

Dr. Annie Thomas

Department of Health Systems and Adult Health Nursing
(Formerly Department of Health Management & Risk Reduction)
Loyola University Chicago
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A. Professional Education

PhD, Choudhary Charan Singh University, 2005
Major: Nursing
Supporting Areas of Emphasis: Psychology; Guidance & Counseling

Post Graduate Diploma, Annamalai University, 2000.
Major: Guidance and counseling

MS, University of Delhi, 1998
Major: Nursing
Supporting Areas of Emphasis: Coronary Heart Disease, Primary Prevention,
High School Children

MS, Annamalai University, 1996
Major: Psychology

BS, University of Delhi, 1990
Major: Nursing

B. Professional Experience

Academic Teaching

Assistant Professor, Marcella Niehoff School of Nursing, Loyola University
Chicago, IL, Chicago. (July 2008–Present).

Assistant Professor, Anita Thigpen Perry School of Nursing, Texas Tech University
Health Sciences Center, Lubbock, Texas. (August,2005–August,2008).

Lecturer (Assistant Professor), Hamdard University, New Delhi, India. (November
1998–July 2004).

Nurse Educator, Malhotra Heart Institute, New Delhi, India. (June 1998–
September 1998)

Clinical Instructor, Rajkumari Amrit Kaur College of Nursing, University of Delhi,
India (February 1993–June 1996).

Clinical Practice

Registered Professional Nurse (part time), Medical Surgical Dept., Covenant Medical Center, Lubbock, Texas (February 2006–August 2008).

Registered Professional Nurse, General Surgery, Hendricks Medical Center, Abilene, Texas, (July 2004–July 2005).

Staff Nurse (Registered Professional Nurse), Neurosurgery ICU, All India Institute of Medical Sciences, New Delhi, India, (September 1990–January, 1993)

Administrative Assignments

Director, RN to BSN Program, Marcella Niehoff School of Nursing, Loyola University Chicago. (December 10, 2018– present).

Roles: Student advising, Faculty mentoring and advising, program revision, monthly advisory meeting with student advisor, new student orientation, preparing and communicating the faculty teaching list, e-portfolio evaluation etc.

Revised the program plan, developed the new program plan and courses and e-portfolio, and received the approval for implementation in April 2020.

C. Licensure and Certifications

Covid 19 Contact Tracing Corps (CTC) Training & Certification, (Association of State and Territorial Health Officials (August 22,2020), Johns Hopkins University via COURSERA (August 22,2020), Loyola's Soft Skills Training' (September 10,2020)

Value-Based Care Telehealth Symposium, Florida Gulf Coast University (6.5 CEUS) June 5,2020. <https://www.fgcu.edu/telehealth2020/>

Online Teaching Course: Bootcamp (OTC: Bootcamp, Office of Online Learning, Loyola University Chicago, April 27,2020

Licensed Registered Professional Nurse, State of Illinois, Department of Financial and Professional Regulation. (May 31, 2008–May 31, 2022).

Collaborative Institutional Training (CITI) Certification. (2005-Current)

Clinical Research Training and Medical Education Certification, Loyola University Medical Center. (April 4, 2014).

Investigators Certification: Protecting Study Volunteers in Research, Office of

Research Services, Stritch School of Medicine, Loyola University Chicago.
(May 2, 2012).

Online Teaching/Learning, Marcella Niehoff School of Nursing, Loyola University
Chicago (August ,2011)

D. Grants Submitted with Funding Status

Research Interests

- Type 2 diabetes risk assessment and preventative measures among Asian Indian adults and other ethnicities
- Adolescent health
- Obesity prevention behaviors among Asian Indian adolescents and other ethnicities
- Immigrant health
- Interdisciplinary research
- Cross-cultural studies
- Cardio metabolic issues and preventative measures among adolescents

Research Grants

External

Thomas, A. (PI), Fransen, J. (Co-Principal), Connor, J. (Co-Principal), Singh, S. (Co-Principal), "Bollywood Dance Intervention to Promote Physical Activity among Asian Indian Adolescents and College going Females: A Pilot Study," Sponsored by American Nursing Foundation, Private, \$5,000.00. (September 2015–Present).

Thomas, A. (PI), "Research Development Grant," Sponsored by Tech University Health Sciences Center School of Nursing, \$17,500.00. (2007–2008).

Thomas, A. (PI), "Designing, Conducting, Analyzing and Funding Intervention Studies: A Research-Intensive Workshop," Sponsored by Arizona State University; Targeted Research Development Office, Texas Tech University Health Sciences Center School of Nursing, \$2,450.00. (2006).

Internal

Thomas, A. (PI), Fransen, J. (Co-Principal), Connor, J. (Co-Principal), Singh, S. (Co-Principal), "Bollywood Dance Intervention to Promote Physical Activity among Asian Indian Adolescents and College going Females: A Pilot Study," Sponsored by Ruth K. Palmer Funding, Private, \$2,500.00. (July 1, 2016–2020).

Thomas, A. (PI), Fransen, J. (Co-Principal), Connor, J. (Co-Principal), Singh, S.

(Co-Principal), “Bollywood Dance Intervention to Promote Physical Activity among Asian Indian Adolescents and College going Females: A Pilot Study,” Sponsored by Loyola University Chicago Internal Funding, Loyola University Chicago, \$5,000.00. (November 2015–November 2016).

Thomas, A. (PI), “Obesity Prevention Behaviors Among Asian Indian Adolescents: A Pilot Study,” Sponsored by Ruth K. Palmer Memorial Endowment Fund, Loyola University Chicago, Loyola University Chicago, \$2,500.00. (2012–2013).

Not funded

External

Richards, M. (PI), Singh, S. (Co-PI), Tyson, K. B. (Co-PI), Vecchio, J. M. (Supporting), Dagadu, H. (Supporting), Thomas, A. (Supporting). “PEACE (Positive Effective Adolescent Connections for Empowerment) Grant, total grant: \$6,000,000.00 (Investigator Development Core Fund Grant: \$150,000.00), National Institutes of Health (RFA-MD-17-005): NIMHD Specialized Centers of Excellence on Minority Health and Health Disparities [U54], (May 15, 2017–August 25, 2017). <https://grants.nih.gov/grants/guide/rfa-files/RFA-MD-17-005.html>. Reviewed but did not receive funding (2018).

Thomas, A (PI). Effectiveness of Bollywood Dance and Home-based Video Exercise Intervention to Promote Physical Activity among Asian Indian Adolescent and College going Females-A Pilot study. Southern Nursing Research Society Grant (\$7000.00). Reviewed but did not receive funding (2016).

Internal

Thomas, A (PI). Effectiveness of Bollywood Dance and Home-based Video Exercise Intervention to Promote Physical Activity among Asian Indian Adolescent and College going Females-A Pilot study. Sigma Theta Tau International-Alpha Beta Chapter Research Award. \$1200.00 Reviewed but did not receive funding (2016)

Program Grants (i.e., HRSA)

External/Training Grant

Solari-Twadell, A (PI) et al. (Role: RN-BSN Curriculum Expert & Advisory Team Member). Nursing: Providing Access to Community-based Healthcare (N-PATH) Grant. Health Resources and Service Administration (HRSA) Grant: Amount: \$ 6, 98,000.00 (July 1, 2018 to Current).10% effort, [Mapped,

presented, and integrated primary Care Badges in two courses (GNUR 207 & CMAN 375) in the RN-BSN Program, Mapped the primary care badges to integrate in the revised program plan (both full time and part time)Attends Advisory meetings]

Other (i.e., fellowship, scholarship, community project, special project)

Internal

Thomas, A. (Mentee) “Niehoff External Research Mentorship program,” Sponsored by Loyola University Chicago, Mentor: Dr. Margaret Grey, Yale School of Nursing (2011–2012), \$1,000.00.

