

**CONNIE B. SCANGA, Ph.D.**

**BUSINESS ADDRESS**

University of Pennsylvania School of Nursing  
Claire Fagin Hall, Room 136  
Philadelphia, PA 19104-4217  
215.898.4130

**EDUCATION**

**Ph.D., 1994**

**TEMPLE UNIVERSITY**

College of Health, Physical Education, Recreation, & Dance (Exercise Physiology)

Dissertation: Effects of an 8-week comprehensive weight loss program on immune function in obese women.

**B.A., 1974**

**UNIVERSITY OF PENNSYLVANIA**

College for Women

Double major: Psychology and Sociology.

**PROFESSIONAL EXPERIENCE**

**2014 to present**

**PRACTICE PROFESSOR**

**2010 to present**

**PRACTICE ASSOCIATE PROFESSOR**

**2006 to 2010**

**PRACTICE ASSISTANT PROFESSOR**

**2002 to 2006**

**LECTURER**

University of Pennsylvania School of Nursing

Developed and implemented a massive open online course

(MOOC) entitled “Vital Signs: Understanding What the Body is Telling Us” for the Coursera platform

Currently working to have the course approved for CEU credit for RNs in the US.

Developed a course in Integrated Anatomy, Physiology & Physical Assessment and taught the course’s lecture and multiple A&P laboratory sections enrolling traditional undergraduate and post-baccalaureate students.

Provide administrative oversight of laboratory, including inventory & updates of laboratory materials & supplies and training and mentoring of graduate and undergraduate assistants.

Integrated virtual dissection, computer physiology simulation and real-time data collection into the laboratory to enhance the student learning experience.

- 2002 to present**      **PRACTICE PROFESSOR (cont'd.)**  
Taught Advanced Physiology (endocrine & immune topics) in graduate class enrolling nurse anesthesia students.  
Organize and lead cadaver dissection modules for students enrolled in nurse anesthesia program and undergraduate course in Integrated Pathophysiology & Pharmacology.  
Currently assisting Nurse Anesthesia faculty in developing and implementing a one-week cadaver dissection into the DNP program.  
Guest lecturer in graduate and undergraduate courses.
- 2000 to present**      **PRESIDENT**  
Beyond Expectations Coaching & Consulting  
Established and maintained professional consulting business. Specialize in developing and supporting balanced life plans for executives and professionals. Develop and teach corporate workshops and teleclasses in health behavior, goal-planning, confidence-building, motivation, stress management and communication skills.
- 1998 through 2000**      **RESEARCH FELLOW**  
Malaghan Institute of Medical Research (Wellington, New Zealand)  
Investigation of murine model of asthma, including role of mycobacteria and mycobacterial extracts in the suppression of primary eosinophilia, influenza-induced exacerbation of asthmatic inflammation, and eosinophil activation in acute and chronic models of asthma.
- 1995 to 1998**      **ASSISTANT PROFESSOR**  
Eastern University, Department of Biology  
Taught lecture and laboratory courses in Human Anatomy & Physiology and Exercise Physiology. These courses primarily enroll students planning careers in nursing and medicine, physical and occupational therapy, athletic training and sports sciences, and psychology.
- 1993 through 1995**      **ASSISTANT PROFESSOR**  
Temple University, College of Health, Physical Education, Recreation, & Dance  
Taught Human Anatomy & Physiology lecture and laboratory courses as part of the University Core Curriculum. Developed course content and materials, and supervised graduate assistants assigned to this instructional area.  
Guest lecturer in graduate and undergraduate Exercise Physiology classes.  
Chaired the Somatic Science Program Group.

- 1995**                    **ADJUNCT PROFESSOR**  
Neumann College, Division of Arts and Sciences  
Taught graduate Exercise Physiology course in a fledgling Physical Therapy curriculum. Developed course content and assessed effectiveness of the course experience. Worked closely with program administrators to provide feedback necessary to integrate this discipline more fully into the curriculum.
- 1990 through 1993**                    **ADJUNCT PROFESSOR**  
Community College of Philadelphia, Department of Biology  
Taught General Biology and Anatomy & Physiology classes (lecture and laboratory). Successfully geared lectures to students in general studies, nursing, and medical technician programs.
- 1991 through 1992**                    **RESEARCH ASSISTANT**  
Temple University Hospital, Heart Failure & Heart Transplant Laboratory  
Technical assistant for clinical studies monitoring the effects of cardiomyopathy on physical activity. Performed graded exercise tests and pulmonary function assessments.
- 1974 through 1988**                    **BASE SERVICE UNIT DIRECTOR**  
Community Mental Health/Mental Retardation Services, Bedford County, PA  
Fifteen years experience in county-wide programs serving psychiatric and developmentally disabled clients. Responsibilities included administrative oversight, directing crisis intervention services, staff development, case management supervision, and individual and group counseling.

