

Rebecca L. Polzer Casarez
 6901 Bertner Ave
 Houston, TX 77030
 Office: 713-500-2068/Fax: 713-500-2073

EDUCATION

<i>Degree</i>	<i>Institution</i>	<i>Date</i>
BSN	University of St. Thomas, Houston, TX	1984
MS	Texas Woman's University, Houston TX	1993
PhD	University of North Carolina, Chapel Hill, NC	2005

LICENSURE & CERTIFICATION

<i>RN License:</i> Texas	<i>Expiration Date:</i> August 2015	
<i>Certification:</i> Adult Psychiatric Mental Health Nursing	<i>Certifying Body:</i> American Nurses Credentialing Center (ANCC)	<i>Inclusive Dates</i> 1993-2011 2015-2019

PROFESSIONAL EXPERIENCE

<i>Institution</i>	<i>Position Title</i>	<i>Inclusive Dates</i>
Methodist Hospital, Houston, TX	Staff Nurse	1984-1985
Veterans Hospital, Houston, TX	Staff Nurse	1986-1987
Methodist Hospital, Houston, TX	Staff Nurse	1988-1989
Harris County Psychiatric Center, Houston, TX	Staff Nurse	1987-1988 and 1989-1990
M.D. Anderson Cancer Center, Houston, TX	Assistant Nurse Manager	1990-1992
Psychiatric Nursing Services, Houston, TX	Clinical Supervisor	1993-1995
Emerald Care, Gastonia, NC	Clinical Nurse Specialist	1996-1999
Presbyterian Outpatient Behavioral Health, Charlotte, NC	RN Therapist	1999
University of North Carolina at Charlotte Charlotte, NC	Clinical Instructor	1998-2000
Carolinas Medical Center, Charlotte, NC	Staff Nurse	2002-2005
Gardner Webb University, Boiling Springs, NC	Academic Advisor/ Adjunct Faculty	1998-2005

University of Texas Health Science Center at Houston, School of Nursing (UTHSC-H), Houston. TX	Assistant Professor	2005-2010
University of Texas Health Science Center at Houston, School of Nursing Houston TX	Associate Professor- Clinical	2010-Present

HONORS AND AWARDS

<i>Award</i>	<i>Awarding Organization</i>	<i>Date</i>
Young Investigator's Recognition Award	UTHSC-Houston	2008
Presidential Award for Mentoring Women (Nominated)	UTHSC-Houston	2009
Emma Josephine Loffelholz McMorris RN Spirituality Award	Institute of Spirituality and Health	2010

GRANTS

Title: Interventions to Prevent and Manage Chronic Illness (T32 NR07091)
 Granting Agency: National Institute for Nursing Research (Institutional National Research
 Award received by UNC-Chapel Hill)
 Role: Principal Investigator
 Amount: \$30,000
 Dates: September 2000-August 2002

Title: Spirituality and Self-Management of Diabetes in African Americans
 (1 F31NR008313-01A2)
 Granting Agency: National Institute of Nursing Research
 Role: Principal Investigator
 Amount: \$27,000
 Dates: August 2004-July 2005

Title: The Use of Spiritual Practices in Self-Management of Diabetes in African
 Americans
 Granting Agency: Dean's Research Award, UTHSC-Houston, School of Nursing
 Role: Principal Investigator
 Amount: \$2345
 Dates: May 2006-May 2008

Title: Development of a Spiritually-Based Diabetes Self-Management Curriculum for African Americans
 Granting Agency: Texas Organization of Baccalaureate and Graduate Education
 Role: Principal Investigator
 Amount: \$1500
 Dates: May 2008-May 2009

Title: Development of a Spiritually-Based Diabetes Self-Management Curriculum for African Americans
 Granting Agency: PARTNERS, UTHSC-Houston, School of Nursing
 Role: Principal Investigator
 Amount: \$10,000
 Dates: May 2008-May 2010

Title: A Psychoeducation Intervention for Caregivers of Patients with Bipolar Disorder: A Feasibility Study
 Granting Agency: Dean's Research Award, UTHSC-Houston, School of Nursing
 Role: Principle Investigator
 Amount: \$10,000
 Dates: June 2013-December 2015

Title: Finding Novel Ways to Improve Well-Being in Caregivers of Patients With Bipolar Disorder
 Granting Agency: Sigma Theta Tau International: Zeta Pi Chapter
 Role: Principle Investigator
 Amount: \$2000
 Dates: May 2016-May 2017

