

curriculum vitae

**ROSEMARY THEROUX, PhD, WHNP-BC**

University of Massachusetts Worcester  
Graduate School of Nursing  
55 Lake Ave North  
Worcester, MA 01655

(508) 856-5744  
rosemary.theroux@umassmed.edu

Licensure: MA, Nurse Practitioner  
Certification: Women's Health NP  
(National Certification Corporation)

**Education**

2000	Ph.D., Nursing University of Massachusetts, Worcester/Amherst
1986	M.S., MCH Nursing, Women's Health Nurse Practitioner Boston College, Chestnut Hill, MA
1985	B.S., Nursing Worcester State College, Worcester, MA
1970	Diploma, Nursing Faulkner Hospital School of Nursing, Boston, MA

**Professional Experience**

2007-present	Associate Professor, University of Massachusetts Worcester
2003-2007	Assistant Professor, University of Massachusetts Worcester
2000-2003	Assistant professor, University of Massachusetts Lowell
2001-present	Nurse practitioner, OB/GYN Private Practice, Edmon Jacobson, MD Framingham, MA
1986-2001	Nurse practitioner, OB/GYN Private Practice, Il Kim, MD Framingham, MA
1999-2000	Instructor, Family Nurse Practitioner Program, University of Massachusetts Graduate Nursing Program, Worcester, MA
1997-2000	Nurse Practitioner (per diem), Women's Health Initiative Study, University of Massachusetts Worcester, MA (Fallon Clinic Site)
1992-1999	Gynecologic Consultant, Medfield State Hospital, Medfield, MA
1996-1997	Clinical Faculty, Maternal/Child & Community Health Nursing, Northeastern University, College of Nursing, Boston, MA
1995-1996	Clinical Faculty, Maternity Nursing, Simmons College, Boston, MA
1987-1992	Co-Coordinator, Women's Health Network, Metro West Medical Center, Natick, MA
1986-1992	Private consultation and prenatal education program for parents of twins, "Twin Support"

- 1986-1987 Nurse Practitioner, GYN & Family Planning Clinic, Worcester Memorial Hospital, Worcester, MA
- 1981-1986 Staff nurse, OB/GYN/Nursery, Metro West Medical Center, Framingham, MA
- 1983-1986 Camp nurse, Franklin Country Day Camp, Franklin, MA (summers)
- 1981-1987 Prenatal Childbirth Educator, Metro West Medical Center, Framingham, MA
- 1979-1981 Staff and charge nurse, Emergency Services, Metro West Medical Center, Framingham, MA
- 1977-1979 Staff nurse, Surgical Intensive Care/Coronary Care/Telemetry Units, Faulkner Hospital, Boston, MA
- 1970-1977 Staff nurse, Emergency and Observational Unit, Brigham & Women's Hospital, Boston, MA

**Honors and Awards**

- 2005 Dean's Award for Outstanding Educator
- 2004 Finalist "Inspirations in Women's Health," National Association of Nurse Practitioners in Women's Health & 3 M.
- 2002 Named as "Reviewer of the Year" by the editor of the Journal of Obstetric, Gynecologic, & Neonatal Nursing (JOGNN)
- 2001 Chosen as an educator for the Cardiovascular Health for Women Prevention Program; sponsored by the Association of Women's Health Obstetrical, & Neonatal Nurses and Pfizer Company
- 2001 Elected to the Nurse Practitioner Reporter Panel by the North American Menopause Society
- 1999 Woodrow Wilson Women's Health Fellow
- 1988 Innovations In Clinical Practice Award, Alpha Chi Chapter, Sigma Theta Tau.
- 1986 Sigma Theta Tau, International Honor Society for Nursing, Inducted into Alpha Chi Chapter.
- 1985 Honor Society, Worcester State College, Department of Nursing
- 1984-1985 Hyatt Nursing Scholarship, Worcester State College
- 1970 Outstanding Graduate Award, Faulkner Hospital School of Nursing

**Research Experience**

Co-PI, Sigma Theta Tau, Iota Phi-at-Large Chapter (\$1,000) funded for 2007 for *Women's Self-care Practices in Ghana, Africa.*

Principal Investigator, National Organization of Nurse Practitioner Faculties (\$1,000) funded for 2004-2005 for *Women's Decision Making for Hormonal and Non-prescription Remedies for the Menopausal Transition.*

P.I., University of Massachusetts Lowell Center for Teaching and Learning (\$2,000) funded 2001-2002 for *The Effects of Standardized Patient Encounters on Graduate Nurse Practitioner Student Learning and Performance*.

