

Elizabeth Cook, DNP, CNM, WHNP-BC, CNL, CPM, FACNM

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Education

September 2011 – September 2012
University of Minnesota – Minneapolis, MN
Doctor of Nursing Practice (DNP) Degree

November 2007 – June 2009
Frontier School of Midwifery & Family Nursing – Hyden, KY
Master of Science & Nursing (MSN) Degree
Certified Nurse-Midwife (CNM) Program
Post-Master's Certificate as Women's Health Nurse Practitioner (WHNP)

September 2006 – May 2007
Excelsior College – Albany, NY
Bachelor of Science & Nursing (BSN) Degree

January 2006 – September 2006
Excelsior College – Albany, NY
Associate of Science & Nursing (ASN) Degree
Registered Nurse (RN) Licensure

August 2002-August 2005
Medical Training Institute – Dallas, TX
Midwifery Program Mastery Certificate as a Certified Professional Midwife (CPM)

Professional Experience

January 2021 – Present – **Assistant Professor** – Touro University, Vallejo, CA. Promoted to assistant professor for MSN, FNP-C, and DNP programs. Faculty instructor for didactic courses, and advisor for Doctor of Nursing Practice (DNP) students completing their capstone projects. Also responsible for coordinating the clinical experiences of FNP-C and DNP students, and assisting with the same for MSN students. Time split between teaching, service, and scholarly work.

July 2020 – January 2021 – **Clinical Experience Coordinator and Adjunct Professor** – Touro University, Vallejo, CA. Faculty instructor for master's and doctoral didactic courses. Faculty advisor for Doctor of Nursing Practice (DNP) students completing their capstone projects. Also responsible for coordinating the clinical experiences of FNP-C and DNP students.

October 2018 – Present – **Expert Witness** – I specialize in cases related to birth, obstetrics, and women's health. I can assist both plaintiffs and defendants with cases involving the applicable standard of care in my areas of specialty.

June 2015 – December 2019 – **Program Director of Mercy Birthing Center & Faculty Midwife Service** – Mercy Hospital, St Louis, MO. Promoted from Program Manager to Program Director of Mercy Birthing Center. Served as integrative liaison to administrators, physicians, and other Mercy coworkers. Responsible for both long-range and daily operations of Mercy Birthing Center, including strategic planning, financial modeling, budgets, community integration, patient satisfaction, patient and coworker safety, clinical standards of care, simulations and drills, staffing, statistics, and operations. Led the January 2019 launch of a satellite clinic in Weldon Spring. Budgeted 84 births for FY15, and 650 for FY20, representing a 6-year growth curve of 774%. Net revenue during this timeframe was approximately \$24.27M, and net income approximately \$10.58M. Also provided full-scope maternity care. In 2017 I launched Mercy's Faculty Midwife Service. Responsible for all aspects of leadership of this new program as described above. I also provided didactic instruction, clinical supervision, and research project guidance for OBGYN residents and medical students. Laid the groundwork for the development of a maternity clinic in an underserved neighborhood. Initiated and laid the groundwork for a Spring 2020 opening of another satellite clinic in Hampton Village.

July 2014 – June 2015 – **Program Manager of Mercy Birthing Center** – Mercy Hospital, St Louis, MO. Program Manager for the inception of Mercy Birthing Center, one of an elite subset of birthing centers located within an acute care facility. Responsible for establishing daily operations, staffing models and hiring, supply flows, clinical guidelines, community engagement, and facility integration.

July 2010 – October 2013 – **Clinical Assistant Professor & Certified Nurse-Midwife** – Department of Obstetrics & Gynecology, University of Iowa Hospitals & Clinics, Iowa City, IA. Faculty position as a midwife providing full-scope midwifery care, in addition to clinical and didactic teaching of medical students and OB-GYN residents.

2011 – **University of Illinois at Chicago College of Nursing Adjunct Faculty** – Able to precept UIC students for local clinical rotations.

January 2010 - July 2010 – **Labor, Delivery, & Postpartum Nurse** – Staff nurse at Mercy Hospital in Cedar Rapids, IA, providing labor, delivery, and postpartum care.

