

Curriculum Vitae Part I

PERSONAL DATA

Junxin Li, PhD, RN
Johns Hopkins University School of Nursing
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EDUCATION

Year	Degree	Institution	Location
2017	Postdoctoral Fellow	University of Pennsylvania Perelman School of Medicine Sleep Medicine	Philadelphia, PA
2014	Ph.D.	University at Buffalo School of Nursing	Buffalo, NY
2006	M.S.	Jilin University School of Nursing	Changchun, China
2002	B.S.	Beihua University School of Nursing.	Jilin, China

CURRENT LICENSE AND CERTIFICATION

Year	Source	Type	License number
2014-Present	New York State Education Department	RN	681168

PROFESSIONAL EXPERIENCE

Year	Position	Institution	Location
2019-Present	Assistant Professor	Johns Hopkins University School of Nursing	Baltimore, MD
2017-2018	Lecturer	University of Pennsylvania School of Nursing	Philadelphia, PA

Year	Position	Institution	Location
2010-2014	Research Assistant	University at Buffalo School of Nursing	Buffalo, NY
2006-2010	Lecturer.	Changchun University of Chinese Medicine School of Nursing.	Changchun, China
2003-2006	Registered Nurse	First Clinical Hospital of Jilin University	Changchun, China
2002-2003	Registered Nurse	First Clinical Hospital of Dalian University	Dalian, China

HONORS AND AWARDS

- 2016 Okura Mental Health Fellow Award, Asian American Pacific Islander Nurse Association
- 2014 Ruth Bale Elder Award for Excellence in Nursing Research, SUNY, Buffalo, NY
- 2013 Person-in-Training Award, Gerontological Society of America 66th Annual Scientific Meeting, New Orleans, LA
- 2011 Student Poster Award, from the Network in Aging of WNY 31st Annual Meeting and Conference, Buffalo, NY

RESEARCH

Sponsored Projects

- 2019-2022 A Personalized Behavioral Intervention to Improve Physical Activity, Sleep and Cognition in Sedentary Older Adults. PI: Junxin Li. Principal Investigator. 75% effort. NINR. (R00NR016484-03) \$747,000.
- 2019-2020 A Personalized Behavioral Intervention for Sleep and Musculoskeletal Pain in Older Adults. PI: Junxin Li. Principal Investigator. Natl Inst of Nursing Research. \$30,000.
- 2017-2019 Personalized Behavioral Intervention to Improve Physical Activity, Sleep, and Cognition in Sedentary Older Adults, Funded by NINR (K99NR016484); Role: PI; 75% effort; Total direct costs: \$ 171,200
- 2016-2018 Pilot test a personalized intervention implemented with smartwatch technology in older adults, Funded by University of Pennsylvania (Junior Investigator Preliminary/Feasibility Grant); Role: PI; Total direct costs: \$ 19,950
- 2016-2018 Prehabilitation to improve postoperative outcomes, Funded by University of Pennsylvania (PCPM Accelerator Fund Project Awards), PI: Carsten Skarke; Role: Co-Investigator. Total direct costs: \$70,000

2014-2017 Training in sleep and sleep disorders. Funded by NIH/NHLBI (T32 HL07953) PI: Allan Pack; Role: Postdoctoral fellow.

SCHOLARSHIP

Publications

Peer Reviewed (*data-based)

