

Dr. Teresa D. Valerio
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Mennonite College of Nursing
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Education

Doctor of Nursing Practice, University of Alabama at Birmingham, 2011.
Dissertation Title: Scholarly Project-The Effects of an Online Educational Program on Nurse Practitioners' Knowledge of Obstructive Sleep Apnea in Adults

Post-Master's Certificate in Sleep, University of Pennsylvania, 2009.

Master of Science in Nursing, Mennonite College of Nursing at Illinois State University, 2003.
Major: Family Nurse Practitioner

Healthcare Executive Fellowship Program in Management, Northwestern University. J.L. Kellogg Graduate School of Management, 1997.

Master of Science in Administration, Central Michigan University, 1985.
Major: Healthcare

Bachelor of Science, Bradley University, 1978.
Major: Nursing

Professional Positions

Academic - Post-Secondary

Illinois State University - Mennonite College of Nursing, Doctor of Nursing Practice Program Leader. (2012 - Present).

Illinois State University - Mennonite College of Nursing, Assistant Professor. (August 2011 - Present).

Bradley University, Clinical Instructor. (January 2005 - May 2005).

Illinois Central College, Clinical Instructor. (August 2001 - July 2003).

Professional

Illinois State University, Student Health Services, Advanced Practice Nurse, Family Nurse Practitioner. (September 2011 - Present).

Illinois Neurological Institute Sleep Center at OSF Saint Francis Medical Center, Peoria and Morton, IL, Advanced Practice Nurse, Family Nurse Practitioner. (July 2003 - August 2011).

Caterpillar, SS Medical Clinic, Part-time Staff RN. (February 2002 - July 2002).

Illinois State University, Mennonite College of Nursing, Graduate Assistant. (January 2001 - June 2001).

Methodist Health Services Corporation, Peoria, IL, Chief Nursing Officer. (1998 - 2000).

Methodist Health Services Corporation, Peoria, IL, Vice President, Nursing/Patient Care Services. (1995 - 2000).

Methodist Health Services Corporation, Peoria, IL, Senior Director of Home Care, Hospice and Extended Care Services. (1994 - 1995).

Methodist Medical Center of Illinois, Peoria, IL, Division Director of Medical and Surgical Units. (1989 - 1994).

Methodist Medical Center of Illinois, Peoria, IL, Director of Surgical Nursing Division. (1986 - 1989).

Methodist Medical Center of Illinois, Peoria, IL, Clinical Coordinator of Surgical Intensive Care Unit. (1984 - 1986).

Methodist Medical Center of Illinois, Peoria, IL, Clinical Coordinator of Step-down Respiratory Unit. (1981 - 1984).

Proctor Hospital, Peoria, IL, Staff Nurse, Intensive and Coronary Care Unit. (March 1980 - March 1981).

St. Francis Medical Center, Peoria, IL, Staff Nurse. (June 1978 - March 1980).

Licensures and Certifications

Certified in Behavioral Sleep Medicine (CBSM), American Board of Sleep Medicine. (July 12, 2012 - Present).

Family Nurse Practitioner-Board Certified (FNP-BC), American Nurses Credentialing Center. (July 2003 - July 2018).

Controlled Substance Registration, United States, Drug Enforcement Administration. (July 2003 - May 2018).

Advanced Practice Nurse (APN), Certified Nurse Practitioner, Illinois. (July 2003 - May 2016).

Advanced Practice Nurse Controlled Substance, Illinois. (July 2003 - May 2016).

Registered Professional Nurse (RN), Illinois. (June 1978 - May 2016).

Professional Memberships

Society of Behavioral Sleep Medicine. (2011 - Present).

American Academy of Sleep Medicine. (2003 - Present).

American Association of Nurse Practitioners. (2003 - Present).

Illinois Society for Advanced Practice Nursing, Finance Committee (2013-present), Vice President (2011-2013), Treasurer (2007-2011), Region 3 Chairperson (2005-2007), Region 3 Vice-Chairperson (2003-2005), Student Representative (2001-2003). (October 2001 - Present).

National Organization of Nurse Practitioner Faculty. (April 2014 - May 2015).

Minnesota Nurse Practitioners. (2009 - 2012).

American College of Nurse Practitioners. (2003 - 2012).

Development Activities Attended

Continuing Education Program, "Emerging Issues in Sexually Transmitted Diseases: 2015 STD Treatment Guidelines," CDC. (June 23, 2015).

Conference Attendance, "Sleep 2015 29th Annual Meeting of the Associated Professional Sleep Societies," Associated Professional Sleep Societies. (June 8, 2015 - June 10, 2015).

Continuing Education Program, "Pharmacology Update," Illinois Society for Advanced Practice Nursing. (May 28, 2015).

Workshop, "Independently Applying the QM Rubric," Illinois State University Center for Teaching and Learning. (March 12, 2015).

Workshop, "Select Survey," Illinois State University Center for Teaching & Learning. (February 3, 2015).

Continuing Education Program, "2015 Doctoral Education Conference," American Association of Colleges of Nursing. (January 29, 2015 - January 31, 2015).

Continuing Education Program, "2015 Doctoral Faculty Practice Pre-Conference," American Association of Colleges of Nursing. (January 28, 2015).

Seminar, "The Joanna Briggs Institute Comprehensive Systematic Review Training Programme," Indiana Center for Evidence Based Nursing Practice, Munster, IN. (June 23, 2014 - June 27, 2014).