Co-P.I., Professional Development Grant (\$2,700) in Instructional Technology for Academic Development from the President's Office of the University of Massachusetts for *Implementation and Evaluation of a Collaborative Cyber Education Course, Seminar in Women's Health*, 2001.

P.I. (student), American Academy of Nurse Practitioners Foundation (\$1,200), Sigma Theta Tau, Iota Phi at-Large Chapter (\$1,000), and Woodrow Wilson-Johnson & Johnson Dissertation Grant in Women's Health (\$2,000), funded 1998-1999, for *Bypassing the middleman: Women's Self-care For Vaginal Symptoms*.

Co-P.I., Massachusetts Mothers of Twins Association, 1990, for *Bonding With Twins and Singletons*.

Co-P.I., National Organization of Mothers of Twins, 1987, for *Unique Concerns of Mothers of Opposite-Sex Twins*.

Co-P.I., Massachusetts Mothers of Twins Association, 1983, for *Breastfeeding Twins*.

Theroux, R. (1986). *Maternal Subjective Symptoms of Twin Pregnancy*, unpublished Master's Thesis, Boston College.

Research Assistant, Boston College Advanced Nurse Training Grant, 1985-1986.

### **Professional Memberships**

American Academy of Nurse Practitioners  
Association of Women's Health, Obstetric, and Neonatal Nurses  
Eastern Nursing Research Society  
Massachusetts Coalition of Nurse Practitioners  
Nurse Practitioners in Women's health  
Sigma Theta Tau, Iota Phi-at-Large Chapter

### **Publications**

#### **Articles**

Theroux, R. (2008). The hysteroscopic approach to sterilization. *JOGNN*, 37, 356-360.

Theroux, R., & Pearce, C. (2006). Graduate students' experiences with standardized patients as adjuncts for teaching pelvic examinations. *Journal of the American Academy of Nurse Practitioners*, 18 (9), 429-435.

Theroux, R. (2006). How to bring evidence into your practice. *AWHONN's Lifelines*, 10 (3), 244-249.

Theroux, R. (2005). If I hadn't asked. *AWHONN Lifelines*, 9 (4), 351-352..

Theroux, R. (2005). The WHI: Evaluating its impact. *AWHONN's Lifelines*, 9 (2), 140-145.

- Theroux, R. (2005). Women's decisions to self-treat vaginal symptoms. *Journal of the American Academy of Nurse Practitioners*, 17 (4), 156-162.
- Theroux, R. (2004). Counseling perimenopausal women. *Sexuality, Reproduction, & Menopause* 2 (3), 176-180.
- Theroux, R. (2003). Women's decision-making about the use of hormonal & non-hormonal remedies for the menopausal transition. *JOGNN* 32 (6), 712-733.
- Theroux, R. (2002). Bypassing the middleman: A grounded theory of women's self-care for vaginal symptoms. *Health Care for Women International*, 23, 417-431.
- Theroux, R. (1990). Multiple birth: A unique parenting experience. *Journal of Perinatal & Neonatal Nursing*, 3 (1), 35-39.

