

Curriculum Vitae Part I

PERSONAL DATA

Binu Koirala, PhD, MGS, RN, FAAN, FPCNA

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EDUCATION

Year	Degree	Institution	Location
2019	Doctor of Philosophy (PhD Nursing)	Johns Hopkins University School of Nursing	Baltimore, MD
2016	Master's in Gerontological Studies (MGS)	Miami University	Oxford, OH
2013	Bachelor of Science in Nursing (BSN)	Kathmandu University	Nepal

CURRENT LICENSE AND CERTIFICATION

Year	Source	Type
2017-2026	Maryland Board of Nursing	Registered Nurse
2016-2017	Iowa Board of Nursing	Registered Nurse
2013-2025	Nepal Nursing Council	Registered Nurse

PROFESSIONAL EXPERIENCE

Year	Position	Institution	Location
2020-present	Assistant Professor	Johns Hopkins University School of Nursing	Baltimore, MD
2019-2020	Research Associate	Johns Hopkins University School of Nursing	Baltimore, MD
2019-present	Core Faculty	Center for Cardiovascular and Chronic Care Johns Hopkins School of Nursing	Baltimore, MD
2019-present	Principal Faculty	Center for Equity in Aging (formerly Center for Innovative Care in Aging)	Baltimore, MD

		Johns Hopkins School of Nursing	
2017-2021	Program Manager	Nurse Support Program II 18-113 Johns Hopkins School of Nursing	Baltimore, MD
2017-2019	Research Resident	Johns Hopkins University School of Nursing	Baltimore, MD
2017-2018	Teaching Resident	Johns Hopkins University School of Nursing	Baltimore, MD
2017-2018	PhD Biostatistics Tutor	Johns Hopkins University School of Nursing	Baltimore, MD
2017	Registered Nurse Supervisor	HCR Manor Care	Roland Park, MD
2015	Research Intern	AARP	Washington, DC
2014-2016	Graduate Research Assistant	Scripps Gerontology Center	Oxford, OH
2013-2014	Staff Nurse (RN)	Manmohan Cardio Thoracic Vascular and Transplant Center	Nepal
2013-2014	Faculty	Nepal Institute of Medical Science and Technology	Nepal
2012-2014	Nursing Instructor	National Institute of Nursing Education	Nepal
2011	Supplemental Instructor	Kathmandu Medical College	Nepal
2012-2013	ICU/CCU Nurse Trainee	Shahid Gangalal National Heart Center Kathmandu Medical College Teaching Hospital	Nepal
2009-2013	Nurse	Kathmandu Medical College Teaching Hospital	Nepal

HONORS AND AWARDS

2024	National Institute of Nursing Research (NINR) Social Determinants of Health Summer Research Institute Scholar
2024	Outstanding Faculty Research, Johns Hopkins School of Nursing
2024	Outstanding Faculty Research Mentor, Johns Hopkins School of Nursing
2024	Isabel Hampton Robb Faculty Fellowship, Johns Hopkins School of Nursing
2024	University Experiential Learning Outstanding Practitioner Award Nominee

2023	Fellow of American Academy of Nursing
2023	Outstanding Faculty Research Paper Award, Johns Hopkins School of Nursing
2023	Fellow of Preventative Cardiovascular Nurses Association
2022	Discovery and Innovation Award, Johns Hopkins School of Nursing
2021	Outstanding Nurse Researcher, Dean's Award, Johns Hopkins Nurses Alumni Association
2021	Author of Hypertension chapter in Cardiac Nursing Book, Received 3rd place in the Critical Care and Emergency Nursing category, American Journal of Nursing Book of the Year.
2020	Cardiovascular Stroke Nursing Best Abstract Award, American Heart Association Scientific Sessions
2019-2024	Maryland Higher Education Commission, New Nursing Faculty Fellowship
2019	Johns Hopkins University, 3 Minute Thesis (3MT) Finalist
2018	National League of Nursing, 2018 NLN Foundation for Nursing Education Scholarship Award
2018	Southern Nursing Research Society, 2018 Dissertation Award
2018	STTI Nu Beta Chapter-At-Large, 2018 Nursing Research Award
2017	Elsevier: Heart Lung and Circulation Journal, Outstanding Reviewer
2016-present	Sigma Theta Tau International – Nu Beta Chapter-At-Large, Membership
2016	Elsevier: International Journal of Nursing Studies, Outstanding Reviewer
2016-2019	Ochs Scholar: Building Capacity for Health in Emerging Economies
2014-2016	Scripps Gerontology Center, Graduate Research Assistant

