

Joanna E. Long

EDUCATION

Degrees conferred:

University of North Carolina at Chapel Hill School of Nursing, DNP, May 2017

University of North Carolina at Chapel Hill School of Nursing, M.S.N., May 2012,
GPA 3.9/4.0

University of North Carolina at Chapel Hill School of Nursing, B.S.N., August 2009,
GPA 3.9/4.0

University of North Carolina at Chapel Hill, B.A., May 2006, GPA 3.6/4.0

LICENSURE/CERTIFICATION

Certified Family Nurse Practitioner, July 2012

Registered Nurse, September 2009

PROFESSIONAL EXPERIENCE

Family Nurse Practitioner, Novant Health North Point Medical Associates, Winston-Salem, NC, August 2012-Present

- Provide primary care services to patients ranging from newborn to end of life.

Medical Intensive Care Unit Staff Nurse, Wake Forest Baptist Health, Winston-Salem, NC

September 2009-August 2010 - Full-time; August 2010-Present - Part-time.

- Provide therapeutic nursing care for patients in the MICU. Collaborate with physicians, NPs, and PAs regarding patients' plans of care. Work with patients and their families to better understand the diagnoses, prognosis and plans of care and empower them to be active participants in their care.

TEACHING EXPERIENCE

Clinical Preceptor for Nurse Practitioner Students, January 2014 - present

- Work with nurse practitioner and physician assistant students throughout their clinical experience. Foster critical thinking skills.

Guest Lecturer, UNC Chapel Hill School of Nursing, November 2015.

Educated undergraduate nursing students regarding care of acute kidney injury in critical care settings.

Elective coursework in the DNP program included nursing education, August-December 2015.

PROFESSIONAL MEMBERSHIPS

North Carolina Nurses Association, Member

-NCNA DNP Council, Member

American Nurses Association, Member

American Association of Nurse Practitioners, Member

HONORS AND AWARDS

Doctoral Merit Assistantship, UNC-Chapel Hill Graduate School, 2015-2017

- This is a full-tuition plus stipend fellowship that recognizes strong academic achievement and promise in graduate studies.

James M. Johnston Scholar, UNC-Chapel Hill School of Nursing, 2010-2012

- This is a full tuition, merit-based scholarship that recognizes excellence in academic achievement.

George Livas Award Recipient, UNC-Chapel Hill School of Nursing, July 2009

- This award, given by the faculty, recognizes the outstanding student in the graduating class who demonstrates scholarship, leadership and excellence in nursing.

Sigma Theta Tau BSN Outstanding Achievement Award, UNC-Chapel Hill School of Nursing, July 2009

- This award is given to the member of the graduating class with the highest GPA.

Public Service Scholar, UNC-Chapel Hill, May 2006

- This recognition requires 300 hours of public service, service-based learning courses and a service portfolio presented to community members.

Patrick F. Earey Award Nominee, UNC-Chapel Hill, May 2006

- Awarded by the Exercise and Sport Science faculty and recognizes academic, extracurricular and leadership achievement.

PRESENTATIONS, PROCEEDINGS AND PAPERS

Dowling-Castronovo, A., Long, J. & Bradway, C. (2019). Urinary incontinence. In Boltz, M., Capezuti, E., Fulmer, T. & Zwicker, D. (Eds.). *Evidence Based Geriatric Nursing Protocols for Best Practice* (6th ed) (Chapter 21, pp. 343-362). New York: Springer Publishing Co. Manuscript in preparation.

Long, J. Khairat, S., Chmelo E & Palmer, M.H. (2017). *Mind over Bladder: Aging, Women and Bladder Health*. Geriatric Nursing. 1-8

Long, J. Chmelo, E., Khairat, S & Palmer, M.H. (2017). *Mind Over Bladder: Aging, Women and Bladder Health*. A dissertation submitted to the graduate school at UNC Chapel Hill. UNC Chapel Hill School of Nursing.

Long, J. (June 7, 2016). *Mind Over Bladder: Aging, Women and Bladder Health*. [Lightning talk]. Meeting Vulnerable Populations Where They Live: Summit to Address Care Challenges and Solutions. University of North Carolina at Chapel Hill School of Nursing, Sheraton-Chapel Hill, Chapel Hill, NC.

