

CURRICULUM VITAE

Roxane Raffin Chan, PhD, RN, AHN-BC

1.0 CONTACT INFORMATION

Michigan State University
College of Nursing
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East Lansing, MI 48824
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2.0 EDUCATION

2013 PhD, Nursing, Health promotion risk reduction
University of Michigan, Ann Arbor, MI

Dissertation: Chan, R. R. (2010-2013). Respiratory psychophysiology and the measurement of mindfulness in the COPD population. University of Michigan School of nursing. Committee chair Janet L. Larson, PhD, RN, FAAN and dissertation committee, Nicholas Giardino, PhD, Barbara Jean-Sullivan, PhD, RN, Denise Saint Arnault, PhD, RN

1990 MS, Nursing administrative studies
University of Illinois at Chicago, Chicago IL

Thesis: Chan, R.R. (1990). Educational and psychosocial needs of health care providers caring for HIV positive and AIDs patients in the acute care setting. Policies and procedures following needle stick exposures with known contaminated blood.

1979 BS, Nursing
Northern Illinois University DeKalb, IL

2003 Therapeutic massage, 650-hour program
Michigan School of Myomassology

1996 Multi-discipline course in Palliative care
University of California, Davis, West Coast Center for Palliative Education

2.1 LICENSES AND CERTIFICATIONS

Trained provider: Mindfulness Self-Compassion, University of California Center for Mindfulness

State of Michigan Registered Nurse

State of Michigan Massage Therapist

Certificate in Nursing Education, University of Michigan

Advanced Board Certified Holistic Nurse, American Holistic Nurses Association

Reiki Master, Spirit of Wellness and the Reiki Sanctuary

Certified Associate Addictions Counselor, State of Illinois

3.0 PROFESSIONAL EMPLOYMENT

2013 - present	Michigan State University, College of Nursing 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, School of Nursing, Rochester, Michigan Clinical Instructor
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

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

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

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 patient's 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 Schaffrath, DNP, RN, BSW
Oral presentation

Grief Awareness Week Presentation and two group support sessions for ICU, Labor, and delivery nursing teams Department of Decedent Affairs, University of Michigan Medical Center, Ann Arbor, MI Oral presentation/Group sessions May 17 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 postTBI 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 10 2015 and October 11 2016

Self-Compassion and chronic lung disease

Better Breathers Club, Beaumont Health System, Pulmonary Rehabilitation March 18 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 13, 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 27 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
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

"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