

**Shanna Doucette Knierim, MSN, APRN, CPNP-PC/AC**  
Assistant Professor, Loretta Heights School of Nursing  
Regis University  
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Denver, Colorado 80221

**Contact Information**

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**Education**

**Public Health** 2014 - 2019  
University of Colorado School of Public Health, Denver, CO  
Certificate of Public Health Sciences

**Patient Centered Outcomes Research Scholars Program** 2014 - 2016  
University of Colorado, Denver, CO  
Investigator Development program graduate

**Nurse Practitioning** 2007- 2009  
Duke University School of Nursing, Durham, NC  
Master of Science in Nursing in Pediatric Primary and Acute/Chronic Care

**Nursing** 2004- 2006  
Duke University School of Nursing, Durham, NC  
Bachelor of Science in Nursing

**Psychology** 2000- 2004  
Santa Clara University, Santa Clara, CA  
Bachelor of Science in Psychology  
Honors Program

**Licensure and Certification**

**Certified Pediatric Nurse Practitioner**  
State licensure: Active (2009 – present)  
Prescriptive authority: Active (2012 – present)  
Board certification Primary Care Pediatric Nurse Practitioner: Active (7/2009 - present)  
Board certification Acute/Chronic Care Pediatric Nurse Practitioner: Active (9/2009 - present)

**Colorado Registered Nurse**  
State licensure: Active (2009 - present)

**Basic Life Skills Provider**  
Active (2005 – present)

**Employment History**

**Loretto Heights School of Nursing Faculty, Assistant Professor** 2022-present

Regis University  
Denver, CO

- As Course Resource Faculty and teaching faculty, lead development, implementation and evaluation of NR659 Primary Health Care of Children and their Families for students pursuing their Family Nurse Practitioner degree.
- As teaching faculty, participate in development, implementation and evaluation of NR470 Nursing Care of Children and their Families for students pursuing their bachelor's of nursing.
- As teaching faculty, participate in development, implementation and evaluation of NR455 Health Promotion, Disease Prevention and Health Care Policy for students pursuing their bachelor's of nursing.
- Staff Simulation and Skills labs for assigned courses; assist with other labs as appropriate.
- Participate in Undergraduate Curriculum Committee
- Participate in Graduate Curriculum Committee
- Provide support, mentorship and additional academic support to students as needed.

**Healthcare Consultant/Grant writer**

2020- present

Ambulatory Care Services, Denver Health, Denver, CO

- Worked with academic and clinical teams to summarize data from QI and research, write and revise manuscripts to prepare for publication.

Department of Family Medicine, University of Colorado, Denver, CO

- Served as grant writer for community agencies to serve pregnant women affected by substance use.

**Artist, painter**

2018- present

Denver, CO

- Create original paintings using watercolor, acrylic and oil-based paints for sale.
- Created online presence for advertising and sales: [Shannapaints.com](http://Shannapaints.com)

**Clinic Director/Founder of Healthy Lifestyle Clinic**

2014-2018

Denver Health Ambulatory Care Services

Denver, CO

- Secured funding support within and outside Denver Health to create a multidisciplinary team to treat Denver Health patients with severe pediatric obesity and related medical and mental health comorbidities
- Designed, implemented the multidisciplinary clinic model to travel to 5 Denver Health sites (community health centers and school-based health centers) to provide care in/near patients' medical home clinics
- Presented quarterly reports to funders, Denver Health administration, and research colleagues
- Presented findings at local and international research meetings
- Directed clinic operations: Managed all grant and clinic finances/budgets, managed/hired clinic team, oversaw all clinic logistics at 5 sites
- Provided medical services as nurse practitioner, assessing/treating medical comorbidities during patients' multidisciplinary visits.