RESEARCH AND EDUCATIONAL GRANTS

Sponsored Research Projects

2022-2024	Examining Social Determinants and Health Outcomes Among Patients Living with Multiple Chronic Conditions, Sherry Liu, Co-Investigator, funded by NINR-P30 Promote Center for Resilience Pilot.
2022-2024	Living with Heart Failure and Multimorbidity: Gender Differences and Health Outcomes, Binu Koirala, Principal Investigator, funded by JHSON Discovery and Innovation Fund, \$10,000. IRB00302522

- 2021-2023 Living with Heart Failure and Multimorbidity: Gender Differences and Priorities in Multimorbidity Management, Binu Koirala, Principal Investigator, 75% effort, funded by Johns Hopkins Building Interdisciplinary Research Careers in Women's Health (BIRCWH) K12 Award, 75% effort/\$100,000 and \$34,392 research fund per year for two years. IRB00244792
- 2020-2024 Living with Multimorbidity: Symptom Management across the Illness Trajectory, Binu Koirala, Principal Investigator, 15% effort, funded by NINR-P30 Promote Center for Resilience Pilot, \$100,000. IRB00244792
- 2019-2024 New Nursing Faculty Fellowship, Binu Koirala, Principal Investigator, funded by Maryland Higher Education Commission. \$50,000
- 2019-2020 Co-design of an Innovative Approach to End-of-Life Care: The ANANTA Study, Binu Koirala, Principal Investigator, funded by Center for Innovative Care in Aging, \$10,000.
- 2018-2020 Heart Failure Self-care: Factors Influencing Self-care and Relationship with Health-related Quality of Life, Binu Koirala, Principal Investigator, funded by National League for Nursing, \$5,300. IRB00169924
- 2018-2019 Heart Failure Self-care in Nepal, Binu Koirala, Principal Investigator, funded by Southern Nursing Research Society, \$5,000. IRB00169924
- 2018-2020 Heart Failure Self-care: Factors Influencing Self-care and Relationship with Health-related Quality of Life, Binu Koirala, Principal Investigator, funded by Sigma Theta Tau Nu Beta Chapter-At-Large, \$1,500. IRB00169924
- 2018-2020 Strategies to Improve Heart Disease Outcomes in Australian Women, Data Analyst, funded by Australian Research Council Discovery Grant. IRB- HREC/15/WMEAD/1; ETH160353
- 2017-2021 Accelerating Advanced Practice Palliative Care Competencies and Expanding Practice Partnerships, Cheryl Dennison Himmelfarb, Program Manager, 70% effort, funded by Maryland Higher Education Commission, \$1,264,039. IRB00168035
- 2017-2019 Characteristics and Wellbeing of Australian War Widows, Data Analyst, funded by War Widows' Guild of Australia - NSW

Un-sponsored Research Projects

- 2022-2024 Geriatric Nursing: Curriculum Mapping and Evaluation in Nepal in Collaboration with Kathmandu University, Consortium of Universities for Global Health and World Health Organization Nepal, Faculty Mentor and Content Expert
- 2021- present Palliative Care Needs of Community-Dwelling Patients with Heart Failure and Physical Frailty, Lyndsay DeGroot, Co-Investigator. IRB 00262188
- 2020-2022 Upskilling Nurses During COVID-19: A Case Study of One Intermediate Medical Care Unit's Experience, David Hager, Co-Investigator. IRB 00282891
- 2020-2022 CARE: An International Survey for Assessing COVID-19's Impact on Fear and Health, Daniel YT Fong & Vinciya Pandian, Co-Investigator. IRB 00257202