PUBLICATIONS

Peer Reviewed Publications

- Polzer, R. L., & Miles, M. S. (2005). Spirituality and self-management of diabetes in African Americans. *Journal of Holistic Nursing, 23*, 230-250.
- Polzer, R., L., & Miles, M. S. (2007). Spirituality in African Americans with diabetes: Self-management through a relationship with God. *Qualitative Health Research, 17*, 176-188.
- Polzer, R., L. (2007). African Americans with diabetes. Spiritual role of the health provider in self-management. *Research in Nursing & Health, 30*, 164-174.
- Casarez, R., L., & Miles, M. S. (2008). Spirituality: A cultural strength for African American mothers with HIV. *Clinical Nursing Research, 17*, 118-132.
- Casarez, R. L., Engebretson, J. C., & Ostwald, S. K. (2010). Spiritual practices in self-management of diabetes in African Americans. *Holistic Nursing Practice, 24*, 227-237.
- Casarez, R. L., & Engebretson, J. C. (2012). Ethical Issues of Incorporating Spiritual Care Into Clinical Practice. *Journal of Clinical Nursing, 21*, 2099-2107.
- Ekwemalor, C., C., Rozmus, C. L., Engebretson, J., C., Marcus, Marianne, T., Casarez, R. L., &

- Harper, R. A. (2017). *Treatment recidivism in adolescents with mental illness: A focused applied medical ethnography*. *Journal of Child and Adolescent Psychiatric Psychiatric Nursing*, 30(1), 25-34. doi: 10.1111/jcap.12167
- Meyer, T. D., Casarez, R., Mohite, S., S., La Rosa, N., & Iyengar, S. I. (in press). *Novel technology as platform for interventions for caregivers and individuals with severe mental illnesses: A systematic review*. *Journal of Affective Disorders*.

Books & Chapters

- Casarez, R., L. (2008). Bipolar Disorder. In W.K. Mohr (Ed.). *Psychiatric mental health nursing* (pp. 549-572.) Philadelphia PA: Wolters Kluwer Health Lippincott Williams & Wilkins.

PRESENTATIONS

International

- Polzer, R. L. (2003, June). *Spirituality and self-management of diabetes in African Americans. Proposal presentation*. Paper presented at the International Doctoral Workshop, Lund Sweden.

National

- Casarez, R. L. (2008, February). *Expressions of spirituality in spousal caregivers of stroke survivors*. Poster session presented at the annual meeting of the American Stroke Association, New Orleans, Louisiana.
- Casarez, R.L., & Villagomez, E. (2009, June). *Development of a spiritually-based diabetes self-management curriculum for African Americans with type 2 diabetes* [Abstract]. Published in proceedings of the American Diabetes Association 69th Scientific Session, New Orleans, Louisiana.
- Villagomez, E. & Casarez, R. L. (2009, August). *Development of a spiritually-based diabetes self-management curriculum for African Americans with type 2 diabetes: Enhancing patient outcomes*. Poster session presented at the annual meeting of the American Association of Diabetes Educators.
- Casarez, R. L., & Engebretson, J. C. (2010, September). *An integrative review of ethical issues in spiritual care*. Poster session presented at the annual meeting of the Council of Advancement of Nursing Science, State of the Science Congress, Washington, D. C.

Regional/State

- Polzer, R. L., & Miles, M. S. (2001, February). *Expressions of spirituality in African American women with HIV*. Poster session presented at the annual meeting of the Southern Nursing Research Society, Baltimore, Maryland.
- Polzer, R., L., Amoako, E., Burns, D., Nash, S., Hayes, M., Skelly, A. et al. (2002, February). *Nursing, geography, and anthropology: Partnering to assess community competence to prevent diabetes*. Poster session presented at the annual meeting of the Southern Nursing Research Society, San Antonio, Texas.
- Polzer, R., L., & Miles, M. S. (2004, February). *Spirituality and self-management of diabetes in African Americans: An integrative literature review*. Poster session presented at the

- annual meeting of the Southern Nursing Research Society, Louisville, Kentucky.
- Polzer, R., L., & Miles, M. S. (2005, February). *Spirituality and self-management of diabetes in African Americans*. Poster presented at the annual meeting of the Southern Nursing Research Society, Atlanta, Georgia.
- Polzer, R., L. (2006, February). Spirituality and self-management of diabetes in African Americans. Paper presented at the annual meeting of the Southern Nursing Research Society, Memphis, TN.
- Polzer, R., L. (2007, February). *The use of spiritual practices in self-management of diabetes in African Americans*. Poster session presented at the annual meeting of the Southern Nursing Research Society, Galveston, TX.
- Casarez, R. L., & Villagomez, E. (2010, February). *Development of a culturally and spiritually-based self-management curriculum for African Americans with diabetes*. Paper presented at the annual meeting of the Southern Nursing Research Society, Austin, TX.
- Hanks, R. G., Casarez, R., & Stafford, L. (2017, February). *The impact of increasing psych HESI attributed to final course grade*. Poster session presented at the annual meeting of the Southern Nursing Research Society.

