

Karen L. Saban, PhD, RN, CNRN, FAHA, FAAN
Curriculum Vitae

Business:

Loyola University Chicago
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A. PROFESSIONAL/EDUCATIONAL PREPARATION

Year	Degree	Institution	Field of Study
2013	8 graduate credit hours (4 wk intensive course)	NIH/NINR Summer Genetics Institute	Human genetics
2007-2010	Post –Doctoral Fellowship	Center for Management of Complex Chronic Care, Edward Hines, Jr. Veterans Administration Hospital, Department of Veterans Affairs	Methods for evaluation of outcomes of neuroscience patients
2006	PhD	Loyola University Chicago	Nursing Dissertation: Predictors of Quality of life of Patients Undergoing Lumbar Spinal Surgery (Distinction Award)
1990	MSN	Loyola University Chicago	Nursing Administration
1986	BSN	Loyola University Chicago	Nursing

B. PROFESSIONAL EXPERIENCE

Year	Position and Institution
2020-present	Professor, Tenured, Loyola University Chicago, Marcell Niehoff School of Nursing, Loyola University Chicago, Maywood, IL
2020-present	Associate Dean for Research and Scholarly Innovation, Loyola University Chicago, Marcella Niehoff School of Nursing, Maywood, IL
2019 -2020	Interim Department Co-Chair, Department of Health Promotion, Loyola University, Marcella Niehoff School of Nursing
2018 -present 2015-2020	Center for Health Outcomes and Informatics (CHOIR, appointed) Associate Dean for Research, Loyola University Chicago, Marcella Niehoff School of Nursing, Maywood, IL: <ul style="list-style-type: none">• Responsible for overall research and research training profile for MNSON faculty• Facilitates faculty research by guiding and mentoring junior faculty.• Provides consultation to faculty on research –related matters• Collaborates with internal and external stakeholders to advance MNSON research agenda.
2012-2020	Associate Professor, Tenured, Loyola University Chicago, Marcella Niehoff School of Nursing, Chicago, IL
2010-present	Health Research Scientist, Edward Hines Jr. VA Hospital, Center for Innovation in Complex Care Management, Hines, IL: <ul style="list-style-type: none">• Conduct research related to care of veterans with focus on persons with traumatic brain injury and cardiovascular disease/stroke and their families.
2006-2012	Assistant Professor, Loyola University Chicago, School of Nursing, Chicago, IL
1998-2006	Director of Nursing and Quality Improvement, CINN, Chicago, IL <ul style="list-style-type: none">• Managed clinical nursing staff and nurse practitioners across 6 neurosurgical centers.• Developed database and templates for clinical computerized clinical documentation system (NextGen) facilitating the measurement of quality improvement and outcome initiatives• Developed both inpatient and outpatient policies and standards for neurosurgical population• Obtained research grant of \$23,500 as principal investigator from CINN Foundation and Ingalls Memorial Hospital to support an outcomes research project evaluating the outcomes of spinal surgery at Ingalls Memorial Hospital’s Spine Center• Chairperson of CINN Institutional Review Board (IRB), September 2002 to September, 2003
1998-2006	Clinical Consultant, NeuroSource, Chicago, IL

B. PROFESSIONAL EXPERIENCE

Year	Position and Institution
1995-1998	<ul style="list-style-type: none">• Via NeuroSource and General Electric partnership developed a neuro-specific inpatient outcomes measurement tool (NeuroDynamo).• Developed clinical program evaluation tool used to assess and identify neuroscience centers of excellence.• Clinical consultant for various consulting projects with hospitals and physician practices across the country. <p>Program Coordinator, CINN at Silver Cross Hospital Satellite, Joliet, IL</p> <ul style="list-style-type: none">• Worked closely with medical leadership and multidisciplinary team from inception of satellite program to develop customer driven systems for patient-flow, continuity of care and standards of care.• Recruited and managed personnel including nursing staff, medical assistant, and physician assistant.• Coordinated education of staff including physicians, nurses, and rehabilitation staff through weekly multidisciplinary rounds, in-services, conferences and symposiums.• Developed inpatient and outpatient policies and standards for neurosurgical population.
1992-1995	<p>Manager, ICU/CCU/Cardiodiagnostics, Edward Hospital, Naperville, IL</p> <p>Accountable for managing day-to-day operations of fifteen-bed combined Intensive Care Unit and Cardiac Care Unit using Shared Governance Model. In April 1993, also assumed responsibilities for managing Cardiodiagnostics Department. Employee of the Month, February, 1994.</p>
1990-1992	<p>Manager, Neurosurgical ICU, Chicago Neurosurgical Center at Columbus Hospital, Chicago, IL</p> <p>Clinical nurse manager of six-bed neurosurgical intensive care unit. Responsible for managing operations of unit including budgeting, staffing, and staff development. Co-chairperson of department quality assurance committee. Developed nursing department hospital-wide newsletter and served as editor of publication.</p>
1987-1990	<p>Staff Nurse, Surgical/Trauma ICU, Loyola University Chicago, Maywood, IL</p> <p>Full-time staff nurse in twenty-four bed surgical/trauma intensive care unit. Acted as charge nurse and preceptor.</p>
1989-1990	<p>Research Assistant, Loyola University School of Nursing, Maywood, IL</p> <p>Assisted professors in organizing and coordinating management forum. Data entry for several research projects</p>
1986-1987	<p>Staff Nurse, Medical- Oncology Unit, Loyola University Chicago, Maywood, IL</p>

C. LICENSURE AND CERTIFICATIONS

Year	Certification
2001- 2022	Licensed as Advanced Practice Nurse (APRN) (State of Illinois)

1986- Present	Licensed as Registered Nurse (State of Illinois)
1991- Present	Certified Neuroscience Registered Nurse (CNRN)
1990-2003	Certified Critical Care Registered Nurse (CCRN)
1992-1998	ACLS Certified
1993-1998	ACLS Instructor
1980 to 2000, 2017-2019	BLS Certified

D. GRANTS AND FUNDING STATUS

Title	Agency	Principal Investigator	Period	Total Amount
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Research Grants - External - Funded

The Impact of a Race-Based Stress Reduction Intervention in African American Women at risk for Cardiometabolic Disease on well-being, inflammation, and DNA methylation.	NIH/NIA R01 R01AG081251	K. Saban (Lead MPI) J. Taylor (MPI)	3/30/2023-1/30/2028	\$3,682,715
KL2 Career Development Scholar	IT-CTSA KL2	Springfield, S. K. Saban- primary mentor, contributed	6/1/23-5/30/25	
Supplement to Dissemination and Implementation of a Videoconference Antimicrobial Stewardship Team (VAST)	VA ORD Research Diversity Supplement IIR 20-246	C. Evans (PI) G. Wilson (mentee) K. Saban (consultant- 5% contributed)	10/1/23-9/30/24	\$200,000
QUERI Evidence to Policy Evaluation Center for	VA HSR&D #EBP 22-107	F. Weaver (PI) K.Saban (Co-I- 5% effort for first year, then	10/1/22 - 9/30/27	\$4,099,689

D. GRANTS AND FUNDING STATUS

Title	Agency	Principal Investigator	Period	Total Amount
Veterans: EPEC-Vet		10% effort)		
Developing and Pilot-Testing a Yoga program to Address Post-prostatectomy Side Effects among Veterans with Prostate Cancer	VA HSR&D PPO-21-225	A. Silva (PI) K. Saban (Co-I) 10% effort	4/1/23-3/30/25	\$199,981
VetCareMind	Center for Social and Behaviors Science (CSBS)	S. Lara-Cinisomo (PI) K. Saban (Co-I, contribute 3% effort)	1/15/2021- 1/14/2022	\$20,000
COVID-19 Sequelae Among Veterans Treated in the VA: Planning for What Comes Next	VA HSR&D	D. Hynes (PI) Portland VA System K. Saban (Consultant)	2020-2021	\$89,074
My ESSENCE: Mindfulness to Reduce Stress, Improve Sleep, and Reduce Cardiovascular Risk in African-Americans with Type 2 Diabetes.	NIH K01 NHLBI Career Development Award to Promote Faculty Diversity in Biomedical Research	A. Biggers (PI) (Department of Medicine, University of Illinois at Chicago) K. Saban (Consultant)	2020-2024	\$721,892
Veteran Action League 2.0 Developing a national Veteran-Centered Chronic Pain Research Agenda	PCORI	C. Krause-Parello (PI) Florida Atlantic University K. Saban – Collaborative Academic Reseach	3/1/2019- 2/28/2021	\$249,958

D. GRANTS AND FUNDING STATUS

Title	Agency	Principal Investigator Member (CARM)	Period	Total Amount
Antibiotic Prescribing Patterns of Nurse Practitioners in VA Clinics (Madison)	VA HSR&D Pilot	M. Knobloch, PI K. Saban (Co-I – 5% effort). Multi-site study. Responsible for co-leading study at Hines VA.	6/1/2019-5/31/2020	\$100,000
Advancing Clinical Outcomes: Biomarkers and Treatments for Severe TBI	Joint Warfighter Medical Research Program – Department of Defense (JW150040)	T. Pape (PI) K.Saban (Co-I) (12.5% effort) Responsible for leading study of blood biomarkers, including miRNA.	5/2016-7/31/21 (1 year no-cost extension)	\$3,014,625
Provider Use of Pet Therapy to Improve ComPassion, Burnout and EmpathY: The PUPPY Project	HSR&D VA #1076209-1	B. Etingen (PI) K. Saban (Co-I) – 5% effort Responsible for analysis and interpretation of measures of psychological stress.	4/1/2018-3/30/2019	\$100,000
Uncertainty in the Medically Managed Patients with Coronary Heart Disease	Sigma Theta Tau International Kappa Epsilon Chapter	D. Garrett (PI – PhD student) K. Saban (Dissertation Chair)	1/2017 – 1/2018	\$1,000
Mindfulness Based Stress Reduction for Women at Risk for Cardiovascular Disease	Nursing Research Initiative, VA HSR&D NRI 12-413	K. Saban (PI) (25% effort) Mentors: E. Collins and L. Janusek	7/2013-12/2017	\$1,098,706