- 2019-present Cardiovascular Disease and Risks among Asian Immigrants, Binu Koirala, Principal Investigator
- 2019-present Project CARE: Cultural Relevance in End-of-life, Binu Koirala, Principal Investigator
- 2019-2021 Pilot Plan and Implementation of E-consults and Prioritization of Patients on the New Cardiological Consult Waiting List: CEP Cardiology, Diana Prieto Santa & Binu Koirala, Co-Principal Investigator
- 2019-present Structure, Process and Utilization of Intermediate Care in the United States, David Hager, Co-Investigator, IRB00130272
- 2019-2021 5-year Impact Evaluation of the National Nursing Ethics Summit, Cynda Ruston, Co-Investigator/Project Coordinator, IRB00221111
- 2017-2019 Prevention and Management of Delirium at Howard County General Hospital, Bryan Hanson, Research Resident, 25% effort
- 2015-2016 Healthy Aging Project, Sarah McLaughlin, Research Assistant, 25% effort
- 2015 Research Intern for Strategic Issues Research Department and Tracking Research Department. Involved projects: Back to Work 50+ Project, Tax-Aide Satisfaction Survey, AARP Monthly and Quarterly Tracking Survey and Social Security Survey
- 2014-2016 Predicting Risks of Fall in Older Adults, Jennifer Kinney, Research Assistant, 25% effort
- 2014-2015 AGHE Global Gerontology Directory, Suzzane Kunkle, Research Assistant, 25% effort

Educational Grants

- 2023 PCNA Cardiovascular Nursing Symposium Scholarship, from Preventative Cardiovascular Nurses Association, \$582
- 2018 PCNA Cardiovascular Nursing Symposium Scholarship, from Preventative Cardiovascular Nurses Association, \$439
- 2016-2019 Ochs Scholarship, from Johns Hopkins School of Nursing, Covered 3 years PhD tuition and an annual stipend of \$25,376
- 2015 Summer Scholarship, Miami University, \$1,800
- 2014-2016 Graduate Research Assistant, Miami University, Covered 2 years master's level tuition and nine months stipend of \$14,000

SCHOLARSHIP

Publications

Journal Articles (*data-based; †Authorship alphabetical order)