Local

- Casarez, R.L. (2008, April). *The use of spiritual practices in self-management of diabetes in African Americans*. Paper presented at the Research Seminar Series at the University of Texas Health Science Center-Houston, School of Nursing, Houston, TX.
- Casarez, R. L. (2009, October). *Belief in God and self-care in African American elders with diabetes*. Paper presented at the annual Selenia E. and Joseph C. Valley, Sr. conference, Houston, TX.
- Fagen, J., Janssen, K., Godwin, K., Casarez, R. L., & Ostwald, S. K. (2010, December). *Couples perceptions of life after stroke*. Poster session presented at the BSN Honors Program Research day at the University of Texas Health Science Center-Houston, School of Nursing, Houston, TX.
- Casarez, R. L., Kang, D. H., Soares, J. (2014, April). *Caregiver burden in bipolar disorder: A literature review update*. Poster session presented at the Research and Quality Improvement Symposium at the University of Texas Health Science Center-Houston, School of Nursing, Houston, TX.
- Hanks, R. G., Casarez, R., & Stafford, L. (2016, April). *Student perceptions of increasing psych HESI grade allocation percentage*. Poster session presented at 2016 the School of Nursing Research Day at the University of Texas Health Science Center-Houston, School of Nursing, Houston, TX.
- Hanks, R., G., Casarez, R., & Stafford, L. (2016, May). *Student narrative perceptions of increasing psych HESI grade allocation percentage: A thematic analysis*. Poster session presented at the 2016 Annual Academies Collaborative Conference, Houston, TX.
- Casarez, R., & Meyer, T. (2017, June). *Finding novel ways to improve well-being in caregivers of patients with bipolar disorder*. Paper presented at Research Day at the University of Texas Health Science Center-Houston, School of Nursing, Houston, TX.
- Gideon, C.L., & Casarez, R. (2017, June). *Novelty-seeking, transition, and opioid addiction: A conceptual framework*. Poster session presented at Research Day at the University of Texas Health Science Center – Houston, School of Nursing, Houston, TX.

Editorial Boards/Panels

<i>Journal</i>	<i>Role</i>	<i>Inclusive Dates</i>
Journal of the American Psychiatric Nurses Association	Reviewer	1997-2001
Journal of Holistic Nursing	Reviewer	2007-present
Research in Nursing & Health	Reviewer	2007-present
International Journal of Psychiatry in Medicine	Invited Reviewer	Feb 2010
Journal of Affective Disorders	Reviewer	2015-present
Social Science and Medicine	Invited Reviewer	August 2017

Professional Memberships

<i>Organization</i>	<i>Role</i>	<i>Inclusive Dates</i>
Eta Phi Chapter of Sigma Theta Tau	Member	1983-1997
Houston Association of Psychiatric Nurses	Member	1993-1995
Charlotte Association of Psychiatric Nurses	Member	1996-1999
	President	1998-1999
American Psychiatric Nurses Association	Member	1999-2001 2011-present
Gamma Iota Chapter of Sigma Theta Tau	Member	1997-2005
Southern Nursing Research Society	Member	2000-present
Zeta Pi Chapter of Sigma Theta Tau	Member	2005-present
	Member of Leadership Succession Committee	2012-2014

Institutional Service

<i>Institution</i>	<i>Committee</i>	<i>Role</i>	<i>Inclusive Dates</i>
UTHSC-Houston School of Nursing	Baccalaureate Council	Member	2005-present
UTHSC-Houston	Baccalaureate	Chair-Elect	2010