D. GRANTS AND FUNDING STATUS

Title	Agency	Principal Investigator	Period	Total Amount
The Effects of Mindfulness on Sleep and Cognition in Women Veterans	Office of Nursing Services (VA): XVA 42-025	K. Saban (PI) (5% effort) Responsible for developing and leading 2 year randomized clinical trial examining subsample of NRI study.	4/2015-4/2017	\$70,347
Social Context and Inflammatory Risk of Stroke in African American Women	National Institute of Nursing Research K01: K01 NR013478	K. Saban (PI) 75% effort Primary Mentor: L. Janusek This was a 3 year NIH training grant.	9/2012-7/2015	\$277,989
Use of Complementary and Alternative Therapies for African American Women: A Focus Group Approach	Sigma Theta Tau, Alpha Beta Chapter	S. Tenfelde (PI) K. Saban (Co-I) Responsible for design, implementation, analysis, and dissemination.	2014-2015	\$1000
Stress and Inflammation in Family Caregivers of TBI Veterans	Department of Veterans Affairs: Nursing Research Initiative Pilot Funding VA HSR&D Project # NRI 10-123-1	K. Saban (PI) Mentors : E. Collins and L. Janusek Responsible for leading study	2010-2011	\$99,994

D. GRANTS AND FUNDING STATUS

Title	Agency	Principal Investigator	Period	Total Amount
		examining stress in caregivers of veterans with traumatic brain injury.		
Experience of Providers of Veterans with TBI	Department of Veterans Affairs, Health Services Research and Development Service – Supplement to Project # SDR-08-409)	B. Smith, BA, MPA, PhD (PI) K.Saban (Co-I) Conducted all qualitative interviews, analyzed data and disseminated results.	2009-2011	\$80,000
Evaluation of TBI Screening Processes and Healthcare Utilization	Department of Veterans Affairs, Health Services Research and Development Service (Project # SDR-08-409)	Bridget Smith, BA, MPA, PhD (PI) K. Saban (Co-I)	2009-2011	\$432,800
Quality of Life of Family Caregivers of Stroke Survivors	CINN Foundation	K. Saban (PI)	2008-2010	\$7,000
Quality of Life of Family Caregivers of Stroke Survivors	Sigma Theta Tau Alpha Beta Chapter	K Saban (PI)	2008-2009	\$500
Quality of Life of Patients Undergoing Elective Lumbar Spinal Surgery	Neuroscience Nursing Foundation (NNF) CINN Foundation	K. Saban (PI) Dissertation Study	2005-2006	\$12,000

Research Grants - Internal- Funded

D. GRANTS AND FUNDING STATUS

Title	Agency	Principal Investigator	Period	Total Amount
Investigating the Relationships between Stressors, Resilience, and Diet Quality: A Mixed-Method Approach to Formative Intervention Research for CVD Prevention	Loyola University Health EQ	S. Springfield K.Saban (co-I)	9/1/2021-7/1/2022	\$49,600
Patient-Reported Symptoms and Psycho-Biobehavioral Response Following COVID-19	Loyola University Chicago Palmer Research Endowment	K. Saban (PI) Contributed effort	9/1/2020-8/30/2021	\$3,000
Predictors of Stroke Outcomes	Loyola University Chicago - CHOIR	K. Saban and O. Akbilgic (Multiple PIs)	7/1/2019-6/30/2021	\$48,695
RiSE to Prevent Cardiovascular Disease in African American Women	Loyola University Chicago – Health EQ	K. Saban (PI) 3 % contributed	7/1/2018-6/30/2020	\$47,997
Race-Based Stress Reduction and Resilience Program for African American Women at Risk for Cardiovascular Disease	Loyola University Chicago – Health EQ	K. Saban (PI) 3 % effort contributed	8/1/2017-6/30/2018	\$62,000
Enhancing Sustainability of Traditional	VA CINCCH LIP (locally-initiated funding)	K. Saban (PI) 3% contributed	4/2016-8/2017	\$5,586

D. GRANTS AND FUNDING STATUS

Title	Agency	Principal Investigator	Period	Total Amount
MBSR with Stop, Breathe, and Think VA Mindfulness Smartphone Application	42-163	Responsible for developing and leading study examining the use of an app to sustain mindfulness training.		
Mindfulness Approaches for Low-Income, Ethnic Minority Preschoolers	Loyola University Chicago Multidisciplinary Grant	C. Li-Grining (PI) K.Saban (Co-I) (3% contributed)	2015-2017	\$30,000
The Development of a Veteran-centered Measurement Assessment Program (V-MAP)	Locally-Initiated Project VA	C. Kostovich (PI) K. Saban (Co-I)	2013-2014	\$10,000
Stress and Inflammation in Women with Cardiovascular Disease	Marcella Niehoff School of Nursing, Loyola University Chicago	K. Saban (PI) H. DeVon D. Hoppenstedt F. Bryant	2010-2011	\$7,000
The Experience of Families of Traumatic Brain Injured Soldiers (LIP #42-104)	Department of Veterans Affairs, Center for Management of Complex Chronic Care, Locally Initiated Project	K. Saban (PI) (contributed effort)	2008-2011	\$10,000
Stress and Inflammation in Caregivers of Stroke Survivors	Loyola University Multidisciplinary Award PILOT	K. Saban (PI) Co-PI : L. Janusek, H. Mathews, F.	2010-2011	\$17,000

D. GRANTS AND FUNDING STATUS

Title	Agency	Principal Investigator Bryant	Period	Total Amount
Quality of Life of Family Caregivers of Stroke Survivors	Summer Stipend Loyola University Chicago	K. Saban (PI)	Summer 2008	\$6,000
Quality of Life of Family Caregivers of Stroke Survivors	Palmer Research Grant Marcella Niehoff School of Nursing, Loyola University Chicago	K. Saban (PI)	2008-2009	\$5,000

Research Grants - Under Review

RISE Up Mother	NIH Katz	T. Moore (PI) K. Saban (Co-I) 10% effort	4/1/2023- 3/31/2028	\$2.5 million
Impact of Stress Responses on TBI Severity and Psychological Outcomes	NIH R01 PA 20-185	G. Stutzmann K.Saban (Co-I) 10% years 1, 4, and 5 5% years 2 and 3	4/1/2023- 3/31/2027	\$2.5 million

Research Grants - Not Funded

Motivationally Enhanced Compensatory Cognitive Training for Mild Cognitive Impairment and Race-Based Stress Reduction	VA Geriatric Research Award	R. Ellison K.Saban (Co-I)	1/1/22-6/30/23	\$50,000
A Unified Metric of Attention Impairment after Mild TBI to Inform Return to Duty	Department of Defense CDRMP	T. Pape (PI) K. Saban (Co-I)	2020-2024	\$2 million

D. GRANTS AND FUNDING STATUS

Title	Agency	Principal Investigator	Period	Total Amount
Decisions Center for Precision Neurorehabilitation	VA RR&D	Theresa Pape K. Saban – Co-Deputy Director of Education and Training (10% effort)	2020-2025	\$4,500,000
Management of Diabetes in Hispanic Veterans	NRI Pilot	R. Jiwani, PI K. Saban (Co-I and co-mentor, 5% effort)	1/1/2019-12/31/2019	\$82,488
Tea for the Soul: Enhancing VA Employee Well-Being	VA HSR&D Pilot	K. Saban, PI	1/1/2019-12/31/2019	\$97,254
Race-Based Stress Reduction and Resilience Program for African American Women at risk for CVD: Role of MiRNA	Alphi Phi Foundation	K. Saban (PI-2% contributed effort)	7/2018-6/2019	\$100,000
Mindful Clinician Pilot Study to Promote Veteran Centered Care and Safety	Department of Veteran Affairs/HSR&D NRI Pilot	P. Crary (PI) K. Saban (mentor)	2017-2019	\$100,000
Low Dose MBSR vs. Traditional MBSR for VA Employees	HSR&D IIR	K. Saban (PI)	2017-2019	\$1,977,219

OTHER (ie. fellowships, community projects, special projects)

Quality of Life Measures for Chronic Renal	VA HSR&D and Hines VA (internal VA	D. Hynes (PI) (Secondary data	2007-2010	VA Fellowship
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D. GRANTS AND FUNDING STATUS

Title	Agency	Principal Investigator	Period	Total Amount
Failure (LIP #42-095)	funding)	analysis – K. Saban)		
Measurement Invariance of the Kidney Disease and Quality of Life Instrument (KDQOL-SF) across Veterans and non-Veterans (LIP #42-121)	VA HSR&D and Hines VA (internal VA funding)	D. Hynes (PI) (Secondary data analysis – K. Saban)	2009-2010	VA Fellowship

E. PUBLICATIONS/SCHOLARSHIP

* Denotes mentor or senior author

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Data-based publications - Refereed

Krause-Parello, C. A., Flynn, L., Pratt, B.A., Clarke, R., Colloca, L., Garvin, J., Hibler, D. A., **Saban, K. L.**, Weaver, F. (2023). Veterans Action League 2.0: Creating a Veteran-Centered Chronic Pain Research Agenda. *Journal of Community Engagement and Scholarship*.15 (2), online prior to print.

