

Active	Advanced Board Certified Holistic Nurse American Holistic Nurses Association
2004	Reiki Master Spirit of Wellness and The Reiki Sanctuary
1987	Certified Associate Addictions Counselor State of Illinois

3.0 PROFESSIONAL EMPLOYMENT

2013 - present	Michigan State University Assistant Professor
2003 – present	Chan Body Energy LLC, Saline Michigan Owner/Instructor/therapist
2003 – 2004	Michigan School of Myomassology, Berkley, Michigan Instructor
2000 – 2003	Oakland University, Rochester, Michigan Clinical Instructor; School of Nursing
1998 – 2002	Christ Church Cranbrook, Bloomfield Hills, Michigan Director Parish Nursing Program
1996 – 1997	Saint John’s Health Center, Santa Monica, California Clinical improvement coordinator
1990 – 1995	LAC+USC Medical Center Los Angeles, California Nursing administration
1994 – 1997	University of Southern California Los Angeles, California Clinical Instructor and lecturer; School of Nursing

4.0 RESEARCH – FUNDED RESEARCH

Chan, R., Larson, J., (2010) Primary Investigator, Meditation as an intervention for COPD: July NIH F31NRRO12334 (\$81,000.00)

Chan, R., Bay, E. (2012) Co-Primary Investigator Meditation group therapy for traumatic brain injury, Janet Gatherer Boyles Endowment Fund University of Michigan School of Nursing/current intervention research \$10,000

Lehto, R., Smith, B., Chan, R., Lamphere, R. (2015) Co-Investigator. Using heart rate variability to test dose effects during meditation practice. Michigan State University Translational Science Institute Grant ID222. \$5,000.00

4.1 Unfunded research

ParaCHUTE pilot study: (2014) Using reflective action participatory research to identify teaching strategies for integrative health care modalities in nursing core curriculum

Building patient led community meditation resources for adults with chronic disease: (2014/2015) A focused ethnographic study of advanced meditation practitioners and their ability to build a sustaining meditation community within the health care setting.

5.0 PROGRAM FUNDING

5.1 Program funding – refereed

Chan, R., Warren, K., Chan, K. Co-developer. (2005 – Present) Organ donation in the faith communities, American Lung Association program grant \$ 5,000.00 yearly

5.2 Program funding – community based

Chan, R., Developer, (2002) Gymboree for teen mothers and their toddlers, Nancy Boykin Continuing Education Center. Detroit MI Episcopal women’s fund, \$1,000.00

6.0 PUBLICATIONS IN REFEREED JOURNALS

Olsen, D., Lehto, R., and **Chan, R.**, (in press). Ethical care when the patient wants to die. *American Journal of Nursing* (IF 1.38)

Chan, R., and Schathraff, M., (2016). Participatory action inquiry using nursing students: The inclusion of integrative health care modalities in nursing core curriculum. *Nurse education in practice* (on-line ahead of press). (IF 0.964)

Lehto, R., Olsen, D., and **Chan, R.**, (2016). When a patient discusses assisted suicide: Nursing Considerations. *Journal of Hospice and Palliative care* 18 (3), 184-191 (IF 0.47)

Olsen, D., Lehto, R., and **Chan, R.**, (2016). When a participant in end-of-life research asks to discuss assisted suicide: Ethical analysis of the nurse researcher role. *Western Journal of Nursing*, 38(9). 1205-1220 (IF 1.29)

Chan, R., and Lehto, R., (2016). The experience of learning meditation and mind/body practices in the COPD population. *Explore Journal of Science and Healing*. 12 (3), 171-179 (IF 1.01)

Bay, E., Grimm, C., **Chan, R.**, (2016). Development and testing of two lifestyle intervention programs for persons with chronic mild-to-moderate traumatic brain injury: Acceptability and feasibility. *Journal of Applied Nursing Research* 93(3), 90-93 (IF 1.04)

Chan, R., Larson, J.L. (2015). Meditation interventions for chronic disease populations: A systematic review. *Journal of Holistic Nursing*. 33(4), 351-65. (H factor, 31)

Chan, R; Giardino, N.; Larson, J.L. (2015). Modified mindfulness meditation intervention in COPD. *International journal of chronic obstructive pulmonary disease*. 10 (1), 445-454 (IF 3.41)

Chan, R. (2014) Mantra meditation as a spiritually based nursing intervention. *Med/surg Journal of adult health*, 23(2), 84-8 (IF 0.52)

Raffin (Chan) R, Gillies, DA, Hough EE, Biordi DL. (1993) Managing HIV-positive and AIDS risks: educational and psychosocial resource assessment. *Nursing Management*, 24(2): 48-53 (IF 1.72)

7.0 OTHER PUBLICATIONS

8.0 PRESENTATIONS – REFEREED

The process of emotional awakening in the beginning meditator with chronic disease.

