

CURRICULUM VITAE

PERSONAL DATA

Melissa deCardi Hladak PhD, CRNP, FNP-BC, FAAN

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EDUCATION

| Year | Degree | Institution | Location |
|-------------|---|---|-----------------------|
| 2019 | Post-Doctorate | Johns Hopkins University School of Medicine & School of Nursing | Baltimore, Maryland |
| 2018 | Doctor of Philosophy | Johns Hopkins University School of Nursing | Baltimore, Maryland |
| 2004 | Master of Science | Columbia University School of Nursing | New York, New York |
| 2002 | Bachelor of Science | Columbia University School of Nursing | New York, New York |
| 1999 | Bachelor of Arts <i>Neuroscience</i> | Scripps College | Claremont, California |

Fellowships

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|-----------|---|
| 2018-2019 | Provost's Postdoctoral Fellowship Award Johns Hopkins University Office of the Provost |
| 2016-2017 | NIH/NCATS JHU School of Medicine, Pre-doctoral Fellow, Clinical and Translational Science (4TL1TR001078-04) |
| 2014-2016 | Interdisciplinary Training in Cardiovascular Health Research (T32NR012704) Pre-doctoral Fellowship, Johns Hopkins University School of Nursing |

CURRENT LICENSES AND CERTIFICATIONS

| Year | Source | Type |
|----------------|---|------------------------------------|
| 2013 – present | Maryland Board of Nursing | Advance Practice Registered Nurse |
| 2009 – present | District of Columbia Board of Nursing | Controlled Substances License |
| 2009 - present | District of Columbia Board of Nursing | Advanced Practice Registered Nurse |
| 2004 – present | Family Nurse Practitioner Board Certification | ANCC |
| 2004 – present | Drug Enforcement Agency License | |
| 1999 – present | BLS Health Professionals Certification | AHA |

PROFESSIONAL EXPERIENCE

| Years | Position | Institution | Location |
|--------------|---|--|-------------------|
| 2019-Present | Assistant Professor | Johns Hopkins University School of Nursing | Baltimore, MD |
| 2023-Present | Nurse Practitioner | Esperanza Center | Baltimore, MD |
| 2018-2019 | Post-Doctoral Fellow | Johns Hopkins University Schools of Medicine & Nursing | Baltimore, MD |
| 2015-2020 | Special Volunteer | National Institute of Health Gill Lab, NINR | Bethesda, MD |
| 2010- 2018 | Nurse Practitioner | Unity Health Care, Inc. | Washington, DC |
| 2017-2018 | Study Coordinator, LIVE-LiFE Randomized Control Pilot Study | Center for Innovative Care in Aging Johns Hopkins University School of Nursing (PI: Sarah Szanton) | Baltimore, MD |
| 2011-2013 | FNP Program Director Clinical Assistant Professor | The Catholic University of America School of Nursing | Washington, DC |
| 2009-2011 | FNP Program Coordinator Clinical Assistant Professor | The Catholic University of America School of Nursing | Washington, DC |
| 2007-2009 | Nurse Practitioner | Ukiah Valley Primary Care | Ukiah, CA |
| 2007-2009 | Adjunct Assistant Professor | Mendocino College Nursing Program | Ukiah, CA |
| 2005-2006 | Nurse Practitioner | Foundation for Research & Sexually Transmitted Diseases | New York, NY |
| 2004-2005 | Nurse Practitioner | Federal Bureau of Prisons | Fort Dix, NJ |
| 2003-2004 | Clinical Instructor | Columbia University School of Nursing | New York, NY |
| 2002-2003 | Registered Nurse | New York Presbyterian Columbia Medical Center | New York, NY |
| 1999-2001 | Management Assistant | Office of the City Administrative Officer - City of Los Angeles | Los Angeles, CA |
| 1999-2001 | Intern | Servant Partners | Boyle Heights, CA |

ADDITIONAL LEADERSHIP POSITIONS

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|--------------|---|
| 2024 | Behavioral Consultant, Fresenius Medical Care, New York, NY |
| 2024-2025 | Member, US Department of Health and Human Services, Agency for Healthcare Research and Quality (AHRQ), Person-Centered Care Planning for Persons with Multiple Chronic Conditions Learning Collaborative, Rockville, MD |
| 2024 | Member, National Institute of Health, National Institute on Aging Special Emphasis Panel: Aging Research Dissertation Awards, Rockville, MD |
| 2023- 2024 | President, National Association of Hispanic Nurses- DC Metro Chapter, Washington, DC |
| 2021-2022 | President-Elect, National Association of Hispanic Nurses- DC Metro Chapter, Washington, DC |
| 2021-2022 | Consultant, National Association of Hispanic Nurses- National Office, Lexington, KY |
| 2020-2021 | Technical Mentor, USAID, Sustaining Technical and Analytic Resources (STAR) Learning Project, Washington, DC |
| 2019-Present | Advisor, Latinx Health Advocacy Group, Johns Hopkins School of Nursing, Baltimore, MD |
| 2019-Present | Consultant, Pan-American Health Organization, Healthy Life Course Unit, Washington, DC |

RESEARCH

Sponsored Projects

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|-----------|--|
| 2023-2028 | Addressing Inactive Kidney Transplant Waitlist Status through Adapting a Tailored Psycho-Social-Environmental Program, NIH/NIDDK K23DK133677-01A1, PI: Hladek, \$974,831.00 total costs, 75% FTE. |
| 2024-2025 | Addressing Income-Related Disparities on the Kidney Transplant Waitlist through Adapting a Tailored Psycho-Social-Environment Prehabilitation, Mid-Atlantic Center for Cardiometabolic Health Equity (MACCHE), NIH/NIMHD P50MD017348, \$50,000.00 total costs, Role: PI. |
| 2024-2026 | The Social Determinants of the Risk of Hypertension in Women of Reproductive Age (SAFE HEART), American Heart Association, 24RGRSG1275750, PI: Commodore-Mensah \$300,000 direct costs. 5% FTE, Role: Co-I |
| 2023-2024 | Digital Access Pilot to Address Support, Literacy and Communication in those with Frailty/Pre-Frailty awaiting Kidney Transplant, Johns Hopkins Older Americans Independence Center Pilot/ Exploratory Study Core Award, NIH/NIA P30AG021334, \$40,000 direct costs, Role: Principal Investigator. |
| 2022-2025 | Patient Priorities Care: Dissemination and Scaling Phase, John A. Hartford Foundation, PI:Tinetti & Blaum, \$3,000,000 total direct costs, 10% FTE, Role: Subaward PI. |

- 2021-2024 Reducing racial disparities in AD/ADRD: Addressing structural discrimination and resilience, NIH/ NIA, PI: Szanton \$2,000,000 total direct costs, 5% FTE, Role: Co-Investigator.
- 2021-2022 Using Human-Centered Design to Adapt CAPABLE as a Prehabilitation Intervention for Adults with Frailty Awaiting Kidney Transplant- Supplemental Funds, Center on Innovative Care in Aging Junior Faculty Award, Johns Hopkins University. \$10,000, Role: Principal Investigator.
- 2021-2023 Using Human-Centered Design to Adapt CAPABLE as a Prehabilitation Intervention for Adults with Frailty Awaiting Kidney Transplant, Older Americans Independence Center, REC Award, Johns Hopkins University. \$60,000 direct costs, 20% FTE, Role: Principal Investigator.
- 2021- 2022 Resilience and Multifactorial Stressors Among Older Adults During the COVID-19 Pandemic, Johns Hopkins Older Americans Independence Center Pilot Study Award. \$30,000 direct costs, Role: Co-Investigator, In-Kind.
- 2017-2024 Characterizing Resiliencies to Physical Stressors in Older Adults: A Dynamical Physiological Systems Approach, NIH/ NIA UH2UH3 AG056933-02 PI: Walston, Varadhan, Bandeen-Roche \$7,012,791. Direct costs, 8% FTE, Role: Co-Investigator
- 2017-2024 RESilience in Total knee Replacement (RESTORE) (PI: Sieber), Co-Investigator (associated with NIH/ NIA UH2UH3 AG056933-02)
- 2017-2024 REBOUND: Resiliency in older adults UNDERgoing Bone marrow transplant- A pilot study of resiliency measures in older patient undergoing allogeneic blood and marrow transplant (PI: Imus), Co-Investigator (associated with NIH/ NIA UH2UH3 AG056933-02)
- 2017-2024 Resiliency in Dialysis Initiation (ReDI) Study (PI: Crews), Co-Investigator (associated with NIH/ NIA UH2UH3 AG056933-02)
- 2020-2022 Associations Between Coping Self-Efficacy and Physiologic Stress Indices in Adults with Multiple Chronic Conditions. NIH/NINR 3P30NR018093 - 02W2, PI: Hladek, \$423,434 total costs, 75% FTE
- 2019-2020 A Personalized Behavioral Intervention for Older Adults with Musculoskeletal Pain and Sleep Complaints (PI: Li), Role: Co-Investigator (associated with NIH/NINR 3P30NR018093 - 02W2)
- 2019-2020 Caregiver Support in the Context of Multiple Chronic Conditions: Randomized waitlist control trial (PI: Abshire), Role: Co-Investigator (associated with NIH/NINR 3P30NR018093 - 02W2)
- 2019-2020 Assessment of a Tailored Home-Based Exercise Program on Symptoms, Well-Being, and Resilience Among Cancer Survivors with Multiple Chronic Conditions (PI: Lukkahatai), Role: Co-Investigator (associated with NIH/NINR 3P30NR018093 - 02W2)
- 2019-2020 DAPPER Study: Communication Behaviors and Development of a Pain, Depression and Frailty Intervention Among Older African American Women (PI: Taylor), Role: Co-Investigator, In-Kind.