School of Nursing UTHSC-Houston	Council Baccalaureate	Chair	2010-2011
School of Nursing UTHSC-Houston	Council Faculty Life Council (FLC)	Member	2007-2009. 2011-2013
		Chair-Elect	2014-2015
		Chair	2015-2016
UTHSC-Houston School of Nursing	Administrative Evaluation Tool Committee (Subcommittee of FLC)	Member	2008-2009
UTHSC-Houston School of Nursing	Appointment, Promotion, Tenure, and Review Committee (APTR) (Subcommittee of FLC)	Member	2011-2013
UTHSC-Houston	Interfaculty Council (IFC)	Member	2007-2009 2014-2015
UTHSC-Houston	Thomas Burkes Scholarship (Subcommittee of IFC)	Member	2008-2009
UTHSC-Houston School of Nursing	Search Committee	Member	2008-2010
UTHSC-Houston School of Nursing	School of Nursing Administrative Council (SONAC)	Member	2011
UTHSC-Houston School of Nursing	PhD Council	Member	2013-present

Community Service

Menninger Clinic

<i>Committee</i>	<i>Role</i>	<i>Inclusive Dates</i>
Nurse Excellence Award Reviewer	Member	2009, 2011-2013

Courses Taught

University of North Carolina at Charlotte (Undergraduate Program)
Nurs 4120, Psychiatric/Mental Health Nursing (6 credits), 1998-2000, Clinical

Gardner-Webb University (RN-BSN Program)
Nurs 301, Nursing Research (3 credits), 1998 and 2003, Didactic
Nurs 303, Trends in Health Care (3 credits), 1999, Didactic
Nurs 403, Nursing Leadership and Management (3 credits), 2003-2004, Didactic
Nurs 409, Senior Seminar (2 credits), 2000-2004, Didactic

UTHSC- Houston School of Nursing (Undergraduate Program)

Nurs 3526, Psychiatric and Mental Health Nursing (6 credits), Lecturer , Course Leader, Clinical Instructor, 2005-present, Didactic and Clinical

Nurs 3814, Psychiatric and Mental Health Nursing (Accelerated Program) (6 credits), Clinical Instructor, 2005-2007, Clinical; Course Leader, 2009, 2010

Nurs 4521, Community Health (6 credits), Clinical Instructor, 2006-2008, Clinical

UTHSC- Houston School of Nursing (Master's Program)

Nurs, 6105, Evaluation and Application of Research (3 credits), Co-faculty, 2013-2016, Online

UTHSC – Houston School of Nursing (DNP Program)

Nurs 6808, Translational Science (3 credits), Co-faculty, 2017

UTHSC- Houston School of Nursing (PhD Program)

Nurs 7501, Conceptual Basis of Nursing Science (3 credits), Co-faculty, 2016, 2017

List of Thesis/Dissertation Advisees

UTHSC-Houston School of Nursing

Julie Pham, "The Effect of Distant, Intercessory Prayer on the Promotion of Well-Being in Hypertensive Patients in an Outpatient Setting." Master of Science in Nursing, May 2009, Chair.

Dissertation Committee Memberships

UTHSC-Houston School of Nursing

Michael Brown, "The Power of Reasoning: How Student Nurses Develop Confidence in Reasoning." July 2015, Committee Member

UTHSC-Houston School of Nursing

Chukwudi Ekwemakor, "Treatment Recidivism in Adolescents with Mental Illness: An Ethnographic Study," September 2015, Committee Member

UTHSC-Houston School of Nursing

Julie Walker, "The Relationship Between Meaning of Illness and Symptom Burden, Depression, and Quality of Life in Cancer Patients with Leptomeningeal Metastasis.

PhD Candidacy Committees

UTHSC-Houston School of Nursing

Michael Brown, "Simulation and Undergraduate Education"; August 2014, Committee Member.

UTHSC-Houston School of Nursing

Chukwudi Ekwemakor, "Influence of Cultural Issues Associated with High-Risk Behavior on Recidivism in Adolescents with Mental Illness"; July 2015, Committee Member

UTHSC-Houston, School of Nursing

Belanie Peavy, "What is the State of Science on Knowledge about Resilience and Factors that Promote Resilience in Adolescents and Young Adults;" July 2015, Committee Member

Community Presentations

Soares, J. C., Byrne, J. H., Linder, S. H., Casarez, R.L. (2013, October). *A conversation about mental health: The next generation in research, treatment, and policy*. Panel discussion for UT Health Development Board Meeting, Houston Texas.

Vineeth, J., McLaughlin, B., Casarez, R.L., Jenkins, R., Czelusta, K., & Stolar, A. (2013, November).

Mental health careers questions and answers. Panel discussion for Rice University
Active Minds Club, Houston, Texas.

Casarez, R., (2016, November; 2017, April). *Bipolar Disorder*. Presented to Neuroscience Class at
the Kinkaid School, Houston, TX.