

# Catherine Anne Stubin PhD, RN, CNE, CCRN

## **Title and Work Address**

Assistant Professor  
Jonas Scholar, National League for Nursing  
Rutgers University  
School of Nursing-Camden  
530 Federal Street  
Camden, NJ 08102  
[Catherine.stubin@rutgers.edu](mailto:Catherine.stubin@rutgers.edu)

## **Summary of Qualifications**

Extensive experience in nursing with background in medical-surgical, intensive, and critical care nursing; holds national certification as both a Critical Care Registered Nurse and Certified Nurse Educator; expertise in teaching students in didactic and clinical components of associate degree, and traditional and accelerated undergraduate baccalaureate nursing programs; extensive and long-standing expertise in National Council Licensure Examination (NCLEX)-Registered Nurse (RN) and NCLEX-Practical Nurse (PN) student test preparation; experience in mentoring doctoral nursing students; extensive experience in staff development for and clinical supervision of practicing registered nurses; experience in curriculum design, course development and revision, test construction and evaluation, and program evaluation; strong quantitative and qualitative research background; expertise in burnout and self-care, wellness, and resilience strategies for nurses and nursing students; grants writing experience and success

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## **Education**

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### **Highest Earned Degree**

Ph.D., Widener University, Nursing Science, 2018 Chester, Pennsylvania

### **Dissertation(s)**

"Clinical Nursing Faculty Perceptions of Undergraduate Baccalaureate Nursing Student Stress in the Clinical Environment," May 2018, Dissertation Chair: Dr. Barbara J. Patterson.

### **Other Earned Degrees**

MSN, Widener University, Clinical Specialist-Critical Care, 1994 Chester, Pennsylvania

BSN, The Pennsylvania State University, Nursing, 1991 Lima, Pennsylvania

ADN, Luzerne County Community College, Nursing, 1984 Nanticoke, Pennsylvania

### **Certificates and Licenses Held**

2023-Present: Certificate in Effective College Instruction, Association of College and University Educators

2019-Present: Certified Nurse Educator

2007-2009: Pediatric Advanced Life Support

1987-Present: Critical Care Registered Nurse

1987-2020: Advanced Cardiac Life Support

1986-Present: Registered Nurse, State of New Jersey

1984-Present: Registered Nurse, State of Pennsylvania

1984-Present: Basic Cardiac Life Support

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## Honors and Awards

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### Fellowships

2025 Faculty Fellow, Student Academic Success-First Generation College Student Faculty Fellows Program, Rutgers University-Camden, New Jersey

2024 Faculty Fellow, Senator Walter Rand Institute for Public Affairs, Camden, New Jersey. Faculty Fellow Highlight: <https://rand.camden.rutgers.edu/people/faculty-fellowships/>

### Professional Awards and Honors

2025: *Nurse Educator* Writing Award, "Promoting nursing student mental health wellness: The impact of resilience-building and faculty support," *Nurse Educator* journal

2025: "Best Feature Research Article" Award, "Supporting mental health well-being in the most vulnerable future nurses," *Nursing Education Perspectives*, National League for Nursing

2024: Excellence in Nursing Education Award, Sigma Theta Tau International Honor Society of Nursing, Eta Beta Chapter, Chester, Pennsylvania

2024: Outstanding Manuscript Award, "Promoting nursing student mental health wellness: The impact of resilience-building and faculty support," 18th Annual Wellspan Health Collaborative Evidence-Based Practice and Nursing Research Conference-Transforming the Healthcare Environment, Camp Hill, Pennsylvania

2021: Outstanding Nurse Educator Faculty Award, School of Nursing, Rutgers University-Camden, New Jersey

2020: Christa Koffel Inspiring New Leader Award, Quality and Safety Education for Nurses International Forum, Cleveland, Ohio

2018: The Honor Society of Phi Kappa Phi, Widener University, Chester, Pennsylvania

2018: Professional Development Scholarship, American Association of Critical-Care Nurses. Total funds awarded-\$3500

2017: Jonas Scholar, 8th cohort, National League for Nursing

2017: Professional Development Scholarship, American Association of Critical-Care Nurses. Total funds awarded-\$3000

2016: Professional Development Scholarship, American Association of Critical-Care Nurses. Total funds awarded-\$3000

2015: Professional Development Scholarship, American Association of Critical-Care Nurses. Total funds awarded-\$3000

2014: Faculty Advisor of the Year Award, Student Nurses Association, Burlington County College, Pemberton, New Jersey

2013: Professional Development Scholarship, American Association of Critical-Care Nurses. Total funds awarded-\$1500

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## Employment History

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### Academic Experience

2019-Present: Assistant Professor, School of Nursing-Camden, Rutgers University, Camden, New Jersey

- Responsible for classroom instruction of an adult undergraduate traditional and accelerated baccalaureate nursing student population. Courses taught include *Capstone-Theory, Complex Health and Illness in Adult Populations-Theory, Foundations of Nursing-Theory, Health and Illness in Adult Populations-Theory, and Pharmacology.*

2022-Present: Nurse Educator (Per Diem), Assessment Technologies Institute, Leawood, Kansas

- Responsible for classroom instruction of Graduate Nurse population in preparation for the National Council Licensure Examination (NCLEX-RN; NCLEX-PN).

2015-2019: Assistant Professor, Department of Nursing, LaSalle University, Philadelphia, Pennsylvania

- Responsible for classroom, clinical, and laboratory instruction of an adult undergraduate baccalaureate nursing student population. Courses taught include *Health Assessment and Promotion, Pharmacology, Care of Chronically Ill Adults, Care of Acutely Ill Adults, and Senior Seminar: Synthesis of Nursing Clinical Concepts.* Clinical instruction included acute Medical and Surgical units specializing in cardiac, gastrointestinal, neurologic, orthopedic, pulmonary, and reproductive disorders.

2013-2015: Instructor; Adjunct Faculty, Department of Nursing, Widener University, Chester, Pennsylvania

- Responsible for clinical and laboratory supervision of an adult student population. Clinical instruction included a Surgical unit specializing in urology, gynecology and gynecologic oncology, and a Medical-Surgical unit specializing in orthopedics, neurosurgery, and neurology.

