

## Curriculum Vitae

**Name:** Nancy A. Niemczyk, CNM, PhD

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## Education and Training

### **Undergraduate**

1984-1988

Swarthmore College  
Swarthmore, PA

BA  
Religion, Biology,  
Women's Studies  
High Honors

1990-1992

University of Pennsylvania  
School of Nursing  
Philadelphia, PA

BSN  
Nursing  
Summa cum Laude

### **Graduate**

1993-1994

University of Pennsylvania  
School of Nursing  
Philadelphia, PA

MSN  
Midwifery

2010-2014

University of Pittsburgh  
Graduate School of Public Health  
Pittsburgh, PA

PhD  
Epidemiology

## Appointments and Positions

### **Academic**

2016 - Present

University of Pittsburgh, School of Nursing  
Pittsburgh, PA

Assistant Professor  
Nurse-Midwifery Program  
Director

2016 – Present

Midwifery Institute at Philadelphia  
University  
Philadelphia, PA

Adjunct Professor

2014 – 2016	Midwifery Institute at Philadelphia University Philadelphia, PA	Assistant Professor
2013 – 2014	Midwifery Institute at Philadelphia University Philadelphia, PA	Adjunct Professor
2004 – 2010	Yale University, School of Nursing New Haven, CT	Assistant Clinical Professor, Courtesy Appointment
1999 - 2010	University of Pennsylvania School of Nursing	Clinical Faculty
1995 – 2010	Frontier Nursing University Hayden, KY	Clinical Faculty
<b>Non-Academic</b>		
2003 - 2010	The Midwife Center for Birth and Women’s Health Pittsburgh, PA	Clinical Director
1996 – 2003	The Midwife Center for Birth and Women’s Health Pittsburgh, PA	Staff Nurse-Midwife
1995 – 1996	BirthPlace, Midwifery Services of Western Pennsylvania Hospital Pittsburgh, PA	Staff Nurse-Midwife
1993 – 1995	Elizabeth Blackwell Health Center for Women Philadelphia, PA	Registered Nurse
1993	Hospital of the University of Pennsylvania Philadelphia, PA	Registered Nurse

**Licensure and Certification**

1995	MW008392L	PA
1993	RN328231L	PA
1995	American Midwifery Certification Board	Nurse-Midwifery

**Membership in Professional and Scientific Societies**

- 2016 - Present American Association of Birth Centers  
1996 – Present, Member, Research Committee
- 2012 – 2014 American Heart Association Epidemiology Council
- 1993 – Present American College of Nurse-Midwives  
2011 – Present, Member, Division of Research
- 1993 – Present PA Association of Certified Nurse-Midwives  
2012 – 2013 – Chair, Nominating Committee  
2011 – 2012 – Member, Steering Committee  
1996 – 2011 – Secretary
- 1993 – 2003 Pittsburgh OB/GYN Society

### Honors

- 2015 Delta Omega
- 2003 Named one of “A Dozen Making a Difference,” Pittsburgh Post-Gazette
- 1994 Health Promotion and Disease Prevention Grantee  
American Medical Students’ Association
- 1994 Award for Scholarship and Leadership  
Sigma Theta Tau
- 1993 Department of Health and Human Services Leadership Grant  
University of Pennsylvania
- 1992 Sigma Theta Tau
- 1992 Award for Scholarship and Leadership  
Sigma Theta Tau
- 1988 Phi Beta Kappa
- 1984 Eugene Lang Scholar for Social Change  
Swarthmore College
- 1984 National Merit Scholar  
National Merit Scholarship Corporation

