

CARVER COLLEGE OF MEDICINE CURRICULUM VITAE

Laura Dellos

October 2020

I. EDUCATIONAL AND PROFESSIONAL HISTORY

A. List of institutions attended (earliest to most recent)

1985	BS (Nursing) - University of Missouri, Colombia, Missouri
1991	MS (Nursing) - University of California, San Francisco, California

Licensures

RN/ARNP, Iowa

Certifications

2010 - 2017	Centering Pregnancy Facilitator
2015 - 2017	Centering Pregnancy Facilitator Trainer (received fall 2015)
2020	ACLS
1991 - 2023	Certified Nurse-Midwife, American College of Nurse-Midwives, American Midwifery Certification Board
1989 - Present	Certified Childbirth Educator, American Society for Psychoprophylaxis in Obstetrics (ASPO/Lamaze)
1999 - Present	ALSO (Advanced Life Support in Obstetrics), American Academy of Family Physicians
2015 - Present	Advanced Fetal Monitoring Certification

B. Professional Development Activities

2010	Continuing Education Program, Introduction to Statistical Methods <i>Completed Introduction to Statistical Methods Spring Semester 2010 as a requirement for the College of Nursing doctoral programs.</i>
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C. Employment History

1986 - 1989	Clinical Nurse II/Childbirth Educator Saint Luke's Hospital, Kansas City, Missouri
1989 - 1991	Childbirth Educator Family Birthplace Education Center, San Francisco, California
1991 - 1993	Staff Certified Nurse-Midwife University of California Birthing Center, Orange, California
1991 - 1993	Assistant Clinical Professor University of California, Irvine, Department of OB/GYN, Irvine, California
1995 - 1998	Certified Nurse-Midwife, Private Practice Nurse Midwife Associates of Saint Luke's/Shawnee Mission Health Systems, Kansas City, Missouri
1994 - 1998	Volunteer Clinical Faculty University of Kentucky School of Nursing

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1996 - 1998	Adjunct Clinical Faculty University of Missouri, Columbia, Sinclair School of Nursing, Columbia, Missouri
2000	Instructor, Maternal-Newborn Nursing St. Ambrose University, Davenport, Iowa
1998 - 2006	Certified Nurse-Midwife, Private Practice Genesis Health Group/Bettendorf OB/GYN, Bettendorf, Iowa
2006 - 2007	Staff Certified Nurse Midwife University of Iowa Hospitals and Clinics/Carver College of Medicine, Dept of OB/GYN, Iowa City, Iowa
2007 - 2009	Clinical Instructor, Department of Obstetrics and Gynecology University of Iowa Hospitals and Clinics/Carver College of Medicine, Dept of OB/GYN, Iowa City, Iowa
2009 - 2011	Clinical Assistant Professor, Department of Obstetrics and Gynecology University of Iowa Hospitals and Clinics/Carver College of Medicine, Dept of OB/GYN, Iowa City, Iowa
2011 - 2016	Staff Advanced Registered Practice Nurse University of Iowa Hospitals and Clinics/Carver College of Medicine, Dept of OB/GYN, Iowa City, Iowa
1999 - Present	Adjunct Clinical Faculty University of Illinois-Chicago, Chicago, Illinois
2014 - Present	Certified Nurse-Midwife Covenant Prenatal Clinic, Waterloo, Iowa
2016 - Present	Physician Informatics Officer Health Care Information Systems, University of Iowa Hospitals and Clinics, Iowa City, Iowa
2016 - Present	Clinical Associate Professor, General Obstetrics and Gynecology Division University of Iowa Hospitals and Clinics/Carver College of Medicine, Iowa City, Iowa
2018 - Present	Interim Service Director for Certified Midwives, Department of Obstetrics and Gynecology University of Iowa Hospitals and Clinics, Iowa City, Iowa <i>1) Developed meeting template and facilitates monthly meetings</i> <i>2) Led the process for opening the outreach clinic in Washington County and opening of Cedar Rapids Outreach 2019-2020</i> <i>3) Developed orientation materials for new CNMs and organized the orientation calendar for each new CNM</i> <i>4) Responsible for CNM scheduling.</i> <i>5) Built and managed CNM schedulee and templates including schedule revision during COVID-19</i>

D. Honors, Awards, Recognitions, Outstanding Achievements

1984 - 1986	Sigma Theta Tau
1996	Archon Award - Sigma Theta Tau
1996	Collaboration for Healthy Families Award - Missouri Perinatal

