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# Sandra D. Copeland

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## Transformational Leadership Philosophy

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To role model and facilitate transformational leadership in personal and professional venues that influences a strong sense of autonomy, advocacy, research, and leadership within the organization, community, and profession of nursing by securing resources, mentoring leaders, enhancing quality with evidence-based initiatives, and generating a culture of respect and diversity.

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### Highlights

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• Georgia Hospital Association's G.R.E.A.T. Ambassador 2008



Trailblazer DNP cohort at GCSU  
Outstanding DNP Student 2013

• Legislative Day at Georgia State Capitol



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## Career Accomplishments

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### Certifications

- Family Nurse Practitioner from ANCC (2008-present)
- Adult Clinical Nurse Specialist Certification from ANCC (2006 to present)
- Medical/Surgical Certification from ANCC (1993-present)
- Basic Cardiac Life Support Instructor (1990-present)
- Advanced Cardiac Life Support Instructor (1996-present)
- AHA/ASA Level II National Stroke Center Certification
- University of Glasgow Modified Rankin Scale
- NIH Protecting Human research Participants 2011
- SBIRT 2014

### Professional Alliances

- Sylvia Bond Nursing Society Board Member (2006-present)
- Sigma Theta Tau (1996-present)
- MCGG Healthcare Employees Achieving Tomorrow (1993-present)
- Georgia Nurses Association
- American Nephrology Nurses Association

- American Association of Clinical Nurse Specialists
- American Association of Nurse Practitioners
- Doctors of Nursing Practice, Inc. Volunteer Coordinator & Conference Planner

### Research

- Barriers to Research Utilization in a Magnet Designated Hospital
- Nursing Research Council (advisor and member) at MCCG, Navicent Health
- Assisted with research on Cardiopulmonary Resuscitation efforts at MCCG, Landmark catheter pilot program, Fast-tracking CABG patients & outcomes, etc.
- Obstructive Sleep Apnea in Women

### Community

- Participation in numerous Health Fairs and Tasks Force
- Medical Missions: Roatan, Honduras
- Camp Kaleo Volunteer Camp Nurse

### Presentations

- “Congestive Heart Failure” 2/20/97 & 2/27/97 to community.
- “Emergency Medications” 7/22/03 at MCCG, Macon, Ga.
- “Troubleshooting Bradycardia and Malfunctioning Pacemakers” 8/19/03 GNA Nurse Appreciation Day, Atlanta, Ga. (1ceu)
- “CPR IN SCHOOLS” May 2, 2003 Hawkinsville High, Hawkinsville, Ga.
- “Diabetes in Children” October 2004 Monroe County Board of Education.
- Multiple ACLS and BLS courses.
- Guest lecture at GCSU and MSC schools of nursing: med-surg and renal content.
- “Generation Y” at Sylvia Bond Leadership, MCCG 2006.
- Multiple health care policy lectures to ANNA conferences 2008.
- “Today Health Policy Nurse, Tomorrow Health Policy Advocate” April 27, 2009 in San Diego at ANNA conference.
- Improving ESRD Patient Outcomes: Achieving Magnet Status April 3, 2006 in Nashville, TN at ANNA 37<sup>th</sup> National Symposium.
- Self-Care for Nurses During the Grieving Process October 30, 2005 at Mayo Clinic College of Medicine *Quest for Quality 2005* in Rochester, MN
- “Renal Care Services: Therapeutic Interventions and Safety Initiatives for ESRD” February 4 and 7, 2005 at MCCG.
- Clinical Education Initiatives: Self Care for Nurses During the Grieving. November 15, 2005 STTI 38<sup>th</sup> Biennial Convention, Indianapolis, In.
- Poster presenter at UAB Comprehensive nursing conference April 17 & 18th, 2014 “Don’t Forget the Electronic Survey” and BARRIERS to Research Utilization”.
- Podium Presentation at 2014 Doctors of Nursing Practice Conference “Assessment of Barriers to Research and Evidence Based Practice in Nursing Practice: The Results of Two Independent Studies” Nashville, TN.
- “BARRIERS to Research Utilization in a Magnet Hospital” to Mercer/MCCG Joint Research Conference, 12/5/2013.