### Publications

**Refereed Articles** \* = Data Based

1. Beldecos, A., Bailey, S., Gilbert, S., Hicks, K., Kenschaft, L., **Niemczyk, N.**, Rosenberg, R., Schaertel, S., & Wedel, A. (1988). The importance of feminist critique for contemporary cell biology. *Hypatia*, 3(1), 61-76.
2. \*Hughes, T. M., Althouse, A. D., **Niemczyk, N. A.**, Hawkins, M. S., Kuipers, A. L., & Sutton-Tyrrell, K. (2012). Effects of weight loss and insulin reduction on arterial stiffness in the SAVE trial. *Cardiovasc Diabetol*, 11, 114. doi:10.1186/1475-2840-11-114
3. \***Niemczyk, N. A.**, Catov, J. M., Barinas-Mitchell, E., McClure, C. K., Roberts, J. M., Tepper, P. G., & Sutton-Tyrrell, K. (2015). Nulliparity is associated with less healthy markers of subclinical cardiovascular disease in young women with overweight and obesity. *Obesity (Silver Spring, Md.)*, 23(5), 1085-1091. doi:10.1002/oby.21044 [doi]
4. \***Niemczyk, N. A.**, Cutts, A., & Perlman, D. B. (In press). Prior work and educational experience are not associated with successful completion of a midwifery education program. *J Midwifery Womens Health*.
5. \***Niemczyk, N. A.**, Bertolet, M., Catov, J. M., Desai, M. M., McClure, C. K., Roberts, J. M., Sekikawa, A., Tepper, P. G., & Barinas-Mitchell, E. *Common Carotid Artery Intima-Media Thickness Increases throughout the Pregnancy Cycle*. Manuscript submitted for publication.

## Published Abstracts

## Reviews, Invited Published Papers, Proceedings, Monographs

1. **Niemczyk, N. A.** (2012). Dilation occurs more slowly in induced labor. *J Midwifery Womens Health*, 57(6), 638-639. doi:10.1111/j.1542-2011.2012.00244\_3.x
2. **Niemczyk, N. A.** (2012). Most women use less-effective contraceptive methods. *J Midwifery Womens Health*, 57(6), 636-637. doi:10.1111/j.1542-2011.2012.00244\_1.x
3. **Niemczyk, N. A.** (2012). Women with short cervix may benefit from pessary use to prevent preterm birth. *J Midwifery Womens Health*, 57(6), 637-638. doi:10.1111/j.1542-2011.2012.00244\_2.x
4. **Niemczyk, N. A.** (2013). Can synthetic oxytocin be turned off in active labor? *J Midwifery Womens Health*, 58(3), 348-349. doi:10.1111/jmwh.12056\_3
5. **Niemczyk, N. A.** (2013). Nurse practitioners, certified nurse-midwives, and physician assistants can safely perform first-trimester aspiration abortions. *J Midwifery Womens Health*, 58(3), 346-347. doi:10.1111/jmwh.12056\_1
6. **Niemczyk, N. A.** (2013). Postpartum hemorrhages are more common in planned hospital births compared with planned home births. *J Midwifery Womens Health*, 58(3), 347-348. doi:10.1111/jmwh.12056\_2
7. **Niemczyk, N. A.** (2014). Life stress may be related to racial disparities in stillbirth. *J Midwifery Womens Health*, 59(4), 467-468.
8. **Niemczyk, N. A.** (2014). Maternal positioning to rotate fetuses in occiput posterior

