APRIL 2017

KIMBERLY KOVACH TROUT, PhD, CNM, APRN

**BUSINESS ADDRESS**

University of Pennsylvania School of Nursing  
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**EDUCATION**

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| --- | --- | --- |
| 2005 | PhD University of Pennsylvania School of Nursing, Philadelphia PA |  |
| 1987 | MSN University of Pennsylvania School of Nursing (Nurse-Midwifery), Philadelphia PA |  |
| 1980 | BSN University of Pennsylvania School of Nursing, Philadelphia PA |  |

**ACADEMIC POSITIONS**

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| --- | --- |
| 2014-present  2014-present  2013-present | Assistant Professor of Women’s Health *(Clinician- Educator Track)*  University of Pennsylvania School of Nursing, Philadelphia, PA  Member of the Graduate Group in Nursing  University of Pennsylvania, Philadelphia, PA  Member of the Center for Global Women’s Health  University of Pennsylvania, Philadelphia, PA |
| 2013- 2014 | Lecturer, Department of Family and Community Health  University of Pennsylvania School of Nursing, Philadelphia, PA |
| 2011- 2013 | Associate Professor  School of Nursing and Health Studies  Georgetown University, Washington, D.C. |
| 2011  2005-2011 | Associate Professor (tenure awarded 2011)  Villanova University College of Nursing, Villanova, PA  Assistant Professor  Villanova University College of Nursing, Villanova, PA |
| 2004- 2005 | Clinical instructor (part-time)  Villanova University College of Nursing – Villanova, PA |
| 2000-2001 | Teaching Assistant  University of Pennsylvania School of Nursing - Philadelphia, PA |
| 1996-2000 | Adjunct Instructor (part-time)  St. Francis University, Loretto, PA |
| 1993-1995 | Instructor of Nursing  St. Francis University, Loretto, PA |

**CLINICAL & ADMINISTRATIVE POSITIONS**

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| 2006-present  2011-2013 | Certified Nurse- Midwife (*Clinical appointment as Clinician-Educator beginning 2014)*  Pennsylvania Hospital  University of Pennsylvania Health System, Philadelphia, PA  Program Director, Nurse-Midwifery/Women’s Health Nurse Practitioner Program  School of Nursing and Health Studies  Georgetown University, Washington, D.C. |
| 2005-2006  2003-2004 | Staff Nurse- Maternal/Infant Program (per diem)  Mercy Home Health  Catholic Health East- Springfield, PA  Certified Nurse-Midwife  Pennsylvania Hospital  University of Pennsylvania Health System, Philadelphia, PA |
| 1999-2003 | Certified Nurse-Midwife Associate  J.C. Blair Memorial Hospital, Huntingdon, PA |
| 1996-1999 | Midwifery Director  J.C. Blair Memorial Hospital, Huntingdon, PA |
| 1991-1996 | Staff Nurse-Midwife  J.C. Blair Memorial Hospital, Huntingdon, PA |
| 1991 | Nurse-Midwife (part-time)  Latterman Clinic, McKeesport Hospital, McKeesport, PA |
| 1990-1991 | Nurse-Midwife (part-time)  Mon Valley Community Health Services, Inc., Monessen, PA |
| 1989 | Nurse-Midwife (part-time)  Frontier Midwifery Associates,  Hospital of Philadelphia College of Osteopathic Medicine  Philadelphia, PA |
| 1988 | Nurse-Midwife Intern  John F. Kennedy Memorial Hospital, Turnersville, NJ |
| 1984-1986 | Charge Nurse  Booth Maternity Center, Philadelphia, PA |
| 1984 | Staff Nurse  Booth Maternity Center, Philadelphia, PA |
| 1983-1984 | Staff Nurse  Children’s Seashore House, Philadelphia, at Children’s Hospital of Philadelphia, Philadelphia, PA |
| 1983-1984 | Infant Program Nurse  Children’s Hospital of Philadelphia, Philadelphia, PA |
| 1981-1982  1981 | Failure to Thrive Nurse Clinician  Children’s Seashore House, Philadelphia, at Children’s Hospital of Philadelphia, Philadelphia, PA  Staff Nurse  Children’s Seashore House, Philadelphia, at Children’s Hospital of Philadelphia, Philadelphia, PA |

**OTHER APPOINTMENTS**

2016-present Member of Diabetes Research Center,

Perelman School of Medicine, University of Pennsylvania

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| --- | --- |
| 2002-2005 | NIH Ruth L. Kirschstein National Research Service Award F31  Pre-doctoral Fellow  University of Pennsylvania School of Nursing – Philadelphia, PA |
| 2001-2002 | Research Assistant  University of Pennsylvania School of Nursing – Philadelphia, PA |

