

Patrice Ellen Rancour, MS, RN

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Education:

1978 M.S. in Nursing, Ohio State University. Specialized in general systems approach to community mental health, family therapy and mental health consultation and education.

1973 B.S. cum laude in Nursing, Ohio State University. Member of Sigma Theta Tau, National Nursing Honorary; member of Alpha Tau Delta Nursing Sorority; vice-president Torch Club Service Organization.

- Ohio R.N. License # 21-12-5605.
- Second Degree Reiki Therapist
- Certified Advance Care Planning Facilitator

Professional Experience:

1981- present. Private practice providing individual, family and group therapy as well as mental health consultation and education to business, government and professional organizations (see Professional Presentations listing). Currently affiliated with Vitellas Chun, an Integrative Medicine practice in Columbus, Ohio.

2018 - present. Educational Consultant with Impact Solutions, an Employee Assistance Plan, Columbus, Ohio providing webinars and on-site education for institutions of higher learning and health systems.

2013-2016. Mental Health Clinical Nurse Specialist, Integrative Medicine, Ohio State University Wexner Medical Center. Provide mental health, mind/body approaches, biofeedback, emotional freedom techniques, and energy therapies to a general adult population, specializing in non-pharmacological approaches to pain and stress management.

2012-2016. Clinical Assistant Professor in the College of Nursing, Ohio State University.

2003-2013. Program Manager, OSU Faculty/Staff Wellness Program. Development, implementation and evaluation of employer-sponsored health and wellness initiatives for OSU faculty/staff. Member of the team developing the Your Plan for Health initiative, embedding wellness into the University's health care plan (www.yourplanforhealth.com). Population health management. Experience with biometric health screenings, wellness ambassador programs, population vaccination programs, health coaching, educational and other wellness programming. Special initiatives and pilot projects designed to create a culture of wellness in an academic community.

2009 - 2011. Staff therapist for University Health Connection, OSU faculty/staff primary and urgent care clinic. Provide behavioral health care as part of an integrated, patient-centered health care home.

1991–2003 Psychiatric/Mental Health Clinical Nurse Specialist, James Cancer Hospital and Research Institute.

Clinical responsibilities: As Chair of the Patient Support Services Committee, developed, implemented and evaluated a comprehensive psycho-oncology program for patients, families and staff. Program includes a full range of support groups, bereavement initiatives, staff development and patient education programs, body image programs, milieu treatment programs, research and evaluation projects, publications and awards.

Develop a hospital-wide mental health consultation liaison service to provide crisis intervention, grief facilitation and therapy for patients and families facing life-threatening illness. Staff support counselor for Palliative Medicine and Hospice Program.

Member, Cancer Pain Service, Comprehensive Oncology Rehabilitation Leadership Council, Oncology Rehabilitation Conference Planning Committee, Advance Practice Nursing Peer Review Subcommittee of Medical Credentialing Committee among many others.

Teaching responsibilities: Patient education via individual, group and class formats on a variety of mental health and wellness approaches to coping with life threatening illness. Staff development on the use of cognitive, behavioral and holistic approaches with patients via inservices, mandatory education presentations, Basic Oncology Nursing Course and the Advanced Oncology Nursing course. Faculty for Roxanne Pain Scholars Program. Numerous presentations to business and industry for the Medical Center's Corporate Health and Wellness Office and Faculty/Staff Wellness Program.

Adjunct faculty status, College of Nursing. Precept graduate and undergraduate nursing, allied health and medical students in the clinical arena. Develop and present class lectures as well as participate on multidisciplinary seminar panels.

For the College of Medicine, develop Psycho-oncology mini-module, participate in Death and Dying mini-module, Doctor-Patient Relationship Series, Complementary Medicine module, Breaking Bad News Simulations, Palliative Medicine, Cultural Diversity programming and contract work developing curriculum materials and teaching medical students communications competencies regarding end-of-life decision-making.

Leadership position to develop The Ohio State University Center for Integrative Medicine. Planning including proposal writing, developing credentialing standards, collaborative committee work across community, colleges and departments.

1985-1990 Co-founded, owned and managed Wilbridge Consultation Center, a multidisciplinary holistic health center in Columbus, Ohio.

1979-1985 Consultant with ANCER (Applied Nursing Consultation and Education Resources, a nurse-owned consulting firm). Program and staff development targeted for Midwest health care agencies.