- 2019-2024 Hladek New Nurse Faculty Fellowship, Funded by the Maryland Higher Education Commission Fellowship, (PI: Hladek) Direct Costs: \$50,000.00
- 2019-2022 The Healthy Aging Project, 2019 Ten By Twenty Challenge: One Year, One Goal Johns Hopkins University Idea Lab (PI: Walston) \$20,000, Role: Co-Investigator, In-Kind.
- 2017-2019 Associations between Self-Efficacy, Physiologic Stress Biomarkers and Psychological Stress in Older Adults with Chronic Disease (PI: Hladek), NIH/NINR Intramural Funding
- 2017- 2018 Center for Innovative Care in Aging, Johns Hopkins School of Nursing, Pilot Funding, \$2500.00 (PI: Hladek) Apr 17, 2017- Apr 30, 2018.
- 2016-2017 Predoctoral Clinical Research Training Program (PI: Beach), NIH 4TL1TR001078-04, 100% effort, \$39,376.00 direct costs, 100% effort, Role: Research Fellow
- 2017- 2018 Preventing Falls Among Older Fallers to Test the Effect of LIVE-Life, a Home-Based, Tailored Fall Prevention Program (PI: Szanton), Funding: Centers for Disease Control, Role: Study Coordinator
- 2016 Feasibility of transporting biologic samples to the lab by mail: a pilot study (PI: Szanton), Funding: NIH/NINR Intramural Award, Role: Study Team Member
- 2016 Measuring Chronic Inflammation in Older Adults (PI: Walston), Funding: NIH/NINR Intramural Award, Role: Study Team Member
- 2015-2016 Feasibility of Using the Sweat Patch to Obtain Biomarkers Data from Older Adults Compared to Younger Adults (PI: Szanton), Funding: NIH/NINR Intramural Award, Role: Study Team Member
- 2014-2016 Interdisciplinary Training in Cardiovascular Health Research (PI: Allen), NIH T32NR012704, \$154,648.00 direct costs, 100% effort, Research Fellow
- 2008 California Community Colleges Health Occupations, Regional Health Occupations Resource Center (RHORC) Hub Grant, \$6500.00, Jan 1, 2008- Jun 30, 2008 (PI: Hladek)

Publications

Peer Reviewed Publications (*data-based, underlined- student-mentored)

1. Hughes A, Malhotra D, Morrison M, Seldon L, Carberry H, Brennan D, **Hladek MD**. (accepted). Waitlist Management for Inactive Status Kidney Transplant Patients: A Scoping Review. *Annals of Medicine and Surgery*.

2. Catherine R Butler; Akanksha Nalatwad; Katharine L Cheung; Mary Frances Hannan; **Melissa D. Hladek**; Emily Johnston; Laura Kimberly; Christine K Liu; Devika Nair; Semra Ozdemir; Fahad Saeed; Jennifer Scherer; Dorry L. Segev; Anoop Sheshadri; Karthik K Tennankore; Tiffany R Washington; Dawn Wolfgram; Nidhi Ghildayal; Rasheeda Hall; Mara McAdams-DeMarco (2024). Establishing Research Priorities in Geriatric Nephrology: A Delphi Study of Clinicians and Researchers. *Am J Kidney Dis*. Published online November 25, 2024. doi:10.1053/j.ajkd.2024.09.012
3. Lee JW, Li J, Szanton SL, Li Q, Liu M, **Hladek MD**. Higher patient activation is associated with lower odds of functional limitation in older adults with chronic diseases. *Geriatric Nursing*. 2025/01/01/ 2025;61:157-161. doi:<https://doi.org/10.1016/j.gerinurse.2024.11.008>
4. Abshire Saylor, M., Qian, Y., **Hladek, M.**, Blinka, M. D., Szanton, S. L., Fabius, C. D., Haley, W. E., & Roth, D. L. (2024). Race Differences in Purpose in Life Among Family Caregivers: Findings From the Caregiving Transitions Study. *Journal of Applied Gerontology*, o(o). <https://doi.org/10.1177/07334648241288986>.
5. Clark-Cutaia MN, Menon G, Li Y, Metoyer GT, Bowring MG, Kim B, Orandi BJ, Wall SP, **Hladek MD**, Purnell TS, Segev DL, McAdams-DeMarco MA. Identifying when racial and ethnic disparities arise along the continuum of transplant care: a national registry study. *Lancet Reg Health Am*. 2024;38:100895. Published 2024 Oct 3. doi:10.1016/j.lana.2024.100895
6. Spaulding EM, Miller HN, Metlock FE, Chepkorir J, Benjasirisan C, **Hladek MD** and Han H-R (2024) Leveraging community Wi-Fi and spaces for digital health use. *Front. Public Health* 12:1418627. doi: 10.3389/fpubh.2024.1418627
7. *Hauschildt KE, Taylor SP, Hough CL, **Hladek MD**, Perrin EM, Iwashyna TJ. Ideal Postdischarge Follow-Up After Severe Pneumonia or Acute Respiratory Failure: A Qualitative Study of Primary Care Clinicians in Diverse Settings. *CHEST Crit Care*. 2024;2(3):100079. doi:10.1016/j.chstcc.2024.100079
8. ***Hladek, Melissa deCardi**; Wilson, Deborah; Krasnansky, Katie; McDaniel, Kennedy; Shanbhag, Meera; McAdams-DeMarco, Mara; Crews, Deidra C.; Brennan, Daniel C.; Taylor, Janiece; Segev, Dorry; Walston, Jeremy; Xue, Qian-Li; Szanton, Sarah L. Using Photovoice to Explore the Lived Environment and Experience of Older Adults with Frailty on their Kidney Transplant Journey. *Kidney360* 5(4):p 589-598, April 2024. | DOI: 10.34067/KID.0000000000000380
9. Tinetti ME, **Hladek MD**, Ejem D. One Size Fits All-An Underappreciated Health Inequity. *JAMA Intern Med*. 2024;184(1):7-8. doi:10.1001/jamainternmed.2023.6035
10. Szanton, Sarah; Alexander, Kamila; Kim, Boeun; Li, Qiwei; Gee, Gilbert; Bandeen-Roche, Karen; Adkins-Jackson, Paris; **Hladek, Melissa**; Samuel, Laura; Haozous, Emily; Okoye, Safiyah; Crews, Deidra; Thorpe, Roland. Life Space and Activity Space Measurement: Making 'Room' for Structural Racism. *Gerontologist*. 2023 Nov 28;gnad160. doi: 10.1093/geront/gnad160. Epub ahead of print. PMID: 38015951.
11. ***Hladek MD**, Wilson, D, Gross, A, Buta B, Shofner S, Bandeen-Roche K, Schoenborn N. Resilient Adaptation Strategies: Unveiling Older Adult Coping Dynamics Amidst the COVID-19 Pandemic. *J Gerontol Nurs*. 2023 Dec;49(12):32-39. doi: 10.3928/00989134-20231108-04. Epub 2023 Dec 1. PMID: 38015152.

