

Sonya M. Grigsby
903-266-0842
Sgrigsby@tamu.edu

Biography

Dr. Grigsby is a Clinical Assistant Professor at Texas A&M University College of Nursing, where she joined the faculty in August 2024. She earned her Doctor of Nursing Practice from the University of Texas at Tyler and maintains board certification as both an Adult-Gerontology Acute Care Nurse Practitioner and Family Nurse Practitioner. She additionally holds an Executive MBA in Healthcare, reflecting her preparation for leadership within complex healthcare systems.

At Texas A&M, Dr. Grigsby contributes to undergraduate and graduate nursing education through didactic instruction, clinical supervision, and facilitation of Objective Structured Clinical Examinations. Her teaching responsibilities span adult health and primary care courses. She also participates in AGACNP program development and serves on the Graduate Curriculum Committee and University Honor Council, and Faculty Advisor to the Student Critical Care Nurse Organization.

Dr. Grigsby brings extensive clinical expertise in critical care as both a registered nurse and advanced practice provider in the critical care setting. Her scholarly work includes peer-reviewed publications and professional presentations addressing critical care practice, emotional intelligence, and advanced practice nursing. She has received multiple professional distinctions, including East Texas Nurse Practitioner of the Year. She remains actively engaged in professional organizations and is committed to advancing nursing education, clinical practice, and patient outcomes.

Degrees

2008	ADN, Illinois Eastern Community College, Fairfield IL
2011	BSN, University of Texas at Tyler, Tyler, TX
2016	MSN (AGACNP), Walden University, Minneapolis, MN
2020	DNP, University of Texas at Tyler, Tyler, TX

2022	MSN, University of Texas at Tyler, Tyler, TX
2022	EMBA, University of Texas at Tyler, Tyler, TX

Texas A&M - Rank and Promotion History

Effective Date of Rank	End Date of Rank	Faculty Title	Tenure Classification	Department	College
08/01/2024		Clinical Assistant Professor	Non-Tenure Track	Nursing	College of Nursing

Career Work Experience

Spring 2026	N622 Primary Care I (Didactic, Clinical)
Spring 2026	NURS625 Primary Care II (Clinical, OSCE)
Spring 2026	NURS420 Adult Nursing II (Clinical)
Spring 2026	NURS653 (OSCE)
Spring 2026	ISEDH Facilitator
Fall 2025	NURS 412 (Clinical)
Fall 2025	NUR330 (Clinical)
Fall 2025	NURS653 (OSCE)
Summer 2025	NURS320 (Clinical)
Summer 2025	NURS461 (Co-Faculty, Didactic)

Spring 2025	NURS 305/Honors (Didactic)
Spring 2025	NURS 622 (Didactic)
Spring 2025	NURS 656 (OSCE)
Spring 2025	NURS 307 (Clinical)
Spring 2025	NURS 625 (OSCE)
Spring 2025	NURS 653 (OSCE)
Fall 2024	NURS 305/Honors (Didactic)
Fall 2024	NURS701 (Didactic)
Fall 2024-Current	AGACNP Program Development

Texas A&M - University Distinguished Awards

Awards and Honors

Year Conferred	Award and Honor Title	Conferring Organization	Award Classification	Award and Honor Level	Detailed Description of Award
2025	Daisy Team Award	Daisy Foundation	Service Award-Honor	Department Level	Outstanding Service

2021	TNA District 19 Notable Nurse of the Year	TNA	Service Award-Honor	District Level	Outstanding Service
2020	East Texas Nurse Practitioner of the Year	East Texas NP Association	Service Award-Honor	District Level	Outstanding Service
2020	Christus Trinity Clinic Education Award for Excellence 2020	Christus Mother Frances Hospital	Service-Education Award	Organizational Level	Educational Excellence
2019	TNP DNP Level	TNP	Service-Education	State Organizational Level	DNP Fellowship

Professional Licensures

Effective Date	Expiration Date	Title	Organization	License Number	Month-Year Recertification	State of Issue	Country (if international licensure)	Type	Description
July 2008	March 2028	RN	TBON	757379	March 2028	Texas	U.S.A.	Professional	Nursing License
January 2017	March 2028	APRN	TBON	AP133115	March 2028	Texas	U.S.A.	Professional	Advanced Practice Nursing License

Professional Certifications

Effective Date	Expiration Date	Organization	Type	Board Certified	Board Eligible	Specialty	Sub-Specialty	Certification Number	Lifetime Board Certification
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12/21/2016	12/20/2026	ANCC	Professional	Yes	NA	AGACNP-BC	NA	2016028414	NA
08/15/2022	08/14/2027	ANCC	Professional	Yes	NA	FNP-BC	NA	2022007319	NA
October 2019	May 2029	FCCS	Professional	No	NA	Critical Care	NA		NA
March 2026	March 2031	NLN	Professional			Clinical Nurse Educator	NA		NA
June 2016	June 2028	CCRN	Professional	NA	NA	Critical Care Nursing	NA		NA
May 2025	May 2027	ACLS	Professional	NA	NA		NA		NA
May 2025	May 2027	BLS	Professional	NA	NA				
December 2025	December 2027	ENLS	Professional	NA	NA		NA		NA