2009-2015: Lecturer, Department of Nursing and Allied Health, Burlington County College, Pemberton, New Jersey

- Responsible for classroom, clinical, and laboratory instruction of an adult undergraduate nursing student population. Courses taught include *Nursing Care of Patients in Stress*, *Essentials of Pharmacology*, and *Medication Administration for Nurses*. Clinical instruction included a Progressive Care Unit focusing on acute cardiac and pulmonary disorders, and an acute Medical-Surgical unit. Laboratory instruction included physical assessment and advanced medical-surgical procedures.
- Participated in institutional assessments and outcomes review. Active participant in successful Middle States 2014 College re-accreditation process and successful National League for Nursing Accrediting Commission 2010 Nursing Program re-accreditation process.

2002-2009: Instructor; Adjunct Faculty, Department of Nursing and Allied Health, Burlington County College, Pemberton, New Jersey

- Responsible for clinical instruction on a Progressive Care Unit focusing on acute cardiac and pulmonary disorders, and an acute Medical-Surgical unit. Laboratory instruction included physical assessment and advanced medical-surgical procedures.

1994-2022: Nurse Educator (Per Diem), Kaplan Test Preparation, Cherry Hill, New Jersey

- Responsible for classroom instruction of Graduate Nurse population in preparation for the National Council Licensure Examination (NCLEX-RN; NCLEX-PN).

### **Clinical Experience**

2002-2009: Clinical Educator (Per Diem), Kessler Memorial Hospital, Hammonton, New Jersey

- Responsibilities included development and delivery of bi-annual Basic Dysrhythmia Course and bi-annual comprehensive Critical Care Course.

2001-2009: Administrative Nursing Supervisor and Intensive Care Unit Staff Nurse (Per Diem), Kessler Memorial Hospital, Hammonton, New Jersey

- *Administrative Nursing Supervisor*: Responsibilities included off-shift supervision, direction, and clinical support to all nursing units within the hospital, including the Emergency Department, Critical Care, and Medical Surgical Units.
- *Intensive Care Unit Staff Nurse: Per Diem*: Responsibilities included providing comprehensive nursing care to critically ill adults experiencing major surgery and acute cardiac and pulmonary disorders.

2000-2002: Administrative Nursing Supervisor and Cardio-Thoracic Intensive Care Unit Staff Nurse (Per Diem), Mercy Fitzgerald Hospital, Philadelphia, Pennsylvania

- *Administrative Nursing Supervisor*: Responsibilities included off-shift supervision, direction, and clinical support to all nursing units within the hospital, including the Emergency Department, Critical Care, Maternal-Child Health, Medical-Surgical, Rehabilitation, Skilled Nursing and Psychiatry. Acted as the Administrative Designee for the Vice-President of Patient Services. Collaborated closely with the Medical and Surgical Directors and House Staff. Coordinated patient transfers from other facilities for cardiac catheterizations and interventional cardiac procedures.
- *Cardio-Thoracic Intensive Care Unit Staff Nurse; Per Diem*: Responsibilities included providing comprehensive nursing care to critically ill adults experiencing cardio-thoracic surgery and functioning as a clinical resource for new nursing staff to critical care.

1994-1998: Clinical Electrophysiology Research Coordinator, Heart Institute of Southern New Jersey, Cooper Hospital/University Medical Center, Camden, New Jersey

- Responsibilities included performing diverse administrative and clerical responsibilities requiring analysis, judgment, and knowledge of specific study protocols. Screened patients to identify potential participants for a specific study. Maintained accurate, confidential files and documentation of study participants, and completed case forms per Food and Drug Administration guidelines. Communicated effectively with healthcare providers, patients, and drug/device company representatives to meet research objectives. In-serviced nursing personnel regarding new research protocols. Assisted in comprehensive literature review, obtaining information, and the intra-departmental pooling of resources for the purpose of abstract submission and obtaining future grants. Lectured for Cardiology Research Conference to provide the Cardiology Division with information on current research protocols. Instructed in-patient and out-patient population on various electrophysiology procedures and devices, including Electrophysiology studies, Radio-frequency Ablation, Permanent Pacemaker insertion and follow-up, and Implantable Cardioverter-Defibrillator insertion and follow-up.

1994-2000: Cardio-Thoracic Surgical Intensive Care Unit Staff Nurse/Charge Nurse (Per Diem), The Lankenau Hospital, Philadelphia, Pennsylvania

- Responsibilities included providing comprehensive nursing care to critically ill adults experiencing major surgery. Functioned as a clinical preceptor for new nursing staff to critical care and collaborated with nursing management in evaluating performances of nursing staff on an ongoing basis during orientation. Participated on the Policy and Procedure Committee to develop and revise policies that govern nursing practice. Consulted with members of the staff education department and guest lectured for medical/surgical nursing updates as an active member of the Staff Development Committee.

1987-1994: Cardio-Thoracic Surgical Intensive Care Unit Staff Nurse/Charge Nurse, The Lankenau Hospital, Philadelphia, Pennsylvania

- Responsibilities included providing comprehensive nursing care to critically ill adults experiencing major surgery. Functioned as a clinical preceptor for new nursing staff to critical care and collaborated with nursing management in evaluating performances of nursing staff on an ongoing basis during orientation. Participated on the Policy and Procedure Committee to develop and revise policies that govern nursing practice.

Consulted with members of the staff education department and guest lectured for medical/surgical nursing updates as an active member of the Staff Development Committee.

1985-1987: Intensive Care Unit Staff Nurse, Wilkes-Barre General Hospital, Wilkes-Barre, Pennsylvania

- Responsibilities included providing comprehensive nursing care to critically ill adults experiencing major surgery. Functioned as a clinical preceptor for new nursing staff to critical care and collaborated with nursing management in evaluating performances of nursing staff on an ongoing basis during orientation.

1984-1985: Medical/ Surgical Staff Nurse, Nanticoke Hospital, Nanticoke, Pennsylvania

- Responsibilities included providing comprehensive nursing care to acutely ill adults experiencing cardiac, gastrointestinal, neurologic, orthopedic, pulmonary, and reproductive disorders.

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## Publications

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### Articles in Non-refereed Journals

**Stubin, C. A.** (2018). Faculty awareness of nursing student clinical stress. *Eta Beta Chapter- Sigma Theta Tau International Nursing Honor Society*, 5-6.

### Electronic Publications, Not Refereed

**Stubin, C. A.** (2025, February 25). Inside the groundbreaking Rutgers-Camden study tackling nursing burnout. Rutgers-Camden News.