12. *Taylor, J.L., Clair, C., Gitlin, L.N., Atkins, S., Bandeen-Roche K., Abshire Saylor, M., **Hladek, M.**, Riser., T. Thorpe Jr., R.J., Szanton, S.L. (accepted). Acceptability and feasibility of a pain and depressive symptoms management intervention in middle-aged and older African American women. *Innov Aging*. 2023 Sep 8;7(10):igad096. doi: 10.1093/geroni/igad096. PMID: 38094930; PMCID: PMC10714909.
13. * Chen Y, Churilla B, Ahn JB, Quint EE, Sandal S, Musunuru A, Pol RA, Hladek MD, Crews DC, Segev DL, McAdams-DeMarco M. Age Disparities in Access to First and Repeat Kidney Transplantation. *Transplantation*. 2023 Aug 1. doi: 10.1097/TP.0000000000004747. Epub ahead of print. PMID: 37525348.
14. Novick TK, Custer J, Zonderman AB, Evans MK, Hladek M, Kuczmarski M, Rathouz PJ, Crews DC. Coping Behaviors and Incident Kidney Disease. *Kidney360*. 2023 Aug 1;4(8):1072-1079. doi: 10.34067/KID.000000000000179. Epub 2023 Jun 19. PMID: 37332108; PMCID: PMC10476686.
15. Walston J, Varadhan R, Xue QL, Buta B, Sieber F, Oni J, Imus P, Crews DC, Artz A, Schrack J, Kalyani RR, Abadir P, Carlson M, Hladek M, McAdams-DeMarco M, Jones R, Johnson A, Shafi T, Newman AB, Bandeen-Roche K. A Study of Physical Resilience and Aging (SPRING): Conceptual framework, rationale, and study design. *J Am Geriatr Soc*. 2023 Aug;71(8):2393-2405. doi: 10.1111/jgs.18483. Epub 2023 Jun 30. PMID: 37386913; PMCID: PMC10608799.
16. *Thornton CP, Bandeen-Roche K, Dolinar M, Roberts Lavigne LC, George Lansey D, Jones R, Walston J, Varadhan R, **Hladek MD** & Imus P (co-last authors). Clinical trial participation predicts improved survival in older adults receiving allogeneic blood and marrow transplant. *BMC Geriatr*. 2023 Mar 4;23(1):120. doi: 10.1186/s12877-023-03803-7. PMID: 36869287; PMCID: PMC9985233.
17. Taylor KS, Umeukeje EM, Santos SR, McNabb KC, Crews DC, Hladek MD. Context Matters: A Qualitative Synthesis of Adherence Literature for People on Hemodialysis. *Kidney360*. 2023 Jan 1;4(1):41-53. doi: 10.34067/KID.0005582022. PMID: 36700903; PMCID: PMC10101575.
18. Reynolds NR, Baker D, D'Aoust R, Docal M, Goldstein N, Grubb L, **Hladek MD**, Koirala B, Kverno K, Ling C, Lukkahatai N, McIltrout K, Pandian V, Regier NG, Sloand E, Tomori C, Wenzel J. COVID-19: Implications for Nursing and Health Care in the United States. *J Nurs Scholarsh*. 2023 Jan;55(1):187-201. doi: 10.1111/jnu.12853. PMID: 36583656; PMCID: PMC9847252.
19. *Lee, J. W., Nersesian, P. V., Suen, J. J., Mensah Cudjoe, T. K., Gill, J., Szanton, S. L., & **Hladek, M. D.** (2023). Loneliness is Associated With Lower Coping Self-Efficacy Among Older Adults. *Journal of Applied Gerontology*, 42(2), 270–279. <https://doi.org/10.1177/07334648221129858>
20. Taylor KS, **Hladek MD**, Elias SD, Jenkins E, Robinson KN, Smith OW, Szanton SL. Lessons from COVID-19: Time for shared decision making in nursing practice. *J Adv Nurs*. 2022 Nov;78(11):e147-e149. doi: 10.1111/jan.15395. Epub 2022 Jul 31. PMID: 35909088; PMCID: PMC9353426.
21. ***Hladek MD**, Zhu J, Crews DC, McAdams-DeMarco MA, Buta B, Varadhan R, Shafi T, Walston JD, Bandeen-Roche K. Physical Resilience Phenotype Trajectories in Incident Hemodialysis: Characterization and Mortality Risk Assessment. *Kidney Int Rep*. 2022 Jun 23;7(9):2006-2015. doi: 10.1016/j.ekir.2022.06.009. PMID: 36090502; PMCID: PMC9459128.

22. *Samuel, L.J., **Hladek, M.D.**, Tian, J., Roberts, L.C., LaFave, S.E., Szanton, S.L. Propensity score weighted associations between financial strain and subsequent inflammatory biomarkers of aging among a representative sample of U.S. older adults. *BMC Geriatr* **22**, 467 (2022). <https://doi.org/10.1186/s12877-022-03112-5>
23. Abshire Saylor M, Pavlovic NV, DeGroot L, Jajodia A, **Hladek MD**, Perrin N, Wolff J, Davidson PM, Szanton S. Strengths-building through life purpose, self-care goal setting and social support: Study protocol for Caregiver Support. *Contemp Clin Trials Commun.* 2022 May 5;28:100917. doi: 10.1016/j.conctc.2022.100917. PMID: 35602009; PMCID: PMC9118505.
24. *Elayoubi J, Haley WE, Roth DL, Cushman M, Sheehan OC, Howard VJ, **Hladek MD**, Hueluer G. Associations of perceived stress, depressive symptoms, and caregiving with inflammation: a longitudinal study. *Int Psychogeriatr.* 2023 Feb;35(2):95-105. doi: 10.1017/S1041610222000370. Epub 2022 May 11. PMID: 35543307.
25. *Samuel LJ, Dwivedi P, **Hladek MD**, Cudjoe TKM, Drazich BF, Li Q, Szanton SL. The effect of COVID-19 pandemic-related financial challenges on mental health and well-being among US older adults. *J Am Geriatr Soc.* 2022 Jun;70(6):1629-1641. doi: 10.1111/jgs.17808. Epub 2022 Apr 15. PMID: 35393645; PMCID: PMC9115091.
26. LaFave SE, Bandeen-Roche K, Gee G, Thorpe RJ, Li Q, Crews D, Samuel L, Cooke A, **Hladek MD**, Szanton SL. Quantifying Older Black Americans' Exposure to Structural Racial Discrimination: How Can We Measure the Water In Which We Swim? *J Urban Health.* 2022 Oct;99(5):794-802. doi: 10.1007/s11524-022-00626-6. Epub 2022 Apr 29. PMID: 35486285; PMCID: PMC9561453.
27. Sun CA, Parslow C, Gray J, Koefman I, **Hladek MD**, Han HR. Home-based primary care visits by nurse practitioners. *J Am Assoc Nurse Pract.* 2022 Apr 19. doi: 10.1097/JXX.0000000000000706. Epub ahead of print. PMID: 35439205.
28. ***Hladek, M. D.**, Zhu, J., Buta, B. J., Szanton, S. L., Bandeen-Roche, K., Walston, J. D., & Xue, Q. L. (2021). Self-efficacy proxy predicts frailty incidence over time in non-institutionalized older adults. *Journal of the American Geriatrics Society.* <https://doi.org/10.1111/jgs.17417>
29. *Roberts Lavigne, L. C., Tian, J., **Hladek, M.**, LaFave, S. E., Szanton, S. L., & Samuel, L. J. (2021). Residential Street Block Disorder and Biological Markers of Aging in Older Adults: The National Health and Aging Trends Study. *The Journals of Gerontology. Series A, Biological Sciences and Medical Sciences*, 76(11), 1969–1976. <https://doi.org/10.1093/GERONA/GLAB166>
30. *Li J, Szanton SL, McPhillips M, Pien G, **Hladek MD**, Gooneratne N, Chen K, Hodgson NA. (2021). An mHealth- facilitated personalized intervention for physical activity and sleep in community-dwelling older adults. *Journal of Aging and Physical Activity*, 1(aop), 1-10.
31. ***Hladek MD**, Gill J, Lai C, Bandeen-Roche K, Allen J, Hinkle J, Leyden C, Kanefsky R, Szanton SL. (2021). High Social Coping Self-Efficacy Associated with Lower Sweat Interleukin-6 in Older Adults with Chronic Conditions. *Journal of Applied Gerontology.* <https://doi.org/10.1177/07334648211006518>

32. *Cruz-Oliver DM, Abshire M, Budhathoki C, **Hladek MD**, Volandes A, Jorgensen L, Oliver DP (2021). Comparison of Traditional Videos with Telenovelas for Hospice Family Caregivers Education. *American Journal of Hospice and Palliative Medicine*. February 8, 2021. doi:[10.1177/1049909121991524](https://doi.org/10.1177/1049909121991524)
33. *Szanton SL, Clemson L, Liu M, Gitlin LN, **Hladek MD**, LaFave SE, Roth DL, Marx KA, Felix C, Okoye SM, Zhang X, Bautista S, Granbom M. (2020). Pilot Outcomes of a Multicomponent Fall Risk Program Integrated Into Daily Lives of Community-Dwelling Older Adults. *Journal of Applied Gerontology*. doi: 10.1177/0733464820912664.
34. ***Melissa D. Hladek**, Jessica Gill, Karen Bandeen-Roche, Jeremy Walston, Jerilyn Allen, Janice L. Hinkle, Kate Lorig & Sarah L. Szanton (2019): High coping self-efficacy associated with lower odds of pre-frailty/frailty in older adults with chronic disease, *Aging & Mental Health*, DOI: 10.1080/13607863.2019.1639136
35. ***Hladek MD**, Gill J, Lai C, Lorig K, Szanton SL. High Coping Self-Efficacy Associated with Lower Sweat Inflammatory Cytokines in Adults: A Pilot Study (2019). *Biological Research for Nursing*. Epub 2019 Sept 5. doi: 10.1177/1099800419870607
36. *Taylor, J.L., Roberts, L., **Hladek**, M.D., Liu, M., Nkimbeng, M., Boyd, C.M., & Szanton, S.L. (2019). Achieving self-management goals among low income older adults with functional limitations. *Geriatric Nursing Jul-Aug; 40(4): 424-430*. doi: 10.1016/j.gerinurse.2019.01.003. Epub 2019 Feb 22. PMID:30799154
37. Granbom M, Clemson L, Roberts L, **Hladek MD**, Okoye SM, Liu M, Felix C, Roth D, Gitlin L, Szanton S. (2019). Preventing falls among older adult fallers: study protocol for a two-phase pilot study of the multicomponent LIVE LiFE program. *Trials Jan 3; 20(1):2*. DOI:10.1186/s13063-018-3114-5.
38. *Nersesian P, Han H, Yenokyan G, Nolan M, Blumenthal R, **Hladek MD**, Szanton SL. (2018) Loneliness in Middle Age and Biomarkers of Systemic Inflammation: Findings from Midlife in the United States. *Social Science & Medicine Jul; 209:174-181*. DOI: 10.1016/j.socscimed.2018.04.007.
39. ***Hladek MD**, Szanton SL, Cho Y, Lai C, Sacko C, Roberts L, Gill J. (2018) Using Sweat to Measure Cytokines in Older Adults Compared to Younger Adults: A Pilot Study. *Journal of Immunological Methods: Vol 454, March 2018, P 1-5*. DOI: 10.1016/j.jim.2017.11.003.
40. *Cajita MI, Rodney T, Xu JZ, **Hladek M**, Han HR. (2017). Quality and health literacy demand of online heart failure information. *Journal of Cardiovascular Nursing: 32(2), p 156-164*. DOI: 10.1097/JCN.0000000000000324.
41. *Boufassa F, Lechenadec J, Meyer L, Costagliola D, Hunt PW, Pereyra F, Deeks S, Pancino G, Taulera O, Lichtenfeld M, Delobel P, Saez-Cirion A, Lambotte O; ANRS CO18 HIV Controllers Cohort; Cascade Collaboration in Eurocoord; SCOPE Cohort; **International HIV Controllers Study**. *Collaborators: Addo MM...Hladek M...Zhao M*. Blunted Response to Combination Antiretroviral Therapy in HIV Elite Controllers: An International HIV Controller Collaboration. *PLoS One*. 2014;9(1):e85516. doi:10.1371/JOURNAL.PONE.0085516
42. *McLaren PJ, Ripke S, Pelak K, Weintrob AC, Patsopoulos NA, Jia X, Erlich RL, Lennon NJ, Kadie CM, Heckerman D, Gupta N, Haas DW, Deeks SG, Pereyra F, Walker BD, de Bakker PI. *Collaborators: Addo MM...Hladek M...Zhao M*. [Fine-mapping classical HLA variation associated with durable host control of HIV-](https://doi.org/10.1371/journal.pone.0200000)