**GUEST LECTURES AT THE UNIVERSITY OF PENNSYLVANIA  
SCHOOL OF NURSING, 2004-present**

- Nurs 104 (Concepts in Nursing: Healthy Lifestyles I): lectured on stress and its contribution to the etiology and pathogenesis of coronary artery disease.
- Nurs 321 (Psychiatric Mental Health Nursing: Theory): lectured on the biological basis of psychiatric nursing.
- Nurs 607 (Advanced Physiology & Pathophysiology): lectured on a variety of topics, including autoimmune diseases, hypersensitivities, and acute & chronic inflammation.

## PRESENTATIONS

“Bringing together science knowledge and clinical practice: A novel course entitled “Integrated Anatomy, Physiology & Physical Assessment.” Poster presented at 2013 AACN Baccalaureate Education Conference (New Orleans, LA), November, 2013.

“Integrating content areas in a course: Anatomy, physiology and physical assessment.” Poster presented at the 2013 Elsevier Faculty Development Conference (Las Vegas, NE), January, 2013.

“A novel approach to integrating cadaver study into nursing education.” Poster presented at the 2011 Nurse Educators Institute Conference (Branson, MO), March, 2012.

“Surviving anatomy and physiology: Embedded support in the college classroom.” Poster presented at the 2007 AACN Baccalaureate Education Conference (New Orleans, LA), November, 2007.

“Th1 Immune Responses and Asthma: Curse or Cure.” Presented at the Malaghan Institute of Medical Research and the Wellington Medical School (Wellington, New Zealand), May 2000.

“Effects of Weight Loss and Exercise Training on Natural Killer Cell Activity in Obese Women.” Presented at the annual meeting of the American College of Sports Medicine (Minneapolis, MN), June 1995.

“How Much Exercise Is Enough? Effects of Running on Immune Function.” Presented to the Fast-Trax Running Club, Paoli Memorial Hospital, April 1995.

“Effects of Weight Loss and Exercise Training on Natural Killer Cell Activity in Obese Women.” Presented at the Mid-Atlantic Regional Chapter of the American College of Sports Medicine, November 1994.

“Factors Related to Changes in Core Temperature in Women During Submaximal Exercise in Varied Environments.” Presented at the Mid-Atlantic Regional Chapter of the American College of Sports Medicine, February 1992.

“Exercise Physiology and Persons with Developmental Disabilities.” Presented as part of a symposium entitled Sports Sciences and Developmental Disabilities: Applications for the 90s to annual conference of Young Adult Institute (New York, NY), April 1990.

## PUBLICATIONS

**Scanga, C.B.** (2007). Stress. In D. Moser & B. Riegel (Ed.), Cardiac nursing: A companion to Braunwald's heart disease. Philadelphia, PA: Elsevier.

Marsland, B.J., **Scanga, C.B.**, Kopf, M. & Le Gros, G. (2004). Allergic airway inflammation is exacerbated during acute influenza infection and correlates with increased allergen presentation and recruitment of allergen-specific T-helper type 2 cells. Clin Exper Allergy, 34, 1299-1306.

Sayers, I., Severn, W., **Scanga, C.B.**, Hudson, J., Le Gros, G., & Harper, J. (2004). Suppression of allergic airway disease using mycobacterial lipoglycans. J Allergy Clin Immunol, 114, 302-309.

Ritchie, D.S., Hermans, I.F., Lumsden, J.M., **Scanga, C.B.**, J. M. Roberts, J. Yang, R. A. Kemp, and F. Ronchese. (2000). Dendritic cell elimination as an assay of cytotoxic T lymphocyte activity in vivo. J Immunol Methods, 246, 109-117.