Workshop, "Design, Align, Refine, and Teach Online Program," Illinois State University, Center for Teaching and Learning, Normal, IL. (January 2014 - May 2014).

Continuing Education Program, "APN Midwest Conference," Illinois Society for Advanced Practice Nursing, Lombard, IL. (October 25, 2012 - October 27, 2012).

Continuing Education Program, "Sleep Disorders for the Physician Assistant or Advanced Practice Nurse," American Academy of Sleep Medicine, Darien, IL. (October 6, 2012 - October 7, 2012).

Continuing Education Program, "NINR Summer Boot Camp on Fatigue and Sleep Methodologies," The Foundation for Advanced Education in the Sciences, Inc. at the National Institutes of Health, Bethesda, MD. (July 23, 2012 - July 27, 2012).

Continuing Education Program, "AANP 27th National Conference," American Academy of Nurse Practitioners, Orlando, FL. (June 20, 2012 - June 24, 2012).

Continuing Education Program, "Sleep 2012 26th Annual Meeting of the Associated Professional Sleep Societies, LLC," American Academy of Sleep Medicine, Boston, MA. (June 11, 2012 - June 13, 2012).

Continuing Education Program, "SBSM-2012 Inaugural Meeting," Society of Behavioral Sleep Medicine, Boston, MA. (June 9, 2012 - June 10, 2012).

Workshop, "Writing for Publication," Mennonite College of Nursing at Illinois State University, Normal, IL. (May 11, 2012).

Workshop, "Grant Writing," Mennonite College of Nursing at Illinois State University, Normal, IL. (May 10, 2012).

Continuing Education Program, "AANP Region 5 Leadership Meeting," American Academy of Nurse Practitioners, Chicago, IL. (April 28, 2012).

Workshop, "Crutial Conversations Training," Mennonite College of Nursing at Illinois State University. (January 12, 2012 - April 18, 2012).

Continuing Education Program, "Engaging Students in Significant Learning," Center for Teaching, Learning and Technology at Illinois State University, Normal, IL. (January 25, 2012 - April 4, 2012).

Continuing Education Program, "Helping Students Write Better," Center for Teaching, Learning and Technology at Illinois State University, Normal, IL. (January 31, 2012 - February 14, 2012).

Continuing Education Program, "Clinical Faculty Academy," Nomral, IL. (August 2011).

Awards and Honors

Research Initiative Award, Illinois State University. (November 30, 2015).

Certificate of Appreciation for Patient Satisfaction Survey, Illinois State University Student Health Services. (January 2015).

Graduate Program Teaching Award (nominee), Illinois State University. (May 2014).

Distinguished Service Award, Illinois Society of Advanced Practice Nursing. (September 2013).

Marie Lindsey Spirit of Advanced Practice Nursing, Illinois Society of Advanced Practice Nursing. (September 2013).

State Award for Excellence, American Association of Nurse Practitioners. (June 2013).

Book of the Year Award, American Journal of Nursing (AJN). (January 2012).

Distinguished Service Award, Illinois Society for Advanced Practice Nursing. (October 2011).

Nursing Excellence Award, OSF Saint Francis Medical Center. (May 2011).

Nursing Excellence Award, APN category, OSF Saint Francis Medical Center. (May 2010).

Distinguished Service Award, Illinois Society for Advanced Practice Nursing. (October 2009).

Nursing Excellence Award, OSF Saint Francis Medical Center. (May 2009).

Published Article Award, OSF Saint Francis Medical Center. (May 2007).

Published Article Award, OSF Saint Francis Medical Center. (May 2006).

Healthcare Executive Fellowship Program in Management, Northwestern University, Evanston, IL. (1997).

TEACHING

Teaching Experience

ISU					
Semester	Year	Course prefix	Course number	Course title	Credit hours
Fall	2015	NUR	550	Clinical Residency I	2

ISU					
Semester	Year	Course prefix	Course number	Course title	Credit hours
Summer	2015	NUR	299	Honors Research Independent Study	3
Summer	2015	NUR	554	Clinical Residency III	2

ISU					
Semester	Year	Course prefix	Course number	Course title	Credit hours
Spring	2015	NUR	552	Clinical Residency II	1
Spring	2015	NUR	599	Independent Study	0.5

ISU					
Semester	Year	Course prefix	Course number	Course title	Credit hours
Fall	2014	NUR	550	Clinical Residency I	2
Fall	2014	NUR	560	Advanced Nursing Practice Experience	1

ISU					
Semester	Year	Course prefix	Course number	Course title	Credit hours
Summer	2014	NUR	526	Research Residency in Aging	1
Summer	2014	NUR	564	Evidence-Based Practice	3

ISU					
Semester	Year	Course prefix	Course number	Course title	Credit hours
Fall	2013	NUR	431	Diagnostic Reasoning for Advanced Nursing Practice	2

ISU					
Semester	Year	Course prefix	Course number	Course title	Credit hours
Summer	2013	NUR	564	Evidence-Based Practice	3

ISU					
Semester	Year	Course prefix	Course number	Course title	Credit hours
Spring	2013	NUR	471	Family Nurse Practitioner I	4

ISU					
Semester	Year	Course prefix	Course number	Course title	Credit hours
Fall	2012	NUR	431	Diagnostic Reasoning for Advanced Nursing Practice	4

