

## Application Form

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### Profile

Dr. Ann M. Schaeffer  
Prefix First Name Middle Initial Last Name Suffix

ann@ashenfelter.com  
Email Address

331 Dixie Avenue  
Home Address Suite or Apt

Harrisonburg VA 22801  
City State Postal Code

### How many years have you been a resident of Harrisonburg?

18

Home: (540) 271-0797  
Primary Phone Alternate Phone

Frontier Nursing University Assistant Professor  
Employer Job Title

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**Demographics** - (Submission of this information if voluntary and will not subject you to any adverse treatment should you chose to not complete)

### Ethnicity

Caucasian/Non-Hispanic

### Gender

Female

### What is your age?

50+ years old

### Are you reapplying for a current position you hold? \*

No

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### Which Boards would you like to apply for?

Harrisonburg Development and Housing Authority (HRHA): Submitted

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### Interests & Experiences

Dr. Ann M. Schaeffer

Please tell us about yourself and why you want to serve.

**Why are you interested in serving on a board or commission?**

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I have lived, worked, and raised children in Harrisonburg for the last 18 years. While my work has primarily been in healthcare and education, I see the health of the community as being influenced by a variety of factors that combine and overlap. The balance of residential, business, and university interests impacts me and my family personally, but also all the families and businesses that live in our awesome city. I'd like to be more involved and be able to learn and do more!

**What other interests or concerns do you have regarding the community?**

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I'd like to see our community remain and improve in being walkable, bikeable, and affordable for all that live here. I'd like to see local businesses thrive. I love living in a university town, but don't want the interests of JMU in particular to overwhelm and trump the interests of the long-term residents and businesses.

**What relevant experience or education do you have to this board or commission?**

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Longtime resident. Both of my children attended public city schools for all of their education. My husband has been a downtown business owner. I have provided healthcare in this community for nearly 20 years, and have taught locally at EMU in the nursing program. My parents are elderly and moved here 5 years ago - they are teaching me about the resources and services important to them at their stage of life. In terms of education, I have 5 college degrees (2 Bachelor's, 2 Masters), including a doctorate in Healthcare Quality Improvement. Currently Chair a national subcommittee on workforce burnout for my professional organization (the ACNM) and serve on the national Workforce Committee for the ACNM as well. Currently chair the Committee for Student Support for the Virginia affiliate of the ACNM.

**Please list any past or present community involvement e.g. City Council, Boards and Commissions, Citizen Academy, etc. in Harrisonburg or elsewhere:**

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Past board member and president of the Collins Center BOD. Two years coaching SVU recreational soccer. Past Women's Health Program Director at HCHC. Current volunteer provider at the Blue Ridge Area Free Clinic. I am a long-time member of Shalom Mennonite Congregation.

[SchaefferFNU\\_CVFormat\\_April2022.docx](#)

Upload a Resume

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**EPSAC Applicants only**

**Frontier Nursing University**  
**Curriculum Vita**  
**Updated 4/17/2022**

**Ann M. Schaeffer, DNP,CNM, M.Ed, CNE, FACNM**

**ann.schaeffer@frontier.edu**  
**540-271-0797**  
**331 Dixie Avenue**  
**Harrisonburg, VA. 22801**

**LICENSURES and CERTIFICATIONS:**

ACNM Certification #10223  
Virginia Nurse Practitioner License #0024164661  
Virginia Board of Nursing License #001160124  
Licensed Nurse Practitioner Authority to Prescribe #0001160124 (not needed in VA as of January, 2020)  
Nurse Practitioner Controlled Substance Registration #0223000849  
DEA #MS0896805  
Certified Nurse Educator (CNE): January, 2021

**EDUCATION:**

Frontier Nursing University, Hyden, KY: DNP – 2017 (class 24)  
Frontier Nursing University, Hyden, KY: MSN Completion – 2012  
Frontier Nursing University (CNEP), Hyden, KY: CNM - 2000 (class 25)  
University of Virginia, Charlottesville, VA: BSN Honors – 1998. Major: Nursing  
University of Illinois, Urbana-Champaign, IL: M.Ed – 1995. Concentration: Counseling  
James Madison University, Harrisonburg, VA: BA Honors, Magna Cum Laude – 1992. Major: Psychology

**ACADEMIC EMPLOYMENT:**

Frontier Nursing University: Assistant Professor. 6/2020-present  
Eastern Mennonite University, Harrisonburg, VA: Assistant Professor of Nursing. 1/2012-6/2020  
Eastern Mennonite University, Harrisonburg, VA: Adjunct Clinical Instructor. 8/2005-5/2006  
Frontier Nursing University, James Madison University, University of Virginia, Shenandoah University: Clinical Preceptor, NP/CNM tracks. 8/2003-12/2019.