Not Funded (External)

Thomas, A. (Special Project: Faculty Research Development Workshop), National Institute on Minority Health (NIMHD) and Health Disparities Research Institute (HDR) https://nimhd.nih.gov/programs/edu-training/hd-research-institute/index.html?utm_medium=email&utm_source=govdelivery): July 23--27, 2018, Application Submitted: April 25, 2017 (status: Reviewed but not selected)

Thomas, A. (Faculty Scholar) Prepared a proposal to avail funding from RWJ foundation’s Nurse Faculty Scholar program on the topic, “Validation of Indian Diabetes Risk Score to Apply among Asian Indian cohort living in US Application Submitted: 2006 (Reviewed, but not selected).

E. Publications

Refereed Journal Articles

Thomas, A., Thomas, A. & Butler-Sanchez, M. (May 2021). Dietary Modification for the Restoration of Gut Microbiome and Management of Symptoms in Irritable Bowel Syndrome. *American Journal of Lifestyle Medicine*. Sage Publishers. E-Publishing Link: <https://doi.org/10.1177/15598276211012968>

Thomas, A., & Thomas, A. (December 2020). Patient Suffering in Chronic Digestive Diseases: Will Primary Care-Specialist Collaboration with Effective Interactive Communication and Integrative Medicine in the Plan of Care Improve Quality of Life? *Journal of Patient Experience*, 7(6), 989–993. <https://doi.org/10.1177/2374373520967798>

Thomas, A. & Connor, J. (2020). Culturally specific dance intervention to promote physical activity in Asian Indian adolescent and college going females...society for adolescent health and medicine, adolescent health: Transforming risk to wellness, 11-14 March 2020, San Diego, California.

Journal of Adolescent Health, 66 S66 DOI:
<http://dx.doi.org.flagship.luc.edu/10.1016/j.jadohealth.2019.11.132>

- Viswanathan, S.K., Puckelwartz, M.J., Mehta, A... & McNally, M.C. (2018, April 11). Association of Cardiomyopathy with MYBPC3 D389V and MYBPC3^{Δ25bp}Intronic Deletion in South Asian Descendants. *JAMA Cardiology*. Published online. doi:10.1001/jamacardio.2018.0618, <https://jamanetwork.com/journals/jamacardiology/article-abstract/2678114?redirect=true>
- Thomas, A., Janusek, L. (2018). Obesity Prevention Behaviors in Asian Indian Adolescent Girls: A Pilot Study (September-October 2018 ed., vol. 42, pp. 9-15). *Journal of Pediatric Nursing*. Elsevier Publishers. <https://doi.org/10.1016/j.pedn.2018.05.007>
- Thomas, A., Ashcraft, A., C. Owen, D., Phillips, R. C. (2017). Making it All Work: Qualitative Descriptions of Hispanic Adults Managing Type 2 Diabetes with Limited Resources. *Global Qualitative Nursing Research*, 4, 1-13. Sage Journals. DOI: 10.1177/2333393617691860
- Thomas, A., Ashcraft, A. (2013). Type 2 Diabetes risk among Asian Indians of Kerala Origin. *Nursing Research and Practice*, 2013 (Article ID 492893), 8. <http://www.hindawi.com/journals/nrp/2013/492893/>
- Thomas, A. (2000). A study to develop and test the effectiveness of an informational booklet on risk factors of Coronary Heart Disease and Preventive Health Behavior in terms of knowledge and expressed preventive health behavior of high school children. *Indian Journal of Nursing and Midwifery*, 3 (1), 67.

E-Repository Collections (Non-referred/literature Synthesis)

- Toth, C & Thomas, A (March 2021). Evidence-Based Interventions to Improve Sleep Health, *Loyola eCommons*. Loyola University Chicago. Link: https://ecommons.luc.edu/cgi/viewcontent.cgi?article=1025&context=loyola_palmerresearchsymposium
- Butler-Sanchez, M & Thomas, A (March 2021) Nutrition Intervention with Plant Based Diet Improve Type 2 Diabetes Outcomes, Ruth K Palmer Research Symposium, *Loyola eCommons*. Loyola University Chicago. Link: https://ecommons.luc.edu/loyola_palmerresearchsymposium/2021/Asynchronous_Posters/14/
- Thomas, Andrew & Thomas, Annie (March 2021). Utilizing Telehealth Model of Practice to Improve Collaboration Between Primary Care physicians and Specialists for Digestive Disease Outcomes, *Loyola eCommons*. Loyola

University Chicago. Link:

<https://ecommons.luc.edu/do/search/?q=Andrew%20Thomas&start=0&context=2240135&facet=>

F. Presentations Given (2008–Present)

International

Podium

Thomas, A. (Author & Symposium Panelist; **data based, refereed**), Global Nursing Encounters in India: Strategies from Three Unique Setting, “Identifying Barriers to Research Dissemination in a Developing Country: A Follow-Up Study,” STTI 24TH International Nursing Research Congress, Prague, IL, Czech Republic. (July 23, 2013).

Thomas, A. (Author & Presenter; **data based & refereed**), 23rd International STTI Nursing Research Congress, “Dissemination and Utilization Gap of Nursing Research in India: Call for International Collaboration,” Brisbane Convention & Exhibition Center; Sigma Theta Tau International, Queensland, Australia. (August 1, 2012).

Invited (Virtual)

Thomas, A. (Author & Resource Person; non **data based, refereed**), International Webinar, *Collaborative Nursing Research*, Theme: Transforming Global Nursing Perspectives through Innovation and Research, School of Nursing Science and Research, Sharda University, Uttar Pradesh, India (December 8, 2020).

National

Podium

Thomas, A. (Author & Presenter; **data based & refereed**). 3rd International Conference on Obesity and Weight Management, “Obesity Prevention Behaviors among Asian Indian Adolescents,” OMICS group, Burlingame, San Francisco, United States. (December 1, 2014)

Thomas, A. (Author & Presenter; **data based & refereed**), “Type 2 Diabetes risk among Asian Indians of Kerala origin—initial study results,” Southern Nursing Research Society, Baltimore, MD, United States of America. (February 13, 2009).

