

CURRICULUM VITAE

November 18, 2022

Barbara J. Riegel, PhD, RN, FPCNA, FHFSA, FAHA, FAAN

BUSINESS ADDRESS

Professor, School of Nursing
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HOME ADDRESS

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EDUCATION

PhD	1991	University of California Los Angeles, California Major: Nursing (Psychology minor) DNSc converted to PhD in 2015
MN summa cum laude	1983	University of California Los Angeles, California Major: Nursing (Cardiopulmonary Clinical Nurse Specialist)
BS cum laude	1981	San Diego State University San Diego, California Major: Nursing
Diploma cum laude	1974	Jewish Hospital School of Nursing St. Louis, Missouri Major: Nursing

PROFESSIONAL EXPERIENCE

ACADEMIC AND PROFESSIONAL POSITIONS

2022-present	Senior Research Scientist The Center for Home Care Policy & Research at VNS Health New York, NY
2021-present	Professor (Professor Emerita) School of Nursing University of Pennsylvania Philadelphia, PA
2016-2025	Professorial Fellow, Australian Catholic University, Mary MacKillop Institute for Health Research
2002-2021	Edith Clemmer Steinbright Professor of Gerontology Associate Professor (with tenure) 2002-2008

	School of Nursing University of Pennsylvania Philadelphia, PA
2018	Visiting Professor, University of Rome Tor Vergata, Rome, Italy
2010-2012	Visiting Professor, Linköping University, Sweden
2010-2011	Visiting Professor, Seattle University, Seattle, WA
1998-2002	Professor (Professor Emerita 2002-present) Associate Professor (with tenure) 1995-1998 Adjunct Faculty 1990-1995 Lecturer 1984-1987 School of Nursing San Diego State University San Diego, California
1990-2002	Clinical Researcher / Senior Clinical Scientist Sharp HealthCare San Diego, California

LEADERSHIP ROLES

2018-present	Co-Director, International Center for Self-Care Research
2014-2024	Executive Committee, T32 N 10042061 (Naylor and Bowles) <i>Individualized Care for At Risk Older Adults</i>
2016-2020	Leader, Biobehavioral Research Collaborative University of Pennsylvania, School of Nursing
2010-2015	Fulbright Specialist (expert available for consultation across the world)
2011-2013	Penn Institute on Aging (IOA) Internal Advisory Board
2011-present	John Morgan Society, University of Pennsylvania
2007-2008	Fulbright Senior Scholar - Australia
2003-present	Senior Fellow, Leonard Davis Institute University of Pennsylvania
1977-1978	Organizer and Director Community Health Organization, United States Army Frankfurt, West Germany

ADMINISTRATIVE ROLES

2011-2016	Director, Biobehavioral Research Center, University of Pennsylvania, School of Nursing
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2009-2010	Interim Division Chair Family and Community Health Division, School of Nursing University of Pennsylvania, Philadelphia, PA
2000-2002	Director of Research School of Nursing, San Diego State University San Diego, California
1991-1995	Managing Director Clinical Research Department, Sharp HealthCare San Diego, California

RESEARCH CENTER MEMBERSHIPS

2017-present	Affiliated Member, Palliative and Advanced Illness Research Center University of Pennsylvania
2016-present	Inaugural Member, Cardiovascular Outcomes, Quality, and Evaluative Research (CAVOQER) Center University of Pennsylvania
2016-present	Member, Center for Resuscitation Science University of Pennsylvania
2011-present	Senior Fellow, Center for Health Behavior Research, University of Pennsylvania
2010-present	Center for Sleep and Circadian Neurobiology, University of Pennsylvania
2004-present	NewCourtland Center for Transitions and Health, University of Pennsylvania

CLINICAL ROLES

2013-2015	Advisor, Heart Failure Program Living Independently for Elders (LIFE) Program
1984-1989	Clinical Nurse Specialist Private practice San Diego, California
1983-1989	Clinical Nurse Specialist Collaborative Cardiology Practice Scripps Clinic and Research Foundation La Jolla, California
1975-1976	Staff Nurse Coronary Care UnitBarnes Hospital, Washington University

School of Medicine
St. Louis, Missouri

1974–1975

Staff Nurse
Intensive and Coronary Care, Missouri Baptist Hospital
St. Louis, Missouri

CERTIFICATION/LICENSURE

Specialty Certification

Certification: California Public Health Nurse

Certification: Clinical Specialist in Medical-Surgical Nursing, American Nurses Association,
1985-2010

Licensure

RN Licensure: Pennsylvania active, California inactive, Delaware inactive, Missouri inactive

HONORS AND AWARDS

2022	Honorary Doctor of Medicine (Dr. Med. Hon.), Linköping University Linköping, Sweden
2022	Best Female Scientist, ranked 237 in the United States, www.Research.com
2019	Senior Faculty Research Award, Department of Biobehavioral Health Sciences, University of Pennsylvania School of Nursing
2018	Highly Cited Researcher, Web of Science
2018	SYNERGY Award for the Best Nursing Research Oral Presentation, CHARMS 2018, Canberra, Australia
2017	Elected Fellow, Heart Failure Society of America
2017	Heart Failure Society of America Nursing Leadership Award
2017	Trustees Council of Penn Women Award for Undergraduate Advising
2015	Distinguished Scientist Award, American Heart Association
2015	Kathleen A. Dracup Lecturer in Exemplary Early Career Mentoring award, American Heart Association and the Council on Cardiovascular and Stroke Nursing
2015	Sigma Theta Tau International Nurse Researcher Hall of Fame
2015	Elected Fellow, Preventive Cardiovascular Nurses Association
2014	Barnes Jewish Alumni Association Distinguished Alumni Award
2014	Christian R. & Mary E. Lindback Award for Distinguished Teaching, University of Pennsylvania

2013	President's award for Research on Chronic Disease Management & Impact of Nursing in Promoting Self-Care, Friends of the National Institute of Nursing Research (FNINR)
2013	School of Nursing's Nominee for the Provost's Award for Distinguished PhD Teaching and Mentoring
2012	Claire M. Fagin Distinguished Researcher Award, University of Pennsylvania
2012	Faculty Research Award, University of Pennsylvania School of Nursing
2009-2010	Family & Community Health Division, University of Pennsylvania, Gold Stars: <ul style="list-style-type: none"> •Selfless and exemplary leadership •Marvelous mentoring •Superlative service
2009	UCLA School of Nursing-Top 60 Distinguished Alumni
2009	American Heart Association Council on Cardiovascular Nursing (CVN)- Top 10 Scientists in Cardiovascular Nursing
2009	Best Abstract Award (highest-scoring abstract across the nursing abstract categories), American Heart Association Council on Cardiovascular Nursing for "From Novice to Expert: Confidence and Activity Status Determine Heart Failure Self-Care Performance"
2007	Barbara J. Lowery Doctoral Student Organization Faculty Award, the University of Pennsylvania
2007	Standing Faculty Mentorship Award in recognition of fostering professional and scholarly development of other faculty through counsel and help with opportunities for achievement, Biobehavioral and Health Sciences Division, University of Pennsylvania
2005	American Heart Association, Council on Cardiovascular Nursing, Katharine A. Lembright Award
2002	Research Award, Gamma Gamma Chapter, Sigma Theta Tau
2001	First Annual Nursing Research Award, Heart Failure Society of America
2000	San Diego State University Alumni Association Award For Outstanding Faculty Contributions to San Diego State University
2000	Distinguished Faculty Award, San Diego State University, College of Health and Human Services
1999	Distinguished Research Lectureship Award, American Association of Critical Care Nurses

- 1999 San Diego State University Outstanding Faculty Award: Most influential professor in the academic career of Joan Sullivan
- 1998 Heart Failure Research Prize, American Heart Association Council on Cardiovascular Nursing and Otsuka America, Inc.
- 1997 Elected Fellow, American Heart Association, Council on Cardiovascular Nursing
- 1997 Research Award, Gamma Gamma Chapter, Sigma Theta Tau
- 1994 Alumni Association Award (Monty) as Distinguished Alumna, San Diego State University, College of Health and Human Services
- 1993 Elected Fellow, American Academy of Nursing
- 1993 First Annual Anne Verderber Research Award, San Diego State University, Institute for Nursing Research
- 1993 Research Award, Gamma Gamma Chapter, Sigma Theta Tau
- 1991 Who's Who Among Students in American Universities and Colleges
- 1989 Gold Shield Distinguished Scholar Award, University of California, Los Angeles
- 1987-1990 Adrienne H. Moseley Doctoral Scholar Award, University of California, Los Angeles
- 1987 San Diego State University Meritorious Performance and Professional Promise Award
- 1983 Alumni Association Award for Academic Distinction, University of California, Los Angeles
- 1983 Thesis with Distinction, University of California, Los Angeles
- 1982 Academic Scholarship Award, Gamma Gamma Chapter Sigma Theta Tau
- 1981 Faculty Award, Recognition of Outstanding Academic and Clinical Performance in Nursing, San Diego State University

RESEARCH

Doctoral Dissertation

- 1991 Social support and cardiac invalidism following acute myocardial infarction (AAT 9128798), University of California, Los Angeles, Kathleen Dracup, dissertation supervisor

Presently Funded Research Grants

- 2022-2027 Co-Investigator (Rickels, M.R., PI)
Restoring awareness of hypoglycemia in type 1 diabetes
(NIH/DIDDK 1U01 DK135120-01) (\$3,509,382)

- 2022-2027 Consultant (Salmoirago-Blotcher, E, PI)
Targeting cognitive function and interoceptive awareness to improve self-management in patients with co-morbid heart failure and cognitive impairment
(NIH/NIA 1R01AG076438-01) (\$176,510)
- 2022-2025 Co-Investigator (Yu, D, PI)
The effects and cost-effectiveness of a dyadic empowerment-based heart failure management program (De-HF) on self-care, health-related quality of life, and hospital readmission: a randomized controlled trial
Health and Medical Research Fund, Food and Health Bureau, Hong Kong Special Administrative Region (HKSAR), 19201111 (USD \$190,802)
- 2020-2025 Co-Investigator (Gehrman P, PI)
Metabolic Reprogramming in Insomnia as a Function of Objective Sleep Duration
(NIH/NINR, 1R01NR018836-01)
- 2020-2023 Primary Investigator (**Riegel B**, MPI with Tiny Jaarsma)
From Symptoms to Self-Care
Australian Catholic University (\$714,310)
- 2019-2022 Co-Investigator (Sawyer A, PI)
Sawyer AM, **Riegel B**, Schutte-Rodin S, King TS, Gawrysiak MJ, Libonati J, Baime M.
Positive Airway Pressure Associated Claustrophobia in Adults with Obstructive Sleep Apnea: ONR Precision Health Challenge Grant (\$15,000).
- 2018-2023 Primary Investigator (**Riegel B**, PI)
Improving Self-Care of Informal Caregivers of Adults with Heart Failure
(NIH/NINR, 1R01NR018196-01, \$2,978,351)
(NIH/NINR, 3R01NR018196-02S1, Improving Self-Care of Informal Caregivers of Adults with Frontal Temporal Dementia, \$403,378, Massimo L)

Currently Funded Grants as a Mentor

- 2022-2024 Mentor (Matus, Austin, Principal Investigator)
NIH/NINR (1F31NR020137-01A1)
A Mixed Methods Investigation of Attitudes and Self-Care in Individuals with Type-1 Diabetes Mellitus with Intact and Impaired Awareness of Hypoglycemia
- 2021-2023 Mentor (Cordoza, Makayla, Principal Investigator)
NIH/NINR (K99NR019862)
Evaluating the Role of Sleep in the Development of Intensive Care Unit Delirium
- 2019-2022 Mentor (Sterling, Madeline R., Principal Investigator)
NIH/NHLBI K23
Leveraging Home Health Aides to Improve Outcomes in Heart Failure
- 2018-2021 Mentor (Cordoza, Makayla, Principal Investigator)
NIH/NHLBI (T32 HL07713)
American Nurse Foundation
Changes in sleep quality due to critical illness

Presently Funded Educational Grants

- 2016-2026 Training faculty (Pack A, PI, MPI **Riegel** & Sawyer)
Ruth L. Kirschstein National Research Service Award, *Training in Sleep and Sleep Disorders* (NHLBI, T32HL007953-21)
- 2014-2024 Training faculty (Mary Naylor & Kathryn Bowles, Co-PD)
Ruth L. Kirschstein National Research Service Award, *Individualized Care for At Risk Older Adults* (NINR, T32NR009356-10)

Past Funded Research Grants

- 2016-2021 Co-Investigator (Hodgson N, PI)
The Role of Palliative Care Interventions to Reduce Circadian Rhythm Disorders Persons with Dementia
(NINR, R01NR015226-03, \$2,687,586)
- 2016-2020 Primary Investigator (**Riegel B**, PI)
MacKillop Institute for Health Research, Annual Research Grant
(Australian Catholic University, \$58,642)
- 2018-2019 Co-Investigator (Brawner B, PI)
Feasibility of a Protocol to Understand Biological, Behavioral, and Environmental Factors Associated with Cardiovascular Disease Risk among Black Emerging Adult Men (Medical University of South Carolina TCC; NIH/NIMHD 1U54MD010706; C. Hughes-Halbert, PI), \$35,000)
- 2016-2018 **Riegel B** and Kimmel, S (MPI)
A Behavioral Economics-Based Telehealth Intervention to Improve Post-MI Medication Adherence (Wellth, Inc., \$142,503)
- 2015-2018 Co-Investigator (Abella B, PI), CPR Education for Families of Cardiac Patients before Hospital Discharge (PCORI Communication and Dissemination grant)
- 2016-2018 Co-Investigator (Hanlon A, PI), Quantifying the effects of sleep on cardiovascular health risk factors: A population analysis using UK Biobank data (Penn, University Research Foundation grant, \$50,000)
- 2016-2017 **Riegel** (Principal Investigator), Post-Intensive Care Syndrome Among Older Adults Receiving Home Care: A Feasibility Study of Sepsis Survivors (Frank Morgan Jones and the University of Pennsylvania School of Nursing Faculty Grant Award, \$15,000)
- 2014-2016 Consultant (Matura LA, PI), Mechanisms of a Symptom Cluster: Dyspnea, Fatigue and Sleep Disturbance in Chronic Illness (NINR, K23NR014885)
- 2012-2016 Co-Investigator (Lewis L, PI), A longitudinal study of adherence to medication in black men with hypertension (NINR, R01NR013491, \$1,482,113)
- 2014-2015 **Riegel, B** (Principal Investigator) CBT by technology to reduce stress in family caregivers of heart failure patients: Pilot study. University of Pennsylvania, Clinical and Translational Research Center (CTRC) Core Resources, \$2,700.
- 2014-2015 **Riegel, B** (Principal Investigator) Response to symptoms of fluid retention in patients