### **Articles-Non-Refereed**

- Theroux, R. (2008). Caffeine use in pregnancy: How much is safe? *Nursing for Women's Health*, 12, 240-242.
- Theroux, R. (2008). Postmenopausal hormone use. *Nursing for Women's Health*, 12, 56-61.
- Theroux, R. (2007). Listening to women's pregnancy and postpartum experiences. *Nursing for Women's Health*, 11, 503-505.
- Theroux, R. (2007). Preconceptual use of multivitamin reduces the risk of pre-eclampsia. *Nursing for Women's Health*, 11 (1), 77-79.
- Theroux, R. (2007). Breast cancer after menopause: Do weight and exercise affect risk? *Nursing for Women's health*, 11 (3), 319-321.
- Theroux, R. (2005). Developing an on-line course (book review). *Clinical Excellence for Nurse Practitioners*, 9 (3), 56.
- Theroux, R. (2002). People in crisis (Book Review). *Clinical Excellence for Nurse Practitioners*, 3, 61-62.

### **Books**

- Theroux, R., & Tingley, J. (1985). *The care of twin children: A commonsense guide for parents (2nd ed.)*. Chicago: Center for Study of Multiple Birth.
- Theroux, R., & Tingley, J. (1978). *The care of twin children: A commonsense guide for parents*. Chicago: Center for Study of Multiple Birth.

### **Book Chapters**

- Theroux, R., & Tingley, J. (1995). Bonding and attachment with multiples. In L. Keith, D. Keith, & E. Papiernik. (Eds.), *Multiple pregnancy*, (pp. 563-581). London: Pathernon
- Theroux, R. & Matteson, P. (1991). Gynecologic disorders. In S. Cohen, C. Kenner, & A. Hollingsworth. (Eds.), *Maternal, neonatal, & women's health nursing* (pp. 282-317). Springhouse, PA: Springhouse.

### **Other**

- Theroux, R., & Tingley, J. (Summer, 1991). Maternal perceptions of twin and singleton attachment, *National Mothers of Twins Notebook*, 15.
- Theroux, R. (Fall, 1987). Maternal symptoms of twin pregnancy, *National Mothers of Twins Notebook*, 7.
- Theroux, R., & Tingley, J. (1983). *Research reports from the center for study of multiple birth*. Chicago: Center For Study of Multiple Birth.

### **Research Papers and Presentations**

- Theroux, R. *Women's decision-making during the menopausal transition*. AWHONN Convention, June 24, 2008, Los Angeles, California.
- Klar, R., & Theroux, R. *Women's Self-care practices in Ghana: A focused ethnography*. Eastern Research Nursing Society, March 28, 2008, Philadelphia, PA.
- Theroux, R. *Women's decision-making during the menopausal transition*. Drexel University Women's Health Conference, February 21, 2008, Atlantic City, New Jersey.
- Theroux, R., Moore-Simas, T., Caggiano, M., Klar, R. *Community Perceptions of Cultural Factors Impacting perinatal Outcomes Among African Immigrants in Worcester*. Medical Women's International Association XXVI Congress on Women's Health, July 31, 2007, Accra, Ghana,
- Theroux, R. *Navigating the waves of menopausal changes: Women's decision-making during the menopausal transition*. Nurse Practitioners in Women's Health, 9<sup>th</sup> Annual Meeting, September 25, 2006, Las Vegas, Nevada.
- Theroux, R. *Women's decision-making process during the menopausal transition: A research-based framework for counseling & education*. American Academy of Nurse Practitioners 18<sup>th</sup> Annual National Conference, July 30, 2003, Anaheim, California.
- Theroux, R., & Samar, A. M. *Self-care versus self-management: beginning the journey to conceptual clarification*. Eastern Research Society, 15<sup>th</sup> Annual Scientific Sessions, March 15, 2003, Yale University, New Haven, Conn.  
Excellence in Nursing 2003, April 29, 2003, University of Massachusetts Worcester, Worcester, MA.
- Theroux, R. Bypassing the middleman: Women's Self-care for vaginal symptoms (dissertation research)*.  
The Eighth Annual International Qualitative Health Research Conference, April 5, 2002, Alberta, Canada.

Eastern Research Research Society, 14<sup>th</sup> Annual Scientific Sessions, March 22, 2002, University Park, Pennsylvania.  
AWHONN National Convention, June 11, 2001, Charlotte, North Carolina  
American Academy of Nurse Practitioners 2001 National Conference, Orlando, Florida.