Poster

- Thomas, A., Connor, J., Kapadia, H., & Rikeen Kumar, D. (Author & Presenter; **data based & refereed**), Midwest Nursing Research 44th Nursing Research Conference, "Culturally Specific Dance Intervention to Promote Physical Activity in Asian Indian Adolescent and College Going Females," Midwest Nursing Research Society, Schaumburg, Illinois, United States. (Cancelled the F2F conference due to Covid-19; Virtual Poster presentation(April 3, 2020), .
- Thomas, A.& Connor, J. (Author & Presenter; **data based & refereed**), Society for Adolescent Health and Medicine 2020 Annual Meeting & Research Conference, "Culturally Specific Dance Intervention to Promote Physical Activity in Asian Indian Adolescent and College Going Females," Society for Adolescent Health and Medicine, San Diego, California, United States. (Conference Date: March 13, 2020 (Cancelled the F2F conference due to Covid-19; Virtual Poster presentation session_ SAHM AM20 COS Platform, Poster Abstract #: 129).
- Thomas, A. (Author & Presenter; **data based & refereed**), 30th SNRS Conference, "Novel Technologies to Assess Obesity Prevention Behaviors among Asian Indian Adolescents: Quantitative, Exploratory Method," Southern Nursing Research Society, Williamsburg, VA, United States. (February 25, 2016).
- Thomas, A. (Author & Presenter; **data based & refereed**), 27th Southern Nursing Research Society (SNRS) Conference, "Influencing Factors Leading to Problems of Adjustment among Nursing Students in India," SNRS, Little Rock, IL, United States. (March 3, 2013).
- Mathews, N. & Thomas, A. (Co-Author & Co-presenter; **data based & refereed**), "Pressure Ulcer in Spinal Cord Injury Patients," Southern Nursing Research Society, Jacksonville, FL, United States of America. (February 19, 2011).
- Thomas, A. (Author & Presenter; **data based & refereed**), SNRS Conference, "Trajectories of type 2 diabetes in Hispanics: Qualitative study," Southern Nursing Research Society, Jacksonville, FL, United States of America. (February 19, 2011).

Regional & Local

Podium

- Thomas, A. (Panelist; **data based & refereed**), South Asian Womanhood and Girlhood Conference, "Culturally Specific Dance Intervention to Promote Physical Activity among Asian Indian Adolescent and College Going Females," Social Work Dept., Loyola University Chicago, Chicago, United

States. (October 29, 2016).

Thomas, A. (Author & Presenter; **data based, non-refereed**), Research under Construction, "Obesity Prevention Behaviors among Asian Indian Adolescents," Marcella Niehoff School of Nursing-GNUR 207, Maywood, IL, United States. (November 17, 2014).

Thomas, A. (Author & Presenter; **non data based**), Obesity Prevention Behaviors among Asian Indian Adolescents: A Pilot Study- Research Project Proposal St. Thomas Mar Thoma Church, Lombard, IL, United States of America. (May 13, 2012).

Poster

Toth, C & Thomas, A (Co-Author & Presenter; **non data based & refereed**). Evidence-Based Interventions to Improve Sleep Health, Ruth K Palmer Research Symposium, Loyola University Chicago. (Status: Poster Presented virtual). Marcella Niehoff School of Nursing, Loyola University Chicago, Maywood, IL Link: https://ecommons.luc.edu/loyola_palmerresearchsymposium/2021/Asynchronous_Posters/18/ (March 21, 2021).

Butler-Sanchez, M & Thomas, A (Co-Author & Presenter; **non data based & refereed**). Nutrition Intervention with Plant Based Diet Improve Type 2 Diabetes Outcomes, Ruth K Palmer Research Symposium, Loyola University Chicago. (Status: Poster Presented virtual). Marcella Niehoff School of Nursing, Loyola University Chicago, Maywood, IL Link: https://ecommons.luc.edu/loyola_palmerresearchsymposium/2021/Asynchronous_Posters/14/ (March 21, 2021).

Thomas, A & Thomas, A (Co-Author & Presenter; **non data based & refereed**). Utilizing Telehealth Model of Practice to Improve Collaboration Between Primary Care physicians and Specialists for Digestive Disease Outcomes, Ruth K Palmer Research Symposium, Loyola University Chicago. (Status: Poster Presented virtual). Marcella Niehoff School of Nursing, Loyola University Chicago, Maywood, IL. Link: https://ecommons.luc.edu/loyola_palmerresearchsymposium/2021/Asynchronous_Posters/23/ (March 21, 2021)

Thomas, A. (Author & Presenter **data based & refereed**) Dr. Sakthivel Sadyappan (PI), "Cardiomyopathic Expression of MYBPC3Δ25bp and Clinical Risk Factors in US South Asians," Cardiovascular Research Institute (CVRI) Symposium, Center for Translational Research and Education, Loyola University Chicago, Maywood, IL, United States. (April 2, 2019).

- Thomas, A. (Author & Presenter, **data based, refereed**), "Validating the Use of Preventive Health Behavior Inventory for the Prevention Coronary Heart Disease among Asian Indian Adolescents in the US," Nurses Research Week 2019: March 19-21, Trinity Health System. Maywood, IL, (March 22, 2019) & Ruth K. Palmer Research Symposium, Marcella Niehoff School of Nursing, Loyola University Chicago, Maywood, IL (March 22, 2019).
- Thomas, A., Janusek, L. (Author & Presenter; **data based, refereed**), "Sleep Behavior and Its Association with Obesity and Cardiovascular Risk in Asian Indian Adolescent Females," Ruth K. Palmer Research Symposium 2018, Marcella Niehoff School of Nursing, Loyola University Chicago, Maywood, IL, (March 23, 2018) & Nurses' Research Week, Loyola University Health System /Trinity, Maywood, IL (March 20, 2018).
- Thomas, A. (Author & Presenter; **data based & refereed**), Janusek, L. (Presenter), Connor, J. (Presenter), Singh, S. (Presenter), 8th Annual Midwest Brain Behavior Immunity Meeting, "Bollywood Dance Intervention to Promote Physical Activity and Mental Well-Being in Asian Indian Girls," Midwest BBI, Chicago, IL. (December 1, 2017) & Ruth K. Palmer Research Symposium 2019, Marcella Niehoff School of Nursing, Loyola University Chicago, Maywood, IL (March 24, 2017).
- Thomas, A. (Author & Presenter; **data based & refereed**), Joint Research Poster Evening, "Novel Technologies to Assess Obesity Prevention Behaviors among Asian Indian Adolescent Females: Quantitative, Exploratory Method," Loyola Oncology Research Institute and Marcella Niehoff School of Nursing, Maywood, IL, United States. (September 22, 2016).
- Thomas, A. (Author & Presenter; **data based & refereed**), Ruth K. Palmer Research Symposium, "Obesity Prevention Behaviors among Asian Indian Adolescent Females," Marcella Niehoff School of Nursing, Loyola University Chicago, Maywood, IL, United States (April 23, 2016).
- Thomas, A. (Presenter, Invited, **non data based & non refereed**), Culture: An outsider's perspective within the inside culture," Guest Lecturer for Undergraduate Nursing Students (GNUR 207 course), Marcella Niehoff School of Nursing, Loyola University Chicago, IL, United States. (September 24, 2013).
- Thomas, A. (Co-Presenter with 4th-year BSN Research Group; **non data based**), Undergraduate Research Symposium, "The Use of Therapeutic Touch in Neonates for Pain Alleviation," Loyola University Chicago, IL, United States of America. (April 21, 2012).
- Thomas, A. (Co-Presenter with 4th-year BSN Research Group; **non data based**),

Undergraduate Research Symposium, "Influenza Prevention in Immunocompromised Patients," Loyola University Chicago, IL, United States of America. (April 21, 2012).

Thomas, A. (Author & Presenter; **data based & refereed**), Albert's Day, "Trajectories of type 2 diabetes in Hispanics: Qualitative study," Loyola University Chicago, Chicago, IL, United States of America. (November 5, 2010).

Thomas, A. (Author & Presenter; **data based & refereed**), "Type 2 Diabetes among Asian Indians of Kerala origin: Initial study results," Albert's Day, Stritch School of Medicine, Loyola University Chicago (November 2009) & Ruth K. Palmer symposium 2009. (February 2009).