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Association

1997	Missouri State Board of Nursing - Appointed by the Honorable Mel Carnahan, Governor
2000	American College of Nurse-Midwives/Maternal-Child Health Association Fellowship
2001	Iowa Board of Nursing Advanced Registered Nurse Practitioner Committee - Appointed 1999, reappointed 2001
2017 - 2019	Clinical Leaders in Informatics Development Program
2019	Certificate of National Best Practice - Top Performer in VBAC - ACNM Benchmarking Project

II. TEACHING

A. Teaching assignments

Classroom, Seminar, Teaching Laboratory

1995	Anatomy and Physiology of Pregnancy Murray State University <i>FNP student</i>
Fall 2000	Instructor, Nursing the Beginning Family <i>BSN students, St. Ambrose University</i> <i>Responsible for curriculum development and didactic implementation.</i>
Fall 2003 - Spring 2004	Clinical Instructor, Maternal-Newborn Nursing <i>ADN Students, Blackhawk College, Moline, IL</i> <i>Responsible for clinical assignments, supervision and teaching</i>
Fall 2006	Clinical preceptor, Department of OB/GYN <i>Medical students, University of Iowa; FNP and CNM students from the University of Iowa, University of Illinois and Allen College of Nursing</i> <i>Responsible for instruction of 3rd and 4th year medical students and ARNP graduate students for outpatient and inpatient obstetrical care.</i>
Fall 2007	Lecturer, Department of OB/GYN <i>Antepartum Care 20 to 42 weeks. Noon lecture series during OB/GYN rotation</i>
Fall 2008 - Fall 2009	Facilitator, Professional and Personal Development Course <i>Responsible for teaching patient interview skills, professional and cultural issues to first year medical students. This included a service project</i>

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Fall 2010	<i>Faculty Preceptor, M4 Elective in Normal Obstetrics and in Centering</i> <i>Preceptor for M4 2011 and 2014</i>
Fall 2010	New Faculty Orientation, Department of OB/GYN <i>Supervised and oriented new CNM including simulation activities</i>
Spring 2011	Faculty Preceptor <i>FCP4 Small Group Discussion</i> <i>Facilitated two group discussions of OB/GYN cases.</i>
Spring 2008 - Fall 2011	Lecturer, Department of OB/GYN <i>Orientation to Antepartum and Intrapartum Care including abdominal assessment of the pregnant patient and hand maneuvers for delivery.</i>
Fall 2008 - Fall 2011	Evaluator for Performance Based Assessment <i>Medical students, University of Iowa</i> <i>Observe and provide feedback to M3s and M4s during their OB/GYN Clerkship activity with standardized patient encounters.</i>
Spring 2010 - Spring 2012	Healthcare, Ethics, Law and Policy <i>Responsible for facilitating a small group discussion for first year medical students. Also responsible for reviewing and grading a required paper for the course.</i>
Spring 2014	Small Group Facilitator, Medicine and Society
2017	Small Group Facilitator, Clinical and Professional Skills II
2015 - Present	Small Group Facilitator, Interprofessional Education

B. Student Supervision (* indicates chair of the committee)

Graduate Students

2017	SUNY Stony Brook
2017	Sarah Jones University of Iowa <i>Lead Preceptor for CNM Student, Spring 2017</i> University of Iowa <i>PA students, and ARNP students</i>

Medical Students

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2017 - Present

University of Iowa Carver College of Medicine/Department of OB/GYN
Mentor, Early Clinical Experiences

University of Iowa

Residents

University of Iowa
FP/Psych, and IM residents

University of Iowa
R1 and R2 OB/GYN

C. Other Teaching Contributions

Institutional Conferences, Grand Rounds, Journal Clubs, Etc.

November 2019 Doula care and centering - University of Iowa Hospitals and Clinics
Department of Ob/Gyn, Iowa City, IA
Hosted a resident journal club with Meagan Thompson

April 2020 Shoulder dystocia and breech delivery management - University of
Iowa Hospitals and Clinics, Iowa City, IA
Lecture given to ER residents

Other Teaching Contributions

1992 - 1993 Clinical Preceptor - University of California, Irvine, Irvine, CA
CNM students, Family Practice Residents and Medical Students

1993 - 1994 Clinical Preceptor, Mayfield, KY
CNM students

1995 - 1998 Education Coordinator & Clinical Preceptor - Nurse Midwife
Associates of Saint Luke's/Shawnee Mission Health Systems, Kansas
City, MO
RN and CNM students, Nurse-Midwife Associates

