

Beth Sanford, DNP, RN, ACN, CLC

Current Vitamin D Research Overview and the Development of a Public Health Model
Addressing Vitamin D Deficiency

Bio:

Dr. Beth Sanford graduated with her BSN and MSN in Rural Health Nursing with a specialization in Nursing Education from the University of North Dakota. Most recently, Beth completed her DNP in Public Health and Policy from Rasmussen University, focusing on vitamin D translational research. She has worked as a Hospice Nurse, a Migrant Health Nurse, a Public Health Nurse, a Community Health Educator, and a Nurse Manager in Long-Term Care and Memory Care. These roles shaped her love for vulnerable and underserved populations, as well as for primary prevention. She has enjoyed volunteering with incarcerated and homeless teens in the US and Canada as well as orphans in Mexico and rural populations in the Amazon.

In 2005, she moved to China with her family and lived there for five years, volunteering as a Nurse Consultant and teaching English. She then moved to Fargo where she became the co-founder of a non-profit in Afghanistan that focused on micro-businesses for women in poverty, particularly widows, volunteered as a nurse advocate in the local refugee community, and did volunteer parish nursing for five years before joining Rasmussen University as full-time nursing faculty in 2015. In 2020, she obtained a post-graduate certificate in Applied Clinical Nutrition to better educate future nurses, colleagues, patients, and the public about the principles of integrative nutrition and advocate for vitamin D deficiency education in North Dakota. In the Winter of 2021, she wrote and, with two nurse legislators in North Dakota (Karen Rohr, Ph.D., RN and Kristin Roers, MSN, RN), championed SB2145: The Essential Caregivers Act in North Dakota, which was passed into law. Beth is passionate about cultivating a spirit of inquiry and developing the attitude of being a life-long learner in students, nurses, and healthcare professionals at all levels of practice. She enjoys her time on the Board of Directors for the NDNA, advocating for the nurses of North Dakota and disseminating evidence-based practice to its members.

Description of Presentation:

During this presentation, Dr. Sanford will share current vitamin D research and recommendations from the vitamin D scientific community as well as discuss the development of a vitamin D toolkit, including the Cycle of Best Practices Addressing Vitamin D Deficiency Model and additional translational resources.

Learning Objectives:

1. State the optimal vitamin D blood levels according to Grassroots Health Scientists' Expert Panel
2. Identify two common errors in nutrient study design
3. Identify five common health conditions associated with vitamin D deficiency
4. State patient and populations risk factors for vitamin D deficiency
5. Contrast blood level outcomes between pulse or bolus dosing and loading-maintenance dosing protocols
6. Calculate a vitamin D level by weight using the vitamin D calculator
7. Describe the steps of the *Cycle of Best Practices for Addressing Vitamin D Deficiency* model & protocol
8. Identify five ways to move Vitamin D research into practice