Curriculum Vitae | March 2026

Sarah K. Spilman

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EDUCATION & CERTIFICATION

2023	Certificate in Healthcare Management | Vanderbilt University (Nashville, TN)
2004	Master of Arts in Sociology | The University of Iowa (Iowa City, IA)
1999	Bachelor of Arts in Sociology | Augsburg College (Minneapolis, MN)

PROFESSIONAL EXPERIENCE

2020-present	Founder and Principal Consultant, Diligent Consulting, Urbandale, IA
2012-2020	Research Data Analyst, Trauma Services, UnityPoint Health, Des Moines, IA
2006-2012	Assistant Project Director and Data Manager, Family Transitions Project, Iowa State University (2006-2011) / University of California – Davis (2011-2012), Ames, IA
2004-2006	Instructor, Capstone Sociology, University of Iowa, Iowa City, IA
2002-2004	Teaching Assistant, Department of Sociology, University of Iowa, Iowa City, IA
2000-2002	Communications & Research Associate, Minnesota Private College Council, St. Paul, MN
1998-2000	Planner, Minnesota Planning, St. Paul, MN
1998-1999	Intern, Minneapolis Community Police Department and Hennepin County, Department of Children and Family Services, Minneapolis, MN

PEER-REVIEWED PUBLICATIONS

1. Brannon KJ, Felix ZP, Meyers KR, Stamey HM, Spilman SK. Nursing and chaplain partnership for pain management: A survey of nurses. Pain Management Nursing, 2024;25:622-627.

2. Stamey H, Meyers KR, Fordham JT, McKenzie B, Spilman SK. The role of rotor-wing helicopter in rural trauma care: A geographic and demographic report of Montana. Journal of Emergency Medical Services, 2024.

3. Goetz LE, Brannon KJ, Feliz ZP, Meyers KR, Spilman SK. Religious characteristics of nurses who refer patients to chaplains at a Catholic hospital in the Northwestern USA. Journal of Religion and Health 2024;63:4549-4558.

4. Clausen AN, Meyers KR, Spilman SK. Traumatic brain injury, psychological trauma exposure, and anxious and depression symptoms in a clinical population. Journal of Trauma Nursing 2024;31:82-89.

5. Stamey H, Brou LI, Meyers KR, Yang H, Thackeray-Pflughoft K, Spilman SK. Getting patients to the right level of trauma care after motorcycle crashes in a rural trauma system. American Journal of Emergency Medicine 2024:78:8-11.

6. Stamey H, Meyers KR, Fordham J, Young K, Ott RL, Spilman SK. Access to trauma care in a rural state: A descriptive geographic and demographic analysis. Journal of Emergency Medicine 2024;66:e20-e26.

7. Clausen AN, Meyers, KR, Stamey HM, Spilman SK. History of traumatic brain injuries in an outpatient clinic sample evaluated for neurocognitive disorders: A retrospective analysis. Frontiers in Medicine and Health Research 2024:6(1).

8. Brisben T, Maldonado C, Bruner M, Anderson S, Ott, RL, Spilman SK, Jansen JW. Emergency department pharmacist impact on time to administration of heparin. Journal of Pharmacy Practice and Research 2023:53:143-146.

9. Maldonado C, Grubbs R, Spilman SK, Jansen JW. Treatment of urinary tract infections in hospitalized adults: Ceftriaxone versus levofloxacin. Infectious Disease in Clinical Practice 2023:31:e1269.

10. Sidwell RA, Spilman SK, Feist B, Fuchsen EA, Taber PS, Pelaez CA. Hemorrhage control training: Preparing adolescents to act at home, at school, or in public. Pediatric Emergency Care 2022:38:4-8.

11. Pelaez CA, Spilman SK, Semmens AD, Fuchsen EA, Sidwell RA. Trauma response for elderly anticoagulated patients: An initiative to reduce trauma resource utilization in the emergency department. Journal of Trauma Nursing 2021:28:159-165.

12. Jackson JA, Spilman SK, Kingery LK, Oetting TW, Taylor MJ, Pruett WM, Omerza CR, Branick KA, Ganapathiraju I, Hamilton MY, Nerland DA, Taber PS, McCann DA, Pelaez CA, Trump MW. Implementation of high flow nasal cannula therapy outside the intensive care setting. Respiratory Care 2021:66:357-365.

