

Angela M. Johnson, MPH, MSTOM, Dipl OM, LAc

Department of Behavioral Sciences
Rush University Medical Center
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EDUCATION

Doctor of Acupuncture and Chinese Medicine (DACM) Pacific College of Oriental Medicine (PCOM), San Diego, CA	Anticipated Graduation, December 2018
Master of Science Traditional Oriental Medicine (MSTOM) Pacific College of Oriental Medicine (PCOM), Chicago, IL	2007
Master of Public Health (MPH) University of Wisconsin-LaCrosse (UW-L), LaCrosse, WI	1996
Bachelor of Art – Psychology (BA) University of Wisconsin-Whitewater (UW-W), Whitewater, WI	1993

FELLOWSHIPS

The Op-Ed Project Public Voices Thought Leadership Fellowship	2017-2018
Fellow (The Albert Schweitzer Fellowship)	2006

ACADEMIC MEDICAL CENTER EXPERIENCE

Practitioner of Chinese Medicine, Cancer Integrative Medicine Program, Rush University Medical Center	2006-present
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ACADEMIC APPOINTMENTS

Assistant Professor, Department of Behavioral Sciences, Rush Medical College, Rush University, Chicago, IL, April 2017

CLINICAL EXPERIENCE

Practitioner of Chinese Medicine, Cancer Integrative Medicine Program, Rush University Medical Center, Chicago, IL 10 years
Acupuncture Intern, Pacific College of Oriental Medicine, Chicago, IL, 1 yr 3 months
Acupuncture Intern, Heartland Alliance, Chicago, IL, 3 months
Observer / Intern Assistant, Pacific College of Oriental Medicine, Chicago, IL, 2 years

ADDITIONAL PROFESSIONAL EXPERIENCE

Research Assistant, Rush University College of Nursing	2002-2010
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HONORS and AWARDS

Team of the Year (Rush University Medical Center)	2011
Leader in the Field of Chinese Medicine Award (PCOM)	2010
Team of the Quarter (Rush University Medical Center)	2010
Course for Excellence Award PNS Magnet Recognition (RUMC)	2009
UIC's Award Winning College Health Programs	1997
Outstanding Academic Professional (University of Illinois-Chicago)	1996

TEACHING EXPERIENCE

Mindful Meditation: Helps Keep Your Head and Heart In The Game, Professional Nursing Society Meeting, Rush University Medical Center, 5/23/2017

Mindfulness Meditation: Helps Keep Your Head and Heart In The Game, Pediatric Residency Retreat, Rush University Medical Center, 2/28/17

The Professional Journey of a PCOM Graduate: 14 Years in Review, Pacific College of Oriental Medicine, 1.0 contact hour, 1/25/2017

The Role of Acupuncture in Pediatric Care, Child-Life Graduate Program, The Erikson Institute, 1.0 contact hour, 6/14/2016

An Overview of Integrative Medicine in Pediatric Care, Pediatric Grand Rounds, John H. Stroger Hospital of Cook County, 1.0 contact hour, 5/24/2016

Mindfulness Meditation: Are You Out of Your Mind? Pediatric Residency Program Retreat Rush University Medical Center, 1.0 contact hour, 2/17/2016

Acupuncture and Meditation: Show Your Stress Who's Boss, OCC530, OT Perspectives in Health and Wellness, 1.0 contact hour, Rush University Medical Center, 8/6/2015

The Role of Acupuncture in Pediatric Care, Child-Life Graduate Program, The Erikson Institute, 2.0 contact hours, 6/9/2015

Acupuncture and Meditation: Show Your Stress Who's Boss, OCC530, OT Perspectives in Health and Wellness, 1.0 contact hour, Rush University Medical Center, 8/6/2015

The Role of Acupuncture in Pediatric Care, Child-Life Graduate Program, The Erikson Institute, 2.0 contact hours, 6/9/2015

The Role of Integrative Medicine in Patient Care, Preventive Medicine & Public Health Interest Group, Rush University Medical Center, 1.5 contact hours, 2/5/2015

Module 17: Cross-Cultural Competence, 5: Human Sexuality : LGBT, M2 Physicianship Training Program, Rush Medical College, .75 contact hrs, 9/14/2013

The Role of Acupuncture in Cancer Supportive Care, Module 6 M1 Integrative Medicine), Physicianship Program Rush Medical College, 10.0 contact hours, January 7, 9, 14, 16, 17, 2013

Module 17: Cross-Cultural Competence, 5: Human Sexuality: LGBT, M2 Physicianship Training Program, Rush Medical College, 11/7/2012