[1 infection in African Americans](#). Hum Mol Genet. 2012 Oct 1;21(19):4334-47. doi: 10.1093/hmg/dds226. Epub 2012 Jun 19. PubMed PMID: 22718199; PubMed Central PMCID: PMC3441117.

43. *Pereyra F, Jia X, McLaren PJ, Telenti A, de Bakker PI, Walker BD, Ripke S, Brumme CJ, Pulit SL, Carrington M, Kadie CM, Carlson JM, Heckerman D, Graham RR, Plenge RM, Deeks SG, Gianniny L, Crawford G, Sullivan J, Gonzalez E, Davies L, Camargo A, Moore JM, Beattie N, Gupta S, Crenshaw A, Burt NP, Guiducci C, Gupta N, Gao X, Qi Y, Yuki Y, Piechocka-Trocha A, Cutrell E, Rosenberg R, Moss KL, Lemay P, O'Leary J, Schaefer T, Verma P, Toth I, Block B, Baker B, Rothchild A, Lian J, Proudfoot J...**Hladek M**... Zhao M. [The major genetic determinants of HIV-1 control affect HLA class I peptide presentation](#). Science. 2010 Dec 10;330(6010):1551-7. doi: 10.1126/science.1195271. Epub 2010 Nov 4. PubMed PMID: 21051598; PubMed Central PMCID: PMC3235490.
44. *Ferreira MAR, Mangino M, Brumme CJ, Zhao ZZ, Medland SE, Wright MJ, Nyholt DR, Gordon S, Campbell M, McEvoy BP, Henders A, Evans DM, Lanchbury JS, Pereyra F; **International HIV Controllers Study**, Walker BD, Haas DW, Soranzo N, Spector TD, de Bakker PI, Frazer IH, Montgomery GW, Martin NG. [Collaborators](#): Addo MM...**Hladek M**...Zhao M. Quantitative Trait Loci for CD4:CD8 Lymphocyte Ratio Are Associated with Risk of Type 1 Diabetes and HIV-1 Immune Control. *Am J Hum Genet*. 2010;86(1):88. doi:10.1016/J.AJHG.2009.12.008

Invited Publications

1. Szanton SL, **Hladek MD**. The Effect of Tailored Home Hazard Removal on Falls Among Community-Dwelling Older Adults. *JAMA Netw Open*. 2021;4(8):e2122325. doi:10.1001/jamanetworkopen.2021.2232

Manuscripts in Review

1. Ogungbe O, Turkson-Ocran RA, Tomiwa T, Adeleye K, Rayani A, Hinneh T, Baptiste D, **Hladek MD**, Crews DC, Commodore-Mensah Y. Nativity, Racial/Ethnic, and Length of U.S. Residence Differences in Chronic Kidney Disease: National Health and Nutrition Examination Survey 2011-March 2020. *AJKD*.
2. [Huang J](#), Chepkorir J, Gross AL, Phan P, Pavlovic NV, **Hladek MD**. (in review). Latent Classes of Resilience in a Nationwide Sample of US Adults during the COVID-19 Pandemic. *Frontiers*.
3. **Hladek MD**, Rubio OC, Curriero S, Horn S, Hughes A, Wilson DH, McAdams-DeMarco M, Crews D Szanton SL (in review). Empowering Older Adults Through Values-Informed Solutions for Technology Adoption (VISTA): A Feasibility and Acceptability Trial Protocol. *Frontiers in Public Health*.
4. **Hladek MD**, Reimer T, Casey J, Nkimbeng M, Peeler A, Nelson KE, Taylor J, Han HR, Szanton SL (in review). Measuring Self-Efficacy in U.S. Older Adults with Chronic Disease: A Systematic Review. *Aging & Mental Health*.
5. Paris B. Adkins-Jackson; Emily A. Haozous; Boeun Kim; Alicia Cooke; **Melissa D. Hladek**; Gilbert Gee; Odis Johnson; Laura J. Samuel; Deidra C. Crews; Darnell Leatherwood; Tiffany Riser; Erik Westlund; Roland J. Thorpe, Jr.; Karen Bandeen-Roche; Sierra Grey-Coker; Sarah L. Szanton (in review). Is Doing Better Science Enough?: An Autoethnographic Study Of A Multidisciplinary Collaboration To Measure Structural Racism. *Social Science And Medicine*.

Non-Peer Reviewed

Godfrey, Hinkle, **Hladek** & Winfield. "An Innovative Service Learning Project: Implementing a Foot Clinic at a Local Soup Kitchen." August 6, 2014. *Advance for Nurses*, Available at: <http://nursing.advanceweb.com/Features/Articles/An-Innovative-Service-Learning-Project.aspx>.

deCardi (Hladek), Melissa. "Overcoming Poverty May Conquer AIDS in South Africa." March 12, 2003. Point of View Article, *In Vivo*, Columbia University School of Medicine. Available at: http://cumc.columbia.edu/publications/in-vivo/Vol2_Iss05_mar12_03/pov.html.

Book Chapters

Hladek MD, Chapter Contributor, DNP Project Workbook, Second Edition (2024), edited by Molly Bradshaw O'Neal, DNP, APRN, FNP-BC, WHNP-BC, CP-C and Tracy R. Vitale, DNP, RNC-OB, C-EFM, NE-BC, Springer Publishing Company, New York, NY. [doi.10.1891/978082617](https://doi.org/10.1891/978082617)

Hladek, Chapter Contributor, Brunner & Suddarth's Textbook of Medical-Surgical Nursing, 13th edition (2014), Chapter 39: Assessment and Management of Patients with Rheumatic Diseases.

Website Content Development (Text that is underlined is hyperlinked)

[Psychosocial Resiliency](#) (September 2020). Frailty Science: Promoting Resilience and Healthy Aging

MEDIA RELATED TO RESEARCH, SCHOLARSHIP AND ADVOCACY

Radio/ Television

1. Health Equity Coalition for Chronic Disease Online Television Advertisement Campaign in DC, Maryland and Virginia catchment, December 2023-February 2024
 - In support of H.R. 4818 Treat and Reduce Obesity Act of 2023 to expand Medicare coverage of obesity medications
 - Uniquely contributed to overarching messaging of the campaign to start with "Obesity is not a moral failing, but a disease."
 - Featured in 3 out of 6 of the advertisements
 - Collectively garnered >20,000 letters to congress and >5,000 phone calls (ad linked to a website with pre-filled letters you could personalize and submit with the option to also call your local representative).
2. HealthCetera Featured Guest (October 11, 2023). "[How Stress, Self-Efficacy, and Sociocultural Factors Influence the Biology of Aging](#)" Interviewed by Barbara Glickstein, Radio Show Host for Weekly HealthCetera Segment, WIOX radio.
 - Catchment of thousands of listeners

Interviews (Text that is underlined is hyperlinked)

1. PolitiFact (December 13, 2024). "[No te dejes engañar: El doctor Juan Rivera y estos otros doctores no promueven estos productos.](#)" Interviewed by Maria Briceno, Staff Writer, PolitiFact.
2. PolitiFact (February 29, 2024). "[Pregúntale a PolitiFact: ¿Qué son las tarjetas de débito 'flex card'?](#)" Interviewed by Maria Briceno, Staff Writer, PolitiFact.