ISU					
Semester	Year	Course prefix	Course number	Course title	Credit hours

Spring	2012	NUR	471	Family Nurse Practitioner I	3
Spring	2012	NUR	477	Family Nurse Practitioner IV	2

ISU					
Semester	Year	Course prefix	Course number	Course title	Credit hours
Fall	2011	NUR	431	Diagnostic Reasoning for Advanced Nursing Practic	2
Fall	2011	NUR	475	Family Nurse Practitioner III	2

Illinois Central College					
Semester	Year	Course prefix	Course number	Course title	Credit hours
Spring	2003	NUR		Clinical, Pre-licensure LPN	
Fall	2002	NUR		Skills laboratory	
Spring	2002	NUR		Skills laboratory	
Fall	2001	NUR		Skills laboratory	

Bradley University					
Semester	Year	Course prefix	Course number	Course title	Credit hours
Spring	2005	NUR		Pre-licensure RN, baccalaureate	

Non-Credit Instruction

Guest Lecture, Presidential Scholars Colloquium, 18 participants. (January 29, 2013).

Guest Lecture, St. John's College - Accelerated BSN students, 14 participants. (January 14, 2013).

Guest Lecture, St. John's College - Prelicensure BSN students, 68 participants. (January 14, 2013).

Directed Student Learning

Doctoral Advisory Committee Chair, "Advanced Nursing Practice Experience," Other (Within Illinois State University). (May 2013 - Present).
Advised: Kimberly Bankston

Other, Other (Within Illinois State University). (2013 - Present).
Advised: Kimberly Bankston

Other, Other (Within Illinois State University). (2014 - 2015).
Advised: Morris Kathleen

Other, Other (Within Illinois State University). (2014 - 2015).
Advised: Teresa Novy

Doctoral Advisory Committee Chair, Other (Outside Illinois State University). (2013 - 2015).
Advised: Catherine Wu

Doctoral Advisory Committee Chair, Other (Within Illinois State University). (May 2013 - August 2015).
Advised: Connee Sloman

Directed Individual/Independent Study, "Honors Research Independent Study," Other (Within Illinois State University). (May 2015 - July 2015).
Advised: Sarah Anderson

Directed Individual/Independent Study, Other (Within Illinois State University). (January 2015 - May 2015).
Advised: Patricia Murdock

Other, Other (Within Illinois State University). (January 2015 - May 2015).
Advised: Andrew Tharp

Doctoral Advisory Committee Chair, Other (Within Illinois State University). (2013 - 2014).
Advised: Tanya Wells

Academic/Graduate Student Project, "Sleep quality in women with breast cancer: an integrative review and Poor sleep quality, depression and hope in women before breast cancer surgery," Other (Within Illinois State University). (June 2014 - October 2014).
Advised: Thalyta Schlosser

Other, Other (Within Illinois State University). (January 2014 - May 2014).
Advised: Jennifer Mool

Academic/Student Project, Other (Within Illinois State University). (December 2013 - April 2014).
Advised: Christina Evans

Other, Other (Within Illinois State University). (December 2013 - April 2014).
Advised: Meyer Laura

Other, "Assessing the effects of caffeine on high and low sensation seekers' orienting reflex," Other (Within Illinois State University). (November 2011 - May 2012).
Advised: Claudia Skowron

RESEARCH

Intellectual Contributions

Book Chapters

Rogers, A. E., Valerio, T. (2011). In Redeker, N. S., & McEnany, G. P. (Ed.), *The role of advanced practice nurses (APRNs) in specialized sleep practice*. New York, New York: Sleep disorders and sleep promotion in nursing practice.

Journal Articles

Stapleton, S., Valerio, T., Astroth, K. M., Woodhouse, S. Distress levels and contributors in community cancer radiotherapy patients. *Clinical Journal of Oncology Nursing*.

Blythe, J., Doghramji, P. P., Jungquist, C. R., Landau, M. B., Valerio, T. (2009). Screening & treating patients with sleep/wake disorders. *Clinical Advisor*, 1 - 20.

Valerio, T., Carskadon, M. A. (2007). Managing excessive sleepiness: effective treatment strategies. *Clinical Advisor supplement*, 1(3), 1-12.

Valerio, T., Kirsch, E., Golden, A., Doghramji, P. P., Drake, C. L., Schwartz, J.R.L (2007). Managing excessive sleepiness: highlights from symposium held at American Academy of

Nurse Practitioners National Conference and American Academy of Physician Assistants Annual Conference. *Clinical Advisor supplement*, 1(4), 1-12.

Monographs

Parker, K. P., Nadolski, N., Adams, M., Valerio, T. (2009). *Update on insomnia: evaluation and treatment in primary care*. Monograph on cmecorner.com. Monographoncmecorner.com

Other

Valerio, T. *Beyond Good Sleep Hygiene: Behavioral Therapies for Chronic Insomnia in Adults*. The Journal for Nurse Practitioners.

Sloman, C., Valerio, T. *Identifying pre-operative patients at risk for obstructive sleep apnea*. Journal of PeriAnesthesia Nursing.

Jamieson, A. o., Valerio, T. (2015). *Therapeutic Options for Insomnia: Choosing the Right Therapy for Your Patient*. Medscape, LLC and Accreditation Council for Continuing Medical Education (ACCME). www.medscape.org/viewarticle/849717

Valerio, T., Nikki, B., Jim, A., Erin, L. *Improving College Students Sleep Knowledge and Health*. American College Health Association Annual Meeting.

