

Virginia Lester, RN MSN, CNS (Inactive), Assistant Professor in Nursing

7829 Aspen Avenue, San Angelo, TX
325-942-2060 ext 266 (O) 325-650-8659 (C)
Virginia.lester@angelo.edu

Education

Incarnate Word College/University, TX
MSN **1991**
Area of Concentration: Advanced Medical /Surgical Nursing, Grief Mgt

University of Texas/Galveston, TX
BSN **1969**
Area of Concentration: Nursing

Academic Appointments

Angelo State University, San Angelo, TX
Assistant Professor **1991**
Tenured **1995**
Nursing Department

St. Philip's College, Alamo Community College District, San Antonio, TX
Associate Professor
Assistant Professor
Instructor **1973-1991**
Vocational Nursing Department

Related Experience

Methodist Hospital, San Antonio, TX
CCU/MICU Staff Nurse 1972-1973

Wichita Falls General Hospital, Wichita Falls, TX
ICU/CCU Staff Nurse 1972

Harris Hospital, Fort Worth, TX
CCU Staff Nurse 1970-1971

UTMB, Galveston, TX
ICU Staff Nurse/ Nursing Student Staffing 1968-1970

Nursing Student Paid Worker/ Nurse Aide 1964-1968

Licensure/ Certification

Texas RN Permanent #223660 Since 1969
Texas CNS-Advanced Medical / Surgical Nursing IWC (Inactive Status)

Honors and Awards

2011 Eligible for 20 year service award from ASU for a total of 37 years of college teachings within the nursing department between ASU and St. Philips College

2010 Heritage's Who's Who Nomination Among Executives and Professionals

January 2007 Angelo State University 15 year Service Award

Frequently requested to author, co-author, consult, and review publications from several nursing publishers: Elsevier, Lippincott, etc. (See below)

1995 – Selected by National NCLEX-RN board to be an Item Writer for licensure exams

Continuing Education

March 2010	Delmar Cengage Nursing Forums 2010	Dallas, TX
March 2010	AACN 2010 Webinar Series Archive	(3 courses)On-Line
Oct-Nov 2010	Pearson Item-Writing for Nursing Exams	Austin, TX
April 2009	Advance Practice Symposium	ASU, San Angelo
September 2008	Nursing & Advanced Practice Symposium	ASU, San Angelo
September 2007	Food Allergies	Mail-In Course: CME
September 2007	Health Issues Distinctive to Women	Mail-In Course: CME
March 2007	Advance Practice Symposium	ASU, San Angelo
January 2007	Ethics in the Workplace	ASU, San Angelo
April 2006	Advanced Practice Symposium	ASU, San Angelo
April 2006	Advanced Practice Symposium Research Aging Conference - VA	San Antonio
January 2006	CPR Update	ASU, San Angelo
	Sexual Harassment Course	ASU, San Angelo
Monthly	-Various Medical Reps Presentations on New Products / Drugs	ASU
2003-2007	Monthly Updates on Counseling (Ongoing - Stephen Ministry Training Required beyond basic certification)	San Angelo
October 2005	Bioterrorism Bioterrorism Institute, Ltd	Mail in Course Columbus, Ohio
May 2005	Advanced Practice Symposium	ASU, San Angelo
March 2005	NLNAC Self Study Forum	Chicago, IL

February 2005	Blackboard Program Usage	ASU, San Angelo
Aug 2004	Nursing Update - Guest Lecture	ASU, San Angelo
April 2004	Advanced Practice Symposium	ASU, San Angelo
March 2004	Power Point Presentations	ASU, San Angelo
February 2004	Wound Care Management	ASU, San Angelo
January 2004	CPR Update	ASU, San Angelo

Teaching at Angelo State University

Courses since in 1991

RNSG 1105 Nursing Skills I
 RNSG 1106 Nursing Skills II
 RNSG 1108 Dosage Calculations
 RNSG 1309 Introduction to Nursing / 1361 Clinical
 RNSG 1144 Nursing Skills II
 RNSG 1227 Transition from Vocational to Professional Nursing/ 1160 Clinical
 RNSG 1311 Pathophysiology for AASN level students (online)
 RNSG 1301 Pharmacology
 RNSG 1341 Common Concepts of Adult Health / 1363 Clinical
 RNSG 1343 Complex Concepts of Adult Health / 2361 Clinical
 RNSG 2213 Mental Health / 1163 Clinical
 RNSG 2260 Clinical for Care of Children & Families
 RNSG 2261 Clinical for Maternal/Newborn & Women's Health
 NUR 1212 Introduction to the Nursing Profession
 NUR 2338 Computer Applications in Healthcare Professionals (online)