1979-1983 Clinical Nurse Specialist, North Central Mental Health Services.

- Coordinator for Professional Development, North Central Institute: conference planning, implementation and evaluation for professional groups.
- Women's Issues Consultant: programming for high-risk groups of women.
- Outpatient Therapist: individual, family and group therapy as well as consultation and education.

1978-1979 Nursing Consultant, Ohio Department of Mental Health and Mental Retardation, Division of Mental Health. Provided consultation relative to JCAH and Medicare standards and programming to nineteen state mental health facilities.

1975-1977 Instructor, Grant Hospital School of Nursing. Taught Nursing Fundamentals, Psychiatric Nursing, and integrated mental health concepts into the curriculum. Membership on numerous faculty committees.

1974-1975 Director of Nursing, Alpine Mental Health, Alpine California. Responsible for direct supervision of nursing personnel, direct patient care, coordination of patient services, writing patient care policies, staff development, etc.

1973-1974 Staff Nurse, Adolescent Unit, Harding Hospital. Dealt with wide range of mental health problems in persons 12-18 years of age in milieu therapy setting. Charge nurse responsibilities.

Professional Memberships/Honors:

- Ohio State University Council on Academic Excellence for Women (1995-1998)
- 1993 Service Award from the Volunteer Services Department of the Arthur James Cancer Hospital and Richard Solove Research Institute
- 1994 Spirit of Hope Award, Arthur James Cancer Hospital and Richard Solove Research Institute
- 1995 Award for Excellence in Patient Education Interdisciplinary Team Award, OSU Medical Center
- 2001 Division of Nursing Clinical Excellence Award, James Cancer Hospital and Solove Research Institute
- 2003 Healthcare Professional of the Year, Columbus Cancer Clinic
- 2005 Silver Governor's Award for Healthy Ohioans Workplace, OSU Faculty/Staff Wellness Program
- 2009 5 star, 100 point rating for Tales from the Pager Chronicles from Doody's Book Review Service.
- 2010 Tales from the Pager Chronicles entered into Ohio State University's All Ohio Book Collection.
- 2014 OSU College of Nursing, 100 Alumnae Transformer of Nursing and Health Care

Other Professional Activities:

- 2012-present Board of Directors member and volunteer with the Reiki Center's Stone Soup Project, a collaborative of workers providing pro bono therapeutic energy services to underserved populations in the community.
- 2008-2009 Community Educational Presentations for Ohio Health
- 2003 - 2004 Juror, Columbus International Film and Video Festival, Chris Awards, Mental Health Documentary Division.
- 1998-2009 Support group work and member professional advisory board for The Wellness Community, Columbus
- 1992 - 2003 Advisor, American Cancer Society—One to One Program
- 1983 - 1985 Clinical Instructor, Capital University College of Nursing, Columbus State Institute

1980 - 1983 Member, vice-president, Board of Directors of St. Mark's Health Center
1977 - 1978 Volunteer Worker, Emergency Services, North Central Mental Health Services, Crisis intervention on a walk-in or phone basis.

Publications:

Books

The Pager Chronicles Volume II (2010), Booklocker.com.

Tales from the Pager Chronicles, (2008). Sigma Theta Tau International, Indianapolis.

Chapters

Lessening the burdens of family caregivers and transitions in family dynamics, in *Cancer Survivorship: Transdisciplinary, Patient-Centered Approaches to the Seasons of Survival*, Edited by Pamela Haycock, Oncology Nursing Society. In press for 2019.

Helping children cope with loss and grief, in *A Practical Guide to Child and Adolescent Mental Health Screening, Early Intervention and Health Promotion*, National Association of Pediatric Nurse Practitioners, Bernadette Melnyk, editor, 2013, 2015.

Psychological problems of physically ill patients, in *Psychiatric-Mental Health Nursing: An Interpersonal Approach to Professional Practice*. 2012, 2016. Edited by Jeff Jones, Ph.D. & Joyce Fitzpatrick, Ph.D., Springer Publishing.

Co-author with Chovan, John and Cluxton, Doug, Principles of patient and family assessment, in *The Oxford University Press Textbook of Palliative Nursing*. (2015). Edited by Betty Ferrell, Nessa Coyle, Judith Paice. 58-80.