3. Patient Priorities Care (March 30, 2023). "[Patient Priorities Care is a natural fit for me.](#)" Interviewed by Crystal Gwizdala, Associate Communications Officer, Patient Priorities Care.
4. LeadingAge Coronavirus Update Call (February 16, 2022) [Well-Being in Older Adults During COVID-19.](#) Interviewed by Joe Franco, Vice President, Grassroots Advocacy, LeadingAge
5. HealthCentral (2021, August). Quoted in [How to Prep for your Next Diabetes Checkup](#) for Hispanic/Latinx diabetes warriors by Sarah Ludwig Rausch.
6. Hudson Valley Parent (2020, September). Quoted in [Coping, Confidence, and Coronavirus: Focus on your self-efficacy to get through these trying times](#) by Violet Snow.
7. Singlecare (2020, August 14, 2020). Quoted in updated article in [What older people should do to protect themselves from coronavirus](#) by Nicole Roder.
8. Singlecare (2020, March 19, 2020). Quoted in [What older people should do to protect themselves from coronavirus](#) by Nicole Roder.

Podcast Interviews (Text that is underlined is hyperlinked)

1. The Lara Okyay Podcast. Self-Efficacy and Frailty, 4/27/2022.
2. Journal of Applied Gerontology Podcast discussing [High Social Coping Self-Efficacy Associated With Lower Sweat Interleukin-6 in Older Adults With Chronic Illness](#), 11/12/2021.
3. On The Pulse, Johns Hopkins Magazine Podcast, [Alzheimer's Disease Among the Latinx Population: Preparing for a Growing Need in Care](#), 9/21/2021.
4. The Fighting Frailty Podcast, Frailty Science, [Self-Efficacy and Frailty with Dr. Melissa Hladek](#), 4/23/2021.

Blog Posts (Text that is underlined is hyperlinked)

1. Hladek, MD (October 3, 2022). [Amplifying the Voice of Older Latino Adults through a Systematic approach to Identifying Priorities and Aligning Care.](#) Johns Hopkins Center on Aging and Health.
2. Hladek, MD (September 17, 2020). [Self-Efficacy as a Tool for Older Adults to Cope with Coronavirus.](#) Frailty Science: Promoting Resilience and Health Aging.
3. Hladek, MD. (April 16, 2020). [Self-Efficacy to Cope with Coronavirus](#) (re-published). NewsWise Coronavirus News Source.
4. Hladek, MD. (April 4, 2020). [Self-Efficacy to Cope with Coronavirus.](#) Johns Hopkins Nursing Magazine: On the Pulse.
5. Hladek, MD. (October 25, 2019). [A Living Legend Will Talk About Making Resilience Happen.](#) Johns Hopkins Nursing Magazine: On the Pulse.
6. Hladek, MD. (September 15, 2018). [We Travel Together. Viajamos Juntos.](#) Johns Hopkins Magazine: On the Pulse.

Editorial activities

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| 2024 | Reviewer, Kidney 360 Reviewer, International Journal of Nursing Studies Reviewer, BMC Public Health Reviewer, Geriatric Nursing Reviewer, Journal of Gerontology: Psychological Sciences |
| 2023 | Reviewer, Journal of Gerontology: Psychological Sciences Reviewer, Geriatric Nursing Reviewer, Transplantation |

- 2022 Reviewer, Journal of Applied Gerontology
Reviewer, Scientific Reports
Reviewer, BMC Geriatrics
- 2021 Reviewer, Journal of Applied Gerontology
Reviewer, Journal of the American Geriatrics Society
Reviewer, Journal of Gerontology: Medical Sciences
Reviewer, BMC Geriatrics
- 2020 Reviewer, Journal of Gerontology: Medical Sciences
Reviewer, Lab on a Chip
Reviewer, Journal of Applied Gerontology
- 2019 Reviewer, Journal of Aging and Physical Activity
- 2010 Reviewer, 1 Unit, Brunner and Suddarth's Textbook of Medical-Surgical Nursing, 12th Ed. by Smeltzer, Bare, Hinkle & Cheever, Spring 2010.
- 2009 Research Grant Reviewer, Neuroscience Nursing Foundation
- 2008 Reviewer, 5 Chapters, Delmar's Contemporary Medical-Surgical Nursing, by Daniels, Nosek & Nicoll

SPEAKING ENGAGEMENTS

Invited Keynote/ Distinguished Guest Lectures

- 2025 **Melissa D. Hladek**, Keynote, Maryland Association of Nursing Students, 45th Annual Student Nursing Convention, Silver Spring, Maryland. February 22, 2025.
- "Nursing for All: Musings on Representation, Self-Care, & Growth"
- 2024 **Melissa D. Hladek**, Academic Keynote. 2024 Social Determinants of Health Symposium: Pathways to Health through Housing. Hosted by Johns Hopkins Urban Health Institute, Baltimore City Health Department, & Local Health Improvement Coalition. April 19, 2024
- "Unlocking Health at Home: Centering the Person & Addressing Social Determinants"
- 2022 **Melissa D. Hladek**, Distinguished Guest Lecturer. Georgetown University Bowen Center for the Study of the Family Spring Conference: Family Vitality and Variation in Aging. April 8-9, 2022
- "Resilience and Resilience Trajectories in Healthy Aging" April 8, 2022
 - "Living our Best Lives and Aging Successfully in the Midst of a Global Pandemic" April 9, 2022

International

- 2024 **Hladek MD.** (Invited). "The Self-Efficacy-Frailty Association: *Auto eficacia y su relación con la fragilidad*" [DiabFrail-Latam Technical Meeting](#). Pan American Health Organization, Washington, DC. (Simulcast in English, Spanish and Portuguese.) November 12, 2024.

- 2023 **Hladek MD**, Elias S, Riser T. (invited). Aging at Home: The CAPABLE Way. Pan-American Health Organization Webinar. (Simulcast in English and Spanish). March 7, 2023 (Available on PAHO TV in [English](#))
- 2022 **Hladek MD & Samper-Ternent, R.** (invited). Healthy Aging: Managing Stress and Understanding Your Health Priorities. Pan-American Health Organization Webinar (available on PAHO TV in [English](#) "How to get what matters most from your healthcare" and [Spanish](#) "Cómo obtener lo más importante de su atención médica"). April 26, 2022.
- 2021 **Hladek MD**, Schoenborn N, Wilson DH, Shofner SJ, Gross AL. Resilience and Multifactorial Stressors Among Older Adults During the COVID-19 Pandemic: Qualitative Findings. International Conference on Frailty and Sarcopenia Research Annual Conference 2021, October 2, 2021, on-line
- 2020 **Hladek MD.** (invited) The Importance of Self-Management and Self-Efficacy in Successful Primary Care during COVID19. Pan-American Health Organization/ World Health Organization. Webinar series: Care of Older Persons During and After the COVID-19 Pandemic, simulcast in [English](#), Spanish and Portuguese (15k+ registrations), October 22, 2020.

National

- 2024 **Hladek, MD.** CAPABLE Transplant: Adaptation of CAPABLE for Use With Older Adults With Inactive Status Awaiting Kidney Transplant. Gerontological Society of America Annual Scientific Meeting, November 14, 2024, Seattle, WA.
- 2024 **Hladek, MD.** Empowering Frail Older Adults Through Digital Literacy: A Theory and Values-Based Intervention. Gerontological Society of America Annual Scientific Meeting, November 15, 2024, Seattle, WA.
- 2024 **Hladek, MD.** A Values-Driven Approach to Bridging the Digital Divide: A Pilot Intervention for Older Adults. Gerontological Society of America Annual Scientific Meeting, November 16, 2024, Seattle, WA.
- 2024 **Hladek MD.** HDF Access & Disadvantaged Populations: Care Considerations. Renal Research Institute. Fresenius Medical Care. September 19, 202, New York, NY.
- 2024 **Hladek MD**, Douglass B, Nettles B, Empleo-Frazier O, Frechman E. Educating and Empowering Gerontological APRNs to Act on What Matters Most to Their Patients: A Workshop Teaching the Systematic Approach of Patient Priorities Care. Gerontological Advanced Practice Nurses Association Annual Conference, September 14, 2024.
- 2024 **Hladek MD**, Covarrubias-Lytle T, Robinson M, Spagna L. "¿Cuándo, Dónde y Qué?: Holistically Exploring Education and Career Pathways". National Association of Hispanic Nurses Annual Conference, August 2, 2024, Atlanta, GA.
- 2024 **Hladek MD & Samper-Ternent R.** "Patient Priorities Care in Diverse Populations". American Geriatrics Society Virtual Annual Meeting. May 10, 2024.