**Scanga, C.B.**, & Le Gros, G. (2000). Development of an asthma vaccine: Research into BCG. Drugs, 59, 1217-1221.

**Scanga, C.B.** (1999). Selected immunological/hematological disorders. In R. T. Cotton & R. E. Andersen (Ed.), Clinical Exercise Specialist Manual. San Diego, CA: American Council on Exercise.

**Scanga, C.B.**, & Youssouf, M. (1999). Acquired immune deficiency syndrome. In R. T. Cotton & R. E. Andersen (Ed.), Clinical Exercise Specialist Manual. San Diego, CA: American Council on Exercise.

**Scanga, C.B.**, Verde, T.J., Paolone, A.M., Andersen, R.A., & Wadden, T.A. (1995). Effects of weight loss and exercise training on natural killer cell activity in obese women. Medicine and Science in Sports and Exercise, 27 (Supp), abs.

**Scanga, C.B.**, Verde, T.J., Paolone, A.M., Andersen, R.A., & Wadden, T.A. (1998). Effects of weight loss and exercise training on natural killer cell activity in obese women. Medicine and Science in Sports and Exercise, 30, 1666-1671.

## OTHER PUBLICATIONS

**Scanga, C. B.** Engaging every neuron in the large lecture class. *University of Pennsylvania Almanac*, Talk About Teaching, January 19, 2010.

## MANUALS

2004 **Scanga, C.B.** & Healy, K. (2004). Geography of the Bandhas: A Western Map to Eastern Energetics.

1994 Owen, M.G., Brambrink, J., & **Scanga, C.B.** Laboratory and Lecture Manual for PE 101: Human Anatomy & Physiology 2.

## GRANTS

2014 Grant proposal for second offering of Vital signs: Understanding what the body is telling us  
Accepted and fully funded by the Provost's Open Learning Initiative and the School of Nursing \$10,000.00

2013 Grant proposal entitled Vital signs: Understanding what the body is telling us  
Accepted and fully funded by the Provost's Open Learning Initiative and the School of Nursing \$30,000.00+

2009 Grant proposal entitled Human cadaver experience for nurse anesthesia students, co-authored with Lynn, R.  
Accepted and fully funded by the School of Nursing Education Initiatives Taskforce \$1,000.00

2007 Grant proposal entitled Human cadaver experience for undergraduate nursing students  
Accepted and fully funded by the School of Nursing Education Initiatives Taskforce \$892.65

2006 Grant proposal entitled Using inquiry-based learning and computer technology to enhance critical thinking  
Accepted and fully funded by the School of Nursing Education Initiatives Taskforce \$25,291.60

## **AWARDS**

- 2009 Provost's Award for Teaching Excellence by Non-Standing Faculty, University of Pennsylvania  
Pinnacle award for teaching in the University, recognizes faculty for the educational leadership and for distinguished teaching that is intellectually demanding, unusually coherent, and permanent in its effect.
- 2006 Dean's Award for Undergraduate Teaching  
School of Nursing, University of Pennsylvania  
Award in recognition of outstanding teaching within the undergraduate nursing program, extraordinary knowledge of subject (Human Anatomy & Physiology), ability to stimulate, inspire and challenge students intellectually, and provide teaching and guidance which enhances student potential for scholarly practice.
- 1990-1991 University Fellowship, Temple University  
Awarded by the Graduate School to provide the opportunity to pursue research on the effects of exercise on immune function, and the effects of aging on fluid and electrolyte balance during exercise in varied environments.

## **PROFESSIONAL AFFILIATIONS**

- American College of Sports Medicine, 1992 – present  
Mid-Atlantic Regional chapter, 1991 – present
- Human Anatomy & Physiology Society, 2004-present

## PROFESSIONAL ACTIVITIES

- 2012, 2014            Textbook reviewer, Pearson Publishing
- 2010                    Manuscript reviewer, Human physiology: From cells to systems  
(Sherwood, 8<sup>th</sup> ed.)
- 2008-09                Member, Anatomy & Physiology | Revealed Advisory Panel  
Provide input which guides publisher decisions regarding content,  
functionality and delivery of cadaver dissection simulation software.
- 2005-present         Manuscript reviewer, Journal of Cardiovascular Nursing
- 2005                    Reviewer, State of Indiana Department of Education  
External Reviewer of proposed state standards for accredited  
undergraduate Anatomy & Physiology courses
- 2005                    Manuscript reviewer, Cardiac nursing: A companion to Braunwald's heart  
disease, in D. Moser & B. Riegel (Ed.)
- 1999                    Manuscript reviewer, American College of Sports Medicine