**CERTIFICATION/LICENSURE**

**Specialty certification**: American College of Nurse-Midwives/American Midwifery Certification Board, Number 5268

Issued: 01/09/1988

**Licensure**

Pennsylvania: MW008257L RN242810L

Issued: 03/03/1989 Issued: 03/30/1981

Expires: 12/31/2018 Expires: 04/30/2018

District of Columbia:

Advanced Practice Registered Nurse/Certified Nurse Midwife: RN1025324

Issued: 01/06/2012

Expires: 06/30/2018

**HONORS/AWARDS/MEMBERSHIPS IN HONORARY SOCIETIES**

2016 Best Research Poster, American College of Nurse-Midwives Annual Meeting

2015 Excellence in Teaching Award, American College of Nurse-Midwives Foundation

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| 2003 | Recipient of the Marion R. Gregory Award, University of Pennsylvania School of Nursing for doctoral student research proposal. |
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| 1986 | Pennsylvania Nurses’ Association Award. Selected by peers for “outstanding nursing practice”. |
| 1980 | Sigma Theta Tau Scholarship Award. University of Pennsylvania, Xi Chapter. |

**Doctoral Dissertation**

Menstrual cycle effects on insulin sensitivity and nutrient intake in women with type 1 diabetes,

Trout, Kimberly K. University of Pennsylvania, ProQuest, UMI Dissertations Publishing, 2005.

DAI dissertation number: 3179823

Proquest document ID: 305412485

Document URL: <http://search.proquest.com/docview/305412485?accountid=14707>

Dissertation Supervisor: Nancy C. Tkacs, RN, PhD; members: Karen Teff, PhD, William McCool, FACNM, PhD, Lori Flanagan-Cato, PhD

**PUBLICATIONS**

**Journal Articles: Research, Peer Reviewed (\* indicates data-based), (ꝏ indicates student co-authorship)**

\*Trout, K.K., Homko, C., Wetzel-Effinger, L., Mulla, W., Mora, R., McGrath, J., Basel-Brown

L., Arcamone, A., Samii, P., & Makambi, K. (2016) Macronutrient composition or social determinants? Impact on infant outcomes with gestational diabetes mellitus (GDM). *Diabetes Spectrum, 29* (2), 71-78.

ꝏEshkevari, L., Trout, K.K., & Damore, J. (2013) Management of postpartum pain. *Journal of Midwifery & Women’s Health*, *58*(6):622-631.

ꝏTrout, K.K., Ellis, K.A., & Bratschie, A. (2013). Prevention of obesity and diabetes in childbearing women. *Journal of Midwifery & Women’s Health, 58*(3):297-302.

\*Trout, K.K., McGrath, J., Flanagan, J., Costello, M., & Frey, J. (2012) A pilot study to increase fruit and vegetable intake in Latina pregnant women. *Journal of Primary Care and Community Health, 3*(1), 2-5.

Yehuda, I., Ramos, J.N., & Trout K.K. (2011) Fetal growth scans and amniotic fluid

assessment in gestational diabetes. *JOGNN, 40,* 603-616.

\*Trout, K.K., Basel-Brown, L., Rickels, M.R., Schutta, M.H., Petrova, M., Freeman, E.W.,

Tkacs, N.C., & Teff, K.L. (2008). Insulin sensitivity, food intake, and cravings with premenstrual syndrome: A pilot study. *Journal of Women’s Health, 17*(4), 657-665.

\*Trout, K.K., Rickels, M.R., Schutta, M.H., Petrova, M., Freeman, E.W., Tkacs, N.C., & Teff,

K.L. (2007). Menstrual cycle effects on insulin sensitivity in women with type 1 diabetes: A pilot study. *Diabetes Technology and Therapeutics, 9*(2), 176-182.

Trout, K.K., Homko, C., & Tkacs, N.C. (2007). Methods of measuring insulin sensitivity.

*Biological Research for Nursing, 8*(4), 305-318.

Trout, K.K. (2004). The neuromatrix theory of pain: Implications for selected non-

pharmacologic methods of pain relief for labor. *Journal of Midwifery & Women’s Health,*

*49*(6), 482-488.

**Journal Articles: Clinical Other (ꝏindicates student co-authorship)**

ꝏTrout, K.K., Averbuch, T., & Barowski, M. (2011) Promoting breastfeeding

among obese women and women with gestational diabetes mellitus. *Current*

*Diabetes Reports, 11*(1), 7-12

Trout, K.K. (2010) A tale of two births: The healing power of VBAC. *Midwifery*

*Today*, *96,* 26-28, 67*.*

Trout, K.K. (2010) Human trafficking: The role of nurses in identifying and

helping victims. *Pennsylvania Nurse, 65*(4), 18-20.

Trout, K.K. & Scheiner, G. (2008) Blood glucose control and the menstrual cycle.

*Review of Endocrinology, 2*(10), 27-29.