[https://camden.rutgers.edu/news/faculty-blog/inside-groundbreaking-rutgers-camden-study-tackling-nursing-burnout?fbclid=IwY2xjawJY1-lleHRuA2FlbQIxMQABHVj7a2ylLxDYYliD9VjxTLb59--IILhCtdqjunFikVP1xoldHvddJ0dx8w\\_aem\\_08uX3zNEJxDUa89jQ\\_50Yw](https://camden.rutgers.edu/news/faculty-blog/inside-groundbreaking-rutgers-camden-study-tackling-nursing-burnout?fbclid=IwY2xjawJY1-lleHRuA2FlbQIxMQABHVj7a2ylLxDYYliD9VjxTLb59--IILhCtdqjunFikVP1xoldHvddJ0dx8w_aem_08uX3zNEJxDUa89jQ_50Yw).

**Stubin, C. A.** (2024, April 1). Resources and tips to combat stress and anxiety in nursing school. Healthy Nurse, Healthy Nation®, American Nurses Association.

<https://engage.healthynursehealthynation.org/blogs/40/4726>.

**Stubin, C. A.** (2022). Clinical nursing faculty perceptions of undergraduate baccalaureate nursing student stress in the clinical environment. [Doctoral dissertation, Widener University]. Sigma Repository.

[https://www.sigmarepository.org/do/search/?q=author%3A%22Catherine%20A.%20Stubin%22&start=0&context=37541186&sort=date\\_desc&facet=](https://www.sigmarepository.org/do/search/?q=author%3A%22Catherine%20A.%20Stubin%22&start=0&context=37541186&sort=date_desc&facet=).

### Articles in Refereed Journals

#### Work in Progress

#### \*Research Data-Based

\*Villacres, S., Tariman, J. D., & **Stubin, C.** (2025). Patient care bundle to reduce neutropenic sepsis, hospital admissions, and treatment delays. [Manuscript submitted for publication]. School of Nursing, Rutgers University-Camden.

\*Wolf, Z. R., Bailey, D. N., **Stubin, C. A.**, Overbaugh, K., Politsky, S., Holland, B., Catino, A., & Frizzell, J. (2025). Evaluating the validity and reliability of the Nursing Bodywork Instrument [Manuscript submitted for publication]. School of Nursing, LaSalle University.

### **Published**

#### **\*Research Data-Based**

\***Stubin, C. A.** (2025). A study of nursing graduates' transition to practice and implications for curriculum development. *Nurse Educator*. Advance online publication. <https://doi.org/10.1097/nne.0000000000002049>

**Stubin, C. A.** (2025). Fostering an attitude of gratitude: Promoting mental health wellness and resilience in nursing students. *Nurse Educator*, 50(5), 265. <https://doi.org/10.1097/nne.0000000000001877>

\***Stubin, C. A.** (2025). The state of nursing student mental health and wellness support as perceived by nursing faculty: A qualitative study. *Perspectives in Psychiatric Care*, 2025(1), 7 pages. <https://doi.org/10.1155/ppc/1243174>

\***Stubin, C. A.**, Avallone, M., & Manno, M. S. (2024). Addressing the 2021 essentials with new approaches for developing leadership, resilience, and self-care/well-being in undergraduate baccalaureate nursing students. *Journal of Professional Nursing*, 54, 24-28. <https://doi.org/10.1016/j.profnurs.2024.06.003>

\***Stubin, C. A.**, & Dahan, T. A. (2024). Supporting mental health well-being in the most vulnerable future nurses. *Nursing Education Perspectives*, 45(5), 281-286. <https://doi.org/10.1097/01.NEP.0000000000001297>

**Stubin, C. A.**, & Dahan, T. A. (2024). The mental health crisis in nursing: A call to action for nursing faculty. *Nursing Economic\$, 42(4)*, 161-162. <https://doi.org/10.62116/nec.2024.42.4.161>

\***Stubin, C. A.**, Ruth-Sahd, L., & Dahan, T. (2024). Promoting nursing student mental health wellness: The impact of resilience-building and faculty support, *Nurse Educator*, 49(3), 119-124. <https://doi.org/10.1097/nne.0000000000001535>

**Stubin, C.** (2023). Clinical nursing supervisors and healthcare staff play a significant role in decreasing undergraduate baccalaureate nursing student clinical stress [Invited Commentary]. *Evidence-Based Nursing*, 26(4), 152. <https://doi.org/10.1136/ebnurs-2022-103653>

**Stubin, C. A.** (2023). Steps toward a resilient future nurse workforce. *International Journal of Nursing Education Scholarship*, 20(1), 4 pages. <https://doi.org/10.1515/ijnes-2022-0057>

**Stubin, C. A.** (2023). Using the “Wellness Wheel” with pre-licensure and graduate nursing students. *Nurse Educator*, 48(6), 325. <https://doi.org/10.1097/NNE.0000000000001395>

\***Stubin, C. A., & Hargraves, J. D.** (2022). Faculty supportive behaviors and nursing student mental health: A pilot study. *International Journal of Nursing Education Scholarship*, 19(1), 11 pages. <https://doi.org/10.1515/ijnes-2022-0044>

\***Wolf, Z. R., Bailey, D. N., & Stubin, C. A.** (2022). Bodywork and nursing practice: Development of a bodywork in nursing practice instrument. *Nursing Forum*, 57(4), 509-529. <https://doi.org/10.1111/nuf.12703>

\***Wolf, Z. R., Stubin, C. A., Tait, M., & Hughes, R.** (2022). Best practices checklist for preventing infusion errors: Expert review. *MEDSURG Nursing*, 31(1), 24-31. <https://doi.org/10.62116/MSJ.2022.31.1.24>

**Stubin, C. A.** (2021). Igniting the leadership spark in nursing students: Leading the way. *International Journal of Nursing Education Scholarship*, 18(1), 6 pages. 20210087. <https://doi.org/10.1515/ijnes-2021-0087>

\***Stubin, C. A.** (2021). Keeping nursing student stress in check: Strategies from clinical nursing faculty. *Journal of Nursing Practice Applications & Reviews of Research*, 11(1), 68-74. <https://doi.org/10.13178/jnparr.2021.11.01.1007>