## Publications

- Action Stat Section for **RN** on to Dye or Not to Dye Tube Feedings
- **Nephrology Nursing Journal (2005)**. Professional issues: Caring for ESRD patients in medical-surgical areas. 32 (2), 253.
- **Nephrology Nursing Journal (2005)**. Clinical consult: Disaster preparedness for dialysis facilities. 32 (6), 676-677.
- **Journal for Continuing Education in Nursing (2005):** "Innovative Ways to Promote Recruitment, Retention, Collegiality and Professionalism, Using Continuing Education Plans: Combine Health Care Facilities and Professional Nursing Organizations".36 (5). 226-228.
- **Excellence in Nursing: Sigma Theta Tau International:** "CE as Career Accelerant: One Chapter's Story"
- **Dermatology Nursing (2007):** "Nickel Allergies: Implications for practice" 19 (3), 267-268.
- **Journal of Nephrology Nursing (2006)**. "Amyloidosis and its impact on ESRD". 33 (1), 31-33.
- **Renal Business Today (2008)**. Disaster preparedness: Is your clinic ready? Excerpt: Lightning and flooding does strike twice. 3(5), 24-27.

## Health Care Advocacy:

- Have made several trips to Washington D.C. to lobby Congressmen on healthcare topics such as Children's Health Care, Funding for health care research, Trauma care, and Dialysis issues.
- Health Care Policy Chair Designate to ANNA 2007-2008.
- 2006 Health Policy advocacy (Volunteer Leadership On Washington) Washington DC
- 2013 AACN Health Policy Summit

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## Professional Experience

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- Assistant Professor/Lecturer**  
**Georgia College & State University**  
01/2014 to current  
Adjunct faculty since 1996
- Advanced Practice Nurse** 02/2010 to Current  
**Medical Center of Central Georgia** Macon, GA  
Responsible for regulatory, administrative, research, education, and practice special projects as assigned
- Family Nurse Practitioner:**
- Home Physician Care** 6/2017- present
- Woodall, Wilson, & Manley, LLP** 10/2008 to 2017  
Barnesville, Ga.
- Provide primary care to birth to death
  - Supervise OSHA requirements
  - Responsible for scheduling of nurse practitioners
- Adjunct Faculty** 05/2008 to Present  
**Georgia College & State University** Macon, GA  
Nurse Practitioner courses, undergraduate courses.
- Clinical Nurse Specialist** 08/1996 to 05/2008  
**Medical Center of Central Georgia** Macon, GA
- Coordinated quality outcomes for medical surgical areas, cardiology, and renal
  - Responsible for mentoring, education, and training
  - Quality assurance and regulatory compliance
- Assistant Director**  
**Medical Center of Central Georgia** Macon, GA
- Assisted in management of acute dialysis and cardiovascular step-down.  
Supervised professional and technical staff.  
Direct report to Director.  
Coordinated scheduling, quality, and education.
- Department Based Educator** 10/1994 to 01/2000  
**Medical Center of Central Georgia** Macon, GA  
Oriented new staff to high acuity med-surg unit. Maintained data base on approximately 120 personnel. Provided educational offerings for staff .Participated in conduction of staff meetings. Implemented new policies .Provided direct patient care.
- Clinical Nurse** 6/1991 to Present  
**Medical Center of Central Georgia** Macon, GA
- Provided direct patient care to acutely ill clients. Functioned in charge nurse role. Assisted with educational opportunities. Placed Landmark Catheters.
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- Other:**  
Expert Witness for Medical Cases  
Perry High School Health Occupations Teacher

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## Education

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### **Doctor of Nursing Practice**

Georgia College and State University  
**December 2013**

### **Family Nurse Practitioner Post**

#### **Masters Certificate**

Georgia College and State University

**May 2008**

Milledgeville, GA

### **Masters of Science: Nursing**

Adult Clinical Nurse Specialist

Georgia College and State University

**May 1996**

Milledgeville, GA.

### **Bachelor of Science: Nursing**

Western Carolina University, Cum

Laude

**May 1991**

Cullowhee, NC

### **High School Diploma**

Hilliard High, Salutatorian

**May 1987**

Hilliard, FL

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## Awards and Recognitions

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- 2008 GHA G.R.E.A.T. Ambassador “Giving Recognition for Excellence, Advocacy, and Teamwork in her hospital, community, and profession.” Georgia Hospital Association
- 2004, 2005, 2006, 2007, 2013, 2014 P.A.C.E. “Professional Achievement for Continuing Excellence” Medical Center of Central Georgia
- 2003-2004 Manchester Who’s Who Registry of Executives and Professionals
- 2003 Outstanding Theta Tau Chapter Officer
- 2013 Outstanding DNP Student Award