- Led evaluation of clinical, system, and patient-centered outcomes through research and program evaluation

### **Pediatric Obesity Prevention Champion**

2010 - 2018

Pediatric Chair, Joint Weight Management Workgroup

Pediatric Obesity Representative, Pediatric Ambulatory Quality Improvement Committee

Pediatric Ambulatory Care Services, Denver Health

- Created evidence-based pediatric obesity clinical guidelines, disseminated to and educated all Denver Health family medicine/pediatric providers, trainees and clinic staff annually.
- Delivered provider education (NPs, PAs, MDs, learners/trainees, Dietitians) seminars on pediatric obesity prevention and management through grand rounds.
- Led agency-wide adoption of healthy eating/active living slogan: 5-2-1-0 (5 fruits/vegetables, 2 hours or less of screen time, 1 hour of physical activity, 0 sugary drinks per day)
- Co-led expansion of MEND, an evidence-based family-centered healthy eating/active living program, to Denver Health community health centers
- Collaborated with Denver Public Health colleagues on healthy drink campaigns (Rethink Your Drink, decreasing sugary beverages).
- Developed new pediatric obesity programming in collaboration with committee members, disseminated to providers.
- Helped ensure adherence to quality measures for pediatric obesity.
- Created six new well-child visit parent education handouts appropriate for low literacy population.
- Organized inter-department collaboration around community health obesity programs.
- Conducted monthly meetings with representatives from Denver Public Health, Denver Health Managed Care, Ambulatory Care Services Department of Family, General Internal Medicine, Pediatrics, and Quality Improvement teams; disseminate monthly communications via email.

### **Academic Clinician Researcher**

2012 – 2018

Denver Health Ambulatory Care Services, Denver Public Health

Denver, CO

- Served in roles of Co-Principal Investigator, Co-Investigator, and project manager for original research studies (qualitative and quantitative) focusing on pediatric obesity trajectories, prevention, interventions, and counseling.

### **Pediatric Nurse Practitioner**

Webb Pediatrics (primary care)

2009-2014

Denver Health Ambulatory Care Services

Denver, CO

- Provided primary care services to patients ages birth through 21 years old, providing well-child and adolescent preventive care, acute care and developmental screenings.
- Managed own primary care panel, providing all panel management, outreach for high-risk patients, and patient follow-up.

- Collaborated with specialists at Denver Health and Children’s Hospital Colorado as needed.
- Healthy Lifestyle Clinic (weight management medicine) 2014-2018  
 Denver Health Ambulatory Care Services  
 Denver, CO
- Provided weight management medical counseling, screening and treatment for patients aged 2-21 with overweight, obesity or obesity related co-morbidities.
- Staff Nurse** 2007-2008  
 Pediatric Hematology, Oncology & Pulmonary Unit  
 Carolina Children’s Hospital  
 Chapel Hill, NC
- Provided direct nursing care for inpatient youth.
- Research Assistant** 2004  
 Duke University Pediatric Infectious Disease Clinic  
 Durham, NC (2004).
- Provided assistance in creating digital database for entering data for research projects.
- Medical Intern/Grant writer** 2003  
 Aurora Sinai Medical Center, WI (2003).
- Assisted with grant writing for AIDS clinic funding.
- Nursing Assistant, Activities Coordinator** 2001  
 St. Ann Center for Intergenerational Care  
 Milwaukee, WI
- Assisted physically and/or cognitively disabled adults with daily activities, transport, and mealtimes.
- Honors and Awards**
- Denver Health Community Health Pillar Award** 2017  
 Healthy Lifestyle Clinic, Founder/Director  
 Denver, CO
- Young Alumna of the Year** 2015  
 Divine Savior Holy Angels High School
- Merit Scholarship** 2008-2009  
 Duke University School of Nursing
- Traineeship Award** 2008  
 Duke University School of Nursing
- Sigma Theta Tau International, Honor Society of Nursing**  
 2006  
 Duke University