1. *Yang, Y., Liu, W., Ji, X., Ma, C., ... & Li, J. (2019). Extended afternoon naps are associated with hypertension in women but not in men. *Heart & Lung* (in press)
2. *Wu, M., Zan, T., Zhao, Q., Ge, S., Li, K., & Li, J. (2019). Symptom Clusters and Health-related Quality of Life in Chinese patients with Chronic Obstructive Pulmonary Disease. *Western Journal of Nursing Research*, 0193945919866475.
3. *Tang, L., Zhao, Q., Han, W., Li, K., & Li, J. (2019) Association of cardiovascular risk factor clustering and prehypertension among adults : Results from the China health and retirement longitudinal study baseline, *Clinical and Experimental Hypertension*, DOI: 10.1080/10641963.2019.1652633
4. *McPhillips, M. V., Dickson, V. V., Cacchione, P. Z., Li, J., Gooneratne, N., & Riegel, B. (2019). Nursing Home Eligible, Community-Dwelling Older Adults' Perceptions and Beliefs About Sleep: A Mixed-Methods Study. *Clinical nursing research*, 1054773819849348. <https://doi.org/10.1177/1054773819849348>.
5. Petrosky, D.V., McPhillips, M.V., Li, J., Brody, A., ... & Hodgson, N.A (2018). Sleep Disruption and Quality of Life in Persons with Dementia: A State-of-the-art Review. *Geriatric Nursing* (2018)
6. *Li, J., Yang, B., Varrasse, M., Ji, X., Wu, M., Li, M., & Li, K. (2018). Physical activity in relation to sleep among community-dwelling older adults in China. *Journal of Aging and Physical Activity*, doi: 10.1123/japa.2017-0270
7. Li, J., Vitiello, M. V., & Gooneratne, N. S. (2018). Sleep in normal aging. *Sleep Medicine Clinics*, 13(1), 1-11.
8. *Li, J., Chang, Y.P., Riegel, B... & Gooneratne, N.S. (2018). Intermediate, but not Extended, Afternoon Naps Preserve Cognition in Chinese Older Adults, *Journal of Gerontology: Medical Sciences*. doi: 10.1093/gerona/glx069 (Editor's Choice Article)
9. *Sullivan, S.S., Li, J., Wu, Y.B., & Hewner, S (2018). Complexity of Chronic Conditions Impact on End of Life Expense Trajectories of Medicare Decedents, *The Journal of Nursing Administration*

10. *Ji,X., Li, J., & Liu, J. (2018) The Relationship between Midday Napping and Neurocognitive Function in Early Adolescents, *Behavioral Sleep Medicine*, doi:10.1080/15402002.2018.1425868.
11. *Seo, J.Y., Li, J., & Li, K. (2018) Cervical Cancer Screening Experiences among Chinese-American Immigrant Women in the United States, *Journal of Obstetric, Gynecologic, & Neonatal Nursing*, 47(1), 52-63. doi:10.1016/j.jogn.2017.10.003.
12. *Lyons, M.M, Keenan, T. B., Li, J...& Gurubhagavatula, I. (2017). Symptomless Multi- Variable Apnea Prediction Index Assesses OSA Risk and Adverse Outcomes in Elective Surgery, *Sleep*
13. *Li,J., Cacchione, P.Z...,& Gooneratne, N.S. (2017) Afternoon Napping and Cognition in Chinese Older Adults: Findings from the CHARLS Baseline Assessment, *Journal of American Geriatric Society*. doi: 10.1111/jgs.14368
14. Li, J., Yang, B., Varrasse, M., & Li, K. (2016). Sleep Among Long-Term Care Residents in China: A Narrative Review of Literature. *Clinical Nursing Research*,1054773816673175.
15. *Li, J., A. Grandner, M., Chang, Y. P., Jungquist, C., & Porock, D. (2015). Person- Centered Dementia Care and Sleep in Assisted Living Residents with Dementia: A Pilot Study. *Behavioral sleep medicine*, 1-17. doi: 10.1080/15402002.2015.1104686
16. Varrasse, M., Li, J. & Gooneratne, N.S. (2015) Exercise and sleep in community- dwelling older adults. *Curr Sleep Medicine Rep*. DOI10.1007/s40675-015-0028-6
17. *Li, J., Chang, Y. P.& Porock, D. (2015) Factors associated with daytime sleep in nursing home residents *Research on Aging*. 2015 Jan; 37(1):103-17. doi:10.1177/0164027514537081
18. Li, J., & Porock, D. (2014) Resident Outcomes of Person-Centered Care in Long- Term Care: A Narrative Review of Interventional Research. *International Journal of Nursing Studies*, 2014 Oct;51(10):1395-415. doi: 10.1016/j.ijnurstu.2014.04.003.
19. Li, H., Li, J., & Nie, W (2014) The benefits and caveats of international nurse migration. *International Journal of Nursing Science* (2014)doi:10.1016/j.ijnss.2014.07.006
20. *Chang, Y. P., Li, J. & Porock, D. (2013) The effect on nursing home resident outcomes of creating a household within a traditional structure. *Journal of the American Medical Directors Association*. 2013, 14 (4):293-9. doi: 10.1016/j.jamda.2013.01.013. Epub 2013 Feb 22.
21. Li, H., Yin, X., Liu, T. & Li, J. (2012) Current situation and thoughts on elder abuse in residential care facilities. *Chinese Journal of Gerontology*. 2012, v.32(21) 242-244
22. *Wu, N. Li, J. & Chi, H. (2008) Applying heat and moisture exchanger to prevent ventilator-associated pneumonia. *Chinese Journal of Nursing (Medicine Edition)* 43(8)