International symposium of contemplative science. November 2016

Roxane Raffin Chan, PhD, RN, AHN-BC

Rebecca Lehto, PhD, RN

Poster presentation

Expert meditators in the chronic disease population: Building Sangha in the American health care setting.

International symposium of contemplative science November 2016

Roxane Raffin Chan, PhD, RN, AHN-BC

Jamie Beaulieu BSN Student

Carolyn Z. Pickering, PhD, RN

Poster presentation

The Primary Health Care Curricular Pathway: An innovative model for fostering dynamic and integrative approaches to population health nursing

American Association of Colleges of Nursing 2016 Baccalaureate Education Conference (Nov)

Rhonda Maneval, D. Ed, RN

Roxane Raffin Chan, PhD, RN, AHN-BC

Poster presentation

Expert meditators in the COPD population: Building Sangha in the American health care setting

Council for the Advancement of Nursing Science October, 2016

Roxane Raffin Chan, PhD, RN, AHN-BC

Jamie Beaulieu BSN Student

Carolyn Z. Pickering, PhD, RN

Oral presentation

Feasibility of heart rate variability to test dose effectiveness of Home-based meditative practices in lung cancer patients

18th international Psycho-oncology society world congress. October 2016

Rebecca Lehto, RN, PhD

Roxane Raffin Chan, RN, PhD

Poster presentation

The parachute program: Bringing integrative therapies into Baccalaureate curriculum

American Holistic Nursing International Conference June 2016

Roxane Raffin Chan, PhD, RN, AHN-BC

Michelle Schathraff, DNP, RN, BSW

Oral presentation

Grief Awareness Week

Presentation and two group support sessions for ICU and Labor and delivery nursing teams

Department of Decedent Affairs, University of Michigan Medical Center, Ann Arbor, MI

Oral presentation/Group sessions

May 17th 2016

Nursing integrative interventions for patients with chronic pain

Michigan State University Alpha Psi Chapter meeting, January 18th 2016

Roxane Raffin Chan, RN, PhD, AHN-BC

Oral presentation

Integrative health care for pain and stress

CNE on-line course February 2016 MSU College of Nursing web site.

Roxane Raffin Chan, RN, PhD, AHN-BC

Self-paced CNE video

Integrative therapies in Pain Management: Mindfulness for chronic pain

The 2015 conference on Pain, Oct 20, 2015

Roxane Raffin Chan, RN, PhD, AHN-BC Oral

presentation

Mindfulness and integrative therapies for chronic disease and stress

Michigan Center for Rural Health, September 3, 2015 Roxane

Raffin Chan, RN, PhD, AHN-BC

Oral Presentation

Mindfulness-based meditations versus health living after traumatic brain injury: A pilot RCT to treat post-TBI depressive symptoms

Sigma Theta Tau 26th Annual International Nursing research congress July 26, 2015 Esther Bay,

PhD, RN

Roxane Raffin Chan, PhD, RN, AHN-BC

Poster presentation

Mindfulness-based stress reduction versus healthy living after TBI: A pilot RCT examining their effects on symptoms, chronic stress and psychological functioning.

12th North American Brain Injury Conference, San Antonio, Texas, May 2 2015.

Esther Bay, PhD, RN

Roxane Raffin Chan, PhD, RN, AHN-BC, LMT

Poster presentation

ParaCHUTE program for the delivery of integrative care in the acute care setting

Community Nursing Research Day March, 19 2015

Roxane Raffin Chan, RN, PhD, AHN-BC, LMT

Poster presentation

Mindfulness-based stress reduction versus healthy living after TBI control group interventions: A pilot RCT examining their effects on depressive symptoms, chronic stress, and psychological functioning.

10th World Congress on Traumatic Brain Injury: San Francisco California, March 2014

Roxane Raffin Chan, RN, PhD, AHN-BC, LMT Esther Bay,
RN, PhD

Janet Larson, RN, PhD, FAAN

Poster presentation

Shining a light on complexity: Researching complex interventions

Annual Conference: Portland Oregon, June 2014

Roxane Raffin Chan, RN, PhD, AHN-BC, LMT Anne Vitale,
RN, PhD

American Holistic Nurses Association

Oral presentation

Mindfulness-based group therapy versus healthy-living after TBI: Results from a pilot RCT. University of Michigan Center for Injury Prevention 1st Annual Research Symposium: Ann Arbor, MI September 2014