Saban KL, Tell D, and DeLaPena P. (2022). The Nursing Implications of Mindfulness-Informed Interventions for Stroke Survivors and Their Families. *Stroke*.53 (11). p.. 3485-3493

Zilliox, MJ, Foecking EM, Kuffel G, Conneely M, **Saban KL**, Herrold A, Kletzel S, Radke J, Walsh E, Geurnon A, Pape A, Ripley D, Patil V, Pacheco M, Rosenow J, Bhaumik R, Bhaumik D, Bender Pape T. (2022). An Initial miRNA Profile of persons with Persisting Neurobehavioral Impairments and States of Disordered Consciousness After Severe Traumatic Brain Injury. *J Head Trauma Rehabil*.

Saban, KL, Collins EG, Mathews, HL, Bryant, FB, Tell, D, Gonzalez, B, Bhoopalam, S., Chroniak C., Janusek, L. (2022). Impact of a Mindfulness Based Stress Reduction Program on Psychological Well-Being, Cortisol, and Inflammation in Women Veterans. *Journal of General Internal Medicine*,37, p. 751-761.

Zilliox MJ, Foecking EM, Kuffel G, Conneely M. **Saban KL**, Herrold AA, Kletzel SL, Radke, J, Walsh, E, Guernon A, Paper A, Ripley D, Patil V, Pacheco M, Rosenow J, Bhaumik D and Bender Paper, TL (in press). An initial miRNA profile of persons with persisting

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- neurobehavioral impairments and states of disordered consciousness after severe traumatic brain injury. *Journal of Head Trauma Rehabilitation*. 36 (3) p. E155-E169.
- Saban, K. L.**, Motley, D., Shawahin, L., Mathews, H. L., Tell, D., De La Pena, P., & Janusek, L. W. (2021). Preliminary evidence for a race-based stress reduction intervention for Black women at risk for cardiovascular disease. *Complementary Therapies in Medicine*, 58. doi:10.1016/j.ctim.2021.102710
- Knobloch, M. J., Musuuza, J., Baubie, K., **Saban, K. L.**, Suda, K. J., & Safdar, N. (2021). Nurse practitioners as antibiotic stewards: Examining prescribing patterns and perceptions. *Am J Infect Control*, 49(8), 1052-1057. doi:10.1016/j.ajic.2021.01.018
- Etingen, B., Martinez, R. N., Smith, B. M., Hogan, T. P., Miller, L., **Saban, K. L.**, Irvin, D., Jankowski, B., & Weaver, F. M. (2020). Developing an animal-assisted support program for healthcare employees. *BMC Health Serv Res*, 20(1), 714. <https://doi.org/10.1186/s12913-020-05586-8>
- Herrold, A. A., Kletzel, S. L., Foecking, E. M., **Saban, K. L.**, Przybycien-Szymanska, M. M., Zilliox, M., Bhaumik, D., Lange, D., Radke, J. R., Salinas, I., & Bender Pape, T. L. (2020). miRNAs as Potential Biomarkers for Traumatic Brain Injury: Pathway From Diagnosis to Neurorehabilitation. *J Head Trauma Rehabil*. <https://doi.org/10.1097/htr.0000000000000632>
- Li-Grining, C. P., Vera, E., Janusek, L., **Saban, K.**, Liston, Y., Naqi, Z., & Troske, M. (2020). Project CaLM: A Pilot Intervention Integrating Mindfulness Strategies into Head Start Classrooms. *West J Nurs Res*, 193945920946484. <https://doi.org/10.1177/0193945920946484>
- Conway-Phillips C, Dagadu H, Motley D, Shawahin L, Janusek L, Klonowski S and **Saban KL*** (2020). Qualitative Evidence for Resilience, Stress, and Ethnicity (RiSE): A Program to Address Race-Based Stress Among Black Women at Risk for Cardiovascular Disease. *Complementary Therapies in Medicine*. 020 Jan;48:102277doi: 10.1016/j.ctim.2019.102277. Epub 2019 Dec 12
- Saban, KL.**, Tell, D., & Janusek, L. (2019). Resilience in African American Women at Risk for Cardiovascular Disease: an Exploratory Study. *J Urban Health, March 96*(Suppl 1), 44-49. doi:10.1007/s11524-018-00334-0.
- Saban, KL.**, Mathews, H. L., Bryant, F. B., Tell, D., Joyce, C., DeVon, H. A., & Witek Janusek, L. (2018). Perceived discrimination is associated with the inflammatory response to acute laboratory stress in women at risk for cardiovascular disease. *Brain Behav Immun*, 73, 625-632. doi:10.1016/j.bbi.2018.07.010.
- Tenfelde, S. M., Hatchett, L., & **Saban, KL** (2018). "Maybe black girls do yoga": A focus group study with predominantly low-income African-American women. *Complement Ther Med*, 40, 230-235. doi:10.1016/j.ctim.2017.11.017.
- Smith, B. M., Martinez, R. N., Evans, C. T., **Saban, K. L.**, Balbale, S., Proescher, E. J., . . . Hogan, T. P. (2018). Barriers and strategies for coordinating care among veterans with traumatic brain injury: a mixed methods study of VA polytrauma care team members. *Brain Inj*, 32(6), 755-762. doi:10.1080/02699052.2018.1444205.
- Omelchenko, N., **Saban, K. L.***, Andresen, P., Klopp, A., & Lau, J. (2018). Empowered to Serve: Implementing Community Stroke Outreach Using Peer Educators to Improve

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- Readiness to Act Among Local Community Members. *J Neurosci Nurs*, 50(2), 111-115. doi:10.1097/jnn.0000000000000344.
- Hogan, T., Martinez, R., Evans, C., **Saban, K.**, Proescher, E., Steiner, M., & Smith, B. (2018). Clinical information seeking in traumatic brain injury: a survey of Veterans Health Administration polytrauma care team members. *Health Information and Libraries Journal*, 35(1), 38-49. doi:10.1111/hir.12203.
- Saban, K.L.** Griffin, JM, Urban, A., Janusek, M., Pape, TL. & Collins, EG. (2016). Perceived Health, Caregiver Burden, and Quality of Life in Women Partners Providing Care to Veterans with Traumatic Brain Injury. *J Rehabil Res Dev*;53(6): 681–92. doi.org/10.1682/JRRD.2015.07.0143.
- Brennan-Olsen, SL, Page, RS., Berk, M., Riancho, JA., Leslie, WD., **Saban, K.L.**, Pasco, J., Janusek, L., Quirk, SE., Hyde, NK., Hosking, SM., & Williams, LJ. (2016). DNA methylation and the social gradient of osteoporotic fracture: A conceptual model. *Osteoporosis International*. Mar, 84:204-12, doi: 10.1016/j.bone.2015.12.015. Epub 2015 Dec 23.
- Saban, K.L.**, Mathews, H.L., Collins, E.G., Hogan, N.S., Tell, D., Bryant, F.B., Pape, T.L. Griffin, J.& Witek Janusek, L. (2015). The Man I Once Knew: Grief and Inflammation in Female Partners of Veterans with Traumatic Brain Injury. *Biological Research for Nursing*. 2016 Jan;18(1):50-9. doi: 10.1177/1099800414568661. Epub 2015 Jan 30.
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- Saban, K.L.**, Hopenstead, D., Bryant, F.B & DeVon, H.A. (2014). Social Determinants and Heat Shock Protein 70 Among African American and Non-Hispanic White Women with Atherosclerosis: A Pilot Study. *Biological Research for Nursing*. 16 (3), 258 - 265.
- Saban, K. L.** Hogan, T.P., Defrino, D., Evans, C.T., Bauer, E., Pape, T.L., Steiner, M., Proescher, E., Vlasses, F.R., & Smith, B.M. (2013). Burnout and Coping Strategies of Polytrauma Team Members Caring for Veterans with Traumatic Brain Injury. *Brain Injury*, 27 (3) 301-9.
- Saban, K.L.**, Mathews, H., O'Brien, T., Bryant, F. B. & Witek Janusek, L. (2012). Depressive Symptoms and Diurnal Salivary Cortisol Patterns Among Female Caregivers of Stroke Survivors. *Biological Research for Nursing*, 14, 396-404.
- Saban, K.L.** & Hogan, N.S. (2012). Women Caregivers of Stroke Survivors: Coping and Adapting to a Life That Once Was. *Journal of Neuroscience Nursing*. 44 (1) 2-14.
- Hynes, D.M, Stroupe, K.T., Kaufman, J.S., Reda, D.J., Browning, M.M., Huo, S., Fischer, M., **Saban, K.L.**, Manning, W. (2012). Comparing VA and Private Sector Healthcare Costs for End Stage Renal Disease. *Medical Care*, 50 (2), 161-170.
- Saban, K.L.**, Smith, B., Collins, E. & Pape, T.L. (2011). Gender Differences in Life Satisfaction and Functional Status One-Year after Severe Traumatic Brain Injury. *Journal of Women's Health*. 20 (2), 179-186. doi: 10.1089.
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- 2010 doi: 10.1186/1477-7525-8-120.
- Saban, K.L.**, Stroupe, K.A., Bryant, F.B., Reda, D., Browning, M.M. & Hynes, D.M. (2008). Comparison of Health-Related Quality of Life Measures for Chronic Renal Failure: Quality of Well-Being Scale, Short-Form-6D, and the Kidney Disease Quality of Life Instrument. *Quality of Life Research*, 17 (8), 1103-1115.
- Saban, K.L.**, Penckofer, S.M., Androwich, I. & Bryant, F.B. (2007). Quality of life of patients undergoing selected types of lumbar spinal surgery: A pilot study. *Health and Quality of Life Outcomes* 5:71 (28 December 2007).
- Saban, K.L.** & Penckofer, S. (2007). Expectations of quality of life of patients undergoing lumbar spinal surgery. *Journal of Neuroscience Nursing*, 39 (3), 180-89.
- Ghaly, R.F, **Saban, K.**, Haley, D & Ross, R. (2000). Endoscopic carpal tunnel release surgery: Report of patient satisfaction. *Neurological Research*, 22 (6), 551-5.

