, Davis JA, Spilman SK, Wetjen KM, Randell KA, Pitcher G, Ortega HW, Kenardy J, Ramirez, M. (2018). Who hurts more? A multicenter, prospective study of in-hospital opioid use in pediatric trauma patients in the Midwest. Presentation at the annual meeting of the American College of Surgeons Committee on Trauma, Region 7, Kansas City, MO.
15. Eastman DK, Draker N, Pelaez CA, Spilman SK, Tang K, Sidwell RA. (2018). Aspirin platelet reactivity testing to guide therapy for patients with traumatic intracranial hemorrhage. Poster presentation at American College of Clinical Pharmacy Global Conference on Clinical Pharmacy, Seattle, WA.

16. Randell KA, Flores J, Woods-Jaeger B, Kenardy J, Peek-Asa C, Chande V, Ortega HW, Branch C, Cavanaugh J, Spilman S, Ramirez M. (2018). Parent utilization of psychological first aid interventions after unintentional injury. Poster presentation at Pediatric Academic Societies Annual Meeting, Toronto, Canada.
17. Tang K, Eastman DK, Spilman SK, Pelaez CA. (2018) Platelet reactivity testing guided platelet transfusion in blunt trauma patients. Poster presentation at Council of Osteopathic Student Government Presidents, Fort Lauderdale, FL.
18. Bell C, Spilman SK, Eastman DK, Sidwell RA, Sherrill JE, Pelaez CA. (2018). Do all head injured patients on antiplatelet drugs really need platelets? Podium presentation at the annual meeting of the Eastern Association for the Surgery of Trauma, Lake Buena Vista, FL.
19. Trump M, Lamb KD, Oetting T, Jackson JA, Blake D, Spilman SK, Sahr SM. (2017). Empiric use of humidified high flow nasal cannula post-extubation in the intensive care unit. Poster presentation at the American Thoracic Society International Conference, Washington, D.C.
20. Lamb KD, Trump M, Oetting T, Jackson JA, Blake D, Spilman SK, Sahr SM. (2017). Early use of high flow nasal cannula for hypoxemic respiratory failure in the ICU patient. Research snapshot presentation at the annual meeting of the Society of Critical Care Medicine, Honolulu, HI.
21. Healey C, Spilman SK, Pelaez C. (2017). Asymptomatic neck fractures: Current guidelines can fail older patients. Podium presentation at the annual meeting of the Eastern Association for the Surgery of Trauma, Hollywood, FL.
22. Hegvik J, Spilman SK, Olson S, Gilchrist CA, Sidwell RA. (2016). "Stop the Bleed!" Effective hospital-wide education in hemorrhage control. Presentation at the annual meeting of the American College of Surgeons Committee on Trauma, Region 7, Kansas City, KS.
23. Halub M, Spilman S, Sahr S, Gaunt K, Jackson J, Lamb K, Oetting T. (2016). Use of high flow nasal cannula in adult trauma patients. Poster presentation at the annual meeting of the Eastern Association for the Surgery of Trauma, San Antonio, TX.
24. Mason MD, Spilman SK, Fuchsen EA, Olson SD, Sahr SM, Sidwell RD, Swegle JR. (2015). Reducing undertriage ... Is it worth the cost? Trauma team activation for anticoagulated older adults. Presentation at the annual meeting of the American College of Surgeons Committee on Trauma, Region 7, Kansas City, KS.
25. Nyland BA, Halub MW, Jackson JA, Lamb KA, Oetting TW, Sahr SM, Spilman SK. (2015). Volume expansion protocol with intention to reduce respiratory complications in trauma patients. Poster presentation at the annual meeting of the American Association for Respiratory Care, Tampa, FL.
26. Lillegraven CA, Spilman SK, Baumhover LA, Sahr SM. (2015). Infrequent assessment of pain in elderly trauma patients. Presentation at the annual meeting of the National Association of Clinical Nurse Specialists, Coronado, CA.