1. *Lim, A., Benjasirisan, C., Tebay, J., Liu, X., Badawi, S., Dennison Himmelfarb, C., Davidson, P.M. & **Koirala, B.** (Accepted). Gender Differences in Disease Burden, Symptom Burden, and Quality of Life among People Living with Heart Failure and Multimorbidity: Cross-sectional Study. *Journal of Advanced Nursing*.
2. Case, A.S., Hochberg, C.H., **Koirala, B.**, Flanagan, E., Chatterjee, S., Checkley, W., Gurses, A.P., Hager, D.N. (2025). Heterogeneity of intermediate care organization within a single healthcare system. *Crit Care Exploration*, 7(1),e1201. DOI: <https://doi.org/10.1097/CCE.0000000000001201>
3. Davidson, P.M., **Koirala, B.**, Himmelfarb, C.R. (2025). Nurse-led heart failure clinics: looking back and moving forward. *European Journal of Cardiovascular Nursing*, 00, 1-4. DOI: <https://doi.org/10.1093/eurjcn/zvaq005>
4. *Li, J., Fong, D.Y.T., Lok, K.Y-W., Wong, J.Y.H., Ho. M., Choi, E.P., Pandian, V., Davidson, P.M. ... **Koirala, B.**..., Youssef, N. (2025). Country-specific key lifestyle factors and health outcomes for resource allocation in the general population: a network analysis across 29 countries. *Journal of Global Health*. DOI: <https://doi.org/10.7189/jogh.15.04011>
5. **Koirala, B.**, Benjasirisan, C., Lim, A., Moore, R., Dennison Himmelfarb, C. & Davidson, P.M. (2025). Experienced-Based Co-Design in Cardiovascular and Chronic Disease Research. *European Journal of Cardiovascular Nursing*, zvae129. DOI: <https://doi.org/10.1093/eurjcn/zvae129>
6. *Benjasirisan, C., Elias, S., Lim, A., Kruahong, S., Byiringiro, S., Chen, Y., Turkson-Ocran, R.A., Dennison Himmelfarb, C., Commodore-Mensah, Y. & **Koirala, B.** (2024). Disparities in the use of annual heart health screening among Latino, African, and Asian immigrants: Evidence from the 2011-2018 National Health Interview Survey. *JAHA: Journal of the American Heart Association*. DOI: <https://doi.org/10.1161/JAHA.123.032919>
7. Lim, A., Pasini, M., Yun, S., Gill, J. & **Koirala, B.** (2024). Genetic Association between Post-Traumatic Stress Disorder and Cardiovascular Disease: A Scoping Review. *Journal of Psychiatric Research*, 178, 331-348. DOI: <https://doi.org/10.1016/j.jpsychires.2024.08.027>
8. *Poungkaew, A., Tankumpuan, T., Riangkam, C., Kongwatcharapong, J., Daekunthod, T., Sriyayang, K., Krittayaphong, R. & **Koirala, B.** (2024). Warfarin adherence and its associated factors in Thai older adults with atrial fibrillation. *Journal of Multidisciplinary Healthcare*, 4455-4464. DOI: <https://doi.org/10.2147/JMDH.S472597>
9. *Petchler, C., Singer-Cohen, R., Fisher, M., DeGroot, L., Gamper, M.J., Nelson, K.E., Peeler, A., **Koirala, B.**, Morrison, M., Abshire Saylor, M., Sloan, D. & Wright, R. (2024). Palliative care research and practice priorities identified via an interdisciplinary modified Delphi meeting. *Journal of Palliative Medicine*. DOI: <https://doi.org/10.1089/jpm.2023.0664>
10. Bhattarai, U., Bashyal, B., Shrestha, A., **Koirala, B.** & Sharma, S.K. (2024). Frailty and chronic diseases: A bi-directional relationship. *Aging Medicine*. DOI: <http://doi.org/10.1002/agm2.12349>
11. *Freedman, L., Varughese, A.M., **Koirala, B.** & Pandian, V. (2024). Effectiveness of implementing a standardized perioperative pain management protocol in children undergoing tonsillectomy: A quality

improvement project. *Pediatric Anesthesia*. DOI: <https://doi.org/10.1111/pan.14917>