**Stubin, C. A.** (2020). A call to intervene: Suicide risk among nursing students. *Creative Nursing*, 26(4), 253-255. <https://doi.org/10.1891/CRNR-D-20-00024>

\***Stubin, C.A.** (2020). Clinical stress among undergraduate nursing students: Perceptions of clinical nursing faculty. *International Journal of Nursing Education Scholarship*, 17(1), 11 pages. <https://doi.org/10.1515/ijnes-2019-0111>

**Stubin, C. A.** (2017). Emotional strain: A concept analysis for nursing. *International Journal for Human Caring*, 21(2), 59-65. <https://doi.org/10.20467/humancaring-d-16-00027.1>

\***Russo, A., Beauregard, L., Stubin, C., & Waxman, H. L.** (1995). 1026-87 long-term changes in defibrillation thresholds using two Nonthoracotomy lead systems and a biphasic waveform. *Journal of the American College of Cardiology*, 25(2), 408A. [https://doi.org/10.1016/0735-1097\(95\)93150-B](https://doi.org/10.1016/0735-1097(95)93150-B)

## Chapters in Books

### Published

**Stubin, C. A., & Mendonca-Cali, L. (2025).** Chapter 2. Critical care nurses: Extraordinary nursing in volatile practice situations. In Z.R. Wolf & M.E. Wright (Eds.), *Extraordinary nursing: Multiple roses, caring practices* (pp. 25-38). Cambridge Scholars Publishing.

**Stubin, C. A. (2022).** West Nile virus. In K. Casler & K. Gawlik (Eds.), *Laboratory screening and diagnostic evaluation: An evidence-based approach* (pp. 783-788). Springer Publishing.

### Published Conference Proceedings

**Stubin, C. A. & Hargraves, J. D. (2022).** Faculty supportive behaviors and nursing student mental health: A pilot study [Conference Abstract]. Sigma Repository.  
[https://www.sigmarepository.org/do/search/?q=author%3A%22Catherine%20A.%20Stubin%22&start=0&context=37541186&sort=date\\_desc&facet=](https://www.sigmarepository.org/do/search/?q=author%3A%22Catherine%20A.%20Stubin%22&start=0&context=37541186&sort=date_desc&facet=)

**Stubin, C. A. (2021).** Keeping nursing student stress in check: Strategies from clinical nursing faculty [Conference Abstract]. Sigma Repository.  
[https://www.sigmarepository.org/do/search/?q=author%3A%22Catherine%20A.%20Stubin%22&start=0&context=37541186&sort=date\\_desc&facet=](https://www.sigmarepository.org/do/search/?q=author%3A%22Catherine%20A.%20Stubin%22&start=0&context=37541186&sort=date_desc&facet=)

**Stubin, C. A. (2019).** Clinical nursing faculty perceptions of undergraduate baccalaureate nursing student stress in the clinical environment [Conference Abstract]. Sigma Repository.  
[https://www.sigmarepository.org/do/search/?q=author%3A%22Catherine%20A.%20Stubin%22&start=0&context=37541186&sort=date\\_desc&facet=](https://www.sigmarepository.org/do/search/?q=author%3A%22Catherine%20A.%20Stubin%22&start=0&context=37541186&sort=date_desc&facet=)

**Stubin, C. A. (2018).** Emotional strain: A concept analysis for nursing [Conference Abstract]. Sigma Repository.  
[https://www.sigmarepository.org/do/search/?q=author%3A%22Catherine%20A.%20Stubin%22&start=0&context=37541186&sort=date\\_desc&facet=](https://www.sigmarepository.org/do/search/?q=author%3A%22Catherine%20A.%20Stubin%22&start=0&context=37541186&sort=date_desc&facet=)

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## Teaching Activities

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### Curriculum Development

*Complex Health and Illness in Adult Populations-Theory; Complex Health and Illness in Adult Populations-Clinical:*

- 2023-Present: Incorporation of self-care, wellness, and resilience-building techniques.
- 2022-Present: Incorporation of the Nursing Clinical Judgment Measurement Model and Next-Generation NCLEX-RN teaching strategies.

*Capstone-Theory; Capstone-Clinical:*

- 2023-Present: Incorporation of self-care, wellness, and resilience-building techniques.

- 2022-Present: Incorporation of the Nursing Clinical Judgment Measurement Model and Next-Generation NCLEX-RN teaching strategies.

*Nursing Management and Leadership Theory:*

- 2023: Assisted with incorporation of self-care, wellness, and resilience-building techniques into the course.

2022-Present: Team member, Curricular revisions related to implementation of the 2021 AACN *Essentials* in Nursing Education.

### **Instructional Development**

2023: Academic Integrity in the Age of Artificial Intelligence, Office of the Provost, Rutgers University-Camden

2023: ATI Talk Live 2023: Countdown to NGN!, Assessment Technologies Institute

2022-2023: Selected participant in ACUE Effective Teaching Practices Course, Office of the Provost and the Division of Student Academic Success, Rutgers University-Camden

2022: Integration with Next Generation NCLEX, Assessment Technologies Institute, Rutgers School of Nursing-Camden

2022: Reinvigorating Student Engagement in Learning, Office of the Provost, Rutgers University-Camden

2021: A Holistic Approach to Veteran Health Care in our Communities, Distinguished Nursing Lecture, Rutgers School of Nursing-Camden

2020: Review and Training Seminar, Assessment Technologies Institute, Rutgers School of Nursing-Camden

2020: Thinking Beyond Walls: The Role of Nursing in Community Based Organizations, Distinguished Nursing Lecture, Rutgers School of Nursing-Camden

2020: Coaching for Nurse Educators, National League for Nursing

2020: Peer Review of Online Teaching, Center for Teaching Advancement & Assessment Research, Rutgers University

2020: APA 7th edition Workshop and Training, Heartful Editor

2020: Using Evidence to Evaluate Teaching, Center for Teaching Advancement & Assessment Research, Rutgers University

2019: Clinical Judgement & the Next Generation NCLEX Workshop, Rutgers School of Nursing-Camden

2018: Education Summit Nursing Conference, National League for Nursing

**Faculty Mentorship**

06/21-05/23: Dr. Martin Manno

**Student Mentorship**

**Faculty Chairperson**

2022-2023: Miriam Maldonado (DNP Student). Implementation of a screening protocol to promote palliative care referrals for heart failure patients: A DNP quality improvement project, Rutgers School of Nursing-Camden, New Jersey. Date of completion, May 2023.