- with heart failure. University of Pennsylvania, Biobehavioral Research Center (BRC), \$10,000.
- 2014-2015 **Riegel, B** (Principal Investigator) Balancing diuretics, diet and fluid intake to prevent hospitalization in heart failure patients. University of Pennsylvania, New Courtland Center for Transitions in Health (NCTH), \$8,000.
- 2014-2015 Co-Investigator (Matura, LA, PI) International Society for Heart Lung Transplantation, NNSAH Research grant (\$12,000)
Slow-Paced Respiration Therapy for Treatment of a Symptom Cluster in Pulmonary Arterial Hypertension.
- 2011-2015 Co-Investigator (Abella B, PI), Implementation of cardiopulmonary resuscitation training for at-risk families (NHLBI, R18HL107217, \$1,669,589)
- 2011-2014 **Riegel, B** and Masterson Creber, R (Co-Principal Investigators)
Tailoring Self-Care Interventions
Edna G. Kynett Memorial Foundation, \$32,000.
- 2013-2014 Co-Investigator (Matura, LA, PI),
Feasibility of slow-paced respiration therapy for treatment of a symptom cluster in pulmonary arterial hypertension. Penn Office of Nursing Research grant (\$10,000).
- 2013-2014 Co-Investigator (Matura, LA, PI), University Research Foundation grant (\$39,917).
Impact of Fatigue in Pulmonary Arterial Hypertension.
- 2012-2013 **Riegel, B** (Principal Investigator) University of Pennsylvania, Center for Therapeutic Effectiveness Research (CTER), \$12,500.
Pilot Study of CBT by Technology to Reduce Stress in Family Caregivers of Heart Failure Patients.
- 2012-2013 **Riegel, B** (Principal Investigator) University of Pennsylvania, School of Nursing Research Committee, \$10,000.
CBT by Technology to Reduce Stress in Family Caregivers of Heart Failure Patients: Pilot Study
- 2011-2012 **Riegel, B** (Principal Investigator) University of Pennsylvania, NewCourtland Transitions in Health, \$8,100.
Pilot study of acceptability of technology by caregivers of adults with heart failure
- 2010-2012 Co-Investigator (Dickson VV, Principal Investigator) American Heart Association, Founders Affiliate (#10CRP4140049), \$110,000.
Building Skill in Heart Failure Self-Care: A Community-Based Intervention,
- 2009 – 2011 Co-Investigator (Meghani S, Principal Investigator) NINR (RC1NR011591)
A Novel Approach to Elucidate Mechanisms for Disparity in Cancer Pain Outcomes.
- 2009 – 2011 **Riegel B**, Principal Investigator (R01HL084394-03S1) NHLBI \$71,900 Supplement
Impact of Sleepiness on Heart Failure Self-Care.
- 2007 - 2011 **Riegel B**, Principal Investigator (R01HL084394)
Impact of Sleepiness on Heart Failure Self-Care

NHLBI \$1,565,525

- 2007 – 2011 Co-Investigator (Corrine Jurgens, Principal Investigator)
Heart Failure Symptom Awareness and Response
American Heart Association Scientist Development Grant #0730128N \$260,000
- 2007 - 2009 Consultant (Steven Sayers, Principal Investigator)
A family intervention for improving self-care of patients with heart failure
VISN 4 Dept. of Veterans Administration \$50,000
- 2005 - 2009 Co-Investigator (Kathy Bowles, Principal Investigator)
Promoting Self-Care with Telehomecare: Impact on Outcome (NIH/NINR R01
NR008923 \$1,701,422
- 2007 – 2008 **Riegel, B.** Principal Investigator, University of Pennsylvania School of Nursing Investing
in the Future Initiative, 6/1/2007-5/31/2008, \$20,000
Gender differences in self-care in patients with heart failure
- 2007 – 2008 **Riegel, B.** Principal Investigator
Symptom Recognition in Elders with Heart Failure
Institute on Aging, University of Pennsylvania, \$50,000
- 2007 – 2008 Co-Investigator (Sharon McKinley, Principal Investigator)
Anxiety and In-Hospital Complications after Acute Coronary Syndrome
AACN Critical Care Research Grant \$14,850
- 2007 – 2008 Consultant (Richard Moberg, Principal Investigator)
The ICU as a Learning Environment
NIH/NINR, Phase I SBIR (R43) \$99,984
- 2006 - 2007 **Riegel B** (Principal Investigator) Edna G. Kynett Foundation \$47,356
Enhancing Heart Failure Self-Care
- 2005 – 2006 Co-Investigator (Julie Sochalski, Principal Investigator)
Improving Quality and Efficiency: Coordinated Care Benefit for Medicare Beneficiaries
with Heart Failure.
The Commonwealth Fund \$180,379
- 2005 - 2006 Co-Investigator (Stacen Keating, Principal Investigator)
Psychometric Testing of the Barriers to Health Care Scale
University of Pennsylvania, Gerontology Center, Jones Fund \$625
- 2005 – 2006 Co-Investigator (Andrea Driscoll, Deakin University, Victoria, Australia, Principal
Investigator), National **B**enchmarking and **E**vidence based **N**ational **C**linical guidelines
for **H**ear failure management programs (BENCH Study)
Australian Heart Foundation, Grant in Aid, \$24,021.
- 2004 - 2006 **Riegel B.** Principal Investigator
Improving Outcomes in Heart Failure (Phases I and II)
Program Grant #P30-NR05043 Center for Nursing Outcomes Research, National Institute
of Nursing Research, NIH, University of Pennsylvania, \$18,000

- 2004-2006 Co-Investigator and faculty mentor, Rebekah Selwyn (Principal Investigator)
The Relationship between Socioeconomic Status and Hospitalization for Heart Failure:
Does Self-Care Explain This Relationship?
University of Pennsylvania Nassau Award \$960
- 2003 – 2006 Co-Investigator (Debra K. Moser, Principal Investigator)
Physiological and behavioral mechanisms linking depression with increased morbidity
and mortality in patients with heart failure
AACN-Philips Medical Systems Outcomes for Excellence Research Grant, \$100,000
- 2001 – 2006 Co-Investigator (Kathleen Dracup, Principal Investigator, R01NR5323)
Nurse-delivered focused education and counseling intervention to decrease delay in
seeking treatment for myocardial infarction, National Institute of Nursing Research,
\$2,778,548
- 2003 - 2005 Co-Investigator and faculty mentor, Leigh Bastable (Principal Investigator)
Teaching Heart Failure Self-Care in the Older Adult Population
University of Pennsylvania, 21st Century Scholars: Leadership in Gerontology Tyson
Family Scholars Award \$2,500
- 2003 – 2004 **Riegel B**, Principal Investigator
Relationships among sleepiness, cognition, mood, and self-care in persons with heart
failure: A pilot study
Program Grant #P30-NR05043 Center for Nursing Outcomes Research, National Institute
of Nursing Research, NIH, University of Pennsylvania, \$10,000
Frank Morgan Jones Fund of the University of Pennsylvania Gerontology Center, \$7,000
- 2003 - 2004 **Riegel B**, Principal Investigator
Efficacy of Enhanced Education of Heart Failure Self-Care: A pilot study
University of Pennsylvania Research Foundation (\$20,000)
- 2002 – 2004 **Riegel B**, Primary Investigator (#0270025N)
Effectiveness of Telephonic Case Management in Decreasing Rehospitalization for
Hispanics with Heart Failure
American Heart Association, \$500,000
- 1999 – 2004 Consultant (Al Hallstrom, Principal Investigator, BAA N01-HC-95177)
Public Access Defibrillation clinical trial
Executive Committee Member, Co-Chair, PAD Intervention Sub-Committee
\$13,138,112: Funded by the National Heart, Lung, and Blood Institute (\$8,138,112), the
American Heart Association (\$5,000,000), and device manufacturers (\$8,000,000 in
devices)
- 2001 – 2002 **Riegel B**, Principal Investigator
Predictors of Readmission for Heart Failure
Azuse Fund, Sharp HealthCare Foundation, \$56,594
- 2000 – 2001 **Riegel B**, Principal Investigator
The *Minnesota Living with Heart Failure Questionnaire*: Consistency, Sensitivity, and
Stability of the Factor Structure in an Unselected Clinical Population
Research, Scholarship, and Creative Activity Award, San Diego State University \$4,888

- 2000 – 2001 Co-Investigator (Jill Bennett, Principal Investigator)
Hypernatremic Dehydration in Residents of Nursing Homes
Institute for Nursing Research \$1,566
- 2000 – 2001 Co-Investigator (Sharon Burt, Principal Investigator)
Maternal Influences on Daughters' Health Behaviors
Sigma Theta Tau, Gamma Gamma Chapter, \$500
- 1999 – 2001 **Riegel B**, Principal Investigator (#9950684Y)
Peer Mentoring to Improve Self-Care of Senior Heart Failure Patients
Grant-in-Aid, American Heart Association Western States Affiliate \$120,000 and San
Diego Chapter of the American Association of Critical Care Nurses (AACN) \$500
- 1999 – 2000 **Riegel B**, Principal Investigator
Development of an Intervention for Cognitively Impaired Heart Failure Patients
Sharp HealthCare Foundation \$30,000
- 1998 - 2000 **Riegel B**, Principal Investigator
At Home with Heart Failure™: A Congestive Heart Failure Disease Management
Program Evaluation, Pfizer, Inc. \$821,499 competitive contract.
- 1996 - 1998 **Riegel B**, Principal Investigator
Disease Management for Congestive Heart Failure
Merck & Co and Sharp HealthCare Foundation \$178,299
- 1996 - 1997 **Riegel B**, Principal Investigator
Psychometric Testing of the State Trait Dependency Scale
50% leave from academic responsibilities (Spring 1997 semester) and grant from San
Diego State University, College of Health and Human Services \$5,167
- 1995 - 1997 **Riegel B**, Principal Investigator
Effectiveness of Cardiac Rehabilitation in a Managed Care Population
Sharp HealthCare Foundation \$25,000
- 1995 - 1996 **Riegel B**, Principal Investigator
Disease Management for Congestive Heart Failure: Pilot study
Sharp HealthCare Foundation \$20,000
- 1995 - 1996 **Riegel B**, Principal Investigator
Development of an Instrument to Measure Self-Care Chronic Disease Management
SDSU, College of Health and Human Services \$5,167
- 1994 - 1996 Co-Principal Investigator (David Simon and **Barbara Riegel**, R21RR09726)
Ayurvedic vs. Western Health Promotion Techniques
Alternative Medicine Branch, National Institutes of Health \$50,000
- 1993 - 1995 **Riegel B**, Principal Investigator
Long-Term Outcomes of Acute Myocardial Infarction Patients
Genentech, Inc. and Sharp HealthCare Foundation \$27,000
- 1993 - 1995 Co-Investigator (Martha Shively, Principal Investigator)
Research Utilization: Changing from Heparin to Saline for Intermittent Intravenous

Devices; Institute for Nursing Research. \$2,000

- 1993 - 1995 Co-Principal Investigator (Peter Hoagland and **Barbara Riegel**)
Evaluation of the SHC Acute Myocardial Infarction Algorithm
Dupont Pharma \$7,000
- 1993 - 1994 Co-Principal Investigator (**Barbara Riegel** and Tanna Thomason)
National Survey of Nursing Care of Acute Myocardial Infarction Patients
Hemotech, Inc. \$2,000
- 1991 - 1993 Co-Investigator (Valorie Thomas, Principal Investigator)
National Survey of Pediatric Fever Management Practices Among Emergency
Department Nurses.
Emergency Nurses Association and support in kind from Sharp HealthCare \$500
- 1991 - 1993 Co-Investigator (Raelyn Hendred, Principal Investigator.)
Caring for Cardiac Transplant Patients
Grant-in-aid, Gamma Gamma Chapter, Sigma Theta Tau \$2,000
- 1991 - 1992 Co-Principal Investigator (Tanna Thomason and **Barbara Riegel**)
Safety and Efficacy of Heparin Titration with Bedside Activated Clotting Time in Post-
Coronary Angioplasty 19 Patients
Grant-in-aid, Gamma Gamma Chapter, Sigma Theta Tau \$2,000
- 1988 - 1991 **Riegel B**, Principal Investigator
Social Support and Cardiac Invalidism Following Acute Myocardial Infarction
University of California, Los Angeles \$3,000
- 1986 - 1989 Co-Investigator (Martha Shively, Principal Investigator)
Effect of Nitroglycerin Ointment Placement on Headache and Flushing in Normal
Subjects, Drug provided by Marion Laboratories.

Past Funded Research Grants as Mentor

- 2018-2020 Mentor (Malone, Susan, Principal Investigator)
(K99NR017416-01, \$635,179)
*Personalizing sleep interventions to prevent type 2 diabetes (T2DM) in community
dwelling adults with pre-diabetes*
- 2018-2020 Mentor (Koons, Brittany, Principal Investigator)
NIH/NIHR Postdoctoral Research Fellow, *Individualized Care for At Risk Older Adults*
(T32NR009356) and Robert Wood Johnson Foundation Future of Nursing Post-doctoral
Scholar at Independence Blue Cross Foundation
Sigma Theta Tau International, Xi Chapter, Research Award
International Society for Heart & Lung Transplant, Research Award
Symptom profiles among lung transplant candidates
- 2018-2020 Mentor (Ketchum, Amy)
NIH/NINR T32NR009356 *Individualized Care for At Risk Older Adults*
- 2018-2020 Mentor (Lee, Solim, Principal Investigator)
Sigma Theta Tau International, Xi Chapter, Research Award

- Heart Failure Society of America, Nursing Research Award
Global Korean Nursing Foundation research grant
Understanding the heart failure symptom perception process
- 2017-2021 Mentor (Osokpo, Onome, Principal Investigator)
2018-2019 NIH/NINR, *Research on Vulnerable Women, Children and Families* (T32NR007100)
2020 Sigma Theta Tau International, Xi Chapter, Research Award
2020 Office of Nursing Research, Dissertation Research Award
Socio-Cultural Factors Influencing Self-care Among African Immigrants Living with Chronic Illness in the United States
2021 Penn Provost's Postdoctoral Fellowship
- 2016-2020 Mentor (Baah, Foster, Principal Investigator)
NIH/NINR *Individualized Care for At Risk Older Adults* (T32NR009356)
2018-2020 NIH/NINR (F31NR018374)
2018-2019 School of Nursing Senate Research Committee, Research Award
A mixed methods study to understand the relationship between social determinants of health and self-care in community dwelling patients with heart failure
- 2017-2018 Mentor (Li J, Principal Investigator)
NIH/NHLBI *Postdoctoral Training in Sleep and Sleep Disorders* (T32HL007953)
(NINR K99NR016484, \$171,200)
A Personalized Behavioral Intervention to Improve Physical Activity, Sleep and Cognition in Sedentary Older Adults
- 2016-2018 Mentor (Perez A, Supplement Principal Investigator)
(NINR, R01NR015226-02S1, \$166,538)
The Role of Palliative Care Interventions to Reduce Circadian Rhythm Disorders in Persons with Dementia
- 2015-2017 Mentor (Malone S, Principal Investigator)
NIH/NHLBI *Postdoctoral Training in Sleep and Sleep Disorders* (T32HL007953)
The role of chronotype and sleep duration in the risk of obesity in adolescents
- 2015-2017 Mentor (Brewster G, Principal Investigator)
NIH/NHLBI *Postdoctoral Training in Sleep and Sleep Disorders* (T32HL007953)
Understanding the mechanisms through which caregiving affects cognition
- 2015-2016 Mentor (Ciano C)
NIH/NINR *Postdoctoral Individualized Care for At Risk Older Adults* (T32NR009356)
The Trajectory of Insomnia in Perimenopausal Women Transitioning to Menopause
- 2015-2016 Mentor (Streuer M, Principal Investigator)
2015 NIH/NINR (T32NR009356) *Individualized Care for At Risk Older Adults*
2016 NIH/NINR (F31NR015687)
Atrial Fibrillation Symptom Perception
- 2014-2016 Mentor (Varrasse M, Principal Investigator)
2014-2016 NIH/NINR *Individualized Care for At Risk Older Adults* (T32NR009356)
2016 Frank Morgan Jones Fund, Research Award
2016 Tyson Fund, Research Award