Teaching

Course Title	Course	Credit Hours	Lab Hours	Instruction Mode	Lecture Hours	Student Credit Hours	Enrollment	If co-taught, % contributed to course	Descriptive	Semester	Multidisciplinary Collaboration Activities Included
Nursing Dimensions and Informatics	N305	3	NA	Online	3	3	89	100%	Didactic	Fall 2024	

Primary Care of Families I	N622	6	NA	Online	3	6	30	100%	Didactic	Spring 2025	
Primary Care of Families Practicum	N625	4	12	Online	4	4	29		OSCES	Spring 2025	
Advanced Health Assessment	N653	3	3	Online	2	3	35		OSCES	Spring 2025	
Nursing Dimensions and Informatics	N305	3	NA	Online	3	3	89	100%	Didactic	Spring 2025	
Foundations of Nursing Practice	N307	3	9	Online	3	3	18		Clinical	Spring 2025	
Leadership and Health Policy	N656	3	3	Online	3	6	50	50%	Didactic	Spring 2025	
Values and Ethics Seminar	ISEDH			Online					Didactic	Spring 2025	
Adult Nursing I	N320	6	3	Clinical	3	6	10		Clinical	Summer 2025	

Applications of Evidence-Based Practice for the RN	N461	3	NA	Online	3	3	45	50%	Didactic/Co-faculty	Summer 2025	
Management of Care I: The Fundamentals of Nursing Care Across the Lifespan	N330	5	2	Online/Clinical	3	5	21		Clinical	Fall 2025	
Primary Care of Families II	N623	6	3-9	Online	3	6			OSCES	Fall 2025	
Care of Mental Health Clients	N412	4	1	Online/Clinical	3	4	89		Clinical	Fall 2025	
Diagnoses and Procedures	N621	2	NA	Online	2	2			OSCES	Fall 2025	
Advanced Health Assessment	N653	3	3	Online	2	3			OSCES	Fall 2025	

Primary Care of Families I	N622	6	NA	Online	3	6	33	50%	Didactic /Co-Course Lead	Spring 2026	
Adult Health II	N420	6	3	Clinical	3	6	2 groups of 8 (total 16 student)		Clinical	Spring 2026	
Advanced Health Assessment	N653	3	3	Online	2	3			OSCES	Spring 2026	
Primary Care of Families Practicum	N625	4	12	Online	4	4	29		OSCES	Spring 2026	
Primary Care of Families I	N622	6	NA	Online/Clinical	3	6	Clinical Group 8		Clinical	Spring 2026	

Professional Students/Interns/Residencies Advising

June 2025-February 2026 Deanne Hilburn, Texas Tech University, AGACNP Student
January 2026-Present Shawna Hillhouse, Texas Tech University, DNP Student

Publications, Conference Proceedings, Patents and Creative Products/Innovations

Book Chapter

Completed/Published

1. Grigsby, S. (2024). Multisystem problems (chapter revision). In *AACN essentials of critical care nursing* (5th ed., pp. 317–339). McGraw-Hill Education.
2. Grigsby, S. (2024). Multisystem problems (chapter revision). In *AACN essentials of progressive care nursing* (5th ed., pp. 287–309). McGraw-Hill Education.

Journal Article

Completed/Published

1. Grigsby, S. et al. (2018). DNP and PhD: Complementary roles, understanding the distinctions facilitates improved outcomes through collaboration. *American Nurse Today*, 2018-2019 Education Guide. <https://americannursetoday.com/Digital/EducationGuide18-19/#p=10>
2. Shipley, R., Chapman, B., Davis, C., Garrett, C., Grigsby, S., & Kelley, C. (2019). Healthcare change agents. *American Nurse Today*, 2019-2020 Education Guide. <https://americannursetoday.com/Digital/EducationGuide19-20/#page=18>
3. Grigsby, S. (2021). Caring for patients receiving vasopressors and inotropes in the ICU. *American Nurse Today*, 16(2); 5-10. <https://www.myamericannurse.com/vasopressors-inotropes-icu/>

4. Davis, C., Garrett, C.D., Grigsby, S., Shipley, R., Chapman, B., & Kelley, C.B. (2021). DNP project fundamentals. <https://www.myamericannurse.com/dnp-project-fundamentals>.
5. Kroll, N.P., Wilson, K., Pittman, A., OBriant, D., Sorenson, M., Dormire, S., Clark, H, McCord, C., Grigsby, S., Ellis, E., LaCaze, D. (2025, May 20-23). Growing the Rural Nursing Workforce: Enhancing Retention/Expanding NP-Led Clinics. National Rural Health Association.