## UNDERGRADUATE STUDENT MENTORSHIP

Erica Altman: Exercise during pregnancy: A review of the literature on risks and benefits. (Fall 2005)

Laura Gwyn: To breathe or not to breathe? A literature search on the evidence for and applicability of chest-compression-only cardiopulmonary resuscitation. (Fall 2005)

Laura Crumpler: The effect of family therapy on weight loss in children and adolescents. (Fall 2006)

Jamie Young: Promoting Sun Protection Practices in Children and Their Caregivers: Are Current Interventions Effective? (Spring 2007)

Mari Oshiro: What is the Current Evidence for Treatment of Post-Polio Syndrome? (Spring 2007)

Nadine Spigel: The Physiologic Effects of Meditation: Neurological, Cardiovascular and Immunologic Changes. (Fall 2007)



**UNDERGRADUATE STUDENT MENTORSHIP (cont'd.)**

Charlotte Nagelberg: Issues and alternatives regarding the use of antivenom for snake bite envenomation (Spring 2008)

Katherine Hawley: The role of the thalamus in central mediation of complex regional pain syndrome (Fall 2008)

Lisa Friedman: Lessons learned since the inception of Botswana's national program to prevent mother to child transmission of HIV (Fall 2010)

Kelly Hannan: Effect of nutrition on systemic lupus erythematosus (Fall 2011)

Michelle Savard: Vegetarian diet interventions for type 2 diabetes: Examining the evidence (Fall 2011)

Elizabeth Lewis: Have your eggs and eat them too: The relationship between dietary cholesterol and cardiovascular disease (Fall 2012)

Kaitlyn Rafferty: Influences and developmental effects of sleep deprivation on American adolescents (Fall 2012)

Mikaela Kislevitz: Is there a difference in outcomes between patient controlled analgesia and parent or nurse-controlled analgesia among the pediatric population? (Spring 2013)

Morgan Wheeler: Implications of swimming in asthmatic children (Spring 2013)

Hilary O'Neil-Johnson: Barriers and strategies to prescribing exercise in primary care (Fall 2013)

Pauline Dabrowski: Effects of integrating basic science and clinical practice in an undergraduate curriculum (Advisor for N299, Independent Study, Spring 2014)

Olajumoke Odunuyi: (Advisor for N385, Senior Inquiry, Spring 2014)

## DOCTORAL STUDENT MENTORSHIP

Nancy Ho: Supervised teaching residency (Fall 2009)

Lit Soo Ng: Supervised teaching residency (Spring 2012)

Megan Struer: Supervised teaching residency (Spring 2014)

Elliane Iriani: Supervised teaching practicum for TEP program (Spring 2015)

## SCHOOL OF NURSING SERVICE ACTIVITIES

2006	Short-term Task Force on Laboratory Facilities in the School of Nursing
2006-2009	School of Nursing Task Force on Enhancing Civility and Professionalism in the Workplace (EPAC)
2006-present	Reviewer, School of Nursing transfer credit requests
2008-2009	School of Nursing, Biobehavioral Health Sciences Division Strategic Planning Committee
2009	School of Nursing, Alumni Survey Task Force
2009	School of Nursing New Faculty Orientation: co-leader for Classroom Teaching breakout session
2009-2010	School of Nursing, Phase III Construction - Floor 2 Feasibility Study Taskforce
2010	School of Nursing New Faculty Orientation: co-leader for Classroom Teaching breakout session
2004-2007, 2009-2010	School of Nursing Undergraduate Curriculum Committee Convener for Science Work Group, charged with developing course description, objectives and topical content for basic and applied life sciences courses during process of undergraduate curriculum revision
2010-2011	Leader for Clinical Decision Making Cluster, charged with formulating specific plans for new courses in Integrated Anatomy, Physiology & Physical Assessment and Pathophysiology/Pharmacology

