

# ***CURRICULUM VITAE***

**ALONA D. ANGOSTA, PhD, MSN, APRN, FNP, NP-C**

University of Nevada, Las Vegas  
School of Nursing  
4505 Maryland Parkway Box 453018  
Las Vegas, NV 89154-3018  
Tel: (702) 895-1218  
Fax: (702) 895-4807  
Email: alona.angosta@unlv.edu

## **EDUCATION**

<u>Date</u>	<u>Institution</u>	<u>Field of Study</u>	<u>Degree</u>
12/10	University of Hawaii at Manoa	Nursing	PhD
12/00	University of Nevada, Las Vegas	Nursing	MSN
12/94	University of Nevada, Las Vegas	Nursing	BSN

## **FACULTY APPOINTMENTS**

<u>Dates</u>	<u>Title</u>	<u>Institution</u>
1/16 - Present	Associate Professor	University of Nevada, Las Vegas School of Nursing
5/11 - 1/16	Assistant Professor	University of Nevada, Las Vegas School of Nursing
1/06 - 5/11	Lecturer	University of Nevada, Las Vegas School of Nursing
8/03 - 12/05	Lecturer	Nevada State College (NSC)
1/02 - 5/02	Adjunct Faculty	College of Southern Nevada

## **ACADEMIC EXPERIENCE**

### **UNLV Graduate Courses (PhD & MSN/FNP)**

#### **PhD**

NURS 770 Knowledge Development in Nursing

NURS 706 Nursing Theory and the Research Process

# ***CURRICULUM VITAE***

NURS 797 Dissertation

## **MSN/FNP**

NURS 761 Clinical Synthesis- FNP

NURS 760R FNP Geriatric & Chronic Illness

NURS 740R FNP Adult and Women's Health

NURS 703 Advanced Physical Assessment

NURS 733 Nursing Education Practicum I

NURS 749L Primary Care of the Family I

NURS 759L Primary Care of the Family II

NURS 769L Primary Care of the Family III

NURS 740R Primary Care of the Family II

NURS 766 Capstone Seminar I

NURS 796 Capstone Seminar II

## **UNLV BSN Courses**

NURS 306 Foundations in Pharmacology

NURS 313 & NURS 313L Nursing Care of the Adult Medical-Surgical Patient (formerly NUR 415 & 415L)

NURS 320 Pathophysiology & Pharmacology II

NURS 329 Physical Assessment

NURS 342 Fundamentals of Nursing Lab (formerly NURS 338 Skills Lab)

NURS 401 Nursing Care of Older Adults (formerly NURS 319)

NURS 427 Nursing Leadership and Transition into Practice

## **NSC BSN Courses**

Pathophysiology & Pharmacology

Human Care Nursing I & II: Medical Surgical Nursing

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## **CLINICAL EXPERIENCE**

<u>Dates</u>	<u>Place</u>
1/04-Present	Family Nurse Practitioner, Primary Care/Urgent Care (Part-Time). Henderson, NV.
5/01-5/04	Nurse Practitioner, Internal Medicine/Primary Care, & Urgent Care Southwest Medical Associates, Inc. Las Vegas, NV.
2/97-2/05	Lieutenant, Nurse Corps, United States Naval Reserve & Clinical Director of Physical Exams Department.
1/01-6/02	Nurse Practitioner, <i>Dr. Nilofar Kuraishi, Inc.</i> Family Practice Medicine. Las Vegas, NV.
4/98-5/01	Ambulatory Care Registered Nurse, University Medical Center, Quick Care/Primary Care. Las Vegas, NV.
4/98-5/00	Emergency Department Registered Nurse. Desert Springs Hospital. Las Vegas, NV.
5/98-6/00	Critical Care Registered Nurse & Relief Charge Nurse. Trauma Intensive Care Unit. University Medical Center. Las Vegas, NV.
1/95-6/97	Charge Nurse & Staff RN. Cardiac Intermediate Care Unit. University Medical Center. Las Vegas, NV.