Non-databased manuscripts- Refereed

- Saban, K. L.**, & Janusek, L. (2020). Mindfulness and Health: The Nursing Science Bridge. *West J Nurs Res*, 193945920973748. <https://doi.org/10.1177/0193945920973748>
- Levine, GN, Lange , RA, Bairey-Merz, N, Davidson, RA, J, K, Mehta, PK, Norris, K, Ray, B, **Saban, KL**, Shah, T, Stein, R., Smith, SC On behalf of the American Heart Association Council on Clinical Cardiology and Cardiovascular and Stroke Nursing. Meditation and Cardiovascular Risk Reduction: A Scientific Statement from the American Heart Association. Council on Cardiovascular and Stroke Nursing; and Council on Hypertension. *J Am Heart Assoc*. 2017 Sep 28;6(10). pii: e002218. doi: 10.1161/JAHA.117.002218.
- Hinkle, JL; Becker, KJ, Kim, JS, Choi-Kwon, S, **Saban, KL**, McNair, N & Mead, GE (2017). Post-Stroke Fatigue: Emerging Evidence and Approaches to Management. A Scientific Statement From the American Heart Association Council on Cardiovascular Nursing, *Stroke*.
- Saban, K.L.**, Mathews, H.K., DeVon, H., and Janusek, L.W. (2014). Epigenetics and Social Context: Implications for Disparity in Cardiovascular Disease. *Aging & Disease*. 5(5), 346-355.
- DeVon, H., **Saban, K.L.** & Garrett, D.K. (2011). For Women Only: Recognizing and Responding to Symptoms of Heart Attack and Stroke. (8 April 2011). *Journal of Obstetric, Gynecologic, & Neonatal Nursing*.
- Kostovich, C., **Saban, K.L.** & Collins, E. (2010). Becoming a Nurse Researcher: The Importance of Mentorship. *Nursing Science Quarterly*, 23, 281-286. doi: 10.1177/0894318410380260.
- Saban, K.L.**, Sherwood, P.R., DeVon, H.A. & Hynes, D. M. (2010). Measurement of Psychological Stress and Physical Health in Caregivers of Stroke Survivors: A Literature Review. *Journal of Neuroscience Nursing*, 42 (3).
- Saban, K.L.**, Ghaly, R.F. (1998). Cervical Spine Infection: A Case Presentation and Update. *Journal of Neuroscience Nursing*. 30 (2), 105-9, 114-5.

Book Reviews and Columns

- McCabe, P. J., **Saban, K. L.**, Cohn, J., Crane, P., Biddle, M., & Beckie, T. M. (2015). Report from the council on cardiovascular and stroke nursing. *Journal of Cardiovascular Nursing*, 30, 92-95.

E. PUBLICATIONS/SCHOLARSHIP

* Denotes mentor or senior author

ORCID: <https://orcid.org/0000-0001-5767-5453>

Saban, K.L. (2009). Media Review: AACN-AANN Protocols for Practice: Monitoring Technologies in Critically Ill Neuroscience Patients. *Journal of Neuroscience Nursing*, 41 (5), 287-288.

Books Chapters

Saban, K.L. (2019). Chapter 11: Inflammation. In D. Klein, M. Sorenson (Ed.) *Pathophysiology: A Case-Based Approach*. Pearson, NJ.

DeVon, H.A. & **Saban, K.L.** (2012). Psychosocial and biological stressors and the pathogenesis of cardiovascular disease. In V. Hill Rice (Ed). *Handbook of Stress, Coping, and Health*. (pp. 381-408). Thousand Oaks, CA: Sage.

Wohns, R.N, **Saban, K.L.**, Malick, A, Berinti, F., Perez-Cruet, M.J. (2006). Establishing a minimally invasive spine center. In M. J. Perez Cruet, L. Khoo & R. Fessler (Eds). *An Anatomical Approach to Minimally Invasive Spine Surgery* (pp. 165-205). St. Louis: Quality Medical Publishing.

F. MEDIA (Video, CD-ROMS)

None

G. PRESENTATIONS

Oral Presentations- Databased (Students in *italics*)

International

Saban, KL. (2019). RiSE to Prevent Stroke in Black Women (Control#: 482) in an Invited Symposium entitled Superwoman Syndrome: Racial/Ethnic Disparities in Stroke, International Stroke Symposium, Honolulu, HI, February 6, 2019.

Saban, K,L, Mathews, H, Collins, EG, and Janusek, L. Early Life Adversity is Associated with Biomarkers of Endothelial Dysfunction in Women Veterans. Sigma Theta Tau International, Melbourne, Australia, July 20, 2018

Saban, K.L. Cardiovascular Disease and Epigenetics: The Link Between Environment and Genes. University of Technology, Sydney, Australia. July 17, 2018 (invited speaker).

*Omelchenko, N, Saban, KL**, Klopp, A, Andreson, P. & Lau, J. Empowered to Serve: Implementing Community Stroke Outreach Using Peer Educators to Improve Readiness to Act Among Local Community Members. American Heart Association, International Stroke Conference:State-of-the-Science Nursing, January 23, 2018, Los Angeles, CA.

Saban, K.L. Mathews, H.L., DeVon, H.A and Janusek, L. Explaining Disparity in Cardiovascular Disease: Epigenetics and Social Context. International Society of Nursing Genetics. 2015 ISONG World Congress: Epigenetics Across the Lifespan. Pittsburgh, PA. November 7, 2015 (invited speaker).

Saban, K.L. Fatigue and Caregiver Burden. Invited Speaker: American Heart Association International Stroke Conference, Nashville, TN, February 12, 2015.

Saban, K. L. Mathews, H.L, Hogan, N.S, Bryant, F.B, Collins, E.G, Tell, D., and Witek Janusek, L. Grief is Associated with Cortisol Awakening Response and TNF-Alpha in Female Partners of Veterans with Traumatic Brain Injury. MNRS Annual Meeting, March 6,

G. PRESENTATIONS

- 2013; Loyola University Palmer Research Symposium, May 16, 2014, Rome, Italy; VA Research Day, May 20, 2014, Hines, IL.
- Hogan, T.P., **Saban, K.L.**, Evans, C.T., Stroupe, K.T., St. Andre, J.R., Urban, A. & Smith, B.M. (2011, October). *Provider information seeking and communication about traumatic brain injury*. Paper presented at the International Conference on Communication in Healthcare, Chicago, IL.
- Saban, K.L.** (February, 2011). Stress and Inflammation in Stroke Survivors and their Families. Invited speaker for the State of the Art Nursing International Stroke Conference, American Heart Association. Los Angeles, CA.

National

- Li-Grining, C. P., Vera, E., Janusek, L., **Saban, K.**, Liston, Y., Naqi, Z., & Troske, M. (2023, October). Children learning mindfulness within Head Start programs: Working with teachers and parents. In J. Poehlmann-Tynan (Chair), *Mindfulness research and practice with underserved families and communities*. Paper to be presented at the Mindfulness, Self-compassion and Family Well-being Conference, Center for Child & Family Well-Being, University of Washington, Seattle, WA.
- Saban, K.L.** The Cardiovascular Health of our Veterans. American Heart Association Scientific Sessions. New Orleans, LA. November 16, 2016.
- DeVon, H.A., **Saban, K.L.**, Mathews, H.L. and Janusek, L. Epigenetic Signature in Cardiovascular Disease and Stroke. American Heart Association Scientific Sessions. Orlando FL. November 10, 2015.
- Saban, K.L.** Epigenetics: The Link between Environment and Genes. Invited Speaker: Cardiovascular Seminar, American Heart Association Scientific Sessions, Chicago, IL, November 19, 2014.
- Saban, K.L.**, Pape, T.L., Witek Janusek, L., Griffin, J.M., Bryant, F.B. & Collins, E. Stress and Inflammation Among Wives of Veterans with Traumatic Brain Injury: Preliminary Findings of Nursing Research Initiative Study. Invited Speaker, National VA Caregiver Research Special Interest Group, National teleconference, April 18, 2012.
- Saban, K.L.** (May, 2007) Predictors of quality of life of patients undergoing lumbar spinal surgery. Annual American Association of Neuroscience Nurses Conference, Kissimmee, Florida.
- Saban, K.L.**, Ross, R.E., Colip, J. (March, 2002). Effectiveness of Comprehensive Patient Education Program for Patients Undergoing Lumbar Microdiscectomy, American Association of Neuroscience Nurses Annual Conference, Palmer House, Chicago

Regional

- Saban, KL**, Weaver, F, Krause-Parello, C. (2023). Developing a National Veteran Pain Management Agenda: The Chicago Experience. Midwest Nursing Research Society Annual Symposium, Des Moines, IA, March 30-April 1, 2023
- Saban, KL** Mathew HL, Tell D, Conway-Phillips R, Dagadu H, Shawahin L, Motley D and Janusek, L. (2020). RiSE to Reduce Stress and Inflammation in African American Women at Risk for Cardiovascular Disease. Midwest Nursing Research Society Annual Symposium, Schaumburg, IL April 1 to 4th, 2020.
- Saban, KL**, Mathew HL, Tell D, Conway-Phillips R, Dagadu H, Shawahin L, Motley D and Janusek, L. (2019). RiSE to Prevent Cardiovascular Disease in African American Women: A Pilot Study. Midwest Nursing Research Society Annual Symposium, Kansas City, MO, March 29, 2019.