**Faculty Preceptor**

2021: Rachel DiGalbo, Post-Master's Teaching Certification, Duke University, Durham, North Carolina.

**Faculty Committee Member**

2024-2025: Harpreet Singh (DNP Student). How providers with the use of a hypertension screening tool could influence DASH diet recommendations, Rutgers School of Nursing-Camden, New Jersey. Date of completion, May 2025.

2023-2024: Alexandra O'Connell (DNP Student). Peritoneal Dialysis catheter care education and its ability to decrease risk of peritonitis in adult populations, Rutgers School of Nursing-Camden, New Jersey. Date of completion, May 2024.

2023-2024: Stephany Villacres (DNP Student). Implementation of a neutropenic sepsis prevention bundle in the outpatient adult oncology population, Rutgers School of Nursing-Camden, New Jersey. Date of completion, May 2024.

2020-2021: William Paynter (DNP Student). Implementation of provider-based medication action plans to reduce falls in the older adult population at increased risk, Rutgers School of Nursing-Camden, New Jersey. Date of completion, June 2021.

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**Conference Presentations, Lectures, Demonstrations**

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**Invited Addresses**

**Stubin, C. A.** (2025, June 27-28). *Preventing burnout at the bedside: Steps toward resiliency in oncology nursing* [Invited Address-1-hour session]. Embracing Excellence in Oncology Nursing Practice-20th Annual Symposium, Hoag Family Cancer Institute, Huntington Beach, California.

**Stubin, C. A., & Riecke, P.** (2025, April 9-13). *From burnout to resilience: Strategies for sustainable well-being in oncology nursing* [Invited Address-2-hour Intensive session]. 50th Annual Oncology Nursing Society Congress, Denver, Colorado.

**Stubin, C. A.** (2023, November 9). *Empowering new nurses with stronger skills in mindfulness, self-care, well-being, and leadership* [Webinar]. American Association of Colleges of Nursing.

## **Peer-Reviewed Podium Presentations**

### **National/International**

#### **\*Research Data-Based**

**\*Stubin, C. A.** (2026, July 16-18). *Reality check: Nursing graduates' transition to practice and implications for curriculum development* [Podium presentation]. 37th International Nursing Research Congress-Sigma Theta Tau International Honor Society of Nursing, Toronto, Ontario, Canada.

**\*Stubin, C. A., & Dahan, T.** (2025, September 17-19). *Promoting mental health wellness in the most vulnerable future nurses* [Podium presentation]. Education Summit-National League for Nursing, Orlando, Florida.

**\*Stubin, C. A.** (2025, March 28-30). *The state of nursing student mental health and wellness support as perceived by nursing faculty* [Podium presentation]. Creating Healthy Work Environments-Sigma Theta Tau International Honor Society of Nursing, Phoenix, Arizona.

**\*Stubin, C.A., Avallone, & M., Manno, M.** (2024, December 5-7). *Addressing the 2021 Essentials with new approaches for developing leadership, resilience, and self-care/well-being in undergraduate baccalaureate nursing students* [Podium presentation]. Transform 2024 National Academic Nursing Conference-American Association of Colleges of Nursing, New Orleans, Louisiana.

**\*Stubin, C. A.** (2024, August 7-9). *Supporting nursing student mental health: The impact of faculty caring behaviors* [Podium presentation]. 35th International Nursing Research Congress-Sigma Theta Tau International Honor Society of Nursing, Republic of Singapore. (Virtual)

**\*Stubin, C. A., Avallone, M., Manno, M., & Dahan, T.** (2023, November 30-December 2). *Undergraduate nursing student perceptions of learning strategies to enhance leadership, resilience, and self-care/well-being competencies: A pilot study* [Podium presentation]. Transform 2023 National Academic Nursing Conference-American Association of Colleges of Nursing, Lake Buena Vista, Florida.

**Stubin, C. A.** (2023, November 11-15). *Inspiring leadership and influencing change: Leading the way!* [Podium presentation]. 47th Biennial Convention-Sigma Theta Tau International Honor Society of Nursing, San Antonio, Texas.

**Stubin, C. A.** (2023, August). *Caring for the caregivers of tomorrow* [Podium presentation]. 34th International Nursing Research Congress-Sigma Theta Tau International Nursing Honor Society, Abu Dhabi, United Arab Emirates. (Virtual)

**Stubin, C. A.** (2023, April 24-27). *Steps toward a resilient future nurse workforce* [Electronic Poster presentation]. National Nurse Educator Summit-Assessment Technologies Institute, San Antonio, Texas.

\***Stubin, C. A., & Hargraves, J. D.** (2022, March 24-26). *Faculty supportive behaviors and nursing student mental health: A pilot study* [Podium presentation]. Creating Healthy Work Environments-Sigma Theta Tau International Honor Society of Nursing, Washington, D.C.

**Stubin, C. A.** (2021, June). *A call to intervene: Suicide risk among nursing students* [Podium presentation]. Exploring Inclusive and Diverse Caring in Healthcare and Beyond- 42nd Annual International Association for Human Caring. (Virtual)

\***Stubin C. A.** (2021, February 18-20). *Keeping nursing student stress in check: Strategies from clinical nursing faculty* [Podium presentation]. Creating Healthy Work Environments-Sigma Theta Tau International Honor Society of Nursing. (Virtual)

\***Stubin, C. A.** (2019, July 25-29). *Clinical nursing faculty perceptions of undergraduate baccalaureate nursing student stress in the clinical environment* [Podium presentation]. 30th International Nursing Research Congress-Sigma Theta Tau International Honor Society of Nursing, Calgary, Alberta, Canada.

### **Regional**

\*Ruth-Sahd, L., **Stubin, C.A., & Dahan, T.** (2024, April 18). *Promoting nursing student mental health wellness: The impact of resilience-building and faculty support* [Podium presentation]. Transforming the Healthcare Environment-2024 WellSpan Health Collaborative Evidence-Based Practice and Nursing Research Conference, Camp Hill, Pennsylvania.

\***Stubin, C.A., Ruth-Sahd, L., & Dahan, T.** (2024, April 4-5). *Correlations among nursing students' perceived stress, anxiety, depression, and faculty support* [Podium presentation]. 36th Annual Scientific Sessions-Eastern Nursing Research Society, Boston, Massachusetts.