- 2024 **Hladek MD.** *"Identifying and Acting on What Matters Most."* Gerontological Advanced Practice Nurses Association Veteran's Administration Special Interest Group Meeting, on-line, January 18, 2024.
- 2023 Samper-Ternent R, Perez G, **Hladek MD**, Fonseca C. *"Adaptation of the PPC Approach for Hispanic Older Adults."* Gerontological Society of America Annual Scientific Conference, Tampa, FL, November 10, 2023.
- 2023 Buta B, **Hladek MD**, Alzahrani M, Xue QL. *"Self-Perception of Aging and the Self-Reported Health/Frailty Paradox."* Gerontological Society of America Annual Scientific Conference, Tampa, FL, November 12, 2023.
- 2023 Chepkorir J, **Hladek M**, Huang J, Pavlovic N, Phan P, Gross A. *"Latent Classes Of Resilience In A Nationwide Sample Of American Adults During Covid-19 Pandemic: The Role Of Age."* Gerontological Society of America Annual Scientific Conference, Tampa, FL, November 12, 2023.
- 2023 Clark-Cutaia, Menon, Li, Metoyer, Kim, Grace, Wall, **Hladek**, Purnell, Segev, McAdams-DeMarco. *"Disparities in Access to Kidney Transplantation for Asian, Hispanic and Black Candidates"*. American Society of Nephrology Kidney Week 2023, Philadelphia, PA, November 2, 2023.
- 2023 Ogungbe B, **Hladek MD**, Commodore-Mensah Y. *"Elevated Biomarkers of Subclinical Myocardial Injury and Inflammation Among Community-Dwelling Adults With Covid-19."* American Heart Association Scientific Sessions 2023, Philadelphia, PA, November 12, 2023.
- 2023 **Hladek MD.** [*"Identifying and Acting on What Matters to Patients: An Introduction to Patient Priorities Care."*](#) American Academy of Nurse Practitioners, Live Webinar September 27, 2023, available for CEUs for 12 months.
 - **Greater than 4000 NP completers of this webinar for CEU with >95% satisfaction**
- 2023 **Hladek MD**, Perez G, Fonseca Valencia C, Ventura Castellon E, Douglass B, Robinson M, Samper-Ternent R. *"Eliciting Health Priorities of Older Latinos to Guide Care."* National Association of Hispanic Nurses Annual Meeting, Portland, OR, July 14, 2023.
- 2023 **Hladek MD**, Douglass B, Fingerhood M, Ling C, Tinetti M. *"Incorporating Patient Priorities Care Curriculum for Older Adults with Multiple Chronic Conditions into Nurse Practitioner Education."* American Academy of Nurse Practitioners Annual Meeting, New Orleans, LA, June 28, 2023.
- 2023 Hauschildt K, Hough C, Taylor S, **Hladek MD**, Iwashyna T. *"Primary Care Clinicians Identify Barriers and Facilitators to High-quality Follow-up After Acute Respiratory Failure"* American Thoracic Society Annual Meeting, May 22, 2023
- 2023 Hauschildt K, Hough C, Taylor S, **Hladek MD**, Iwashyna T. *"The "Secret Sauce": Key Primary Care Practices for Hospital Survivors of Acute Respiratory Illness"* American Thoracic Society Annual Meeting, May 21, 2023
- 2023 **Hladek MD** (Invited Panelist). *"Developing an Interdisciplinary Approach to Health Equity"* NAHN Hispanic Health Policy Institute. Washington, DC, February 11, 2023.

- 2022 Novick, TK, Han D, Zonderman A, Evans MK, Rathouz P, **Hladek MD**, Kuczmarski MF, Crews D. "Coping Behaviors and Risk of Adverse Kidney Outcomes" ASN Kidney Week, November 2022.
- 2022 Taylor K, Umeukeje EM, Santos S, Mcnabb KC, Crews DC, **Hladek MD**. "A "Best Fit" Framework Synthesis to Guide Adherence Interventions for Patients on Hemodialysis" ASN Kidney Week, November 2022.
- 2022 **Hladek MD**, Wilson D, Shanbhag M, Krasnansky K, McAdams-DeMarco M, Walston J, Xue QL, Szanton SL. "Using Photovoice to Understand the Lived Experience and Environment of Older Adults awaiting Kidney Transplant" Gerontological Society of America Annual Scientific Meeting, November 2022.
- 2022 **Hladek M.D.**, Tinetti, M, Naik, A, Samper-Ternent, R. "Amplifying the Voice of Older Latinos through Priority Setting". National Association of Hispanic Nurses Annual Meeting, (poster), July 14, 2022.
- 2021 **Melissa D. Hladek**, Qiwei Li, Laura L. Samuel, Brittany Drazich, Thomas KM Cudjoe, Sarah L. Szanton. "Hopefulness During COVID19: Associations with Function, Sleep and Loneliness in the National Health and Aging Trends Study". Gerontological Society of America's Annual Meeting, (symposium), November 13, 2021
- 2021 Brittany Drazich; Qiwei Li; Nancy Perrin; Laura Samuel; **Melissa D. Hladek**; Sarah L. Szanton; Thomas Cudjoe; Janiece Taylor, "The Relationship Between Older Adults' Technology Use, In-Person Engagement, and Pandemic-Related Mental Health". Gerontological Society of America's Annual Meeting, (symposium), November 13, 2021
- 2021 Laura J Samuel, Pallavi Dwivedi, **Melissa Hladek**, Thomas KM Cudjoe, Brittany Drazich, Qiwei Li, Sarah L. Szanton. "The effect of COVID-19 pandemic-related financial challenges on quality of life among US older adults. Gerontological Society of America's Annual Meeting", (symposium), November 13, 2021
- 2021 Cudjoe, Li, Drazich, **Hladek**, Samuel, Latkin, Boyd. Loneliness and behavioral changes during the COVID-19 pandemic. Gerontological Society of America's Annual Meeting, (symposium), November 13, 2021
- 2021 Li, Drazich, Samuel, Cudjoe, **Hladek**, Szanton. Predicting Technology Use Among Older Adults During the COVID-19 Pandemic with Community Participation. Gerontological Society of America's Annual Meeting, (symposium), November 13, 2021
- 2021 Samuel LJ, Cudjoe TKM, Roberts L, **Hladek MD**. (invited). Biomarkers of Aging: Findings from the National Health and Aging Trends Study (NHATS). UM-NHATS Data Users Groups, Michigan Center on the Demography of Aging and NHATS. March 4, 2021
- 2020 **Hladek MD**, Zhu J, Buta B, Szanton SL, Bandeen-Roche K, Walston J, Xue Q. Self-Efficacy Proxy Predicts Physical Frailty Incidence Over Eight Years in Non-Institutionalized Older Adults. Gerontological Society of America's Annual Meeting, (poster), November 7, 2020
- 2020 **Hladek MD**, Chung SE, Cudjoe TKM, Samuel LJ, Szanton SL, Roth DL. Greater Subjective Well-Being Associated with Lower Inflammatory Proteins in an Older Adult Sample from NHATS, Gerontological Society of America's Annual Meeting, (symposium), November 6, 2020

- 2020 Bandeen-Roche, Zhu J, **Hladek MD**, Crews D, McAdams-Demarco M, Buta B, Varadhan R, Walston J. Resilience in Incident Hemodialysis: Characterization and Outcome Prediction, Gerontological Society of America's Annual Meeting, (podium), November 5, 2020
- 2020 Roberts L, Tian J, LaFave S, **Hladek MD**, Szanton SL. Neighborhood Resources and Biomarkers of Aging in the National Health and Aging Trends Study, Gerontological Society of America's Annual Meeting (symposium), November 6, 2020
- 2020 Samuel LJ, Tian J, Roberts L, LaFave S, **Hladek MD**, Szanton SL. Strengthening the Causal Evidence Linking Chronic Financial Strain with Biomarkers of Aging, Gerontological Society of America's Annual Meeting (symposium), November 6, 2020
- 2019 **Hladek MD**, Nersessian P, Cudjoe T, Gill J, Szanton SL. Higher Coping Self-Efficacy Associated with Low Self-Perceived Loneliness in Older Adults with Chronic Disease. Gerontological Society of America, Meeting (podium)
- 2019 Szanton, Clemson, Liu, Gitlin, Roth, **Hladek**, ... Granbom. Preventing Falls Among Older Fallers: LIVE-LiFE. The Gerontological Society of America's 2019 Annual Meeting, Austin, TX (poster)
- 2018 **Hladek MD**, Gill J, Lai C, Bandeen-Roche K, Walston J, Allen J, Hinkle J, Lorig K, Szanton SL. "Self-Efficacy: Is It Associated with Frailty and Interleukin-6?" Gerontological Society of America Meeting, Boston, MA. November 16, 2018 (poster)
- 2017 **Hladek**, Szanton, Cho, Sacko, Roberts, and Gill. "Measurement of Cytokines in Sweat Patches Among Older and Younger Adults: a Pilot Study." Translational Science Conference, Washington, DC. April 19-21, 2017 (poster)
- 2015 Cajita MI, Rodney T, Xu A, **Hladek M**, Han HR. "Assessing the quality and health literacy demand of online heart failure information." 7th Annual Health Literacy Research Conference, Bethesda, MD. November 2-3, 2015. (poster)
- 2011 **Hladek M** & Moreland S (poster) "Teaching Diagnostic Reasoning to Nurse Practitioner Students: One School's Experience." National Organization of Nurse Practitioner Faculty Annual Meeting, Albuquerque, New Mexico. April 14, 2011

Regional

- 2025 **Hladek MD**. "Building Strength for the Kidney Transplant Journey: Our Process and Adaptation of CAPABLE." University of California San Francisco Division of Nephrology, Renal Grand Rounds. January 7, 2025.
- 2024 **Hladek MD**. "From Stress to Strength: Self-Efficacy in Advanced Kidney Disease Interventions". Johns Hopkins University, Renal Disease Interest Group. Baltimore, MD. December 4, 2024.
- 2024 **Hladek MD**. "Building Strength: Why Self-Efficacy Matters in the Latino Community". National Association of Hispanic Nurses DC Metro Chapter Meeting. Washington, DC. November 20, 2024.
- 2024 **Hladek MD**. "Healthy Aging: Managing Stress and Understanding your Health Priorities". TRIO Maryland, Baltimore, MD. November 9, 2024.