13. Eastman DK, Spilman SK, Tang K, Sidwell RA, Pelaez CA. Platelet reactivity testing for aspirin patients who sustain traumatic intracranial hemorrhage. Journal of Surgical Research 2021:263:186-192.

14. Hughes AM, Baumhover LA, Fuchsen EA, Spilman SK. Effect of revised inpatient pain management electronic order sets on opioid use in adult rib fracture patients. Journal of Trauma Nursing 2020;27:234-239.

15. Purtle MW, Renner CH, McCann DA, Mallen J, Spilman SK, Sahr SM. Driving with undiagnosed obstructive sleep apnea (OSA): High prevalence of OSA risk in drivers who experienced a motor vehicle crash. Traffic Injury Prevention 2020;21:38-41.

16. Tang K, Spilman SK, Hahn KD, McCann DA, Purtle MW. Prevalence of risk for obstructive sleep apnea among hospitalized patients who survived a medical emergency team activation. Journal of Clinical Sleep Medicine 2020;16:91–96.

17. Pelaez CA, Davis JW, Spilman SK, Guzzo HM, Wetjen KM, Randell KA, Ortega HW, Pitcher GJ, Kenardy J, Ramirez M. Who hurts more? A multicenter, prospective study of in-hospital opioid use in pediatric trauma patients in the Midwest. Journal of the American College of Surgeons. 2019;229:404-414.

18. Pelaez CA, Spilman SK, Bell CT, Eastman DK, Sidwell RA. Not all head injured patients on antiplatelet drugs need platelets: Integrating platelet reactivity testing into platelet transfusion guidelines. Injury 2019;50:73-78.

19. Tonui P, Spilman SK, Pelaez CA, Mankins M, Sidwell R. Head CT prior to transfer does not decrease time to craniotomy for TBI patients. American Surgeon 2018;84:201-207.

20. Lamb KD, Spilman SK, Oetting TW, Jackson JA, Trump MW, Sahr SM. Proactive use of high-flow nasal cannula with critically-ill patients: A prospective, two-cohort study. Respiratory Care 2018;63:259-266.

21. Sidwell RA, Spilman SK, Huntsman R, Pelaez CA. Efficient hemorrhage control skills training for healthcare employees. Journal of the American College of Surgeons 2018;226:160-164.

22. Mason MD, Spilman SK, Fuchsen EA, Olson SD, Sidwell RA, Swegle JR, Sahr SM. Anticoagulated trauma patients: A Level I trauma center's response to a growing geriatric population. Journal of Emergency Medicine 2017;53:458-466.

23. Healey CD, Spilman SK, King BD, Sherrill JE, Pelaez CA. Asymptomatic cervical spine fractures: Current guidelines can fail older patients. Journal of Trauma & Acute Care Surgery 2017;83:119-125.

24. Hegvik JR, Spilman SK, Olson SD, Gilchrist CA, Sidwell RA. Effective hospital-wide education in hemorrhage control. Journal of the American College of Surgeons 2017;224:796-799.

25. Halub MW, Spilman SK, Gaunt KA, Lamb KD, Jackson JA, Oetting TW, Sahr SM. High-flow nasal cannula therapy for patients with blunt thoracic injury: A retrospective study. Canadian Journal of Respiratory Therapy 2016;52:110-113.

26. Nyland BA, Spilman SK, Halub ME, Lamb KD, Jackson JA, Oetting TW, Sahr SM. A preventative respiratory protocol to identify trauma patients at risk for respiratory compromise on a general inpatient ward. Respiratory Care 2016;61:1580-1587.

27. Spilman SK, Lechtenberg GT, Hahn KD, Fuchsen EA, Olson SD, Swegle JR, Vaudt CC, Sahr SM. Is pain really undertreated? Challenges of addressing pain in trauma patients during prehospital transport and trauma resuscitation. Injury 2016;47:2018-2024.

28. Kerr RG, Bacon AM, Baker LL, Gehrke JS, Hahn KD, Lillegraven CL, Renner CH, Spilman SK. Underestimation of pupil size by critical care and neurosurgical nurses. American Journal of Critical Care 2016;25:213-219.