## **AWARDS**

<u>Dates</u>	<u>Award</u>
2016-2017	Dean's Excellence in Service Award (UNLVSON)
2015	John Crawford Neuman Systems Model Research Institute Fellow Award
2014	Fellow, NINR Summer Genetics Institute Program, Bethesda, MD, NIH/NINR
2014	Phi Kappa Phi Honor Society, Chap. 100

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2013	Dean's Excellence in Research Award (UNLVSON)
2011-2012	Outstanding Researcher (awarded by Nevada Nurses Association [NNA])
2010-2011	Doctoral Degree NNA Achievement Award
2010-2011	Certificate of Commendation for Scholastic Achievement from U.S. Senator Harry Reid (awarded by NNA/IFNN)
2004-2005	Nevada State College Department of Nursing: Most Outstanding Clinical Faculty & Most Caring Faculty

## **PUBLICATIONS**

### **Peer-Reviewed/ Refereed Articles**

**Angosta, A. D.** & Serafica, R. (2016). Assessing Physical Activity Levels in Filipino Americans with Hypertension Using the Rapid Assessment of Physical Activity Questionnaire (in review).

Coleman, J. S. & **Angosta, A. D.** (2016). The Lived Experiences of Acute Care Bedside Registered Nurses Caring for Patients and their Families with Limited English Proficiency: A Silent Shift. *Journal of Clinical Nursing* (in press).

Serafica, R. & **Angosta, A. D.** (2016). Acculturation and Changes in Body Mass Index, Waist Circumference, and Waist- Hip Ratio among Filipino Americans with Hypertension *Journal of the American Society of Hypertension*. August 8, 2016.  
doi:10.1016/j.jash.2016.07.002

La Brocca, S. & **Angosta, A. D.** (2015). Management of an Adult Patient with Congenital Heart Disease: Implications for the Advanced Practice Registered Nurse. *Home Health Care Management & Practice*. June 3, 2015. doi: 10.1177/1084822315588519

**Angosta, A. D.**, Serafica, R., & Moonie, S. (2015). Measuring Enjoyment of Ballroom Dancing in Filipino Americans Using the Physical Activity Enjoyment Scale. *Asian Pacific Island Nursing Journal*, 2, 1-9. doi: 10.1177/2373665815585320

**Angosta, A. D.**, Ceria-Ulep, C. D., & Tse, A. (2014). Care delivery for Filipino Americans using the Neuman Systems Model. *Nursing Science Quarterly*, 27(2), 142-148

**Angosta, A. D.**, & Speck, K. E. (2014). Assessment of heart disease knowledge and risk factors among first-generation Filipino Americans: A cross-sectional survey. *Clinical Nursing Studies*, 2(2), 123-132. doi: 10.5430/cns.v2n2p123

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**Angosta, A. D.** & Holmes, B. (2014). Case Report: Chest Pain, Bradycardia, and ECG Changes in Acute Cholecystitis. *Journal of Urgent Care Medicine, December 2014 issue*, pp. 25-27. <http://www.jucm.com/december-2014/>

Mallory, A. M., **Angosta, A. D.** & Kawi, J. (2014). A patient with metabolic syndrome and the role of the advanced practice nurse. *MEDSURG Nursing, 23*(4), 245-250

Llasus, L., **Angosta, A. D.**, & Clark, M. Graduating BSN students' EBP knowledge, EBP readiness, and EBP implementation (2014). *Journal of Nursing Education, 53*(9), S82-S89. doi: 10.3928/01484834-20140806-05

**Angosta, A. D.** (2013). Coronary heart disease knowledge and risk factors among Filipino Americans connected to primary care services. *Journal of the American Association of Nurse Practitioners, 25*(9), 503-512. doi: 10.1002/2327-6924.12039

**Angosta, A. D.** & Gutierrez, A. (2013). Prevalence of metabolic syndrome among Filipino Americans: A cross-sectional study. *Applied Nursing Research, 26*(4), 192-197. doi: <http://dx.doi.org/10.1016/j.apnr.2013.06.005>

Olde, D., Alpert, P., & **Angosta, A. D.** (2013). Metabolic syndrome: Clinical perspective for best practice. *Journal of the American Association of Nurse Practitioners, 25*(12), 644-652. doi: 10.1002/2327-6924.12048