12. *Elias, S., Wenzel, J., Cooper, L., Perrin, N., Commodore-Mensah, Y., Lewis, K., **Koirala, B.**, Slone, S., Byiringiro, S., Marsteller & Himmelfarb, C. (2024). Multiethnic Perspectives of Shared Decision Making in Hypertension: A Mixed Methods Study. *JAHA: Journal of the American Heart Association*, 13(14). DOI: <https://doi.org/10.1161/JAHA.123.03256>
13. *Chen, Y., **Koirala, B.**, Ji, M., Commodore-Mensah, Y., Dennison Himmelfarb, C., Perrin, N. & Wu, Y. (2024). Obesity paradox of cardiovascular mortality in elderly population: Evidence from the 1997-2018 National Health Interview Survey. *International Journal of Nursing Studies*, 104766. DOI: <https://doi.org/10.1016/j.ijnurstu.2024.104766>
14. *Li, J., Pandian, V., Fong, D. Y. T., Lok, K. Y. W., Wong, J. Y. H., Man Ho, M., Choi, E. P. H., ... **Koirala, B.** ... Youssef, N. (2024). Fear in general populations: A cross-sectional study on perceived fear of common diseases, COVID-19, life events and environmental threats in 30 countries. *Journal of Global Health*. DOI: <https://doi.org/10.1186/10.7189/jogh.14.05019>
15. *Peeler, A., Nelson, K., Agrawalla, V., Badawi, S., Moore, R., Li, D., Street, L., Hager, D.N., Dennison Himmelfarb, C., Davidson, P.M. & **Koirala, B.** (2024). Living with multimorbidity: A qualitative exploration of shared experiences of patients, family caregivers, and healthcare professionals in managing symptoms in the United States. *Journal of Advanced Nursing*. DOI: <https://doi.org/10.1111/jan.15998>
16. *Lim, A., Benjasirisan., C., Liu, X., Ogungbe, O., Dennison Himmelfarb, C., Davidson, P.M. & **Koirala, B.** (2024). Social determinants of health and emergency department visits among older adults with multimorbidity: Insight from 2010 to 2018 National Health Interview Survey. *BMC Public Health*, 24, 1153. DOI: <https://doi.org/10.1186/s12889-024-18613-8>
17. *Li, J., Fong, D. Y. T., Lok, K. Y. W., Wong, J. Y. H., Man Ho, M., Choi, E. P. H., Pandian, V., ... **Koirala, B.** ... Youssef, N. (2024). Key lifestyles and health outcomes across 16 prevalent chronic diseases: A network analysis of an international observational study. *Journal of Global Health*, 14, 04068. DOI: <https://doi.org/10.7189/jogh-14-04068>
18. *Lim, A., Elias, S., Benjasirisan., C., Byiringiro, S., Chen, Y., Turkson-Ocran, R.A., Dennison Himmelfarb., C., Commodore-Mensah, Y. & **Koirala, B.** (2024). Heterogeneity in the prevalence of cardiovascular risk factors by ethnicity and birthplace among Asian subgroups: Evidence from the 2010-2018 National Health Interview Survey. *JAHA: Journal of the American Heart Association*, e031886. DOI: <https://doi.org/10.1161/JAHA.123.031886>
19. *Elias, S., Chen, Y., Liu, X., Slone, S., Turkson-Ocran, R.A., Ogungbe, B., Thomas, S., Byiringiro, S., **Koirala, B.**, Asano, R., Baptiste, D., Mollenkopf, N., Nmezi, N., Commodore-Mensah, Y. & Dennison Himmelfarb, C. (2024). Shared Decision-Making in Cardiovascular Risk Factor Management: A Systematic Review and Meta-analysis. *JAMA Network Open*, 7(3), e243779. DOI: <https://doi.org/10.1001/jamanetworkopen.2024.3779>
20. **Koirala, B.**, Harvey, S., Bollinger, R.C., Davidson, P.M. (2024). A call for action: Need to expand the scope of women's health assessment. *Journal of Advanced Nursing*, 80, 407-409. DOI: <https://doi.org/10.1111/jan.15788>