- 2024 **Hladek MD.** "Empowering Frail Older Adults through Digital Literacy: Two Theory & Values-Based Intervention Protocols". Johns Hopkins Pepper Scholars Presentation, Baltimore, MD, April 3, 2024.
- 2024 **Hladek MD.** "Patient Priorities Care: A Paradigm Shift in the Clinical Care of Older Adults (*and What This Could Mean for Research Too*)". Center for Equity in Aging. Baltimore, MD. March 19, 2024.
- 2023 **Hladek MD** "Using a Multi-Step Human-Centered Design Process to Adapt CAPABLE to the Older Kidney Transplant Population" Johns Hopkins University, Baltimore, MD. Peppers Center Scholars Lecture, February 1, 2023 & Frailty Working Group, February 22, 2023.
- 2022 **Hladek MD.** "Our Experience (thus far) Using a Multi-Step Human-Centered Design Process to Adapt CAPABLE to the Older Kidney Transplant Population" Johns Hopkins University, Intervention Working Group, September 21, 2022.
- 2022 **Hladek MD. (with CEUs)** "The Role of Self-Efficacy in Aging Biology & Frailty and How to Move Forward From Here" Johns Hopkins University, Geriatric Medicine Grand Rounds, Baltimore, MD. March 24, 2022
- 2021 **Hladek MD,** Grayson W, Cudjoe TKM, Guerra C Panelist. "Our Health, Our Community, Our Careers in Biomedical Sciences and HealthCare", Johns Hopkins Medicine Diversity Council. Archbishop Borders and Henderson Hopkins Schools, Baltimore, MD. May 13, 2021
- 2021 **Hladek MD** "Well-Being, Inflammation, and Hispanic/Latinx Older Adults in the US" National Association of Hispanic Nurses, DC Chapter, Washington, DC. March 17, 2021
- 2021 **Hladek MD** "Findings on Self-Efficacy in Frailty Research" Frailty Working Group, Johns Hopkins, Baltimore, MD. February 24, 2021
- 2020 **Hladek MD** "Tea & Conversation: Race as a Variable" Seminar Discussion Co-Leader, Office of Diversity and Inclusion, Johns Hopkins School of Nursing, Baltimore, MD. July 15, 2020
- 2020 **Hladek MD** "Interview Tips and Techniques for Quantitative Research", Johns Hopkins School of Nursing & Medicine, Baltimore, MD. March 12, 2020 & October 1, 2019
- 2019 **Hladek MD** "What We Know about Self-Efficacy and Its Associations with Frailty and Cytokines in Older Adults with Chronic Disease: How Does that Relate to Low Vision Rehab?" Johns Hopkins Wilmer Eye Institute, Baltimore, MD. March 21, 2019
- 2018 **Hladek, MD** "Self-Efficacy and Its Associations with Pre-Frailty/ Frailty and Sweat Interleukin-6 in Older Adults with Chronic Disease." Frailty Working Group, Johns Hopkins, Baltimore, MD. December 12, 2018
- 2018 **Hladek, MD** "Relationships Between Confidence in Ourselves and our Physical Wellness" Riderwood Active Adult Living Community, Silver Spring, MD. September 26, 2018
- 2018 **Hladek, MD** "Sweat as a Specimen Source to Study Resilience in Older Adults". Biology of Healthy Aging Meeting, Johns Hopkins University, Baltimore, MD. May 30, 2017

AWARDS AND HONORS

- 2024 Outstanding Service Award, National Association of Hispanic Nurses DC Metro Chapter
- 2024 Fellow, American Academy of Nursing
- 2024 National Institute of Health, Loan Repayment Program Renewal Awardee (NIDDK)
- 2022 National Institute of Health, Loan Repayment Program Awardee (NIDDK)
- 2020 Butler-Williams Fellowship
NIH, National Institute on Aging
- 2018 Provost's Postdoctoral Fellowship Award
Johns Hopkins University
- 2017 Maryland Graduate Nurse Faculty Scholarship
State of Maryland
- 2016 NIH/NCATS JHU School of Medicine, Pre-doctoral Fellow, Clinical and Translational Science
(4TL1TR001078-04)
Johns Hopkins University Baltimore, MD
- 2016 Scholl Foundation Fellowship
Johns Hopkins University Baltimore, MD
- 2014-2016 NIH Pre-doctoral Fellow, Cardiovascular Health Research (T32NR012704)
- 2012 Women's History Month Collaborative, Recognized as "Awesome Woman"
The Catholic University of America, Washington, DC
- 2012 Volunteer of the Year, Miriam's Kitchen Homeless Shelter, Washington, DC
- 2007 Certificate of Appreciation, MESA at Mendocino College, Ukiah, CA
- 2004 CAPSONA Scholar Award, Columbia University School of Nursing, New York, NY
- 2002-2004 National Health Service Corps Scholarship Recipient
- 1998 Wadleigh Scholarship Recipient, Scripps College, Claremont, CA
- 1997 Outstanding Leadership Award, Chicano Latino Student Affairs,
Scripps College, Claremont, CA

Other Professional Activities/ Service

- 2024 Reviewer, Johns Hopkins University Office for Undergraduate Research, Provost's Undergrad Research Awardees (PURA) program
- 2024 Member, Provost's Postdoctoral Fellowship Selection Committee, Johns Hopkins University

2023 Invited Lecturer, "Amplifying the Voice of Older Latinos in Healthcare." 2023 Diversity Dimensions Health Care Symposium, **UnidosUS**, Washington, DC, June 15, 2023.

2023 Invited Panelist, National Association of Hispanic Nurses Hispanic Health Policy Summit, February 11, 2023.

2022 Participant, Mary's Center Community Conversations: Implementing High Quality Services for Older Adults, May 3, 2022

2022 Volunteer, Petworth Spring Community Health Fair, NAHN & All of Us Partnership, April 23, 2022

2022-2024 Member (Elected), Faculty Assembly Steering Committee, Johns Hopkins University School of Nursing

2021 Moderator, UsAgainstAlzheimer's Center for Brain Health Equity and National Association of Hispanic Nurses Focus Group, July 29, 2021.

2021 Member, Executive Vice Dean Search Committee, Johns Hopkins University School of Nursing

2020-Present Member, Faculty Grievance Committee, Johns Hopkins University School of Nursing

2020-2022 Interprofessional Education, Faculty Facilitator, Johns Hopkins Schools of Nursing, Medicine, & Public Health and School of Pharmacy from Notre Dame of Maryland University

2020-Present Grievance Committee, Member, Johns Hopkins School of Nursing

2019-Present Research Committee Member, Sigma Theta Tau, Nu Beta Chapter, Johns Hopkins University

2019 Participant (invited), PAHO/WHO Meeting for Healthy Aging in the Americas, Pan-American Health Organization, Washington, DC, June 10, 2019

2019-Present Member, Admissions Committee DNP/FNP & PhD programs, Johns Hopkins School of Nursing

2009-2013 Curriculum Committee Member, Masters of Nursing, FNP Program, The Catholic University of America, Washington, DC

2009- 2013 Admissions Committee Member, Masters of Nursing, FNP Program, The Catholic University of America, Washington, DC

2009-2013 Faculty Advisor, Olivian Society (Graduate Student Nurse Organization), The Catholic University of America, Washington, DC

2011 CUA Representative, American Academy of Nurse Practitioners Region 3 Invitational Leadership Meeting, Baltimore, MD, October 15, 2011.

2010 Hladek, M. "NONPF on the Move" Report and National Organization of Nurse Practitioner Faculties Representative to American Academy of Nursing Forum entitled "Solutions to Scale: Proven Health Care Models for Primetime", Washington, DC.

2010 CUA Representative, American Pharmacists Association, Self- Care Institute, Washington, DC, June 17- 20, 2010.

2010 National League of Nursing Representative, Americans for Nursing Shortage Relief program honoring Senator Debbie Stabenow, Capitol Hill, Washington, DC, June 16, 2010.

