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## EDUCATION

- 2018 PhD, School of Nursing, University of Michigan, Ann Arbor, Michigan.  
Dissertation: *The female overactive bladder in our beverage-centered society: An evolutionary perspective.*  
Dissertation Chair: Janis M. Miller, PhD, RN, APRN, FAAN  
Dissertation Committee: Ana Baylin, MD, MPH, DrPH  
Beatrice Kalisch, PhD, RN, FAAN  
Megan O'Brien Schimpf, MD, MHSA  
Abigail Smith, PhD
- 2003 BSN, School of Nursing, University of Utah, Salt Lake City, Utah.
- 1990 MSW, Clinical Social Work, University of Michigan, Ann Arbor, Michigan.
- 1985 BA, Psychology, University of Michigan, Ann Arbor, Michigan.

## LICENSURE AND CERTIFICATION

- 2017 Certificate in Nursing Education, School of Nursing, University of Michigan, Ann Arbor, MI
- 2003-present Registered Nurse, State of Michigan: #4704243523
- 2003-2005 Registered Nurse, State of Utah.
- 1990-1994 Social Work, State of Michigan.

## ACADEMIC, RESEARCH, AND CLINICAL EXPERIENCE

### Academic

- 2022-present Clinical Assistant Professor, Department of Health Behavior and Biological Sciences and the Undergraduate Program. School of Nursing, University of Michigan, Ann Arbor, Michigan.
- 2022-present Clinical Specialty Lead, Behavioral Health, School of Nursing, University of Michigan, Ann Arbor, Michigan.
- 2018- 2022 Clinical Instructor, School of Nursing, University of Michigan, Ann Arbor, Michigan.
- NURS 142: Nursing Seminar
  - NURS 234: Introduction to Clinical Practice
  - NURS 373: Behavioral Health Clinical
  - NURS 456: Population Health Clinical, including one section conducted with Khon Kaen School of Nursing, Khon Kaen, Thailand, Spring 2020
- 2013-2015 Assistant Professor, College of Nursing and Health, Madonna University, Livonia, Michigan.
- NUR 3460: Holistic Mental Health Nursing Care
  - NUR 3460C: Holistic Mental Health Nursing Care Clinical
  - PSY 3100: Health Psychology (developed course)
  - NUR 4430C: Population-Focused Professional Nursing Clinical
  - NUR 7010: Health Policy Analysis and Advocacy (Graduate Level)

- 2010 Adjunct Clinical Faculty, McAuley School of Nursing, University of Detroit Mercy, Detroit, Michigan. Community Health Clinical.
- NUR 4350: Community Health Nursing Practicum
- 2004-2009 Graduate Student Instructor (GSI), School of Nursing, University of Michigan, Ann Arbor
- Clinical Instructor: NURS 456: Population Health Clinical (2007- 2009)
  - Grader/Facilitator: NURS 124: Growth and Development (2005)  
NURS 130: Health Promotion and Risk Reduction (2006)  
NURS 352: Childbearing and Reproductive Health (2004)  
NURS 357: Introduction to the Research Approach in Nursing (2004, 2006)  
NURS 456: Population Health (2004-2005)  
NURS 532: The Theoretical Base for Advanced Nursing Practice (2006-2007)
- 1986-1988 Graduate Student Instructor (GSI), Department of Psychology, University of Michigan, Ann Arbor.
- PSY 111: Introduction to Psychology.