Theroux, R., Weiler-Crespo, W., & Shea, J. *Satisfaction with participation in the women's health initiative of Western Massachusetts*. University of Massachusetts School of Nursing Graduate Research Day, April 22, 1998, Amherst, MA.  
Theroux, R. *Integrative review of nursing research on premenstrual syndrome 1986-1996*. Sigma Theta Tau, Beta Zeta Chapter, Seventh Annual Research Conference on Gender Issues, April 2, 1997, Holyoke, MA.

### **Peer-Reviewed Posters**

Klar, R., & Theroux, R. *Women's self-care practices in Pokuase, Ghana: A focused ethnography*. Yale University School of Nursing International Conference, February 20, 2008, New Haven, Conn.  
Theroux, R., Moore-Simas, T., Caggiano, M., Klar, R. *Community Perceptions of Cultural Factors Impacting perinatal Outcomes Among African Immigrants in Worcester*. University of Massachusetts Global Health Symposium, Shrewsbury, MA, May 3, 2007.  
Theroux, R. (2006, October 14). *Women's decision-making about the use or hormonal and non-hormonal remedies for the menopausal transition*. North American Menopause Society Annual Scientific Sessions, Nashville, TN.  
Theroux, R. (2005, May 24). *Effects of Standardized Patient Encounters on Graduate Nurse Practitioner Student Learning and Performance of Genital Examinations*. Thirteenth Annual Conference for Nurse Educators in Practice Settings and Schools of Nursing, Kennebunkport, ME.  
Theroux, R. (2005, June 14). *Women's decision-making process during the menopausal transition*. Association of Women's Health, Obstetric, & Neonatal Nursing, National Conference, Salt Lake City, Utah.  
Theroux, R. *Women's decision making about the use of hormonal and nonprescription remedies for the menopausal transition*. Eastern Research Society, 16<sup>th</sup> Annual Scientific Sessions, April 2, 2004, Quincy, MA.  
Theroux, R., & Pearce, C. *Effects of standardized patient encounter on graduate NP student learning and performance of genital exams*. National Organization of Nurse Practitioner Faculty National Meeting, San Diego, California, April 21, 2004.  
Theroux, R. *Creation of a women's health program with a nursing model*. Association of Women's Health Obstetric, Neonatal Nurses Seventh National Meeting, St. Louis, MO., June 5, 1989.  
Theroux, R. *Maternal subjective symptoms of twin pregnancy*. Poster, NAACOG Sixth National Meeting, June 2, 1987, Phoenix, AZ.

### **Abstracts and Conference Proceedings**

Theroux, R. (2006). Women's decision-making about hormonal and non-hormonal remedies during the menopausal transition. (Abstract). *Menopause*, 13 (6), 994.

### **Service to Professional Community**

#### **National Leadership**

Research Review and Advisory Committee, Association of Women's Health, Obstetric, & Neonatal Nurses, 2004-2006.

Woodrow Wilson Women's Health Dissertation Research Award Proposal Reviewer, 2004

#### **Editorial Board:**

1996-1998      *Journal of Obstetric, Gynecologic, and Neonatal Nursing (JOGNN)*  
2006-present      *Nursing for Women's Health*

#### **Review Panel**

1999-present      *Applied Nursing Research*  
1995-2006      *Journal of Obstetric, Gynecologic, and Neonatal Nursing (JOGNN)*  
2001-present      *Journal of the American Academy of Nurse Practitioners*  
2003-2005      *Clinical Excellence for Nurse Practitioners*  
2006-present      *Nursing for Women's Health*