2007- 2009 Member, School Wide Curriculum Committee, Mendocino College, Ukiah, CA

2007- 2009 Member, Nurse Advisory Committee, Mendocino College, Ukiah, CA

2006-Present Provider Member, HIV International Controllers Study, <http://www.hivcontrollers.org/>
With 2 affiliated publications

CURRICULUM VITAE Part II

COMMITTEES AND SERVICE

2022-Present Member at Large, JHUSON Faculty Assembly
2022 Member, Executive Vice Dean Search Committee, Johns Hopkins University School of Nursing
2020-2024 Member, Faculty Grievance Committee, Johns Hopkins University School of Nursing
2019-Present Member, Admissions Committee DNP/FNP & PhD programs, Johns Hopkins School of Nursing
2019-Present Research Committee Member, Sigma Theta Tau, Nu Beta Chapter, Johns Hopkins University
2009-2013 Masters of Nursing, FNP Program, Curriculum Committee Member
2009- 2013 Masters of Nursing, FNP Program, Admissions Committee Member
2007- 2009 Member, School Wide Curriculum Committee, Mendocino College, Ukiah, CA
2007- 2009 Member, Nurse Advisory Committee, Mendocino College, Ukiah, CA

EDUCATIONAL ACTIVITIES

Johns Hopkins University, Baltimore, MD

Spring 2025 NR 210.623: FNP Clinical Reasoning IV, Doctor of Nursing Practice/ FNP Track, Co-Course Coordinator
NR 210.643: AGNP Clinical Reasoning IV, Doctor of Nursing Practice/ FNP Track, Co-Course Coordinator

Spring 2024 NR 210.623: FNP Clinical Reasoning IV, Doctor of Nursing Practice/ FNP Track, Co-Course Coordinator
NR 210.643: AGNP Clinical Reasoning IV, Doctor of Nursing Practice/ FNP Track, Co-Course Coordinator

Fall 2022 NR 210.601: Advanced Health Assessment and Measurement, Clinical Instructor
NR 210.603: Human Growth and Development, Course Instructor

Summer 2022 NR 210.623: FNP Clinical Reasoning IV, Doctor of Nursing Practice/ FNP Track, Course Coordinator

Spring 2022 NR 210.623: FNP Clinical Reasoning IV, Doctor of Nursing Practice/ FNP Track, Course Coordinator
NR 210.643: AGNP Clinical Reasoning IV, Doctor of Nursing Practice/ FNP Track, Course Coordinator

Fall 2021 NR 210.628: FNP Clinical Practicum II, Doctor of Nursing Practice/ FNP Track, Course Coordinator, 28 students
NR 210.648: AGNP Clinical Practicum II, Doctor of Nursing Practice/AGNP Track, Course Coordinator
Interprofessional Education Core Event: Teams and Teamwork, Faculty Mentor, 2 groups,
Masters Entry into Nursing, Medical, Public Health & Pharmacy Students, 25 students

- Summer 2021 NR 210.623: FNP Clinical Reasoning IV, Doctor of Nursing Practice/ FNP Track, Course Coordinator
NR 210.643: AGNP Clinical Reasoning IV, Doctor of Nursing Practice/ FNP Track, Course Coordinator
- Spring 2021 NR 210.623: FNP Clinical Reasoning IV, Doctor of Nursing Practice/ FNP Track, Course Coordinator
NR 210.643: AGNP Clinical Reasoning IV, Doctor of Nursing Practice/ FNP Track, Course Coordinator
- Fall 2020 Interprofessional Education Core Event: Teams and Teamwork, Faculty Mentor, 2 groups, Masters Entry into Nursing, Medical, Public Health & Pharmacy Students, 18 students
- Summer 2020 NR 210.623: FNP Clinical Reasoning IV, Doctor of Nursing Practice/ FNP Track, Course Coordinator
NR 210.643: AGNP Clinical Reasoning IV, Doctor of Nursing Practice/ FNP Track, Course Coordinator
- Spring 2020 NR 210.623: FNP Clinical Reasoning IV, Doctor of Nursing Practice/ FNP Track, Co-Course Coordinator
NR 210.643: AGNP Clinical Reasoning IV, Doctor of Nursing Practice/ FNP Track, Co-Course Coordinator
NR 210.626: FNP Clinical Practicum II, Doctor of Nursing Practice/ FNP Track, Co-Course Coordinator
NR 210.646: AGNP Clinical Practicum II, Doctor of Nursing Practice/AGNP Track, Co-Course Coordinator
- Fall 2019 NR 210.624: FNP Clinical Reasoning V, Doctor of Nursing Practice/ FNP Track, Co-Course Coordinator
NR 210.628: FNP Clinical Practicum IV, Doctor of Nursing Practice/ FNP Track, Co-Course Coordinator
NR 210.648: AGNP Clinical Practicum IV, Doctor of Nursing Practice/AGNP Track, Co-Course Coordinator

The Catholic University of America, Washington, DC

All courses graduate level unless specified.

- Fall 2013 NUR 240: Foundations of Nursing Practice (Undergraduate)
NUR 781: Primary Care of Adolescents
NUR 275D: Adults in Health and Illness I (Undergraduate)
- Spring 2013 NUR 782: Management of Health Problems I
NUR 784, 785, 786: NP Practicums I, II, and III
NUR 424: Management of Health Care Delivery (Undergraduate)
- Fall 2012 NUR 783: Management of Health Problems II
NUR 371: Pathophysiology (Undergraduate)
NUR 784, 785, 786: NP Practicums I, II, and III

Summer 2012 NUR 784, 785, 786: NP Practicums I, II, and III

Spring 2012 NUR 782: Management of Health Problems I
NUR 784, 785, 786: NP Practicums I, II, and III

Fall 2011 NUR 783: Management of Health Problems II
NUR 784, 785, 786: NP Practicums I, II, and III

Summer 2011 NUR 784, 785, 786: NP Practicums I, II, and III

Spring 2011 NUR 782: Management of Health Problems I
NUR 784, 785, 786: NP Practicums I, II, and III

Fall 2010 NUR 783: Management of Health Problems II
NUR 784, 785, 786: NP Practicums I, II, and III

Summer 2010 NUR 784, 785, 786: NP Practicums I, II, and III

Spring 2010 NUR 782: Management of Health Problems I
NUR 784, 785, 786: NP Practicums I, II, and III

Fall 2009 NUR 783: Management of Health Problems II
NUR 784, 785, 786: NP Practicums I, II, and III

Mendocino College, Ukiah, CA

Spring 2009 NUR 132: Complex Medical Surgical Nursing II
NUR 131: Leadership & Management II
NUR 52: Nursing Technical Lab (Assisted)

Fall 2008 NUR 122: Complex Medical Surgical Nursing I
NUR 125: Pharmacology III
NUR 102: Fundamentals of Nursing (Assisted)
NUR 52: Nursing Technical Lab (Assisted)

Spring 2008 NUR 132: Complex Medical Surgical Nursing II
NUR 131: Leadership & Management II
NUR 52: Nursing Technical Lab (Assisted)

Fall 2007 NUR 122: Complex Medical Surgical Nursing I
NUR 125: Pharmacology III
NUR 102: Fundamentals of Nursing (Assisted)
NUR 52: Nursing Technical Lab (Assisted)

Spring 2007 NUR 132: Complex Medical Surgical Nursing II
NUR 52: Nursing Technical Lab (Assisted)

GUEST LECTURES/ TALKS

- 2023 "Introduction to Stress & Stress Response" Guest Speaker/ Seminar Discussion Leader. Course Entitled: Stress and Resilience, Baltimore, MD. May 23, 2023.
- 2023 "Dermatology Across the Lifespan: A Case Study" Guest Speaker. Course Entitled: Clinical Reasoning 4, Baltimore, MD. February 8, 2023 & May 30, 2023.
- 2021 "Introduction to Stress & Stress Response" Guest Speaker/ Seminar Discussion Leader. Course Entitled: Stress and Resilience, Baltimore, MD. May 25, 2021.
- 2020 "Introduction to Stress & Stress Response" Guest Speaker/ Seminar Discussion Leader. Course Entitled: Stress and Resilience, Baltimore, MD. May 12, 2020.
- 2020 "Nursing as a Bridge Science: The Biology of Stress & Resilience" Guest Speaker. Course entitled: Nursing Research Seminar, Baltimore, MD. March 25, 2020.
- 2019 "Stress, Stress Response & Resilience in the Context of Aging and Chronic Disease" Guest Speaker/ Seminal Discussion Leader. Course Entitled: Stress and Resilience, Baltimore, MD. May 20, 2019.

MENTORING AND ADVISEMENT

Advisement

- 2020-2024 DNP FNP Advisement to 24 students
2009-2013 MSN FNP Advisement to 30+ students

Dissertation Committees

- 2022-Present PhD Dissertation Committee, Terri Miller
2020-2023 Alternate, PhD Committee Member, Jon Suen: "Investigating the Relationship Between Age-Related Hearing Loss And Loneliness Among Community-Dwelling Older Adults"
2021-2022 Alternate, PhD Committee Member, Bunmi Ogungbe
2021 PhD Dissertation Committee, Laken Roberts

Research Honors Mentorship

- 2021-2022 2 MEN Students
2022-2023 2 MEN Students
2024-2025 2 MEN Student

Pathway Scholars Program

- Summer 2023 1 Student