- position in labor. *J Midwifery Womens Health*, 59(3), 362-363.  
doi:10.1111/jmwh.12188
9. **Niemczyk, N. A.** (2014). Most women think their cesarean birth was necessary. *J Midwifery Womens Health*, 59(3), 363-364.
  10. **Niemczyk, N. A.** (2014). Screening mammography may be less effective than thought. *J Midwifery Womens Health*, 59(4), 465-467.
  11. **Niemczyk, N. A.** (2014). Some women with elevated body mass index are at low risk for complications in labor. *J Midwifery Womens Health*, 59(3), 361-362.  
doi:10.1111/jmwh.12214
  12. **Niemczyk, N. A.** (2015). Antibiotic use in Pregnancy may be Associated with Childhood Obesity. *J Midwifery Womens Health*, 60(4), 471-472.
  13. **Niemczyk, N. A.** (2015). Exercise Reduces Gestational Diabetes Risk. *J Midwifery Womens Health*, 60(4), 472.
  14. **Niemczyk, N. A.** (2015). Omega-3 Fatty Acids do not Appear to Prevent Preterm Birth. *J Midwifery Womens Health*, 60(4), 472.
  15. **Niemczyk, N. A.** (2015). Low carbohydrate versus low fat diets: A randomized clinical trial. *J Midwifery Womens Health*, 60(1): 104-105.
  16. **Niemczyk, N. A.** (2015). Regular exercise in pregnancy decreases risk of cesarean births. *J Midwifery Womens Health*, 60(1): 105.
  17. **Niemczyk, N. A.** (2015). Adhesive glue is as effective as suture for repairing first-degree perineal tears. *J Midwifery Womens Health*, 60(1): 106.
  18. **Niemczyk, N. A.** (2015). Low-molecular-weight heparin not effective at preventing pregnancy complications in women with thrombophilias. *J Midwifery Womens Health*, 60(1): 104-105.
  19. **Niemczyk, N. A.** (2015). Midwife laborists provide high quality care. *J Midwifery Womens Health*, 60(4): 470-471.
  20. **Niemczyk, N. A.** (2015). Antibiotic use in pregnancy may be associated with childhood obesity. *J Midwifery Womens Health*, 60(4): 471-472.
  21. **Niemczyk, N. A.** (2015). Exercise reduces gestational diabetes risk. *J Midwifery Womens Health*, 60(4): 472.
  22. **Niemczyk, N. A.** (2015). Omega-3 fatty acids do not appear to prevent preterm birth. *J Midwifery Womens Health*, 60(4):
  23. **Niemczyk, N. A.** (2015) Supine sleeping and suspected fetal growth restriction associated with stillbirth. *J Midwifery Womens Health*, 60(5): 624-625.
  24. **Niemczyk, N. A.** (2015) More than half of pregnancy wheel applications are inaccurate. *J Midwifery Womens Health*, 60(5): 625.
  25. **Niemczyk, N. A.** (2015) Trial results in small decrease in cesarean birth. *J Midwifery Womens Health*, 60(5): 625.
  26. **Niemczyk, N. A.** (2015) Human papillomavirus vaccination not associated with increased sexual activity or sexually transmitted infections. *J Midwifery Womens Health*, 60(5): 625.
  27. **Niemczyk, N. A.** (2015) Causes of pregnancy-related mortality change, but racial disparities remain. *J Midwifery Womens Health*, 60(5): 623-624.
  28. **Niemczyk, N. A.** (2016). Diet therapy may be as effective as glyburide for treatment of mild gestational diabetes. *J Midwifery Womens Health*, 61(2), 277-278.
  29. **Niemczyk, N. A.** (2016). Early and exclusive breastfeeding may protect against neonatal mortality. *J Midwifery Womens Health*, 61(2), 278-279.
  30. **Niemczyk, N. A.** (2016). Parents desire parenting education during prenatal care. *J*