29. Pandullo SM, Spilman SK, Smith JA, Kingery LK, Pille SM, Rondinelli RD, Sahr SM. Time for critically ill patients to regain mobility after early mobilization in the intensive care unit and transition to a general inpatient floor. Journal of Critical Care 2015;30:1238-1242.

30. Gaunt KA, Spilman SK, Halub MW, Jackson JA, Lamb KD, Sahr SM. High-flow nasal cannula in a mixed adult intensive care unit. Respiratory Care 2015;60:1383-1389.

31. Spilman SK, Smith HL, Schirmer LL, Tonui PM. Evaluation and treatment of depression in adult trauma patients. Journal of Trauma Nursing 2015;22:17-22.

32. Spilman SK, Baumhover LA, Lillegraven CL, Lederhaas G, Sahr SM, Schirmer LL, Smoot DL, Swegle, JR. Infrequent assessment of pain in elderly trauma patients. Journal of Trauma Nursing 2014;21:229-235.

33. Le K, Donnellan MB, Spilman SK, Garcia OP, Conger RD. Workers behaving badly: Adolescent reports of the Big Five predict counterproductive work behaviors in adulthood. Personality and Individual Differences 2014;61:7-12.

34. Spilman SK, Neppl TK, Donnellan MB, Schofield TJ, Conger RD. Incorporating religiosity into a developmental model of positive family functioning across generations. Developmental Psychology 2013;49:762-774.

35. Neppl TK, Donnellan MB, Scaramella LV, Widaman KF, Spilman SK, Ontai LL, Conger RD. Differential stability of temperament and personality from toddlerhood to middle childhood. Journal of Research on Personality 2010;44:386-396.

36. Spilman SK. Child abduction, parental distress, and social support. Violence & Victims 2006;21:149-165.

INVITED LECTURES

1. Spilman SK, Fakhry S, Kleweno Walley S. (2026). Economics of Trauma Care in 2026: Emerging Threats and Potential Solutions. Trauma Center Association of America, Clearwater, FL.

2. Bishop G, Spilman SK. (2026). Economics of Trauma Care in 2026: Emerging Threats and Potential Solutions. Trauma Professional Association of California.

3. Trauma System News (2024). Profiles in Trauma Innovation: Improving Trauma Data Quality and Trauma System Collaboration. Guest Moderators G Bishop and SK Spilman.

4. Spilman SK. (2022). How to write a research paper. Lecture for emergency department nurse researchers, St. Vincent Healthcare, Billings, MT.

5. Spilman SK, Pelaez CA. (2019). Trauma research: Quick and easy. Lecture at Friday Research Seminar Series, Des Moines University, Des Moines, IA.

6. Spilman SK. (2018). How to disseminate project outcomes. Podium presentation at UnityPoint Health Evidence-Based Practice Symposium, Des Moines, IA.

7. Spilman SK, Sheesley B. (2014). How to obtain grant funding. UnityPoint Health Research Day, Des Moines, IA.

SELECT REGIONAL AND NATIONAL CONFERENCE PRESENTATIONS

1. Yang H, Stamey H, Brou LI, Meyers KR, Thackeray-Pflughoft K, Spilman SK. (2023). Getting patients to the right level of trauma care after motorcycle crashes: The challenge for a rural trauma system. Poster presentation at the National Association of State EMS Officials annual meeting, Reno, NV.

2. Jackson JA, Trump MW, Oetting TW, Spilman SK, Pelaez CA. (2020). High-flow nasal cannula therapy for acute hypoxic respiratory failure in COVID-19. Poster presentation at American Association for Respiratory Care Congress (virtual).

3. Monzel C, Eastman DK, Spilman SK, Pelaez CA. (2020). Gabapentin hits a nerve with opioid use in rib fracture patients. Poster presentation at American College of Clinical Pharmacy Annual meeting (virtual).

4. Ganapathiraju I, Branick KA, Jackson JA, McCann DA, Pelaez CA, Spilman SK, Trump MW. (2020). Nasal High Flow (NHF) therapy keeps patients with chronic obstructive pulmonary disease out of the intensive care unit (ICU). Poster (virtual) at the American Thoracic Society International Conference, Philadelphia, PA.