Ceria-Ulep, C., **Angosta, A. D.**, Magday-Asselstine, R. T., Castillo, M. A., Pagano, I. S., Dongmei, L., & Wooton, A. (2013). Assessing physical activity and function in the Filipino older adults. *Journal of Cultural Diversity: An Interdisciplinary Journal, 20*(1), 30-39

**Angosta, A. D.** & Holmes, B. (2012). Atypical appendicitis in the older patient. *Journal of Urgent Care Medicine*: <http://www.jucm.com/atypical-appendicitis-in-the-older-patient/>

**Angosta, A. D.** (2011). The impact of *tai chi* exercise on CHD: A systematic review. *Journal of the American Academy of Nurse Practitioners, 23*(7), 376-381. doi:10.1111/j.1745-7599.2011.00597.x

**Angosta, A. D.** (2010). Concept analysis of risk in relation to coronary heart disease among Filipino Americans. *Nursing Forum, 45*(4), 253-259. doi: 10.1111/j.1744-6198.2010.00198.x

## **Accepted Abstracts (Refereed) at National & International Presentations**

Heil, D., **Angosta, A. D.**, Zhu, W. (2016). *Exercise training with dance to improve cardiometabolic health and physical fitness*. American College of Sports Medicine, Northwest Annual Conference. Tacoma, WA. (Podium)

# ***CURRICULUM VITAE***

Serafica, R. & **Angosta, A. D.** (2016). *Physical function, quality of life, acculturation and anthropometric measurements among hypertensive Filipino Americans*. Council for the Advancement of Nursing Science. 2016 State of the Science Congress on Nursing Research. Washington, DC (Podium)

Zhu, W., Heil, D., **Angosta, A. D.**, & Tan, Alforque-Tan, R. (2016). *Predicting energy expenditure for Tinikling dance with accelerometry-based activity monitors*. American College of Sports Medicine, Northwest Annual Conference. Tacoma, WA. (Poster).

Zhu, W., Heil, D., **Angosta, A. D.**, & Tan, Alforque-Tan, R. (2016). *The metabolic equivalent for Tinikling: a Philippine folkloric dance*. American College of Sports Medicine National Conference. Boston, MA. (Poster).

**Angosta, A. D.**, Serafica, R., Aldana, A., & Angosta, A. C. (2016). *An assessment of level and intensity of physical activity among hypertensive Filipino Americans*. 13<sup>th</sup> Annual National Conference Asian American Pacific Islander Nurses Association National Conference. Baja, Mexico. (Podium)

**Angosta, A. D.**, Heil, D., Tan, R., Gutierrez, G. A., Espina, R., Zhu, W.,...& Vongxay (2016). *The metabolic equivalent of Tinikling: A traditional Philippine dance*. 13<sup>th</sup> Annual National Conference Asian American Pacific Islander Nurses Association National Conference. Baja, Mexico. (Podium)

**Angosta, A.D.**, Inouye, J.I., Gatlin, T., & Serafica, R. (2015). *Effects of dance in chronic illness: A systematic review*. Sigma Theta Tau International Honor Society of Nursing 43<sup>rd</sup> Biennial Convention Las Vegas, NV. (Symposium)

**Angosta, A. D.**, Serafica, R., Alforque-Tan, R. & Vapor, V. (2015). *Ballroom dance: A culturally acceptable physical activity among Filipino Americans*. 12<sup>th</sup> Annual Asian American Pacific Islander Nurses Association National Conference. Las Vegas, NV. (Symposium)

**Angosta, A. D.** (2015). Looking Through the Lens of the NSM in Filipino Americans with Hypertension. 15th International Biennial Neuman Systems Model Symposium Philadelphia, PA. (Podium)

**Angosta, A. D.** (2014). *The effects of ballroom dance on blood pressure, heart rate, weight, waist circumference, and body mass index among Filipino Americans: A feasibility study*. Sigma Theta Tau International Honor Society of Nursing 25th International Nursing Research Congress. Hong Kong, China. (Podium)

**Angosta, A. D.**, Vapor, V., Moonie, S., & Alforque-Tan, R. (2014). *Ballroom dancing: An alternative exercise for Filipino Americans*. 35<sup>th</sup> Annual National Convention: Sustaining Global Health, Empowering Collaborations. Philippine Nurses Association of America. Las Vegas, NV. (Poster)

