

## **SACHIKO OSHIO**

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Kirkland, WA 98033

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### **SELECTED WORK HISTORY**

*Jul 2000*      **Clinical Assistant Professor**  
*Family and Child Nursing, University of Washington*  
*Seattle, WA 98195*

Contributed to SON by providing access to clinical experiences to graduate students in nurse midwifery program and perinatal psych mental health program.

*Jul 2013*      **Teaching Associate**  
*to*              *Department of Obstetrics, School of Medicine, University of*  
*Dec 2013*      *Washington*  
*Seattle, WA 98195*

Provided clinical education for medical students.

*Oct 2011*      **Nurse Midwife**  
*to*              *UW Medicine Northwest Hospital Medical Center*  
*Dec 2013*      *Seattle, WA 98133*

Per Diem from Oct 2011 to Feb 2012, then, Full time Nurse Midwifery position. Full scope out patient and in patient care. In addition to regular midwifery practice, I performed following function.

- Clinical education of medical students
- Clinical preceptor for Nurse Midwifery students
- Participated in Perinatal Mental Health NP education

*Oct 2007*      **Home Day Care**  
*to*              *Nadeshiko Kids*  
*Jan 2012*      *Kirkland, WA 98033*

Japanese Home day care licensed to care for up to 12 children. In addition to providing culturally appropriate care for Japanese children age 6 weeks to 5 year olds, I provided following community services.

- Parenting education seminars and newsletters, including, nurturing heart approach, sleep problem solving, nutrition

- and eating habits
- Provided CPR training for parents and childcare workers
- Provided parenting coaching for mothers with mental disorders

*Apr 1998*     **Certified Nurse Midwife**  
*to*             *Center for Women's Health at Evergreen*  
*Oct 2011*     *Kirkland, WA 98034*

Initially as Per Diem, then, Part Time Nurse Midwife. Full scope clinical midwifery practice including out patient and in patient care. In addition to regular midwifery practice duties, I performed following functions.

- Specialized in culturally appropriate support to Hmong Patients, and was on-call for their delivery
- Specialized in care of Japanese speaking women
- Fertility counseling and psychological support during high tech fertility treatment

*Jul 2000*     **Private Midwifery Practice**  
*to*             *Nadeshiko Clinic*  
*Jul 2007*     *Kirkland, WA 98033*

Midwifery and women's health care clinic for Japanese speaking women. In addition to providing regular midwifery and women's health care services, I have contributed in building mutual support community among Japanese women, and provided useful resources.

- Designed and provided group prenatal care to build peer support and life long friendship among isolated Japanese women
- Hosted a drop in support group for 1 year after the delivery to support women
- Translated a comprehensive breastfeeding book into Japanese
- Published a Japanese guide book for women's healthcare for the women living in the U.S.
- Developed a network of Japanese speaking providers in Puget Sound area

*Nov 1994*     **Assistant Professor**  
*to*             *Family and Child Nursing, University of Washington*  
*Jun 2000*     *Seattle, WA 98195*

In addition to regular teaching assignment, I provided leadership and contributed to promote diversity.

- Interim Director of Nurse Midwifery Program August 1995 to

June 1996

- Member, SPARKS (Student Providers Aspiring to Rural and Under served Experiences) July 1996 to June 1999
- Member, Dean's Club Scholarship advisory committee for overseas experiences

*Jun 1982*     **Assistant Instructor, then, Instructor**  
*to*             *St. Luke's College of Nursing*  
*Jul 1985*     *Tokyo, Japan*

Assistant Instructor from June 1982, Instructor from April 1993.  
Responsible for teaching following area:

- Maternity Nursing
- Nurse Midwifery
- Nursing Education
- Nursing Research
- Translated "Nursing Research: Principles and Method" by Polit, D & Hungler, B. with four others
- Participated in translation of "Mosby's Medical and Nursing Dictionary"

## EDUCATION

*Sep 1993*     **Oregon Health Sciences University**  
*to*             *Portland, Oregon 97201*  
*Aug 1994*     *Post Master's Certificate Option for Nurse Midwifery Specialty*

This program was very strong in teaching diversity and reaching out to under-served population. In addition to learning about practice of midwifery, I was introduced to how to care for vulnerable population.

*Jul 1992*     **School of Nursing, University of Washington**  
*to*             *Seattle, WA 98195*  
*Aug 1993*     *Postdoctoral Fellow*

NIH/NCNR Postdoctoral Fellow with Susan Blackburn, PhD, RN, FAAN, and Helen Nakagawa-Kogan (PI)

- Psycho-physiologic Interface, Ethnic Minority Supplement
- Physiology of pregnancy and newborn

*Sep 1985*     **School of Nursing, University of Washington**  
*to*             *Seattle, WA 98195*  
*Jun 1992*     *PhD*

Doctoral Dissertation Title:  
Mother's Mental Representation of Her Infant and Its Effect on Infant Organization and Mother's Perception of Self

Sep 1979 **School of Nursing, Boston University**  
to *Boston, MA 02215*  
May 1981 *MSN*

Special focus on Nursing Research and Nursing Education.

- Introduced to Dr. Berry Brazelton's group for infant mental health research

Apr 1974 **St Luke's College of Nursing**  
to *Tokyo, Japan*  
Mar 1977 *B.S. in Nursing, Certificate in Nurse Midwifery, Public Health Nursing, and School Nursing*

## RESEARCH EXPERIENCES

- 1990 Research Assistant to Kathryn Barnard, Preterm Infant Follow-up Project: A Multi-site field experiment of hospital and home intervention programs for mothers and preterm infants
- 1992 Doctoral Dissertation: Mother's Mental Representation of Her Infant and Its Effect on Mother's Perception of Self and Infant's Organization
- 2000 Feasibility Study of Web-Based Perinatal Support for Japanese Women Residing in the Pacific Northwest
- 2000 Co-Investigator with Dr. Judith Fullerton, 1999 Task Analysis of Nurse Midwifery/Midwifery Practice: The Instrument Development Study

## MEMBERSHIPS

American College of Nurse Midwives

- Member since 1994
- WA Affiliate leadership positions include
- Chair, PR committee, Feb 2011 to current
- Chair, Membership committee, March 1996 to Feb 2001
- Secretary, June 2002 - May 2004, then, Jan 2009 to Feb 2010

## LANGUAGE SKILLS

Native speaker of Japanese