**OTHER EMPLOYMENT:**

Blue Ridge Area Free Clinic: Certified Nurse-Midwife, 6/2021-present  
Harrisonburg OB/GYN: Certified Nurse-Midwife, locum tenens. 5/2018-5/2020  
Harrisonburg Community Health Center: Director of Women's Health Services, Certified Nurse Midwife. 10/2016-1/2020.  
Shenandoah Women's Healthcare: Certified Nurse-Midwife. 12/2002-10/2016.  
Thomas Jefferson Health District: Certified Nurse-Midwife: 7/2002-12/2003.  
Charlottesville Midwifery Care: Certified Nurse-Midwife: 1/2001-6/2002.

## **HONORS, AWARDS, HONOR SOCIETY MEMBERSHIPS:**

2021 Successful rank promotion to Assistant Professor, Frontier Nursing University  
2021 Inducted as a Fellow of the American College of Nurse-Midwives  
2018 DNP Leadership Award Nominee, FNU  
2017 Vida Huber Spirit of Nursing Award, Sigma Theta Tau, EMU  
2017 Sigma Theta Tau International induction  
2015 EMU Research Grant Awardee

## **PUBLICATIONS:**

### Refereed Journals:

Schaeffer, A., & Jolles, D. (2019). Not missing the opportunity: Improving depression screening and follow-up in a multicultural community. *The Joint Commission Journal on Quality and Patient Safety*, 45(1), 31-39.

Schaeffer, A., & Nelson, E. (1993). Rape supportive attitudes: Effects of on-campus residence and education. *Journal of College Student Development*, 34, 175-179.

### Other:

HCPro Featured Article with Interview: *Joint Commission: How to Improve Patient Depression Screening and Treatment* (January, 2019).. <http://www.hcpro.com/ACC-332265-4634/Joint-Commission-how-to-improve-patient-depression-screening-and-treatment.html>

HealthLeaders interview: *4 Steps to Improve Depression Care for Multicultural Communities* (January, 2019). <https://www.healthleadersmedia.com/welcome-ad?toURL=/clinical-care/4-steps-improve-depression-care-multicultural-communities>

Joint Commission Journal on Quality and Patient Safety, featured publication (2019): *Quality Improvement Interventions Improve Efficacy of Depression Screening and Follow-up*. [https://www.jointcommission.org/\\_quality\\_improvement\\_interventions\\_improve\\_efficiency\\_of\\_depression\\_screening\\_and\\_follow-up/](https://www.jointcommission.org/_quality_improvement_interventions_improve_efficiency_of_depression_screening_and_follow-up/)

Articles for *Family Talk Magazine* on women's health, and a regular column: *Ask the Midwife* (2014-2016).

## **PRESENTATIONS**

### Refereed:

May, 2021: *Investigating the relationship between restrictive regulation of midwives and professional burnout: a 7-state comparison of autonomous and restrictive regulatory environments*. B. Thumm, A. Schaeffer, & A. Michel. Poster at the American College of Nurse-Midwives (ACNM) Annual Meeting, Chicago, IL.

November, 2021: *Depression Screening & Care: How to Make Time and Why You Should*. A. Schaeffer. (1.25 CEUs). Presentation at the Virginia ACNM Midwifery Forward Conference, Fairfax, VA.

April, 2018: *Right Care Transformations: 90 Day Rapid Cycle Improvement Exemplars*. D. Jolles, A. Schaeffer, et al. Presentation at The Lown Institute Annual Meeting, Washington, DC.