#### **Invited Proposal/Publication Reviewer:**

2000      Book revision, *Practice Guidelines for Obstetrics and Gynecology*, Lippincott Williams & Wilkins  
1999      Book revision, *Women's Health Across the Lifespan*, Lippincott Williams & Wilkins  
1998      Book prospectus, *Transforming Health Promotion Practice: Concepts, Issues, and Applications*, F.A. Davis Company  
1997      Book prospectus, *Health Promotion in Perimenopause and Menopause*, J.B. Lippincott Company  
1997      Book chapter, *Maternal and Child Health Nursing*, J.B. Lippincott Company  
1995      Reviewer and pilot tester, Women's Health Nurse Practitioner Simulated Exam, Center for Certification Preparation and Review  
1995      Book chapter, "Gynecologic Disorders" in *Diseases (2nd edition)*, Springhouse Publishers  
1993      Book chapter, "Gynecologic Disorders" in *Diseases*, Springhouse Publishers  
1991      Book chapter "Maternal/Neonatal Care" in *Nursing Procedures*, Springhouse Publishers

#### **Professional Association Service:**

2005-2007      Research Committee, Association of Women's Health, Obstetric, &

	Neonatal Nurses
2003-2004	Site Coordinator, Quality Improvement Research Project, Association of Women's Health, Obstetric, & Neonatal Nurses
2003	Research abstract reviewer, Eastern Nursing Research Conference
2002-2006	Vice President, Iota Phi Chapter-at-Large, Sigma Theta Tau
2002	Annual National Conference Hostess Committee, Association of Women's Health, Obstetric, & Neonatal Nurses
2002-2003	Named to the North American Menopause Society Consumer Education Committee (multidisciplinary)
1991-1996	Membership Secretary, District One, AWHONN
1987-1989	State Representative, American Academy of Nurse Practitioners

### **Presentations, Invited Seminars, and Classes**

2003-present	Integrative Review Methods GN (doctoral course)
	Grounded Theory: The Method, GN (doctoral course)
2003	Co-presenter, Self-care vs. self-management: A concept analysis Sigma Theta Tau, Iota Phi Chapter, February 2, 2003.
2003	Women and Heart Disease (AWHONN Presentation), Tewksbury State Hospital Department of Nursing, Continuing Education Program (1.5 CEUs awarded)
2001	Co-presenter, Development of a Women's Health On-line Collaborative Course Between Two Campuses, at the Nursing Five Collaborative Campus Meeting, Lowell.
2000, 2003	Grounded Theory: The method, University of Massachusetts Lowell Doctoral Nursing Program, Qualitative Research Course.
2000, 1999	Prenatal Care and Family Planning, Nurse Practitioner Certification Review Course (S. George).
1998	Vaginitis and Vaginosis. Boston College Advanced Practice Women's Health Program, NU 453.
1998	Qualitative Methods in Nursing Research: Grounded Theory, University of Massachusetts Worcester Graduate Program, GN 601.
1998, 1999	Management of Vaginal Conditions for Primary Care Nurse Practitioners, University of Massachusetts Worcester Adult Nurse Practitioner Program, GN 633.
1998-2000	Nurse Practitioner Management of Medical Problems During Pregnancy, University of Massachusetts Worcester Adult Nurse Practitioner Program, GN 635.
1994	Midlife Health, Wrentham State Hospital Nursing Education Department.
1992	Managing the Risk of Osteoporosis, North Shore Community College, Department of Nursing.
	Transition into Midlife: Menopause, Leonard Morse Hospital Nursing Education Department.
1991	Women's Health Issues at Women of the 90s: Achieving Balance in a Dynamic World, Neponset Valley Health Systems Nursing