- 2016 Sigma Theta Tau International, Xi Chapter, Research Award
Understanding Sleep and Sleep Disturbances in Nursing-Home Eligible Community Dwelling Older Adults: A Mixed Methods Study
- 2014-2015 Mentor (Starodub R, Principal Investigator)
2014 Biobehavioral Research Center, Research Award
2014 Sigma Theta Tau International Xi Chapter, Research Award
The Use of High-Fidelity Simulation in Training Nurses on the Delivery of Therapeutic Hypothermia after Cardiac Arrest
- 2013-2014 Mentor (Pak V, Principal Investigator)
NIH/NHLBI Postdoctoral Training in Sleep and Sleep Disorders (T32HL007953)
NIH/NINR (K99NR014675)
2013 American Nurses Foundation, Research Award
Mechanisms of Sleepiness Symptoms in Obstructive Sleep Apnea and Cardiovascular Disease
- 2012-2014 Mentor (Masterson Creber R, Principal Investigator)
2012 NIH/NINR *Individualized Care for At Risk Older Adults* (T32NR009356)
2013-2015 NIH/NINR (F31NR014086)
Profiling the Heterogeneous Response of Exercise Therapy in HF Patients
- 2011-2013 Mentor (Tang J, Principal Investigator)
NIH/NINR Postdoctoral Training, *Individualized Care for At Risk Older Adults* (T32NR009356)
John A. Hartford Foundation, Claire M. Fagin Postdoctoral Fellow
Multi-Faceted Audio-Relaxation Program for Older Adults with Comorbid Hypertension and Insomnia
- 2011-2013 Mentor (Kim J, Principal Investigator)
NIH/NINR, K99-NR013177, \$85,450
An objective snoring index and its association with carotid atherosclerosis
- 2010-2014 Mentor (MacKenzie M, Principal Investigator)
2010-2012 NIH/NINR *Individualized Care for At Risk Older Adults* (T32NR009356)
2013-2014 Office of Nursing Research, Dissertation Grant
Comparing Heart Failure and Cancer Caregiver Satisfaction with Hospice Care
- 2010-2011 Mentor (Puzanian H, Principal Investigator)
National Kidney Foundation, Council of Nephrology Nurses and Technicians Grant
Age and Cardiovascular Event-Free Survival in Chronic Kidney Disease
- 2009-2010 Mentor (MinKyoung Song, Principal Investigator)
2009 Sigma Theta Tau International, Small Grant Award
2009 Global Korean Nursing Foundation Scholarship
Self-Care and Health Outcomes of Diabetes: How Do Co-Morbid Conditions And Health Perception Influence This Relationship?
- 2008-2010 Mentor (Buck HG, Principal Investigator)
NIH/NINR Postdoctoral Research Fellow, *Individualized Care for at Risk Older Adults* (T32NR009356)
2010 Frank Morgan Jones Fund, Research Award

The Impact of Hospice Admission on Older Adults with Heart Failure

- 2008-2010 Mentor (Fleck D, Principal Investigator)
 Edna G. Kynett Memorial Foundation, Research Grant
 Sigma Theta Tau International Delta Rho Chapter, Research Award
Self-Care in Emerging Adults with Congenital Heart Disease
- 2007-2009 Mentor (Christopher S. Lee, Principal Investigator)
 NIH/NINR, (F31NR010299)
The Influence of Heart Failure Self-Care Behavior on Cardiac Performance
- 2004 - 2006 Mentor (Ida Spruill, Principal Investigator)
 University of Pennsylvania, Hampton-Penn Center to Reduce Health Disparities
 (P20NR009361) \$10,000
Relationships among exercise, beliefs, obesity, genetic profile and diabetes in the vulnerable population of Gullahs
- 2004 – 2006 Sponsor (Mary Powell, Principal Investigator)
 Pfizer Clear Health Communication Initiative Grant, \$130,000
Sharing Clear Health Messages with Elderly Heart Failure Patients

Past Funded Educational Grants

- 2015-2017 Netter Center Award for Self-Care of Chronic Illness Case Study
 University of Pennsylvania

PUBLICATIONS

Journal Articles: Refereed Articles (* Senior author)

Accepted, In press publications

1. Sterling MR, Ringel JB, **Riegel B**, Goyal P, Arbaje A, Bowles KH, McDonald Kern LM. Scope of Home Health Care Workers' Interactions with Medical Providers, their Home Care Agencies, and Family Members for their Patients with Heart Failure. Journal of the American Board of Family Medicine.
2. Davis LL, McCoy TP, **Riegel B**, McKinley S, Doering LV, Moser DK. Association of Symptoms and Mode of Transportation to Emergency Department in Patients with Acute Coronary Syndrome. Dimensions in Critical Care Nursing.
3. Dickson V, Iovino P, De Maria M, Vellone E, Alvaro R, Di Matteo R, Dal Molin A, Lusignani M, Bassola B, Marconi A, Bolgeo T, **Riegel B**. Psychometric testing of the Self-Care of Coronary Heart Disease Index Version 3.0. Journal of Cardiovascular Nursing.
4. Malone SK, Di J, Leroux A, **Riegel B**, Melkus GD, Rickels MR, Punjabi NM, Pack A, Crainiceanu C, Urbanek J. Bedtime habits in adults with and without diabetes. Journal of Articles in Support of the Null Hypothesis.

Published Ahead of Print

1. Stawnychy, M. A., Vellone, E., Zeffiro, V., Teitelman, A. M., Maria, M. D., & Riegel, B. (2022). Dyad Gender and Relationship Quality Influence Heart Failure Self-Care. *Clinical Nursing Research*, 0(0), doi.org/10547738221119338.

2. Stawnychy M, JB Ringel, **Riegel B**, Sterling MR, 2022. Better Preparation and Training Determine Home Care Workers' Self-Efficacy in Contributing to Heart Failure Self-care. Journal of Applied Gerontology, doi.org/10.1177/07334648221113322
3. Lee CS, Westland H, Faulkner K, Iovino P, Harman J, Sexton J, Farry E, Jaarsma T, **Riegel B**, 2022. The effectiveness of self-care interventions in chronic illness: a meta-analysis of randomized controlled trials. International Journal of Nursing Studies.
4. Westland H, Page SD, van Rijn M, Aryal S, Freedland KE, Lee CS, Strömberg A, Vellone E, Wiebe D, Jaarsma T, Riegel B. Self-care management of bothersome symptoms as recommended by clinicians for patients with a chronic condition: a Delphi study. Heart & Lung, 2022 Jun 13;56:40-49. doi: 10.1016/j.hrtlng.2022.06.001.
5. Spedale V, Fabrizi D, Rebora P, Luciani M, Alvaro R, Vellone E, **Riegel B**, Ausili D. The Association Between Self-Reported Sleep Quality and Self-Care in Adults with Heart Failure: A Cross-Sectional Study. Journal of Cardiovascular Nursing, 2022, May 31. doi: 10.1097/JCN.0000000000000929.
6. Iovino P, De Maria M, Ausili D, Matarese M, Nolan AE, Vellone E, **Riegel B**. The Influence of Social Support on Self-Care is Mediated by Self-Efficacy and Depression in Chronic Illness: Key Findings From the “Sodality” Observational Study. Aging & Mental Health. 2022 Apr 13;1-9. doi: 10.1080/13607863.2022.2056877.
7. Locatelli G, Zeffiro V, Occhino G, Rebora P, Ausili D, Alvaro R, Caggianelli G, **Riegel B**, Vellone E. Effectiveness of Motivational Interviewing on contribution to self-care, self-efficacy, and preparedness in caregivers of patients with heart failure: a secondary outcome analysis of the MOTIVATE-HF randomized controlled trial. European Journal of Cardiovascular Nursing. 2022 Mar 15;zvacc013. doi: 10.1093/eurjcn/zvac013.
8. Stawnychy M, Zeffiro V, Iovino P, Vellone E, **Riegel B**. Characteristics of Patients Who Do Not Respond to Motivational Interviewing for Heart Failure Self-Care. Journal of Cardiovascular Nursing. 2021 Jul 23. doi: 10.1097/JCN.0000000000000840.
9. De Maria M, Lorini S, Ausili D, Vellone E, **Riegel B**, Matarese M. Patient Self Care and Caregiver Contribution to Patient Self Care of Chronic Conditions: What Is Dyadic and What It Is Not. Value in Health, 2022 Mar 22;S1098-3015(22)00057-2. doi: 10.1016/j.jval.2022.01.007.
10. Caggianelli G, Iovino P, Rebora P, Occhino G, Zeffiro V, Locatelli G, Ausili D, Alvaro R, **Riegel B**, Vellone E. The Effectiveness of Motivational Interviewing on Physical Symptoms in Patients with Heart Failure. Journal of Pain and Symptom Management. doi.org/10.1016/j.jpainsymman.2021.09.006
11. Cordoza M, Koons B, Diamond J, Anderson BJ, Perlis ML, **Riegel B**. Self-Reported Poor Quality of Sleep in Solid Organ Transplant: A Systematic Review, Transplantation Reviews, 35. DOI.org/10.1016/j.ttre.2021.100650, Epub Sep 14, 2021.
12. Giordano NA, Riman K, French R, Daus M, Stephens Shields AJ, Kimmel SE, **Riegel B**. Comparing Medication Adherence Using a Smartphone Application and Electronic Monitoring Among Patients with Acute Coronary Syndrome. Applied Nursing Research. Epub May 24, 2021. doi.org/10.1016/j.apnr.2021.151448
13. De Maria M, Fabrizi D, Luciani M, Caruso R, De Mauro S, **Riegel B**, Barbaranelli C, Ausili D. Further Evidence of Psychometric Performance of the Self-Care of Diabetes Inventory in Adults with Type 1 and Type 2 Diabetes. Annals of Behavioral Medicine, 2021, DOI.org/10.1093/abm/kaab088

14. Ketcham A, Matus AM, **Riegel B.** Resilience and depressive symptoms in adults with cardiac disease: A systematic review. Journal of Cardiovascular Nursing. 2020, Publish Ahead of Print. PMID: 33394626. DOI: 10.1097/jcn.0000000000000781*

Published Articles

1. **Riegel B,** Dickson VV, Vellone E. The Situation-Specific Theory of Heart Failure Self-Care: An Update on The Problem, Person, and Environmental Factors Influencing Heart Failure Self-Care. Journal of Cardiovascular Nursing, 2022, 37(6), 515-529. PMID: 35482335, DOI: 10.1097/JCN.0000000000000919
2. Brawner, B. M., Talley, L. M., Baker, J. L., Bowleg, L. Dominique, T. B., Robinson, D. Y., **Riegel, B.** & The Black Men's Health Initiative. (2022). A convergent mixed methods study of cardiovascular disease risk factors among young Black men in the United States. Ethnicity & Disease, 32(3), 169-184. doi: 10.18865/ed.32.3.169
3. Page SD, Lee CS, Aryal S, Freedland K, Stromberg A, Vellone E, Westland H, Wiebe DJ, Jaarsma T, **Riegel B.** Development and Testing of an Instrument to Measure Contextual Factors Influencing Self-Care Decisions Among Adults with Chronic Illness. Health and Quality of Life Outcomes, 2022 May 23;20(1): 83. doi: 10.1186/s12955-022-01990-2.
4. **Riegel B,** De Maria M, Barbaranelli C, Matarese M, Ausili D, Stromberg A, Vellone E, Jaarsma T. Symptom Recognition as A Mediator in The Self-Care of Chronic Illness. Frontiers in Public Health, section Public Health Education and Promotion, eCollection 2022. 10:883299, doi: 10.3389/fpubh.2022.883299.
5. Osokpo OH, Lewis LM, Uchechukwu I, Chittams J, Barg F, **Riegel B.** (2022) Self-Care of African Immigrant Adults with Chronic Illness. Clinical Nursing Research, 31(3), 413-425. DOI: 10.1177/10547738211056168
6. Baah SO, Chittams J, Carlson B, Sethares K, Daus M, Moser DK, **Riegel B.** Sociodemographic indicators of social position and self-care maintenance in adults with heart failure. Clinical Nursing Research, 2021 Jul;30(6):847-854. doi: 10.1177/1054773821995593. Epub 2021 Feb 19.*
7. Rosa WE, **Riegel B,** Ulrich CM, Chittams JL, Quinn RJ, Meghani S. Experiential Variables Rather than Belief Clusters are Associated with Adherence to Analgesic Treatment for Cancer Pain. Oncology Nursing Forum, 2021 Jan 4;48(1):45-58. doi: 10.1188/21.ONF.45-58.
8. Luciani M, De Maria M, Page SD, Barbaranelli C, Ausili D, **Riegel B.** (2022). Measuring self-care in the general adult population: Development and psychometric testing of the Self-Care Inventory. BMC Public Health, 22(1), 598. <https://doi.org/10.1186/s12889-022-12913-7>
9. Sterling M, Barbaranelli C, **Riegel B,** Stawnychy M, Ringel J, Cho J, Vellone E. The influence of preparedness, mutuality and self-efficacy on home care workers' contribution to self-care in heart failure: A structural equation modeling analysis. Journal of Cardiovascular Nursing. 2020, 37(2), 146-157. PMID: 33315614. DOI: 10.1097/JCN.0000000000000768
10. Prasun M, Alberg N, Blakeman J, Vuckovic KM, Kim MJ, Stamp K, Jaarsma T, **Riegel B.** Perceptions of Changes in Practice Patterns and Patient Care among Heart Failure Nurses During the COVID-19 Pandemic. Heart & Lung, 2022, 52, 152-158.
11. Sanson G, Vellone E, Lopes CT, Takao-Lopes C, Barrientos-Trigo S, Porcel-Galvez AM, **Riegel B,** D'Agostino F. Filling a gap in standardized nursing terminology. Development of a new nursing diagnosis proposal on heart-failure self-care. International Journal of Nursing Knowledge, 2022, 33:18-28. doi: 10.1111/2047-3095.12324.
12. Matus A, Trout K, Sawyer AM, **Riegel B.** Sleep and Hypoglycemia Symptom Perception in Adults with Type-1 Diabetes Mellitus: A Mixed-Methods Review. Journal of Advanced Nursing, 2021, 78:14-25, DOI: 10.1111/jan.14947.