G. PRESENTATIONS

- Saban, K.L** Resilience in African American Women at Risk for Cardiovascular Disease. Flip the Script: Women's Health Summit. The Ohio State University, Columbus, OH. August 2, 2018 (invited speaker).
- Saban, K.L.** Research in Practice: Stress Reduction to Prevent Cardiovascular Disease in Vulnerable Populations. Division of Academic Internal Medicine (AIM) and Geriatrics, Department of Medicine, University of Illinois at Chicago, April 19, 2018 (invited speaker).
- Saban, K.L.** Mathews, H, DeVon, H., Janusek, L. Social Support Attenuates the Inflammatory Response to Acute Laboratory Stress in Women at Risk for Cardiovascular Disease. Midwest Nursing Research Society, Minneapolis, MN, April 7, 2017
- Saban, K.L.** Chronic Stress and Its Influence on the Health of Informal Caregivers of Individuals with Traumatic Brain Injury. Invited Speaker. Brain Injury Association of Illinois. Oakbrook, IL October 24, 2015.
- Saban, K.L.,** Mathews, H.L., DeVon, H.A. and Janusek, L. Explaining Disparity in Cardiovascular Disease: Epigenetics and Discrimination. Midwest Nursing Research Society 39th Annual Research Conference, Indianapolis, IN. April 17, 2015.
- Saban, K.L.** How Chronic Stress Influences Health in Caregivers: Emerging Research. Catholic Charities. Jainesville, WI. October 3, 2013.
- Saban, K. L.** Mathews, H.L, Hogan, N.S, Bryant, F.B, Collins, E.G, Tell, D., and Witek Janusek, L. Grief is Associated with Cortisol Awakening Response and TNF-Alpha in Female Partners of Veterans with Traumatic Brain Injury. MNRS Annual Meeting, March 6, 2013; Loyola University Palmer Research Symposium, May 16, 2014, Rome, Italy; VA Research Day, May 20, 2014, Hines, IL
- Saban, K.L.,** Pape, T.L., Witek Janusek, L., Griffin, J.M., Bryant, F.B. & Collins, E. Predictors of Quality of Life Among Wives Providing Informal Care to Veterans with Traumatic Brain Injury. MNRS Annual Meeting, April 14, 2012.
- Saban, K.L.,** Mathews, H., & Janusek, L. Relationships Among Depression and Caregiver Burden with Salivary Cortisol Patterns in Caregivers of Stroke Survivors. (June, 2011) Invited Speaker, VA Research Day, Hines, IL (March, 2011). Midwest Nursing Research Society, Columbus, OH.

Local

- Saban, K.L** Preliminary Evidence for a Race-Based Stress Reducton Intervention for Black Women at Risk for Cardiovascular Disease. CHOIR, Loyola University Chicago. December 21, 2020 (invited speaker).
- Saban, K.L** and Fitzgerald, C. Research Highlights. CHOIR. Loyola University Chicago. September 13, 2017 (invited speaker).
- Saban, K.L.** Mindfulness Based Stress Reducation for Women Veterans at Risk for CVD. VA CVD Risk Research Group. May 22, 2017 (invited speaker).
- Saban, K.L.** Explaining Disparities in Cardiovascular Disease: Epigenetics and Social Context. Loyola University Chicago, Department of Public Health, April 19, 2016. (Invited speaker).
- Saban, K.L.** Epigenetics and Cardiovascular Disease. Invited speaker: Genetics Lecture Series. University of Illinois at Chicago, Chicago, IL September 30, 2014.
- Saban, K.L.** (April, 2011). The Psychological and Physical Health of Informal Caregivers of Stroke Survivors, Invited Speaker, Palmer Research Symposium, Loyola University Chicago, Maywood , IL
- Saban, K.L.** (April, 2008). Quality of life and expectations of patients undergoing lumbar spinal surgery. Invited speaker, Research Tea. Loyola University Health System, Maywood, IL.

G. PRESENTATIONS

Saban, K.L. (December, 2006). Predictors of quality of life of patients undergoing lumbar spinal surgery. Ingalls Hospital Clinical Conference, Harvey, IL.

Presentations – Non-Databased

- Saban, KL** (March, 2023). Negotiating with Faculty Applicants. Annual Midwest Nursing Research Symposium, Des Moines, IA, March 29, 2023
- aban, K.L.** (June 8, 2019). Marcella Niehoff School of Nursing Research: Update. Infections Disease and Immunology Research Institute (InDIRI)Retreat, McDonald Hamburger University, Oakbrook. IL.
- Saban, K.L.** (December, 2015). Recruitment Challenges for a Randomized Clinical Trial Examining Mindfulness Based Stress Reduction in Women Veterans. VA Practice Based Research Network (PBRN) National call.
- Saban, K.L.** (November, 2011). Psychological Distress Among Family Caregivers of Veterans with Traumatic Brain Injury: Emerging Research. Invited speaker. Beyond the Yellow Ribbon III: Teacher and Counselor Symposium. Alexian Brothers, Elk Grove Village, IL.
- Saban, K.L.** (September, 2007). Interactive panel discussion: Trends and integration of stroke programs in centers of excellence. ACI's 5th National Conference on Adding, Updating and Expanding Comprehensive Stroke Centers, Chicago, IL

Posters-Databased – Refereed (students are in *italics*)

- Saban KL**, Tell D, Mathews H, Collins E, Smith S, and Janusek L. (2022). Association of Childhood Adversity, Psychological Distress, and Inflammatory Markers in Women Veterans.
(March 18, 2022). Poster at Annual Palmer Research Symposium, Loyola University, Maywood, IL
(April 2, 2022). Poster at Midwest Nursing Research Society Conference, Schaumburg, IL
- Bender Pape, T Foecking, E Zilliox, M, **Saban, KL**, Herrold, A Kletzel, S Walsh, E Guernon, A Pape, A Bhaumik, D Conneely, M. (2020) A Primary study examining utility of miRNA for diagnosing TBI, developing phenotypes of TBI recovery and developing phenotypes of treatment responsiveness. Military Health System Research Symposium (MHSRS) (Poster Abstract # MHSRS-20-00883 for TBI Biomarkers: Diagnostic & Prognostic Indicators - Peripheral Blood miRNA Biomarkers for TBI) (Accepted Poster)
*Conference cancelled due to COVID-19
- Knobloch MJ, Musuuza J, Baubie K, **Saban KL**, Suda K, and Safdar N. (2020). Nurse Practitioners in the Outpatient Setting as Antibiotic Stewards in VA: Perceptions and Prescribing. 6th Decennial International Conference on Healthcare Associated Infections. March 26-28, 2020. Atlanta, GA.
- Saban, KL**, Zilliox, M, Tell, D. Mathews, H, Janusek, L. (2019). Early Life Adversity is Associated with Differential MiRNA Expression in Older African American Women at Risk for Cardiovascular Disease. International Society of Nurses in Genetics (ISONG) Congress, November 6-8, 2019, San Antonio, TX.
- Garrett, D & Saban, KL.* (2019). Uncertainty in the Medically-Managed Patient with Coronary Artery Disease. Sigma Theta Tau International 30th International Nursing Research Congress, July 28, 2019, Calgary, Canada.
- Saban, KL**, Mathews, HL, Bryant, FB, Tell, D, DeVon, HA, and Janusek, L. (2018 and 2019).

G. PRESENTATIONS

- Perceived Discrimination Intensifies Inflammatory Response to Acute Laboratory Stressor in Women at Risk for Cardiovascular Disease.
- Poster presentation at Loyola University Chicago Cardiovascular Research Institute CVRI) Symposium, April 2, 2019, Maywood, IL
 - Poster presentation at Midwest Nursing Research Society Annual Conference, April 14, 2018, Cleveland, Ohio.
- Saban, KL**, Mathews HL, Tell, D, Conway-Phillips, R, Shawahin, L, Motley, D & Janusek, L. (2019). RiSE to Prevent Cardiovascular Disease in African American Women: A Pilot Study. Palmer Research Symposium, Loyola University Chicago. March 22, 2019, Maywood, IL.
- Lange, D*, Chui, C, Osborne, N, **Saban, KL**. Common Ground: Consideration of PH & TBI - Relationships between Caregivers' Quality of Life and Their Partners' Emotional Dysregulation with TBI Evaluated by Caregivers. Poster presented at 2017 Military Health System Research Symposium, August 30, 2017, Gaylord Palms Hotel and Convention Center, Kissimmee, FL.
- Saban, KL**, Bryant, F, DeVon, HA, Mathews, HL, & Janusek, L. Predictors of Loneliness in African American Women with Cardiovascular Disease Risk. Poster presented at AHA International Stroke Conference, February 22, 2017, Houston, TX
- Brennan-Olsen, S., Page RS, Berk, M, Riancho JA, Leslie WD, Wilson SG, **Saban KL**, Janusek, L, Pasco IA, Hodge JM, Quirk SE, Hyde NK, Hosking SM and Williams LJ. (2015) Does DNA Methylation Underpin the Social Gradient of Osteoporotic Fracture? A Conceptual Model. Poster presented at ASBMR 2015 Annual Meeting, October 9-12, 2015, Washington State Convention Center in Seattle, Washington, USA.
- Rogers TJ, Smith B, Weaver, FM, **Saban, KL**, Stroupe KT, Martinez RN, Evans CT, Pape TLB. (2014). Healthcare Utilization Following Mild Traumatic Brain Injury in Women Veterans. Academy Health, June 8-10th, 2014, San Diego, CA.
- Saban, K.L.**; Mathews, H.L., Collins, E.G. & Witek Janusek, L. (2014). Early Life Adversity, Depressive Symptoms, and Endothelial Dysfunction in Women Veterans. International Psychoneuroimmunology Research Conference, May 29, 2014, Philadelphia, PA.
- Paulson-Conger, P. & Saban, K.L.* (2014, March). The Burning Question. National Association of Clinical Nurse Specialists 2014 Annual Conference Orlando, Florida March 6-8, 2014
- Saban, K.L.**, Mathews, H.L, Hogan, N.S., Griffin, J., Bryant, F.B., Paper, T. B., Collins, E.G. & Witek Janusek, L. (2012, June). Grief is Associated with Cortisol Awakening Response and TNF-alpha in Female Partners of Veterans with Traumatic Brain Injury. International Psychoneuroimmunology Research Society Conference, San Diego, CA, USA
- Hogan, T.P., Bauer, E.D., **Saban, K.L.**, Stroupe, K.T., Evans, C.T., Rogers, T., Smith, B.M. (2012, April) Applying Uncertainty Management Theory to the Experiences of Healthcare Providers Caring for Patients with Mild Traumatic Brain Injury. Kentucky Conference on Health Communication, April, 2012.
- Saban, K.L.** DeVon, H.A Hoppensteadt-Moorman, D. &. (2012). Social Determinants are Associated with Heat Shock Protein-70 in African American and Non-Hispanic White Women with Cardiovascular Disease. Poster presentation for the International Stroke Conference, American Heart Association, January 31, 2012, New Orleans, LA
- Smith, B.M., Hogan, T.P., **Saban, K.L.**, Evans, C.T., Stroupe, K.T., St. Andre, J.R. & Steiner, M.L. (2011, October). *Communicating to increase coordination of care for traumatic brain injury*. Poster accepted for presentation at the International Conference on Communication in Healthcare, Chicago, IL.
- Saban, K.L.**, Mathews, H., & Janusek, L. (June, 2010). The Relationship Among Depression and Caregiver Burden with Salivary Cortisol Awakening Levels in Female Caregivers of Stroke Survivors. International Psychoneuroimmunology Research Conference. Trinity