### **Scholarly Activities: Publications**

#### **Refereed/Peer-Reviewed Publications**

1. Metz TD, McKinney J, Allshouse AA, **Knierim SD**, Carey JC, Heyborne KD. *Exposure to group B Streptococcal antibiotic prophylaxis and early childhood body mass index in a vaginal birth cohort*. Journal of Maternal Fetal Neonatal Medicine. 2020;33(19):3318-3323. doi:10.1080/14767058.2019.1571575
2. **Knierim SD**, Moore SL, Raghunath SG, Yun L, Boles RE, Davidson AJ. *Home Visitations for Delivering an Early Childhood Obesity Intervention in Denver: Parent and Patient Navigator Perspectives*. Maternal and Child Health Journal. 2018;22(11):1589-1597. doi:10.1007/s10995-018-2553-7
3. **Knierim SD**, Newcomer S, Castillo A, Rahm AK, Raghunath S, Clarke C, Wright L, Haemer M, Hambidge SJ. *Latino Parents' Perceptions of Pediatric Weight Counseling Terms*. Academic Pediatrics 2018;18(3): 342-353. doi:10.1016/j.acap.2017.09.006
4. Yun L, Boles RE, Haemer MA, **Knierim SD**, Dickinson LM, Mancinas H, Hambidge S, Davidson A. *A randomized, home-based, childhood obesity intervention delivered by patient navigators*. BMC Public Health. 2015;15:506. doi:10.1186/s12889-015-1833-z
5. **Knierim SD**, Rahm AK, Haemer M, Raghunath S, Martin C, Yang A, Clarke C, Hambidge S. *Latino Parents' Perceptions of Weight Terminology Used in Pediatric Weight Counseling*. Academic Pediatrics. 2015;15(2):210-217. doi:10.1016/j.acap.2014.11.003
6. Davidson AJ, McCormick EV, Dickinson LM, Haemer MA, **Knierim SD**, Hambidge SJ. *Population-Level Obesity Surveillance: Monitoring Childhood Body Mass Index z-Score in a Safety-Net System*. Academic Pediatrics 2014;14(6):632-638. doi:10.1016/j.acap.2014.06.007
7. McCormick EV, Dickinson LM, Haemer MA, **Knierim SJ**, Hambidge SJ, Davidson AJ. *What Can Providers Learn from Childhood Body Mass Index Trajectories: A Study of a Large, Safety-Net Clinical Population*. Academic Pediatrics 2014;14(6):639-645. doi:10.1016/j.acap.2014.06.009

#### **Non-Refereed Publications: Clinical Guidelines**

1. **Knierim S**, Lev J, Love-Osborne K. *Denver Health Clinical Guidelines: Prevention, Diagnosis, Management of Pediatric Obesity and Comorbidities*. Denver Health and Hospital Authority, Denver, CO. (2014, updated annually).
2. **Knierim S**. *Denver Health Pediatric Weight Management Referral Algorithm*. Denver Health and Hospital Authority, Denver, CO. (2014).

### **Scholarly Activities: Presentations**

#### **Refereed Presentations**

##### *International Platform Presentations (All competitive)*

1. **Knierim S**, Love-Osborne K, Lev J, Harr D, Gaipa M, Grote J, Davidson A, Hambidge S. *Healthy Lifestyle Clinic: Initial clinical and operational outcomes of a safety-net multidisciplinary pediatric obesity clinic*. Platform presentation of abstract at North

American Primary Care Research Group Annual Meeting, Cancun, Mexico. (October 26, 2015) NAPCRG 2015:PD24

2. **Knierim S**, Moore SL, Raghunath SG, Yun L, Haemer M, Boles R, Hambidge S, Davidson A. *Parent and patient navigator perspectives on a home-based model for health education in a safety-net population*. Platform presentation of abstract at North American Primary Care Research Group Annual Meeting, Cancun, Mexico. (October 25, 2015) NAPCRG 2015:VP14

*National Platform Presentation (Competitive)*

1. **Knierim S**, Rahm A, Haemer M, Raghunath S, Martin C, Yang A, Brace N. Hispanic Parents' Preferences for Terms Used in Pediatric Weight Counseling. Platform presentation of abstract at Pediatric Academic Societies' Annual Meeting, Washington, D.C. (May 6, 2013) EPAS 2013:3635.5