13. Dickson VV, Fletcher J, **Riegel B**. Psychometric Testing of the Self-Care of Hypertension Inventory (SC-HI) Version 3.0. (2021) Journal of Cardiovascular Nursing, 36(5), 411-419. DOI: 10.1097/JCN.0000000000000827
14. Osokpo O, James R, **Riegel B**. Maintaining Cultural Identity: A systematic mixed studies review of cultural influences on the self-care of African immigrants living with non-communicable disease. Journal of Advanced Nursing, 2021, 77:3600-3617, published ahead of print Feb 22. doi: 10.1111/jan.14804.*
15. De Maria M, Matarese M, Stromberg A, Ausili D, Vellone E, Jaarsma T, Osokpo OH, Daus MM, **Riegel B**, Barbaranelli C. [published online ahead of print, 2019 Sep 26]. Cross-cultural assessment of the Self-Care of Chronic Illness Inventory: a psychometric evaluation. International Journal of Nursing Studies. 2021, PMID: 31791631. Apr;116:103422. doi: 10.1016/j.ijnurstu.2019.103422. Epub 2019 Sep 26. Winner of the Italian Society of Nursing Sciences: Best article published in a scientific journal in the last 5 years.
16. Malone S, Patterson F, Yu G, Grunin L, Melkus GD, **Riegel B**, Punjabi N, Crainiceanu C, Urbanek J, Pack A. Habitual physical activity patterns in a nationally representative sample of US adults. [published online ahead of print, 2020 Jan 27]. Translational Behavioral Medicine. 2021; PMID: 31985811. 2021 Mar 16;11(2):332-341. doi: 10.1093/tbm/ibaa002.
17. Iovino P, Lyons K, De Maria M, Vellone E, Ausili D, Lee CS, **Riegel B**, Matarese M. Patient and Care Partner Contributions to Self-care in Multiple Chronic Conditions: A Multilevel Modelling Analysis. [published online ahead of print, 2020 Mar 14]. International Journal of Nursing Studies. 2021 Apr;116:103574. doi: 10.1016/j.ijnurstu.2020.103574. Epub 2020 Mar 14. Winner of the SISI Researcher 2021 award.
18. Luciani M, Rossi E, Rebora P, Stawnychy MA, Ausili D, **Riegel B**. Clinical and socio-demographic determinants of self-care maintenance, monitoring and management in US adults with type 2 diabetes mellitus. [published online ahead of print, 2020 June 8]. Clinical Nursing Research. PMID: 32508167. 2021 Mar;30(3):285-292. doi: 10.1177/1054773820916987. Epub 2020 Jun 8.*
19. Whittal A, Stork S, **Riegel B**, Herber OR. Applying the COM-B behaviour model to overcome barriers to heart failure self-care: A practical application of a conceptual framework for the development of complex interventions (ACHIEVE study) [published online ahead of print, 2020 Sep 14]. European Journal of Cardiovascular Nursing. 2021; PMID: 32921134. 2021 Mar 1;20(3):261-267. doi: 10.1177/1474515120957292.
20. Jaarsma T, Hill L, Bates Genis A, Brunner-La Rocca HP, Castiello T, Celutkienė J, Marques E, Plymen CM, Piper S, **Riegel B**, Rutten FH, Ben Gal T, Bauersachs J, Coats A, Chioncel O, Lopatin Y, Lund LH, Lainscak M, Moura B, Mullens W, Piepoli MF, Rosano G, Seferovic P, Stromberg A. Self-care of heart failure patients: practical management recommendations from the Heart Failure Association of the European Society of Cardiology, European Journal of Heart Failure. 2021; PMID: 32945600. Jan;23(1):157-174. doi: 10.1002/ehf.2008. Epub 2020 Oct 20.
21. Iovino P, Rebora P, Occhino G, Zeffiro V, Caggianelli G, Ausili D, Alvaro R, **Riegel B**, Vellone E. Effectiveness of Motivational Interviewing on Health-care Service Use and Mortality in Patients with Heart Failure: A Secondary Outcome Analysis of the MOTIVATE-HF Randomized Controlled Trial. ESC Heart Failure, 2021; 8: 2920-2927.
22. Rebora P, Spedale V, Occhino G, Luciani M, Alvaro R, Vellone E, **Riegel B**, Ausili D. Effectiveness of motivational interviewing on anxiety, depression, sleep quality and quality of life in heart failure patients: Secondary analysis of the MOTIVATE-HF randomised controlled trial. Quality of Life Research, 2021, 30: 1939-1949.

23. **Riegel B**, Westland H, Iovino P, Barelds I, Bruins Slot J, Stawnychy MA, Osokpo O, Tarbi E, Trappenburg JCA, Vellone E, Stromberg A, Jaarsma T. Characteristics of Self-Care Interventions for Patients with a Chronic Condition: A Scoping Review. International Journal of Nursing Studies. 2021; 103713. [published online ahead of print, 2020 Jul 15] PMID: 32768137. DOI: 10.1016/j.ijnurstu.2020.103713
24. **Riegel B**, Dunbar SB, Fitzsimons D, Freedland K, Lee CS, Middleton S, Stromberg A, Webber D, Vellone E, Jaarsma T. Self-care research: Where are we now? Where are we going? International Journal of Nursing Studies. 2021; 103402. [published online ahead of print, 2019 Aug 23] PMID: 31630807. PMCID: PMC7035984. DOI: 10.1016/j.ijnurstu.2019.103402.
25. Tang HJ, McCurry S, Pike K, **Riegel B**, Vitello MV. Open-loop Audio-Visual Stimulation for Sleep Promotion in Older Adults with Comorbid Insomnia and Osteoarthritis Pain: Results of a Pilot Randomized Controlled Trial. Sleep Medicine, 2021, 82:37-42.
26. Stawnychy MA, Teitelman AM, **Riegel B**. Caregiver Autonomy Support: A Systematic Review of Interventions for Adults with Chronic Illness and Their Caregivers with Narrative Synthesis. [published online ahead of print, 2020 Dec 7]. Journal of Advanced Nursing. 2021; 77:1667-1682. DOI: 10.1111/jan.14696*
27. Hirschman KB, Bowles KH, Garcia LE, Shepard BN, Walser TJ, Thomas GL, Stawnychy MA, **Riegel B**. Lessons learned from implementation of a video health coaching technology intervention to improve self-care of family caregivers of adults with heart failure. Research in Nursing & Health, 2021, 44:250-259. PMID: 33341950. DOI: 10.1002/nur.22100*
28. Yu DSF, De Maria M, Barbaranelli C, Vellone E, Matarese M, Ausili D, Rabelo-Silva ER, Osokpo OH, **Riegel B**. Cross-cultural applicability of the Self-Care Self-Efficacy Scale in a multi-national study. Journal of Advanced Nursing, 2021; 77:681-692.* DOI:10.1111/jan.14617
29. Jaarsma T, Westland H, Vellone E, Freedland KE, Schröder C, Trappenburg JCA, Strömberg A, **Riegel B**. Status of theory use in self-care research. International Journal of Environmental Research and Public Health. 2020; 17(24): 9480. PMID: 33348884. PMCID: PMC7765830. DOI:10.3390/ijerph17249480*
30. McPhillips M, Li J, Hodgson NA, Cacchione PZ, Dickson VV, Gooneratne N, **Riegel B**. Daytime sleepiness and napping in nursing-home eligible community dwelling older adults: A mixed methods study. Gerontology and Geriatric Medicine. 2020, 6:1-10. DOI: 10.1177/2333721420970730*
31. Avila CW, De Maria M, Vellone E, **Riegel B**, Bernardes D, Silveira LJ, Rabelo-Silva ER. Psychometric characteristics of the Caregiver Contribution to Self-care of Heart Failure Index in a South American Population. The Journal of Cardiovascular Nursing. 2020. PMID: 32511111. DOI: 10.1097/JCN.0000000000000704
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33. Blewer AL, Putt M, McGovern SK, Murray AD, Leary M, **Riegel B**, Shea J, Berg R, Asch D, A Viera, Merchant R, Nadkarni NM, Abella B. A pragmatic randomized trial of cardiopulmonary resuscitation training for families of cardiac patients before hospital discharge using a mobile application. Resuscitation. 2020; 152:28-35. PMID: 32376347. DOI: 10.1016/j.resuscitation.2020.04.026
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39. Ausili D, Barbaranelli C, **Riegel B**. Generalizability of the Self-Care of Diabetes Inventory Across Cultures and Languages: Italy and the United States. Evaluation & the Health Professions. 2020; 43(1):41-49. PMID: 30935233. DOI: 10.1177/0163278719840689*
40. Matarese M, Clari M, Grazia De Marinis M, Barbaranelli C, Ivziku D, Piredda M, **Riegel B**. The Self-Care in Chronic Obstructive Pulmonary Disease Inventory: Development and Psychometric Evaluation. Evaluation & the Health Professions. 2020; 43(1):50-62. PMID: 31208201. DOI: 10.1177/0163278719856660
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44. Vellone E, Rebora P, Ausili D, Zeffiro V, Pucciarelli G, Caggianelli G, Masci S, Alvaro R, **Riegel B**. Motivational interviewing to improve self-care in heart failure patients (MOTIVATE-HF): a randomized controlled trial. ESC Heart Failure, 2020, 7(3): 1309-1318. PMID: 32343483. PMCID: PMC7261532. DOI: 10.1002/ehf2.12733*
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- Failure – iCare4Me: Study Protocol for a Randomized Controlled Trial. Contemporary Clinical Trials. 2019; 85:105845. PMID: 31499227. PMCID: PMC6815729. DOI: 10.1016/j.cct.2019.105845
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2. **Riegel B**, Westland H, Freedland K, Lee CS, Stromberg A, Vellone E, Jaarsma T. Editorial: Operational Definition of Self-Care Interventions for Adults with Chronic Illness, 2022, International Journal of Nursing Studies, 129, <https://doi.org/10.1016/j.ijnurstu.2022.104231>
3. Caggianelli G, Iovino P, Rebora P, Ausili D, Alvaro R, **Riegel B**, Vellone E. Letter to the Editor: Suggestions to Improve Research on Motivational Interviewing for Heart Failure Self-Care: Insights from Study Experiences, 2022, Journal of Cardiovascular Nursing. In Press doi: 10.1097/JCN.0000000000000894
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5. Matarese M, Barbaranelli C, **Riegel B**. Letter to the Editor: Advancing knowledge of self-care instruments (2021). Heart & Lung.
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7. **Riegel B** & James R. Letter to the Editor: Comment on rapid reviews (2021). European Journal of Cardiovascular Nursing. doi:10.1093/eurjcn/zvab037
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10. **Riegel B** & Kimmel SE. Palliative care: Is now the time? Editorial. European Journal of Cardiovascular Nursing, 2018, 17(6) 474–476.
11. **Riegel, B.** Editorial on Dolansky MA, Hawkins MAW, Schaefer JT, et al, The Association between Poorer Cognitive Function and Reduced Objectively-Monitored Medication Adherence in Patients with Heart Failure: “I forgot”—Memory and Medication Adherence in Heart Failure. Circulation: Heart Failure. 2016; 9:e003642. DOI: 10.1161/CIRCHEARTFAILURE.116.003642
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15. Barbaranelli C, Lee CS, Vellone E, **Riegel B**. The Problem with Cronbach’s Alpha... Comment on the Article by Sijtsma and Van der Ark. Nursing Research, 2014, 64(2), 140-145, 10.1097/NNR.0000000000000079
16. Vellone E, Barbaranelli C, Lee CS, **Riegel B**. Measures of self-care in heart failure: issues with factorial structure and reliability. Re: “The Greek version of the 9-item European heart failure self-care behaviour scale: A multidimensional or a uni-dimensional scale?” Lambrinou et al., Heart & Lung, 2014, 44(1), 82-83. 10.1016/j.hrtlng.2014.08.008
17. Jaarsma T, Stromberg A, Johansson P, Luttik ML, **Riegel B**. Quality of Long term follow up in heart failure is more important than location. Re: "Extended heart failure clinic follow-up in low-risk patients: a randomized clinical trial (NorthStar)" Schou, et al., European Heart Journal, 34(6): 432-442 DOI:10.1093/eurheartj/ehs235, 2013.
18. **Riegel B**, Sullivan-Marx E, Fairman J. Meeting Global Needs in Primary Care with Nurse Practitioners, The Lancet, 2012, 380, 449-450.
19. Stromberg A, Jaarsma T, **Riegel B**. Self-care: who cares? European Journal of Cardiovascular Nursing, 2012, 11(2), 133-134. DOI: 10.1177/1474515111429660
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22. **Riegel B**, Stewart S, McMurray JJV, Naylor M, Rich MW. Interventions to prevent readmission for congestive heart failure.[comment]. (Letter to the Editor regarding Christopher Phillips et al.) Journal of the American Medical Association, 2004, 291(23):2816; author reply 16-7.
23. **Riegel B**: Response to Letter to the Editor from Gregory M. Peterson, PhD, MBA, Archives of Internal Medicine, 2002, 162 (18): 2142-3.

Alternative Media

1. American Heart Association interview: House Calls: Real Docs, Real Talk-Your Weekly Meetup with Fellow Patients & Physicians. June 29, 2020 Topic: Caregiver Chat: You’re Holding it All Together, Let Us Support You Too.

2. Dick Moberg's Neural Network podcast: Who's taking care of the caregiver? February 11, 2020.
3. ACCEL interview concerning Self-care of Hypertension, August 2017 edition.
4. ACCEL interview concerning Gender differences in the self-management of cardiovascular disease, July 2015 edition.
5. ACCEL interview concerning Symptom perception in heart failure, July 2014 edition.
6. Contributor, Scope and Standards of Cardiovascular Nursing, American Nurses Association, 2008.
7. Contributor, Living with Heart Failure: Helping your heart day-to-day, Foundation for Informed Medical Decision Making, 2007.
8. Contributor, Heart Failure Society of America, Heart Failure Clinical Guideline, 2006.
9. Contributor, patient education series published by the Heart Failure Society of America, 2005.
10. Contributor, first edition of the *Caregivers' Medical Guide*, a print and web-based patient education resource, 2000.
11. Invited Participant, American College of Cardiology Bethesda Conference #31, Emergency Cardiac Care, *Journal American College of Cardiology*, 2000.
12. **Riegel B**, Schissel R: Training film, *Nursing Care in the Jail Setting*, produced by San Diego State University, Media Services. Funded by a San Diego State University Media Award, 1996.
13. Contributor to Writing Research Abstracts Successfully (2nd edition), AACN, 1992.
14. Kloosterman N, Hyman C, Kirilloff L, **Riegel B**, Szaflarski N, Davis A, Dunbar S. Part two: Statement on ethics in critical care research. From the AACN Task Force on Ethics in Critical Care Research. *Focus Critical Care*, 1985, 12(4):58-63.