Media Interviews

Magazine

Loyola Recognized for Online Nursing Program (RN to BSN), Loyola Magazine. Chicago, United States
<http://loyolaphoenix.com/2017/09/loyola-recognized-online-nursing-program/>
(September 20, 2017).

Better Health through Bollywood Dance: A cultural tradition may be the key to combating obesity in Asian Indian teen girls, Loyola Magazine. Chicago, United States (March 2017).
<http://www.luc.edu/loyolamagazine/stories/features/archive/bollywood.shtm>

Presentations Given (2004–2008)

Regional

Podium

Thomas, A. (Author & Presenter; **data based & refereed**), Research and Practice Seminar, "Trajectories of Illness in Hispanic Patients with Type 2 Diabetes," Texas Tech University Health Sciences Center School of Nursing, Lubbock, TX. (March 31, 2008).

Thomas, A. (Author & Presenter; **nondata based & nonrefereed**). Research and Practice Seminar, "Type 2 Diabetes among Asian Indians of Kerala Origin," Texas Tech University Health Sciences Center School of Nursing. (October 29, 2007).

G. Honors and Awards

Scholarship/Research

Pinnacle Nurse Leader Award, 23rd Annual Power of Nursing Leadership: Celebrating the Impact of Nursing Leaders. <https://uofi.app.box.com/s/jpefi5x7yei66lzy5d4f8jq5dptjo7z1> (, November 13,2020).

Associate member, Graduate Faculty, Marcella Niehoff School of Nursing, Loyola University Chicago, (June 22,2020-Current)

Peer Review Recognition, Publons Academy (<https://publons.com/about/home/>) <https://publons.com/researcher/1560825/annie-thomas/peer-review/> (January 2019–current).

American Nurses Association-Presidential Scholar Award, American Nursing Foundation. (September 1, 2015–August 31, 2016).

Best Sponsored Child Citizenship Gold Medal and Award, Child Sponsorship Committee of India. Mumbai, India (October 1, 1983).

Service, Community

Vice President, Red Saree Chicago Chapter/South Asian Heart/Health Association. <https://redsaree.org/chicago-il/>

Research Director, Indian Development Foundation.
<http://idfusa.org/index.php/en/team/executive-committee> (2012 -present).

Service, University

Service Recognition Honor (5 years and 10 years), Loyola University Chicago (November 2013 (lunch) & November 2018 (letter & gift offering from university), Service recognition dinner by the SON on May 1st, 2019).

H. Teaching/Advising

Program & Course Development/ Course Director

Marcella Niehoff School of Nursing, Loyola University Chicago (2008–Present).

GNUR 307-Concepts of Professional Nursing Practice. (Course Development).
RN-to-BSN Program (June 15th to August 5, 2020).

RN-BSN Program Revision and Development Marcella Niehoff School of Nursing, Loyola University Chicago (March 2019- August 2020).

UNIV 99 (Course development: 2 sections for one week each: Pre-health and wellness track) seminar, Pre-collegiate Summer scholar program/new student program, Title: Research: “Huh” Science or Common Sense? Loyola University Chicago (July 15–July 19 & July 29–August 2, 2019).

GNUR 360–Nursing Research: Foundation for Evidence Based Practice, Research Course building for the hybrid ABSN program (July 2017–January 2018).

GNUR 360–Nursing Research: Foundation for Evidence Based Practice, Taskforce member. Reviewing existing course for course title, course outcomes, AACN Essentials for Baccalaureate programs & IDEA progress on objectives (March 2, 2015–April 30, 2015).

GNUR 204–Bridge Nursing Concepts (RN-BSN Online Program). Task: Revision of existing course and developing the course (November 15, 2013–January 20, 2014).

GNUR 350–Introduction to Nursing Research (Online RN to BSN program). Task: Revision of existing course and developing the course (April 2012–July 2012).

MSN 378 - Cplx Alt Ad Hlth Pat (Course Director-Adult Medical Surgical Nursing 4 yr BSN & ABSN Combined. (Fall 2008- Spring 2010)

Courses Taught

Marcella Niehoff School of Nursing, Loyola University Chicago (2008–Present)

Academic Year	Course Number	Course Title	Number of Students
2020-2021	GNUR 384	Clinical Role Transition 2 Clinical Groups (SP21)	24(12 each)
	GNUR102	Intro to Prof Nursing Practice (Spring 21)	24
	GNUR 360	Nursing Research (Summer 20)	3
2019-2020	GNUR 360	Nursing Research (Spring 2020)	5
	GNUR 204	Bridge Course – Nursing Concepts (Spring 20)	4
	GNUR204	Bridge Course – Nursing Concepts (Fall 19)	5
2018-2019	GNUR360	Nursing Research (Fall 19)	6
	GNUR360	Nursing Research (sum 19)	7
	UNIV 99	Summer Scholars (sum 19)	14
	UNIV 99	Summer Scholars (sum 19)	8
	GNUR360	Nursing Research (spring 19)	45
	GNUR360	Nursing Research (spring 19)	11
	GNUR360	Nursing Research (fall 18)	35
	GNUR360	Nursing Research (fall 18)	13
GNUR204	Bridge Course – Nursing Concepts (fall 18)	10	

2017-2018	GNUR360	Nursing Research (summer 18)	13
	GNUR360	Nursing Research (spring 18)	42
	GNUR360	Nursing Research (spring 18)	17
	GNUR207	Ind/Fam/Comm Wellness & Health (spring 18)	27
	GNUR207	Ind/Fam/Comm Wellness & Health (spring 18)	17
	GNUR207	Ind/Fam/Comm Wellness & Health (fall 17)	21
	GNUR204	Bridge Course – Nursing Concepts (fall 17)	24
2016-2017	GNUR360	Nursing Research (fall 17)	15
	GNUR360	Nursing Research (summer 17)	11
	GNUR360	Nursing Research (spring 17)	22
	GNUR207	Ind/Fam/Comm Wellness & Health (spring 17)	10
	GNUR102-002	Intro to Prof Nursing Practice	29
	GNUR102-004	Intro to Prof Nursing Practice	38
	GNUR102-005	Intro to Prof Nursing Practice	39
	GNUR207-002	Ind/Fam/Comm Wellness & Health (fall 16)	38
	GNUR207-005	Ind/Fam/Comm Wellness & Health (fall 16)	22
	GNUR 360	Nursing Research (fall 16)	11
2015-2016	GNUR 360	Nursing Research (summer 16)	18
	GNUR 360-003	Nursing Research (spring 16)	21
	GNUR 360-010	Nursing Research (spring 16)	21
	GNUR 207	Ind/Fam/Comm Wellness & Health (spring 16)	39
	GNUR 360	Nursing Research (fall 15)	21
2014-2015	GNUR 207	Nursing Research (fall 15)	44
	GNUR204	Bridge Course – Nursing Concepts (fall 15)	28
	GNUR 350	Introduction to Research (summer 15)	16
	GNUR 350-001	Introduction to Research (spring 15)	14
	GNUR 350-002	Introduction to Research (spring 15)	14
	GNUR 207	Ind/Fam/Comm Wellness & Health (spring 15)	17
	GNUR 350-001	Introduction to Research (fall 14)	13
	GNUR 207	Ind/Fam/Comm Wellness & Health (fall 14)	14
	GNUR 338A	Physical Assessment for R.N.s (Lab) – fall 14	20
	2013-2014	GNUR 350	Introduction to Research (summer 14)
GNUR 350		Introduction to Research (spring 14)	24
GNUR 207		Introduction to Research (spring 14)	20
GNUR204		Bridge Course – Nursing Concepts (spring 14)	21
GNUR 350		Introduction to Research (fall 13)	27
GNUR 207-005		Ind/Fam/Comm Wellness & Health (fall 13)	31
GNUR 207-007		Ind/Fam/Comm Wellness & Health (fall 13)	23
2012-2013	GNUR 350	Introduction to Research (summer 13)	27

