

CURRICULUM VITAE

Lacey Helmke, MSN, RNC-OB, C-EFM
Lecturer
Texas A&M University College of Nursing
8447 John Sharp Parkway
Bryan, Texas 77807
Phone: (979) 436-9575
Lacey.Helmke@tamu.edu

EDUCATION

MSN	Texas A&M College of Nursing Nursing Education Bryan, Texas	2021
BSN	Lamar University College of Nursing Nursing Beaumont, Texas	2007

LICENSURE AND CERTIFICATES

Registered Nurse (Texas, 2008-present, #749817)

Inpatient Obstetric Nursing, National Certification Corporation, (RNC-OB, 2010-2016, 2020-present, NCC ID# 104357336)

Electronic Fetal Monitoring, National Certification Corporation, (C-EFM, 2021-present, NCC ID# 104357336)

ACLS Provider, American Heart Association, (2020-present)

BLS Provider, American Heart Association, (2005-present)

TEACHING EXPERIENCE

Texas A&M College of Nursing

Lecturer

2024-present

- NURS 330: Management of Care 1
 - Course Lead- Fall 2025, Spring 2026
- NURS 424: Professional Issues
 - Course Faculty- Fall 2025, Spring 2026
- NURS 307: Foundations of Nursing Practice Clinical
 - Clinical Faculty- Fall 2024, Spring 2025

- NURS 467: Leadership and Management for the RN
 - Course Faculty- Fall 2024
- NURS 323: Nursing Care for Women, Families, & Newborns
 - Course Lead- Summer 2025
 - Clinical Faculty- Fall 2024, Fall 2025
 - Simulation Faculty- Fall 2024, Summer 2025
- NURS 306: Foundations of Nursing Practice Theory
 - Course Lead - Spring 2025
- NURS 424: Interprofessional Social and Ethical Dilemmas in Healthcare
 - Faculty Facilitator- Spring 2025

PROFESSIONAL NURSING PRACTICE

Kelsey Seybold Fort Bend Clinic

2022-2024

Nursing Supervisor/ OBGYN Coordinator

- Oversee daily clinic operations
- Manage departmental staffing and assignments
- Ensure compliance with quality and regulatory requirements
- Supply management and cost containment
- Annual staff competency assessments
- Assist with the implementation of new processes

Houston Methodist West Hospital

2020-2022

Professional Practice Leader/ Maternal Program Manager

- Oversee Maternal Designation process
- Lead unit education initiatives, including simulation and skills labs
- Lead unit quality initiatives, including Maternal Designation case reviews and QAPI
- Oversee new employee onboarding process
- Oversee patient outreach and education
- Teach AWHONN Intermediate Fetal Monitoring courses

Registered Nurse, Childbirth Center

- Care for pregnant and laboring women
- Participate in unit committees and projects
- Assist with unit-based learning and simulation
- Precept new employees

Lamar Consolidated Independent School District

2014-2020

School Nurse, Hubenak Elementary

- Care for the medical needs of students and staff
- Oversee health promotion and education for students and staff

- Assist with employee orientation of new school nurses
- Precept BSN nursing students during community clinicals

Houston Methodist West Hospital

2011-2014

Charge Nurse RNIII, Childbirth Center

- Care for pregnant and laboring women
- Prepared Childbirth instructor
- Super-user and unit educator for QS, Labor Works, and Policy Tech computer systems

Memorial Hermann Sugarland Hospital

2009-2010

Staff Nurse, Labor and Delivery

- Care for pregnant and laboring women
- Prepared Childbirth instructor

Baptist Hospitals of Southeast Texas

2007-2009

Graduate Nurse/ Staff Nurse, Labor and Delivery

- Care for pregnant and laboring women

PUBLICATIONS

Olenick, M., Clark, N., Thomas, K., Clements, P.T., Helmke, L., Khati, K., & Germaine, A. (in print). Navigating moral distress and moral injury in military veterans: Clinical implications for nursing practice. *Issues in Mental Health Nursing*.

HONORS AND AWARDS

- Daisy Award 2025
- Houston Methodist West I-Care Award 2013

MEMBERSHIP AND INVOLVEMENT IN PROFESSIONAL ORGANIZATIONS

Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN), full member; 2021-2022, 2024-2025