\***Stubin, C. A., Wolf, Z. R., & Bailey, D. N.** (2023, March 23-24). *Bodywork aspects of nursing care: Development of a nursing bodywork instrument* [Podium presentation]. 35th Annual Scientific Sessions-Eastern Nursing Research Society, Philadelphia, Pennsylvania.

### **Peer Reviewed Poster Presentations**

#### **National/International**

##### **\*Research Data-Based**

\***Stubin, C. A., Wolf, Z. R., Tait, M., & Hughes, R.** (2021, June 2). *Best practices checklist for preventing infusion errors* [Poster presentation]. Championing Quality and Safety Through Academic Practice Partnership, Quality and Safety Education for Nurses International Forum. (Virtual)

**Stubin, C. A.** (2018, April 19-21). *Emotional strain: A concept analysis for nursing* [Poster presentation]. Nursing Education Research Conference-National League for Nursing, Washington, D.C.

### **Regional**

\*Hargraves, J. D., & **Stubin, C. A.** (2021, September 17). *Faculty supportive behaviors and nursing student mental health: A pilot study-preliminary results* [Poster presentation]. 3rd Annual Research and Evidence-Based Practice Conference, Temple University, Philadelphia, Pennsylvania.

### **Other Presentations**

**Stubin, C. A.** (2025, November 5). *Support for student well-being and professional readiness-Hillary Project research findings*. Rutgers School of Nursing-Camden Dean's Leadership Circle Meeting, Rutgers School of Nursing-Camden, New Jersey.

**Stubin, C. A.** (2025, April 16). *Self-care and wellness* [Student workshop presentation]. Student Nurses Association General Board Meeting, Rutgers School of Nursing-Camden, New Jersey.

\***Stubin, C. A.** (2025, March 26). *The state of nursing student mental health and wellness support as perceived by nursing faculty* [Faculty workshop presentation]. Faculty Affairs and Development Committee, Rutgers School of Nursing-Camden, New Jersey.

\***Stubin, C. A.** (2024, May 1). *Promoting nursing student mental health wellness: The impact of resilience-building and faculty support* [Faculty workshop presentation]. Faculty Retreat, Rutgers School of Nursing-Camden, New Jersey.

\*Wolf, Z. R., **Stubin, C. A.**, & Bailey, D.N. (2023, May 15). *Development of a nursing bodywork instrument* [Podium presentation]. Kappa Delta Chapter-Sigma Theta Tau International Honor Society of Nursing, LaSalle University, Philadelphia, Pennsylvania.

\***Stubin, C. A.** (2023, May 2). *A competency-based approach to leadership development and resilience for student nurses* [Faculty workshop presentation]. Faculty Organization Committee meeting, Rutgers School of Nursing-Camden, New Jersey.

\***Stubin, C. A.** (2018, March 18). *Clinical nursing faculty perceptions of undergraduate baccalaureate nursing student stress in the clinical environment* [Podium presentation]. Kappa Delta Chapter-Sigma Theta Tau International Honor Society of Nursing, LaSalle University, Philadelphia, Pennsylvania.

**Stubin, C. A.** (2017, March 28). *Emotional strain: A concept analysis for nursing* [Poster presentation]. Faculty Scholarship Poster Session-LaSalle University, Philadelphia, Pennsylvania.

**Stubin, C. A.** (2017, March 22). *Emotional strain: A concept analysis for nursing* [Podium presentation]. Graduate Student Research Symposium-Widener University, Chester, Pennsylvania.

### **Workshops Organized**

04/2023: "Rutgers alumni-panel discussion" workshop presented by five, new-to-practice School of Nursing undergraduate alumni on resilience, self-care, and wellness advice to senior undergraduate baccalaureate nursing students, Rutgers School of Nursing-Camden, New Jersey.

03/2023: "Leading Your Nursing Practice with a Mindful Commitment to Health & Wellness" workshop presented by Cheri Clancy, MSN, MS, RN, NEA-BC, CPXP to senior undergraduate baccalaureate students, Rutgers School of Nursing-Camden, New Jersey.

03/2020: "The Academic Publishing Process" by Tovah Aronin, editor of the BioMed Central-series Journals, Rutgers School of Nursing-Camden, New Jersey. (cancelled due to the Covid-19 Pandemic)

### **Conferences/Courses Organized**

2003-2009: Semi-annual Comprehensive Critical Care Course, William B. Kessler Memorial Hospital, Hammonton, New Jersey.

2002-2009: Semi-annual Basic Dysrhythmia Course, William B. Kessler Memorial Hospital, Hammonton, New Jersey.

1995: Conference Co-Director, Cardiology Update '95: Diagnosis and Therapy of Arrhythmias, Cooper Hospital/University Medical Center, Camden, New Jersey.

1994-1998: Co-Director, Semi-Annual Support Meetings for patients with Implantable Cardioverter-Defibrillators, Cooper Hospital/University Medical Center, Camden, New Jersey.

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## **Media**

### **Interviews/Print Media**

Who's Who in Healthcare (2025). *South Jersey Business Magazine*, *SouthJersey.com*.

Reinhard, E. (2025, February 18). Expertise in Camden: Research honoring alumna supports mental health of frontline workers. *Rutgers University-Camden Online Magazine*, Winter 2025, 10. [https://issuu.com/rutgers-camden/docs/rutgers\\_university\\_camden\\_magazine\\_winter\\_2025](https://issuu.com/rutgers-camden/docs/rutgers_university_camden_magazine_winter_2025)

Helmer, J. (2024, November 19). The emotional cost of nursing school: Depression. *Medscape Medical News*. <https://www.medscape.com/viewarticle/emotional-cost-nursing-school-depression-2024a100011f>

Stokley, M. (2024, November 13). Rutgers School of Nursing-Camden professor conducts research to prevent nurse burnout. *The Daily Targum, Rutgers University*. <https://dailytargum.com/article/2024/11/rutgers-school-of-nursing-camden-professor-conducts-research-to-prevent>

Reinhard, E. (2024, October 29). Research project inspired by sudden death of alumna seeks to uncover burnout triggers. *Rutgers Today, Rutgers University*. <https://camden.rutgers.edu/news/research-project-inspired-sudden-death-alumna-seeks-uncover-burnout-triggers>