2007-2008 – **Physicians Clinic of Iowa Registered Nurse** – Employed at the Rheumatology Infusion Center in Cedar Rapids, IA. Job responsibilities included starting IV's, mixing and administering medications, monitoring, patient teaching, and assisting with incorporation of new computer system.

2007 – **Community Health Free Clinic Volunteer Registered Nurse** – Volunteer RN providing medical care to uninsured and under-served individuals in the greater Cedar Rapids community.

2007 – **CPNE Prep! Founder & Instructor** – Launched a training program for Excelsior College Registered Nursing (RN) students studying for their Clinical Performance in Nursing Examination (CPNE). Taught in-person weekend training programs in Iowa and Missouri, and provided follow-up instruction via distance education mechanisms. Students had a 100% pass rate.

2007-2009 – **Professional Labor Support Course Instructor** – Taught classes with PLSC, a program to train doulas to provide physical and emotional support to laboring women. Both on-site and distance instruction involved.

Professional Works

Contributor. (2020). *ACNM Home Birth Practice Manual (3rd Ed.)*. American College of Nurse-Midwives. Currently awaiting printing.

Reviewer. (2018). *CABC Alongside Maternity Center Standards Indicators*. Commission for the Accreditation of Birth Centers.

Coauthor. (2015). American College of Nurse-Midwives. Clinical bulletin no. 14. Midwifery provision of home birth services. *Journal of Midwifery Women's Health*.

Cook, E., Avery, M., & Frisvold, M. (2014). Formulating Evidence-Based Practice Guidelines for CNMs and CMs Attending Home Births. *Journal of Midwifery and Women's Health*, 59(2), 153-9.

Authored Module 3 of NURO720 (Integrated Reproductive Healthcare for Georgetown University), capstone course of midwifery program for Georgetown University. Topic home birth. Spring 2013.

Abstract peer reviewer for the International Confederation of Midwives (ICM) 30th Triennial Congress to be held June 2014 in Prague. April 17 – May 10, 2013.

Collaborated with Elizabeth Potter, ARNP, CNM, to revise the *UIHC Midwifery Standards of Practice* document. January 2011.

Cook, E. (2007). Delayed cord clamping or immediate cord clamping?: A literature review. *British Journal of Midwifery*, 15(9), 562-71.

Presentations

Bylaws, Privileges, & Protocols: How to Change Your Hospital so Your Midwifery Practice Can Flourish. ACNM Midwifery Works Business Conference. Phoenix, AZ. October 25, 2019.

Incorporating Doulas Into Your Practice. Panel discussion with Dr Gray-Swain. Parenting Resources. St Louis, MO. June 6, 2018.

How Integrated Birthing Centers Will Shape The Future of U.S. Maternity Care. ACNM Annual Midwives' Meeting & Exhibition. Savannah, GA. May 24, 2018.

The Weekly Tea: Midwifery & Postpartum Care. Recording for YouTube Channel. May 1, 2018.

Birth Center Births on the Rise. Facebook Podcast with Parenting Resources. St Louis, MO. February 21, 2018.

Improving Quality and Decreasing Costs through Multi-Unit Laboratory Specimen Collaboration. Coauthor. Poster for the Innovation Hall at Mercy's Ministry Leadership Team Meeting. Collaboration with Lisa Finley, Rhonda Ferrett, Mary Bekebrede, & Anne Saiter. Rogers, AK. October 26-27, 2017.

Building for Tomorrow: How Implementing a Faculty Midwife Service is Reshaping Mercy's OB Service Line. Primary Author. Poster for the Innovation Hall at Mercy's Ministry Leadership Team Meeting. In collaboration with Dr. Sara Wood, Dr. Margaret Marcrauder, Dr. Craig Boyd, & Trish Geldbach. Rogers, AK. October 26-27, 2017.

OBGYN Residency Orientation. Topics: normal labor curves, abnormal labor management, intrapartum interventions, postpartum hemorrhage, and postpartum/post-operative complications. Mercy Hospital. St Louis, MO. June 2017.

What's New from ACOG in Midwife-Physician Collaboration? November 16, 2016. Grand Rounds. Mercy Hospital. St Louis, MO.

