

**RUTH PORTER CAGGINS, RN, PHD**  
**CURRICULUM VITA**

**TITLE AND AFFILIATION:** Associate Professor (Tenured)  
Semester IV Coordinator (2001-2006)  
Coordinator , LVN-BSN Program (2005-2006)  
Prairie View A&M University  
College of Nursing  
Houston, Texas

**OFFICE ADDRESS:** Prairie View A&M University  
College of Nursing  
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Houston, Texas 77091  
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**REGISTRATION:** Registered Nurse:  
Texas License #445147

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**EDUCATION:**

**PHD**                      1992                      Texas Woman's University  
Houston, Texas  
(Nursing Research)

**MA**                        1973                      New York University  
(Adult Mental Health Nursing)

**BS**                        1967                      Dillard University  
New Orleans, Louisiana  
(Nursing)

**CERTIFICATION:**      1995-1999              Certified in Stress Management Education by the  
Biofeedback Certification Institute of America (BCIA)

**PROFESSIONAL WORK EXPERIENCE:**

1978- Present      PRAIRIE VIEW A&M UNIVERSITY  
College of Nursing  
Associate Professor, 1990 to Present  
Semester IV Coordinator (2000-2006)  
Coordinator, LVN-BSN Program (2005-2006)  
FCVP Director (1999-2001)  
FCVP Co-Director (1997-98)  
LIFT Center Project Director (1995-97)  
Assistant Professor, 1986 to 1990  
Instructor, 1978 to 1986

Summer-1990      PSYCHIATRIC NURSING SERVICES, P.C.  
Houston, Texas.  
Psychotherapist  
1995-2000      Advisory Board

Summer-1989      TEXAS DEPARTMENT OF HEALTH  
Texas Department of Mental Health & Mental Retardation  
Austin, Texas. Houston based.  
Provider - Nurse Assessor of clients with mental illness.

Summer 1988      NIGHTINGALE SERVICES  
Nursing Care Agency,  
Houston, Texas  
Independent Psychiatric Nursing Practitioner at these agencies:  
Harris County Psychiatric Center  
Plaza Del Ora Hospital

1976-1978      UNIVERSITY OF SOUTHWESTERN LOUISIANA  
College of Nursing  
Lafayette, Louisiana  
Assistant Professor

1973-1976      METROPOLITAN HOSPITAL & MEDICAL CENTER  
Department of Mental Health Nursing  
New York, New York  
Clinical/Administrative Supervisor (1974-76)  
Nurse Clinician (1973-74)

1972-1973      LINCOLN COMMUNITY MENTAL HEALTH CENTER  
Day Hospital Unit  
Bronx, New York  
Primary Therapist and Staff Nurse

Summer 1972      PLANNED PARENTHOOD  
Bronx, New York  
Family Planning Counselor

1968-1972      MONTEFIORE HOSPITAL & MEDICAL CENTER  
In-Patient Psychiatric Unit  
Bronx, New York  
Head Nurse (1969-71)  
Staff Nurse (1968-69)

**AREAS OF EFFECTIVENESS:**

Teaching mental health nursing, group dynamics, health promotion, family development, growth & development, leadership development, and stress management.  
Developing undergraduate nursing courses.  
Developing workshops.  
Developing measurement tools and theoretical models.  
Clinical-administrative supervision, and development of leadership skills among psychiatric-mental health nursing staff.  
Violence Prevention  
Health Promotion and Wellness

**ORGANIZATIONAL WORKSHOPS/PRESENTATIONS**

July 2002      Presented "Violence Prevention: Rebuilding the Village" at the 30<sup>th</sup> Annual National Black Nurses Association, Inc. Institute and Conference, Houston, Texas

March 1998      Presented "Building a Community Vision: Creating a Vision of What Community March 1997 Leaders Want for the Future in terms of the Health and Well-being of Their July 1996 Citizens" Texas Leadership Institute & Colorado River Authority, Bastrop, Texas.

May 1995  
1994      Presented "Stress Management" at the Delta Sigma Theta Mental Health Day.

April 1995      Coordinated and Served as Faculty for the "Mutual-Help Support Group Training: A Health Reform Strategy" Workshop sponsored by the LIFT Center.

March 1993      Coordinated the Regional Program for the Association of Black Nursing Faculty. "Empowerment Through Multi-System Lobbying"

May 1993      Presented "Professional Cohesiveness Among Registered Nurses" at the 11<sup>th</sup> Scientific Meeting of A.K. Rice Group Relations Institute. Marina Del Rey, CA.