Carpenter, H. E. (2024, August 17). Healthy Nurse, Healthy Nation ® Spotlight, *American Nurses Association*. <https://engage.healthynursehealthynation.org/blogs/13/4808>

O'Donnell, A. (2023, March 9). Supporting nurses under pressure. *Rutgers Today, Rutgers University*. <https://camden.rutgers.edu/news/supporting-nurses-under-pressure>

Petzold, D. (2023, January 18). Heart of the Game. *Rutgers Today, Rutgers University*. <https://camden.rutgers.edu/news/heart-game>

American Association of Colleges of Nursing (2022, December 14). AACN selects 10 nursing schools to pilot learning strategies to build leadership and resilience skills in new nurses [Press release]. <https://www.aacnnursing.org/news-data/all-news/article/nursing-schools-to-pilot-learning-strategies-to-build-leadership-and-resilience-skills-in-new-nurses>

### Podcasts/Video Abstracts

**Stubin, C. A.**, (Guest Expert) & Oermann, M. (Host). (2025-present). *Fostering an attitude of gratitude: Promoting mental health wellness and resilience in nursing students* [Audio podcast]. Nurse Educator. <https://nurseeducatorpodcast.libsyn.com/website/fostering-an-attitude-of-gratitude-in-nursing-students>

**Stubin, C. A.** (Guest Expert). (2025-present). *Fostering an attitude of gratitude: Promoting mental health wellness and resilience in nursing students* [Video abstract]. Nurse Educator. <https://journals.lww.com/nurseeducatoronline/pages/video.aspx?v=446>

**Stubin, C. A.**, & Ruth-Sahd, L. (Guest Experts). (2024-present). *Promoting nursing student mental health wellness: The impact of resilience-building and faculty support* [Video abstract]. Nurse Educator. <https://journals.lww.com/nurseeducatoronline/pages/video.aspx?autoplay=false&v=358>

**Stubin, C. A.**, & Ruth-Sahd, L. (Guest Experts), & Oermann, M. (Host). (2024-present). *Student mental health wellness and faculty support* [Audio podcast]. Nurse Educator.

<https://nurseeducatorpodcast.libsyn.com/website/student-mental-health-wellness-and-faculty-support>

**Stubin, C. A.**, (Guest Expert) & Pullen, R. (Host). (2023-present). *Using the wellness wheel with prelicensure and graduate nursing students* [Audio podcast]. Nurse Educator. <https://nurseeducatorpodcast.libsyn.com/using-the-wellness-wheel-with-prelicensure-and-graduate-nursing-students>

### Development of Online Resources

Lewis, L. M. & **Stubin, C. A.** (2023-present). Self-care, wellness, and resilience-Rutgers School of Nursing-Camden, Diversity, Equity, Inclusion, and Belonging [Learning management system course]. Rutgers University. <https://rutgers.instructure.com/courses/228323>

**Stubin, C. A.** (2023). Developing nurse well-being and leadership-Rutgers University-Camden learning strategies. *American Association of Colleges of Nursing*. <https://www.aacnnursing.org/developing-nurse-well-being-and-leadership-tool-kit/pilot-schools/rutgers-university-camden>

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## Funding

### Externally Funded Research Grants

11/2025 (Submitted): **(Grant Amount: \$34,842)** From classroom to clinical practice: Peer mentoring as a strategy to foster resilience and reduce burnout risk in future nurses, Catherine Stubin, Jeanann Coppola, Agency: New Jersey Health Foundation, Role: **Principal Investigator**

04/2023: **(Grant Amount: \$750)** Exploration of the relationship between mental health wellness, resilience, and perceived faculty support in undergraduate baccalaureate nursing students, Catherine Stubin, Agency: Sigma Theta Tau International Honor Society of Nursing-Eta Beta Chapter, Role: **Principal Investigator**

03/2023: **(Grant Amount: \$1,000)** The prevalence of depression, anxiety, stress, and resilient attributes among undergraduate baccalaureate nursing students, and the relationship between these variables and perceived faculty support., Catherine Stubin, Agency: Sigma Theta Tau International Honor Society of Nursing-Eta Mu Chapter, Role: **Principal Investigator**

12/2022-06/2023: **(Grant Amount: \$10,000)** A competency-based approach to leadership development and resilience for student nurses, Catherine Stubin, Margaret Avallone, Rachel Derr, Lisa Lewis, Marie O'Toole, Joseph Tariman, Agency: American Association of Colleges of Nursing, Role: **Principal Investigator**

2018: **(Grant Amount: \$2,500)** Clinical nursing faculty perceptions of undergraduate baccalaureate nursing student stress in the clinical environment, Catherine Stubin, Agency: National League for Nursing/Eastern Nursing Research Society, Role: **Principal Investigator**

2018: **(Grant Amount: \$500)** Clinical nursing faculty perceptions of undergraduate baccalaureate nursing student stress in the clinical environment, Catherine Stubin, Agency: Sigma Theta Tau International Honor Society of Nursing-Kappa Delta Chapter, Role: **Principal Investigator**

2017-2018: **(Grant Amount: \$6,000)** Clinical nursing faculty perceptions of undergraduate baccalaureate nursing student stress in the clinical environment, Catherine Stubin, Agency: National League for Nursing-Jonas Scholars Program, Role: **Principal Investigator**

2017: **(Grant Amount: \$1,500)** Clinical nursing faculty perceptions of undergraduate baccalaureate nursing student stress in the clinical environment, Catherine Stubin, Agency: Sigma Theta Tau International Honor Society of Nursing-Eta Beta Chapter, Role: **Principal Investigator**

### **Internally Funded Research Grants**

06/2024-09/2025: **(Grant Amount: \$10,000)** Project Title: "The Hillary Project- Perceptions related to managing stress and overwhelm and preventing burnout in the future nurse workforce: A mixed methods approach", Catherine Stubin, Agency: Senator Walter Rand Institute for Public Affairs, Role: **Principal Investigator**

07/2023-06/2025: **(Grant Amount: \$10,240)** Nursing faculty perceptions of nursing student mental health wellness, supportive faculty behaviors, and resilience-building techniques, Catherine Stubin, Agency: Rutgers University Chancellor's Assistant Research Development Grant, Role: **Principal Investigator**