Stapleton, S., Valerio, T., Astroth, K. M., Woodhouse, S. *Distress levels and contributors in community cancer radiotherapy patients*. Midwest Nursing Research Society.

Stapleton, S., Valerio, T., Astroth, K. M., Woodhouse, S. *Distress levels and contributors in community cancer radiotherapy patients*.

Valerio, T. (2014). *Insights Into the Diagnosis and Management of Shift Disorders*. education.redmeded.com/

Valerio, T. (2014). *Pharmacotherapy in the Complex Patient with Shift Work Disorder*. education.redmeded.com/

Mansano-Schlosser, T. C., Ceolim, M. F., Valerio, T. *Poor sleep quality, depression and hope in women before breast cancer surgery*. Journal of Sleep Research.

Valerio, T. (2014). *Practical Strategies for the Non-pharmacologic Management of Shift Work Disorder*. education.redmeded.com/

Valerio, T. (2014). *Recognition of Shift Work Disorder in Clinical Practice*. education.redmeded.com/

Mansano-Schlosser, T. C., Ceolim, M. F., Valerio, T. *Sleep quality in women with breast cancer: an integrative review*. Cancer Nursing.

Valerio, T., Mallory, C. M. (2013). *Seeking clarity on the nature of DNP scholarship*. American Association of Colleges of Nursing.

Valerio, T. (2010). *Clinical Case Book: Recognizing and Managing Shift Work Disorders*. www.mycme.com/clinical-case-book-recognizing-and-managing-shift-work-disorder/activity/389/

Refereed Journal Articles

- Valerio, T., Kim, M., Sexton-Radek, K. (2016). Association of sleep quality to health behaviors, functioning, and information among U.S. college students. *Journal of American College Health, 47*(1), 1-7.
- Valerio, T., Kim, M., Sexton-Radek, K. (2014). Poor sleep among U.S. college students with academic performance subscales. *Sleep, 37*(S), A377.
- Valerio, T., Heaton, K. (2014). The effects of an online educational program on nurse practitioners' knowledge of obstructive sleep apnea in adults. *Journal of the American Academy of Nurse Practitioners, 26*, 603-611.
- Valerio, T., Kim, M., Sexton-Radek, K. (2013). Association of sleep quality to health behaviors, functioning, and health information among U.S. college students. *Sleep, 36*(S), A424-425.
- Valerio, T., Heaton, K. (2012). The effects of an online educational program on nurse practitioners' knowledge of obstructive sleep apnea in adults. *Sleep, 35*(S), A444.
- Carla, J. R., Marcus, J. A., Valerio, T., White, T. V., Pigeon, W., Hill, K., Perlis, M. (2011). Validation of sleep disorders screening questionnaire. *Sleep, 34*(S), A329.
- Valerio, T., Karen, H. (2011). The effects of an online educational program on nurse practitioners' knowledge of obstructive sleep apnea in adults. *Sleep, 35*(S), A444.
- Blythe, J., Doghramji, P. P., Jungquist, C. R., Landua, L. B., Valerio, T. (2009). Screening and treating patients with sleep/wake disorders. *Journal of the American Academy of Physician Assistants, December 2009*(Supplement), 1-17, 19.
- Valerio, T. (2009). Much more than a nuisance, health consequences of sleep disorders. *ADVANCE for Nurse Practitioners, 17*(9), 57-60.
- Valerio, T., Zallek, S. N., Murphy, C., Redenius, R. (2008). Nurse practitioners and sleep education. *Sleep, 31*(S), A355.
- Zallek, S. N., Valerio, T., Murphy, C., Redenius, R. (2008). Nurse practitioners practice behaviors with insomnia. *Sleep, 31*(S), A356.
- Valerio, T., Zallek, S. N., Murphy, C., Redenius, R. (2008). Nurse practitioners' practice behaviors with suspected obstructive sleep apnea. *Sleep, 31*(S), A355-356.
- Murphy, C., Valerio, T., Zallek, S. N. (2006). Trichotillomania: a NREM sleep parasomnia? *Neurology, 66*(8), 1276.
- Valerio, T., Fisk, H. L., Chervin, R. D., Zallek, S. N. (2005). Rating subjective fatigue greater than sleepiness predicts sleep apnea over narcolepsy: Greater sleepiness is not predictive. *Sleep, 28*(S), A206.
- Valerio, T., Zallek, S. N. (2004). Clinical practice among non-sleep specialist physicians when sleep apnea is suspected. *Sleep, 27*(S), 188.
- Valerio, T., Zallek, S. N. (2004). Treatment choices for obstructive sleep apnea among non-sleep specialist physicians. *Sleep, 27*(S), 374-375.

Reviewer, Ad Hoc Reviewer

Reviewer, Ad Hoc Reviewer, Nursing Spectrum online module-Obstructive Sleep apnea in Adults, CE 203-60D. (2009 - 2011).

Reviewer, Journal Article

Reviewer, Journal Article, Behavioral Sleep Medicine. (2015 - Present).

Reviewer, Journal Article, The Journal for Nurse Practitioners. (2014 - 2015).

Reviewer, Journal Article, Journal of the American Academy of Nurse Practitioners. (2012 - 2015).

Reviewer, Journal Article, Journal of Advanced Nursing. (2010).

