

## **CURRICULUM VITAE**

Shelley Ammeter Heinz BA RN MN  
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### **ACADEMIC DEGREES**

Master of Nursing: University of Southern Queensland. 2012. With distinction.

Nursing Diploma: Keyano College. 1986.

Bachelor of Arts: Justice and Law Enforcement: University of Winnipeg. 1984.

### **ACADEMIC APPOINTMENTS**

Nursing Instructor: University of Calgary, Faculty of Nursing. Calgary, Alberta.  
October 2013 – present.

Instructor / Tutor: Nursing and Allied Health-Academics: Collaborative Nursing Program, University of Alberta / Keyano College, Fort McMurray, Alberta.

August 2006 - 2012.

Education of student nurses in the baccalaureate and practical nurse programs. The baccalaureate program offers a four-year baccalaureate degree in nursing in collaboration with the University of Alberta. The practical nurse program was a brokered program offered with NorQuest College.

Lecture courses, CBL/Tutorial, laboratory, and clinical instruction.

Provide clinical instruction in acute care, continuing care, and community settings.

Classes listed in order of course progression through the program.

### **Faculty of Nursing - University of Calgary**

NURS 289 - Nurse Practice Course Coordinator: fall 2022, 2021, 2020, 2019, winter 2022, 2021, 2020.

NURS 289 - Lab instruction: winter 2022, fall 2013.

NURS 389 - Lab instruction: winter 2021

NURS 389 - Nursing Instructor (Continuing Care and Community): spring 2022, winter 2014.

NURS 489 - Nursing Instructor: fall 2022, fall 2017, 2016.

NURS 489 - Lab instruction: fall 2015.

NURS 499 – Lab instruction: winter 2022.

NURS 499 - Nursing Instructor (Mental Health): winter 2020, 2019, 2017, 2016.  
NURS 589 - Lab instruction: fall 2020.  
NURS 589 - Nursing Instructor (Mental Health Community) fall 2021, 2019, 2018.  
NURS 503.49 - Addictions and Mental Health, Co - IOR lectures: spring/summer 2015.  
NURS 503.49 - Addictions and Mental Health: Co-course coordinator, spring/summer 2014

Volunteer in delivery of Virtual Sim/ Turk Talks for various terms and with Medicine Hat College.

CASN Accreditation CV Completion Coordinator: March – June 2018.

Clinical Placement Coordinator (temporary): November 2014– March 2015.

CSLC consultations/lab practice sessions: fall 2013, fall 2014 and spring 2015.

### **Nursing Baccalaureate Program - Keyano College Collaborative Program University of Alberta**

Nurse 117 Anatomy and Physiology Lecture  
Fall 2007, fall 2008.

Nurse 118 Anatomy and Physiology Lecture  
Winter 2008, winter 2009.

Nurse 190 Nursing in Context A Tutorial and Labs  
Fall 2009, fall 2010, fall 2011.

An introduction to professional discipline of nursing, communication theory and context-based learning. The primary health care emphasis is on health promotion and disease prevention across the life span. Restoration, rehabilitation, health assessment and basic nursing skills are introduced.

Nurse 195 Nursing Practice II Clinical and Seminar  
Winter 2011, winter 2012.

Nursing practice includes health status assessment of clients and appropriate health promotion and disease/injury prevention interventions. Practice occurs in settings where clients live or community agencies where services are offered.

Nurse 390 Nursing in Context C Tutorial and Labs  
Fall 2006, fall 2009, fall 2010.

Within the context of primary health care, the focus is on the restoration, rehabilitation, and support of clients experiencing more acute variances in health. Discussion related to health promotion and disease prevention continues. Advanced health assessment and nursing skills introduced.

Nurse 394 Nursing in Context Tutorial  
Fall 2006.

This course is a continuation of Nurse 390 with increasing situational complexity, focusing on a continuum of intervention from tertiary care to the community including the population health promotion model.

Nurse 395 Nursing Practice VL Clinical and Seminar  
Fall 2006, winter 2007, fall 2007, winter 2008, spring 2008, fall 2008, winter 2009, fall 2009, winter 2010 and fall 2010, winter 2011, fall 2011, winter 2012.

Nursing practice with a focus on restoration, rehabilitation, and support (including health promotion and disease prevention) of clients with mental health issues across the lifespan experiencing more acute variances in health. Labs and seminars include mental health assessment, risk assessment, mental health diagnoses, interventions in addiction and mental health disorders, and a focus on therapeutic communication and relational practice. Practice occurs in acute care mental health unit and mental health and addictions community placements. Also responsible for development and scheduling of placements.