Journal Article

Accepted

1. Grigsby, S. M., Bruton, M. I., & Hoffman, M.F. (2026). Emotional intelligence in the critical care unit. Nursing 2026. (accepted for publication May 2026)

Conference Proceedings

Oral Presentation

1. Nursing Trends 2025 Conference Budapest, Hungary September 5, 2025
2. NTI Presentation-Hemodynamics and the APRN-05/16/2022
3. 31st Annual APPE International Conference-Paper Presentation “Employer/Employee Legal and Ethical Perspectives on the Mandated Covid-19 Vaccine” February 25, 2022
4. Critical Care Symposium: Christus Hospital 2021-Proning
5. AACN and Office of U.S. Surgeon General Roundtable-Covid 19 10/29/2021
6. 1st Annual APPE International Conference-Paper Presentation “Employer/Employee Legal and Ethical Perspectives on the Mandated Covid-19 Vaccine” February 25, 2022

Service

- September 2025 - Present Texas A&M University Honor Council, Organization: XYZ, Service Type: College, Service Role: Committee Member, Regionality: Local
- September 2025 – Present Student Nurse Critical Care Organization: BCS, College of Nursing, Faculty Advisor, Local
- August 2025-Present Graduate Curriculum Committee: BCS, College of Nursing, Member, Local

Patient Care/Diagnostic Services

- 02/01/2025-Present Type of Clinical Service: Patient Care: Critical Care Nurse Practitioner: St. Joseph Health Regional Hospital.
- 05/15/2023-02/01/2025 Type of Clinical Service: Patient Care: Critical Care Nurse Practitioner: Dallas Pulmonary Critical Care/Exceed Healthcare
- 03/01/2017-2024 Type of Clinical Service: Patient Care: Critical Care Nurse Practitioner: Christus Mother Frances Hospital Tyler, Trinity Clinic Intensivists
- 11/01/2018-05/30/2021

Type of Clinical Service: Patient Care: Critical Care Nurse Practitioner: OSF Hospital
Peoria, Illinois Critical Care Services

11/15/2021-03/18/2022

Type of Clinical Service: Patient Care: Critical Care Nurse Practitioner: Integris Baptist
Medical Center, Oklahoma City, Oklahoma, AGACNP, Critical Care Services

11/08/2021-11/14/2021

Type of Clinical Service: Patient Care: Critical Care Nurse Practitioner: Billings Clinic
Hospital, Billings, Montana, AGACNP, Critical Care Services

08/01/2022-12/31/2022

Type of Clinical Service: Patient Care: Critical Care Nurse Practitioner: Indiana
University-North, Indianapolis, Indiana, AGACNP, Critical Care Services .

06/22/2008-03/01/2017

Type of Clinical Service: Patient Care: Critical Care Nurse: Christus Mother Frances
Hospital Tyler, TX

08/01/2015-2021

Type of Clinical Service: Undergraduate Adjunct instructor, University of Texas at Tyler

10/01/2013-08/01/2014

Type of Clinical Service: Patient Care: RN in surgical ICU
University Health Shreveport, LA

Professional Affiliations and Memberships

2024-Present	Brazos Valley Texas Nurse Practitioner Association, Member
2017-Present	Texas Nurse Practitioner Association, Member
2017-Present	The American Academy of Nurse Practitioners, Member
2008-Present	The American Nurses Association, Member
2008-Present	Texas Nurses Association, Member
2011-Present	Sigma Theta Tau International Honor Society for Nursing, Member
2017-Present	Society of Critical Care Medicine, Member
2020-Present	American College of Healthcare Executives, Member
2024-Present	National Organization of Nurse Practitioner Faculties, Member
2025-Present	CHEST Society, Member
2016-Present	American Nurses Credentialing Center, Member
2024-Present	National League for Nurses, Member
2016-Present	Association of Critical Care Nurses
2025-Present	Brazos Valley Association of Critical Care Nurses
2025-Current	World Federation of Critical Care Nurses
2019-Current	Texas DNP Association

Professional Presentations/Invited Speaker/Media

December 2025 C-STEP program receives grant to continue free cancer screenings. Bryan, Texas. Invited Speaker, KBTX Interview, Regional

September 2025 Sedation Protocol Compliance for Improved ICU Outcomes: A Secondary Analysis. Budapest, Hungary. Invited Speaker, Oral Presentation, International

July 2025 My ICU Career Path. Texas A&M College of Nursing, Bryan, Texas. Invited Speaker, Oral Presentation. Local

Professional Development Activities

Fall 2025-Current	ACUE Faculty Development Courses
Fall 2025-Current	Transformational Teaching and Learning Conference Book Community
2019-2020	TNA Expert Advisor-APRN/Policy Committee
2021-2024	Christus Advanced Practice Council Chair
2023-2024	Christus Trinity Clinic Advanced Practice Executive Council

Grants & Contracts

Title	Collaborators	Funding Agency-Sponsor	Start Date	End Date	Total Funding	Status	% Effort Contributed	Internal / External	Research \$ attributed to faculty member
Continuation/Expansion of Texas A&M's Interdisciplinary Cancer Prevention Program for Rural and Medically Underserved Women	PD: Lichorad Co-PD: Kroll	CPRIT	6/1/2025	5/31/2028	\$2,499,570	Funded	10%	Internal	0