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**Angosta, A. D. & Speck, K. E.** (2014). *Knowledge of heart disease and risk factors among first-generation Filipino-Americans living in southern Nevada*. 11<sup>th</sup> Annual Asian American Pacific Islander Nurses Association National Conference. San Diego, California. (Podium)

**Angosta, A. D.** (2013). *Application of the Neuman Systems Model in caring for Filipino Americans with metabolic syndrome*. 14<sup>th</sup> Neuman Systems Model International Biennial Symposium. Vancouver, BC. (Poster)

**Angosta, A. D., Vapor, V., Moonie, S., & Alforque-Tan, R.** (2013). *Ballroom dancing: A fun & sustainable form of exercise among Filipino Americans*. 10<sup>th</sup> Annual Asian American Pacific Islander Nurses Association National Conference. Honolulu, Hawaii. (Poster)

**Angosta, A. D.** (2013). *Prevalence of metabolic syndrome among Filipino Americans*. 10<sup>th</sup> Annual Asian American Pacific Islander Nurses Association National Conference. Honolulu, Hawaii. (Podium)

**Angosta, A. D.** (2013). *Cardiovascular risk factors among Filipino Americans: A cross sectional study*. 6<sup>th</sup> Annual Interdisciplinary Research Scholarship Day. University of Nevada, Las Vegas. Las Vegas, NV. (Poster)

**Angosta, A. D.** (2013). *Prevalence of metabolic syndrome among Filipino Americans: A cross sectional study*. UNLV's First STEM Summit. Las Vegas, NV. (Poster)

**Angosta, A. D.** (2012). *CHD risk and prevalence of metabolic syndrome among Filipino-Americans*. National Conference for Nurse Practitioners. Lake Buena Vista, FL. (Poster)

**Angosta, A. D.** (2012). *Tai chi exercise and coronary heart disease*. 9<sup>th</sup> Annual Asian American Pacific Islander Nurses Association National Conference. Las Vegas, NV. (Podium)

**Angosta, A. D.** (2012). *Coronary heart disease knowledge and risk factors among Filipino Americans*. Gardner-Webb University School of Nursing & NCNA District 29 Nursing Research Day. Boiling Springs, NC. (Poster)

**Angosta, A. D.** (2011). *CHD knowledge and risk factors among Filipino Americans connected to primary care services*. 26<sup>th</sup> Annual American Academy of Nurse Practitioners National Conference. Las Vegas, NV. (Podium)

**Angosta, A. D.** (2011). *Cardiovascular disease and risk factors in Filipino-Americans*. 8<sup>th</sup> National Asian American Pacific Islander Nurses Association Conference. Houston, TX. (Podium)

**Angosta, A. D.** (2011). *Filipino Americans' knowledge about heart disease*. Western Region IDEa Scientific Conference. Reno, NV. (Podium)

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**Angosta, A. D.** (2011). *CHD knowledge and risk factors among Filipino Americans*. 4<sup>th</sup> Annual Interdisciplinary Research Scholarship Day. Las Vegas, NV. (Poster)

**Angosta, A. D.** (2009). *CHD risk factors of Filipino-Americans*. Neuman Systems Model International 12<sup>th</sup> Biennial Symposia. Las Vegas, NV. (Poster)

**Angosta, A. D.** (2008). *Risk factors of coronary heart disease among Filipinos*. 5<sup>th</sup> National Asian American Pacific Islander Nurses Association Conference. Las Vegas, NV. (Poster)

**Angosta, A. D.** (2007). *Gender differences in presenting symptoms, treatment, and outcome of myocardial infarction*. Neuman Systems Model International Symposia. Ft. Lauderdale, FL. (Poster)

## **Non-Refereed Articles/Media**

**Angosta, A. D.** (2015, June 7). Make sure your blood pressure monitor measures up. *Review Journal*. Retrieved from <http://www.reviewjournal.com/life/health/make-sure-your-blood-pressure-monitor-measures>

**Angosta, A. D.** (2013, October 14). Effect of ballroom dance on heart health. *Nurses.Com*. Retrieved from <https://news.nurse.com/2013/10/14/unlv-professor-studies-the-effect-of-ballroom-dance-on-heart-health/#.UmhO-4zn-Um>

