



## KIM ASTROTH, PH.D., RN EXERCISE ADHERENCE/CHRONIC DISEASE

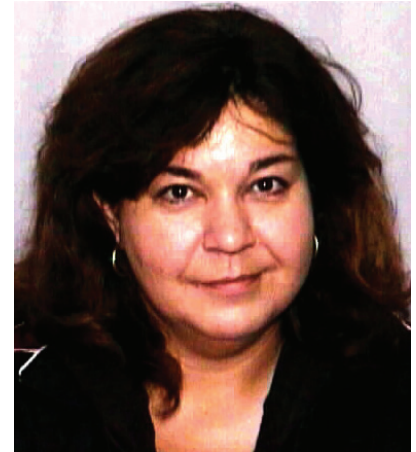
MENNONITE COLLEGE OF NURSING AT ILLINOIS STATE UNIVERSITY

OFFICE OF RESEARCH AND SCHOLARLY ACTIVITIES

### DR. ASTROTH PROMOTES GRADUATE EDUCATION AT MENNONITE COLLEGE OF NURSING

Dr. Kim Astroth is the chair of the Graduate Program Curriculum Committee. In this role she works closely with the director of the graduate program to ensure quality curriculum development and modifications.

Under her tenure as chair, major changes, such as the beginning of the Certified Nurse Leader Program and Doctoral Program, will occur. Mennonite College of Nursing continues to meet the needs of nursing professionals, and the community, through these programs.



### AWARDS

Dr. Kim Astroth received the Sigma Theta Tau Nu Chi Chapter Research Award for dissertation research in May 2003. She was the recipient of the same award from the Sigma Theta Tau Xi Pi Chapter in June 2004.

Astroth also received the Jeanne O'Grady Scholarship Grant for Dissertation Research from Barnes College of Nursing at the University of Missouri, St. Louis in February 2004.

### RESEARCH INTERESTS

- Measuring exercise readiness (stages of change)
- Health promotion
- Clinical Nurse Leader
- Tobacco control practices to improve health and health care

## PROFESSIONAL EXPERIENCE

Starting out as a staff nurse at the Coronary Care Unit at Riverside Hospital in Kankakee, Illinois in 1977, Dr. Kim Astroth laid the foundations for her career in nursing. She later worked as an instructor and consultant at hospitals and medical institutions throughout Illinois.

Astroth's career in academia began as a member of the clinical faculty at Illinois Wesleyan University in Bloomington, Illinois in 2001. As a member of faculty at Mennonite College of Nursing at Illinois State University, her teaching responsibilities include courses in Adult Nursing, Epidemiology and Aggregate-based Health Promotion, Emergency Nursing, Community Health Nursing, Management Dimensions of Professional Nursing and also an online research course for the RN-BSN program. She is the co-author of the Pocket Guide to Nursing Diagnosis.

She is currently an assistant professor at Mennonite College of Nursing at Illinois State University. In addition to her teaching responsibilities, Astroth conducts research related to measuring exercise readiness (stages of change), healthy lifestyles, clinical nurse leadership, and tobacco control practices to improve health and health care.

## EDUCATION

Dr. Kim Astroth started her academic training at Illinois Wesleyan University in Bloomington, Illinois where she graduated with a Bachelor of Science Degree in Nursing in 1977. Enrolled in the master of science program at the University of Illinois in Urbana, she graduated with a Master's Degree in Adult Health Nursing in 1988.

Continuing her academic pursuit, Astroth enrolled in the doctoral program at the University of Missouri in St. Louis in 2000 and successfully defended her Ph.D. dissertation in 2006.



## CONTACT INFORMATION

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