5. Trump MW, Jackson JA, Pelaez CA, Spilman SK. (2020). Use of Nasal High Flow therapy on the general medical floor can prevent ICU admission and escalation of care. Poster at the National Association for Medical Direction of Respiratory Care conference, Scottsdale, AZ.

6. Pelaez CA, Trump MW, McCann DA, Jackson JA, Spilman SK. (2020). Nasal high flow therapy improves outcomes for rib fracture patients. Poster presentation at Society for Critical Care Medicine Critical Care Congress, Orland, FL.

7. Vogl CS, Spilman SK, Eastman DK, Monzel C, Sidwell RA, Pelaez CA. (2019). The sooner the better: An early intervention to manage pain for patients with rib fractures. Presentation at the annual meeting of the American College of Surgeons Committee on Trauma, Region 7, Kansas City, MO.

8. Jackson JA, Kingery LK, Spilman SK, Trump MW, McCann DA, Pelaez CA. (2019). Medical-surgical nursing education for implementation of nasal high flow therapy outside the intensive care setting. Poster presentation at American Association for Respiratory Care Congress, New Orleans, LA.

9. Blake J, Spilman SK, Kluesner N, Deobald CN, Pelaez CA. (2019). Absence of cervical spine pain on initial musculoskeletal exam in cervical spine fractures: A retrospective analysis of elderly trauma patients at a Level I trauma center. E-poster at American Osteopathic Association's Osteopathic Medical Conference, Baltimore, MD.

10. Sidwell RA, Pelaez CP, Spilman SK. (2019). Continuous multilevel intercostal nerve block to minimize narcotic use when managing chest wall injury. Video presentation at American College of Surgeons Clinical Congress, San Francisco, CA.

11. Pelaez CA, Fuchsen EA, Spilman SK. (2019). Targeting the geriatric population to reduce undertriage … is it worth the cost? Poster presentation at Trauma Center Association of American annual conference, Las Vegas, NV.

12. Branick KA, Jackson JA, McCann D, Pelaez CA, Pruett WM, Spilman SK, Taylor MJ, Trump MW. (2019) Use of nasal high flow oxygen on the general medical floor can prevent ICU admission and escalation of care in COPD patients. Rapid abstract poster discussion at American Thoracic Society International Conference, Dallas, TX.

13. Villiard HM, Pelaez CA, Davis JA, Spilman SK, Wetjen KM, Randell KA, Pitcher G, Ortega HW, Kenardy J, Ramirez M. (2019). Who hurts more? A multicenter, prospective study of in-hospital opioid use in pediatric trauma patients in the Midwest. Podium presentation at Committee on Trauma 2019 Resident Trauma Paper Competition,1st Place, Clinical Research, Chicago, IL.

14. Hamilton MY, Jackson JA, McCann DA, Pelaez CA, Spilman SK, Trump MW. (2019). High flow nasal cannula use in the ED. Poster presentation at the Association of Military Osteopathic Physicians and Surgeons conference, Orlando, FL.

15. Villiard HM, Pelaez CA, Davis JA, Spilman SK, Wetjen KM, Randell KA, Pitcher G, Ortega HW, Kenardy J, Ramirez, M. (2018). Who hurts more? A multicenter, prospective study of in-hospital opioid use in pediatric trauma patients in the Midwest. Presentation at the annual meeting of the American College of Surgeons Committee on Trauma, Region 7, Kansas City, MO.

16. Eastman DK, Draker N, Pelaez CA, Spilman SK, Tang K, Sidwell RA. (2018). Aspirin platelet reactivity testing to guide therapy for patients with traumatic intracranial hemorrhage. Poster presentation at American College of Clinical Pharmacy Global Conference on Clinical Pharmacy, Seattle, WA.

17. Randell KA, Flores J, Woods-Jaeger B, Kenardy J, Peek-Asa C, Chande V, Ortega HW, Branch C, Cavanaugh J, Spilman S, Ramirez M. (2018). Parent utilization of psychological first aid interventions after unintentional injury. Poster presentation at Pediatric Academic Societies Annual Meeting, Toronto, Canada.