23. *Chi, X, **Li, J.** & Li, H.(2007) Applying evidence-based nursing to elderly gastric cancer patients during preoperative and postoperative care. Chinese Journal of gerontology (Medicine Edition) 26 (12):1616-1618.
24. ***Li, J.**, Li, R.& Gao, L. (2006) The prevention of ventilator-associated pneumonia by strengthening oropharyngeal care. Journal of Nurses training (Medicine Edition) 22 (2):166-168.
25. Gao, L, **Li, J.** & Zan, T.(2005) Nursing experiences of one child case with the Guillain- Barre Syndrome leading to acute myocardial infarction. Journal of nursing practice (Medicine Edition), 21(6): 53-54.
26. Yu, X., **Li, J.** & Sun, Y. (2005) Applying evidence-based nursing to elderly patients with advanced lung cancer. Journal of nursing science (General Edition) 2005, 20:70-72.

Commentary

1. **Li, J.** (2018). Higher vitamin D intake could improve sleep and cognitive outcomes in older adults with heart failure. Evidence-based nursing, 21(3), 69.

Invited Talks

1. Li, J. (2017 December). Nap or Not to Nap: For a Better Cognition in Older Adults, 3rd annual Eleanor Wade Custer School of Nursing's Innovations in Advanced Practice Research Day, 2017 December, Eleanor Wade Custer School of Nursing Shenandoah University, VA.
2. Li, J. (2017 June). Sleep, Napping, and Cognition in Chinese Older Adults, School of Nursing, ShanDong University, ShanDong, China
3. Li, J. (2016 August). PhD in Nursing: a Path to a Career in Healthcare Research, Annual Doctoral Student Retreat, School of Nursing, University at Buffalo, NY.
4. Li, J. (2014 August). Steps to Clinical Nursing Research, First Clinical Hospital, JiLin University, Changchun, China

Selected International/National Presentations

1. Li, J., Blackwell, T; ..., & Stone, K. (2018 June) Daytime Physical Activity and Subsequent Changes in Sleep in Older Men: The MrOS Study. SLEEP 2018, Baltimore, MD. Podium & Poster Presentation.
2. Li, J., Blackwell, T; ..., & Stone, K. (2018 June) Daytime Physical Activity, Napping, and Subsequent Changes in Cognitive Function in Older Men: The MrOS Study. SLEEP 2018, Baltimore, MD. Poster Presentation.
3. Fan, F., McPhillips, V.M., & Li, J. (2018 June) Daytime Napping and Cognition in Older Adults: A Systematic Review SLEEP 2018, Baltimore, MD. Poster Presentation.
4. Li, J., Hodgson, N, ... & Gooneratne, N.S. (2018 April) A Personalized Behavioral Intervention for Promoting Physical Activity, Sleep and Cognition in Sedentary Older Adults: A Pilot Feasibility Study. 30th Annual ENRS Scientific Conference, Newark, NJ. Poster Presentation.