December 2017: *Improving the Efficacy of Depression Screening and Follow-up through SBIRT for a Multicultural FQHC*. A. Schaeffer, J. Hotchkiss, & E. Frazier. A storyboard presented at the Institute for Healthcare Improvement annual forum, Orlando, FL.

November 2015: *Comprehensive Sexuality Education as Primary Prevention for Childhood Sexual Abuse*. A. Schaeffer & D. Schminkey. A systematic review of literature presented as at the American Public Health Association National Conference, Chicago, IL.

#### Other:

August, 2020 – present: Monthly presentations at FNU Clinical Student Circle-ups: Clinical and professional topics

November, 2017: Guest Speaker, Sigma Theta Tau International EMU Induction Ceremony: Nursing Practice and Scholarship: The Case For Humility.

March 2015: Eastern Mennonite University Brown Bag Luncheon: Midwives for Haiti, Cultural Humility

2012-present: Community education to church youth groups on request on the subjects of gender roles and sexuality

#### **RESEARCH ACTIVITY:**

##### Research Grants:

May 2022: Colorado ACNM Affiliate: ACNM Workforce Subcommittee on Midwifery Burnout – State Regulation Project: \$3000. Funds to support open-access journal publication fees. PI: Brie Thumm, PhD, CNM; Ann Schaeffer, DNP, CNM; Alexandra Michel, PhD, CNM.

January 2022: ACNM Workforce Subcommittee on Midwifery Burnout – State Regulation Project: \$2000. Funds to support project participation incentives. PI: Brie Thumm, PhD, CNM; Ann Schaeffer, DNP, CNM; Alexandra Michel, PhD, CNM.

December 2019-December 2022: Power to Decide, the Campaign to Prevent Unplanned Pregnancy (Sponsors: William and Flora Hewlett Foundation): \$30,000. Funds to support exploration and capacity building for pregnancy prevention in Harrisonburg, VA. PI: Ann Schaeffer, DNP, CNM; Laura Leischner; Kathleen Stoehr.

July 1, 2018-June 30, 2019: March of Dimes Community Grant: \$20,000. For the implementation of CenteringPregnancy at Harrisonburg Community Health Center. PI: Ann Schaeffer, DNP, CNM.

10/1/2018-5/31/2020: Virginia LARC Initiative VDH Grant: \$353,218. Funds to make LARCs available free of charge to clients without health insurance. PI: Ann Schaeffer, DNP, CNM, and Lisa Bricker, MSN.

6/2015-12/2015: Eastern Mennonite University Summer Research Grant: \$1500. For the completion of a systematic review on the role of comprehensive sexuality education in prevention of childhood sexual abuse. PI: Ann Schaeffer, MSN, CNM.

### **FACULTY PRACTICE ACHIEVEMENTS:**

2016-2020: Created the GYN and perinatal programs for the multicultural clientele of Harrisonburg Community Health Center, an FQHC. Wrote all practice protocols, wrote and obtained grant funding to initiate CenteringPregnancy, created and implemented a three year strategic plan.

2016-2018: Led Harrisonburg Community Health Center through the review and quality improvement process to achieve improved depression screening and referral to treatment for a multicultural and multilingual population. Provided the center with a complete toolkit to continue and spread implementation of the initiative.

2016-2017: Completion of the Institute for Healthcare Improvement Basic Certificate in Quality and Safety.

2012: Completion of Advanced CenteringPregnancy training: Richmond, VA

2010: Instituto Cultural de Oaxaca. Completed 150 hours Spanish language classes in Oaxaca City, Mexico, to improve provision of care to clients.

2009: Completion of CenteringPregnancy training: Norfolk, VA

2008: Completion of ASCCP training in Colposcopy: San Antonio, TX

### **ADMINISTRATIVE ACHIEVEMENTS:**

2016-2020: Director of Women's Health Services, Harrisonburg Community Health Center, Harrisonburg, VA

2015-2016: Created and led a Senior Seminar in Haiti for nursing students in partnership with Midwives for Haiti. Involved project proposal, budget, and reporting responsibilities.