18. Tang K, Eastman DK, Spilman SK, Pelaez CA. (2018) Platelet reactivity testing guided platelet transfusion in blunt trauma patients. Poster presentation at Council of Osteopathic Student Government Presidents, Fort Lauderdale, FL.

19. Bell C, Spilman SK, Eastman DK, Sidwell RA, Sherrill JE, Pelaez CA. (2018). Do all head injured patients on antiplatelet drugs really need platelets? Podium presentation at the annual meeting of the Eastern Association for the Surgery of Trauma, Lake Buena Vista, FL.

20. Trump M, Lamb KD, Oetting T, Jackson JA, Blake D, Spilman SK, Sahr SM. (2017). Empiric use of humidified high flow nasal cannula post-extubation in the intensive care unit. Poster presentation at the American Thoracic Society International Conference, Washington, D.C.

21. Lamb KD, Trump M, Oetting T, Jackson JA, Blake D, Spilman SK, Sahr SM. (2017). Early use of high flow nasal cannula for hypoxemic respiratory failure in the ICU patient. Research snapshot presentation at the annual meeting of the Society of Critical Care Medicine, Honolulu, HI.

22. Healey C, Spilman SK, Pelaez C. (2017). Asymptomatic neck fractures: Current guidelines can fail older patients. Podium presentation at the annual meeting of the Eastern Association for the Surgery of Trauma, Hollywood, FL.

23. Hegvik J, Spilman SK, Olson S, Gilchrist CA, Sidwell RA. (2016). "Stop the Bleed!" Effective hospital-wide education in hemorrhage control. Presentation at the annual meeting of the American College of Surgeons Committee on Trauma, Region 7, Kansas City, KS.

24. Halub M, Spilman S, Sahr S, Gaunt K, Jackson J, Lamb K, Oetting T. (2016). Use of high flow nasal cannula in adult trauma patients. Poster presentation at the annual meeting of the Eastern Association for the Surgery of Trauma, San Antonio, TX.

25. Mason MD, Spilman SK, Fuchsen EA, Olson SD, Sahr SM, Sidwell RD, Swegle JR. (2015). Reducing undertriage … Is it worth the cost? Trauma team activation for anticoagulated older adults. Presentation at the annual meeting of the American College of Surgeons Committee on Trauma, Region 7, Kansas City, KS.

26. Nyland BA, Halub MW, Jackson JA, Lamb KA, Oetting TW, Sahr SM, Spilman SK. (2015). Volume expansion protocol with intention to reduce respiratory complications in trauma patients. Poster presentation at the annual meeting of the American Association for Respiratory Care, Tampa, FL.

27. Lillegraven CA, Spilman SK, Baumhover LA, Sahr SM. (2015). Infrequent assessment of pain in elderly trauma patients. Presentation at the annual meeting of the National Association of Clinical Nurse Specialists, Coronado, CA.

28. Pandullo SM, Spilman SK, Smith JA, Kingery LK, Pille SM, Rondinelli RD, Sahr SM. (2015). Caught in the transition: Delays in regaining highest level of mobility during transition from ICU to floor. Presentation at the annual meeting of the National Association of Clinical Nurse Specialists, Coronado, CA.

29. Smith H, Tonui P, Spilman S, Schirmer L. (2014). In-hospital use of antidepressant medications in critically ill trauma patients. Society for Epidemiological Research (SER) Meeting, Seattle, WA.

30. McAdams KK, Donnellan MB, Spilman SK, Conger RD. (2012). Separation of church and marital state: An investigation of the association between partner religious dissimilarity and relationship quality. Presentation at annual meeting of the Society for Personality and Social Psychology, San Diego, CA.

31. McAdams KK, Donnellan MB, Spilman SK, Lorenz FO, Conger RD. (2011). Understanding the mechanisms linking religiosity with relationship satisfaction: Religiosity predicts partner reports of negative interactions. Poster presented at the 12th annual meeting of the Society for Personality and Social Psychology, San Antonio, TX.

32. Spilman SK, Neppl TK, Donnellan MB, Schofield TJ, Conger RD. (2010). The role of religiosity in romantic and parent-child relationships: Continuities across generations. Paper presentation at the annual meeting of the National Council of Family Relations, Minneapolis, MN.

