

CURRICULUM VITAE

Sharon Fruh, PhD, RN, FNP-BC

EDUCATION:

<u>Institution</u>	<u>Date</u>	<u>Degree</u>	<u>Major/Minor</u>
University of Illinois Chicago, Illinois	1995	PhD	Nursing
Rush University Chicago, Illinois	1983	MS	Nursing-FNP
Bethany University Scotts Valley, California	1980	BA	Psychology
Triton College River Grove, Illinois	1977	ADN	Nursing

AREA OF SPECIALIZATION:

Family Nurse Practitioner

RESEARCH AREA: Family Meals and Childhood Obesity

PROFESSIONAL EXPERIENCE:

Academic

<u>Institution</u>	<u>Date</u>	<u>Position/Role</u>
University of South Alabama Mobile, Alabama	1994-present	Assistant Professor
Oral Roberts University Anna Vaughn School of Nursing Tulsa, OK	2004-present	Adjunct Faculty
Rush University Chicago, Illinois	1984-1992	Practitioner-Teacher

Clinical Positions:

<u>Institution</u>	<u>Date</u>	<u>Position/Role</u>
Our Neighborhood Health Center Mobile, AL	2010-present	Family Nurse Practitioner

Poarch Creek Health Department Poarch, Alabama	1992-1994	Family Nurse Practitioner
Dr. Jeffrey Johnson Winfield, Illinois	1982-1984	Family Nurse Practitioner
Bethany University Scotts Valley, California	1977-1979	School Nurse
Dominican Hospital Santa Cruz, California	1977-1980	Staff Nurse

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS:

Sigma Theta Tau International Honor Society of Nursing, Zeta Gamma Chapter
Member, 1994 - present
Southern Nursing Research Society
Member, 2009-present
American Diabetes Association
Minority Initiative Committee-Chicago 1989-1992

AWARDS:

Golden Key National honor Society: (Honorary membership), Mobile, Alabama, (1997).

Sigma Theta Tau, Zeta Gamma Chapter, Mentorship Award, Mobile, Alabama (1996).

Awarded the college of Nursing Dean's Award to a Doctoral Student for Superior Academic and Research Achievement in the Graduate Nursing Program, University of Illinois at Chicago (1995).

U.S. Department of Health and Human Services, Fifth Annual Secretary's Award for Innovation in Health Promotion and Disease Prevention: Nutrition and exercise program for Urban Native Americans (1987) (Honorable Mention).

Awarded the college of Nursing Dean's Award to a Graduate Student for Superior Academic Leadership in the Graduate Nursing Program, Rush University, Chicago, Illinois (1983).

REFEREED PUBLICATIONS:

Fruh, S. (Accepted April 2012). Commentary: We Can Make a Difference with the Obesity Epidemic. The Clinical Advisor.

- Fruh, S., Mulekar, M.S., and Dierking, J. (Under Review 2012). Guiding Patients for Weight Loss and Control. *The Nurse Practitioner*. (Article was requested from editor).
- Fruh, S., Mulekar, M.S., Hall, H., and Fulkerson, J.A. (Under Review 2012). Perspectives and Observations of Graduate Nursing Students Related to Family Meals. *The Journal of Nurse Practitioners*.
- Fruh, S. (Accepted January 2012). Commentary: Do family meals make a difference? *The Clinical Advisor*.
- Nunnally, B., and Fruh, S. (Accepted November 2011). Stoplight challenge project: improving cardiovascular care for women. *Advance for Nurse Practitioner*.
- Fruh, S., Mulekar, M., Hall, H., Fulkerson, J., King, A., Jezek, K., and Roussel L. (2012). Benefits of family meals with adolescents: Nurse Practitioners' Perspective. *The Journal of Nurse Practitioners*, 8(4) 280-287.
- Fruh, S., Fulkerson, J., Mulekar, M., Kendrick, L., & Clanton, C. (2011). CEU Article: The surprising benefits of family meals. *The Journal of Nurse Practitioners*, January, 7(1) 18-22.
- Fruh, S., Reed, Donna. (2003). Differentiating Skin Manifestation in the Newborn in *Advanced for Nurse Practitioners*, 11(7) 79-81.
- Ryan, J., Semack, J., Früh, S., & Tannehill, C. (2000). 17-Year-Old Girl With Odynophagia and Weight Loss. *Clinical Reviews*, 10 (5). 101 – 107.
- Peugot, A., Anderson, C.V. & Früh, S. (1999). Teenage tobacco use. *The Nurse Practitioner*, 24(9). 66-69
- Herf, C., Nicholas, J., Früh, S., Holloway, B., & Anderson. (1998). Meningococcal disease: Recognition, treatment, and prevention. *The Nurse Practitioner*, 13(8), 30-46.
- Hart, N., McCloud, M., & Früh, S. (1997) *Advance for Nurse Practitioners*, 5(8), 32-36.
- Lipton, R., Früh, S., Allen, P., & Casillas, S. (1995). Health behaviors and Diabetes risk factors among American Indians in an urban setting. *The HIS Primary Care Provider*. 19(12), 192-195.
- Potempa, K., Babich, K., Früh, S., & Fogg, L. (1993) Predictors of blood pressure and psychological responses of hypertensive patients to anti-hypertensive medication. *Journal of the Academy of Nurse Practitioners*, 5(5), 211-218.