1999 - 2006 Clinical Preceptor - Genesis Health Group/Bettendorf OB/GYN,
Bettendorf, IA
FNP, AHNP and CNM students

February 2011 - Preceptor, Advanced Case Management course - UI College of
March 2011 Nursing, Iowa City, IA
*Preceptor for a student in the Clinical Leader degree program in the
CON*

2010 - 2011 University of Iowa, Iowa City, IA
Participated in the development of a M4 elective in normal obstetrics

2012 Presented information about nurse-midwifery to NCJH at a career fair

2014 University of Iowa, Iowa City, IA
*Participated in the development of an M4 elective for Centering
Pregnancy*

April 2017 Facilitator Training Workshop for Diabetes Care Providers - University
of Iowa Hospitals

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July 2017	PGY1 Residents Orientation: Assisted with Shoulder Dystocia and Postpartum Hemorrhage Management - University of Iowa Hospitals and Clinics
November 2017	Resident Education Lecture: Labor Triage - University of Iowa Hospitals, Department of Obstetrics and Gynecology
2017	Nursing Inservice for Birth Stool Use - University of Iowa Hospitals
2017	R1 Orientation: Assisted with simulation training - University of Iowa Hospitals, Department of Obstetrics and Clinic
2016 - 2018	OB/GYN Clerkship Lecture: Newborn Care Offered Each Clerkship Rotation - University of Iowa, Department of Obstetrics and Gynecology
October 2019	Facilitated Hands on Health Program
October 2019	<i>Reviewed student application for international fellowship and provided letter of recommendation</i>
June 2020	Physiologic birth management and birth maneuver simulation - University of Iowa Department of OB/GYN <i>Two-hour orientation for new OB residents</i>
July 2020	Breast exams - University of Iowa Carver College of Medicine, Department of Ob/Gyn, Iowa City, IA <i>Provided instruction to the medical students on breast exam. Two groups—one hour each</i>
August 2020	Breast exams - University of Iowa Carver College of Medicine, Department of Ob/Gyn, Iowa City, IA <i>Provided instruction to the medical students on breast exam. Two groups—one hour each</i> M-3 Performance Base Assessment Evaluator, Ongoing - University of Iowa

III. SCHOLARSHIP/PROFESSIONAL PRODUCTIVITY

A. Publications or creative works (earliest to most recent)

Peer-reviewed papers and journal articles

1. Thorp JA, Murphy-Dellos L. Epidural and other labor analgesic methods, *Drugs Today*. 1998 June;34(6):525-36. PMID:15010713.
2. **Dellos L**, Marshall KK. Reducing Preterm Birth in Iowa with Centering Pregnancy, *Proceedings in Obstetrics and Gynecology*. 2011 November;2(2):Article 11 [5 p.].
3. Afifi RA, Abdulrahim S, Betancourt T, Btedinni D, Berent J, **Dellos L**, Farrar J, Nakkash R, Osman R, Saravanan M, Story WT, Zombo M, Parker E. Implementing Community-Based Participatory Research with Communities Affected by Humanitarian Crises: The Potential to Recalibrate Equity and Power in Vulnerable Contexts., *American journal of community psychology*. 2020 August 14. PMID:32797639. doi: 10.1002/ajcp.12453.

B. Media Contributions

C. Areas of Research Interest

D. Grants

Grant

Funded

Pregnancy model of care

March of Dimes, Iowa Chapter Community Grant for Implementation of the Centering
March of Dimes, Iowa Chapter Community Grant for Implementation of the Centering
June 2011

Pregnancy model of care

March of Dimes, Iowa Chapter Community Grant for Implementation of the Centering
March of Dimes, Iowa Chapter Community Grant for Implementation of the Centering
January 2012

Pregnancy model of care

March of Dimes, Iowa Chapter Community Grant for Implementation of the Centering
March of Dimes, Iowa Chapter Community Grant for Implementation of the Centering
January 2013

Children's Miracle Network Grant

July 2013

Not Funded

Healthy Beginnings Clinic

Robert Wood Johnson (Clinical Scholars Program)

February 2018

Oetting, Marguerite (Co-Principal), Dellos, Laura (Co-Principal)

Purpose: Improve care for Congolese mothers and infants

E. Presentations

October 2009

Women's Health Conference—Focus on Obstetrical Care, UIHC
Department of Nursing, Iowa City, Iowa. *Understanding Consumer
Choices in Childbirth and the Historical Context for Birth Plans.*