21. *Chen, Y., Turkson-Ocran, R.A., **Koirala, B.**, Davidson, P.M., Commodore-Mensah, Y., & Dennison Himmelfarb, C. (2024). Association between the composite cardiovascular risk and mHealth use among adults in the 2017-2020 Health Information National Trends Survey: Cross-Sectional Study. *Journal of Medical Internet Research*, 26, e46277. DOI: <https://doi.org/10.2196/46277>
22. **Koirala B.**, Badawi, S., Frost, S., Ferguson, C., Hager, D.N., Street, L., Perrin, N., Dennison, Himmelfarb, C. & Davidson, P.M. (2023). Study Protocol for Care cO-ORDInatioN And sympTom managEment (COORDINATE) Program: A Feasibility Study. *BMJ Open*, 13(12), e072846. DOI: <https://doi.org/10.1136/bmjopen-2023-072846>
23. Absire Saylor, M., Benjasirisan, C., Kruahong, S., Lim, A., Gill, J., Szanton, S. & **Koirala, B.** (2023). A contemporary review of psychosocial resilience in heart failure using the Society to Cells Resilience Theory. *Current geriatrics Reports*, 12, 176-194. DOI: <https://doi.org/10.1007/s13670-023-00398-0>
24. ***Koirala, B.**, Davidson, P.M., D'Aoust, R., Silbert-Flagg, J., Slater, T., Ling, C., Busch, D., Rushton, C.H., Razzak, R., Ferrell, B. & Dennison Himmelfarb, C. (2023). Accelerating advanced practice palliative care competencies: An educational research initiative. *Journal of Nursing Education and Practice*, 13(11), 31-38. DOI: <https://doi.org/10.5430/jnep.v13n11p31>
25. **Koirala, B.**, Davidson, P.M., Ferrell, B., Silbert-Flagg, J., Slater, T., D'Aoust, R., Ling, C., Busch, D., Rushton, C., Razzak, R., & Dennison Himmelfarb, C. (2023). A framework for integrating advanced practice palliative care competencies in nursing education. *Journal of Nursing Education and Practice*, 13(9),32-37. DOI: <https://doi.org/10.5430/jnep.v13n9p32>
26. *Li, J., Fong, D.Y.T., Lok, K.Y-W., Wong, J.Y.H., Ho. M., Choi, E.P., Pandian, V., Davidson, P.M. ... **Koirala, B.**..., Youssef, N. (2023). Key lifestyles and interim health outcomes for effective interventions in general populations: A network analysis of a large international observational study. *Journal of Global Health*, 13, 04125. DOI: <https://doi.org/10.7189/jogh.13.04125>
27. *Chen, Y., Kruahong, S., Elias, S., Turkson-Ocran, R.A., Commodore-Mensah, Y., **Koirala, B.** & Dennison Himmelfarb, C. (2023). Racial disparities in shared decision-making and the use of mHealth technology among adults with hypertension in the 2017-2020 Health Information National Trends Survey: A cross-sectional study in the United States. *Journal of Medical Internet Research*, 25, e47566. DOI: <https://doi.org/10.2196/47566>
28. *Li, J., Fong, D.Y.T., Lok, K.Y-W., Wong, J.Y.H., Ho. M., Choi, E.P., Pandian, V., Lin, C.C., ... **Koirala, B.**, ... Youssef, N. (2023). Global Impacts of COVID-19 on Lifestyles and Health and Preparation Preferences: An International Survey of 30 Countries. *Journal of Global Health*, 13, 06031. DOI: <https://doi.org/10.7189/jogh.13.06031>
29. *Elias, S., Turkson-Ocran, R., **Koirala, B.**, Byiringiro, S., Miller, H., Baptiste, D., Dennison Himmelfarb, C., & Commodore-Mensah, Y. (2023). Heterogeneity in the prevalence of cardiovascular disease risk factors among Hispanic ethnic groups: Evidence from the 2010-2018 National Health Interview Survey. *JAHA: Journal of the American Heart Association*, 12(10), e027433. DOI: <http://doi.org/10.1161/JAHA.122.027433>
30. *Zhang, Z., **Koirala, B.**, Gong, G., Bai, X., Mao, J. & Davidson, P.M. (2023). Predictors of Self-Care among Chinese Patients with Chronic Heart Failure: A Situation-Specific Theory Guided Structural Equation Model Analysis. *The Journal of Cardiovascular Nursing*, 38(3), E87-E89. DOI: <https://doi.org/10.1097/JCN.0000000000000918>.