**AWARDS AND HONORS**

2006      Awarded a "Pioneer in Service-Learning Award" from Prairie View A&M University.

2005      Recognized as a "Nurse of Color in the 21<sup>st</sup> Century" by the Black Nurses Association of Greater Houston.

2004-5      Certificate of Appreciation for being a Student Advocate from the Graduating Class

2003      Certificate of Appreciation for being a Student Advocate from the Graduating Class of May 2003

2003      Invited to participate in the *Gloria Smith Forum on the Nursing Shortage* by the National Black Nurses Foundation. in Washington, D.C. February 7-9, 2003.

1997      Selected to be a Research Fellow in the University of Pennsylvania Summer 1998 Nursing Research Institute

1992, &  
1993      New Achievers Award, Prairie View A&M University

1996      NISOD Excellence Award for Teaching from the University of Texas, Community 1996

- 1997 Leadership Program, Austin, Texas  
1993
- 1993-95 FACE Scholar, Kellogg Foundation.
- 1990 Dissertation Award from the Association of Black Nursing Faculty in Higher Education
- 1990 Distinguished Faculty Award from Prairie View A&M University College of Nursing
- 1990/92 Recipient of a Clinical Ethnic/Racial Minority Fellowship from the American 1989/90 Nurses Association
- 1987 Selected as a Doctoral Honor Student in Nursing at Texas Woman's University (April 23, 1987)
- 1986/88 Selected as a participant in the National Measurement of Clinical and Educational Nursing Outcomes Project. Sponsored by the University of Maryland Project
- 1986 Who's Who in American Nursing
- 1986 National Institute of Health Stipend Texas Woman's University
- 1982 Prairie View A&M College of Nursing Honor Society
- 1976 University of Southwestern Louisiana, College of Nursing Honor Society
- 1973 Sigma Theta Tau, National Nursing Honor Society New York University
- 1966 National Institute of Mental Health Trainee Stipend - Dillard University & New 1971 York University
- 1966 Who's Who in American Colleges and Universities Dillard University  
1967

#### **PUBLICATION/PAPERS:**

- Caggins, R.P. (1992). Dimensions of professional cohesiveness among registered nurses. Dissertation Abstracts International, Vol 53, Issue 09B, p. 4588. (University Microfilms Order No. 9300215).
- Caggins, R.P. (1991, Winter). *The caggins synergy nursing model*. The ABNF Journal.. 2, 15-18.
- Caggins, R.P. (1987). *Professionalism or Unionism: An Ideological Choice for Nursing's Future*. Unpublished.
- Caggins, R.P. (1986). *The Development of the Synergistic Change Theory*. Unpublished.
- Caggins, R.P. (1985). *The Development of Nursing Science: According to the Philosophies of Charles Phillips and Martha Rogers*. Unpublished.
- Caggins, R.P. (1985). *Group Cohesiveness: A Conceptual Analysis*. Unpublished.

Caggins, R.P. (1985). *Toward a Definitive Measurement of Group Cohesiveness in Nursing*. Unpublished.

Porter, R. (1973, Fall). *The intercollegiate graduate nursing council: A new approach to unity in nursing*. Black Nurses Association Newsletter. 1(8), 2-5.

#### **MONOGRAPHS:**

Caggins, R.P. (1995). Professional cohesiveness among registered nurses. *Community vs. Chaos: Proceedings of the 11th Scientific Meeting of the A.K. Rice Institute*. Marina Del Rey, CA., 1993.

#### **RESEARCH:**

Principal Investigator, Partnership for Violence Prevention. A sub-contract grant through Central State University from the Department of Health & Human Services, Office of Minority Health 1999-2000. \$251,500.00.

Co-Investigator, Partnership for Violence Prevention. A sub-contract grant through Central State University from the Department of Health & Human Services, Office of Minority Health 1999-2000. \$200,000.00.

Received a Prairie View A&M University Mini-Grant entitled "Determining the Cohesion Factors in African American Domestically Violent Couples" for \$2996.25. 1997

Received a Prairie View A&M University Mini-Grant entitled "Project LIFT: Wellness and Coping Enhancement" for \$2746.00. 1995.

Braithwaite, D.; Caggins, R.; Boss-Victoria, R., & Bernard, L. Awarded funding for the Houston Endowment Minority Health Research Chair from the Houston Endowment Foundation. 1992 for 1.5 million.