	GNUR 350	Introduction to Research (spring 13)	23
	GNUR 207	Introduction to Research (spring 13)	16
	GNUR204	Bridge Course – Nursing Concepts (spring 13d)	13
2011-2012	GNUR360	Prf Rol Dev. Researcher (fall 2012)	18
	GNUR383L	Leadership for Nursing (Lab) fall 2012	6
	MSN377L	Adult Health II Clinical (fall 12)	8
	GNUR360-002	Prf Rol Dev. Researcher (spring 2012)	40
	GNUR360-005	Prf Rol Dev. Researcher (spring 2012)	23
	MSN277L-001	Adult Health I (spring 12)	39
	GNUR360-001	Prf Rol Dev. Researcher (fall 11)	61
	GNUR360-002	Prf Rol Dev. Researcher (fall 11)	62
	MSN377L	Adult Health II Clinical (fall 11)	9
2010-2011	GNUR360	Prf Rol Dev. Researcher (summer 2011)	44
	GNUR360-001	Prf Rol Dev. Researcher (spring 2011)	55
	GNUR360-003	Prf Rol Dev. Researcher (spring 2011)	43
	MSN378L	Cplx Alt Ad Hlth Pat Lab (spring 2011)	7
	GNUR360	Prf Rol Dev. Researcher (fall 10)	59
	MSN378L	Cplx Alt Ad Hlth Pat Lab (fall 10)	7
	MSN378L	Cplx Alt Ad Hlth Pat Lab (fall 10)	8
2009-2010	GNUR360 - 001	Prf Rol Dev. Researcher (spring 10)	40
	MSN378	Cplx Alt Ad Hlth Pat Lecture-Course Director (spring 10)	77
	MSN378	Cplx Alt Ad Hlth Pat Lecture- Course Director (fall 09)	85
	MSN378L	Cplx Alt Ad Hlth Pat Lab (fall 09)	8
	MSN 378L	Cplx Alt Ad Hlth Pat Lab (fall 09)	10
2008-2009	GNUR294	Foundation of Pharmacology (sum 2009)	82
	MSN 378	Cplx Alt Ad Hlth Pat Course Director (spring 2009)	113
	MSN 378	Cplx Alt Ad Hlth Pat Course Director (fall 2008)	68

School of Nursing, Texas Tech University Health Sciences Center (2005–2008)

NURS3206–Introduction to Nursing Profession, **Role: Clinical Faculty**, Summer 2008.

NURS3420–Health History and Physical Assessment. **Role: Clinical Faculty**, Summer 2008.

NURS3311–Community Health Nursing. **Role: Clinical Faculty**, Spring 2008.

NURS3314–Introduction to Pharmacology. **Role: Clinical Faculty**, Fall, 2005; Course Facilitator, Fall 2007.

NURS3500–Fundamentals of Nursing Profession. **Role: Clinical Faculty**-Fall, 2005; Co-Course Facilitator, Fall, 2006; Co-Course Facilitator, Fall, 2007.

NURS3420–Health History and Physical Assessment. **Role: Clinical Faculty**, Summer 2005 & Summer 2007.

NURS3311–Community Health Nursing. **Role: Clinical Faculty**, Spring, 2007.

NURS4430–Medical Surgical Nursing III. **Role: Clinical Faculty**, Spring, 2007.

NURS3030-726–Fundamentals of Nursing. **Role: Course Facilitator**, Independent Study. Fall, 2006.

NURS3040-001–Fundamentals of Nursing. **Role: Course Facilitator**, Independent Study Course, Summer, 2006.

NURS4305–Role of the Professional Nurse (Leadership course, clinical). **Role: Clinical Faculty**, Summer, 2006.

Non-Credit Instruction & Directed Student Learning

School of Nursing, Loyola University Chicago, IL (2011- Present)

Doctor of Nursing Practice (DNP) Project, (Co-Advisor with Dr. Vicki Ann Andreoni) “Lifestyle Changes to Address Obesity in a Largely Minority Population of Adolescent Students at Proviso East High School, Maywood, Illinois. (In progress, scheduled to begin from Summer 2021) Advisee: Kate Myczek.

Master’s Thesis Supervisor, Comprehensive Research Paper, “Effect of Very Low Carbohydrate Ketogenic Diet on Overweight Individuals with Type 2 Diabetes”, Loyola University Chicago, (February 2021-Present). Advisee: Nataliya Mostovyy.

Master’s Thesis Supervisor, Comprehensive Research Paper, “Evidence Based Interventions to Improve Sleep Health”, Loyola University Chicago, (June 2019 to December 2020). Advisee: Carolyn Toth.

Master’s Thesis Supervisor (Dietetics Student), Comprehensive Research Paper, “Nutrition Intervention with Plant Based Diet Improves Type 2 Diabetes Outcomes-A Narrative Review”, Parkinson School of Public Health, Loyola University Chicago, (January 2019 to May 2020). Advised: Madeline Butler-Sanchez.

Master's Thesis Supervisor, Comprehensive Research Paper, “Novel Behavioral Intervention Strategies for the Treatment of Childhood and Adolescent

Obesity.” (January 2019– December 2019). Advised: Lindsey Traeger.

Master's Thesis Supervisor, Comprehensive Research Paper, Topic: “Managing Obesity in Primary Care.” (September 2018–May 2019). Advised: Rosemarie Grimm.

Master's Thesis Supervisor, Comprehensive Research Paper, Topic: “Ketogenic Diet.” (January 2018–May 2018). Advised: Jodie Cox.

Master's Thesis Supervisor, Comprehensive Research Paper, Topic: “Effect of Inadequate Sleep on Cardiovascular Health.” (January 2017 to May 2017). Advised: Melanie Thopiah.

Advisor, Research class on “Qualitative Descriptive/Content Analysis Approach.” For Undergraduate Nursing, (2011). PhD Student: Daniela Defrino.

Advisor, SNRS Research Presentation, “Pressure Ulcer in Spinal Cord Injury Patients and Contributing Factors.” MSN-PhD Student: Nitha Mathew. (February 19, 2011).

I. Professional Service

Grant, Journal, & Conference Abstract Review

Reviewer, Journal, Physical activity, and related obesity among Asian Indians in US- Implications for cardiovascular disease and diabetes: A systematic review. Family and Community Health, Wolters Kluwer Publishers, (December 12- January 10, 2021)

Reviewer, MNRS Dissertation Grant Review, Midwest Nursing Research Society, (Reviewed 2 Dissertation Grant Proposals) (October 2020-January 2021)

Reviewer, MNRS Student Research Poster Review Committee, Midwest Nursing Research Society, (August-November 2020 & March 20-26, 2021)

Reviewer, Journal, “Why me? A Qualitative Study on the experiences of Young stroke survivors in Ghana, West Africa”. Journal of Patient Experience, Sage Publisher, (July 12-19, 2020)

Reviewer, Federal Grant proposal, Teen Pregnancy Prevention, Tier 2: Phase II Rigorous Evaluation of Promising Interventions. The Office of the Assistant Secretary for Health (OASH)/Office of Adolescent Health (OAH). (May 28,2020 –June 4, 2020).