RESEARCH EXPERIENCE

Mind Over Bladder: Aging, Women and Bladder Health. UNC- Chapel Hill School of Nursing. August 2015-May 2017.

Aspirin and Statin Therapy Adherence for Patients with Type 2 Diabetes. A review of current practices of primary care practitioners in community clinics. August-December 2016

A Review of Community-Based Physical Activity Interventions, Especially Among Underserved Populations. UNC-Chapel Hill School of Nursing, Advisor: Jennifer Leeman. August 2011-March 2012.

VOLUNTEER AND RELATED WORK EXPERIENCES

Disability Advocate

As a mother of a child with a disability, I serve as an ambassador for families with Spinal Muscular Atrophy who are beginning treatments for their child. This involves media work, writing articles for journals and leading discussion forums.

Big Brother, Big Sister, Winston-Salem, September 2014 - 2020

- With my husband, served as mentors for a young man in our community by spending several hours each week with him.

Habitat for Humanity International Volunteer

Fundraise and participate in international builds in Guatemala (2014), Malawi (2015) and Vietnam (2016).

International Medical Volunteer, Health Care Provider - Haiti, July 2010 and July 2011; Peru March 2012

- Delivered primary and acute care services to patients ranging in each age from 11 days to 95 years throughout Port Au Prince, northwest Haiti and Chimbote, Peru for one week each year.

Wellness Educator, New Life Day Care, Chapel Hill, NC, January 2011-July 2011

- Collaborated with employees and parents of the day care to develop and lead a 12 -week nutrition education and healthy living program for low-income families.

Cross-Cultural Solutions International Volunteer-

Cape Town, South Africa, February 2008 - March 2008

- Worked in one of South Africa's largest townships assisting children with development disabilities to develop social and functional skills.

Lima, Peru, June 2005 - July 2005

- Provided assistance in activities of daily living and support services for abused and neglected elderly in a shantytown outside of Lima.

Arusha, Tanzania, July 2004 - August 2004

- Taught a variety of subjects to 65 elementary-aged children at Kilimanjaro Orphan School.

Community Care Center Triage Staff, Winston-Salem, NC, May 2007-February 2008

- Triage patients and assisted physicians and nurses 2 days each week at the medical clinic for the underserved.

Pilsen Mental Health Center Intern, Chicago, IL, September 2006 - December 2006

- Provided social services and counseling services to individuals with mental health needs in individual and group settings for 16 hours per week.

Jerry Long Family YMCA, Triathlon Coach, Clemmons, NC, May 2006 - September 2006

- Developed and implemented a 12-week triathlon training plan for over 20 novice triathletes.

LEADERSHIP AND ACTIVITIES

Highland Presbyterian Church Service Committee, March 2018- March 2019

Triad Women of Vision, Education and Outreach Chairwoman, January 2014- December 2015

- Develop, organize and lead interactive presentations on international and local public health issues. Take part in service projects with local organizations, such as AIDS Care Services.

School of Nursing Graduate Student Association, Co-President, September 2011-May 2012

- Participate on the Dean's Advisory Committee and accreditation council and organize and lead enrichment and career building opportunities for graduate students.

UNC Minority Student Caucus Conference, Attendee, February 24, 2012

- Attended seminars on how to better serve minority and underserved populations within the current healthcare, social and political climate at the nation's largest student-run conference.

UNC School of Public Health, Global Service Committee member, 2010-2011

- Led educational sessions on global and public health issues at local middle and high schools.

UNC School of Nursing Association of Nursing Students, member, 2008-2009

- Led and participated in a variety of health-promoting service activities.

Fellowship of Christian Athletes, Service Chairwoman, 2004-2005

KEY STRENGTHS AND SKILLS

- Develop rapport with patients and families to foster a collaborative, working relationship.
- Foster learning opportunities and provide guidance in the development of critical thinking skills for nurse practitioner and physician assistant students during their clinical experiences.
- Empower patients to be active participants in achieving optimum health.
- Utilize analytical and critical thinking skills to provide evidence-based and comprehensive holistic care.
- Collaborate with other health care professionals within a multi-disciplinary team.