**Angosta, A. D.** (2013, August 11). Filipino Americans can dance away heart disease. *AsAm News*. Retrieved from <http://www.asamnews.com/2013/08/11/las-vegas-review-journal-filipino-americans-can-dance-away-heart-disease/>

**Angosta, A. D.** (2013, August 10). UNLV professor studies Filipinos dancing away risk of heart disease. *Las Vegas Review Journal*. Retrieved from <http://www.reviewjournal.com/news/education/unlv-professor-studies-filipinos-dancing-away-risk-heart-disease>

**Angosta, A. D.** (2012, August 19). Heart study with a twist. *Examiner.Com*. Retrieved from <http://www.examiner.com/article/heart-study-with-a-twist>

## **Media Appearances**

Guest, “Heart disease and Filipino Americans” KNPR Radio Show. Las Vegas, Sept. 14, 2012.

Guest, “Prevalence of cardiovascular disease in Filipino Americans,” The East-West Radio Show. Las Vegas, Oct. 11, 2012.

Guest, “Healthy Mondays with a nurse expert on the air” A national initiative for reducing the risk of heart disease. KNDI Radio Show. Hawaii, March 23, 2015.



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## **Invited Presentations (Non-Refereed)**

**Angosta, A. D.** (2015). *Cardiovascular health of Filipino Americans*. Philippine Nurses Association of Nevada. Las Vegas, NV.

**Angosta, A. D.** (2012). *Cardiovascular risk factors among Filipino Americans*. School of Community Health Sciences. University of Nevada, Reno

**Angosta, A. D.** (2012). *Hypertension in the elderly*. Osher Lifelong Learning Institute Educational Outreach Program. UNLV, Las Vegas, NV.

**Angosta, A. D.** (2011). *Cardiovascular research: Update*. INBRE EAC. Hyatt Place. Las Vegas, NV.

**Angosta, A. D.** (2011). *Coronary heart disease and hypertension*. Osher Lifelong Learning Institute Educational Outreach Program. UNLV, Las Vegas, NV.

## **RESEARCH SUPPORT**

### **Ongoing Research**

#### **Completed Research**

UNLV SON Intramural Research Grant  
Role: Principal Investigator

10/01/14 - 10/01/15

**Title:** *The Energy Expenditure of a Culturally Relevant Folkloric Dance*

The purpose of this study was to evaluate the metabolic energy cost of *Tinikling*, a Philippine folkloric dance, using a portable metabolic measurement system and relate these findings to the current American College of Sports Medicine guidelines for physical activity.

UNLV SON Intramural Research Grant  
Role: Co-Investigator

04/09/15 - 10/01/16

**Title:** *Physical Function, Physical Activity Level and Dietary Consumption of Fruit and Vegetable as Mediators to Acculturation among Hypertensive Filipino Americans*

The aims of this study were to: (a) examine the relationships of physical activity level, physical activity function, demographic variables, intake of fruits and vegetables, level of acculturation, and anthropometric measurements of Filipino Americans; and (b) identify the predictors of anthropometric measurements of Filipino Americans.

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IDEA Network of Biomedical Research Excellence P20RR-016464

06/01/12 - 05/31/13

Role: Principal Investigator

**Title:** *Effects of Ballroom Dancing on Blood Pressure, Heart Rate, Weight, and Waist Circumference: A Cross-Sectional Study*

The aims of this study were to: (a) examine the psychological effect of ballroom dance, (b) evaluate the sustainability of ballroom dance in Filipino Americans, and (c) evaluate the effects of ballroom dance on cardiovascular function and anthropometric measurements.

IDEA Network of Biomedical Research Excellence P20RR-016464

06/01/11 - 05/31/12

Role: Principal Investigator

**Title:** *Coronary Heart Disease Knowledge and Risk Factors among Filipino Americans*

The aims of this study were to examine the baseline knowledge of Filipino Americans about coronary heart disease and to investigate the prevalence of coronary heart disease risk factors among Filipino Americans living in southern Nevada.