Esther Bay, RN, PhD,

Roxane Raffin Chan, RN, PhD, AHN-BC, LMT Janet Larson,
RN, PhD, FAAN

Poster presentation

Research on Meditation for Persons with Chronic Lung Disease

American Holistic Nurses Association

Annual Conference: Snow Bird, UT June 2013

Roxane Raffin Chan, PhD, RN, AHN-BC

Oral presentation

Modified mindfulness-based stress reduction intervention in COPD

American Thoracic Society

Annual Research Conference: Philadelphia, PA May 2013

Roxane Raffin Chan, MS, PhD (c), RN, AHN-BC

Oral Presentation

The Impact of Meditation on Breathing Timing Parameters in the COPD Population

International Society for the Advancement of Respiratory Psychophysiology Annual

Research Conference: Orlando, FL September 2012

Oral presentation

Defining the Nurse Managed Unit within a Teaching Medical Center Organization of

Nurse Executives San Francisco and Los Angeles, California Sixth annual ONE-C

Invitational, 1994

Poster Presentation

Impact of Nurse pulmonary specialty care within a Teaching Medical Center

Respiratory Nursing Society: Los Angeles, CA February 1994 Oral

presentation

Nurses Helping Nurses: Coping with the Challenges of AIDS
Sigma Theta Tau International State of the Sciences Congress: Washington D.C. August 1992
Symposium Presentation

Educational and Support Needs of Care Givers of HIV Positive Patients Midwest
Nursing Research Society: Cleveland, Ohio March 1992 Poster Presentation

9.0 INVITED PRESENTATIONS

Prayer and meditation
Catholic Women's group Lansing, MI:
October 10th 2015 and October 11th 2016

Self-Compassion and chronic lung disease
Better Breathers Club
Beaumont Health System, Pulmonary Rehabilitation March 18th
2016

Mindfulness Self-Compassion workshop
Meridian Senior Center December 15, 2016
Roxane Raffin Chan, RN, PhD, AHN-BC

Integrative therapies in health care
Senior Living Episode #83 HOMTV Lansing MI
Filmed November
Roxane Raffin Chan, RN, PhD, AHN-BC
BSN Students: Hannah Hammond and Jennifer Wilt

Integrative care for lung disease
April 6th 2016
Pulmonary Fibrosis Care Center
Spectrum Health Medical Group

Integrative care for chronic disease in the community
Panel discussion
MSU extension fall conference Lansing, MI
October 13th, 2015

The Mindful Heart
Pre-post heart transplant and LVAD support group Ann Arbor,
MI: May 4, 2015

Mind/Body practices for better breathing Beaumont
Rehabilitation Lecture series Royal Oak, MI: March
13, 2015

A holistic approach to self-care and nursing
Guest lecture
University of Michigan School of Nursing Ann Arbor,
MI: February 27th 2014

Mind/Body health care

Idiopathic pulmonary fibrosis support group Ann Arbor, MI October 2013

Developing a Holistic Plan of Care with Your Health Care Team

University of Michigan, Ann Arbor, MI

Regional Patient meeting: Ohio, Michigan and Indiana: October 2008

Spirituality of Organ Donation

Workshop developer and coordinator, Detroit Area Parish Nurses: August 2005

Expanded to cities throughout Michigan with further grant funding: September (2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014 and 2015)

Mind, Body and Spirit Connection and Meditation

Better Breathers Support Group, Beaumont Hospital Royal Oak, MI, September 2008 Myasthenia Gravis

Support Group, St. Joseph Medical Center, Ypsilanti, MI, September 2008

LAM Support Group, University of Michigan, Ann Arbor, MI, October 2008

Neuropathy Support Group, Southfield MI, June 2007

Pulmonary Hypertension Support Group, University of Michigan; Ann Arbor, MI, November, 2006

Hepatitis C Support Group, Henry Ford Medical Center, Detroit, MI, May 2005

Lung Transplant Support Group, Henry Ford Medical Center, Detroit, MI, October 2004 Milford

Presbyterian Church Parish Group, Milford, MI, October 2004

Body Prayer: Mind, Body and Spirit Wellness Christ

Church Grosse Pointe, January 2006 St. Clare's Church,

Ann Arbor, April 2007 Nativity Church, Bloomfield Hills,

April 2007

St. Philips Church, Rochester Hills, November 2008

Foundations of Health: Meditation, Movement and Touch

Ecumenical Theological Seminary, Locations varied each year within Michigan Developed and

presented a three day retreat, April 2005, May 2006, May 2007, May 2008

Part of a four-year ongoing quality development program for multi-denominational ordained clergy throughout the state of Michigan.

Healthy Touch

Common Ground Counseling Center Bloomfield Hills, MI Workshop

leader

Young Women's Rape Recovery Group September 2004 Teen Girls

Counseling Group November 2004

What is a Therapeutic Massage?