The Point of Acupuncture in Pediatric Care: An Exploration of the Evidence, Pediatric Residents Noon Conference, Rush University Medical Center, 1.0 contact hour, 12/15/2011

The Adjunct Role of Complementary Medicine in Pediatric Care, Pediatric Acute Care Pediatric Nurse Practitioner Program, NUR533G, 1.0 contact hour, Rush University College of Nursing 3/7/2011

The Evidence-Based Role of Acupuncture: An Oncology Focus, Psychology Residents Meeting, Rush University Medical Center 1.0 contact hour 8/26/2010

The Evidence-Base Role of Integrative Medicine in Pediatrics, Pediatric Nurse Practitioner Program, 1.5 contact hours, Rush University College of Nursing 3/02/2010

An Introduction to Integrative Medicine: An Interactive Q & A Session, Rush Medical College lunch lecture, 1.0 contact hour, 2/16/2010

Acupuncture: An Eastern and Western Medical Perspective, Pediatric Resident Noon Conference, Rush University Medical Center 1.0 contact hour, 11/19/2009

The Evidence-Base Role of Integrative Medicine in Pediatrics, Pediatric Nurse Practitioner Program 1.5 contact hours, Rush University College of Nursing, 3/28/2008

CURRICULUM DEVELOPMENT

Integrative Medicine Module 6 – M1, Rush Medical College, December 2012

CAM curriculum – Rush University, College of Nursing, 2002 – 2007

MindBody Skills – 6 Week Program, Rush University Medical Center, 2005

FACULTY ADVISOR / CLINICAL OBSERVERSHIP

Faculty Advisor

Junwei Li, M1, Capstone Project, Rush Medical College, February 2016 – Present

Hieu Pham, M1, Rush University College of Medicine, May 2014

Clinical Observership (Students)

Abdullah Ahmed Almamy, Medical Student, Univ of Göttingen, Germany, Aug 2016

Leah Cunningham, Richard T. Crane High School, July 2015

Camille Hobbs, Oregon College of Oriental Medicine, Aug 2014

Clinical Observership (Faculty)

Ravneet Kaur, MD, Palliative Care Fellow, RUMC, Sept 2016

Steve D. Bines, MD, Surgeon / Palliative Care Fellow, RUMC, Aug 2016

GRANTS

Completed

Department Funded Grant – Johnson (CO-PI) 10/09 – 10/14

The Use of Acupuncture for Pain Management in Pediatric Patients: A Pilot Study

The goal of this project was to explore the role of acupuncture to reduce pain, nausea, and vomiting in pediatric patients (ages 5-20) with pain. Study participants receive eight 1x weekly acupuncture treatments. Outcomes measures of pain, nausea, vomiting, and quality of life are being used.

Role: Co-Primary Investigator

Coleman Foundation – Swanson (PI) 10/10 – 10/12

Acupuncture to Reduce HIV-Associated Inflammation

The purposes of the study were to determine if CAIP-targeted acupuncture is safe when administered to HIV-infected people, and collect preliminary data on the effectiveness of CAIP-targeted acupuncture to reduce soluble inflammatory markers.

Role: Consultant

Research Experience

National Council of State Boards of Nursing - Zeller (PI) 08/07- 07/09

Approaches to Reduce Nurse Errors in Simulated Clinical Scenarios

The goal of this project was to conduct a randomized controlled trial to determine whether participation in an 8-week course of mindfulness training or safety discussion group reduces nurse errors as measured in simulated clinical scenarios.

Role: Research Assistant

National Institutes of Health/National Center for Complementary Alternative Medicine (NIH / NCCAM) Nurse Education Program in CAM Zeller (PI) 09/00 - 07/07

The goal of this project was to develop, implement, and evaluate a CAM education program for nursing students, faculty, and staff.

Role: Research Assistant

LICENSURE / BOARD CERTIFICATION

Diplomate in Oriental Medicine, NCCAOM Board, 2007 - Present

Licensed Acupuncturist (Active – IL 198.000718), 2007 - Present

PUBLICATIONS

Books & Chapters

Steinhorn, D., & **Johnson, A** (2012). Integrative medicine in paediatric palliative care. In A. Goldman, R. Hain, S. Liber (Eds), Oxford Textbook of Palliative Care for Children (pp. 377-390). Oxford University Press.

Johnson, A. (2011). Approach to the pediatric patient and family: integrative medicine. In B.Bollick, K. Reuter (Eds), *Pediatric Acute Care: A Guide for Interprofessional Practice* (pp. 134-139). Sudbury, MA: Jones and Barlett Learning.

Articles

Johnson, A., & Shattell, M. (in review). How addiction to our devices hurts us, and what we can do about it.