*Poster Presentations (All competitive)*

1. McKinney J, Metz TD, Allshouse AA, **Knierim S**, Carey JC, Heyborne KD. Exposure to Group B Streptococcal Antibiotic Prophylaxis and Early Childhood Body Mass Index Z-Scores. IDSOG 2017
2. **Knierim S**, Wallace J. A Sustainable Approach to Pediatric Obesity Treatment: Creating and Operationalizing Pediatric Obesity Programs in an Urban, Low-Income Population. NAPCRG Annual Meeting 2016: P141.
3. Wallace J, **Knierim S**, Earle T, MacMillan H. A Novel Partnership Between an International Evidence-Based Pediatric Obesity Curriculum and a Large, Urban Safety-Net Health Care Organization: MEND and Healthy Lifestyle Clinic. NAPCRG Annual Meeting 2015:P454
4. Kulkarni M, **Knierim S**, Rahm A, Haemer M, Raghunath S, Newcomer S, Clarke C, Wright L, Hambidge SJ. Latino Parent Beliefs Regarding Excess Weight in Children. EPAS 2015:4175.576
5. **Knierim S**, Newcomer S, Raghunath S, Rahm A, Haemer M, Clarke C, Wright L, Kulkarni M, Castillo A, Hambidge SJ. Latino Parents' Perceptions of the Term BMI. EPAS 2015:3942.789
6. **Knierim S**, Moore S, Yun L, Haemer M, Boles R, Hambidge SJ, Davidson A. Parent and Patient Navigator Perspectives on In-Home Intervention for Low-income Children with Obesity. EPAS 2015:3941.780
7. Love-Osborne K, **Knierim S**, Sheeder J, Breslin K, Hambidge SJ. Increasing Diabetes Screening in Obese Minority Adolescents: A QI project. EPAS 2015:3889.373
8. McClung M, Yun L, Davidson A, **Knierim S**, Mettenbrink C, Mancinas H, Rodriguez Perez R. Using an Individual Activity Prescription and Community Resource Map to Encourage Physical Activity. CPHA September 2014
9. Love-Osborne K, **Knierim S**, Sheeder J. Lipid screening: what would change your management? EPAS 2014:4141.618
10. **Knierim S**, Rahm A, Haemer M, Raghunath S, Newcomer S, Clarke C, Wright L, Hambidge SJ. Hispanic parents' preferences for terminology used in pediatric weight counseling. EPAS 2014:2953.735

11. McCormick E, Davidson AJ, Dickenson M, Haemer MA, **Knierim S**, Hambidge SJ. Change in childhood body mass index in a safety-net population: a longitudinal analysis. Obesity Society 30th Annual Meeting, 2013. San Antonio, Texas.

**Grant Activity: Completed Grants**

**Integrated Care for Women and Babies**

- Role: grant writer
- Dates: 9/2021-2/2022
- Funding agency: Signal (successful award of funds)
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**Optimizing Virtual Care**

- Role: grant writer
- Dates: 6/2021-8/2021
- Funding agency: HRSA

**Healthy Lifestyle Clinic Quality Improvement Project**

- Role: lead evaluator and quality improvement champion as Healthy Lifestyle Clinic director
- Dates: 9/2016-12/2016 (0.1FTE), 6/2017-12/2017 (0.1FTE)
- Funding agency: Denver Health Ambulatory Care Services Quality Improvement Group
- Type: Quality Improvement

**Patient Centered Outcomes Research Scholars Program**

- Role: Research scholar
  - i. Participated in guided research mentorship
  - ii. Participated in (weekly) and present at (monthly) works in progress sessions
  - iii. Attended classes through the Colorado School of Public Health to pursue Certificate of Public Health
- Dates: 7/2014 – 6/2016 (0.4FTE), 7/2016-9/2017 (0.1FTE)
- Funding Agency: Agency for Healthcare Research and Quality
- Type: R24 HS022143-02

**Pediatric Obesity program development**

- Role: Clinic Founder/Director, Healthy Lifestyle Clinic
  - i. Create a proposal for a pediatric weight management and comorbidity clinic at Denver Health
  - ii. Design clinic to offer weight counseling, medical management, between-visit counseling support, and resource connection to Denver Health pediatric patients
  - iii. Create, implement, manage new pediatric specialty clinic for weight and comorbidity management
  - iv. Develop and oversee a comprehensive evaluation strategy
- Dates: 1/2014 – 12/2015
- Funding Agency: The Cara Foundation
- Type: Private foundation