2020-2022: **(Grant Amount: \$5,000)** Perceived stress, anxiety, depression, and faculty support of nursing students, Catherine Stubin, Agency: Rutgers University Research Council, Role: **Principal Investigator**

2017-2018: **(Grant Amount: \$3,500)** Clinical nursing faculty perceptions of undergraduate baccalaureate nursing student stress in the clinical environment, Catherine Stubin, Agency: LaSalle University, Role: **Principal Investigator**

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## **Service**

### **Manuscript Reviewer**

2025-Present: *Global Qualitative Nursing Research*

2024-Present: *Nursing Forum*

2024-Present: *Journal of American College Health*

2023-Present: *Journal of Advanced Nursing*

2019-Present: *Nurse Educator*

**Abstract Reviewer**

2022-Present: Nursing Education Research Conference, National League for Nursing

2020-Present: Annual Scientific Sessions Nursing Conference, Eastern Nursing Research Society

2019-Present: Education Summit Nursing Conference, National League for Nursing

**Grant Reviewer**

2019-2023: National League for Nursing Research in Nursing Education

**Conference Moderator**

03/2022: Creating Healthy Work Environments, Sigma Theta Tau International Honor Society of Nursing, Washington, D.C.

07/2019: 30th International Nursing Research Congress, Sigma Theta Tau International Honor Society of Nursing, Calgary, Alberta, Canada

09/2018: Education Summit Nursing Conference, National League for Nursing, Chicago, Illinois

04/2018: Nursing Education Research Conference, National League for Nursing, Washington, D.C.

**Service to Other Public Bodies**

2020-Present: Participant, fundraisers and donation drives for St. Baldricks Foundation

2019-Present: Participant, fundraisers and walks for the American Foundation for Suicide Prevention

2018-2019: Faculty Advisor, Student Nurses Association, LaSalle University, Philadelphia, Pennsylvania

2011-2015: Faculty Advisor, Student Nurses Association, Burlington County College, Pemberton, New Jersey

**Service to Rutgers University**

10/2025-Present: Member, Simulation Taskforce, Rutgers School of Nursing-Camden, New Jersey

09/2025-Present; 09/2021-05/2023: Member, Scholastic Standing and Recruitment Committee, Rutgers School of Nursing-Camden, New Jersey

09/2025-Present; 09/2023-05/2024; 09/2021-05/2022; 09/2019-05/2020: Member, Faculty Affairs, Development, and Scholarship Committee, Rutgers School of Nursing-Camden, New Jersey

09/2025-01/2026: Faculty Senator, Rutgers University, Camden, New Jersey

09/2025-01/2026: Member, Faculty and Personnel Committee, Faculty Senate, Rutgers University, Camden, New Jersey

09/2025-01/2026: Member, Guidance for Promotion and Tenure During Uncertain Conditions of Federal Funding Sub-Committee, Faculty Senate, Rutgers University, Camden, New Jersey

02/2025-03/2025: Member, First Level Review for Reappointment Committee, Rutgers School of Nursing-Camden, New Jersey

02/2025-03/2025: Member, National League for Nursing Center of Excellence Application Taskforce, Rutgers School of Nursing-Camden, New Jersey

01/2025-Present: Faculty Co-Advisor, Student Nurses Association, Rutgers School of Nursing-Camden, New Jersey

09/2022-05/2025: Member, Baccalaureate Curriculum and Educational Resources Committee, Rutgers School of Nursing-Camden, New Jersey

09/2021-05/2022: Course Coordinator: Complex Health and Illness in Adult Populations-Theory; Complex Health and Illness in Adult Populations-Clinical, Rutgers School of Nursing-Camden, New Jersey

09/2021-05/2022: Member, Faculty Search Committee, Rutgers School of Nursing-Camden, New Jersey

05/2021-05/2022: Course Coordinator: ABS Complex Health and Illness in Adult Populations-Theory; ABS Complex Health and Illness in Adult Populations-Clinical, Rutgers School of Nursing-Camden, New Jersey

09/2020-05/2021: Chairperson, Faculty Affairs, Development, and Scholarship Committee, Rutgers School of Nursing-Camden, New Jersey

05/2020-08/2020: Course Coordinator: ABS Health and Illness in Adult Populations-Theory; ABS Health and Illness in Adult Populations-Clinical, Rutgers School of Nursing-Camden, New Jersey

09/2019-05/2021: Member, Long-Range Planning Committee, Rutgers School of Nursing-Camden, New Jersey

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## **Editorial Activities**

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### **Membership on Editorial Boards of Scholarly Journals**

2025-Present: Member, Editorial Review Board, *Global Qualitative Nursing Research*

### **Book Proposal Reviews**

Davis Advantage for Medical-Surgical Nursing: Making Connections to Practice, 3<sup>rd</sup> edition. Hoffman Sullivan, F.A. Davis, 2025

- Reviewed and provided detailed feedback on Medical/Surgical topics
- Assessed market potential and content quality to guide publishing decisions

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## **Memberships**

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### **Memberships/Offices Held in Scholarly and Professional Societies**

2024-Present: Committee Member, Nursing Education Research Interest Group, Eastern Nursing Research Society

2023-Present: Leadership Officer: Chair, Research Committee, Eta Mu Chapter, Sigma Theta Tau International Honor Society of Nursing, Camden, New Jersey

2023-2024: Chapter Officer: Delegate, Eta Mu Chapter, Sigma Theta Tau International Honor Society of Nursing, Camden, New Jersey

2022-Present: Committee Member, Mental Health and Substance Use Research Interest Group, Eastern Nursing Research Society

2021-Present: Member, Eta Mu Chapter, Sigma Theta Tau International Honor Society of Nursing, Camden, New Jersey

2017-Present: Member, Eastern Nursing Research Society

2016-2020: Member, Kappa Delta Chapter, Sigma Theta Tau International Honor Society of Nursing, Philadelphia, Pennsylvania

2016-2019: Leadership Officer: Treasurer, Kappa Delta Chapter, Sigma Theta Tau International Honor Society of Nursing, Philadelphia, Pennsylvania

2002-Present: Member, National League for Nursing

1991-Present: Member, Eta Beta Chapter, Sigma Theta Tau International Honor Society of Nursing, Chester, Pennsylvania

1991-Present: Member, Sigma Theta Tau International Honor Society of Nursing

1987-Present: Member, American Association of Critical-Care Nurses