2014-2016: Level 2 Nursing Program Coordinator, Eastern Mennonite University

2010-2014: Management of midwifery practice schedule for a team of 6 CNMs, equaling 5.5FTEs, Shenandoah Women's Healthcare, Harrisonburg, VA

2001-2002: Practice manager, Charlottesville Midwifery Care, Charlottesville, VA

## **PROFESSIONAL**

### **ACTIVITIES:**

#### Memberships and Positions Held in Professional Organizations:

2020-present: ACNM Workforce Subcommittee, member

2020-present: ACNM Subcommittee on Burnout, Chair

2020- 2021: Virginia ACNM, Regional Representative (Central/Shenandoah Region)

2020-present: Virginia ACNM, Student/New Midwife Task Force, Chair

2021-present: Virginia ACNM Education Committee, member

2017-present: Sigma Theta Tau International, honor society

2017-2019: Nurse Practitioners in Women's Health

11/98-present: American College of Nurse-Midwives (ACNM).

2000-present: Virginia Chapter of the ACNM

#### Editorial activities:

2010-present: *Journal of Midwifery and Women's Health*, Peer Reviewer (3-5 reviews per year)

#### Consulting:

1/2020-3/2020: American College of Nurse-Midwives, national office. Consulted on technical editing for the Midwife as First Assistant ACNM publication, coordination of activities for the Reducing Primary Cesarean initiative, and created educational materials for the ACNM module on interprofessional collaboration.

## **COMMUNITY & PROFESSIONAL SERVICE:**

2020-present: Harrisonburg & Page County Free Clinic. Volunteer clinician for GYN services, mainly colposcopy and LARCs.

2020-present: Medical Reserve Corps, active duty

2020-present: Virginia Board of Elections officer

2015-2016: Midwives for Haiti. Completed 2 service trips to provide midwifery care and assist in training local birth attendants in Hinche and Cabestor, Haiti.

2014- 2016: JMU Office on Children and Youth Board of Directors

2004-2019: Collins Center Board of Directors, former Board President 2007-2009. Chair of Personnel Committee (2015-2019). Search Committee for Executive Director: 2018.

2003-present: Shalom Mennonite Congregation: Education Committee, Sunday School Teacher, mentor to a teen in the congregation. Pastoral Search Committee Chair: 2016.

## **TEACHING ACTIVITIES:**

#### Curriculum Development Activities:

2020-2021: Developed and piloted a monthly “Circle Up” online program for Frontier Nursing University MSN students to experience support, receive mentoring and education on clinical and professional practice issues, and for Regional Clinical Faculty to build capacity in facilitating real-time online learning in their particular areas of expertise. Topics personally developed and presented: Contract Negotiations; Oral Contraceptive Pill Choice; Depression Screening & Care; Cervical Cancer Screening; Communication Techniques & Pearls; LARC Tips & Tricks.

2020: FNU Work group lead for curriculum review of the WH712-716 clinical courses

2012-2020: NURS 326, NURS 427 course content development and maintenance (course coordinator), aligning with curriculum goals for the program and department at Eastern Mennonite University.

2018-2020: NURS 433, NURS 431 course content development and maintenance (course coordinator), adapting semester-long courses to accelerated summer format, while maintaining alignment with the curriculum and program goals at Eastern Mennonite University.

2016: CORE 401B, Senior Seminar new course creation. Midwives for Haiti international trip with academic credit and content. Aligned course content with the university curriculum guidelines for Senior Seminars.

2013: Eastern Mennonite University, Committee to create a Gender Studies minor.

Courses Taught:

<b>Course#</b>	<b>Title</b>	<b>Role</b>	<b>Year, Semester</b>	<b>Credits</b>	<b>#Students</b>
PC744	DNP Clinical Project Dissemination	Course Faculty	Fall 2021; Winter, Spring 2022	3	5-9 per term
PC743	DNP Clinical Project Implementation	Course Faculty	Fall 2021; Winter, Spring 2022	4	5-9 per term
PC740	DNP Clinical Project Planning	Course Faculty	Fall, 2021; Winter, Spring 2022	4	5-9 per term
PC728	Leadership & Organizational Dynamics	Course Faculty	Spring, 2021	3	60+
NM712-716	CNEP Clinicals	Clinical Faculty	Summer, Fall 2020 Winter, Spring, Fall 2021	3 per course, 15 total	18-22 at a time
WH712-716	WHNP Clinicals	Clinical Faculty	Summer, Fall 2020 Winter, Spring,	3 per course, 15 total	2-3 at a time