### **Research**

- 2021-present Faculty Practice, *Truly Healthy Bladder: Understanding Normal as a Pathway to Prevention of Lower Urinary Tract Symptoms in Women NIH/NIDDK*, PI Janis Miller, PhD, APRN, FAAN
- 2009-2010 Research Staff, *BRIDGES* study, PI Janis Miller, PhD, ANP-BC. School of Nursing, University of Michigan, Ann Arbor, Michigan.
- 2006-2007 Research Assistant, *Possibilities Project*. PI Karen Farchaus-Stein, PhD, RN, FAAN. Self-concept and eating disorders. School of Nursing, University of Michigan, Ann Arbor, Michigan.
- 2005-2006 Graduate Student Research Assistant (GSRA). *Roadmap Project*. PI Scott Ransom D.O., MBA, CPE, MPH. African American health disparities in childbirth. University of Michigan School of Medicine, Ann Arbor, Michigan.
- 1988-1990 Research Assistant, *The Family Styles Project*, PI Neil Kalter, PhD, University of Michigan, Ann Arbor.
- 1987-1989 Research Assistant, *The Coping Study*, PI Ken Silk, MD, University of Michigan, Ann Arbor.

### **Clinical**

- 2018-2020 Faculty Practice, Embedded faculty, Child and Adolescent Mental Health and Wellness (8CAP), Michigan Medicine, Ann Arbor, Michigan.
- 2010-2013 Charge Nurse, Adult & Adolescent Partial Hospitalization Program, Huron Oaks, St. Joseph Mercy Hospital, Ann Arbor, Michigan.
- 2003 Staff Registered Nurse, Maternity Unit, University of Utah Health Center, Salt Lake City, Utah.
- 2001-2003 Student Professional Assistant (SPA II), Scrub nurse/ C-sections, staff student nurse, Maternity Unit, University of Utah Health Center, Salt Lake City, Utah.

- 1992-1994 Psychotherapist, Wyandotte Health Center, Wyandotte, Michigan.
- 1990-1994 Psychotherapist, University of Michigan Psychological Clinic, University of Michigan, Ann Arbor, Michigan.
- 1989-1990 Social Work Intern, University of Michigan Psychological Clinic, University of Michigan, Ann Arbor, Michigan.

## RESEARCH INTERESTS

- Evolutionary medicine, nutrition, and chronic disease
- Women's bladder health
- Mental Health
- Global Health

## GRANTS

2022 Pending: IRWG faculty seed grant application to support next level analysis of dissertation data.

## HONORS AND AWARDS

- 2015 Elected by BSN graduating class to give the inspirational speech at the Madonna University pinning ceremony.
- 2006-2007 NIH Institutional training grant
- 2003-2004 Cosgrove scholarship, University of Michigan, Ann Arbor
- 2001-2003 Bamberger Memorial Foundation Scholarship, University of Utah
- 2000-2003 Deans List, University of Utah

## PRESENTATIONS

- 2022 Pelvic Floor Research Group Day: Video presentation and discussion, *The beverage intake explosion: An evolutionary mismatch proof of concept*, March 2022
- 2021 International Continence Society Conference 2021, Abstract and video presentation: *The beverage intake explosion: An evolutionary mismatch proof of concept*.  
[https://www.youtube.com/watch?v=U3hhhMOYy0Q&t=44s&ab\\_channel=icstelevision](https://www.youtube.com/watch?v=U3hhhMOYy0Q&t=44s&ab_channel=icstelevision)
- 2019 Madonna School of Nursing, Livonia, Michigan. Faculty Presentation: *Guidelines for helping nursing students in distress*.
- 2007 Midwest Nursing Research Society (MNRS), Omaha, Nebraska  
 Poster: *Contingencies of Self Worth in Women with Eating Disorders*.

## MEMBERSHIP IN PROFESSIONAL SOCIETIES

- 2021-present International Society of Evolution, Medicine, and Public Health
- 2019-present International Society of Psychiatric-Mental Health Nurses
- 2018-present American Nurses Association
- 2018-present International Continence Society
- 2014-2015 Sigma Theta Tau, Kappa Iota Chapter
- 2004-2008 Midwest Nursing Research Society
- 2003-present Sigma Theta Tau, Rho Chapter