G. PRESENTATIONS

- College, Dublin, Ireland.
- Saban, K.L.** & Pape, T.L (2010). Life Satisfaction One Year After Severe Traumatic Brain Injury.
(March, 2010) Poster session at Annual Palmer Research Symposium, Loyola University Chicago, Oakbrook, IL
(April, 2010) Poster session at Midwest Nursing Research Conference, Kansas City, MO
(April, 2010). Poster session at the Hines VA Research Day, Hines, IL
- Saban, K.L.**, Penckofer, S.M, Janusek, L., Hynes, D. & Keller, S. (2009). Quality of Life of Family Caregivers of Stroke Survivors.
(May, 2009) Poster session at Marianjoy Rehabilitation Hospital Research Day
(May, 2009) Poster session at U.S Department of Veterans Affairs Research Day, Edward Hines Hospital
- Saban, K.L** & DeVon, H. (2009). Stress and Inflammatory Markers of African American and White Women. Annual Palmer Research Symposium, Loyola University Chicago, Oakbrook, IL.
- Hohmann, S., Anderson, M., Garman, A., Dunn, K., Ross, R. & **Saban, K.L.** (2009). Correlates of Ischemic Stroke Outcomes. Annual Research Meeting: Academy of Health. Chicago, IL.
- Pape, T. & **Saban, K.L.** Self-reported Satisfaction with Life 1 Year After Severe Traumatic Brain Injury
(November, 2008) Poster session at St. Albert's Day, Loyola University Medical School, Maywood, IL.
(May, 2008). Poster session at U.S. Department of Veterans Affairs Research Day, Edward Hines Hospital, Hines, IL.
- Saban, K.L.**, Stroupe, K.T, Browning, M.M., Huo, Z., & Hynes, D.M. Comparison of Health-Related Quality of Life Measures for End Stage Renal Disease: Quality of Well-Being Scale, Short-Form-6D, and the Kidney Disease Quality of Life Instrument.
(May, 2008). Poster session at U.S. Department of Veterans Affairs Research Day, Edward Hines Hospital, Hines, IL.
(November, 2007). Poster session at St. Albert's Day, Loyola University Medical School, Maywood, IL.
(October, 2007) Poster session at the International Quality of Life Research Society Annual Symposium, Toronto, Canada
(March, 2007) Poster session at the annual Ruth K. Palmer Research Symposium, Maywood, IL.
- Saban, K.L.** & Penckofer, S. Predictors of quality of life of patients undergoing lumbar spinal surgery.
(May, 2007) Poster session presented at Loyola University Chicago Neuroscience Conference.
(November, 2006) Poster session presented at the annual meeting of the Greater Chicago Regional Nursing Research Symposium, Naperville, IL.
- Saban, K.L.**, Penckofer, S., Androwich, I. & Bryant, F.B. Predictors of Quality of Life of Patients Undergoing Lumbar Spinal Surgery:
(April 2006). Poster session at the annual meeting of the Midwest Nursing Research Society, Milwaukee, WI.
(March, 2006). Poster session at the annual meeting of the Loyola Nursing Research Colloquium, Maywood, IL.
- Ghaly, R. F, **Saban, K. L.**, Haley, D. A. Patient satisfaction with endoscopic carpal tunnel release surgery under local anesthesia (June 2002). Society of Neurosurgical Anesthesia and Critical Care Annual Meeting. Orlando, Florida.

G. PRESENTATIONS

- Ghaly, R.F, **Saban, K.L.** Haley, D. (February, 1999). Endoscopic carpal tunnel release surgery: Initial outcomes. Poster session at The 15th Annual Meeting: Section on Disorders of the Spine and Peripheral Nerves – American Association of Neurological Surgeons and Congress of Neurological Surgeons, Lake Buena Vista, Florida.
- Caron, M.J., **Saban, K.L.** (October, 1996). Lumbar microdiscectomy: Impact of clinical pathway on patient outcome and hospital length of stay. Abstract and poster presentation for Annual Congress of Neurological Surgeons, Montreal, Canada.

Media interviews/profiles

- The promise of meditation for the heart and mind. June 16, 2022. AHA News: <https://www.heart.org/en/news/2022/06/16/the-promise-of-meditation-for-the-heart-and-mind>
- African-American women at risk of CVD report more loneliness, financial strain. AHA Meeting Highlights, February 21, 2017: <http://newsroom.heart.org/news/african-american-women-at-risk-of-cvd-report-more-loneliness-financial-strain>
- Caring for Someone with Brain Trauma. YouCareEverywhere, May 20, 2016: <https://www.yourcareeverywhere.com/health-research/health-insights/brain-and-nerve-care-insights/caring-for-someone-with-brain-trauma.html>
- Chronic stress may put TBI caregivers at greater risk for illness, February 18, 2015. Reuters: <https://www.reuters.com/article/us-health-caregivers-stress-inflammation-idUSKBN0LG24J20150218>
- Loyola to Study How Stress Affects Heart Disease and Stroke Risk in Women, February 19, 2014, Chicago Tribune: <https://www.chicagotribune.com/suburbs/oak-park/community/chi-ugc-article-loyola-to-study-how-stress-affects-heart-dise-2014-02-19-story.html>
- Patient Education Resources on the Web, January, 2005, WJOL Radio interview (Will County, IL).
- Profile on role as advanced practice nurse with neurosurgical practice. April, 1995. Chicago Tribune, Health Care Section.

C.E.U Programs Presented

Family Caregivers of Stroke Survivors: Trends in Nursing Research, Neuroscience Nursing Symposium, May 30, 2009 (1 CEU).

H. HONORS AND AWARDS

- Research Award, Marcella Niehoff School of Nursing, 2020
- Fellow, American Academy of Nurses, (FAAN) November, 2018 to present
- Honor a Researcher, Midwest Nursing Research Society, April, 2018
- Pinnacle Nurse Leader Award, Power of Nurse Leaders, University of Illinois at Chicago, November 4, 2016
- Fellow, American Heart Association, (FAHA) 2015 to present
- MNRS *Physiology, Behavior, Genomics, & Society* Research Section Early Investigator Award, 2013
- Fellow, Institute of Medicine of Chicago, 2008 to present
- Marcella Niehoff School of Nursing, Loyola University Chicago, Dissertation Distinction Award, 2006.

- Employee of the Month, Edward Hospital, February, 1994
- Loyola University Community Service Award, 1984:1985

J. TEACHING/ ADVISING

Courses Taught	Semester	# of Students
• GNUR 512 Quantitative Research Methods	Spring, 2023	7
• GNUR 404 Theories for Advanced Practice	Fall, 2022	24
• GNUR 512: Quantitative Research Methods	Spring, 2022	4
• GNUR 404: Theories and Concepts for Advanced Practice	Fall, 2021	41
• GNUR 542: Grantsmanship	Spring, 2021	3
• GNUR 512 Quantitative Research Methods	Spring, 2020	4
• GNUR 404: Theories and Concepts for Advanced Practice (Masters)	Spring, 2019	21
	Fall, 2018	22
• GNUR 450: Research for Health Professionals (Masters)	Summer, 2010	27
	Summer, 2011- Co-taught with Dr. Ruroede	31
• GNUR 530 Topical Seminar for Nursing: Big Data (Doctoral)	Spring, 2016	11
• GNUR 401: Concepts (Masters)	Fall, 2008	28
	Fall, 2009	25
	Fall, 2010	27
	Spring, 2011 (2 sections)	35
	Fall, 2011	28
	Spring, 2012 (2 sections)	35
	Fall, 2012 (2 sections)	42
	Fall, 2015	20
	Spring, 2016	24
	Fall, 2016	18
	Spring, 2017	24
	Fall, 2017 (2 sections)	34
• GNUR 512: Methods (Doctoral)	Summer, 2008 (Co-taught with Dr. Andrewich)	7
• MSN 378: Senior medical-surgical theory course and Course Director	Fall, 2006	84
	Spring, 2007	85
	Fall, 2007	87
	Spring, 2008	151

J. TEACHING/ ADVISING

(Undergraduate)	(Co-taught with Ms. Fewster) Spring, 2009	109
• MSN 378L: Senior medical-surgical clinical lab (Undergraduate)	Fall, 2006	8
• Guest lecturer – MSN 378 (Undergraduate)	Traumatic brain injury and ICP lecture every semester- from Fall, 2009 to Fall, 2015 face-to-face lecture	Not applicable

Master Comprehensive Exam (Comps Advisor)

Kristen Smith (Fall, 2008), Loyola University Chicago, School of Nursing, Comprehensive Committee Advisor: “Use of Anticonvulsants in Patients With Brain Tumors.”