			Fall 2021		
NM710 & WH710	Clinical Bound	Physical exam grader	Fall 2020	1	2-3 per term
NURS 431	Community Health	Assistant Professor (CC)	Summer, 2020	3	16
NURS 620	Safety, Risk Reduction, & Quality Care	Assistant Professor (co-teaching)	Spring, 2020	4	13
NURS 326	Nursing Care of the Childbearing Family	Assistant Professor and clinical instructor (CC)	Fall and Spring, 2012-2020	3	20-24 per semester
NURS 433	Evidence Based Practice for Nursing	Assistant Professor (CC)	Summer term, 2018, 2020	2	16
NURS 427	Professional Issues in Nursing II	Assistant Professor (CC)	Fall and Spring, 2015-2016, 2016-2017, 2017-2018	2	20-24 per semester
CHST 260	Teaching, Ministry, Healthy Sexuality	Guest Instructor, 3 classes per term	Spring semester, 2014, 2015, 2016, 2017	3	20-24
NURS 426	Nursing & Family in Community	Community project advisor and grader	Fall and Spring, 2014-2015, 2015-2016, 2016-2017, 2017-2018	4	4-8 per semester
CORE 401B	Senior Seminar, Midwives for Haiti	Assistant Professor (CC)	Spring 2016	2	8
NURS 326	Nursing Care of the Childbearing Family	Clinical instructor	Fall and Spring, 2005-2006	3	20-24 per semester
FNU, JMU, UVA graduate programs	Clinical hours for FNP, CNM programs	Clinical instructor/ Faculty	2002-present	variable	1-2 per semester

Student Research Advising:

FNU DNP Projects, Faculty Advisor:

<b>Student</b>	<b>Graduation Term</b>	<b>Topic</b>
Hope Anderson	Spring, 2022	Improving TMS practice by implementing a patient-centered discharge process
Cathleen Hewlett-Masser	Spring, 2022	Implementing Effective Perinatal Depression Care in an Urban Private Practice
Melissa Morris	Spring, 2022	Increasing effective care for emergency department patients with opioid-related diagnoses using World Health Organization guidelines
Jennifer Mimish	Spring, 2022	Improving Patient-Centered Sexual Health History Intake and Engagement in a Private Clinic in Idaho
Beth Veatch	Spring, 2022	Improving Patient-Centered Resiliency at a Suburban Pediatric Clinic Utilizing the Adverse Childhood Experiences Aware Toolkit

2019-2020: Advised MSN students through the project proposal phase, in IHI format, of their QI projects, for NURS 620.

2012-2016: Each semester, advised teams of undergraduate students on their research capstone projects (various topics and foci).

Attendance at CEU Programs in last 3 years:

Winter Conference on Clinical Issues in OB/GYN (Symposia Medicus): 16 credit hours (2/2022)

Virginia ACNM Fall CME, Midwifery Forward: 8 contact hours (11/2021)

ACNM Annual Meeting: May, 2021

Virginia ACNM Fall CME, Midwifery Forward: 8 contact hours (11/7/2020)

AMCB Module: Intrapartum, Postpartum, & Newborn: 20 contact hours (10/2020)

JMWH Article Peer Review: 3/2020, 3/2019, 10/2018, 2/2018, 7/2017, 4/2017: 9 contact hours  
AMCB Module: Antepartum and Primary Care of the Pregnant Woman: 20 contact hours  
(10/2019)

Contraceptive Technology: Washington, DC: 15.25 contact hours (4/2019)

Lown Institute Conference- Breaking the Cycle of High Cost & Low Value: America's Next  
Health System: Washington, DC: 10.5 contact hours + panel presentation (4/2018)

NPWH: Women's Healthcare National Conference: San Antonio, TX: 15.15 contact hours  
(10/2018)

IHI National Forum on Quality Improvement in Health Care: Orlando, FL: 10.25 contact hours  
+ poster presentation (12/2017)

Contemporary Forums- Women's Health and OB/GYN Care: Washington, DC: 16.50 contact  
hours (9/2017)