Homko, C.J., & Trout, K. (2006). Women and diabetes. *Nursing Clinics of North*

*America, 41*(4), 549-565.

Trout, K.K. & Teff, K.L. (2004). Insulin sensitivity and premenstrual syndrome. *Current*

*Diabetes Reports, 4*(4), 273-280.

Trout, K.K. (2000). Unexpected allies. How a rural hospital medical staff came to the support of

midwives. *Midwifery Today Int Midwife, 56:*18-19.

**Chapters in books or monographs**

Trout, K.K. & Nagatalon-Ramos, J. (2016). Chapter 7: Intrapartum and Postpartum. Invited book

chapter in *Midwifery & Women’s Health Nurse Practitioner Review Guide, 3rd ed.,* Burlington, MA: Jones and Bartlett Learning.

Trout, K.K. (2016). Chapter 8: Midwifery Care of the Newborn. Invited book chapter in

*Midwifery & Women’s Health Nurse Practitioner Review Guide, 3rd ed.,* Burlington

MA: Jones and Bartlett Learning.

Trout, K.K. & Kelsey, B. (2016). Chapter 10: Professional Issues. Invited book chapter in

*Midwifery & Women’s Health Nurse Practitioner Review Guide, 3rd ed.,* Burlington, MA: Jones and Bartlett Learning.

Trout, K.K. & Eshkevari, L. (2015).Chapter 28: Support for Women in Labor and Beyond.

Invited book chapter in *Varney’s Midwifery, 5th ed.,* Burlington, MA: Jones & Bartlett

Learning.

Trout, K.K. (2014) Chapter 23: Gestational diabetes. In R.G. Jordan, J. Engstrom, J. Marfel, & C.L. Farley, Eds. Invited book chapter in *Prenatal and Postnatal care: A Woman-Centered Approach.* Hoboken, NJ: Wiley Publishers.

Trout, K.K., Blake, K., & Maroszan, H. (2012). Caring for the pregnant woman with a family history of cognitive/developmental disabilities. Invited book chapter in *Nursing of Autism Spectrum Disorder:* Evidence*-Based Integrated Care across the Lifespan.* (Springer Publications).

**RECENT LECTURES BY INVITATION, SPEECHES, AND WORKSHOPS**

**INTERNATIONAL**

“Le Model De Soin De Sage-Femmes Dans Le Contexte De La Naissance Mēdicalisēe” (Midwifery Model Of Care In An Era Of Medicalized Birth), “Mēthodes De Prises En Charge Non-Pharmacologiques” (Non-Pharmacological Methods Of Pain Relief) and “La Prē-Eclampsie: Il Ne S’agit Seulement De La Protēine” (Pre-Eclampsia: It’s Not Just About The Protein)”: March 2-4, 2016

Foundation for the Advancement of Haitian Midwives (FAHM) and United Nations Population Fund (UNFPA), Port-au-Prince, Haiti

“Perinatal Outcomes with Carbohydrate Restriction for Gestational Diabetes”: March 24, 2011

6th International Symposium on Diabetes & Pregnancy in Salzburg, Austria.

**NATIONAL**

Adopting Healthy Lifestyle Practices To Prevent Obesity and Diabetes”: June 21, 2012

United States Public Health Service at the University of Maryland, College Park, MD.

“Perinatal Outcomes with Carbohydrate Restriction for Gestational Diabetes”: April 1-2, 2011, 12th Annual Meeting of the Diabetes in Pregnancy Study Group of North America, Washington, DC.

**REGIONAL/LOCAL**

“Diabetes and Reproductive Health Care”: July 28, 2016

Association of Reproductive Health Professionals (ARHP), Philadelphia, PA

“Diabetes in Pregnancy and Children in Developing Countries”: December 4, 2014

Clare M. Fagin Hall, University of Pennsylvania School of Nursing

Foundation for International Medical Relief of Children Awareness Week

“Microbirth”: November 11, 2014

Penn Nursing Women’s Health Film Series: A fundraiser to benefit the Helen O. Dickens Clinic, Hospital of the University of Pennsylvania Childbirth Education Classes

“Diabetes & Pregnancy”: March 14, 2011

Garbose Special Delivery Unit at the Children’s Hospital of Philadelphia, Philadelphia, PA

“Face To Face With Cholera in Haiti”: February 16, 2011 Presentation with Megan Donaghy MSN, CNM - Nursing Grand Rounds at Pennsylvania Hospital, Philadelphia, PA

“Rescue and Restore”: The Role of Nurses in Identifying and Helping Victims of Human Trafficking: October 23, 2009, Pennsylvania State Nurses Association 2009 Summit, “The Nurse’s Voice: Protecting Yourself and Your Patient”.