Cathleen Knauss (Spring, 2009), Loyola University Chicago, Comprehensive Committee Advisor
“Advances in the Management and Treatment of Ischemic Stroke.”

Audrey Seitman (Fall, 2010), Loyola University Chicago, Comprehensive Committee Advisor:
“Challenging the Glasgow Coma Scale.”

Timbolin Holmes (Spring, 2011), Loyola University Chicago, Comprehensive Committee
Advisor: “Neuroendovascular Treatments/Procedures: Are They Efficacious & Have They
Improved Patient Outcomes Post-Stroke?”

Tracy Noehrenberg-Frazzin (Spring, 2011). Loyola University Chicago, Comprehensive
Committee Advisor: “Controversies Related to the Consumption of Dairy Products Containing
Artificial Growth Hormones and their Link to Breast Cancer”

Magan Nielsen (Fall, 2011). Loyola University Chicago, Comprehensive Committee Advisor.
“X-STOP® Surgical Technique for the Treatment of Lumbar Stenosis: Clinical Practice Update
for Neurosurgical Nurse Practitioners.”

Michelle Paetow (Fall, 2011). Loyola University Chicago, Comprehensive Committee, “Mild
Traumatic Brain Injury (mTBI) in Youth and Adolescent Sports.”

Sarah Davis (Spring, 2012). Loyola University Chicago, Comprehensive Committee, “The Use of
Ultrasound by Nurse Practitioners in the Emergency Room.”

Anna Hasik (Spring, 2012). Loyola University Chicago, Comprehensive Committee, “
Normothermia Therapy in Ischemic Stroke.”

Michelle Landry (Fall, 2012). Loyola University Chicago, Comprehensive Committee,
“Preventing Onset of Delayed Cerebral Ischemia.”

Kathleen Lowry (Spring, 2014). Loyola University Chicago, Comprehensive Committee – CHF

Jessica Turner (Spring, 2015). Loyola University Chicago. Comprehensive Committee. “The
Efficacy of Triple H Therapy to Prevent Cerebral Vasospasm”

J. TEACHING/ ADVISING

Melanie Yoingco (Fall, 2015). Loyola University Chicago, Comprehensive Committee. “The Role of the APN in Preventing Heart Failure Readmission”

Kirsta Hensely (Spring, 2016). Loyola University Chicago, Comprehensive Committee. “Exploring non-pharmacological methods for hypertension control”

Jennifer Jacobs (Spring, 2016). Loyola University Chicago, Comprehensive Committee. “Effects of ST02 Monitoring on Mortality in Septic Shock.”

Elizabeth Strus (Fall, 2016). Loyola University Chicago, Comprehensive Committee. “Secondary Stroke Prevention.”

Jessica Blank (Spring, 2017). Loyola University Chicago, Comprehensive Committee. “Paroxysmal Sympathetic Hyperactivity in Acute Brain Injury: Current Trends and the Role of the Advanced Practice Nurse.”

Jaelyn Wentz (Spring, 2017). Loyola University Chicago, Comprehensive Committee.” Technology Offering Caregivers Support.”

Erin Radosevich (Spring, 2017). Loyola University Chicago, Comprehensive Committee. “Mindfulness and Depression.”

Ashley Edmunds (Fall, 2017). Loyola University Chicago, Comprehensive Committee. “Caregiver of Individuals with Dementia: Burden and Quality of Life.”

Ashley Amoroso (Spring, 2018) Loyola University Chicago, Comprehensive Committee “The Cultural Difference in Dementia Caregivers.”

Cassie Soltwedel (Spring, 2020). Loyola University Chicago, Comprehensive Committee, “Wake Extracorporeal Membrane Oxygenation: A Review of the Literature”

Colleen Nash (Spring, 2020). Loyola University Chicago, Comprehensive Committee, “Vasoplegia Syndrome in the Cardiac Surgery Patient for the Advanced Practice Nurse”

Alana Telfer (Spring, 2020). Loyola University Chicago, Comprehensive Committee, “The Role of Venovenous ECMO for Adults with Acute Respiratory Distress Syndrome”

Lama Hourani (Spring 2021). Loyola University Chicago, Comprehensive Exam Committee, “Use of Sedation for Treatment of Delirium in Patients with Subarachnoid Hemorrhage”

Juliana Bindas (Fall, 2022). Loyola University Chicago, Comprehensive Exam Committee, “Traumatic Brain Injury in Pediatric Patients.”

Master’s Thesis Committee (Member)

Mathew Anderson, Rush University, Health Management Systems, Thesis Committee Member (2008-2009): “Indicators of Stroke Centers of Excellence.”

J. TEACHING/ ADVISING

Dissertation Committee (Chair)

Garrett, Donna (Successfully defended May 2, 2019). Loyola University Chicago, School of Nursing, Dissertation Committee Chair. "Uncertainty in Medically Managed Patients Newly Diagnosed with Coronary Artery Disease." *Abstract accepted for poster presentation: Uncertainty in the Medically-Managed Patient with Coronary Artery Disease. Sigma Theta Tau International 30th International Nursing Research Congress, July 28, 2019, Calgary, Canada.*

Pudelek, Barbara (successfully defended December 2020). Loyola University Chicago, School of Nursing. Dissertation Proposal Chair. "Fatigue, Openness, and Nursing Presence in Acute Care Nurses" Defended dissertation proposal, June 28, 2019.

Dissertation Committee (Member)

Timothy Finn (defended). Loyola University Chicago, School of Nursing, "Vigilance of the Nurse Anesthetist."

Deborah Sindewald (successfully defended fall, 2020). Loyola University Chicago, School of Nursing, Dissertation Committee, working topic: "Stress and Fatigue in Patients Undergoing Cardiac Rehab."

Nasser, Seema (defended December, 2016). Loyola University Chicago, School of Nursing. Dissertation Committee member. "Mild traumatic brain injury, Inflammation, and Behavioral Symptoms."

DeVillers, Mary (defended January, 2010). Loyola University Chicago, School of Nursing, Dissertation Committee, Member: "Moral Distress and Avoidance Behaviors of Critical Care and Non-Critical Care Nurses."

Dissertation Committee Qualifying Exam (Reviewer)

Daniella DeFrino (2012). Loyola University Chicago, School of Nursing, Preliminary Exam review committee member. "Relational Work." Successfully passed exam, October, 2012.

DNP Capstone Project (Chair)

Rebecca Duke (2011). Loyola University Chicago, School of Nursing, Chair. "Quality of Life in the Low Model for End-Stage Liver Disease (MELD) Pre Transplant Patient." Defended Fall, 2012. (*Abstract accepted for poster presentation at American Transplant Congress, Seattle, May 13, 2013*).

Melissa Paulson-Conger (2012). Loyola University Chicago, School of Nursing, Chair. "Neuropathic pain in Spinal Cord Injury." *Abstract accepted for poster presentation: The Burning Question. National Association of Clinical Nurse Specialists 2014 Annual Conference Orlando, Florida March 6-8, 2014*

Nataliya Olmchenko (2017). Loyola University Chicago, School of Nursing, Director. "Community Based Stroke Education". (*Manuscript accepted to Journal of Neuroscience Nursing and abstract accepted for oral presentation at International Stroke Conference in January, 2018*).

J. TEACHING/ ADVISING

Faculty Mentor

Melinda Dixon, PhD student. Completed Research Internship, GNUR 532, Spring, 2011.

Tanya Kornelsen, PhD student. Completed Advanced Practicum at Hines VA, Summer, 2011 focusing on patients with spinal cord injury.

Daniela DeFrino, PhD student. Completed Research Internship, GNUR 532, Summer, 2011.

Postdoctoral Fellow - Mentor

Dustin Lange, PhD, postdoctoral student, Hines VA September 2016 to September, 2017. *Poster presented: Common Ground: Consideration of PH & TBI - Relationships between Caregivers' Quality of Life and Their Partners' Emotional Dysregulation with TBI Evaluated by Caregivers. Poster presented at 2017 Military Health System Research Symposium, August 30, 2017, Gaylord Palms Hotel and Convention Center, Kissimee, Fl.*

Other Mentoring

Shannon Cohen, PhD. Mentor for VA Nursing Research Initiative submission. June, 2015. Improving Veteran Health with MOVE and Therapeutic Gardening.

Yartiza Uribe. Highschool student at Proviso Math and Science Academy. Spring semester, 2017. Perceived Stress among Nurses Working in a Neo-Natal Unit: A Pilot Survey. James Sinacore, PhD primary mentor. Laura Robbins-Frank and Karen Saban secondary mentors.