### **Center for Research in Implementation Science and Prevention- Community Outreach: Obesity Prevention Trial**

- Role: Qualitative Investigator
  - i. Design and implement a qualitative evaluation of the home-based intervention using parent focus groups, patient navigator interviews, and provider surveys.
  - ii. Provide analysis and manuscript preparation of qualitative results.
- Role: Clinical liaison
  - i. Design and implement a home-based pediatric obesity intervention with community health workers
  - ii. Serve as liaison between the primary care providers and the study team
  - iii. Facilitate correspondence between the participants' primary care providers and the study team
- Dates: 1/2012 – 9/2015
- Funding Agency: Agency of Healthcare Research and Quality

### **Investigating Preferred Terms for Overweight among Latinos**

- Role: Co – Principal Investigator, Project Manager
  - i. Conduct key informant interviews, family focus groups study, followed by mixed methods survey study focusing on perceptions of terms for “Overweight” in Hispanic populations
  - ii. Oversee survey administration to 500-600 Latino parents
  - iii. Disseminate findings with presentations, manuscripts
- Dates: 1/2012 – 1/2014
- Funding Agency: Kaiser Permanente Institute for Health Research Community Benefit Initiatives Committee grant

### **Pediatric Obesity Prevention Champion**

- Role: Pediatric Obesity Champion, Pediatric Obesity Quality Improvement Initiative
  - i. Lead and coordinate primary care efforts to educate frontline providers about pediatric obesity, deliver grand rounds
  - ii. Create educational material to improve patient education
  - iii. Increase inter-clinic and inter-department communication to improve the dissemination of best practice ideas
- Dates: 2/1/2011- 12/31/2013
- Funding Agency: Milwaukee Insurance Foundation
  
- Role: Pediatric Obesity Champion, Pediatric Obesity Quality Improvement Initiative
  - i. Lead and coordinate primary care efforts to educate frontline providers about pediatric obesity, deliver grand rounds
  - ii. Create educational material to improve patient education
  - iii. Increase inter-clinic and inter-department communication to improve the dissemination of best practice ideas
- Dates: 2/1/2011- 12/2014
- Funding Agency: Doucette Family Foundation

### **Professional, Scientific, Honorary Associations or Societies**



National Association of Pediatric Nurse Practitioners	
○ Colorado Chapter	2009
○ Pediatric Obesity Interest Group	2010
Academic Pediatric Association	2013

### **Positions, Committees, Task Forces**

#### **National**

<b>Member, National Advisory Committee</b>	2017- 2018
Childhood Obesity Prevention and Treatment for Medicaid project, Institute for Medicaid Innovation	
○ Clinician member, providing clinical and FQHC perspective as national efforts continue to provide effective treatment for pediatric obesity	

#### **Local**

<b>Pediatric Obesity Representative, General Pediatrics Member</b>	2010 - 2018
Pediatric Ambulatory Care Quality Improvement Committee	
 <b>Pediatric Chair, Joint Weight Management Workgroup</b>	 2011 - 2018
Ambulatory Care Services, Denver Health	

#### **Service**

Service to the College/University and Community	
○ Provided clinical oversight for Family Nurse Practitioner students performing sports physicals to students at Arrupe Jesuit High School	

### **Teaching Responsibilities**

#### **Graduate courses:**

- Primary Health Care of Children and their Families, NR659
  - Course Resource Faculty (course coordinator)

#### **Undergraduate courses:**

- Nursing Care of Children and their Families, NR470
  - Course faculty
- Health Promotion, Disease Prevention and Health Care Policy, NR455
  - Course faculty

#### **Schedule:**

- **Fall 2022:** NR470 8wk1 (oriented), NR455 15wk var (oriented)
- **Spring 2023:** NR659 8wk1, 8wk2, NR470 8wk2
- **Summer 2023:** NR659 8wk1, NR455 15wk var
- **Fall 2023:** NR455 15wk var, NR470 5wk3