Presentations Given

Keynote/Plenary Address

Valerio, T., Marion McDowell Stafford Lectureship Series in Child and Family Health, "Improving sleep health across the lifespan," Mennonite College of Nursing at Illinois State University, Normal, IL. (April 22, 2014).

Lecture

Valerio, T., Fundamentals of Sleep and Associated Disorders for Nurses, "Nursing Implications for Sleep Health," Texas School of Sleep Medicine and Technology, San Antonio, TX. (October 3, 2015).

Frichtl, L., Valerio, T., Wellness Week, "Sweet Dreams and Cheap Treats!," Illinois State University - Student Health Services, Normal, IL. (September 25, 2014).

Valerio, T., Marion McDowell Stafford Lectureship Series in Child and Family Health, "Sweet dreams: how you can improve your sleep," Mennonite College of Nursing at Illinois State University, Normal, IL. (April 23, 2014).

Valerio, T., American Association of Nurse Practitioners 28th National Conference, "Sleep Disorders in Primary Care: Consider the Evidence!," American Association of Nurse Practitioners, Las Vegas, NV. (June 19, 2013).

Valerio, T., Presidential Scholars Colloquium, "Sleep Deprivation in Young Adults," Illinois State University, Normal, IL. (January 29, 2013).

Valerio, T., Sleep Disorders for the Physician Assistant or Advanced Practice Nurse, "3 Key Challenges in Managing Chronic Insomnia in Adults," American Academy of Sleep Medicine, Darien, IL. (October 6, 2012).

Valerio, T., Cornbelt Health Educator's Association Community Presentation, "Needs to Know about Sleep," Cornbelt Health Educator's Association, Bloomington, IL. (October 4, 2012).

Valerio, T., American Academy of Nurse Practitioners 27th National Conference, "Sleep Apnea: The Challenge in Diagnosis and Treatment for All Ages," American Academy of Nurse Practitioners, Orlando, FL. (June 23, 2012).

Valerio, T., American Academy of Nurse Practitioners 27th National Conference, "Meeting the Management Challenge of Chronic Insomnia," American Academy of Nurse Practitioners, Orlando, FL. (June 22, 2012).

Valerio, T., American Academy of Nurse Practitioners 27th National Conference, "The Tired Shift Worker: Is it Shift Work Disorder?," American Academy of Nurse Practitioners, Orlando, FL. (June 22, 2012).

Valerio, T., Whitten Hall Residence Meeting, "Sleep Problems and University Students," Illinois State University, Normal, IL. (April 23, 2012).

Valerio, T., University College Meeting, "Sleep Problems for College Students," Illinois State University, Normal, IL. (March 6, 2012).

Valerio, T., Think Tank Group, "Sleep Problems and University Students," Illinois State University, Normal, IL. (February 22, 2012).

Valerio, T., Wellness & Sustainability Fair, "Sleep: Getting Enough?," Illinois State University, Normal, IL. (November 17, 2011).

Valerio, T. (Author & Presenter), Midwest APN conference, "Shift Work Disorder: An Often Missed Diagnosis," Illinois Society for Advanced Practice Nursing, East Peoria, IL. (October 21, 2011).

Valerio, T., ISU Counseling Services Meeting, "Sleep Disorders in Young Adults," Illinois State University, Normal, IL. (October 17, 2011).

Valerio, T., ISU Student Health Services Meeting, "Sleep Disorders in Young Adults," Illinois State University, Normal, IL. (September 14, 2011).

Valerio, T., American Academy of Nurse Practitioners 26th National Conference, "Meeting the Management Challenge of Chronic Insomnia," American Academy of Nurse Practitioners, Las Vegas, NV. (June 26, 2011).

Valerio, T., American Academy of Nurse Practitioners 26th National Conference., "The Tired Shift Worker: Is it Shift Work Disorder?," American Academy of Nurse Practitioners, Las Vegas, NV. (June 26, 2011).

Valerio, T., Cornbelt Health Educator's Association Meeting, "Impact of Sleep on Health," Cornbelt Health Educator's Association, Normal, IL. (May 5, 2011).

Valerio, T., American Academy of Nurse Practitioners 25th National Conference, "Sleep Deprivation and Health in Adults," American Academy of Nurse Practitioners, Phoenix, AZ. (June 26, 2010).

Valerio, T., American Academy of Nurse Practitioners 25th National Conference, "The Sleep Deprived Child: Insomnia and Obstructive Sleep Apnea," American Academy of Nurse Practitioners, Phoenix, AZ. (June 26, 2010).

Blythe, J., Doghramji, P. P., Valerio, T., Auerbach, S. H., Teleconference (presentations, question & answer sessions and office hours), "Screening and treating patients with sleep/wake disorders." (February 9, 2010).

Valerio, T., Nurse Practitioner Associates for Continuing Education Regional Conference, "Sleep/Wake Disorders," Nurse Practitioner Associates for Continuing Education, St. Louis, MO. (October 1, 2009).

Valerio, T., Illinois Society for Advanced Practice Nursing Region 3 meeting., "Night walkers: Helping your patient with restless legs," Illinois Society for Advanced Practice Nursing, Peoria, IL. (September 8, 2009).

Valerio, T., American Association of Heart Failure Nurses Conference., "Rest Easy-Referring a Patient for a Sleep Study," American Association of Heart Failure Nurses, Minneapolis, MN. (June 27, 2009).