Facilitating Physiologic Birth: Inservice for OBGYN Physicians. Nov 2-3, 2016. Mercy Birthing Center. St Louis, MO.

Formulating Evidence-Based Practice Guidelines for CNMs and CMs Attending Home Births. June 1, 2013. ACNM Annual Midwives' Meeting & Exhibition. Nashville, TN.

Adolescent Pregnancy. Broadlawn Medical Center. Family Practice Grand Rounds. Des Moines, IA. February 7, 2013.

Low Intervention Births in a Hospital Setting & Current VBAC Guidelines/Practices. Solo Speaker. Joint Meeting with the Iowa Cesarean Awareness Network (ICAN) of Iowa City and the Iowa City Doula Group. Coralville, IA. May 18, 2011.

Centering Pregnancy at UIHC. Spoke at *March of Babies* by invitation from the March of Dimes, as the sponsor of a CP grant for the University of Iowa Hospitals and Clinics. Iowa City, IA. April 16, 2011.

Effective Teamwork: Tips for Doulas Working in the Hospital Setting. Presentation at the Iowa City Doula Group. Iowa City, IA. February 7, 2011.

Introduction to Obstetrical Care Providers & Important Elements of Pregnancy-Related Environmental Safety. Prenatal group class for underserved moms, predominantly adolescents. Young Parents Network. Cedar Rapids, IA. October 5, 2010.

Having A VBAC: New Guidelines From ACOG, Response of the ACNM, and Practices at UIHC. Sartori Memorial Hospital. Sole Speaker. Joint Meeting with Iowa Cesarean Awareness Network (ICAN) of Northeast Iowa and the Cedar Valley Doula Group. Cedar Falls, IA. September 28, 2010.

Health Screenings For The Stages of Your Life: What Every Woman Should Know. Community Health Seminar in Collaboration with Dr. Veronica Kolder, MD. UIHC. Iowa City, IA. October 12, 2010.

Community Engagement

June 2020 – Present. Engaged with CityTeam, an organization with multiple services to care for low-income, unhoused, and recovering individuals. Focused on assisting with food, clothing, hygiene, and household item distribution within the community. San Jose, CA.

May 2020 – Present. Volunteer with Love Never Fails, an organization to help rescue and restore human trafficking victims. Hayward, CA.

April 2020 – Present. Volunteer healthcare worker with California Health Service Corps. Established by Governor Newsom to increase the healthcare workforce to address state and local needs in caring for COVID-19 patients during the pandemic.

March 2019. Bean Blossom Maternity Care Exposition. St Charles, MO.

September 2019. Community Health and Wellness at 4700 Fair. St Louis, MO.

June 2019. Village of Moms Second Annual Reading Village. St Louis, MO.

September 2018. Organizer for Mercy Moms Maternity Expo. St Louis, MO.

March 2018. Bean Blossom Maternity Care Exposition. St Charles, MO.

Teaching Assignments

OBGYN Residency Program Clinical Competency Committee. I am the only midwife to have served on this residency program committee. Mercy Hospital, St Louis, MO. Fall 2019 – Winter 2019.

Project advisor for Dr. Grace Carson, for qualitative research project, *Impact of the use of Pitocin on Breastfeeding Outcomes*. Spring 2019 – December 2019.

Project advisor for Dr. Anya Veremakis, for qualitative research project, *Factors Impacting NTSV Rates: A Comparison Between a Residency Run Continuity Clinic and a Private OB/GYN Group*. Spring 2018 – December 2019.

Project advisor for Dr. Elizabeth Nordin, for qualitative research project, *What Factors Influencing a Woman's Choice to Pursue a Physiologic Birth Experience are Most Predictive of Achieving a Physiologic Birth Experience*. Spring 2017 – Spring 2019.

Intern lectures. Mercy Hospital. St Louis, MO. July 2017 – December 2019.

Clinical instruction and supervision of medical students and OB-GYN interns in both inpatient and outpatient settings. University of Iowa Hospitals & Clinics. Iowa City, IA. July 2010 – October 2013.

Clinical instruction and supervision of medical students and OB-GYN interns in both inpatient and outpatient settings. Mercy Hospital. ST Louis, MO. June 2017 – December 2019.