Departmental Activities

2008-present Faculty Affairs for Nursing Dept, Chair
 2006- Present Testing Center Coordinator- created Rules & Policies Guidelines, oversee staffing & monitoring of center, scheduling of all exams given in computerized center
 2005-2007 Faculty Affairs - member, secretary
 1995- Present Tenure Committee
 1995- Present Promotion Committee
 2003-2005 Student Affairs - Chair, member, secretary;
 Subcommittee of Student Affairs: Admission, Progression, Graduation - Chair, member, secretary
 2003 Nursing Faculty Search Committees (X3)- Chair. member, secretary
 2003-2004 Library Committee - member
 Preceptor for Graduate (MSN) Nursing Students

University Activities

2009- 2011/2012 yr University Admissions Committee-member
 2008- Present CAA/ PAA University Committee- member
 2000- Present University Housing Committee- member
 1990's - Present ASU Discovery, SOAR / ASU Preview / ASU College Daze (Orientation/ Advisement/ Recruiting new students Departmental Open House Presentations)

Research

For each writing project the topics are researched to make sure the materials are valid and up to date prior to publication. Partial topics included: nursing skills, death / dying issues, nursing professionalism, application of anatomy to nursing care, geriatric changes, diabetes, etc.

Many changes have occurred with the NCLEX Testing Format for boards, I keep abreast of these since many of my projects include item writing sections for the topics that are presented. Some projects are exclusively NCLEX Item Writing for texts / CD/ Instructional manuals, etc.

Graduate research included Diabetic Educational Approaches to non-English speaking, illiterate clients; Nursing Care during Peri-natal Loss

Publications

CONTRIBUTOR:

- 1) *Item Writing for Nursing Examinations* for Pearson Nursing Solutions (NPS) Item Writing Workshop hosted by Pearson Education as a professional development workshop and database collection of exam items. Oct 29-Nov 1, 2009 in Austin, TX.
- 2) Perrin, K. (2008?). *Understanding the Essentials of Critical Care Nursing*. (1st ed.). Pearson (NCLEX questions written for supplemental material)
- 3) LeMone, P.; Burke, K.; Hogan, MA. *Medical Surgical Nursing*. (4th ed) (2008?) [NCLEX Questions for chapters in text (currently in progress) Chapters 34-Nursing Care of Clients with Hematologic Disorders, 39-Nursing Care of Clients with Gas Exchange Disorders, 47-Assessing Eye or Ear Disorders, 48 Nursing Care of Clients with Eye or Ear Disorders.] Prentice Hall Health: Upper Saddle River, NJ.
- 4) Towle, MA; Adams, ED. *Maternal Child Nursing Care*, Companion to Website NCLEX Questions for 28 Chapters. (April 2007) Prentice Hall: Upper Saddle River, NJ.
- 5) *Straight A's in Fluids and Electrolytes*. "Top 10 Lists" for chapters of text. (2007) Wolters Kluwer Health/ Professional & Educational Division, Lippincott @ Williams & Wilkins: Philadelphia, PA
- 6) *Diabetes Mellitus: A Guide to Patient Care*. (2007) Lippincott Williams & Wilkins: Philadelphia, PA.
- 7) Mosby's *Comprehensive Review of Practical Nursing for NCLEX PN Exam*. CD Companion Contributing Item Writer. (15th ed) Edited by Mary Eyles; CD Companion Contributing Item Writer (2007? Written March 2006) Elsevier, Inc.: St. Louis, MO.
- 8) Harkreader, Hogan, Thobaden. *Fundamentals of Nursing: Caring and Clinical Judgment*, Chapter 1: Nursing Profession. (3rd ed) (2007) Saunders: An imprint of Elsevier Science: St. Louis, MO.
- 9) Hogan & Weicker. *Prentice Hall's Anatomy & Physiology Reviews & Rationales*. (1st ed) Pearson Educational: Prentice Hall Health: Upper Saddle River, NJ. (Publication-Summer 2006?).

- 10) *Nursing Student success Made Incredibly Easy*, Chapter 8 “Planning your Nursing Care”. (2006) Lippincott Williams & Wilkins: Philadelphia, PA.
- 11) Hogan. *Prentice Hall: Reviews & Rationales Series*. NCLEX Testing Items for Chapters: Lifespan Growth & Development-Adult Focused; Common Diagnostic tests/ Procedures; Tubes & Drains. (2006-2007?) Prentice Hall: Upper Saddle River, NJ.
- 12) Potter. *Fundamentals of Nursing*. NCLEX Questions & Rationales for 4 chapters on disk that corresponds to text chapters. (6th ed) (2006?) Elsevier, Inc.: St. Louis, MO.
- 13) Dimensional Analysis Text for Delmar (in progress- unknown status 2005?)
- 14) LVN to RN Transition Text for Delmar (in progress-unknown status 2005?)
- 15) *Elder Care Strategies: Expert Care Plans for Older Adults*. Endocrine Chapter. (2003) Lippincott Williams & Wilkins: Philadelphia,PA.