Grand Rounds

November 2009

University of Iowa, Department of Obstetrics and Gynecology, Iowa City,
Iowa. *Understanding Consumer Choices in Childbirth.*

March 2010

University of Iowa, Department of Obstetrics and Gynecology, Iowa City,
Iowa. *Understanding Group Prenatal Care.*

December 2015

University of Iowa, Department of Obstetrics and Gynecology, Iowa City,
Iowa. *Centering Pregnancy Program Update.*

February 2018

University of Iowa, Department of Obstetrics and Gynecology, Iowa City,
Iowa. *Advanced Practice Providers.*

February 2019

Department of Obstetrics and Gynecology Grand Rounds, University of
Iowa, Iowa City, Iowa. *EPIC Upgrade.* Kane, M, Merryman, A, Dellos, L.

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Invited Lecture

- 1991 University Of California. *Ethical Dilemmas in Perinatal Care: A Case Presentation.*
- 1991 University of California. *Models of Childbirth Education.*
- 1993 American College of Nurse Midwives Annual Convention. *Newborn Prophylaxis for Ophthalmia and Hemorrhagic Disease.*
- 1994 Murray State University. *Anatomy and Physiology of Pregnancy.*
- 1997 7th Annual Advanced Fetal Monitoring Course. *Intrapartum Fetal Assessment of the Low Risk Patient.*
- 1998 Greater Kansas City ACNM Chapter Annual Conference. *Bacterial Vaginosis & Preterm Delivery: A Growing Relationship.*
- 1998 River Valley OB/GYN Conference. *Intrapartum Fetal Assessment of the Low Risk Patient.*
- 1999 River Valley OB/GYN Annual Conference. *Alternative Strategies for Pain Management.*
- 1999 River Valley OB/GYN Annual Conference. *Cancer in Pregnancy.*
- 2000 River Valley OB/GYN Annual Conference. *Preterm Delivery Predictors.*
- 2002 River Valley OB/GYN Annual Conference. *New Contraceptive Alternatives—the Ring, the Patch and the IUD.*
- 2003 River Valley OB/GYN Annual Conference. *Breastfeeding Advocacy.*
- October 2008 Women's Health Conference-Focus on Women's Health Care, UIHC Department of Nursing. *Contraception Update.*
- April 2009 Presentation for UIHC employees organized by the Women's Clinic for marketing care options., UIHC Women's Clinic. *Preconceptual Health.*
- 2009 Leopold's Society, Carver College of Medicine. *Alternative Birth Choices (panel presentation).*
- January 2011 Panel Member. Conscious Birth Summit—Discussion of Hospital Birth Options.
- September 2011 Iowa City Doula Meeting. *Centering Pregnancy.*
- April 2013 Iowa Statewide Perinatal Conference. *Centering Pregnancy: An Innovative Model of Prenatal Care.*
- September 2014 UIHC Department of Pediatrics Fall Conference. *Update on Contraceptive Options for Adolescents.*
- October 2014 Children's & Women's Health Conference: Obstetrical Nursing. *Supporting Physiologic Birth.*
- October 2014 Annual Iowa AWHONN Conference. *Supporting Physiologic Birth.*
- November 2015 Ladies of Melrose. *Nurse Midwifery Care and Centering Pregnancy.*
- April 2017 Iowa Conference on Perinatal Medicine. *Facilitating Progress in the Second Stage of Labor.*

Panel

- January 2020 Meet the Midwives, University of Iowa Department of Ob/Gyn, Iowa City, Iowa.

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Part of a panel consisting of a series of 4 events to teach potential patients what a midwife is, and what gynecologic care, pregnancy care, and childbirth care look like with a midwife at UIHC.

May 2020

Meet the Midwives, University of Iowa Department of Ob/Gyn.
Part of a panel consisting of a series of 4 events to teach potential patients what a midwife is, and what gynecologic care, pregnancy care, and childbirth care look like with a midwife at UIHC.

August 2020

Meet the Midwives, University of Iowa Department of Ob/Gyn.
Part of a panel consisting of a series of 4 events to teach potential patients what a midwife is, and what gynecologic care, pregnancy care, and childbirth care look like with a midwife at UIHC.

Poster Presentations

October 2013

4th National Conference, Centering Healthcare Institute. *Introducing Obstetrics and Gynecology Residents to Centering Pregnancy Model of Care.* Dellos, LM (Presenter).