## COMMITTEE, AND ORGANIZATIONAL SERVICE

- 2022 Specialty Lead, Behavioral Health, School of Nursing, University of Michigan, Ann Arbor, Michigan.
- 2021 Reviewer: CUGH (Consortium of Universities for Global Health) “Lancet Global Health: CUGH best student poster competition 2021”
- 2020 Reviewer: Chiang Mai University 2020 conference, “Advocacy and Policy: Strengthening the Voice and Capacities of Health Professionals.”
- 2019-present Curriculum Committee, School of Nursing, University of Michigan
- 2019-present Reviewer: Honors applications, School of Nursing, University of Michigan
- 2019-2020 Thailand Committee, Office of Global Affairs, School of Nursing, University of Michigan
- 2013-2015 Student Advising, College of Nursing and Health, Madonna University, Livonia, Michigan.
- 2013-2015 Curriculum Committee, College of Nursing and Health, Madonna University, Livonia, Michigan
- 2013-2015 Sigma Theta Tau, Kappa Iota Chapter, Board of Directors
- 2006-2007 Curriculum Committee, Doctoral Student Member, School of Nursing, University of Michigan.

## STUDENT MENTORING

- 2021-present Undergraduate Honors Student Mentor, Hannah Park, School of Nursing, University of Michigan – Ann Arbor, Mentoring research experience, data collection, data analysis. Beverage and food intake and overactive bladder in females.

## VOLUNTEER SERVICE

- 2021 COVID vaccination administration, Washtenaw County Health Department, MI.
- 2019 -present Jewish Family Services of Washtenaw County, MI.
- 2015-2017 Mental Health Screening, American Indian Family and Health Services, Dance for Mother Earth Powwow, Skyline High School, Ann Arbor, MI.
- 2014-2015 Mental Health Screening, American Indian Family and Health Services, Powwow, Redford, MI
- 2014 Disaster Management Drill, St. Mary Mercy Hospital, Livonia, Michigan.
- 2013-2014 School Health Fair, Rutherford Elementary School, Detroit, Michigan.

## PUBLICATIONS

1. Hortsch, SB, Smith, AR, Schimpf, MO, Miller, JM. (2022). The Beverage Intake Explosion: An evolutionary mismatch proof of concept. *Evolution, Medicine, and Public Health*. Submitted for review.
2. Miller, JM, Schimpf, M, Hawthorne, K, Hortsch, SB, Garcia, C, Smith, AR. (2021). Fluids affecting bladder urgency and lower urinary symptoms (FABULUS): results from a randomized controlled trial. *International Urogynecology Journal*. Accepted for publication.
3. Hortsch, SB (2018). *The female overactive bladder in our beverage-centered society: An evolutionary perspective*. [Doctoral dissertation, University of Michigan , Ann Arbor]. Proquest Dissertations Abstracts International, Vol: 79-12(E), Section: B.
4. Miller, JM, Garcia, CE, Hortsch, SB, Ying, G, Schimpf, MO (2016). Does instruction to eliminate coffee, tea, alcohol, carbonated, and artificially sweetened beverages improve lower urinary tract symptoms: A Prospective Trial. *Journal of Wound, Ostomy and Continence Nursing*.43 (1):69-79
5. Miller, JM, Rodseth, SB, Ying, G (2011). Cluster analysis of intake, output, and voiding habits collected from diary data. *Nursing Research*. Mar-April; 60(2): 115-23.
6. Ford, B, Dalton, V, Lantz, P, Lori, J, Noll, T, Rodseth, S, Ransom, S, Siefert, K. (2005). Racial disparities in birth outcomes: Poverty, discrimination, and the life course of African American women. *African American Research Perspectives*. 11 (1), 48-64.

7. Stuart, J, Weston, D, Lohr, N, Benjamin, J, Becker, S, Vorus, N, & Silk, K (1990). Object relations in borderlines, depressives, and normals: An examination of human responses on the Rorschach. *Journal of Personality Assessment*. 55(1&2): 296-318.