Shattell, M., & **Johnson, A.** (2017). Three simple mindfulness practices to manage holiday stress. *Journal of Psychosocial Nursing and Mental Health Services*, 55 (12) 2-4.
<https://www.healio.com/psychiatry/journals/jpn/2017-12-55-12/%7Ba2fc3f63-4c18-455c-a761-5efae89bb9fb%7D/three-simple-mindfulness-practices-to-manage-holiday-stress>

Johnson, A. Integrative medicine as a part of cancer treatment. Garnet News, October 16, 2017. <http://garnetnews.com/2017/10/16/integrative-medicine-part-cancer-treatment/>

Steinhorn, D. M., Din, J., & **Johnson, A.** (2017). Healing, spirituality and integrative medicine. *Annals of Palliative Medicine*, 6 (3), 237-247.
<http://apm.amegroups.com/article/view/14940>

Johnson, A., Kent, P., Swanson, B., et al. (2015). The use of acupuncture for pain management in pediatric patients: a single-arm feasibility study. *Alternative and Complementary Therapies*, 21, 255- 260. <http://online.liebertpub.com/doi/abs/10.1089/act.2015.29022.ajo>.

Swanson, B., Keithley, J.K., & **Johnson, A.** et al., (2015) Acupuncture to reduce HIV-associated inflammation, *Evidence-Based Complementary and Alternative Medicine*,
<http://dx.doi.org/10.1155/2015/908538>.

Swanson, B., Zeller, J. M., Keithley, J. K., Fung, S. C., **Johnson, A.**, Suhayda, R., ... & Downie, P. (2012). Case-based online modules to teach graduate-level nursing students about complementary and alternative medical therapies. *Journal of Professional Nursing*, 28(2), 125-129.

Johnson, A. "Complementary medicine and cancer care." *Women and Cancer* Spring 2008: 100-105. Print.

Zeller, J., Canfield R., Capps, L., Downie, P., **Johnson, A.**, Keithley, J., Phillips, M., Swanson, B., Willis, L. (2006). Complementary and alternative medicine online certificate program. Nurse.com <http://ce.nurse.com/course/60141/complementary-and-alternative-medicine-online-certificate-program/>.

Swanson, B., Zeller, J., Keithley, J. Downie, P., Phillips, M., **Johnson, A.**, Suhayda, R., & Fung, S. (2004). Case-based online modules for teaching master's level nursing students about complementary and alternative medical therapies. In *Proceedings of Rush University Research Week*. Chicago, Illinois: Rush University.

Keithley, J., Zeller, J., Fung, S., Suhayda, R., Swanson, B., Phillips, M., Downie, P., & **Johnson, A.** (2004). Evaluation of changes in students' knowledge, attitudes, personal use, and perceived competencies related to CAM. In *National Congress on the State of the Science in Nursing Research*. Washington, DC: National Institute of Nursing Research.

Swanson, B., Zeller, J., Keithley, J., Downie, P., Phillips, M., **Johnson, A.**, Suhayda, R., & Fung, S. (2004). Case-based online modules for teaching master's level nursing students about complementary and alternative medical therapies. In National Congress on the State of the Science in Nursing Research. Washington, DC: National Institute of Nursing Research.

Zeller, J.M., Keithley, J.K., Swanson, B., Downie, P., Suhayda, R., Willis, L., Phillips, M., Scorza, E., & **Johnson, A.M.** (2003). A changing view: Introducing complementary and alternative medicine to the nursing community. *ADVANCE for Nurses*, 1, 15-16.

INVITED PRESENTATIONS

National

Johnson, A., Kent, P., Swanson, B., et al. (2015). The use of acupuncture for pain management in pediatric patients: a single-arm feasibility study. Poster session presented at International Congress of Integrative Health conference (Las Vegas, NV), 5/19/16

The Evidence Based Role of Acupuncture in Cancer Supportive Care, The YinOva Center, (New York, NY), 12/3/12

Local

The Art and Science of Mindfulness. (Rush Oak Park, Rush Heart Center for Women Monthly Meeting – Oak Park, IL) October 11, 2017

Mindful Meditation: Helps Keep Your Head and Heart in the Game. (31st Rush University Transplant Symposium, Rush University Medical Center – Chicago, IL) October 4, 2017.