- Midwifery Womens Health*, 61(2), 278.
31. **Niemczyk, N. A.** (2016). Planned home vaginal birth after cesarean. *J Midwifery Womens Health*, 61(2), 276-277.
  32. **Niemczyk, N. A.** (2016). Provider skill influences perinatal outcomes. *J Midwifery Womens Health*, 61(2), 279.
  33. **Niemczyk, N. A.**, Allison, K. S., Brody, D. S., Carratu, L., Guernsey, K., Hanbridge, J., Heller, J., & Walker, L. (2016) Prediction of women at low risk for preeclampsia with SFLT-1:PIGF ratio. *J Midwifery Womens Health*, 61(4), 516-7.
  34. **Niemczyk, N. A.**, Allison, K. S., Brody, D. S., Carratu, L., Guernsey, K., Hanbridge, J., Heller, J., & Walker, L. (2016) Correlation between prolonged pregnancy and second trimester cervical length. *J Midwifery Womens Health*, 61(4), 517-8.
  35. **Niemczyk, N. A.**, Allison, K. S., Brody, D. S., Carratu, L., Guernsey, K., Hanbridge, J., Heller, J., & Walker, L. (2016) Urban adolescents in group prenatal care have better outcomes. *J Midwifery Womens Health*, 61(4), 518.
  36. **Niemczyk, N. A.**, Allison, K. S., Brody, D. S., Carratu, L., Guernsey, K., Hanbridge, J., Heller, J., & Walker, L. (2016) Regular group exercise in pregnant women. *J Midwifery Womens Health*, 61(4), 518-19.
  37. **Niemczyk, N. A.**, Allison, K. S., Brody, D. S., Carratu, L., Guernsey, K., Hanbridge, J., Heller, J., & Walker, L. (2016) Peer counselors identify unique barriers to breastfeeding for black women. *J Midwifery Womens Health*, 61(4), 519.
  38. **Niemczyk, N. A.**, Allison, K. S., Brody, D. S., Carratu, L., Guernsey, K., Hanbridge, J., Heller, J., & Walker, L. (2016) The effect of antenatal pelvic floor muscle training on labor and birth outcomes: A systematic review and meta-analysis. *J Midwifery Womens Health*, 61(4), 519.
  39. **Niemczyk, N. A.**, Allison, K. S., Brody, D. S., Carratu, L., Guernsey, K., Hanbridge, J., Heller, J., & Walker, L. (2016) Birthing in an upright position protects the perineum. *J Midwifery Womens Health*, 61(4), 519-20.
  40. **Niemczyk, N. A.** (2017). Meta-analysis finds group prenatal care may have slightly better outcomes than traditional care. *J Midwifery Womens Health*, 62(2), 227-8. doi:10.1111/jmwh.12614
  41. **Niemczyk, N. A.** (2017). The kaleidoscopic midwife. *J Midwifery Womens Health*, 62(2), 228-30. doi:10.1111/jmwh.12614
  42. **Niemczyk, N. A.** (2017). Black lives matter in obstetrics and gynecology. *J Midwifery Womens Health*, 62(2), 230. doi:10.1111/jmwh.12614
  43. **Niemczyk, N. A.** (2017). Adult immunization update. *J Midwifery Womens Health*, 62(2), 230. doi:10.1111/jmwh.12614
  44. **Niemczyk, N. A.** (2017). Later hospital rounds increased women's satisfaction postpartum. *J Midwifery Womens Health*, 62(2), 227-231. doi:10.1111/jmwh.12614
  45. **Niemczyk, N. A.**, & Kupiec, N. (In press). Misoprostol with concurrent foley catheter placement results in fastest labor inductions. *J Midwifery Womens Health*.
  46. **Niemczyk, N. A.**, & Kupiec, N. (In press). An innovative model for maternal-fetal medicine consultation. *J Midwifery Womens Health*.
  47. **Niemczyk, N. A.**, & Kupiec, N. (In press). Many women receive opioid prescriptions after uncomplicated vaginal birth. *J Midwifery Womens Health*.
  48. **Niemczyk, N. A.**, & Kupiec, N. (In press). A call to improve the health of night shift nurses. *J Midwifery Womens Health*.
  49. **Niemczyk, N. A.**, & Kupiec, N. (In press). More certified nurse-midwives and fewer

intravenous lines associated with fewer cesarean births. *J Midwifery Womens Health*.

## **Book Chapters and Books**

## **Other Publications**

### **Research**

#### **Principal Investigator**

1. University of Pittsburgh, Graduate School of Public Health, Epidemiology Small Grant  
Maternal Vascular Adaptation to Healthy Pregnancy  
2010-2014
2. American Association of Birth Centers Foundation  
Associations between length of second stage labor and maternal and newborn outcomes  
in freestanding birth centers.  
2017-2018  
\$5,000

#### **Co- Investigator**

1. Kimberly Sutton-Tyrell  
NHLBI R01 HL077525-01A2  
Clinical Trial to Reverse Early Arterial Stiffening  
2010-2013  
\$832,581
2. Mansi Desai  
University of Pittsburgh, Graduate School of Public Health, Epidemiology  
Maternal Vascular Adaptation to Healthy Pregnancy 2  
2014-present

#### **Consultant**

### **Other Scholarly Activities**

#### **Educational or Training Grants**

#### **Site Visitor**

2002 - 2014

Commission for the Accreditation of Birth Centers

#### **Grant Reviewer**

Years Inclusive

Agency

**Manuscript Reviewer**

2017 BMC Pregnancy and Childbirth  
2016 - Present Journal of Midwifery & Women's Health  
2014 European Heart Journal

**Editorial Boards**

2014 – Present Contributing Editor, Journal of Midwifery & Women's Health

**Advisory Boards**

2014 – Present Midwifery Advisory Committee University of Pittsburgh,  
School of Nursing  
2010 – Present Member Medical Advisory Committee Midwife Center for Birth &  
Women's Health  
2006 – 2010 Member Quality Standards Adagio Health  
Committee  
2002 – 2008 Member Region I Community Healthy Start  
Consortium