Reviewer, Federal Grant proposal, Optimally Changing the Map of Teen Pregnancy Prevention (Tier 1). The Office of the Assistant Secretary for

- Health (OASH)/Office of Adolescent Health (OAH). (May 12, 2020–May 26, 2020).
- Reviewer, Journal, The amount of saturated and unsaturated fatty acids in the diet of fifteen-year-olds in relation to BMI values. *Nursing Open*, Wiley Publishers. (1 review: May 5,2020-May 15,2020).
- Reviewer, Student Research Abstract, “Virtual Undergraduate Research Symposium,” Loyola University Chicago. (April 18,2020-April 24,2020).
- Reviewer, Research Abstract, “APHA Abstract Reviewer Physical Activity Section,” American Public Health Association, <https://www.apha.org/events-and-meetings/annual>, October 19, 2020–October 28, 2020). Review period: March 4th-March 8th,2020).
- Reviewer, Journal, Patient education intervention for weight-management in obesity: a systematic review" *Clinical Nursing Research*, Sage Publisher, (December 2-13, 2019 & February 14-29,2020)
- Reviewer, Federal Grant proposal, The Office of the Assistant Secretary for Health (OASH)/Office of Adolescent Health (OAH). (May 13, 2019–June 1, 2019).
- Reviewer, Journal. Identifying Healthcare Disparities: An Assessment of Patient and Family Perception of Hospital Staffs’ Response to Diversity. *Journal of Pediatric Nursing*, Elsevier Publishers. (2 reviews: March 28–April 9th, June 21-July 7, 2019).
- Reviewer, Journal (2 reviews) “How Type 2 diabetes sufferers can actually estimate serum glucose level from interstitial fluid glucose level: A diabetes patient’s experience.” *Journal of Patient Experiences*, Sage Publisher (January 9–January 18, 2019 & March 6–March 18, 2019).
- Reviewer, Journal (2 reviews) “Dietary energy density is associated with body weight, fat mass and visceral fat in early adulthood.” *Clinical Nursing Research*, Sage Publisher (December 27, 2018–January 17, 2019 & March 18, 2019).
- Reviewer, Research Abstract, “APHA Abstract Reviewer Physical Activity Section,” American Public Health Association (APHA). <https://www.apha.org/annualmeeting> (January 9, 2019–March 26, 2019).
- Reviewer, Journal “Associations between maturity status and dietary intake in Austrian adolescents.” *International Journal of Pediatric Research*. ClinMed International Library (October 22–October 29, 2018).

Reviewer, Journal (Two reviews) "The Capture Gap: Implantable Cardioverter-Defibrillator Quality of Life: Mixed Methods Design," Clinical Nursing Research, Sage Publisher. (August 6-26, 2016 & September 14, 2017).

Reviewer, Conference Abstracts, Southern Nursing Research Society. (July 2012–2017).

Reviewer, Journal of Racial and Ethnic Disparities, Springer Publishers. (October 31, 2014–January 19, 2015).

Reviewer, British Journal of Education, Society & Behavioral Science. Science Domain International. (October 10, 2014–October 28, 2014).

Reviewer, Women's Health Issues. Elsevier Publishers. (August 31, 2014–September 24, 2014).

Reviewer, Journal Article, "A Feasibility Study of a Culturally and Gender-Specific Dance to Promote Physical Activity for South Asian Immigrant Women in Greater Toronto Area," Women's Health Issues, Elsevier Publishers. (April 29, 2014–July 2014).

Reviewer (online), Grant Proposal, University of Leicester. (May 2014–July 27, 2014).

Reviewer, British Journal of Medicine and Medical Research-Science Domain International (December 2013–February 2014).

Book/Book Chapter Review

Thomas, A. (2015). *Essentials of Nursing Research* 8th Edition. Authors: Denise Polit and Cheryl Beck. Lippincott, Wolters Kluwer Health.

Thomas, A. (2015). *Critical Care: A Holistic Approach*, 11th Edition. Authors: Patricia G. Morton and Dorrie K. Fontaine. Chapter 1, The Concept of Holism Applied to Critical Care Nursing Practice; Chapter 4, Patient and Family Education in Critical Care; Chapter 6, Palliative Care and End-of-Life Issues.

Thomas, A. (2009). *Pharmacology for Nurses: A Pathophysiologic Approach* (3rd Ed.). Authors: Michael P. Adams and Leland Holland. Pearson Publishing. Chapter 19, Drugs for Local and General Anesthesia; Chapter 28, Drugs for Hematopoietic Disorders.

Thomas, A. (2009). *Vital Signs. Craven's Fundamentals of Nursing*. Lippincott Williams and Wilkins.

Other Research/Scholarship Contributions

Attendee, Nursing: Providing Access to Community-based Healthcare (N-PATH) Grant Advisory Board Meetings, Marcella Niehoff School of Nursing, Loyola University Chicago, 2018-Current

Attendee, Faculty Development Workshop: Assessing Learning Outcomes: Quality Matters 101, Presenters: Dr. Lee Schmidt, Dr. Ginger Schroers and Dr. Catie Poronsky. Brown Bag Continuing Education, Marcella Niehoff School of Nursing, Loyola University Chicago, (February 3-March 17, 2021)

Attendee, Faculty Development Workshop: Quality Matters 101, Presenters: Dr. Jenny O' Rourke & Dr. Stacey Zurek, Brown Bag Continuing Education, Marcella Niehoff School of Nursing, Loyola University Chicago, (February 3-March 17, 2021)

Attendee, Lecture Series (Part 2) Interprofessional Webinar on Substance Use Interventions, Fumes of Doom: SBIRT for Vaping, Presenter: Joan Holden, Director, Wellness Center. Organized by School of Social work and & Marcella Niehoff School of Nursing, Loyola University Chicago, (February 3, 2021)

Attendee, Research Lunchbox: Effectively Utilizing Redcap (Research Electronic Data Capture) for Survey Research. Speaker: William Adams, Clinical Research Office Biostatistics, Medical Education & Public Health Sciences, Loyola University Chicago, (February 2, 2021)

Attendee, Demystifying NIH: Diverse Strategies for Finding and Securing NIH Funding, Ohio State University, Office of Disparities and Workforce Diversity, An initiative by National Institute of Health. (Virtual), (January 25, 2021)

Attendee, AACN Fall Faculty Forum (Virtual) Links:
<https://www.aacnnursing.org/Faculty-Forum> &
<https://www.playbackaacn.com/fall-faculty-forum> (December 8- 9, 2020)

Moderator (Virtual Session due to Covid-19). 44th Midwest Nursing Research Conference, Poster Discussion E: Gerontological Nursing, Palliative & End of Life, Health Promoting Behaviors Across Lifespan, Acute & Critical Care (10:15 to 11: 45 AM), Schaumburg, Illinois.

Writing Workshop & Retreat, Marcella Niehoff School of Nursing, Woodstock, Illinois, United States. (July 8, 2019–July 10, 2019).