RESEARCH CONSULTATION (SELECTED)

- | | |
|-----------|---|
| 2022 | Reviewer, NIH, Healthcare Delivery and Methodologies Integrated Review Group, Clinical Management in General Care Settings (CMGC) Study Section, June 13-14, 2022 |
| 2020 | Reviewer, NINR, Special Emphasis Panel/Scientific Review Group 2020/05 ZRG1 HDM-W (03) M, March 19, 2020 |
| 2018-2021 | Oversight Committee (Perlis, M, PI), <i>Alternative Approaches to Maintenance Therapy for Chronic Insomnia in Older Adults</i> (R56 Ader II Study) and <i>Three approaches to Maintenance Therapy for Chronic Insomnia in Older Adults</i> (R01 Ader III Study) |
| 2018 | Participatory Planning Group developing a theory-based behaviour change intervention using the COM-B behaviour model (ACHIEVE study) aiming at enhancing self-care adherence in patients with heart failure |
| 2016 | Reviewer, NHLBI R03 grants |
| 2015 | Reviewer, Letters of Intent for the inaugural American Heart Association Merit Award |
| 2014 | Selection Committee Member, Friends of the National Institute of Nursing Research awards |
| 2014 | External Reviewer, AHRQ Evidence-based Practice Center Program |
| 2013- | External Advisor, Evidence-Based Practice Heart Failure Management Clinic, LIFE Program, University of Pennsylvania. |

2012-2017	Data Safety Monitoring Board (Lennie, T, PI), <i>Nutrition intervention to reduce symptoms in patients with advanced heart failure</i> (R01NR013430)
2012	Ad Hoc Reviewer, PCORI
2010	Advisory Board for a book series by Cardiotext Publishing, titled <i>Cardiovascular Diseases: A Multidisciplinary Team Approach for Management and Prevention</i>
2010	Ad Hoc Reviewer, NINR
2010-2014	TEAM-HF Advisory Panel (Reed, S, PI), Duke University, NIH funded
2009	Consultant, Nurse-led Heart Failure Care Transition Intervention for African Americans, Cheryl Dennison, NINR funded
2009-2014	Data Safety Monitoring Board (Funk, M, PI), <i>Implementation of Practice Standards for ECG Monitoring</i> (PULSE Trial) (R01HL081642)
2009	Ad Hoc Reviewer, GO TRIP Grants, NHLBI
2008	Consultant, R03 Angela Clark (PI), University of Texas at Austin School of Nursing
2007	Chair, Behavioral Science Epidemiology and Prevention Scientific Review Section, American Heart Association
2007-2012	External Advisory Committee, P20 Center for Biobehavioral Research in Self-Management of Cardiopulmonary Disease, University of Kentucky, College of Nursing
2006	Ad Hoc Reviewer, NHLBI
2006-2010	Data Safety Monitoring Board, Heart PACT Study, Martha Shively, Principal Investigator
2005-2006	Ad Hoc Reviewer, Veterans Affairs Health Services Research & Development (HSR&D) Quality Measurement & Effectiveness Scientific Merit Review Board
2005	Scientific Advisory Committee member, Tele-Heart Failure grant funded by NHLBI (Krumholz, PI)
2005	Expert Reviewer, National Heart Foundation of Australia, grant-in-aid program
2005	Expert Reviewer, selection of measures for evaluation of the CMS Chronic Care Improvement Programs (CCIP), Mathematica Research
2004-2006	Co-Chair, Behavioral Science Epidemiology and Prevention Review Section, American Heart Association
1999–2002	Data Review Panel, Effect of Behavioral Management on Quality of Life in Heart Failure (NRI 95-244.1), Martha Shively, Principal Investigator

RESEARCH PRESENTATIONS (Only oral presentations as first author; *accompanied by a published scientific abstract)

2022	* Self-care neglect of heart failure caregivers before and early after the pandemic began, Heart Failure Society of America Annual Scientific Meeting, Washington DC, September 2022.
2021	* All caregivers are not alike: Stress, caregiving effort, and self-care in heart failure and dementia caregivers, American Heart Association Scientific Sessions, virtual, November 13, 2021.
2020	* Applied Behavior Change Techniques in Self-care Interventions for Patients With a Chronic Condition, American Heart Association Scientific Sessions, virtual, November 13, 2020.

- 2020 * Challenges Using Technology in a Health Coaching Intervention, Early Lessons Learned, Gerontology Society of America 2020 Annual Scientific Meeting Online, November 7, 2020.
- 2019 *A Behavioral Economics-based Telehealth Intervention to Improve Aspirin Adherence Following Hospitalization for Acute Coronary Syndrome, American Heart Association's Scientific Sessions 2019, Philadelphia, PA. Circulation, 140, supplement 1, abstract 10160.
- 2016 Intentional and Unintentional Medication Nonadherence in Adults with Chronic Heart Failure, 28th Annual ENRS Scientific Sessions, Pittsburgh, PA, abstract 0690-000040.
- 2015 *Motivational Interviewing Decreases Readmissions in Adults with Heart Failure, American Heart Association's Scientific Sessions 2015, Orlando, FL. Circulation, 132, supplement 3, abstract 10283.
- 2014 *Content Validity Testing of the Self-care of Chronic Illness Inventory, 26th Annual ENRS Scientific Sessions, Philadelphia, PA, Nursing Research 63(2) abstract 0339-000074.
- 2013 * Factors associated with cognitive deficits in heart failure differ by gender, November 19, 2013, American Heart Association Scientific Sessions, Dallas, TX. Circulation 128 (22 supplement) abstract 9607.
- 2013 * Sleep quality is a significant determinant of executive attention in adults with heart failure, November 19, 2013, American Heart Association Scientific Sessions, Dallas, TX. Circulation 128 (22 supplement) abstract 9688.
- 2012 * Adults with Heart Failure have Worsening Cognitive Deficits as Comorbidity Increases, November 6, 2012, American Heart Association Scientific Sessions, Los Angeles, CA. Circulation, 126, issue 21 supplement, abstract 12474.
- 2011 * Double Jeopardy: The Influence of Excessive Daytime Sleepiness and Impaired Cognition on Quality of Life in Adults with Heart Failure, November 14, 2011, American Heart Association Scientific Sessions, Orlando, FL. Circulation, 122 (supplement) abstract 8266.
- 2011 * Sickness Behavior Predicts Event Free Survival in Adults with Heart Failure, November 15, 2011, American Heart Association Scientific Sessions, Orlando, FL. Circulation, 122 (supplement) abstract 8268.
- 2009 * Sensory loss associated with aging may impair the ability to accurately detect heart failure symptoms, November 17, 2009, American Heart Association Scientific Sessions, Orlando, FL. Circulation, 120 (supplement) abstract 1436.
- 2009 * From novice to expert: Confidence and activity status determine heart failure self-care performance, November 18, 2009, American Heart Association Scientific Sessions, Orlando, FL. Circulation, 120 (supplement) abstract 1547.
- 2009 * Is there a better way to screen for sleep disordered breathing in adults with heart failure?, November 18, 2009, American Heart Association Scientific Sessions, Orlando, FL. Circulation, 120 (supplement) abstract 3805.
- 2009 * Determinants of excessive daytime sleepiness in adults with heart failure, November 18, 2009, American Heart Association Scientific Sessions, Orlando, FL. Circulation, 120 (supplement) abstract 1548.
- 2008 * Who Listens to Our Advice? Predicting who Responds to an Intervention Designed to Decrease Delay in Seeking Treatment for Acute Coronary Syndrome, November 11, 2008, American Heart Association Scientific Sessions, New Orleans, LA. Circulation, 118 (supplement) abstract 4070.
- 2008 * Poor Heart Failure Self-Care is a Worldwide Problem, November 10, 2008, American Heart Association Scientific Sessions, New Orleans, LA. Circulation, 118 (supplement) abstract 2722.

- 2006 *Designing Disease Management for Hispanics with Heart Failure, November 15, 2006, American Heart Association Scientific Sessions, Chicago, IL. Circulation, 114 (supplement) abstract 2508.
- 2006 *Self-Care Improves Health-Related Quality of Life in Hispanics with Heart Failure, November 14, 2006, American Heart Association Scientific Sessions, Chicago, IL. Circulation, 114 (supplement) abstract 3091.
- 2006 *Issues encountered by nurses caring for cultural diverse populations with heart failure, June 8, 2006, Resourcing Global Health conference, Glasgow, Scotland.
- 2006 *Predictors of self-care in Hispanics with heart failure in “The multidimensionality of self-care behavior in patients with chronic heart failure,” Symposium Presenter and Discussant, March 23, 2006, Society of Behavioral Medicine’s 27th Annual Meeting, San Francisco, CA. Annals of Behavioral Medicine, 31 (supplement) abstract S005.
- 2005 *Effectiveness of Telephone Case Management in Hispanics with Heart Failure. The 9th Annual Scientific Meeting, Heart Failure Society of America. Journal of Cardiac Failure, 11 (6), supplement, abstract 387.
- 2004 *Telephone case management improves self-care of Hispanic persons with heart failure, November 6, 2004, American Heart Association, Funded Research Symposium, New Orleans, LA.
- 2004 *Self-care of Hispanics with Heart Failure, Heart Failure Society of America, September, 2004, Journal of Cardiac Failure 10 (4), supplement, abstract 410.
- 2004 *Ethnic differences in quality of life in persons with heart failure, March 25, 2004, Society of Behavior Medicine’s 25th Annual Meeting, Baltimore, MA. Annals of Behavioral Medicine, 29 (supplement).
- 2004 *How Sleepiness influences self-care in persons with heart failure, Heart Failure Society of America, September, 2004, Journal of Cardiac Failure supplement 10 (4), supplement, abstract 378.
- 2003 *Psychometric testing of the self-care of heart failure index, November 11, 2003, American Heart Association Scientific Sessions, Orlando, FL. Circulation, abstract # 2298.
- 2003 *Predictors of Cardiopulmonary Resuscitation and Automated External Defibrillator Skill Retention, November 8, 2003, American Heart Association, Resuscitation Science Symposium, Orlando, FL.
- 2003 *Preliminary testing of the Barriers to Health Care Scale, June 29, 2003, International Council of Nurses Conference, Geneva, Switzerland.
- 2002 *Differences in quality of life in men and women with heart failure, November, 2002, American Heart Association Scientific Sessions, Chicago, IL. Circulation, abstract #1838.
- 2001 *Preliminary testing of the research version of the self-management of heart failure scale, September 11, 2001, Nursing research award, Heart Failure Society of America, 5th Scientific Meeting, Washington, DC. Journal of Cardiac Failure, 7(3), Supplement 2, 2001, Abstract #015.
- 2001 *Preliminary testing of the research version of the self-management of heart failure scale, November, 2001, American Heart Association Scientific Sessions, Anaheim, CA. Circulation, 104(17), Supplement Abstract #3032.
- 2001 *Sensitivity to Treatment Intensity of the Minnesota Living with Heart Failure Questionnaire, November, 2001, Featured research session, American Heart Association Scientific Sessions, Anaheim, CA. Circulation, 104(17), Supplement, Abstract #1777.

- 2001 *At home with heart failure:™ Effect of standardized telephonic case management for heart failure”, April, 2001, Featured research session, Society of General Internal Medicine Annual Conference, San Diego, CA. Journal of General Internal Medicine, 16, Supplement 1, 2001, 168.
- 2000 *Is computer-supported telephonic case management as effective in a Latino heart failure population?, November, 2000, American Heart Association Scientific Sessions, New Orleans, LA. Circulation 102 (18), Supplement, Abstract #3619.
- 1999 *Which Heart Failure Patients Respond Best to a Multidisciplinary Disease Management Approach? November, 1999, American Heart Association Scientific Sessions, Atlanta, GA. Circulation, 100(18), Supplement, Abstract #515.
- 1999 *Which Heart Failure Patients Respond Best to a Multidisciplinary Disease Management Approach?, September, 1999, Featured and moderated poster session, Heart Failure Society of America, San Francisco, CA. Journal of Cardiac Failure 5(3), Supplement, Abstract #254.
- 1998 Public Access Defibrillation: A Major Clinical Trial, November, 1998, Invited research presentation, American Heart Association Scientific Sessions, Dallas, TX
- 1998 *Development and Testing of a Clinical Measure of Self-Care Abilities of Heart Failure Patients (Heart Failure Prize), November, 1998, American Heart Association Scientific Session, Circulation, 98(17), Supplement, Abstract 2539.
- 1997 Public Access Defibrillation: A Clinical Trial of a Revolutionary Strategy, November, 1997, Invited research presentation, American Heart Association Scientific Sessions, Orlando, Florida
- 1997 *Traditional Cardiac Rehabilitation the Most Cost-Effective Approach? November, 1997, Featured research session, American Heart Association Scientific Session, Circulation, 96(8), Supplement, Abstract 1061.
- 1997 *Multidisciplinary Disease Management for Heart Failure, November, 1997, American Heart Association Scientific Session, Circulation, 96(8), Supplement, Abstract 2457.
- 1994 *A New Scale for Measuring Illness Dependency Among Cardiac Patients, November, 1994, American Heart Association Scientific Session, Circulation, 90(4), Supplement, Part II, Abstract 3466.
- 1993 *Caregiver Burden Following Bypass Surgery, November, 1993, American Heart Association Scientific Session, Circulation, 89, Supplement, Abstract.
- 1991 *Social Support and Adjustment Following Acute Myocardial Infarction, November, 1991, American Heart Association Scientific Session, Circulation, 87, Supplement, Abstract.

OTHER NATIONAL PRESENTATIONS (SELECTED)

- 2022 “Self-Care of Chronic Illness.” Christiana Care Inaugural Nursing Research Rounds, June 10, 2022.
- 2021 “On the Airways: Using telehealth to deliver cognitive-behavioral interventions.” American Heart Association Scientific Sessions, virtual, November 13, 2021.
- 2021 “What Can We do to Improve HF Self-Care?” National Institutes of Health (NIH) virtual workshop on “Improving Heart Failure Care for Older Adults: Gaps and Strategies to Optimize Care Transitions”, September 27, 2021
- 2020 “Nursing Science in Review: Improving self-care of informal caregivers of adults with heart failure”, American Heart Association Scientific Sessions, virtual, November 13, 2020.

- 2020 “At the Intersection of Self-Management and Symptom Science” NINR Director Lecture, April 29, 2020, virtual presentation.
- 2020 “Self-Care of Caregivers of Patients with Heart Failure”. Symposium: Heart Disease Self-Care. Society of Behavioral Medicine. San Francisco, CA, April 2, 2020. Event cancelled due to COVID-19
- 2020 “A behavioral economics-based telehealth intervention to improve aspirin adherence following hospitalization for acute coronary syndrome” Nursing Research Grand Rounds, Penn Medicine, Hospital of the University of Pennsylvania, February 19, 2020.
- 2019 “Self-care in heart failure: Where the emphasis needs to lie” American College of Cardiology 68th Annual Scientific Session & Expo, New Orleans, LA, March 16, 2019.
- 2019 “Bringing it all together: Translating research on patient-caregiver dyads and self-care into practice” Heart Failure Society of America Scientific Sessions, Philadelphia, PA, September 13, 2019.
- 2016 CardioMEMS: Results, Practicality, Integration, and Finances, TCT conference, Washington DC, November 1, 2016.
- 2016 Keynote: PCNA Leadership Luncheon, PCNA 22nd Annual Symposium, Orlando, FL, April 15, 2016.
- 2016 “Focusing on the patient – methods to improve self-care” American College of Cardiology 65th Annual Scientific Session & Expo, Chicago, IL, April 4, 2016.
- 2016 “Working Together to Decrease Readmissions of Patients with Heart Failure”, Nursing Research Grand Rounds, Hospital of the University of Pennsylvania, February 10, 2016.
- 2015 “You Can’t Choose Your Parents but...” 2015 Kathleen A. Dracup Lecturer in Exemplary Early Career Mentoring. American Heart Association, Scientific Sessions, Orlando, FL, November 7, 2015.
- 2015 “Symptom Recognition and Management to Improve Outcomes” American Heart Association, Scientific Sessions, Orlando, FL, November 9, 2015.
- 2015 “The Next Best Thing in Self-Care” representing the Council on Cardiovascular and Stroke Nursing at The Next Big Thing in Cardiovascular Science. American Heart Association, Scientific Sessions, Orlando, FL, November 10, 2015.
- 2015 “Using Motivational Interviewing to Promote Behavioral Change” Heart Failure Society of America, Washington DC, September 27, 2015.
- 2015 Keynote: Heart Failure Nursing Research State of the Science: Past, Present, Future.” American Association of Heart Failure Nurses Pre-Conference Session: Nursing Research and Practice: Innovation, Impact, and All that Jazz, New Orleans, LA, June 24, 2015.
- 2015 Healthcare Transitions. National Nursing Research Roundtable, Washington DC, March 6, 2015.
- 2014 “Why is self-care so difficult?” Open Space speaker, Goldfarb School of Nursing, St. Louis, Missouri, October 9, 2014
- 2014 Keynote: Self-care of chronic illness, University of Illinois at Chicago, Research Day, March 6, 2014.
- 2013 “Influence of cognitive dysfunction on cardiovascular outcomes”, American Heart Association Scientific Sessions, Dallas, TX, November 19, 2013.
- 2013 “Recognition and symptom monitoring in patients with heart failure”, American Heart