**Consultation**

2015 - 2016 Development of Midwifery Education Program at the University of  
Pittsburgh, School of Nursing

**Unpublished Presentations**

**International**

**National**

1. **Niemczyk, N. A.**, Barinas-Mitchell, E., Catov, J. M., McClure, C. K., Roberts, J. M., Tepper, P. G., & Sutton-Tyrrell, K. (2013, March). *Nulliparity is associated with greater common carotid artery intima media thickness and adventitial diameter in overweight and obese young women.* Paper presented at NHLBI Cardiovascular Epidemiology, Biostatistics and Prevention Trainee Session, New Orleans, LA.
2. **Niemczyk, N. A.**, Barinas-Mitchell, E., Catov, J. M., McClure, C. K., Roberts, J. M., Tepper, P. G., & Sutton-Tyrrell, K. (2013, March). *Nulliparity is associated with greater common carotid artery intima media thickness and adventitial diameter in overweight and obese young women.* Poster session presented at Epidemiology and Prevention/Nutrition, Physical Activity and Metabolism 2013 Scientific Session, New Orleans, LA.
3. **Niemczyk, N. A.**, Barinas-Mitchell, E., Catov, J. M., McClure, C. K., Roberts, J. M., Sekikawa, A., & Tepper, P. G. (2014, March). *Maternal vascular changes during pregnancy may persist postpartum.* Poster session presented at Epidemiology and Prevention/Nutrition, Physical Activity and Metabolism 2014 Scientific Session, San Francisco, CA.
4. Desai, M., **Niemczyk, N. A.**, Bertolet, M., Catov, J. M., Columbus, M., & Barinas-Mitchell, E. (2016, March). *Structural and functional arterial changes in*

*healthy women during and following pregnancy*. Poster presentation at Epidemiology and Prevention/Nutrition, Physical Activity and Metabolism 2016 Scientific Session, Phoenix, AZ.

5. **Niemczyk, N. A.**, Cutts, A., & Perlman, D. B. (2017, May). Prior work and educational experience are not associated with successful completion of a midwifery education program. Poster presentation at American College of Nurse-Midwives Annual Meeting, Chicago, IL.
6. **Niemczyk, N. A.** (2107, October). Associations between prolonged second stage labor and maternal and newborn birth outcomes in freestanding birth centers. Podium presentation at 11<sup>th</sup> Annual AAC Birth Institute, Anchorage, AK.

## Regional

## Local

## Other Presentations (e.g., workshops)

1. **Niemczyk, N. A.** (1997, October). *Intermittent auscultation of fetal heart tones in labor*. Presented at Women's Health: Building on the Foundations of Family Practice. The 16<sup>th</sup> Annual Northeast Regional Conference of the Society of Teachers of Family Medicine, Pittsburgh, PA.
2. **Niemczyk, N. A.**, Evans-Palmisano, K., McKain, K. S., Chiappelli, L. (1997, October). *Effective Communication in the Maternity Cycle*. Presented at Women's Health: Building on the Foundations of Family Practice. The 16<sup>th</sup> Annual Northeast Regional Conference of the Society of Teachers of Family Medicine, Pittsburgh, PA.
3. **Niemczyk, N. A.**, & McKain, K. S. (2000, February). *Intermittent auscultation: Can we put away the monitors?* Presented at Family Centered Maternity Care: A Collaborative Approach, Pittsburgh, PA.
4. **Niemczyk, N. A.** (2001, May) *Breastfeeding and osteoporosis*. Presented at La Leche League of Western Pennsylvania Regional Conference, Pittsburgh, PA.
5. **Niemczyk, N. A.**, & McKain, K. S. (2003, September). *It ain't over til it's over – overcoming adversity*. Presented at National Association of Childbearing Centers 19<sup>th</sup> Annual Meeting, Orlando, FL.
6. **Niemczyk, N. A.** (2013, April). What do pregnancy complications tell us about future chronic disease risk? Presented at Second Annual Spring Fling, UPMC, Pittsburgh, PA.
7. **Niemczyk, N. A.** (2013, May). What do pregnancy complications tell us about future chronic disease risk? Presented at Midwife Center for Birth and Women's Health Staff Meeting, Pittsburgh, PA.
8. **Niemczyk, N. A.** (2013, April). What do pregnancy complications tell us about future chronic disease risk? Presented at American College of Nurse-Midwives 58<sup>th</sup> Annual Meeting & Exhibition, Nashville, TN.
9. **Niemczyk, N. A.** (2107, October). Associations between prolonged second stage labor and maternal and newborn birth outcomes in freestanding birth centers. Presented at Midwife Center for Birth and Women's Health Staff Meeting, Pittsburgh, PA.