**SCHOOL OF NURSING SERVICE ACTIVITIES (cont'd.)**

2010-2011	School of Nursing, Phase IV Construction - Floor 2 Feasibility Study & Planning Taskforce
2010-present 2014-present	School of Nursing, Faculty Awards Task Force Committee co-chair
2011-2012	School of Nursing, Taskforce for Development of the Academy/Institute for the Science and Practice of Teaching in Nursing and Related Clinical Disciplines
2011-2012	School of Nursing, Games Solutions in Healthcare Mentor to "Body Wars" team
2012-2015	School of Nursing, Lecturer Advancement Review Committee
2013-present	Academy for the Science and Practice of Teaching in Nursing and Clinically Related Disciplines in the University of Pennsylvania School of Nursing (Inaugural Member)
2013	School of Nursing, Faculty Retreat Planning Committee
2014	School of Nursing, Biobehavioral Health Sciences Department Chair Search Committee

**UNIVERSITY OF PENNSYLVANIA SERVICE ACTIVITIES**

April, 2004	Presenter for Penn Collaborative Forum on Teaching & Learning (sponsored by the School of Arts & Sciences and the University of Pennsylvania Library), presentation entitled "Large Classes: Involving Students in Their Learning."
2005-present	Reviewer: analyze applications for University transfer credit in Human Anatomy & Physiology
2009-2012	Preceptorial Leader for noncredit Stress Management seminar for undergraduates, organized and delivered via the Penn Preceptorials Committee
2009	University Theme Year Committee, served as School of Nursing representative to university-wide committee charged with developing plans for the 2010-2011 Penn Reading Project and University Theme Year (Year of Water)

**UNIVERSITY OF PENNSYLVANIA SERVICE ACTIVITIES (cont'd.)**

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|-----------|---|
| 2010-2014 | School of Nursing representative to the University's Central Pool Classroom Committee   |
| 2012      | Presenter for Engaging Students Through Technology 2012 Symposium (sponsored by Weigle Information Commons and the School of Arts and Sciences)         |
| 2015      | Panel member for Teaching and Learning Online Symposium (co-sponsored by the Arts and Sciences Online Learning and the Penn Online Learning Initiative) |
| 2015      | Participant, Penn <i>I Care</i> Training (sponsored by Outreach and Prevention Services, CAPS)  |

**SCHOOL OF NURSING – UNDERGRADUATE ADVISEES**

Alexandra Redman, 2003-2005  
Stephanie Mazzaro, 2003-2007  
Jennifer Morrison, 2003-2007  
Briana Ralston, 2003-2007  
Ashley Zampini, 2003-2007  
Esther Kim, 2003-2006  
Susan McCall, 2003-2005  
Jessica Zuino, 2003-2006  
Tania Jeanty, 2004-2008  
Audrey Cantor, 2006-2011  
Kaci Kapczynski, 2006-2011  
Andrea Rockey, 2006-2008  
Alaina Pirraglia, 2007-2008  
Francis Herrera, 2007-2011  
Toluwalese Ogunsola, 2007-2011  
Briana Costello, 2008-2012  
Samantha Anderson, 2009-2012  
Janie Moon (formerly Shin), 2009-2013  
Miao Yang, 2009-2013  
Ellen Chang, 2010-2013  
Ngoc Truong, 2010-2012  
Amber Johnson, 2011-2013  
Iris Mayoral, 2011-2015  
Taylor Foussadier, 2013-2015  
Yaneli Arizmendi, 2013-present

**SCHOOL OF NURSING – UNDERGRADUATE ADVISEES (cont’d.)**

Aubrie Kletzel, 2013-present  
Anh Tran, 2013-present  
Sierra Levin, 2014-present  
Erica Santos, 2014-present  
Annette Wightman, 2014-present  
Joseph (“Mateo”) Fortes, 2015-present  
Jillian Moely, 2015-present  
Katherine Wainwright, 2015-present

**COMMUNITY SERVICE ACTIVITIES**

2004-2005	Consultant, Philadelphia Office of Housing & Urban Development Offered educational seminars and individual coaching sessions focusing on stress management to employees at regional HUD office.
2004	Teacher, Yellow Springs Teacher Training Program Developed curriculum and course manual which fulfilled certification requirements of the Yoga Alliance (international certifying body for yoga teachers). Taught anatomy classes as part of the Yellow Springs Studio training program.