- Association Scientific Sessions, Dallas, TX, November 19, 2013.
- 2013 “Highlighting significance and innovation in scientific writing”, American Heart Association Scientific Sessions, Dallas, TX, November 16, 2013.
- 2012 “Patient Education: The Role of Self-Monitoring”, American Heart Association Scientific Sessions, Los Angeles, CA, November 7, 2012.
- 2012 “Predicting Nonadherence”, Heart Failure Society of America Scientific Sessions, Seattle, WA, September 11, 2012.
- 2012 “Tales of a Broken Heart”, Claire M. Fagin Award presentation, University of Pennsylvania, April 5, 2012 (**keynote**)
- 2012 “The Art and Science of Heart Failure Self-Care”, The John & Nora Darby Endowed Lecture, Ashland, Oregon, April 16, 2012 (**keynote**)
- 2012 “Automatic External Defibrillators in the Hospital and in the Home”, Hypothermia and Resuscitation Training Institute at Penn (HART), Philadelphia, PA, March 15, 2012
- 2011 “Innovations in Self-Care”, American Heart Association Scientific Sessions, Orlando, FL, November 13, 2011.
- 2011 “Important Considerations for Publishing Your Research” American Heart Association Scientific Sessions, Orlando, FL, November 12, 2011.
- 2011 “Automatic External Defibrillators in the Hospital and in the Home”, Hypothermia and Resuscitation Training Institute at Penn (HART), Philadelphia, PA, October 13, 2011.
- 2011 “How to Build a Research Question from Clinical Practice”, Second Annual Nursing Research Symposium, Pennsylvania Hospital Research and Evidence-Based Council, Philadelphia, PA, September 26, 2011.
- 2011 “Real World Data on Heart Failure Management”, 15th annual Heart Failure Society of America, Boston, MA, September 21, 2011.
- 2010 “One myth of self-care”, The American Heart Association Cardiovascular Nursing Clinical Symposium, Chicago, IL, November 17, 2010.
- 2010 “State of the Science: Living with Heart Failure”, The American Heart Association Scientific Sessions, Chicago, IL, November 16, 2010.
- 2010 “Keynote: Management of Heart Failure, Improving Outcomes with Disease Management”, The 6th Annual Dartmouth Conference on Advances in Heart Failure: Special Topics – 2010, Lebanon, NH, May 24, 2010.
- 2010 “Promoting Self-Care in Adults with Heart Failure”, The 6th Annual Dartmouth Conference on Advances in Heart Failure: Special Topics – 2010, Lebanon, NH, May 24, 2010.
- 2010 “Transition Interventions: What Works, What Doesn’t, and for Whom?”, American Heart Association’s Quality of Care and Outcomes Research in Cardiovascular Disease and Stroke 2010 Scientific Sessions, Washington DC, May 19, 2010.
- 2010 “Using Clinical Practice to Develop a Program of Research”, Nursing Grand Rounds, Hospital of the University of Pennsylvania, Philadelphia, PA, February 3, 2010.
- 2009 “The Self-Care Model for Chronic Stable Angina”, American Heart Association Scientific Sessions, Orlando, FL, November 16, 2009.
- 2009 “The Art and Science of Heart Failure Self-Care”, University of Massachusetts Dartmouth, Dartmouth, MA, October 26, 2009

- 2009 “How to Develop a Program of Research in Nursing”, University of Massachusetts Dartmouth, Dartmouth, MA, October 27, 2009
- 2009 “Motivating Behavioral Change”, New York State IPRO, Albany, NY April 22, 2009
- 2009 “State of the Science of Heart Failure Self-Care”, AACN SePA Chapter Annual Meeting, Philadelphia, PA, April 16, 2009
- 2008 “State of the Science: Quality of Life in Heart Disease”, American Heart Association Scientific Sessions, New Orleans, November 2008
- 2008 “Understanding Qualitative Research Studies”, American Heart Association Scientific Sessions, New Orleans, November 2008
- 2008 “Patient Rehabilitation and Support”, Sudden Cardiac Arrest Prevention and Treatment: Strengthening the Chain of Survival, Philadelphia, PA, October 2008
- 2008 “The Art of Heart Failure Self-Care”, Keynote address, American Association of Heart Failure Nurses, Boston, MA, June 2008
- 2007 “Heart failure and sleep”, Foulkeways Retirement Community, Gwynedd, Pennsylvania, May 3, 2007.
- 2007 “Heart failure, self-care, sleep, and cognition”, Gerontology Grand Rounds, University of Pennsylvania, January 26, 2007
- 2006 “Individual Approaches to Improving Self-Care”, American Heart Association Scientific Sessions, November 14, 2006, Chicago, IL.
- 2006 “Improving Outcomes in Hispanics with Heart Failure”: Excellence in Cardiac Care, a RWJ Funded National Program, November 9, 2006
- 2006 “Motivating Change”, Visiting Nurse Services of New York, October 31, 2006
- 2006 “Motivating Behavioral Change”, Philadelphia Corporation for Aging, October 17, 2006
- 2006 “What symptoms should be addressed in heart failure management?” Ethical Issues in Care for Persons with Advanced Heart Failure conference, April 17-18, 2006, Washington, D.C.
- 2005 “Helping People Change”, Visiting Nurses Society (VNS) of New York, December 7, 2005.
- 2005 “Improving Heart Failure Outcomes in the Hispanic Population”, 9th annual Heart Failure Society of America Scientific Sessions, September, 2006 Boca Raton, FL
- 2005 “Writing for Publication”, Preventive Cardiovascular Nurses Association, National Conference, April, 2005, New Orleans, LA
- 2004 “Keynote: New Cardiovascular Care Models for Women”, Women’s Heart Week event, Robert Wood Johnson University Hospital, New Brunswick, NJ
- 2004 “How to Measure Nurse Sensitive Patient Outcomes for Heart Failure”, American Heart Association’s 5th Scientific Forum on Quality of Care and Outcomes Research in Cardiovascular Disease and Stroke. Washington DC.
- 2004 “Keynote: Clinical Research, Striving to Improve Patient Outcomes”, University of Massachusetts Dartmouth, North Dartmouth, MA
- 2003 “Tailoring Interventions for Persons with Heart Failure”, Heart Failure Society of America 7th Scientific Meeting, Las Vegas, NV
- 2003 “Keynote: Examining New Cardiovascular Care Models for Women”, Women’s Heart Foundation Leadership Luncheon Series, Montvale, New Jersey.

- 2003 “Disease Management Initiatives: Do You Make the Grade with JCAHO?” American Heart Association Scientific Sessions, Orlando, FL.
- 2003 “Keynote: Nurse Case Managers—the Quality Link for Maine Cares: A Statewide Disease management System”, Portland, ME.
- 2002 “Treatment Seeking Delay in Patients with Heart Failure: Scope and Impact of the Problem”, American Heart Association sponsored conference on Interdisciplinary Approaches to Reducing Treatment Seeking Delay in Patients with Acute Cardiovascular Syndromes and Stroke: An Emerging Science, Dallas, TX.
- 2002 “Stages of Change: You Can Teach Old Dogs New Tricks”, Heart Failure Society of America 6th Scientific Meeting, Boca Raton, FL
- 2002 “Motivational Interviewing for Cardiovascular Disease Risk Factors”, American Heart Association Scientific Sessions, Chicago, IL
- 2001 “Models of Care Delivery”, Heart Failure Society of America, Scientific Meeting, Washington, DC
- 2001 “Targeting Chronic Heart Failure: Optimizing Outcomes through Multidisciplinary Models”, American Heart Association Scientific Sessions, Anaheim, CA
- 2001 “The Challenge of Patient Self-Management and Adherence”, American Heart Association Scientific Sessions, Anaheim, CA
- 1999 “Keynote: Public Access AED Defibrillation”, International Association of Fire Fighters EMS Conference, San Francisco, California
- 1999 “Organizing Care to Improve Outcomes”, American Heart Association Scientific Sessions, Atlanta, Georgia
- 1999 “Distinguished Research Lecture: Uncovering What We Know”, April 1999, American Association of Critical-Care Nurses National Teaching Institute, New Orleans, Louisiana
- 1999 “Public Access Defibrillation – The Clinical Trial”, American Heart Association Scientific Sessions, Atlanta, GA
- 1998 “Public Access Defibrillation: A Defibrillator on Every Corner”, American College of Cardiology Scientific Sessions, Atlanta, Georgia
- 1998 “Making the Connection: Quality Outcomes and Cost”, American Heart Association Scientific Session, Dallas, TX
- 1998 “Public Access Defibrillation”, American Heart Association Emergency Cardiac Care Update, Orlando, Florida
- 1997 “Training the Public to Use AEDs”, American Heart Association Public Access Defibrillation II Conference, Washington DC

CURRENT PROFESSIONAL ORGANIZATIONS

2004-Present	American Association of Heart Failure Nurses
2003-Present	Preventive Cardiovascular Nurses Association
2002-Present	Pennsylvania Nurses Association
1997-Present	Heart Failure Society of North America
1993-Present	American Academy of Nursing
1986-Present	Council on Cardiovascular Nursing, American Heart Association
1981-Present	American Nurses Association

1980-Present	Sigma Theta Tau, Gamma Gamma Chapter
1978-Present	American Heart Association
1978-2020	American Association of Critical Care Nurses

Professional Organizational Activities (Selected)

American Association of Critical Care Nurses

- Task Force on Ethics in Critical Care Research 1983-84
- Research Committee, 1990-92
- Clinical Practice Analysis Task Force, Cardiology, 2004

American Academy of Nursing

- Palliative Care Special Interest Group

American Heart Association

- Content Advisor/Liaison to 2019 AHA/HFSA Joint Session Planning Committee
- Council on Cardiovascular Nursing, 1985-
 - Budget Committee, 1987-1988
 - Southern California Council Representative, 1993-1995
 - Executive Committee, 1998-2002
 - Membership Committee, 1998-2002
 - Chair, Awards Subcommittee, Clinical Article of the Year Award, 2003-2007
 - Council representative to the writing group updating Scope and Standards of Practice for Cardiovascular Nursing 2005-2007
 - Nominating Committee, 2011-2014
- National Peer Review Committee, 2004-2008
- Automatic External Defibrillator Task Force, 1994-1997
 - Co-Chair, AED Research Task Force, 1995-1997
 - Chair, Public Access Defibrillation Clinical Trial Training Sub-committee, 1999-2000
 - Co-Chair, Public Access Defibrillation Clinical Trial Intervention Sub-committee, 2000-2003
- American College of Cardiology/American Heart Association Committee on Management of Acute Myocardial Infarction, 1994-2000
- Abstract Reviewer, Scientific Sessions, 1995-2003, 2005-2013
- Abstract Reviewer, AHA Outcomes Conference, 2005-2009
- Clinical Science Committee, 2001-2002
- Database Committee, 2001-2002
- Executive Database Steering Committee, 2002-2006
- ACC/AHA Task Force on Practice Guidelines, 2004-2007
 - Guidelines Update Work Group
 - Perioperative Guideline Committee, Task Force representative
- Quality of Care and Outcomes Research Interdisciplinary Working Group, 2005-2006
- Scientific Publishing Committee, 2005-2009
 - Chair, Task Force to Consider a New AHA Journal 2007
- Heart Failure Science Advisory Group's (SAG) Patient Engagement Subgroup, 2021-

American Association of Heart Failure Nurses

- Member, Research Consortium 2016-

European Society of Cardiology

- Heart Failure Association 2006 -
 - Heart Failure Management Programmes Network 2006-

- Abstract Reviewer, 2013-2020
- Member, Council on Cardiovascular Nursing and Allied Professions (CCNAP) 2017-

Gerontological Society of America

- Abstract Reviewer, 2014

Heart Failure Society of America (HFSA) 1997-

- Nursing Committee, 1999-2005
 - Nursing Research Award Committee, 2002-2004
 - Chair, Clinical Practice Award Committee 2006-2010
- Abstract Reviewer for Annual Scientific Meeting, 1999-2011
- Program Planning Committee, 2000-2003
- Co-Chair, Program Planning Committee, 2010-2012
- Judge, Nursing Research Award, 2014, 2017
- Member, 2019 HFSA Nominating Committee
- Member, 2019-2021 Lifetime Achievement Committee

Sigma Theta Tau

- Research Committee, Gamma Gamma Chapter, 1989-1991
- President Elect, Gamma Gamma Chapter, 1991-1992
- President, Gamma Gamma Chapter, 1992-1993

American College of Cardiology

- Affiliate gerontologist member, 2018-

SELECTED PROFESSIONAL ACTIVITIES

2020-2021	Selection Committee, Editor-in-Chief of the European Journal of Cardiovascular Nursing
2017-2018	Planning Committee, U-13 Workshop series on Geriatric Cardiology
2016-present	Academic Advisory Board, International Self-Care Foundation
2015	Visiting Scholar, University of North Carolina, Chapel Hill, NC
2015-2017	Steering Committee, ACC/NIA Multimorbidity in Older Adults with CVD workshops
2011-2013	ACCF/AHA Guideline for the Diagnosis and Treatment of Heart Failure writing committee
2011	Philadelphia Magazine Nursing Forum
2010-2013	Patient-Centered Episode System (PACES) Cardiac Clinical Working Group to design an episode grouper for CMS
2010-2011	American Heart Association writing group member for <i>Decision Making in Advanced Heart Failure</i>
2009	Pilgrim Scholar, University of Massachusetts Dartmouth, Dartmouth, MA.
2009	Board of Directors, Sudden Cardiac Arrest Association (SCAA)

2009	Visiting Lecturer, University of Kentucky, Lexington, KY
2009	Visiting Lecturer, University of Southern Florida, Tampa, FL
2007	Visiting Scholar for Cardiovascular Nursing, Massachusetts General Hospital Heart Center, Boston, MA
2007	Visiting Scholar, Manchester University School of Nursing, Manchester, United Kingdom
2005	Advisory Board, Cultural competence and health disparities training program, School of Medicine, University of Pennsylvania
2005	Consultant, Foundation for Informed Medical Decision Making, Heart Failure Program
2004	Visiting Scholar, University of Kentucky, Lexington, KY
2004	Expert Reviewer, CMS proposals for Medicare Fee for Service Chronic Care Improvement Programs (CCIP).
2004	Expert Panel, Heart Failure Disease Management interventions. Pfizer Health Solutions, Inc. and Health & Technology Vector, Inc.
2004	Visiting Scholar, University of Massachusetts Dartmouth, Dartmouth, MA.
2003	External Reviewer, Guidelines for the Management of Patients with ST Segment Myocardial Infarction by the ACC/AHA Task Force on Practice Guidelines
2002	Expert Panel, Joint Commission on Accreditation of Healthcare Organizations (JCAHO), Disease-Specific Care Heart Failure Expert Panel.
2000-Present	Associate, National Center for Early Defibrillation, University of Pittsburgh, PA
2000	Consultant, Caregivers' Medical Guide (a website resource), Secant communications, Inc.
1997–1999	Technical Expert, AHCPR technology assessment: Effectiveness of Technologies for Identifying Patients with Acute Cardiac Ischemia in Emergency Departments
1987	Nursing board exam item writer, NCLEX Registered Nurse Licensing