## **SERVICE**

### **Professional Service**

- Sigma Theta Tau International Honor Society of Nursing, Zeta Kappa Chapter (Treasurer & Chairman of the Scholarship Committee) (2015-Present)
- Nevada State Board of Nursing, Advanced Practice Registered Nurse Advisory Committee (Advanced Practice Advisory Committee Member) (2012-Present)
- Asian, American, & Pacific Islander Nurses Association (President-Elect) (2016-2018)
- Asian, American, & Pacific Islander Nurses Association (Nomination Committee Member) (2013-Present)
- Asian, American, & Pacific Islander Nurses Association (Abstract Reviewer & Scholarship Committee) (2012-Present)
- Asian, American, & Pacific Islander Nurses Association 9<sup>th</sup> Annual National Conference (Co-Chair) (2012)
- Editorial Board Member, Journal of Cultural Diversity: An Interdisciplinary Journal (2010-2014)
- Neuman Systems Model 12<sup>th</sup> Biennial Symposium (Co-Chair) (2008)
- Sigma Theta Tau International Honor Society of Nursing, Zeta Kappa Chapter (Vice President) (2011-2013)
- Sigma Theta Tau International Honor Society of Nursing, Zeta Kappa Chapter (Chair, Nomination Committee) (2006-2010)
- Sigma Theta Tau International Honor Society of Nursing, Zeta Kappa Chapter (Member) (1998-Present)

**Journal Reviewer** (medical and nursing journals)

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**Abstract Reviewer** (AANP, AAPINA national conferences)

## **Academic Service - UNLV School of Nursing**

- Academic Affairs Council, Chairman (2016-Present)
- Acting BSN Coordinator (June-July 2016)
- Academic Affairs Council, Chair-Elect (2015-2016)
- PhD Admission Committee Task Force Member (2014-Present)
- Doctoral Dissertation Chair (2013-2016)
- Doctoral Dissertation Committee Member (2011-Present)
- Graduate Admissions PhD & MSN FNP Task Force Member (2007-Present)
- Graduate Capstone Chair & Committee Member (2010-Present)
- MSN/FNP Admission Committee Task Force Member (2010-Present)
- BSN Faculty Advisor (2010-Present)
- Scholarship Affairs Council Chair (2012-2014)
- Interdisciplinary Research & Scholarship Day, Chair (2012-2014)
- Interdisciplinary Research & Scholarship Day Task Force Chair (2012-2014)
- Faculty Affairs Council Secretary (2011-2012)
- Faculty Search Committee Co-Chair (2007-2010)
- Faculty Search Committee Member (2010-Present)
- Student Affairs Council Member (2010)

## **Academic Service - University**

- UNLV Biomedical Institutional Review Board Member (2015-Present)
- UNLV Faculty Senate Sabbatical Committee Member (2015-Present)
- Guest lecturer, UNLV Osher Lifelong Learning Institute Educational Outreach Program.

## **Community Service**

- American Heart Association You're the Cure Advocate (2012-Present)
- Remote Access Medical NP Volunteer (2014)

## **PROFESSIONAL ASSOCIATIONS**

- American Heart Association/American Stroke Association (Member, 2014-Present)
- Council on Cardiovascular and Stroke Nursing (Member, 2014)
- American Academy of Nurse Practitioners (Member, 2000-Present)
- American Heart Association *You're the Cure* Advocate (Advocate, 2011-Present)
- American Nurses Association (Member, 1994-Present)
- Asian American Pacific Islander Nurses Association (Member, 2007-Present)
- Nevada Nurses Association (Member, 1994-2000)
- Nevada Organization of Nurse Leaders (Member, 2008-2010)

## ***CURRICULUM VITAE***

- Neuman Systems Model Trustees Group, Inc. (Member, 2007-2009)
- Sigma Theta Tau International Honor Society of Nursing, Zeta Kappa Chapter (Vice President, 2011-2013)
- Sigma Theta Tau International Honor Society of Nursing, Zeta Kappa Chapter (Member, 1997-Present)
- Fellow, 2014 NIH/NINR's Summer Genetics Institute
- Mountain West Research Consortium for Clinical Translational Science Cardiovascular Research Team (Member).
- Fellow, 2016 American Association of Colleges of Nursing's Leadership for Academic Nursing Program