OBGYN Residency Orientation. Topics: normal labor curves, abnormal labor management, intrapartum interventions, postpartum hemorrhage, and postpartum/post-operative complications. Mercy Hospital. St Louis, MO. June 2017, June 2018, June 2019.

Project advisor for Laura Wallace, M3, for qualitative research project, *Assessing Prenatal Education in the Centering Model of Care*. Spring 2013.

Patient-Based Assessment (PBA). Provided faculty feedback for third year medical student OBG clerkship standardized patient interviews. August 2011 – October 2013.

Personal and Professional Development (PPD). Didactic course for first year medical students. August 24 – December 7, 2011. Co-instructor with Lynne Himmelreich, CNM.

Centering Pregnancy. Includes involvement of medical students and OB-GYN interns. University of Iowa Hospitals and Clinics. 2011-2013.

Medical Student Orientation to OBG Clerkship. Assisted Laura Dellos, CNM with teaching hand maneuvers for normal spontaneous vaginal deliveries at orientation of medical students to OB/GYN rotation. February 14, 2011.

Additional Works and Courses

ACOG Maternal Mental Health Focus Group. Reviewed and provided recommendations for ACNM publications on mental health. Sole CNM participating in this work. ACOG District Meeting. Sep 21, 2018. Kansas City, MO.

May 31-June 1, 2014. Professional Legal Nurse Consultant (PLNC) certification training. Jurex Center for Legal Nurse Consulting. Nashville, TN.

2010-2012. Conducted UIHC CNM service benchmarking for statistics with the ACNM.

December 27, 2011. Certified in Nexplanon insertion and removal. *Merck Clinical Training Program for Nexplanon*.

Accepted for presentation, though unable to speak due to extenuating circumstances. *Bylaws, Privileges, & Protocols: How to Change Your Hospital So Your Midwifery Practice Can Flourish*. ACNM Annual Midwives' Meeting & Exhibition. Austin, TX. May 29, 2020.

Accepted for presentation, though unable to speak due to extenuating circumstances. *Preserving Our Profession: Don't Let the 5% Crowd Out the 95%*. ACNM Annual Midwives' Meeting & Exhibition. Austin, TX. June 1, 2020.

State Work

May 2020 – Present – Member of California Nurse Midwives Association.

January 2019 – March 2020 – Member of the Statewide Missouri Pregnancy Associated Mortality Review (PAMR) Board. Membership was per the invitation of Dr. Ravi Johar, a past president of the Missouri State Medical Association, now Chief Medical Officer for United Healthcare

March 7, 2018. Presented at Missouri House Hearing regarding HB1502. NP Legislation on Collaborative Practice Agreements (CPAs). Jefferson City, MO.

February 2018 – March 2020 – Treasurer of Missouri State ACNM Affiliate.

March 13, 2017. Presented at Missouri Senate Committee for Professional Registration Hearing regarding SB42. Legislation would decrease practice limitations of Advanced Practice Registered Nurses. Jefferson City, MO.

September 2014 – January 2018 – Member of Missouri State ACNM Affiliate.

February 23, 2011. Presented at the Subcommittee Hearing regarding SSB1065 CPM Legislation. Des Moines, IA.

National Work

September 2020 – Present. Member of the American College of Nurse Midwives (ACNM) Professional Liability Committee Member. Focus includes providing education and support to members regarding liability, disciplinary action, and litigation.

June 2020 – Present. Volunteer Media Expert for the American College of Nurse Midwives (ACNM). Available to provide interviews and requested information to the media on a range of topics, including but not limited to: general midwifery practices; high-risk midwifery care; leadership; collaboration and system integration; legalities of midwifery care; community birth; short-term international midwifery care; and education of midwives, medical students, OB-GYN residents.

2014 – Member of the American College of Nurse Midwives (ACNM) & American Registry for Diagnostic Medical Sonography (ARDMS) Working Group to develop limited OB/GYN sonographic certification process for CNMs/CMs.

June 2013 – Present – Member of the American College of Nurse Midwives (ACNM) National Home and Birth Center Section. Focus includes establishing and monitoring recommended guidelines for community birth; collaboration and system integration; and at present, inherent complexities of the COVID-19 pandemic.