Editorial Services (Selected)

2021	Guest Editor, Self-care in long term conditions, <u>International Journal of Nursing Studies</u>
2015 -	Editorial Board, <u>Journal of Biomedicine and Prevention</u>
2013 -	Editorial Board, <u>European Journal of Cardiovascular Nursing</u>
2012 -2017	Editorial Board, <u>JACC: Heart Failure</u>
2008- 2017	Editorial Review Board, <u>Circulation: Heart Failure</u>
2008- 2012	Consulting Editor, <u>Circulation</u>
2008- 2013	Editorial Review Board, <u>Circulation: Cardiovascular Quality and Outcomes</u>
2001- 2005	Editorial Review Board, <u>Journal of Cardiac Failure</u>

1991- 2013	Editorial Review Board, <u>The American Journal of Critical Care</u>
1988- 1989	Editorial Review Board, <u>Journal of Advanced Medical Surgical Nursing</u>
1986- 2014	Editorial Review Board, <u>Critical Care Nursing Quarterly</u>
1985- 2010	Editorial Review Board, <u>Heart and Lung: The Journal of Acute and Critical Care</u>
1985- 2018	Founding Editor, the <u>Journal of Cardiovascular Nursing</u> , Lippincott, Williams & Wilkins Publishers, Official publication of the Preventive Cardiovascular Nurses Association and the Australasian Council of Cardiovascular Nurses; Endorsed by the Council of Cardiovascular Nurses of the American Heart Association

SELECTED INVITED INTERNATIONAL ACTIVITIES

International Consultations (selected)

2019	Joint Project Professor, University of Milano - Bicocca, Monza, Italy
2019-	Sapienza University's Network of International Academic Contacts, Rome, Italy
2017-2019	Independent Opinion, Italian Commission of the National Scientific Qualification for Full/Associate Professors of the Examination.
2017	Expert Examiner, PhD thesis of CAO, Xi: Effects of the educational intervention on psychological, physical health, and quality of life in Chinese CHD patients with type D personality, Chinese University of Hong Kong, June, 2017
2016	Visiting Scholar, Chinese University of Hong Kong, Hong Kong, China
2012	Expert in Evaluation, National Agency for the Evaluation of Universities and Research Institutes (ANVUR) of Italy.
2012-	Member of the Centre of Excellence for Nursing Scholarship International Scientific Committee, Rome, Italy
2011	Fulbright Senior Specialist, University of Rome Tor Vergata, Italy
2010-	Board of International Professors, Università degli Studi di Roma "Tor Vergata", Roma, Italy
2007	Expert Reviewer, National Heart Foundation of Australian, grant-in-aid program
2006-	Member, Heart Failure Management Programmes Network, a Committee of the Heart Failure Association (HFA) of the European Society of Cardiology (ESC)
2006	External Reader, Dissertation of Jyotika Anand, School of Graduate Studies, the University of Melbourne, Victoria, Australia
2005	Expert Reviewer, National Heart Foundation of Australian, grant-in-aid program

International Presentations

2022	Keynote: Advances in self-care research. International Meeting on Self-Care in Chronic Illnesses, October 24, 2022, Rome, Italy
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- 2022 Debate: Big Brother is Watching You: Are Self-management and eHealth Compatible? Technology can hinder self-care in patients with chronic illness. ENC22: Future Proof Nursing, Nurses as Key Drivers for Change, October 6, 2022
- 2021 Future of Nursing: The Theory, Research, Practice Connection, Seoul National University, College of Nursing, South Korea (virtual presentation) December 7, 2021
- 2021 Self-Care Research: Where are we now? Where are we going? II International Self-Care Forum, Portugal (virtual presentation), November 19, 2021
- 2021 Studying the Complex Process of Self-care. Giornata scientifica internazionale. Rome, Italy (virtual presentation) June 24, 2021
- 2021 The Middle Range Theory of Self-Care in Chronic Illnesses: News and Updates. Self-care in chronic illnesses: third international meeting, Rome, Italy (virtual presentation) June 16th 2021
- 2019 Keynote: Self-care of heart failure: What do we know? What do we *need* to know? November 2, 2019, Tokyo, Japan
- 2019 Keynote: The middle range theory of self-care of chronic illness: evidence, update and future directions. July 24, 2019. Università degli Studi di Milano Bicocca - Dipartimento di Medicina e Chirurgia – Monza, Italy
- 2019 Developing a Research Project. July 26-27, 2019. Università degli Studi di Milano Bicocca - Dipartimento di Medicina e Chirurgia – Monza, Italy
- 2019 Keynote: Self-Care in Chronic Illnesses: Advances in the Middle-Range Theory. June 8, 2019. Campus Biomedico, Rome, Italy.
- 2018 Development and Initial Testing of the Self-Care of Chronic Illness Inventory, ACT CHARM 2018, August 2, 2018, Canberra, Australia. Winner of the SYNERGY Award for the Best Nursing Research Oral Presentation.
- 2018 Keynote: Interventions that Promote Self-Care. EuroheartCare June 7, 2018, Dublin, Ireland.
- 2018 What is a Complex Intervention & How Can It Be Applied in Cardiovascular Research? EuroheartCare June 7, 2018, Dublin, Ireland.
- 2018 Depression, frailty and heart failure. EuroheartCare June 8, 2018, Dublin, Ireland.
- 2018 Keynote: “Self-care theory and advanced nursing practice”, Fare la Differenza L’Assistenza Infermieristica Avanzata: Già Realta o Prospettiva Futura?, Rimini, Italy, April 14, 2018
- 2017 “When to Initiate Palliative Care in Cardiac Patients: Prognostic and Therapeutic Implication of Frailty in Heart Failure Patients”, European Society of Cardiology, Barcelona, Spain, August 26, 2017
- 2017 “Self-care of chronic illness”, public lecture at Australian Catholic University, Melbourne, Australia, June 29, 2017
- 2017 “Palliative care in cardiac patients”, Chinese University of Hong Kong, Hong Kong, June 6, 2017

- 2017, 2019 “Self-care of heart failure” module for nurses in Bogota, Colombia with simultaneous translation by Esperanza Diaz.
- 2016 “Making an Impact on Cardiovascular Nursing Practice through Quality Research and Publication”, Chinese University of Hong Kong, Hong Kong, China, September 22, 2016
- 2016 “Establishing a Pragmatic Framework to Optimize Health Outcomes in Heart Failure and Multimorbidity (ARISE-HF): A Multidisciplinary Perspective”, Chinese University of Hong Kong, Hong Kong, China, September 21, 2016
- 2016 “Update on the Situation-Specific Theory of Heart Failure Self-Care”, Chinese University of Hong Kong, Hong Kong, China, September 20, 2016
- 2016 “The Design and Implementation of Patient Management Interventions for Patients (and their Caregivers) with Heart Failure”, Chinese University of Hong Kong, Hong Kong, China, September 19, 2016
- 2016 “Self-care in patients with heart failure”, Virtual Course “Care for patients with heart failure” presented by the Nursing Working Group of Colombian Society of Cardiology and Cardiovascular Surgery
- 2016 Session organizer/presenter: Role of nurses in preventing and treating cardiovascular disease, World Congress of Cardiology & Cardiovascular Health 2016 (WCC 2016), Mexico City, Mexico
- 2016 “Self-Care of Chronic Illness”, Genoa, Italy, May 26, 2016.
- 2015 Keynote: “Middle range theory of self-care of chronic conditions”, University of Milan, Italy, May 21, 2015.
- 2014 Keynote: “Seminar on Self-care in Chronic Conditions”, Campus Biomedico University, Rome, Italy, May 27, 2014.
- 2014 “The Future of Nursing Science”, Tor Vergata Sora University, Sora, Italy, May 28, 2014.
- 2014 “Writing for publication”, Tor Vergata University, Rome, Italy, June 3 and 4, 2014.
- 2013 “Self-care of heart failure: the State of the Science in 2013”, Updates in Heart Failure Self-Care presented by the Italian Center of Excellence, Rome, Italy, June 14, 2013.
- 2012 “Gender Differences in Self-Care Behaviors”, ICOWHI 19th International Congress, Bangkok, Thailand, November 15, 2012.
- 2012 “Self-care: the concept that binds us together”, presentation to graduate students in various clinical specialties, Linköping University, Linköping, Sweden, September 5, 2012.
- 2012 “Self-care of multiple chronic illnesses”, start of the academic year event, Linköping University, Linköping, Sweden, August 16, 2012.
- 2011 “How to build a research career: from doctoral student ‘til professor”, seminar, Linköping University, Norrköping, Sweden, June 7, 2011.

- 2011 “Motivating Elderly Heart Failure Patients”, European Society of Cardiology, Heart Failure Association, Gothenburg, Sweden, May 2011.
- 2011 “Information for the Potential ICD Patient: How to be Accurate”, European Society of Cardiology, Heart Failure Association, Gothenburg, Sweden, May 2011.
- 2011 “Heart Failure Disease Management”, Seminar at the Center of Excellence for Nursing Culture and Research, Rome, Italy, May 2011.
- 2011 “Heart Failure Self-Care”, Seminar at the Center of Excellence for Nursing Culture and Research and seminar at the University “Tor Vergata”, Rome, Italy, May, 2011.
- 2011 “Developing your career, writing for publication”, University “Tor Vergata”, Rome, Italy
- 2011 “Science of Heart Failure Self-Care”, Middle Eastern Medical Association (MEMA) presentation, Beirut, Lebanon, May 2011
- 2010 “Science of Self-Care of Heart Failure”, Installation Presentation, Visiting Professor appointment, Linköping University, Linköping, Sweden
- 2009 “State of the science of heart failure self-care”, 6th Simposio Internacional de Cardiologic, Falla Cardiac y 3rd Congreso de la Sociedad Latinoamericana de Cirugia Cardiovascular y Toracica, February 12-14, 2009, Cartagena de Indias, Columbia.
- 2009 “Improving outcomes in heart failure”, 6th Simposio Internacional de Cardiologic, Falla Cardiac y 3rd Congreso de la Sociedad Latinoamericana de Cirugia Cardiovascular y Toracica, February 12-14, 2009, Cartagena de Indias, Columbia.
- 2009 “Sleep, cognition, and heart failure self-care”, 6th Simposio Internacional de Cardiologic, Falla Cardiac y 3rd Congreso de la Sociedad Latinoamericana de Cirugia Cardiovascular y Toracica, February 12-14, 2009, Cartagena de Indias, Columbia.
- 2008 “Women with Cardiovascular Disease”, Primer Simposio Internacional Cuidado para la Salud Cardiovascular de la Mujer, Universidad Nacional de Colombia, Bogota, Colombia, September, 2008.
- 2008 “Self-Care of Heart Failure: Are Women Different?”, Primer Simposio Internacional Cuidado para la Salud Cardiovascular de la Mujer, Universidad Nacional de Colombia, Bogota, Colombia, September, 2008.
- 2008 “Sleep, Cognition, and Heart Failure Self-Care”, Cardiology Seminar, St. Vincent’s Hospital, Melbourne, Australia, April 2008
- 2008 “Beyond Adherence: Promoting Self-Care in Persons with Heart Failure”, Public Lecture, Australian Catholic University/St. Vincent’s Center for Nursing Research, Melbourne, Australia, April 2008
- 2008 “Improving Outcomes in Persons with Heart Failure”, Public Lecture, Deakin University/Boxhill Hospital, Melbourne, Australia, April 2008
- 2008 “The Challenges of Heart Failure Self-Care”, Keynote Presentation, Perth Heart Failure Nursing

- Seminar, Bruce Hunt Lecture Theatre, Royal Perth Hospital, Perth, Australia, April 2008
- 2008 “Sleep and Heart Failure”, research presentation, Perth Heart Failure Nursing Seminar, Bruce Hunt Lecture Theatre, Royal Perth Hospital, Perth, Australia, April 2008
- 2008 “Leadership in Clinical Research”, Public Lecture, Curtin University, Perth, Australia, April 2008
- 2008 “Promoting Self-Care in Disadvantaged Groups”, Invited presentation and facilitation of workshop for the Australian Heart Foundation, Melbourne, Australia, March 2008
- 2008 “Writing for Publication”, Australian Catholic University, Melbourne, Australia, March 2008
- 2008 “Improving Heart Failure Outcomes Through Disease Management”, Public Lecture, sponsored by the National Centre for Nursing Research (NaCCOR) of the Australian Catholic University, Brisbane, Australia, February 2008
- 2008 “Incorporating Self-Care into Practice”, Public Lecture, sponsored by the National Centre for Clinical Outcomes Research (NaCCOR) in nursing, Australian Catholic University, Brisbane, Australia, February 2008
- 2008 “Bridging cultural barriers”, Australasian College of Cardiac Nurses Congress, Melbourne, Australia, January 2008
- 2008 “Does cognitive impairment negatively impact ability for self-care?” (with Jan Cameron), Asia Pacific Heart Failure Congress, Melbourne, Australia, January 2008
- 2008 “Psychometric Testing: Choices and Challenges”, Australasian College of Cardiac Nurses Congress Doctoral Day, Australian Catholic University, January 2008
- 2007 “Self-care in heart failure – a window of opportunity”, European Society of Cardiology, Heart Failure Congress 2007, Hamburg, Germany, June 2007
- 2007 Translating and adapting educational material for specific populations”, European Society of Cardiology, Heart Failure Congress 2007, Hamburg, Germany, June 2007
- 2007 “Self-care in Patients with Heart Failure”, The 7th Annual Spring Meeting on Cardiovascular Nursing “Changing Practice to Improve Care” Manchester, United Kingdom, March 23, 2007
- 2007 “Paper in Mind? Just Do it!”, The 7th Annual Spring Meeting on Cardiovascular Nursing “Changing Practice to Improve Care” Manchester, United Kingdom, March 23, 2007
- 2006 “Keynote: Improving Outcomes in Heart Failure”, Australian Cardiac Rehabilitation Association congress in Melbourne, Victoria, Australia, August, 2006
- 2006 “Beyond Treatment Adherence: the Challenges of Heart Failure Self-Care”, Australian Cardiac Rehabilitation Association congress in Melbourne, Victoria, Australia, August, 2006
- 2006 “Keynote: Developing Your Professional Voice”, Cardiac Society of Australia and New Zealand Annual Scientific Meeting. Canberra, Australia, August, 2006
- 2006 “Challenges of Conducting Clinical Research”, Cardiac Society of Australia and New Zealand Annual Scientific Meeting. Canberra, Australia, August, 2006

- 2006 “Applying Gold-Standard Therapies in Heart Failure”, Cardiac Society of Australia and New Zealand Annual Scientific Meeting. Canberra, Australia, August, 2006
- 2004 “Helping Heart Failure Patients to Cope with Self-Care”, European Society of Cardiology, Munich, Germany