Valerio, T., Nurse Practitioner Associates for Continuing Education Regional Conference, "Sleep/Wake Disorders," Nurse Practitioner Associates for Continuing Education, Providence, RI. (June 24, 2009).

Valerio, T., American Academy of Nurse Practitioners 24th National Conference, "Challenges in Children's Sleep-Insomnias and Restless Legs," American Academy of Nurse Practitioners, Nashville, TN. (June 17, 2009).

Valerio, T., American Academy of Nurse Practitioners 24th National Conference., "Sleep Apnea-The Challenge in Diagnosis and Treatment for All Ages," American Academy of Nurse Practitioners, Nashville, TN. (June 17, 2009).

Valerio, T., American College of Nurse Practitioners 2008 National Clinical Conference, "New Directions in the Treatment of Insomnia: The Effects of Selective Histamine Antagonism in the Brain," American College of Nurse Practitioners, Nashville, TN. (October 30, 2008).

Valerio, T., Midwest Advanced Practice Nursing Conference, "Sleep and Cardiovascular Health in Adults," Illinois Society for Advanced Practice Nursing, Schaumburg, IL. (October 3, 2008).

Valerio, T., Midwest Advanced Practice Nursing Conference, "Children's Sleep: Parasomnias, Insomnias and more," Illinois Society for Advanced Practice Nursing, Schaumburg, IL. (October 2, 2008).

Valerio, T., United Advanced Practice Registered Nurses of Georgia Conference, "Sleep Solutions: Recognizing and Treating Insomnia," American Academy of Nurse Practitioners, Macon, GA. (September 13, 2008).

Valerio, T., American Academy of Nurse Practitioners 23rd National Conference, "Children's Sleep: Parasomnias, Insomnias and more," American Academy of Nurse Practitioners, National Harbor, MD. (June 30, 2008).

Valerio, T., American Academy of Nurse Practitioners 23rd National Conference, "Sleep and Cardiovascular Health in Adults," American Academy of Nurse Practitioners, National Harbor, MD. (June 30, 2008).

Valerio, T., 20th Regional Conference of the Kentucky Coalition of Nurse Practitioners & Nurse Midwives., "Sleep Solutions: Recognizing and Treating Insomnia.," American Academy of Nurse Practitioners, Louisville, KY. (April 25, 2008).

Valerio, T., Virginia Council of Nurse Practitioners Conference, "Sleep Solutions: Recognizing and Treating Insomnia," American Academy of Nurse Practitioners, Roanoke, VA. (March 6, 2008).

Valerio, T., 5th Annual Summit on Building & Streamlining Neuroscience Center of Excellence, "Effective Integration of Advanced Practice Nurses into a Neuroscience Center.," Orlando, FL. (February 25, 2008).

- Valerio, T., Midwest Advanced Practice Nursing Conference and Exposition, "Sleep Solutions: Recognizing and Treating Insomnia," Illinois Society for Advanced Practice Nursing, Oakbrook, IL. (October 25, 2007).
- Valerio, T., North Dakota Nurses Association 11th Annual Pharmacology Program, "Sleep Solutions: Recognizing and Treating Insomnia," American Academy of Nurse Practitioners, Bismarck, ND. (September 28, 2007).
- Valerio, T., Central Illinois Coding Professionals meeting, "Sleep Disorders for Coding Professionals," Peoria, IL. (September 18, 2007).
- Valerio, T., Florida Nurse Practitioner Network, "Sleep Solutions: Recognizing and Treating Insomnia," American Academy of Nurse Practitioners, Tampa, FL. (July 22, 2007).
- Valerio, T., American Academy of Nurse Practitioners 22nd National Meeting, "Managing Excessive Sleepiness," American Academy of Nurse Practitioners, Indianapolis, IN. (June 20, 2007).
- Valerio, T., American Academy of Nurse Practitioners 22nd National Meeting, "Insomnia: Meet the Expert.," American Academy of Nurse Practitioners, Indianapolis, IN. (June 19, 2007).
- Valerio, T., Ask the APN series, "Sleep: What every healthcare professional needs to know," OSF Saint Francis Medical Center, Peoria, IL. (May 3, 2007).
- Valerio, T., OSF Nursing Excellence Conference, "Sleep apnea treatment: CPAP and more," OSF Saint Francis Medical Center, East Peoria, IL. (April 26, 2007).
- Valerio, T., Illinois Neurological Institute Comprehensive Epilepsy Support Group, "Sleep and Epilepsy," OSF Saint Francis Medical Center, Peoria, IL. (March 7, 2006).
- Valerio, T., Illinois Society of Advanced Practice Nursing Region 3 meeting., "Sleep Disordered Breathing for APNs," Illinois Society of Advanced Practice Nursing, East Peoria, IL. (February 9, 2006).
- Valerio, T., OSF Health Forum: A Conference for Nursing Excellence, "Insomnia: Does your patient have trouble sleeping?," OSF Saint Francis Medical Center, East Peoria, IL. (April 28, 2005).
- Valerio, T., OSF "Neuro" Minded Lecture Series, "Sleep Apnea and Narcolepsy in brief," OSF Saint Francis Medical Center, Peoria, IL. (March 2, 2005).
- Valerio, T., OSF Health Forum: A Conference for Nursing Excellence, "Sleep Apnea: A Health and Quality-of-Life Issue.," OSF Saint Francis Medical Center, East Peoria, IL. (April 29, 2004).