Früh, S. (1987 September/October). Nutrition and exercise program for Urban Indians. *Public Health Report*, p. 558.

Früh, S. (1985). Case study on infant colic. *Pediatric Nursing*, 11(2), 135-136.

ONLINE PUBLICATIONS:

Potempa, K., Babich, K., Früh, S., and Fogg, L. (2007) Blood Pressure and Mood Responses in Hypertensive Patients on Antihypertensive Medications. *Journal of the American Academy of Nurse Practitioners* online April 29, 211-218.

PROFESSIONAL PRESENTATIONS:

Früh, S. (2009, October). 15th Annual Oklahoma Nurse Practitioner Conference: Importance of Family Mealtime (sponsored by Dairy Max).

Früh, S. (1998, March). Seventy-Fifth Annual Meeting of the Alabama Academy of Science, Inc. Presented research *Characteristics of type II diabetics compared to non-Diabetic Parch Creek Indians (a descriptive study)*. Mobile, Alabama

Früh, S. (1996, January). *Effective Family Nurse Practitioner Program*. Louisiana State University Medical Center, New Orleans, Louisiana.

Früh, S. (1996, January). *Health Assessment*. Calcutta, India.

Früh, S. (1996, April). Grove Hill, Alabama, Area Health Education Center Quarterly Meeting. Presented *The Role of a Nurse Practitioner*. Grove Hill, Alabama.

Früh, S. (1992, July). 17th National Primary Care Nurse Practitioner Symposium at the University of Colorado, College of Health Sciences. *Predictors of blood pressure and mood in hypertensives taking antihypertensive medication*. Estes Park, Colorado.

Früh, S. (1992, February). Chicago Board of Health: *The Role of Nurse Practitioners in Illinois* Presentation at monthly board meeting. Chicago, Illinois.

Früh, S. (1998, May) Rush University Nurses Alumni Association Golden Lamp Society: *Nutrition and Exercise Program for Urban American Indians*. Rush University, Chicago, Illinois.

Früh, S. (1985, May). Symposium on Family Abuse, the Ageless Epidemic: *Child Abuse Identification and Intervention*. Sponsored by the Department of Community Health Nursing, Rush University, Chicago, Illinois.

BOOK CHAPTERS – PEER REVIEWED:

- Mulekar, M., Jezek, K., and Fruh, S. (2012) Evidence-based practice: An integrative approach to research, administration, and practice. Jones and Bartlett Publishers
Editors: Heather R. Hall and Linda Roussel.
- Pfantz, S., and Früh, S. (2005). Dermatologic Disorders. Virginia Layng Millonig, *Adult Nurse Practitioner Certification Study Question Book*. 2nd Ed, Health Leadership Associates: Potomac, MD.
- Pfantz, S., and Früh, S. (2005). Ear, Eye, Nose, and Throat Disorders. Virginia Layng Millonig, *Adult Nurse Practitioner Certification Study Question Book*. 2nd Ed, Health Leadership Associates: Potomac, MD.
- Pfantz, S., and Früh, S. (2005). Cardiovascular Disorders. Virginia Layng Millonig, *Adult Nurse Practitioner Certification Study Question Book*. 2nd Ed, Health Leadership Associates: Potomac, MD.
- Pfantz, S., and Früh, S. (2005). Gastrointestinal Disorders. Virginia Layng Millonig, *Adult Nurse Practitioner Certification Study Question Book*. 2nd Ed, Health Leadership Associates: Potomac, MD.
- Pfantz, S., and Früh, S. (2005). Endocrine Disorders. Virginia Layng Millonig, *Adult Nurse Practitioner Certification Study Question Book*. 2nd Ed, Health Leadership Associates: Potomac, MD.
- Früh, S. (1999). Dermatologic Disorders. Virginia Layng Millonig, *Adult Nurse Practitioner Certification Study Question Book*. 1st Ed, Health Leadership Associates: Potomac, MD.
- Früh, S. (1999). Ear, Eye, Nose, and Throat Disorders. Virginia Layng Millonig, *Adult Nurse Practitioner Certification Study Question Book*. 1st Ed, Health Leadership Associates: Potomac, MD.
- Früh, S. (1999). Cardiovascular Disorders. Virginia Layng Millonig, *Adult Nurse Practitioner Certification Study Question Book*. 1st Ed, Health Leadership Associates: Potomac, MD.
- Früh, S. (1999). Gastrointestinal Disorders. Virginia Layng Millonig, *Adult Nurse Practitioner Certification Study Question Book*. 1st Ed, Health Leadership Associates: Potomac, MD.
- Früh, S. (1999). Endocrine Disorders. Virginia Layng Millonig, *Adult Nurse Practitioner Certification Study Question Book*. 1st Ed, Health Leadership Associates: Potomac, MD.