The Role of Integrative Medicine in Cancer Care: Providing Physical & Emotional Support for Patients, Survivors, and Caregivers (Rush University Medical Center, Hematology/Oncology staff meeting) February 17, 2017

The Evolution of Acupuncture Through Research (The Illinois Association of Acupuncture and Oriental Medicine Annual Meeting – Chicago, IL) January 29, 2017

The Silver Lining: Integrative Medicine (Rush University Medical Center Women's Board Monthly Meeting – Chicago, IL) December 7, 2015

Integrative Medicine – A Silver Lining (Illinois Medical District Palliative Medicine, Rush University Medical Center – Chicago, IL) December 3, 2015

The Evidence-Based Role of Acupuncture in Pelvic Floor Dysfunction, Pelvic Floor Dysfunction: Multidisciplinary Issues, New Technologies and Innovative Treatments Symposium (Chicago, IL) November 7, 2015

Integrative Medicine, Rush Generations Monthly Lecture Series (Rush University Medical Center – Chicago, IL) October 28, 2015

Connecting to The Healer Within: One Gentle Breath at a Time, Rush Women's Heart Support Group (Rush Oak Park Hospital, Chicago, IL) September 9, 2015

Acupuncture: A Brief Introduction (Parkinson's Disease and Movement Disorders Program – Rush University Medical Center) Chicago, IL December 4, 2014

Exploring the Evidence-Based Role of Acupuncture in Orthopedics: A Focus on Pain Management, Midwest Orthopedics, Chicago, IL November 16, 2011

Acupuncture in Women & Girls: An Exploration of the Evidence "Women's Health: Rehabilitative Issues Across the Lifespan" Conference, Rush University Medical Center, Chicago, IL May 6, 2011

MindBody Skills 6-Week Program, Rush Generations Program, Rush University Medical Center (Feb – March 2011)

MindBody Skills 6-Week Program, Rush Generations Program, Rush University Medical Center (June – July 2010)

The Healer Within: The Role of Complementary Therapies in Women's Health and Wellness, Complementary Health Conference, Rush University Medical Center, Chicago, IL May 31, 2008

The Culture of a Woman's Heart: The Healer Within, Keynote address, Women's Heart Health Symposium, Rush University Medical Center, Chicago, IL February 20, 2008

MindBody Skills 6-Week Program, Rush Generations, Rush University Medical Center, 11/6 - 12/11/2007

Mind Your Memory, Rush Generations Program, Rush University Medical Center, 9/20/2006

MindBody Skills 6-Week Program, Rush Generations Program, Rush University Medical Center, 7/11/2006-8/15/2006

PROFESSIONAL DEVELOPMENT

Mindfulness Without Borders Facilitator Certification Training (online), Mindfulness Without Borders, September 26 – October 17, 2017.

Mindfulness Based Stress Reduction Teacher Training Intensive, UCSD Center for Mindfulness, UCSD School of Medicine, Racine, WI, May 7 – 13, 2017

A Taste of Conscious Leadership, The Conscious Leadership Group, 10/12/16

Finding the Space to Lead - A Practical Guide To Mindful Leadership: Online Course, Institute for Mindful Leadership, September 2016

Sharon Salzberg Silent Meditation Retreat, Madison Vipassana, Inc. Madison, WI, Aug 12-14, 2016

Mindfulness Based Stress Reduction, Rush University, 6/7/16 - 7/12/2016

Online Mindful Self-Compassion, Center for Self-Compassion, 2/1– 4/4/2016

UCLA Mindful Awareness Research Center Intensive Practice Program (online), March 2015 – December 2015

Santikaro Silent Meditation Retreat, Madison, Vipassana, Inc. Westfield, WI, Oct 8 – 11, 2015

Janice Cittasubha Sheppard Silent Meditation Retreat, Madison Vipassana, Inc. Madison, WI, July 17-19, 2015

Acupuncture for the Cancer Patient; An Integrative Oncology Seminar for Licensed Practitioners (Memorial Sloan Kettering Cancer Center) 9/29-30/2007

Cancer Guides Professional Training Program, The Center for MindBody Medicine, Bloomingdale, IL, 10/9-10/15/2006

MindBodySpirit Medicine: Advanced Professional Training Program, The Center for MindBody Medicine, Minneapolis, MN, 5/12 – 5/17/2005

MindBodySpirit Medicine: The Professional Training Program, The Center for MindBody Medicine, Minneapolis, MN, 10/3 – 10/9/2004

SERVICE

Professional Service

EDITORIAL EXPERIENCE

Evidence-Based Complementary and Alternative Medicine (Peer Reviewer)	2015
Complementary and Alternative Medicine Online Certification Program (Editor)	2014
The Journal of Alternative and Complementary Medicine (Peer Reviewer)	2009

Health System Service

Physical Medicine and Rehabilitation, Program for Abdominal and Pelvic Health, Rush University Medical Center (2015 – present)

Department Service

Behavioral Sciences Community Engagement Task Force (January 2017 – present)