



Troy University  
School of Nursing

## Faculty BIO

**Name/Credentials**  
**Title**  
**Email**  
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**Office**

**Lenetra L. Jefferson, PhD, RN, CNE, CNL, LMT**

Assistant Professor

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Troy Campus

400 Pell Avenue, Troy, AL 36082

Collegeview 120A

## Education

Certificate in Higher Education Teaching and Learning Laureate  
International Universities (2012)

PhD Southern University and A&M College (2009)

Certificate of Technical Studies in Massage Therapy Delgado  
Community College (2004)

MSN University of South Alabama (1997)

BSN University of South Alabama (1995)

## Publications or Presentations

- Publications

Jefferson, L. L. (2023). Skilled Nursing Care. In Dr. Danita Stapleton, Dr. Sekeria Bossie (Ed.), *Home Care for the Elderly Using Interprofessional Teams*. Springer.

Jefferson, L. L. (2020). Chapter 46: Urinary Elimination. *Fundamentals of Nursing* (Tenth ed., pp. 1150). Elsevier.

Hill-Wilkes, N., Renales, F. R., Seibenhener, S. L., Jefferson, L. L. (in press). Examining the Effects of Music Therapy on Decreasing Agitation in Alzheimer's Disease. *Journal of Holistic Nursing*.

Jefferson, L. L. 6 Tools For Your Self-Care Toolbox (January 6 2022 ed.). *Massage Magazine*. <https://www.massage.mag.com/6-tools-for-your-self-care-toolbox-132609>

Jefferson, L. (2010). Exploring Effects of Therapeutic Massage and Patient Teaching in the Practice of Diaphragmatic Breathing on Blood Pressure, Stress, and Anxiety in Hypertensive African-American Women: An Intervention Study. *The Journal of the National Black Nurses Association*, 21 (1) 17-24

## Grants and Projects

## Honors, Awards, Boards, Certifications, and Professional Organizations

- Presentations

Renales, F. R. (Presenter Only), Jefferson, L. L. (Presenter Only), Paymon, L. S. (Presenter Only), 24th ILA Global Conference: Wisdom in Times of Crisis, "We Are the Ones We Have Been Waiting For: Nursing as the Framework to Resolve the Healthcare Crisis," International Leadership Association (ILA). (October 6, 2022).

Hutcherson, M. (Presenter & Author), Jefferson, L. L. (Author Only), Vardaman, S. A. (Author Only), 15th National Doctors of Nursing Practice Conference, "An Examination of Nurse Residency Programs on the New Role Self-Efficacy of the Newly Licensed Nurse," Doctors of Nursing Practice, Inc., Tampa, FL. (August 2022).

Jefferson, L. L. (Presenter & Author), Jean, V. (Author Only), Paymon, L. S. (Author Only), Sigma Theta Tau Research Congress 2022, "Nurses, Frontline Work and Stress: Breathing as a Self-Care Practice During a Pandemic," Sigma Theta Tau. (July 2022).

Jefferson, L. L., International Leadership Association (ILA)'s 23rd Global Conference, "Inequitable & Imbalanced: Leadership Failures in Healthcare, Why Minority Women Matter," ILA. (October 2021).

Addison, D. (Presenter & Author), Spurlock, A. L., Jefferson, L. L., Vardaman, S. A., 14th National DNP Conference, "Health Literacy and Clinical Outcomes among Immigrants," Chicago, IL. (August 2021).

Jefferson, L. L. (Presenter & Author), ACEN Nursing Accreditation Conference, "Lessons Learned: Navigating Accreditation as a New Nurse Administrator," Accreditation Commission for Education in Nursing. (July 13, 2021).

Jefferson, L. L. (Presenter & Author), ACEN Nursing Accreditation Conference, "Lessons Learned: Making Your Systematic Plan of Evaluation (SPE) a collegial, meaningful, and powerful tool," Accreditation Commission for Education in Nursing. (July 12, 2021).

Jefferson, L. L. (Principal), Forehand, J. W. (Supporting), Jones, S. J. (Supporting), Whitted, K. B. (Supporting), "Nurse Faculty Loan Program (NFLP)," Sponsored by Health Resources and Services Administration (HRSA), \$141,311.00. (July 1, 2023 - June 30, 2024).

Gardner, C. S. (Principal), Jefferson, L. L. (Co-Principal), Forehand, J. W. (Supporting), Jones, S. J., Whitted, K. B., "Nurse Faculty Loan Program (NFLP)," Sponsored by Health Resources and Services Administration, \$129,818.00. (July 1, 2022 - June 30, 2023).

Phi Delta Kappa, Alpha Theta Chapter, Excellence in Education Honoree, 2014

Phi Eta Sigma Freshman Honor Society Faculty Induction, 2012  
Great 100 Nurses of Louisiana, 2004

Commission on Nurse Certification, Clinical Nurse Leader (CNL)

**Research Interest**

**Clinical Focus**

National League for Nursing, Certified Nurse Educator (CNE)

Member, American Association of Colleges of Nursing, Diversity, Equity and Inclusion Leadership Network

Member, American Nurses Association

Member, Sigma Theta Tau International Honor Society of Nursing

Member, Louisiana State Nurses Association

Complementary Approaches in Chronic Disease Management, Student Persistence, Student Success

Adult Health Nursing, Medical-Surgical Nursing, Community Health