Emotional wellness: keeping it real and keeping your cool, when all around you, others are losing theirs. (2009). in *Healthy Profits: The Five Elements of Strategic Wellness in the Workplace*, ed. Sandra Larkin, Yellow Duck Press, Chicago. 131-134.

Working with angry patients and families. (2007. 2000). *The Clinical Teaching Handbook*, eds., Andy Hudson and Dawn Watson, Ohio State University College of Medicine and Public Health, Columbus, Ohio, 75-77.

Clinical treatment for body image disturbances: variations on a theme: interactive guided imagery, empty chair work, and therapeutic letter-writing. (2006). *Body Image: New Research*, Nova Science Publications, New York.

Contributor, Nursing as a spiritual path. (2006). *21 Peaceful Nurses*, Ed. By Doris Popovich and Joan Cantwell, Outskirts Press, Colorado.

Party talk. (2005). *Ordinary Miracles in Nursing*, edited by Patricia Winstead-Fry and Deborah Labovitz, Jones and Bartlett Publishers, Boston, 245-248.

Computer-Based Training Programs, CDs and Other On-line Programs

Complementary and Alternative Therapies for the Older Adult in Topics in Gerontology Program for The OSU Department of Geriatrics and Gerontology program, 2016.

Integrating Complementary and Alternative Therapies into Palliative Care for *Hospicescript*, national webinar for hospice staff, 2006, 2012.

Courageous Conversations, 2009, web-archived lecture for The OSU College of Nursing, Oncology Nursing Course. <https://nucleus.con.ohio-state.edu/oncology/courageous%20Conversations/index.html>

SUNSET, The Series to Understand, Nurture and Support End of Life Transitions, a comprehensive web-based palliative care curriculum designed to improve palliative care skills of multidisciplinary long-term care workers at <http://sunset.osu.edu>. (2016, 2009, 2002) for OSU Department of Geriatrics and Gerontology.

Mental health issues: symptom recognition, intervention and referral. (2006, 2015). *Professional Service Coordinator Certificate Program*, a web-based curriculum for HUD-based service coordinators, for OSU Department of Geriatrics and Gerontology, <http://aasc.osu.edu>.

Guided Meditations from The James, (2000). CD and Tape of relaxation exercises, voice narration accompanied by harp with Pegi Engelman-Loose.

20 Online Guided Meditations for OSU Faculty and Staff:

<http://www.osuhealthplan.com/online/guidedimagery>

http://medicalcenter.osu.edu/patientcare/healthcare_services/integrative_medicine/clinical-services/Pages/Mind-Body-Therapies.aspx

Papers/Articles

Making the case for integrative mental health care: what is it and why now?, in *Alternative and Complementary Therapies*, In press for Dec, 2017.

Co-author with Linda Haley, The stone soup project: a model for the delivery of holistic health services to under-served populations in the community, in *Alternative and Complementary Therapies*, Oct. 2017, vol 23, No. 5. doi:10.1089/act.2017.29128.pra.

The emotional freedom technique: finally, a unifying theory for the practice of holistic nursing, or too good to be true? in *Journal of Holistic Nursing*, May, 2016, doi.10.1177/0898010116648456.

Grief, depression and healing, in *Natural Awakenings*, Central Ohio, Feb.2015.

Understanding health by studying the past, in *Natural Awakenings*, Central Ohio Edition, February, 2014.

From patient to survivor: making the transition, in *Coping with Cancer Magazine*, May/June, 2011.

Art interpretation as a clinical intervention toward healing, co-authored with Terry Barrett, PhD., PubMed, in *Journal of Holistic Nursing*, Vol. 29, No.1, March, 2011.

Hospital psychiatric nurses: must we be so rigid? (1995). Guest Editorial in *Perspectives in Psychiatric Care*, 31(3), July-Sept, 3.

Interactive guided imagery with oncology patients: a case illustration. (1994). *Journal of Holistic Nursing*, 12(2), June, 148-154.

The development of a comprehensive psychosocial oncology program. (1993). *The Journal of Oncology Management*, 2(5), September- October, 33-35.

In praise of failure: our own, our clients. (1993). Guest Editorial in *Perspectives in Psychiatric Care*, 29 (3), July-September, 3.

Guided imagery: a technique for healing when curing is out of the question. (1991). *Perspectives in Psychiatric Care*, 27(4), 30-33.

Problem patrons or problem librarians? codependency & the law librarian. (1990). *Reader Services Law Librarian*, 13(1), September, 2-5.