27. Pandullo SM, Spilman SK, Smith JA, Kingery LK, Pille SM, Rondinelli RD, Sahr SM. (2015). Caught in the transition: Delays in regaining highest level of mobility during transition from ICU to floor. Presentation at the annual meeting of the National Association of Clinical Nurse Specialists, Coronado, CA.
28. Smith H, Tonui P, Spilman S, Schirmer L. (2014). In-hospital use of antidepressant medications in critically ill trauma patients. Society for Epidemiological Research (SER) Meeting, Seattle, WA.
29. McAdams KK, Donnellan MB, Spilman SK, Conger RD. (2012). Separation of church and marital state: An investigation of the association between partner religious dissimilarity and relationship quality. Presentation at annual meeting of the Society for Personality and Social Psychology, San Diego, CA.
30. McAdams KK, Donnellan MB, Spilman SK, Lorenz FO, Conger RD. (2011). Understanding the mechanisms linking religiosity with relationship satisfaction: Religiosity predicts partner reports of negative interactions. Poster presented at the 12th annual meeting of the Society for Personality and Social Psychology, San Antonio, TX.
31. Spilman SK, Neppi TK, Donnellan MB, Schofield TJ, Conger RD. (2010). The role of religiosity in romantic and parent-child relationships: Continuities across generations. Paper presentation at the annual meeting of the National Council of Family Relations, Minneapolis, MN.
32. Le K, Witt EA, Donnellan MB, Spilman S, Conger RD. (2010). Workers behaving badly: Personality at age 18 predicts workplace deviance at age 32. Poster presentation at the Society for Personality and Social Psychology annual conference, Las Vegas, NV.
33. Spilman SK, Neppi TK, Conger RD. (2009). The role of religiosity during adolescence on parenting and marital quality in adulthood: Continuities across generations. Invited presentation at Religious Practice in America conference, sponsored by the Heritage Foundation, Washington, DC.
34. Spilman SK, Martin M. (2008). The effect of adolescent strain on antisocial behavior in young adulthood: A test of general strain theory. Paper presentation at the American Society of Criminology annual meeting, St. Louis, MO.
35. Spilman SK. (2005). Child abduction, parental distress and social support. Paper presentation at the International Family Violence Research Conference, Portsmouth, NH.
36. Spilman SK, Steblay NM. (2005). The suggestibility of anatomical dolls: A meta-analysis. Paper presentation at the International Family Violence Research Conference, Portsmouth, NH.
37. Steblay NM, Ginkel (Spilman) SK. (2000). A meta-analytic test of underlying assumptions for anatomically-detailed doll use. Paper presentation at the American Psychology-Law Society Biennial Conference, New Orleans, LA.

CERTIFICATIONS

2014-present Collaborative Institutional Training Initiative (CITI) Biomedical Research
 2012-2017 National Institutes of Health (NIH), Protecting Human Subject Participants

SERVICE IN THE COMMUNITY

2018-present Urbandale Food Pantry, volunteer
2018-present Des Moines Christian School, Governance Committee, member
2015-present Des Moines Christian School, Board of Directors, Secretary
2014-2019 Des Moines Christian School, Educational Policy Committee, Chairperson

AWARDS & HONORS

2017 Friend of Nursing Award nominee, UnityPoint Health – Des Moines
2016 Investigator spotlight, *American Journal of Critical Care*
2014 Always Committed to Excellence (ACE) Award, UnityPoint Health – Des Moines
2011 Consultant, Interacting Seasonal and Psychosocial Influences on Depression. Funded by the Oregon Health and Science University Medical Research Foundation.
2006 University of Iowa Outstanding Teaching Assistant Award
2005 Hugh Vollrath Ross Scholarship, University of Iowa
1999 Summa cum laude, Augsburg College
1999 Marina Christensen Justice Award, Augsburg College
1995-1999 Presidential Scholarship, Augsburg College

GRADUATE-LEVEL RESEARCH & STATISTICAL TRAINING

Introduction to Sociological Data Analysis
Sampling, Measurement, and Observation Techniques
Linear Models in Sociological Research
Categorical Data Analysis
Meta-Analysis in Behavioral and Social Sciences
Qualitative Research for Public Health

PROFESSIONAL MEMBERSHIPS

2020-present American Medical Writers Association, member
2002-2006 American Sociological Association, member
2002-2006 Midwest Sociological Association, member
1999-2000 Sociologists of Minnesota, Executive Board Member, Applied Representative

COMPUTER/SOFTWARE PROFICIENCIES

Microsoft Suite (Word, Excel, PowerPoint, Outlook)
IBM SPSS Statistics
EndNote
SurveyMonkey
REDCap
Electronic Medical Record: EPIC
Trauma registry software: Trauma One

ACADEMIC SERVICE & COMMITTEES

2019-2020 Journal reviewer, *Prehospital Emergency Care*
2018-2020 Journal reviewer, *Critical Care*
2017-2020 Preceptor, trauma research rotation for medical students, Des Moines University
2016 Employee Satisfaction Survey Ambassador, UnityPoint Health
2014-2020 Journal reviewer, *Nutrition in Clinical Practice*
2014-2020 Journal reviewer, *Journal of Trauma Nursing*
2014, 2019 Association for the Accreditation of Human Research Protection Programs (AAHRPP) workforce, UnityPoint Health
2013-2014 Preceptor, Health Sciences Experiential Education, Drake University
2012-2020 Trauma Committee, UnityPoint Health Des Moines
2009-2011 Conference Steering Committee, National Association of Rural Mental Health
2004-2006 Department of Sociology, Undergraduate Committee, University of Iowa
2003-2004 Department of Sociology, Communications Committee, University of Iowa
2000 State legislative report, *Minnesota by design: Options for a state development strategy*
1998-1999 Commission on Work Culture, Augsburg College