K. SERVICE

UNIVERSITY SERVICE

Marcella Niehoff School of Nursing Committees

- Climate Study Working Group 2022
- Promotion and Tenure Committee,
 - a. Member 2015 to present
 - b. Co-Chair 2016-2017
 - c. Co-Chair 2018-2019
 - d. Co-Chair 2020-2021
 - e. Co-Chair 2021-2022
- Faculty Search Committee, 2016-2017; 2008-2010
- PhD Committee, Fall, 2015 to present (*Membership required of ADR 2015 to present)
- Research Committee,
 - a. Member, 2007 to present (*Membership required of ADR from 2015 to present)
 - b. Chair 2007 to 2008; co-Chair 2015-2016; 2016-2017, 2017-2018, 2019-2020
 - c. Palmer Research Symposium Planning Scientific Program Chair 2019; 2015
 - d. Palmer Research Symposium Scientific Program Co-Chair, 2008, 2014, 2016, 2017, 2018, 2022-23
- Faculty Workload Task Force, Marcella Niehoff School of Nursing, Spring, 2008
- Nursing Research Building Design Committee, Fall 2008 to 2009

Loyola Health Science Division Committees

- Office of Research Services Committee, Loyola University Chicago Health Science Division, 2018 to present
- Research Standard Operating Procedures Committee, Loyola University Chicago Health Sciences Division, 2018 to present
- Clinical Research Office (CRO) Advisory Committee, Loyola University Chicago Health Sciences Division, 2019 to present
- International Studies and Global Experiences Committee, Loyola University Chicago, 2018 to present
- Health Sciences Division Conflict of Interest in Research Committee, 2017 to present
- Search Committee for Research Vice-Provost, Health Sciences Division, 2017
- Search Committee for Director of IRB, 2017
- Bioinformatics Committee, HSD, Fall, 2015 to 2017
- Clinical Research White Paper Task Force, member, Fall, 2015 to 2016

University Committees

- Health Advisory Committee, Loyola University Chicago, 2020-present
- Search Committee for Vice Provost of Research, Loyola University Chicago, 2019-2020
- Search Committee for Dean, Graduate School, Loyola University Chicago, 2019- 2020
- Online Survey Software Workgroup, University Committee, Loyola University Chicago, 2018 to 2019
- Search Committee, Marcella Niehoff School of Nursing Dean, 2018-2019

PROFESSIONAL SERVICE

- **Editorial board**
 - *Biological Research for Nursing*, 2013 to present
- **Manuscript reviewer**
 - *Ethnicity and Disease*, 2018 to present
 - *Western Journal of Nursing Research*, 2017 to present
 - *Journal of the American Heart Association (JAHA)*, 2017 to present
 - *Brain, Behavior & Immunity*, 2012 to present
 - *Clinical Nursing Research*, 2012 to present
 - *Rehabilitation Nursing*, 2012 to present
 - *Biological Research for Nursing*, 2011 to present
 - *VA ESP Rapid Evidence Brief*, “Covid-19 Post Hospitalization Health Care Utilization: A Living Review” Fall, 2021
- **Conference abstract reviewer**
 - International Society of Genetics for Nursing (ISONG), 2015 to present
 - VA HSR&D/QUERI National Conference, 2012
 - American Heart Association International Stroke Conference, 2009 to present
 - Midwest Nursing Research Society, 2010 to present
 - International Society for the Quality of Life, June 2007 to 2010
- **Grant reviewer**
 - NIH Loan Repayment Review Special Emphasis Panel/Scientific Review Group February 2023
NIH/NCCIH,ZAT1 SUP (06) Exploratory Clinical Trials of Mind and Body Interventions Special Emphasis Panel, January 26th and 27th, 2023
 - NIH National Institute of Health, Ad hoc reviewer, NIMHD study section, November 15-17th, 2021
 - NIH National Institute of Health. Ad hoc reviewer. MESH study section, June 23-25,

2021

- NIH National Institute on Minority Health and Health Disparities, R01 grant reviewer, March 12 and 13, 2014 Section ZMD1 MSL (02)
- AHA grant reviewer, Behavioral Science Clinical 2, April 2015
- Midwest Nursing Research Society, 2016 and 2017
- AHA Fellowships Clinical Science 1, October 2, 2019
- **Membership in professional societies and positions**
 - American Academy of Nurses, 2018 to present
 - Institute of Medicine of Chicago, 2008 to present
 - Member of Membership Committee, March, 2009 to 2011
 - Member of Health Disparities Committee, June, 2008 to 2011
 - American Heart Association, 2008 to present
 - AHA Scientific & Clinical Education Lifelong Learning Committee (SCILL), appointed, 2018-2020
 - Program Planning Committee, AHA/ASA State of the Science Stroke Nursing Symposium, 2010-present
 - Appointed Vice Chair, State of the Science Stroke Nursing Symposium 2012-2014
 - Appointed Chair, State of the Science Stroke Nursing Symposium 2015-2017
 - Past Chair, State of the Science Stroke Nursing Symposium, 2018-2020
 - Awards Committee, American Heart Association Cardiovascular and Stroke Nursing, 2017
 - Metro Chicago Multicultural Leadership Committee, Member, 2012- 2017
 - American Stroke Association, 2007 to present
 - Psychoneuroimmunology Research Society, 2011 to present
 - American Nurses Association, 2018 to present
 - Midwest Nursing Research Society, 2006 to present
 - Program Planning Committee, member, 2018-2020
 - Chair, Research Section for Stress and Coping, MNRS, 2010- 2011
 - Sigma Theta Tau International - Alpha Beta Chapter
 - Counselor, Sigma Theta Tau, Alpha Beta Chapter, 2012 to 2014
 - Vice-President/Program Chair, June, 2007 to 2009
 - Veterans Affairs Women's Health Practice-Based Research Network, Co-Director, Hines VA, 2014 to present
 - American Association of Neuroscience Nurses, 1990 to 2012
 - Co-founded Southwest Chicago Chapter of the American Association of Neuroscience Nurses, 1997
 - Secretary, Southwest Chicago Chapter, 1997-1990
 - Board Member, Southwest Chicago Chapter, American Association of Neuroscience Nurses, 1997-2000.
 - Test development committee- CNRN speciality national exam, 2006 to 2009
 - American Association of Neurological Surgeons, 2006 to 2010 (appointed)
 - American Association of Critical Care Nurses, 1989 -2010

COMMUNITY SERVICE

- American Heart Association, Fit Friendly Champion Volunteer, 2013 to 2015
- American Heart Association, Heart Walk, September, 2011-2012. Co-team captain for School of Nursing, Loyola.

- Naperville Central Highschool, Band Parent Volunteer
 - First Aid Tent, Benedictine Annual Band Competition, 2017, 2018
- Health and Safety Committee Chair, Maplebrook Elementary School, 2009-2011
- Room Parent, Maplebrook Elementary School, 2005- 2011
- Nick Kot Charity Run for Traumatic Brain Injury Research, May, 2008-2009
- Participated in Intraprofessional Day, Loyola University Medical Center, November, 2006
- Patient Education Resources on the Web, presented at Community Neuroscience Health Fair, Ghaly Foundation for Neuroscience Care, Joliet, IL, October, 2003.
- “Oh, My Aching Back”, coordinated full day symposium for community, Elmhurst Hospital, Elmhurst, April, 2002
- Facial Pain Symposium, coordinated half-day community symposium, Silver Cross Hospital, November, 2001
- Stroke Management in the New Millennium, coordinated community symposium, Silver Cross Hospital, June 2001.

PROFFESIONAL CONSULTATION

Year	Organization
2007 – 2010	NeuStrategy, Chicago, IL Development of survey instruments for neurological centers of excellence database.
2006-2008	Chicago Institute of Neurosurgery and Neuroresearch (CINN), Chicago, IL Development and support of electronic medical record (NextGen) for neuroscience practice.

L. ADDITIONAL TRAINING AND DEVELOPMENT

- HLM EPSY 512. Hierarchical Linear Modeling. University of Illinois at Chicago, Spring semester, 2014 (3 credit hours)
- NINR Summer Genetics Institute, Bethesda, MA, June, 2013 (8 credit hours)
- Bioethics Course, Loyola University Chicago, 3 semester hours, Spring semester, 2013
- Frontiers in Psychoneuroimmunology, Loyola University Chicago, 3 semester hours, Spring semester, 2013
- Writing Retreat, Loyola University School of Nursing, June 14-16th, 2011, Woodstock, IL
- International Psychoneuroimmunology Research Conference, June 8th-11th, 2011, Bloomingdale, IL
- Structural Equation Modeling, Spring semester, 2009. Three-credit hour semester course. Loyola University Chicago.
- NIH/DOD/VA Gender Difference in Outcomes of Traumatic Brain Injury, Oct. 3, 2008, NIH, Bethesda, MD.
- Grant Writing Workshop, Loyola University Medical Center, June 27, 2008
- International Society of Quality of Life Research Annual Symposium, Oct. 10-13, 2007, Toronto, Canada
- Publish and Flourish Workshop, Sept. 21, 2007, Loyola University Faculty Development, Chicago, IL
- Evidenced-Based Practice and Outcomes, August 20-23, 2007, Harvard School of Public Health, Boston, MA.
- Illinois CAPTURE Stroke QI Workshop, May 31, 2007, Naperville, IL
- Patient-Reported Outcomes: Do they reflect daily experience and how? May 24, 2007,

Institute for Healthcare Studies, Chicago, IL

- Annual American Neuroscience Nurses Symposium, April 29-May 2, 2007, Kissimee, FL.
- SAS: Part 1: Three-day course, April, 2007, SAS Institute, Chicago, IL
- Promis Promises: An NIH Roadmap Effort to Advance and Standardize Patient Reported Outcomes, March 1, 2007, Institute for Healthcare Studies, Chicago, IL.
- Teaching Workshop, Loyola University Faculty Development, January 11th and 12th, 2007, Loyola University, Chicago, IL
- Greater Chicago Regional Nursing Symposium, November 8, 2006, Naperville, IL
- Grant Writing, Loyola University Faculty Development, October 13, 2006, Loyola University, Chicago, IL
- Congress of Neurological Surgeons Annual Meeting, October 7-11th, 2006, McCormick Place, Chicago, IL