IV. SERVICE

A. Memberships in Professional Organizations

1998 - 2003

Iowa Chapter V-21 American College of Nurse-Midwives

2018 - Present

American College of Nurse-Midwives - Iowa Affiliate

B. Professional Service

CNM Representative

2014 - 2019

Iowa Board of Nursing, ARNP Advisory Committee

Chair

1997 - 1998

Missouri State Board of Nursing, Practice Committee

1999 - 2000

March of Dimes, Folic Acid Awareness Campaign Professional Subcommittee

Co-chair

2003 - 2004

Champagne on the Rocks, WQPT annual fundraiser

Committee member (2002 and 2005)

2002 - 2005

Champagne on the Rocks, WQPT annual fundraiser (2002-2003)

Editorial Board

2009 - 2011

Member of the editorial review board for Proceedings in Obstetrics and Gynecology, an online journal published by the Department of OB/GYN, University of Iowa

Founding Member and Past Chairperson

2002 - Present

Nurse-Midwife Quality Committee, Genesis Medical

Member

1988 - 1989

Saint Luke's Hospital, Clinical Advancement Committee

1992 - 1993

UCI Advanced Practice Committee

1994 - 1995

Regional Breastfeeding Task Force

1998

Missouri State Board of Nursing, Education Committee

1999 - 2004

Iowa Board of Nursing, Collaborative Practice Committee

1999 - 2006

Pleasant Valley School District, Human Growth & Development Committee,

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2008 - 2014 Protection of Persons Subcommittee
2020 - Present ACNM Iowa Affiliate, Nominating Committee

Officer, Secretary

1995 - 1998 Chapter V, American College of Nurse-Midwives

C. University, College, Department Service

University

2014 - 2015 UIHC EPIC Core Team, Member
2010 - 2016 UIHC Centering Pregnancy Implementation and Program Manager, Program Manager
2015 - 2018 UIHC Council on the Status of Women, Member
2017 - 2018 UIHC Council on the Status of Women, Co-Chair
2018 - 2019 Congolese Health Partnership, Co-Chair
2020 UIHC COVID screening volunteer
2018 - 2020 Congolese Health Partnership, Member
2013 - Present UIHC APP Supervisory Council., Board Member
2015 - Present UIHC Credentialing Committee, ARNP/PA Subpanel, Member

Department

2007 Process Improvement Project to improve clinic efficiency for the UI Women's Clinic, Member, Developed a protocol that resulted in eliminating urine dips for low-risk OB patients unless criteria met for obtaining the test
2009 - 2010 Member of the editorial review board for Proceedings in Obstetrics and Gynecology, an online journal published by the Department of OB/GYN, University of Iowa
2020 - Present Offsite OBGYN Planning Team, Member
2020 - Present OB Triage Task Force, Member
2016 Department of Obstetrics and Gynecology, CNM Orientation Planning and Role Delineation Development, Member
2016 Department of Obstetrics and Gynecology, Inpatient Care Quality and Improvement Committee, Member

D. Community Service

Relevant Public or Community Involvement

Local

2002 Classroom volunteer
2010 - 2014 West High Show Choir, Parent volunteer
2013 - 2014 West High Boys Tennis, Parent coordinator
2014 You@I Campus Visit, Registration volunteer
2019 2019 Cedar Rapids Mom Blog, 2019 Bloom Event, Cedar Rapids, Iowa, Member
1999 - Present March of Dimes, Volunteer
2002 - 2004 Armstrong PTA, Vice-President
2005 - 2006 Armstrong Elementary PTA, President
2005 - 2006 Facilities Advisory Committee, Bettendorf Community School District, Co-chair
2007 Women in Science, Mississippi Girl Scouts, Facilitator
2008 USTA. Eastern Iowa Futures tournament,, Volunteer
2007 - 2008 Van Allen Elementary PTO, Secretary
2009 Participated in first "Career Day" at North Central Junior High, North Liberty, IA

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2009 Special Olympics tennis, Volunteer
2010 Independently contacted area high schools near the River Crossing Clinic
to offer speaker services
2013 Party After Prom Food Committee, Co-chair

E. Clinical assignments since last promotion (if applicable)

2018 - Present Inpatient and Outpatient
Interim Service Director for Certified Midwives at UIHC.
1) *developed meeting template and facilitates monthly meetings*
2) *led the process for opening the outreach clinic in Washington County*
3) *developed orientation materials for new CNMs and organized the
orientation calendar for each new CNM*
4) *responsible for CNM scheduling.*