Moms and More Metro Oakland Chapter, Bloomfield Hills, MI, May 2003

Benefits and Techniques for Massage in the Acute Care Setting

Wayne State University School of Nursing, Detroit MI, March 2003 Guest

lecturer

Nutrition: A Key to Good Health

Episcopal Women's Annual Weekend Retreat: Mind-Body-Spirit connection State of Michigan Conference 2001

Overview of Hospice care and Parish Nursing

Oakland University School of Nursing, Rochester Hills, MI January

2000/January 2001/January 200

10.0 HONORS AND AWARDS

2009	New Investigator award University of Michigan Class of 1959 \$3,000.00
2006	Donate Life Coalition of Michigan Visionary Award
1995	Nurse Week -Top Ten Nurses in the State of California, Nursing Excellence
1994	Los Angeles Department of Health Services Innovation Award; Outstanding leadership, innovation and contributions to promoting excellence in nursing practice

11.0 PROFESSIONAL MEMBERSHIPS

2009-present	International Society for the Advancement of Respiratory Psychophysiology
2004-present	American Holistic Nursing Association
2003-present	Michigan Holistic Nursing Association
1978-present	Sigma Theta Tau (Current; Alpha Psi Chapter) 2014-present: Grant review committee

12.0 EDITORIAL BOARDS/REVIEWER

13.0 CONSULTATIONS

14.0 SERVICE

14.1 NATIONAL & INTERNATIONAL PROFESSIONAL ORGANIZATION AND OFFICES

2016-present	American Holistic Nurse Association Educational committee chair
2015-present	Reviewer: International journal of Chronic Obstructive Pulmonary disease
2015-present	Reviewer: International Journal of Stress Management
2014-present	Reviewer: Heart and Lung Journal of Critical Care
2015-present	Reviewer: Journal of the American Psychiatric Nursing Association
2015-present	Content Reviewer: AHNCC Advanced Holistic Nursing

	Board Certification exam
2014-2016	Member 2015 American Holistic Nurses annual international conference planning committee Nurse planner for 2016 American Holistic Nurses international conference
2010-2014	Michigan Holistic Nurses Association Education Committee 2011-2014
2012	Nurse Planner Annual Retreat: <i>Discovering compassion through forgiveness: Becoming sanctuary</i> Kalamazoo, MI
2013	Nurse Planner Annual Retreat: <i>Back to nature</i> Howell, MI
2010-present	Educational reviewer American Holistic Nurses Association
2013-2014	Research Committee, American Holistic Nurses Association
1994-1996	Respiratory Nursing Society Vice president Southern California Chapter, 1995 Program Chairperson, 1995

14.2 STATE AND REGIONAL PROFESSIONAL ORGANIZATIONS AND OFFICES

2006-2009	Board Member Quest for Breath; Idiopathic Pulmonary Fibrosis Research, University of Michigan
2008-2009	Support group coordinator; IPF Quest for breath
1996-1997	Los Angeles County Ethics Committee
1991-1996	American nurses Association of California Member founding task-force, 1996
1996	Member CAL/NOC nursing outcomes task force
1994-1996	California Thoracic Society Professional nurse committee chair-elect 1996

14.3 LOCAL AND COMMUNITY SERVICE

2008-2012	Meditation classes, Bi-monthly Saline Public library
2006-2016	Women's meditation circle, bi-monthly Saline, MI

14.4 UNIVERSITY SERVICE

2010-2011	Curriculum Committee, University of Michigan School of Nursing
2011-2012	CASS Committee, University of Michigan School of Nursing
2013-present	Undergraduate Curriculum Committee, Chair: 2015/2016 Michigan State University, College of Nursing
2014-present	Undergraduate Curriculum Refreshment Committee. Michigan State University College of Nursing
2017-current	University Library Committee Michigan State University

14.5 OTHER

FILMS

"A Celebration of Caring, LAC+USC Medical Center", 1993 Writer and Producer
Documentary on the Medical Center recovery from the 1992 riots and shooting in the Emergency
Department

15.0 TEACHING

2016- present	Health promotion and health risk reduction in the community NUR324 Course developer and coordinator Michigan State University
2015	Nursing Scholarship NUR220 Michigan State University
2013-2016	Nursing Foundations NUR330 Nursing Integrative Seminar NUR450 Michigan State University
2010-2013	Complementary therapies and alternative healing Nurs 516; University of Michigan
2005-2007	Beginning meditation Saline Community Education program
2004-2005	Anatomy and physiology Michigan School of Myomassology
2000-2003	Health promotion in community, Nurs 340 On-line/BSN completion

Oakland University

Vulnerable populations (clinical) Nurs 213/303
Oakland University

1994-1997

Senior Med/surg Nurs 410
Leadership seminar
Nurs 450 NCLEX review
University of Southern California

1988-1990

Medical/surgical clinical care NUR200
University of Illinois at Chicago

1980-1982

Basic Clinical competencies Nurs 160
Medical/surgical clinical
Psychiatric clinical
Joliet Junior College

16.0 PRACTICE