

Sandra Bokman Paddock, DNP, FNP

DOCTOR OF NURSING PRACTICE, FAMILY NURSE PRACTITIONER

FSHS CLASS OF 1979



After graduation from high school, Sandra Paddock took a job as a general maintenance worker. It was during that one year that she realized she wanted to do more with people and decided that nursing was the professional path she would take. She enrolled at South Central College in Faribault and gained her diploma as a practical nurse. That first degree was the beginning of a life full of learning and improving herself in her chosen career.

Sandra's dedication to nursing has been demonstrated by her continuous pursuit of educational advancement. Sandra's nominator wrote that Sandra's desire to assist the greater community as a nurse has led her on an educational journey that began with earning a nursing diploma to becoming a Family Nurse Practitioner, and on to obtaining her Doctor of Nursing Practice and more.

In 2001, she added an additional licensure in vocational education. Shortly before that time she had taken a position at South Central College as an instructor in the nursing program. In 2015, Sandra became a professor at Winona State University and is currently involved in the graduate nursing program with students who are seeking their master and/or doctoral degrees.

Sandra's focus as a provider and instructor is in health promotion. When asked to explain she said, "I want to help people understand their health needs and ways to prevent chronic disease." Her areas of expertise include being a Family Nurse Practitioner focusing on wellness; Certified Psychiatric Mental Health Nurse Practitioner competent in assessment, diagnosis, and management of acute and chronic mental health conditions; and Certified Nurse Educator involved in curriculum development, instruction, and differing delivery systems. Her resume includes numerous professional manuscripts, presentations, awards, and memberships in professional organizations.

Sandra has dedicated her life to both her profession and her community. She is an active member of the Minnesota Nurse Practitioner Organization where she has served as president; a board member of Bridges Health in Winona, MN; a member of the Rochester Healthy Community Partnership; and FOCUS in St. Paul. Her skills have also been shared in different ways in Faribault with her church and a Global Health Mission to Guatemala.