#### **CONTINUING EDUCATION:**

NLN Education Summit 2006, *Transformation Begins With You*, New York, NY, September 27-30, 2006.  
"Managing Barriers: Depression and Anxiety in the Health Care Setting," Part 1 & 2. M.D. Anderson, Houston Texas, March 30, 2006.

*Grants 101: Professional Grant Writing Workshop*, The Grant Writing Institute, University of Houston, January 18-20, 2006.

APNA Presents – *Schizophrenia and Bipolar Disorder, Compliance and Recovery: Implications for Psychiatric-Mental Health*, Houston, TX, April 24, 2004.

Grant Writing Workshop for HBCU Researchers, Tennessee State University Center for Health Research, Nashville, TN, April 1-2, 2004.

Health and Social Justice Conference II, *Black Mental Health: Conquering a Destructive Environment*, Texas Southern University, Houston, TX, March 26-27, 2004. (9 hours)

National League for Nursing Education Summit 2003, September 18-20, 2003, San Antonio, Texas (15 hours)

Leadership Development: Conducting Effective Meetings – How to Adjourn "Before Midnight" April 12, 2003, Houston Texas

Family and Community Violence Prevention (FCVP) Program Technical Workshops (1997-2002)  
Three FCVP workshops each year.

University of Pennsylvania Summer Nursing Research Institute (1997 & 98)

Accelerated Learning Workshop Methodology, Fundamentals of Teacher Training - Phase I,  
UH-Houston (2/3/97)

Survivor Therapy with Abused Women (9/96)

Dimensions of Nursing Interventions (7/96)

Building Applied Preventive Research Symposium (6/96)  
 A.K. Rice Institutes (5 Week-end, 1 Residential)  
 American Institute of Psychotherapy and Psychoanalysis (NY)  
 NAACP Texas Caucus, Regional Intercultural Coalition for Health Reform; Houston, Texas; January 15, 1994.  
 Quest Workshop, Summer 1994  
 "Cutting Edge Issues in Nursing: Cultural Diversity", Nov. 1993  
 Professional Biofeedback Certificate Program, Jan. 1994, (65 hours).  
 "Caregivers, Caretakers: Architects of Psychiatric Care", Oct. 1993 (7.5 hours)  
 "Implications for Nursing Education: Inpatient Nursing Care and Health Care Reform"; April 15, 1994. (1.5 hours).  
 Learning Styles and Teaching Strategies: Impact on Retention, Dec, 1993; (4.5 hours)  
 "Mind Mapping" Prairie View A&M University Faculty Workshop, Nov, 1993.  
 "Training Weekend on the Dynamics of Small Work Groups" Sponsored by Central States Center of the A.K. Rice  
 Institute, Kansas, City, January 22-23, 1994.  
 Third Annual Workshop of the Faculty and Community Enhancement Project (FACE); Washington, D.C.;  
 February, 1994.  
 American Nurses Association National Convention, San Antonio, TX  
 June 1994.

### PROFESSIONAL MEMBERSHIPS AND COMMITTEES

American Psychiatric Nurses Association  
 American Nurses Association  
 National Black Nurses Association  
 Black Nurses Association- Greater Houston Chapter  
     Program Chair (2004-2006)  
     Board Member  
 Chi Eta Phi Nursing Sorority  
 National League for Nursing  
     Task Group on Development of a Nursing Education Minimum Data Set for two Bienna 2003-2007  
 Sigma Theta Tau International Nursing Honor Society  
     Fundraising Chair (2003-2005)  
 Texas Nurses' Association  
 Texas Nurses' Association, District 9

### UNIVERSITY AND COLLEGE OF NURSING ACTIVITIES

2004	Chair of the Health Promotion and Wellness Task Force.
2003	Chair of Planning Committee, Leadership Development Workshop: Conducting Effective Meetings – How to Adjourn “Before Midnight” April 12, 2003, Houston, Texas
2000-06	Member of the Executive Committee
2004-06	Member of the Promotion and Tenure Committee
2002-06	Co-Chair of the Evaluation Committee
1999-00	College of Nursing Ad-Hoc Evaluation Committee - Issue: Faculty Credential and Policy Congruence; and other committees as needed (Appeal, Grievance).
1999-00	Appointed to the Search Committee for the Position of Dean, College of Nursing, Prairie View A&M University.
1998-00	Appointed to the Executive Leadership Team and General Steering
1998-00	Committee of the University Self Study Review for the Southern Associations of Colleges and Schools.
1996-99	Appointed to the Texas A&M System Task Force on Family Violence.
1995-96	Represented Prairie View A&M University College of Nursing on the TMC Nursing Programs Continuing Education Committee.
1995-96	Appointed to the Post-Tenure Review Planning Committee
1994-2001	Faculty Development Committee