Grant Review Orientation. The Office of the Assistant Secretary for Health (OASH)/Office of Adolescent Health (OAH) Grant Review. Topic: "Replication of Programs Proven Effective through Rigorous Evaluation to Reduce Teenage Pregnancy, Behavioral Risk Factors Underlying Teenage

- Pregnancy, or Other Associated Risk Factors (Tier 1)–Phase I.” (May 13, 2019–June 1, 2019).
- Conference, “*Enhancing Quality in the Translational Research Workforce (EQuaTR) Conference*. Northwestern Memorial Hospital, Fienberg Pavilion, Chicago, Illinois. (May 2, 2019)
- Webinar, “Bright Futures Evidence Based Guidelines: Implementation for Adolescents (11-21 years),” American Academy of Pediatrics/Illinois chapter. (April 26, 2019).
- Poster Judge, 5th Biennial National Association of Indian Nurses of America (NAINA), “Poster Reviewer to Choose Educational Award Recipient,” Elmhurst, IL, United States. (October 21, 2016).
- Coordinator/Organizer, South Asian Womanhood and Girlhood Conference, “Identities in Transition South Asian Womanhood and Girlhood Conference,” Social Work Dept., Loyola University Chicago, Chicago, IL, United States. (September 2016).
- Moderator, South Asian Womanhood and Girlhood Conference, “Women's Health Section,” Social Work Dept., Loyola University Chicago, Chicago, IL, United States. (September 28, 2016).
- Collaborator, Systolic Dysfunctions in South Asians: Hypertrophic Cardiomyopathy Study.” Principal Investigator: Dr. Sakthivel Sadyappan, Associate Professor, Loyola University Chicago; Collaborator, Thomas, A. (August 2015 –August 15, 2016).
- Co-Chair, 3rd International Conference on Obesity and Weight Management, OMICS group, Burlingame, San Francisco, CA, United States. (December 2, 2015).
- Coordinator/Organizer, 3rd International Conference on Obesity and Weight Management, OMICS group, Burlingame, San Francisco, CA, United States. (December 1, 2015).
- Conference Poster Set Up Volunteer, STTI 24th International Nursing Research Congress, Prague. (July 22, 2013–July 23, 2013).
- Reviewer, Grant Proposal, Texas Tech University Health Sciences Center, Lubbock, Texas. (2006–2008).
- Taskforce member, Preparing Instructional Module on Home Care Management after Coronary Artery Bypass Grafting Surgery. National Heart Institute. (1997).

Research Supervisor, "Factors Leading to Institutionalization of Elderly People in Selected Old Age Homes of New Delhi." Baccalaureate Nursing Program (Nursing Research). Jamia Hamdard (Hamdard University), New Delhi, India. (2003).

Research Supervisor, "Prevalence of Pressure Ulcers in Spinal Cord Injury Patients and Its Possible Underlying Factors." Baccalaureate Nursing Program (Nursing Research). Jamia Hamdard (Hamdard University), New Delhi, India. (2002).

Research Supervisor, "Knowledge of Senior Secondary School Students Regarding Human Immunodeficiency Virus/Acquired Immunodeficiency Syndrome." Baccalaureate Nursing Program (Nursing Research), Jamia Hamdard (Hamdard University), New Delhi, India. (2001).

Academic Service

University Service

Loyola University Chicago (2008-Present)

Mentor, Loyola University Chicago Empowering Sisterhood (LUCES) Mentorship Program (LMP), Department of Student Diversity & Multicultural Affairs. (August 2018– May 2020).

Taskforce member, Learning portfolio Platform Taskforce. (February 5, 2019 to January 2020).

Committee Member (Representing RN-BSN), 2020 & 2021 Best Online Bachelors Programs US News Survey, Loyola University Chicago, (2019 & 2020)

Special Institutional Assignment, Loyola Undergraduate Open Houses. (2012, 2016, 2017, 2018 & 2019).

Attendee, Provost Search Presentation. (2018).

Attendee & Evaluator, MNSON Dean Candidate Presentations. (November 2018).

Faculty Council Member, Loyola University Chicago (August 2015- December 2015)

Faculty Attendee, Graduation Commencement. (2010– Present).

Department/College Service(2008 to Present)

Leadership Roles

- Organizer, Search Committee Subgroup, Internal applicant invitation and interview, Marcella Niehoff School of Nursing Loyola University Chicago, (March 2021-Current)
- Organizer/Planning Committee, Graduation video RN-BSN 2020 Graduating Batch (Virtual), Marcella Niehoff School of Nursing Loyola University Chicago, (May 5-12,2020)
- Presenter, RN to BSN Monthly Information sessions (synchronous and recorded). Special Institutional Program Level Assignment. (February 5, 2019–Present).
- RN-BSN E Portfolio Evaluator, Special Institutional Program Level Assignment. (September 2013– Present).
- Presenter, RN to BSN orientation session, Special Institutional Program Level Assignment (May 17, 2019 – May 2020)
- RN to BSN Program Director, Academic Advisor’s meeting. Special Institutional Program Level Assignment (February 19, 2019– Current).
- Taskforce Member, Online Bachelor’s Degree (OBD) US NEWS survey: data collection and peer assessment, Special Institutional Program Level Assignment (September 2019-December 2019 &October 2020 - December 2020).
- Faculty Advisor, Master of Nursing Comprehensive Examination. (May 10, 2017-Present).
- Reviewer, Undergraduate Nursing Academic Progression Retention Committee: Undergraduate Nursing Student Handbook Review. Special Institutional Program Level Assignment (June 26, 2019–August 14, 2019).
- Chairperson, Academic Program Evaluation Committee (September 12, 2017– May 2018).
- Evaluator, Faculty Search &Teaching/Presenter Evaluation (August 2018–April 10, 2019).
- Committee Member, Rubric Preparation for Faculty Research Excellence Award, Awards & Scholarship Committee. (August 2018-December 2018)
- Committee Chair, Academic Program Evaluation Committee. (August 2017–May 2018).

Task Force Chair, Peer Evaluation Tool, Executive Committee. (November 2017– April 2018).

Chairperson, Leadership and Succession, Alpha Beta Chapter, Sigma Theta Tau International, Marcella Niehoff School of Nursing (May 2014–May 2016).

Task Force Member, Sigma Theta Tau International. Alpha Beta Chapter Induction ceremony. (November 1, 2014 & November 14, 2015).

Chairperson, Undergraduate Nursing Admission, Progression, Retention Committee. (August 2013–August 2015).

Task Force Member, Clinical Evaluation Tool preparation: Clinical courses. (2011).

MNSON Committee Roles and Other Service Areas

Taskforce Member, BSN Last Semester Innovation Workgroup, Undergraduate Nursing Program Committee, Marcella Niehoff School of Nursing, Loyola University Chicago, (March,2021-Current)

Taskforce Member, Simulation Workgroup Undergraduate Nursing Program Committee, Marcella Niehoff School of Nursing, Loyola University Chicago, (November 2020- February,2021)

Member, Search Committee, Marcella Niehoff School of Nursing, Loyola University Chicago, (October 2020-Current)

Member, Master's and Doctoral Program Committee, Marcella Niehoff School of Nursing, Loyola University Chicago (September 2020–Current).

Committee Member, Undergraduate Nursing Admission Progression Retention Committee. February 2019– Current.

Committee Member, Undergraduate Nursing Program Committee. (February 2019– Current).