33. Le K, Witt EA, Donnellan MB, Spilman S, Conger RD. (2010). Workers behaving badly: Personality at age 18 predicts workplace deviance at age 32. Poster presentation at the Society for Personality and Social Psychology annual conference, Las Vegas, NV.

34. Spilman SK, Neppl TK, Conger RD. (2009). The role of religiosity during adolescence on parenting and marital quality in adulthood: Continuities across generations. Invited presentation at Religious Practice in America conference, sponsored by the Heritage Foundation, Washington, DC.

35. Spilman SK, Martin M. (2008). The effect of adolescent strain on antisocial behavior in young adulthood: A test of general strain theory. Paper presentation at the American Society of Criminology annual meeting, St. Louis, MO.

36. Spilman SK. (2005). Child abduction, parental distress and social support. Paper presentation at the International Family Violence Research Conference, Portsmouth, NH.

37. Spilman SK, Steblay NM. (2005). The suggestibility of anatomical dolls: A meta-analysis. Paper presentation at the International Family Violence Research Conference, Portsmouth, NH.

38. Steblay NM, Ginkel (Spilman) SK. (2000). A meta-analytic test of underlying assumptions for anatomically-detailed doll use. Paper presentation at the American Psychology-Law Society Biennial Conference, New Orleans, LA.

ACADEMIC & COMMUNITY SERVICE

Current:

2026-present	Journal reviewer, BMC Emergency Medicine
2026-present	Internal Operations Chairperson, Urbandale Food Pantry
2025-present	Reading Buddy, Urbandale Community Schools
2024-present	Vice President, Urbandale Food Pantry
2022-present	Board of Directors, Urbandale Food Pantry
2018-present	Volunteer, Urbandale Food Pantry

Previous:

2022-2025	Governance Committee Chairperson, Urbandale Food Pantry
2019-2020	Journal reviewer*, Prehospital Emergency Care*
2018-2020	Journal reviewer, *Critical Care*
2017-2020	Preceptor, trauma research rotation for medical students, Des Moines University
2017-2021	Governance Committee Member, Des Moines Christian School Board of Directors
2016-2021	School Board Member, Des Moines Christian School Board of Directors
2014-2020	Journal reviewer, *Nutrition in Clinical Practice*
2014-2020	Journal reviewer, *Journal of Trauma Nursing*
2014, 2019	Association for the Accreditation of Human Research Protection Programs (AAHRPP) workforce, UnityPoint Health
2013-2014	Preceptor, Health Sciences Experiential Education, Drake University
2012-2020	Trauma Committee, UnityPoint Health Des Moines
2011	Consultant, Interacting Seasonal and Psychosocial Influences on Depression; funded by the Oregon Health and Science University Medical Research Foundation
2009-2011	Conference Steering Committee, National Association of Rural Mental Health
2004-2006	Department of Sociology, Undergraduate Committee, University of Iowa
2000	State legislative report, *Minnesota by Design: Options for a State Development Strategy*
1998-1999	Commission on Work Culture, Augsburg College

AWARDS & HONORS

2017	Friend of Nursing Award nominee, UnityPoint Health – Des Moines
2016	Investigator spotlight, *American Journal of Critical Care*
2014	Always Committed to Excellence (ACE) Award, UnityPoint Health – Des Moines
2006	Outstanding Teaching Assistant Award, University of Iowa
2005	Hugh Vollrath Ross Scholarship, University of Iowa
1999	Summa cum laude, Augsburg College
1999	Marina Christensen Justice Award, Augsburg College
1995-1999	Presidential Scholarship, Augsburg College

GRADUATE-LEVEL RESEARCH & STATISTICAL TRAINING

Introduction to Sociological Data Analysis
Sampling, Measurement, and Observation Techniques
Linear Models in Sociological Research
Categorical Data Analysis
Meta-Analysis in Behavioral and Social Sciences
Qualitative Research for Public Health

COMPUTER/SOFTWARE PROFICIENCIES

Microsoft Suite (Word, Excel, PowerPoint, Outlook, Visio)
IBM SPSS Statistics
Research and Survey Software: Qualtrics, SurveyMonkey, REDCap, EndNote
Electronic Medical Record: EPIC