1993-94 Committee Chair - 1995-99  
 Stress Management Center Development Committee  
 Chair - (Spring and Summer)  
 1993-94 STARS Project Design Team Faculty  
 1992-94 College of Nursing 75th Anniversary Steering  
 Committee, Chairperson  
 1993-94 Project Face Scholar - Project funded by the Kellogg Foundation  
 1993-94 College of Nursing Summer Focus Group  
 Summer 1993 - Prepared Application for TNA  
 Continuing Education Provider Status (Granted)  
 1993 Chair of the 75th Anniversary Celebration Steering Committee.  
 1992-93 Chaired the 1st Annual College-Wide Seminar for the  
 College of Nursing, October.  
 1992-93 Chair of the Special Presentation Committee for the 1993 TMC Nurse Day  
 Celebration.  
 1978-80 Curriculum Committee 1986-89;1991-93; 2000-06  
 1980-92 Academic Standards Committee Chair of Committee and Appeals Panel  
 (1983-86; Spring 1989-Spring 1992)  
 1981-83 Research Committee 1990-93  
 1982-90 American Red Cross Student Volunteer Committee Faculty Advisor  
 1984-86 Evaluation Committee  
 1985-86 Dean's Search Committee  
 1985- Executive Committee  
 Present Semester IV Coordinator 2000-2006  
 Level III-B Coordinator (1985-89;Fall 1991)  
 Level III-B & IV-A Coordinator (1989-91)  
 Level III-B Coordinator (1991-92)  
 1985-86 Faculty Merit Advisory Committee  
 1990-91  
 1986-89 Ad-Hoc Faculty Curriculum Committee(s)  
 Faculty Curriculum Workshop (Summer 1986)  
 NLN Self Study Task Force (1986-88)  
 Nursing Process Documentation Tool (1988-89)  
 1988-89 Policy & Procedure Committee  
 1989 Wrote article for the College of Nursing  
 "Making a Difference in Texas Nursing"  
*Christian Life*. Houston.  
 Summer Consultant for RODS Pre-Nursing Program  
 1989 "Stress Management"  
 "Assertiveness"  
 1990 Planned a Faculty Brown Bag Luncheon.  
 March "Distinguishing Between Spirituality, Cultural Diversity, and Emotional  
 Pathology"  
 1990 Speaker for Fall Nursing Convocation "Challenges for Growth 1990-91"  
 1991 University Task Force Committee on Academic  
 Jan-May Planning  
 1991 Associate Dean Search Committee  
 Summer

**COURSES TAUGHT - 2005-2006 ACADEMIC YEAR**

N4163 Mental Health Nursing Theory  
 N3005 Transition to Professional Nursing

**ADVISEMENT ACTIVITIES: 2005-2006**

Provided Academic Advisement for:

- Advisees
- Students in Mental Health Theory and Clinical Practicum
- Students Appealing Grade Changes via Academic Standards
- 0Students seeking Scholarships and Awards

**COMMUNITY INVOLVEMENT:**

- 2004-2006 Concord Baptist District Association Director of Community Outreach
- 2003-06 Houston Achievement Place Board Member
- 1997-04 Harris County 4-H and Youth Development Advisory Board
- 1999 Dillard University Professional Association of Nurses (DUPON), Founder's Day Celebration Speaker (September 25).
- 1996 Assisted with immunizations for the Harris County Health Department in Tomball, TX (August)
- 1995 Speaker for "Woman's Annual Prayer Breakfast" First Shiloh Missionary Baptist Church, Brady's Landing, Houston, TX (October.)
- 1994 St. Mark United Methodist Church; Gulfport, MS Homecoming Speaker; Summer.
- 1991-94 National Black Leadership Initiative on Cancers
  - Co-Chair of 1st and 2nd Annual Health & Wellness Breakfast (September 1991; September 1994)
  - Board Member, Houston Chapter 1990-94
- 1993-97 Psychiatric Nursing Service, Advisory Committee
- 1993-03 Pine Oak "The Cornerstone" Baptist Church
  - 4-H Club Manager
- 1981 The Houston Chapter of Links, Inc.
  - to Financial Secretary (1983-84)
  - Pres. National Trends Chair (1989-90; 2002-2003)
  - National Trends Co-Chair (1991-93, 2001-2002)
- 1987 American Red Cross, Houston, TX
  - Disaster Health Services Committee (1987-90)