Faculty Member, Department of Health Systems and Adult Health Nursing Meetings. (December 2020– Current)

RN-BSN Leadership Team Meeting, Marcella Niehoff School of Nursing, Loyola University Chicago, (August 2020-Current)

Workload Task force Member for Executive Committee, Marcella Niehoff School of Nursing, Loyola University Chicago (September 2019- Current).

- Committee Member, Awards & Scholarship Committee. (August 2018-May 2020)
- Recommender, Student recommendation letters. (August 2018–Current).
- Faculty Member, Academic Council Meetings. (August 2008–Current).
- Evaluator, Faculty Candidate Teaching Evaluation, Search Committee Candidate Interviews. (March 26, 2018–Current).
- Faculty Member, Department of Health System Management and Risk Reductions meetings. (August 2013–2020).
- Committee Member, Executive Committee. (September 2017–May 2018).
- Committee Member, Curriculum Committee. (August 2017–May 2018).
- Committee Member, Academic Program Evaluation Committee. (August 2012–May 2017).
- RN-BSN Program Evaluator, SWOT Analysis for RN-BSN Program. (October 24, 2017).
- Committee Member, Undergraduate Nursing Admission Progression Retention Committee. (August 2015–August 2016).
- Faculty member, World Café meeting. (January 2016–May 13, 2016).
- Faculty Member, CCNE Site Visit (Mock review and Undergraduate faculty dialogue. (March 16, 2016–March 18, 2016).
- Faculty member, Strategic Planning meeting for integrating Social Justice. (November 5, 2014).
- Faculty Member, Doctor of Nursing Practice (DNP) Immersion weekend meeting. (March 22, 2014–March 23, 2014).
- Committee Member, Concept based curriculum development for Undergraduate program. (February 2014).
- Recommender, Alpha Sigma Nu Scholarships. (August 28, 2017 & May 12, 2018). Amanda Werner & Anna Cale.
- Committee Member, Faculty Council & Executive Committee (August 2015–December 2015; Executive Committee (2017-2018).

Faculty member & Attendee, Strategic Planning Committee Meeting. (February 26, 2015).

Grant Proposal Reviewer, Palmer Grants, Marcella Niehoff School of Nursing, (2012).

Committee Member, Academic Faculty Advising-Undergraduate Nursing Students. (2011–2012).

Meeting, Kaplan seminar series for NCLEX-RN Licensure exam success strategies. (2011–2012).

Committee Member/Interviewer, Robert Wood Johnson Foundation's Fund Allocation for ABSN Students. (2011–2012).

Attendee, Award Ceremony, Undergraduate Honors and Pinning Ceremony. (2011–2012).

Committee Member, Touring and Recreation Committee: International nursing program for Vietnam, Indonesian and Pilipino nurses. (2011).

Faculty Attendee, Undergraduate Student Recreational Activities: Bowling Event. (2011).

Committee Member, Committee to Review Pharmacology Course Content, School of Nursing. (2010).

Volunteer, Flu-Immunization Program, Loyola University Medical Center. Maywood, IL. (2010).

Committee Member, Undergraduate Nursing Program Committee. (2009–2010).

Professional Memberships

Mid-West Nursing Research Society. (August 2011–September 2016 & 2019–Current).

Sigma Theta Tau International, Alpha Beta Chapter (February 2008–Present).

National Center for Inter-professional Practice and Education (July 21, 2018–Present).

Indian Nurses Association of Illinois: National Association of Indian Nurses of America (2017–Present)

International Diabetes Federation D-Net (September 16, 2017–Present).

National League of Nursing & American Association of Colleges of Nursing
(Institutional Membership), 2008-Present

Life Member, Trained Nurses Association of India. (August 1990–Present)

Life Member, Asian Cardiac Nurses Association (September 1998–Present).

Community Service

Leadership Roles

Committee Member, Mid-West Nursing Research Society_ Adolescent Health
Research Interest Group (RIG) & Health Promoting Behaviors Across Life
Span (HPBAL) RIG, (Attends Member Meetings and Review Research grant)
(2019-Current).

Faculty Member, National Jesuit Ethnic/ Racial Nursing Faculty Net Work,
Faculty Diversity and Inclusion Initiative by Association of Jesuit Colleges and
Universities,2020-Current

Executive Committee Member-IDF USA, Represented IDF-USA for the 65th
Commission on the Status of Women (CSW65), United Nations Economic
and Social Council (ECOSOC), March 15- March 25 (Note: Due to Covid-19,
it was held virtually). UN Headquarters, New York, USA.

Link: <https://www.unwomen.org/en/csw/csw65-2021/official-meetings>

Grant Review Committee Member, Midwest Nursing Research Society. August
2020- August,2022 term)

Student Research Abstract Review Committee Member, Midwest Nursing
Research Society. August 2020- August 2022

Advisory Committee, Red Saree Gala Event, Red Saree Inc., Event planning:
August 1st to December 10th, 2020. Date of the Event (Virtual), December
12th,2020

Organizer and moderator, Red Saree Inc. Webinars. Organized two webinars
titled, Working from Home during Covid-19: Can Meditation Breaks Save You
from Stress (1), August 3,2020 & South Asian Healthy Lifestyle Initiative
(SAHELI) for Heart Health (2), August 17,2020

Executive Committee Member-IDF USA, Represented IDF-USA for the 64th
Commission on the Status of Women (CSW64), United Nations Economic
and Social Council (ECOSOC), March 9- March 20 (Note: Due to Covid-19,
the main session was cancelled. The keynote session was held and attended

- on March 9th, UN Headquarters, New York, USA.
- Advisory Committee, Red Saree Gala Event, Red Saree Inc., Event planning: February-April, 2020. Date of the Event, April 25th, 2020 (Note: The in-person event was cancelled due to Covid-19)
- Vice President, Red Saree Inc. (South Asian Heart Health/Health Organization) (September 2019-Present)
- Research Program Coordinator & Executive Committee Member, Indian Development Foundation-USA (IDF-USA), Chicago, Illinois (August 2012–Present).
- Speaker and Committee Member, Flood Relief Fundraising Campaign for Kerala (one of the states of India) flood victims and addressing the audience, IDF–USA. Venue: Marriott Hotel, Schaumburg, IL (August 26, 2018).
- Guest Speaker, World Day of Prayer 2017, “Am I Being Unfair to You?” Chicago Mar Thoma Church, Des Plaines, IL, United States. (March 4, 2017).
- Guest Speaker, Church Graduation Message, “Making right decisions in life,” St. Thomas Mar Thoma Church, Lombard, IL, United States. (June 11, 2016).
- Choir Committee Member, Choir, St. Thomas Mar Thoma Choir, Lombard, Illinois (September 2010–Present).
- Task Force Member, Thomas Mar Thoma Church Summer Festival, Lombard, Illinois (July 9, 2016).
- Volunteer, Church Picnic, St. Thomas Mar Thoma Church, St Charles Road, Edge Grove Park, Illinois (June 6, 2016).
- Committee Member Sevika Sangham Women Retreat, Indianapolis, Indiana. (April 9, 2016).
- Retreat Organizer, Chicago Mar Thoma Church Seviga Sangham, DesPlaines, Illinois (August 23, 2014–August 24, 2014).
- Sunday School Faculty, St. Thomas Mar Thoma Church, Lombard, IL (2011–2012).
- Officer, Treasurer, St. Thomas Mar Thoma Church Choir, Lombard, IL (2010–2012).