5. Li, J., Chang, Y.C. Riegel, B., Keenan, T.B., Pack, A., & Gooneratne, N.S (2016 June) Afternoon Napping and Cognitive Function in Chinese Older Adults: A Longitudinal Follow-up SLEEP 2016, Denver, CO. PosterPresentation
6. Li, J., Yang, B., Varrasse M., Li, K. (2016 June) Sleep in Long-Term Care Residents in China: A Review of Literature SLEEP 2016, Denver. CO. PosterPresentation.
7. Lyons, M.M., Keenan, T.B., Li, J., Khan, T., Elkasabanny, N.& Gurubhagavatula, I. (June 2016) Obstructive Sleep Apnea Risk is related to Adverse Outcomes after Elective Surgery. SLEEP 2016, Denver. CO. Podium & PosterPresentation.
8. Li,J., Cacchione, P.Z., Hodgson, N., Keenan, T.B.,& Gooneratne, N.S. (2015 November) Napping and Cognition in Chinese Older Adults: Findings from the CHARLS Baseline Assessment. Gerontological Society of America 68th Annual Scientific Meeting, Orlando, FL. Podium Presentation
9. Li, J., Chang, Y.P., Jungquist, C, & Porock,D (2014 November), Sleep and Activities in Assisted Living Residents with Dementia, Gerontological Society of America 67th Annual Scientific Meeting. Washington, DC. Poster presentation
10. Porock, D., Li, J., & Chang, Y-P. (2014 November). Salivary cortisol, depression, agitation, and quality of life in residents with dementia Gerontological Society of America 67th Annual Scientific Meeting. Washington, DC. Poster presentation
11. Li, J., Chang, Y.P., Jungquist, C, & Porock,D. (2014 June), Sleep in long-term care residents with dementia: pilot of a person-centered care intervention., SLEEP 2014, the 28th Annual Meeting of the Associated Professional Sleep Societies, LLC, Minneapolis, MN. Poster presentation
12. Li, J., Chang, Y.P., Jungquist, C, & Porock,D. (2014 April), Effects of person- centered dementia care on sleep in long-term care residents with dementia: a pilot study., 26th Annual ENRS Scientific Sessions, Philadelphia, PA. Poster presentation
13. Li, J., Chang, Y.P. & Porock,D. (2013 November), Factors associated with daytime sleepiness in nursing home residents., Gerontological Society of America 66th Annual Scientific Meeting, New Orleans, LA. Poster presentation
14. Porock,D., Chang, Y.P. & Li, J. (2013 November), Measuring person-centered care in long-term care: staff and family instrument psychometric testing, Gerontological Society of America 66th Annual Scientific Meeting, New Orleans, LA. PodiumPresentation.
15. Li, J., Chang, Y.P. & Porock,D. (2012 November), Resident outcomes of person- centered care in long-term care, a systematic review., Poster, Gerontological Society of America 65th Annual Scientific Meeting, San Diego, CA. Poster presentation.

EDITORIAL ACTIVITIES

Peer review activities

2019-	Journal of Gerontological Nursing
2018 -	Journal of Applied Gerontology
2018-	Western Journal of Nursing Research
2017-	BMC-Geriatrics
2017-	Brain and Behavior
2016-	Clinical Nursing Research

PROFESSIONAL ACTIVITIES

Society/Association membership and leadership

- 2013-present Sleep Research Society (SRS)
- 2011-present Gerontological Society of America (GSA)
- 2012-Present Sigma Theta Tau International (STTI)
- 2014-2019 Eastern Nurse Research Society (ENRS)

**Curriculum Vitae
Part II**

EDUCATIONAL ACTIVITIES

Classroom Instruction

Johns Hopkins University School of Nursing

Summer 2019 NR.120.509. Promoting Health in Older Adults, Course Coordinator, 120
(Masters entry nursing)

University of Pennsylvania School of Nursing

Fall 2018 Nur 245 Nursing Care of the Young & Middle-Aged Adults/Nursing, Course Support, 86
students (Undergraduate Program)

Spring 2018 Nur 245 Nursing Care of the Young & Middle-Aged Adults/Nursing, Course Support, 85
students (Undergraduate Program)

Spring 2018 Nur 255 Nursing Care of the Older Adults, Course Support, 85 students
(Undergraduate Program)

Fall 2017 Nur 245 Nursing Care of the Young & Middle-Aged Adults/Nursing, Course Support, 89
students (Undergraduate Program)

Fall 2017 Nur 255 Nursing Care of the Older Adults, Course Support, 89 students
(Undergraduate Program)