REVIEWER:

- 1) Potter, P.; Perry, A.; Stockert, P.; & Hall, A. (2010?-2011). *Fundamentals of Nursing*. (8th ed.). Chapters: 7, 24, 25,26 (Topics: Cancer Survivor, Communications, Client Education, Documentation & Informatics)Elsevier, Inc.: St. Louis, MO. [reviewed in February, 2010.]
- 2) Perry, Potter. *Clinical Nursing Skills and Techniques*. Chapters: 31-Intravenous and Vascular Access Therapy; 10-Exercise and Ambulation. (7th ed) Elsevier, Inc.: St. Louis, MO [reviewed September 2007]
- 3) *Chronic Disorders: An Incredibly Easy Pocket Guide*. Chapter “G” Disorders. (2007?) Lippincott Williams & Wilkins: Philadelphia, PA.[reviewed April 2007]
- 4) Potter, Perry. *Fundamentals of Nursing*. (7th ed) (2007?) Chapters: Spiritual Health, Sexuality, Vital Signs. Elsevier, Inc.: St. Louis, MO.[reviewed December 06- January 2007]
- 5) *Prentice Hall’s Holland Pharmacology CD: Dosage Calculations*. Chapters 23-33 (2006?) Prentice Hall: Upper Saddle River, NJ. [reviewed January 2006]
- 6) *Straight A’s Anatomy & Physiology*. (2006-2007?) Chapters: Understanding Diabetes Mellitus, Causes and Pathophysiology; Assessment & Diagnostics; Fluid, Electrolytes & Acid-Base Balance. (2006?) Lippincott Williams & Wilkins: A WolterKluwer Company: Philadelphia, PA. [reviewed December 2005]
- 7) *Diabetes Mellitus: A clinical guide*. (2006?) Chapters: Drug Therapy; treatment of Children, Elderly & Pregnant Patients. (2006?) Lippincott Williams & Wilkins: A WolterKluwer Company: Philadelphia, PA. [reviewed December 2005]
- 8) *Health Assessment Made Incredibly Visual*. Chapters: Eye; Ear. (2006?) Lippincott Williams & Wilkins: A WolterKluwer Company: Philadelphia, PA. [reviewed December 2005] Reviewer and contributor for updates.
- 9) Holland. *Holland’s Core Concepts in Pharmacology*. (Section of NCLEX-PN Series.) (2nd ed) Chapters: 6-15. Prentice Hall Health: Upper Saddle River, NJ . [reviewed November 2005]

- 10) Perry & Potter. *Basic Nursing...* (6th ed) (2006?) Elsevier, Inc.: St. Louis, MO. [reviewed fall 2005]
- 11) *Health Assessment Text-Instructor's Supplemental*. (2006?) Elsevier, Inc.: St. Louis, MO. [reviewed April 2004]
- 12) *LPN-All in One Case Studies*. (2006?) Elsevier Inc.: St. Louis, MO. [reviewed April 2004]
- 13) *Basic Nursing: Essentials in Practice*. (6th ed) (2005-2006?) Chapter1: Health & Wellness. Elsevier, Inc.: St. Louis, MO. [reviewed March 2004]
- 14) *Sandra Smith's New NCLEX-RN Review Text*. (11th ed) (2004?) [reviewed 2004]
- 15) Trigoboff. *Psychiatric Drug Handbook*. (2004?) Prentice Hall, Inc.: Upper Saddle River, NJ. [reviewed 2004]
- 16) Potter. *Fundamentals of Nursing*. (?ed) (2004?) Several chapters Elsevier, Inc.: St. Louis, MO. [reviewed 2004]
- 17) *Medical Surgical Planning Text*. (2004-2005?)Chapter- Grieving. Lippincott: Philadelphia, PA. [reviewed 2004]
- 18) Harkreader. *Fundamentals of Nursing Care & Clinical Judgment*. (2004) Elsevier, Inc.; St. Louis, MO. [reviewed 2003]
- 19) Taylor. (Proposed? Text) *Fundamentals Text*. Publication status unknown [reviewed 2003}

Service

Professional Affiliations

2003-Present	National League of Nursing (NLN)
1973- Present	American Association of Critical Care Nurses (AACN)

Community Activities

2003- 2008	Certified Stephen Minister-after a 50 hour educational program (free weekly counseling service for individuals in crisis, monthly continuing education required for continued certification)
1995- 2008	Missions Committee@ Southland Baptist Church - Chair, secretary, member Chairperson of annual Missions Banquet for >200 persons Coordinator for various service projects for those in need- Christmas in April, Habitat for Humanity, Daily Soup Kitchen, Concho Valley Home for Girls, Through God Comes Justice (jail ministry), Baptist Student Ministry, Angel Food Projects, etc.