International Work

June 2020 – Present. Member. Global Quality Maternal and Newborn Care (QMNC) Research Alliance. Group comprised of researchers, policymakers, and clinicians dedicated to collaborating globally on research projects relating to safe maternal and newborn care. Specific attention is given to the best utilization of safe and effective midwifery care, but caring for women and babies on a global scale includes system-level issues far beyond what one subset of clinicians can provide.

May 2020 – Present. Member and American College of Nurse Midwives (ACNM) Representative. Global Covid Perinatal Task Force on Birth Setting and Human Rights: Research and Evaluation Subcommittee. Group designed to synthesize, analyze, and disseminate information from the Global Task Force; envision new research opportunities; orchestrate pilot testing; and evaluate implementation of innovations from other subcommittees.

May 2020 – Present. Member and American College of Nurse Midwives (ACNM) Representative. Global Covid Perinatal Task Force on Birth Setting and Human Rights: Strategic Policy & Acceptability Subcommittee. Group designed to address provider integration, workforce training and mobilization, setting organization, and supply chain mobilization. Provide recommendations on health system policies specific to their available resources, as guided by the Global Task Force.

March 2014 – April 2014. Three-week volunteer humanitarian trip to serve in orphanages and hostiles. Yangon & Kalaw, Myanmar.

January 2014 – March 2014. Eight-week volunteer medical trip to serve in a hospital to educate national nurses and midwives on safe birth techniques, and to travel to local villages to educate village midwives on the same. Malumghat, Bangladesh.

July 2013 – August 2013. Three-week volunteer medical and humanitarian trip to provide medical care in several remote villages, and serve in an orphanage. Chiapas, Mexico.

January 2013. Two-week volunteer medical trip to provide medical care in a remote village. Bamenda, Cameroon.

Additional Certifications	<p>Clinical Nurse Leader (CNL) certified with the Commission on Nurse Certification. Renewal date 12/31/26.</p> <p>Basic Life Support Provider with the American Heart Association. Renewal date 9/30/2021.</p> <p>Centering Pregnancy Instructor with the Centering Healthcare Institute, Inc. Certified in 2011 with no expiration date.</p> <p>Electronic Fetal Monitoring certified with the National Certification Corporation. May use credentials C-EFM. Renewal date 9/15/2022.</p> <p>Neonatal Resuscitation Program Provider. All chapters, all skills. Renewal date 8/31/2021.</p> <p>STABLE Provider Certification with the STABLE Program. Renewal date 11/30/2020.</p>
Advanced Clinical Skills	<p>Cesarean first assisting: Skilled in all aspects of first assisting.</p> <p>Frenotomy: Able to perform neonatal tongue tie revisions.</p> <p>Limited OBGYN sonography. Skilled in assessments of first trimester dating/viability, fetal positioning, amniotic fluid assessments, and biophysical profiles.</p>
Professional Memberships	<p>Member, American College of Nurse-Midwives.</p> <p>Member, Educational Affiliate, American Congress of Obstetricians and Gynecologists.</p>
Awards	<p>Fellow with the American College of Nurse-Midwives. Conferred May 23, 2021.</p> <p>2019 St Louis Business Journal '40 Under 40' Awardee</p> <p>Director of clinic team that received Five Star Excellence Award for 2018. Professional Research Consultants, Inc.</p> <p>Individual Five Star Excellence Award for 2018. Professional Research Consultants, Inc.</p> <p>Individual Five Star Excellence Award for 2017. One of two Mercy OB-GYN providers to receive a national award for the highest percentage of 'excellent' patient satisfaction scores. Professional Research Consultants, Inc.</p> <p>Recipient of the University of Iowa Hospitals & Clinics (UIHC) 2012 Association of Professors of Gynecology and Obstetrics Excellence in Teaching Award.</p> <p>Recipient of the University of Iowa Hospitals & Clinics (UIHC) 2012 OB/GYN Medical Education Faculty Award.</p> <p>Nominated for the University of Iowa Hospitals & Clinics (UIHC) 2012 Leonard Tow Humanism in Medicine Award.</p>