### **Practical Nurse Program - Keyano College**

PN 102 Health Education Lecture

Fall 2006, fall 2007.

Students learn norms for health behavior and then analyze their level of health and wellness and examine ways to promote a healthy lifestyle.

PN 156 Nursing Foundations II. Lecture and Labs

Winter 2011.

Students learn how nursing models and nursing process are applied for evidence-based practice in activities of communication, daily living, and medication administration. A lab component is included to apply theory to practice.

PN 207 Focused Practicum Clinical Placement

Winter 2008, winter 2009.

Focused practicum in one of a variety of areas including Community Health, Mental Health, Day Surgery, Orthopedic Assessment, and Pediatrics. Responsible for collaborative development of placements.

PN 208 Comprehensive Practicum Clinical Preceptorship Placement

Winter 2008, winter 2009.

Comprehensive approach to practice of nursing in medicine or surgery. Responsible for collaborative development of placements.

### **PROFESSIONAL MEMBERSHIPS, QUALIFICATIONS, AND EXPERIENCE**

#### **Professional Memberships:**

College of Registered Nurses of Alberta: current

Canadian Nurses Association: current

Golden Key International Honour Society: 2011 – current

#### **Committee Membership:**

Undergraduate Program Committee (UPC): 2021-current

**Qualifications:**

BLS – Current

**Scholarship:**

Batac, Jason; Chin, Krystal; Friesen, Rebecca; Hetu-McLean, Sydney; Ammeter Heinz, Shelley; Smith, Heidi; McCaffrey, Graham; Cullen, Michelle, 2022, "Ani", <https://doi.org/10.5683/SP3/PGXOKG>, Scholars Portal Dataverse, V1

Fox, Courtland; Macmillan, Bobbi-Jo; Parker, Rebecca; Rajapaksa, Sahani; Ammeter Heinz, Shelley; Smith, Heidi; Cullen, Michelle; McCaffrey, Graham, 2022, "Kevin Gets Cranky", <https://doi.org/10.5683/SP3/KJ1UNC>, Scholars Portal Dataverse, V1

Anderson, Daniella; Klimack, Ryann; Joson, Roxanne; Morrison, Josie; Ammeter Heinz, Shelley; Smith, Heidi; McCaffrey, Graham; Cullen, Michelle, 2022, "Jordan", <https://doi.org/10.5683/SP3/FVITGJ>, Scholars Portal Dataverse, V1

Patmore, Julie; Rommens, Katelyn; Sidhu, Subhreet; Ammeter Heinz, Shelley; Smith, Heidi; McCaffrey, Graham; Cullen, Michelle, 2022, "Rehman", <https://doi.org/10.5683/SP3/QXKDPB>, Scholars Portal Dataverse, V1

Nweke, Oluchi; Stevens, Mark; Toffolo, Rebecca; Smith, Heidi; Ammeter Heinz, Shelley; Cullen, Michelle; Topps, David; 2021. "Paula's Picks". <https://doi.org/10.5683/SP2/NM7UUI>. Scholars Portal Dataverse. V1

**Professional Experience:**

**Staff Nurse - Casual:** March 2006- 2012. Northern Lights Regional Health Center, Fort McMurray, Alberta  
Provided crisis nurse intervention to the Emergency Department, mental health consultation to inpatient units, and community agencies and inpatient mental health care.

**Mental Health Therapist - Outpatient Mental Health Services:** 1988 - 2006. Northern Lights Regional Health Center, Fort McMurray, Alberta  
Providing intake, assessment, treatment, individual and group counseling, crisis intervention, consultation to inpatient units, psycho-educational groups, skill building and Dialectical Behavioral Therapy in an outpatient setting within a multi-disciplinary team. Trained and proficient in Solution Focused Therapy, Cognitive Behavioral Therapy, Psychotherapy Groups, and Dialectical Behavioral Therapy. Services are provided to the full spectrum of mental health and addictions disorders. Provided ongoing consultation for community agencies for resources, referrals, and education. Extensively involved in program development of mental health services in both inpatient and outpatient program delivery. Engaged in development and implementation of a Postpartum Depression Screening Program for Public Health. This includes education on the Edinburgh Post-natal Depression Scale, risk assessment, resources, and referrals for Public Health Nurses.

**Instructor** - Mental Health Nursing: April – May 2006, August-December 1997. Keyano College, Fort McMurray, Alberta

**Staff Nurse** - Inpatient Mental Health Services - 1986-1988. Northern Lights Regional Health Center, Fort McMurray, Alberta  
Providing nursing care on an inpatient psychiatric unit.