UNIVERSITY OF PENNSYLVANIA SERVICE ACTIVITIES

School of Nursing Committees and Task Forces

2020-2023	Chair-Elect, Committee on Nominations and Committee Appointments
2019	Member, Reimagining Space Committee
2019	Member, Nursing Faculty Awards Review Task Force
2019	Member, Undergraduate Program Review Task Force
2019	Member, Drafting the Charge to the Responsible Pedagogy Task Force
2017-2020	Academic Freedom Committee, Chair 2018-2019
2017-2019	Member, PhD Curriculum Committee, Chair 2015-2017
2017-2018	Chair, Endowed Chair Review Task Force
2016-2017	Member, DNP Task Force
2016-2017	Member, Endowed Chair Review Task Force
2015-2018	Member, Academic Standards and Progression Committee
2019-2022	Member, Academic Standards and Progression Committee
2015-2016	Member, PhD Admissions Committee
2015-2016	Member, Laboratory of Innovative and Translational Nursing Research Taskforce
2015-2020	School of Nursing Graduation Ceremony Planning Committee
2013-2014	Member, Dean Search Committee
2013	Ex Officio Member, Doctoral Student/Post-Doctoral Fellow Funding Taskforce
2013	Chair, Committee to Review the Center for Health Equity Research
2012-2020	Claire M. Fagin Distinguished Researcher Award Selection Committee
2012-2014	Chair, Graduate Group in Nursing
2011-2014	Academic Freedom Committee; Chair 2011-2012
2011-2012	Co-chair, Bylaws Committee
2010-2012	Chair Elect, Graduate Group in Nursing
2010-2012	Chair, Doctoral Progressions Committee
2010-2011	Member, Task Force to identify a Chair of the BHS Division
2009	Leader, Undergraduate Curriculum Revisions Work Group on <i>Inquiry</i>
2009-2010	Member, Faculty Search Committee
2009-2010	Member, Faculty Awards Task Force
2009-2010	Internal Advisory Panel, Center for Health Behavior Research (Glanz, Director)
2008-2018	Member, PhD Admissions Committee
2008-present	Member, Personnel Committee, Chair 2016-2017
2007-2011	Associate Director, Research & Development
2007	Member, Task Force to Develop a Ballot for Graduate Group Chair
2006	Member, Task Force to Consider the Teaching Residency Requirements
2005-2006	Member, Editorial Board, Penn Nursing Magazine
2005-2006	Member, Long-Term Nursing Space Task Force
2005	Member, Staff Retreat Planning Task Force
2005	Member, Teaching Evaluation Phased Implementation Work Group
2005	Member, Review Panel, Biobehavioral Center application

2004-2007	Chair Elect, Chair, Past Chair, Faculty Senate
2004-2006	Member, Dean's Coordinating Council
2004	Member, Task Force to Develop a Clinical Faculty Advancement System
2002-2006	Member, Doctoral Progressions Committee
2003-2004	Member, Academic Freedom Committee
2003-2005	Chair, Research Committee
2003-2004	Member, Establishment, Governance, Review, Termination of Centers in SON
2003	Chair, Dean's Advisory Board, Associate Deans Search
2002-2003	Member, Scholarship and Research Strategic Planning
2002-2003	Member, Penn Nursing Think Tank
2002-2003	Mentor, Summer Nursing Research Institute
2002	Member, Chair Selection Committee

University Committees

Award Committee

2017-2020	Member, Penn Social Responsibility Advisory Committee (SRAC)
2018-	Trustees Council of Penn Women, Advancement of Women Faculty Committee
2017-2019	Member, Faculty Group on Undergraduate Research
2018	Member, Teaching Award Committee
2016-2017	Advisor, Center for Undergraduate Research and Fellowships (CURF) and the Provost's Office promoting undergraduate research
2012-2014	Graduate Council of the Faculties
2012-2014	Member, University Council Committee on Academic and Related Affairs
2011-2013	Member, University Research Foundation (URF) Biomedical Review Panel
2004-2007	Member, Senate Executive Committee
2003-2004	School of Nursing Representative, HIPAA in Research
2003-2004	Member, Senate Nominating Committee

DISSERTATION / THESIS COMMITTEES AND POSTDOCTORAL FELLOWS

Master's Thesis Committee Chair (highest degree offered), San Diego State University

2002	Chair, Patricia Chriss, <i>Predictors of self-care of heart failure: A replication and extension of prior research.</i>
2002	Chair, Marcy Sagerian, <i>Burden in Hispanic and non-Hispanic white caregivers of patients with heart failure.</i>
2002	Chair, Cara Hills, <i>Further testing of the state-trait dependency scale.</i>
2002	Chair, Jason McSweeney, <i>Predictors of functional performance in a heart failure population.</i>
2001	Sponsor, Samantha Lee, American Heart Association Student Scholarship (\$2000 award), <i>Predictors of self-care self-efficacy in patients with heart failure.</i>
2001	Chair, Nancy Lynn Hodge, <i>Social support and health related quality of life in heart failure patients.</i>
2001	Chair, Laura J. Frontiero, <i>What are the self-care abilities of heart failure patients?</i>
2001	Chair, Catherine F. Won, <i>Optimizing ACE-inhibitor therapy in heart failure patients.</i>
1999	Chair, Andra S. Davis, <i>Testosterone replacement therapy in perimenopausal and postmenopausal women: an Internet study.</i> Finalist for California State University Research Competition.
1999	Chair, Soukahn Nonthavet, <i>Effect of comprehensive management of heart failure on health-related quality of life.</i>
1999	Chair, Joyce Skora, <i>Bystander initiated cardiopulmonary resuscitation: the motivations, thoughts, and feelings of laypersons who initiate CPR on strangers.</i>

- 1999 Chair, Stephanie Lori Stearns, *Primary predictors of health related quality of life in heart failure patients enrolled in a disease management program.*
- 1998 Chair, Jean Marie Rockwell, *Predictors of self-care in patients with heart failure.*
- 1998 Chair, Joyce Eileen Nichols, *The relationship between meaning in life and chronic illness.*
- 1998 Chair, Rebecca Lynn Bennett, *Cardiovascular effects of beta 2 agonists on severely ill pediatric asthmatics.*
- 1996 Chair, Valorie A. Thomas, *Sequellae of heart failure modifiable through self-care.*

Doctoral Dissertation Committees, External Universities

- 2020- Major Advisor, Giulia Locatelli, Tor Vergata University and Australian Catholic University, Rome, Italy (Dual degree)
- 2018-2022 Major Advisor, Paolo Iovino, Tor Vergata University and Australian Catholic University, Rome, Italy (Dual degree)
- 2012-2015 Major Advisor, Ercole Vellone, Tor Vergata University, Rome, Italy (PhD with highest honors)
Caregiver Contributions to Self-Care in Heart Failure: Developing an Instrument and Identifying the determinants and Impact of Caregiver Contributions on patients and caregivers
- 2010-2015 Consultant and DrNP Committee Member, Janet Riggs, Drexel University
- 2010-2013 External Member, Tidarat Vasaroangrong (Panchoowong), Mahidol University, Bangkok, Thailand
- 2009-2010 External Member, Kessiri Wongkongkam, Mahidol University, Bangkok, Thailand
- 2006-2007 External Member, Jom Suwanno, Prince of Songkla University, Had Yai Songkhla, Thailand
- 2005-2008 External Advisor, Ida Spruill, Hampton University, Hampton, VA
- 2004-2007 External Advisor, Andrea Driscoll, Deakin University, Melbourne, Victoria, Australia: *National Benchmarking and Evidence based National Clinical guidelines for Hear*
failure management programs (BENCH Study)
- 2004-2010 External Advisor, Jan O'Reilly Cameron, University of Australia, Melbourne, Australia: *The Nexus between Cognitive Function and Self-care ability in patients with Chronic Heart Failure*
- 2003-2006 External Advisor, Seongkum Heo, University of Kentucky: *Testing a theoretical model of health-related quality of life in persons with heart failure.*
- 1996-1998 External Member, Jane Rapps, University of San Diego: *Testing a theoretical model of critical thinking and cognitive development.*

Doctoral Dissertation Committees, University of Pennsylvania

- 2022- Dissertation Committee Member, Laura Wallace

- 2019- Dissertation Committee Member, Austin Matus
A Mixed Methods Investigation of Attitudes and Self-Care in Individuals with Type-1 Diabetes Mellitus with Intact and Impaired Awareness of Hypoglycemia
- 2018-2021 Dissertation Committee Member, William Rosa
The Association of Patients' Analgesic Treatment Beliefs and Trade-Offs with Analgesic Adherence Behaviors among Outpatients with Cancer Pain
- 2018- Dissertation Committee Member, Amy Ketchum Nolan
- 2018-2021 Chair, Michael Stawnychy
Relationship Characteristics and Self-Care in Adults with Heart Failure
- 2017-2021 Chair, Onome Osokpo
Sociocultural Factors Influencing Self-Care Among African Immigrants Living with Chronic Illness in the United States
- 2016-2018 Dissertation Committee Member, Rosario Jaime-Lara
Olanzapine as a Novel Treatment for Chemotherapy Induced Nausea and Vomiting
- 2015- Chair, Solim Lee
Understanding the heart failure symptom perception process
- 2015-2021 Chair, Foster Baah
A mixed methods study to understand the relationship between social determinants of health and self-care in community dwelling patients with heart failure
- 2013-2017 Chair, Miranda Varrasse (McPhillips)
Understanding Sleep and Sleep Disturbances in Nursing-Home Eligible Community Dwelling Older Adults: A Mixed Methods Study
- 2012-2016 Chair, Megan Streur
Atrial Fibrillation Symptom Perception
- 2011-2015 Chair, Roksolana Starodub
The Use of High Fidelity Simulation in Training Nurses on the Delivery of Therapeutic Hypothermia after Cardiac Arrest
- 2011-2014 Dissertation Committee Member, Christina Slota
The Effects of Chronic Stress on CD8 T Cells in Human Adults: An Examination from Bench to Bedside
- 2010-2014 Chair, Ruth Masterson Creber
Profiling Patients with Heart Failure and Testing a Motivational Interviewing Intervention to Improve Heart Failure Self-Care
- 2010-2014 Chair, Meredith MacKenzie (Greenle)
Comparing Heart Failure and Cancer Caregiver Satisfaction with Hospice Care
- 2010-2013 Chair, Eeeseung Byun
Factors Affecting Outcomes for Family Caregivers of Older Adults with Stroke

- 2009-2011 Chair, Houry Puzanian
Age and Cardiovascular Event-Free Survival in Chronic Kidney Disease
- 2008-2010 Chair, MinKyoung Song
Self-Care and Health Outcomes of Diabetes: How Do Co-Morbid Conditions and Health Perception Influence This Relationship?
- 2007-2010 Chair, Desiree Fleck
Self-Care in Emerging Adults with Congenital Heart Disease
- 2005-2009 Chair, Christopher S. Lee
The Influence of Heart Failure Self-Care Behavior on Health Outcomes and Cardiac Performance
- 2004-2007 Chair, Victoria Vaughn Dickson
A Mixed Methods Study Investigating Biobehavioral Variables that Influence Self-Care Management in Persons with Heart Failure
- 2004-2007 Member/Chair, Stacen Keating
Ethnography of Multidisciplinary Teams

Postdoctoral Research Fellows

- 2018-2022 Makayla Cordoza, PhD, RN
Long-term sleep disruption in adults following critical illness
- 2018-2020 Brittany Koons, PhD, RN
Symptom profiles among lung transplant candidates
- 2015-2017 Junxin Li, PhD, RN
A Personalized Behavioral Intervention to Improve Physical Activity, Sleep and Cognition in Sedentary Older Adults
- 2015-2017 Susan Malone, PhD, RN
The role of chronotype and sleep duration in the risk of obesity in adolescents
- 2015-2017 Glenna Brewster, PhD, RN
Understanding the mechanisms through which caregiving affects cognition
- 2015-2016 Colleen Ciano, PhD, RN
The Trajectory of Insomnia in Perimenopausal Women Transitioning to Menopause
- 2013-2014 Victoria Pak, PhD, RN
Mechanisms of Sleepiness Symptoms in Sleep Apnea and Cardiovascular Disease
- 2011-2013 HJ (Jean) Tang, PhD, APRN-BC
Multi-Faceted Audio-Relaxation Program for Older Adults with Comorbid Hypertension and Insomnia
- 2008-2010 Harleah G. Buck, PhD, RN, CHPN
The Impact of Hospice Admission on Older Adults with Heart Failure

2004-2006 Corrine Jurgens, RN, PhD
Readmission factors in community dwelling elders with heart failure

MENTORED PROFESSIONALS

2015-2020 Adriana Perez, PhD, RN, Assistant Professor
 University of Pennsylvania, School of Nursing

2015-2017 Bart De Jonghe, PhD, Assistant Professor
 University of Pennsylvania, School of Nursing

2013-2019 Jinyoung Kim, PhD, RN, Assistant Professor
 University of Pennsylvania, School of Nursing

2011-2018 Lea Ann Matura, PhD, RN, Assistant Professor
 University of Pennsylvania, School of Nursing

2011-2012 Nancy Hanrahan, PhD, RN, Assistant Professor
 University of Pennsylvania, School of Nursing

2010-2011 Mo-Kyung Sin, PhD, RN, Assistant Professor
 Seattle University

2010-2016 HJ (Jean) Tang, PhD, APRN-BC, Assistant Professor
 University of Washington, Seattle, WA

2010-2013 Cynthia Connelly, PhD, RN, Associate Professor
 University of Pennsylvania, School of Nursing

2010-2011 Kathy Richards, PhD, RN, Professor
 University of Pennsylvania, School of Nursing

2008- Maureen George, PhD, RN, Assistant Professor
 University of Pennsylvania, School of Nursing

2008-2013 Joe Libonati, PhD, Associate Professor
 University of Pennsylvania, School of Nursing

2008-2009 Karen Badellino, PhD, RN, Assistant Professor
 University of Pennsylvania, School of Nursing

2006-2013 Lisa Lewis, PhD, RN, Assistant Professor
 University of Pennsylvania, School of Nursing,

2007-2010 Andrea Driscoll, PhD, RN
 Monash University, Melbourne, Australia (2006-2007)
 American Heart Association International Mentee (2007-2010)

2005-2007 Eileen Lake, PhD, RN, Assistant Professor
 University of Pennsylvania, School of Nursing

2005-2007 Laura Alberto, RN, Buenos Aires, Argentina

2004 Marcia Leventhal, RN, MSN, Swiss National Fund Mentor

2002- Kristin Sethares, PhD, RN, Associate Professor
 University of Massachusetts Dartmouth

2000-2007 Shu-Tsen Tseng, doctoral student in psychology, United Kingdom

SPONSORED INDUCTEES, AMERICAN ACADEMY OF NURSING

2020, Ercole Vellone, PhD, RN
 2019, Rosaria Alvaro, MSN, RN
 2018, Todd Ruppap, PhD, RN
 2017, Sek Ying Chair, PhD, RN
 2016, Simon Stewart, PhD, RN
 2015, Harleah Buck, PhD, RN

2014, Philip Moons, PhD, RN
2014, Victoria Vaughan Dickson, PhD, RN
2012, Anna Stromberg, PhD, RN
2011, Tiny Jaarsma, PhD, RN
2009, Terry Lennie, PhD, RN
2006, Mariann Piano, PhD, RN
2003, Susan (Bennett) Pressler, PhD, RN