Oral Presentation

- Valerio, T. (Author & Presenter), Summers, L. A. (Author & Presenter), 2015 AACN Doctoral Education Conference, "The Quality Matters guide for online DNP course development," San Diego, CA. (January 30, 2015).

White, T. V., Valerio, T., Illinois Neurological Sleep Center professional staff, "Adherence of CPAP Therapy in the Obstructive Sleep Apnea Population. Research study," OSF Saint Francis Medical Center, Peoria, IL. (July 13, 2011).

Valerio, T., American Academy of Nurse Practitioners 23rd National Conference, "Sleep Special Interest Group," American Academy of Nurse Practitioners, National Harbor, MD. (June 29, 2008).

Other

Valerio, T., Sleep Disorders for the Physician Assistant or Advanced Practice Nurse, "The Future of Sleep Medicine and the Role of the Physician Assistants and Advanced Practice Nurses," American Academy of Sleep Medicine, Darien, IL. (October 7, 2012).

Valerio, T., American Academy of Nurse Practitioners 27th National Conference, "Sleep Medicine Special Interest Group," American Academy of Nurse Practitioners, Orlando, FL. (June 23, 2012).

Valerio, T., "Clinical Case Book: Recognizing and Managing Shift Work Disorder program." (December 23, 2011).

Valerio, T., American Academy of Nurse Practitioners 26th National Conference, "Sleep Medicine Special Interest Group," American Academy of Nurse Practitioners, Las Vegas, NV. (June 25, 2011).

Poster

Valerio, T., Kim, M., Sexton-Radek, K., SLEEP 2014 28th Annual Meeting of the Associated Professional Sleep Societies, "Poor sleep among U.S. college students with academics performance subscales," Minneapolis, MN. (June 2014).

Valerio, T., Kim, M., Sexton-Radek, K., SLEEP 2014 27th Annual Meeting of the Associated Professional Sleep Societies, "Association of sleep quality to health behaviors, functioning, and information among U.S. college students," Baltimore, MD. (June 1, 2013).

Mallory, C. M. (Author & Presenter), Valerio, T. (Author & Presenter), American Association of Colleges of Nursing Doctoral Education Conference, "Seeking Clarity on the Nature of DNP Scholarship," San Diego, California. (January 23, 2013).

Valerio, T. (Author & Presenter), Heaton, K. (Author), SLEEP 2012, 26th Annual Meeting of the Associated Professional Sleep Societies, LLC, "The Effects of an Online Educational Program on Nurse Practitioners' Knowledge of Obstructive Sleep Apnea in Adults," Associated Professional Sleep Societies, LLC, Boston, MA. (June 10, 2012).

Jungquist, C. R., Marcus, J. A., Valerio, T., White, T. V., Pigeon, W., Hill, L., Perlis, M., SLEEP 2011, "Validation of Sleep Disorders Screening Questionnaire," Associated Professional Sleep Societies, Minneapolis, MN. (July 13, 2011).

Valerio, T., Heaton, K., University of Alabama at Birmingham DNP Intensive, "The Effects of an Online Educational Program on Nurse Practitioners' Knowledge of Obstructive Sleep Apnea in Adults.," University of Alabama at Birmingham, Birmingham, AL. (April 15, 2011).

Valerio, T., Zallek, S. N., Murphy, C., Redenius, R., 22nd Annual Meeting of the Associated Professional Sleep Societies, LLC, "Nurse Practitioners and Sleep Education," Associated Professional Sleep Societies, LLC, Baltimore, MD. (2008).

Valerio, T., American Acadent of Nurse Practitioners 23rd National Conference, "Advanced Practice Nurses and Sleep: Education Needs and Practices," American Acadent of Nurse Practitioners, National Harbor. MD. (June 30, 2008).

Zallek, S. N., Valerio, T., Murphy, C., Redenius, R., 22nd annual meeting of the Associated Professional Sleep Societies, LLC, "Nurse Practitioners Practice Behaviors with Insomnia.," Associated Professional Sleep Societies, LLC, Baltimore, MD. (June 2008).

Valerio, T., Zallek, S. N., Murphy, C., Redenius, R., 22nd annual meeting of the Associated Professional Sleep Societies, LLC, "Nurse practitioners' practice behaviors with suspected obstructive sleep apnea," Associated Professional Sleep Societies, LLC, Baltimore, MD. (June 2008).

Valerio, T., Zallek, S. N., 18th Annual Meeting of the Associated Professional Sleep Societies, LLC., "Clinical Practice among Non-Sleep Specialist Physicians When Sleep Apnea is Suspected.," Associated Professional Sleep Societies, LLC, Baltimore, MD. (June 2004).

Valerio, T., Zallek, S. N., 18th Annual Meeting of the Associated Professional Sleep Societies, LLC., "Treatment Choices for Obstructive Sleep Apnea among Non-Sleep Specialist Physicians.," Associated Professional Sleep Societies, LLC, Baltimore, MD. (June 2004).

Media Contributions

Newspaper

Interviewee

Pantagraph. (December 10, 2015).

Radio

Interviewee

WGLT. (February 26, 2015).

WGLT. (February 12, 2015).

WGLT. (January 29, 2015).

WGLT. (January 15, 2015).

Contracts, Grants and Sponsored Research

Grant

Valerio, Teresa, "Faculty International Travel Grant," Sponsored by Office of International Studies and Program, Illinois State University, \$5,150.00, Not Funded.