“Perinatal Outcomes with Carbohydrate Restriction for Gestational Diabetes”: October 14, 2009

4th Annual Crozer-Keystone Health System Research Symposium, Chester, PA

“Your Baby Prefers What You Eat”: April 1, 2008

Research symposium sponsored by The Center for Nursing Research and Sigma Theta Tau at Villanova University, “The Many Faces of Nursing Research”, Villanova, PA

“Non-Pharmacological Methods of Pain Relief” And “Humane Hospital Births”: March 28-29, 2008

Midwifery Today conference in King of Prussia, PA.

**MEMBERSHIPS IN PROFESSIONAL & SCIENTIFIC SOCIETIES & OFFICES HELD**

**National**

American Diabetes Association 2016-present

Member of Reproductive Health Group

American College of Nurse-Midwives:

National: Division of Research, Dissemination Section 2015- present

Normal Birth Task Force Maternity Care Subcommittee 2013-2015

Regional/Local:

Region II, Chapter 14

Chapter Secretary: 2001-2002

Region II, Chapter 4

Member of Nominating Committee: 1999- 2001, 1992-1994

Chairperson of nominating committee: 1994

Member of Legislative Committee: 1996, 2005

Sigma Theta Tau, Xi Chapter

American Nurses Association

**State**

Pennsylvania State Nurses Association:

Cabinet on Nursing Practice and Professional Development 2007-2011

Chairperson, 2009-2011

Chairperson, Pennsylvania Nursing Congress 2012-2013

**CLINICAL AGENCY ACTIVITIES (LEADERSHIP ROLES/ SPECIAL PROJECTS)**

2015-2016 Advanced Practice Provider Task Force, Hospital of the University of Pennsylvania

University of Pennsylvania Health System (UPHS), Philadelphia, PA

2008-present Pennsylvania Hospital, UPHS, Philadelphia, PA

Invited lecturer to obstetrics and gynecology resident physicians on the subject of normal labor and birth and the midwifery model of care

Participate in data collection and review of benchmarking statistics

Conducted research re: knowledge of prenatal flavor learning in department (data published 2012)

Preceptor for midwifery, medical students, interns and residents

2016 Midwifery representative on Advanced Practice Week Task Force @ UPHS

1996-1999 JC Blair Memorial Hospital, Huntingdon, PA

As Midwifery Director, directed quality management activities for department

Instituted Sexual Assault Nurse Examiner (SANE) program through emergency department of the hospital

Procured March of Dimes grants for identified client needs in rural area re: transportation and educational materials

1984-1986 Booth Maternity Center, Philadelphia, PA

As Charge Nurse, directed quality of nursing care on maternity unit committed to family-centered care

1981-1982 Children’s Seashore House, Philadelphia

Coordinator/leader of multidisciplinary Failure to Thrive team for children diagnosed with non-organic failure to thrive

**SERVICE ACTIVITIES AT THE UNIVERSITY OF PENNSYLVANIA**

**School of Nursing Committees**

2016-2017 Chair, Practice Committee

2015-2017 Member, Graduate and Professional Curriculum Committee

2016-2017 Member, Undergraduate Curriculum Committee

2014-2016 Member, Practice Committee

**University Committees**

2015-present Council Member, Penn Forum for Women Faculty

**MENTORED PROFESSIONALS**

2015-2016 Jawanzaa Bundy (PhD Jonas Scholar)

Hampton University, Hampton, VA

Current position, clinical practice

**COMMUNITY SERVICE**

Kensington Women’s Wellness Initiative (KWWI), Philadelphia, PA

Member of founding Board of Directors organized by Sister Betty Scanlon, Executive Director of Community Center at Visitation (along with Penn faculty colleague Tyra Jones, WHNP, MSN and retired Penn faculty member Sister Teresita Hinnegan, CNM, MSW). This group is planning to implement comprehensive women’s health services for women in the Kensington neighborhood of Philadelphia, an area with high poverty and addiction, homelessness, human trafficking and commercial sex work.

Life Cycle Woman Care (formerly “The Birth Center”), Bryn Mawr, PA

Member of Board of Directors beginning December 2013 for longstanding and largest birth center in the US, serve on Clinical Committee.

Midwives for Haiti

Volunteer nurse-midwife in Hinche, Haiti in November 2010 and November 2013 for organization that collaborates with the Bon Secours Health System and the Diocese of Hinche. I cared for cholera victims (of all ages) in special tents outside of St. Therese Hospital in Hinche, cared for women at an outreach prenatal clinic, and also served as a consultant for a “Partners in Health” project that trains community health workers in aspects of postpartum and newborn care.

March of Dimes Birth Defects Foundation

Member of Board of Directors, Central Pennsylvania Chapter, Keystone Division: 1999-2000. Member of Health Professionals Advisory Committee/Program Services Committee, Central Pennsylvania Chapter, Keystone Division: 1997-1998.