**Teaching****Primary Teacher**

<b>Term / Years</b>	<b>Course Number &amp; Title</b>	<b>No. of Students</b>	<b>Level</b>	<b>Didactic or Clinical</b>
Fall 2013	MMW-730: Theoretical Foundations of Midwifery	16	MS	Didactic
Spring 2014	MMW-731: Evidence-based Care: Evaluating the Research	16	MS	Didactic
Summer 2014	MMW-731: Evidence-based Care: Evaluating the Research	3	MS	Didactic
Summer 2014	MMW-723: Advanced Clinical Practice	1	MS	Didactic
Fall 2014	MMW-730: Theoretical Foundations of Midwifery	10	MS	Didactic
Fall 2014	CMW-646: Midwifery Nexus Project	2	MS	Didactic
Spring 2015	MMW-731: Evidence-based Care: Evaluating the Research	9	MS	Didactic
Spring 2015	MMW-730: Theoretical Foundations of Midwifery	8	MS	Didactic
Summer 2015	MMW-731: Evidence-based Care: Evaluating the Research	9	MS	Didactic
Summer 2015	CMW-646: Midwifery Nexus Project	4	MS	Didactic
Fall 2015	MMW-730: Theoretical Foundations of Midwifery	14	MS	Didactic
Fall 2015	CMW-646: Midwifery Nexus Project	3	MS	Didactic
Spring 2016	MMW-731: Evidence-based Care: Evaluating the Research	10	MS	Didactic
Spring 2016	MMW-730: Theoretical Foundations of Midwifery	8	MS	Didactic
Summer 2017	NUR 2031: Diagnostic Physical Exam across the Lifespan	16	DNP	Clinical
Fall 2017	NUR 2032: Differential Diagnosis Clinical		DNP	Clinical

**Lecturer / Guest Lecturer**

<b>Term/ Years</b>	<b>Course Number &amp; Title</b>	<b>No. of Students</b>	<b>Level</b>	<b>Topic of Lecture</b>
<b>Fall 2016</b>	NURNM 3509, Nurse-Midwifery Role Seminar 1	3	DNP	History of Midwifery

<b>Fall 2016</b>	NUR 2032, Differential Diagnosis Clinical	8	MSN/DNP	Pelvic Exams
<b>Fall 2016</b>	NUR 1050, Nursing Care of Mothers, Newborns and Families	50	BSN	Overview of Nurse-Midwifery
<b>Spring 2017</b>	NUR 1050, Nursing Care of Mothers, Newborns and Families	50	BSN	Overview of Nurse-Midwifery
<b>Fall 2017</b>	NURNM 3509, Nurse-Midwifery Role Seminar 1	2	DNP	History of Midwifery

**Master’s Theses**

**PhD Dissertations**

**Other Mentoring Activities**

1. **Nora Kupiec:** URMP student, 2016 – present
2. **Stephanie Park:** URMP student, 2017 - present

**Service**

**University Committees**

2016 – Present      University of Pittsburgh      Member  
Provost’s Advisory Committee on Women’s Concerns

**School Committees**

Aug. – Oct. 2016      Search Committee: Assistant Director Marketing &      Member  
Communications

**Other Professional Activities**