Developed for ANCER (Applied Nursing Consultation and Educational Resources), Columbus, Ohio: Facilitating Positive Energy in the Workplace, 1983.

Gaining Interactive Power: Conflict Resolution and Assertive Problem-Solving, 1982.

The Nurse, the Patient and Human Sexuality, 1980.

Stress management for patients with chronic aphasia. (1982). *AAO Exchange (Aphaseology Association of Ohio)*. 2(1), 22-25.

Group synergy or how to multiply health potential in persons coping with disease (1980). *Health Values: Achieving High Level Wellness*. 4(3), May, June, 117-118.

Book Reviews

The Path Through Grief: A Compassionate Guide by Marguerite Bovard with Evelyn Gladu for *Oncology Nursing Forum*, 26(8), Sept., (1999). 1387.

Affirming the Darkness, an Extended Conversation about Living with Prostate Cancer by Martha and Chuck Wheeler for *Oncology Nursing Forum*, 24(10), Nov./Dec, 1812. (1997). 1812.

Professional Presentations:

The following represent groups for which conferences, workshops and seminars were presented between 1977–present.

Ohio Department of Health

- Ohio Women's Health Initiative–Psycho-oncology
- Division of Chronic Diseases–Conflict Resolution
- Division of Family Planning–Assertiveness Training
- Division of Occupational Health–The Planning of Change

The Ohio State University

- Department of Agricultural Education–Assertive Communications, Advance Care Planning.
- Office of Women’s Services–Assertiveness Training of Trainers
- College of Nursing–Psycho-oncology, Relationships with Dying Patients, Complementary Therapies, Health Coaching, Guided imagery
- College of Medicine–Extensive participation in the Medical Humanities Program.
- College of Pharmacy – Integrative Therapies and the Oncology Patient, Reiki and Guided Imagery
- College of Veterinary Medicine – Reiki and Guided Imagery
- School of Optometry – Communications Skills for Working with Visually Impaired
- Summer Institute – Maximizing Quality of Life for Patients and their Families
- School of Allied Health -Assisting Patients and Families Face Life-Threatening Illnesses
- Faculty/Staff Wellness Program – Health and Spirituality, Responding to Serious Illness in the Workplace, Wellness Coaching Workshop and Retreats, Advance Care Planning, Locating Reliable Health Information on the Internet, Working through Change and Transitions, Insomnia Management, The Many Applications of Guided Imagery, How to Be Your Own Health Coach, Ten Ways to Move More on the Job and in Your Life, Stress, Nutrition and You, The Multigenerational Workforce, Stress Management, Holiday Stress, Conflict Resolution (webinars),

Annual James Cancer Hospital Rehabilitation Conferences

- 2004 James Continuing Education – Letter-Writing as a Tool to Integrate Altered Body Image
- 2002 Psychosocial Rehabilitation and Altered Body Image
- 2002 James Nursing Grand Rounds – Courageous Conversations
- 2001 Complementary Therapies and Cancer Care
- 2000 A Comprehensive Bereavement Program in a Tertiary Care Facility

Ohio State University Medical Center

- Medical Intensive Care Unit – Courageous Conversations
- Medical Center Service Board – Communication and the Alleviation of Suffering
- University Hospitals East – Behavioral Approaches to Pain Management
- Center for Wellness and Prevention – Health Coaching
- Department of Pastoral Care – Working with Dying Patients
- University Hospitals Department of Nursing Staff Development– Multiple annual conference presentations, e.g. Guided Imagery, Death & Dying, Stress Management for Caregivers, Support Groups, Working with Families, Compassion Fatigue, Tales from the Pager Chronicles, Readings from the Bedside, Integrative Health Care, etc.
- Department of Surgery – Compassion Fatigue in Surgeons
- Integrative Care Conference: Guided Imagery, September, 2012
- Reiki and Guided Imagery class for #HRS4570 The Role of Integrative Medicine in Society
- Clinic for Integrative Medicine: Guided Imagery Training for Health Professionals, 2014, 2015, 2016. Bazzoli Seminars for Integrative Medicine 2015, 2016. Group work for CHF patients 2014, 2015. Preventing Physician Burnout, Family Medicine, 2016.
- U.S. Department of Housing and Urban Development–Conflict Resolution
- Ohio Medical Records Association–Stress Management
- Aphaseology Association of Ohio–Stress Management