- Education Department.
- 1990 Premenstrual Syndrome at Evaluation and Management of Issues in Primary Care, Wrentham State Hospital.
- 1989 Women's Health Issues Update, Premier Job Fair for Nurses.
- 1989 Midlife Sexuality at The Third Cycle of Life, Massachusetts Section, NAACOG Annual Meeting.
- 1989 Advanced Nursing Practice in Women's Health, Framingham State College Department of Nursing, 54.480, Advanced Nursing Perspectives.
- 1988 Women's Health Care of the 90s: Implications for Nurses, Wrentham State Hospital, Nursing Education Department.
- 1988 Menopause: A Time to Reevaluate, Repro Speakers Program
- 1988 Issues in Women's Health: Changes, Choices, and Challenges, Series of three programs on infertility, PMS, menopause/osteoporosis, Boston College School of Nursing, Continuing Education Program.
- 1987 Menopause: A Time of Change, Leonard Morse Hospital Nursing Education Department.
- 1987 Multiple Birth: A Unique Childbearing Experience, speaker and coordinator, Worcester Memorial Hospital, Nursing Education Department.
- 1987 Premenstrual Syndrome and Menstrual Disorders, Leonard Morse Hospital Nursing Education Department.
- 1984 Diabetes Education and the Primary Nurse, University of Massachusetts Medical Center, Nursing Education Department.
- 1984 Assisting the Breastfeeding Mother: The Nursing Role, speaker and program coordinator, Framingham Union Hospital, Nursing.

**Teaching:**

- 2007 Associate Professor, University of Massachusetts Worcester Research courses at master's (601, 602) & DNP (702); Women's Health elective course (blended); community clerkship course (603)
- 2003-2007 Assistant Professor, University of Massachusetts Worcester Graduate School of Nursing. Women's Health lectures; Childbearing Family.
- 2002-2003 Assistant Professor, University of Massachusetts Lowell Department of Nursing. Fall 2002: 33:651 Advanced Health Assessment (graduate) Independent research project with 3 graduate nursing students; 33:312 Concepts of Professional Nursing (undergraduate). Theories of Health Promotion (33:702) (doctoral); Role Transition Seminar & Practicum site visits (33:414), undergraduate
- 2001-2002 Assistant Professor, University of Massachusetts Lowell Department of Nursing; Fall 2001: 33:651 Advanced Health Assessment Spring 2002: Theoretical Foundations (33:600), Family III (33:660) practicum site visits. Independent research project with 1 student (all graduate)

- 2000-2001 Assistant Professor, University of Massachusetts Lowell Graduate Nursing Program, Fall 2000 33: 651 Advanced Health Assessment  
Spring 2001: Theoretical Foundations (33:600)  
Family I ; Women's Health content (33:660); Family III (33:662) site visits (all graduate)
- 1999-2000 Instructor, University of Massachusetts Graduate School of Nursing, GN 644, Post Master's Family Nurse Practitioner Program. Designed new program curriculum with distance education delivery in collaboration with Information Services department
- 1998 Clinical Preceptor, Massachusetts Sexual Assault Nurse Examiner Program (SANE), spring 1998
- 1996-1997 Clinical instructor, Northeastern University, College of Nursing  
NUR 1206, Promoting Healthy Childbearing and Childrearing, winter 1996; fall 1996; winter 1997 (Mattapan Community Health Center, Mattapan, MA)  
NUR 1208, Promoting Healthy Adulthood and Aging, spring 1996; summer 1997 (Mattapan Community Health Center, Mattapan, MA)
- 1996 Clinical Preceptor, Northeastern University Graduate Program in Primary Care, spring 1996
- 1995-1996 Clinical Instructor, Simmons College, Department of Nursing  
NUR 222-2, Nursing of Childbearing Families, summer 1995; winter 1996 (Beth Israel Hospital)
- 1988-1995 Clinical Preceptor, Boston College Graduate Program in Women's Health Specialty

**Community Service:**

- 2003-present Volunteer (women's health nurse practitioner) for The Open Door Free Clinic, Hudson, MA (Harvey Clermont, MD)
- 2008-present Volunteer for Akwaaba Free Clinic for African Immigrants, Worcester, MA (Harvey Clermont, MD)
- 2007-2008 Volunteer (women's health nurse practitioner) for St. Anne's Free Clinic, Shrewsbury, MA (Harvey Clermont, MD)
- 2002 Presentations at the Chelmsford Senior Center on "Women and Heart Disease."
- 1990 Coordinator, Research Committee, National Organization of Mothers of Twins
- 1987-1990 Research Committee, National Organization of Mothers of Twins