Valerio, Teresa, "Design, Align, Refine and Teach Online Program," Sponsored by Center for Teaching, Learning and Technology, Illinois State University, \$1,500.00, Funded. (2014).

Valerio, Teresa (Principal), "Nurse Fellowship Grant," Sponsored by Illinois Board of Higher Education, State, \$10,000.00, Funded. (December 2013 - June 2014).

Stapleton, Stephen (Principal), Astroth, Kim M. (Co-Principal), Valerio, Teresa (Co-Principal), "Distress in patients with cancer treated at a Community Cancer Center," Sponsored by University Research Grant, Illinois State University, \$3,257.54, Funded. (July 1, 2013 - June 30, 2014).

Kim, MyoungJin (Co-Principal), Valerio, Teresa (Principal), Sexton-Radek, Kathy (Co-Principal), "The association of self-rated sleep quality to behaviors, functioning, and health information in a national sample of U.S. college students from 2008 to 2011," Sponsored by Mennonite College of Nursing, Illinois State University, \$3,583.00, Funded. (July 1, 2012 - June 30, 2013).

Valerio, Teresa, "Award to Meet with National Institute of Nursing Research," Sponsored by Research and Sponsored Programs, Illinois State University, \$659.00. (2012).

Valerio, Teresa (Principal), "Teaching Development Travel Grant," Sponsored by Center for Teaching and Learning, Illinois State University, \$300.00, Funded. (June 30, 2012).

Valerio, Teresa, "Nursing Excellence Award," Sponsored by OSF Saint Francis Medical Center, Private, \$300.00, Funded. (May 2010).

Valerio, Teresa, "Career Development Academic Grant," Sponsored by American Association of University Women, Private, \$7,000.00, Funded. (December 2003).

Intellectual Contributions in Submission

Journal Articles

Stapleton, S., Valerio, T., Astroth, K. M., Woodhouse, S. Distress levels and contributors in community cancer radiotherapy patients. *Clinical Journal of Oncology Nursing*.

Other

Sloman, C., Valerio, T. *Identifying pre-operative patients at risk for obstructive sleep apnea*. Journal of PeriAnesthesia Nursing.

Valerio, T., Nikki, B., Jim, A., Erin, L. *Improving College Students Sleep Knowledge and Health*. American College Health Association Annual Meeting.

Stapleton, S., Valerio, T., Astroth, K. M., Woodhouse, S. *Distress levels and contributors in community cancer radiotherapy patients*. Midwest Nursing Research Society.

Mansano-Schlosser, T. C., Ceolim, M. F., Valerio, T. *Poor sleep quality, depression and hope in women before breast cancer surgery*. Journal of Sleep Research.

Mansano-Schlosser, T. C., Ceolim, M. F., Valerio, T. *Sleep quality in women with breast cancer: an integrative review*. Cancer Nursing.

Research in Progress

"Improving University Students' Sleep Knowledge and Health" (On-Going)

SERVICE

College Service

Doctor of Nursing Practice Program Leader. Committee Chair. (September 2013 - Present).

Doctor of Nursing Practice. Faculty Advisor. (2013 - Present).

Graduate Program Committee. Committee Member. (2011 - Present).

Nursing Systems Administrator to Doctor of Nursing Practice Sequence Task Force. Committee Member. (2013 - 2014).

America's Promise School Project. Committee Member. (2011 - 2012).

Nursing Systems Administrator Sequence Work Group. Committee Member. (2011 - 2012).

University Service

Illinois State University - Student Health Services. Staff Nurse Practitioner. (September 2011 - Present).

University Wellness Council. Committee Member. (October 2011 - 2013).

Professional Service

Illinois Society of Advanced Practice Nurses. Committee Member. (2013 - Present).

Society of Behavioral Sleep Medicine. Member. (2011 - Present).

American Academy of Sleep Medicine. Member. (2003 - Present).

American Association of Nurse Practitioners. Member. (2003 - Present).

Illinois Society for Advanced Practice Nursing. Member. (2002 - Present).

National Organization of Nurse Practitioner Faculties. Member. (2014 - 2015).

Illinois Society for Advanced Practice Nurses. Officer, Vice President. (2011 - 2013).

American Association of Nurse Practitioners. Conference-Related. (2007 - 2013).

Illinois Coalition of Nursing Organizations. Member. (April 2011 - September 2013).

American Association of Nurse Practitioners. Special Interest Group Leader on Sleep. (2008 - 2012).

Illinois Society of Advanced Practice Nurses. Treasurer. (2007 - 2011).

American College of Nurse Practitioners. Member. (2003 - 2011).

Illinois Society of Advanced Practice Nurses. Committee Chair. (2005 - 2007).

Illinois Society for Advanced Practice Nurses. Committee Chair. (2003 - 2005).

Illinois Association for Advance Practice Nurses. Student Representative. (2002 - 2003).

Public Service

Heartland Community Clinic. RN Volunteer, Peoria, IL. (2001 - 2003).

St. Jude Midwest Affiliate Board of Directors. Board Member, Peoria, Illinois. (1995 - 2000).

Consulting

NP/PA Advisory Board, Pernix Therapeutic Holding, Inc. For Profit Organization. (2015 - Present).

American Association of Nurse Practitioners. Professional Organization. (2014).
Faculty, patient education toolkit on Shift Work Disorders for nurse practitioners to use in primary care setting.