31. *Hampton, R., Outten, C., Street, L., Miranda, S., **Koirala, B.**, Davidson, P.M., & Hager, D.N. (2023). Expedited upskilling of intermediate care nurses to provide critical care during the COVID-19 pandemic. *Nursing Open*, 10(3), 1767-1775. DOI: <https://doi.org/10.1002/nop2.1433>
32. **Koirala, B.**, Peeler, A., Dennison Himmelfarb, C., & Davidson, P.M. (2022). Living with multiple chronic conditions: How we achieve holistic care and optimize health outcomes. *Journal of Advanced Nursing*, 79, e7-eg. DOI: <https://doi.org/10.1111/jan.15433>
33. †Reynolds, N., Baker, D., D'Aoust, R., Docal, M., Goldstein, N., Grubb, L., Hladek, M., **Koirala, B.**, Kverno, K., Ling, C., Lukkahatai, N., Mcltrot, K., Pandian, V., Regier, N., Sloand, B., Tomori, C., Wenzel, J. (2022). COVID-19: Implications for nursing and healthcare in the US. *Journal of Nursing Scholarship*, 55(1), 187-201. DOI: <http://dx.doi.org/10.1111/jnu.12853>
34. *Byiringiro, S., **Koirala, B.**, Ajibewa, T., Broni, E.K., Liu, S., Adeleye, K., Turkson-Ocran, R.A., Baptiste, D., Ogungbe, O., Dennison Himmelfarb, C., Gaba, S. & Commodore-Mensah, Y. (2022). Migration-related weight changes among African Immigrants in the United States. *International Journal of Environmental Research and Public Health*, 19(23), 15501. DOI: <https://doi.org/10.3390/ijerph192315501>
35. * Fu, D. B., Kong, X., Veenema, T.G., Bota, D. & **Koirala, B.** (2022). Adherence to prophylactic anticonvulsant guidelines for newly diagnosed brain tumor patients: A quality improvement study. *Journal of the Advanced Practitioner in Oncology*, 13(8), 775-789. DOI: <https://doi.org/10.6004/jadpro.2022.13.8.4>
36. *Baptiste D., Turkson-Ocran, R., Ogungbe, O., **Koirala, B.**, Francis, L., Spaulding, E.M., Dennison Himmelfarb, C. & Commodore-Mensah, Y. (2022). Heterogeneity in cardiovascular disease risk factor prevalence among whites, African Americans, African Immigrants, and Afro-Caribbeans: Insights from the 2010-2018 National Health Interview Survey. *JAHA: Journal of the American Heart Association*, e025235. DOI: <https://doi.org/10.1161/JAHA.122.025235>
37. Asano R., Anderson, K.M., **Koirala, B.**, Abshire, M., Dennison Himmelfarb, C. & Davidson, P.M. (2022). Use of Edmonton Symptom Assessment Scale in heart failure: A systematic review. *The Journal of Cardiovascular Nursing*, 37(4), 341-349. DOI: <https://doi.org/10.1097/JCN.0000000000000835>
38. Everett Day, S., **Koirala, B.** & Mcltrot, K. (2022). Preventing pressure injuries in the intensive care unit by utilizing repositioning strategies: Integrative review. *Advances in Skin and Wound Care*, 35(6), 344-351. DOI: <https://doi.org/10.1097/01.ASW.0000821772.03685.77>.
39. *Ogungbe, O., Turkson-Ocran, R.A., **Koirala, B.**, Byiringiro, S., Liu, X., Elias, S., Mensah, D., Turkson-Ocran, E., Nkimbeng, M., Cudjoe, J., Baptiste, D. & Commodore-Mensah, Y. (2022). Acculturation and Cardiovascular Risk Screening among African Immigrants: The African Immigrant Health Study. *International Journal of Environmental Research and Public Health*, 19(5), 2556. DOI: <https://doi.org/10.3390/ijerph19052556>.
40. ***Koirala, B.**, Davidson, P. M., & Rushton, C.H. (2022). Ethics in nursing: Progress on National Nursing Ethics Summit. *Nursing Outlook*, 70(1), 154-156. DOI: <https://doi.org/10.1016/j.outlook.2021.08.001>
41. Jenkins, E., **Koirala, B.**, Rodney, T., Won Lee, J., Cotter, V., Szanton, S., & Taylor, J.L. (2021). Home/community-based interventions to improve function in persons with mild cognitive impairment/early dementia. *Geriatric Nursing*, 42(5), 1109-1124. DOI: <https://doi.org/10.1016/j.gerinurse.2021.06.023>
42. *Nwokeji, U., Spaulding, E., Shan, R., Turkson-Ocran, R.A., Baptiste, D., **Koirala, B.**, Plante, T.B., Martin, S.S. & Commodore-Mensah, Y. (2021). Health information technology use among patients with self-

reported atherosclerotic cardiovascular disease: Evidence from the 2011-2018 National Health Interview Survey. *The Journal of Medical Internet Research*. 23(8), e23765. DOI: <https://doi.org/10.2196/23765>

43. ***Koirala, B.**, Turkson-Ocran, R.A., Baptiste, D., Koirala, B., Francis, L., Davidson, P.M. Dennison Himmelfarb, C. & Commodore-Mensah, Y. (2021). Heterogeneity of Cardiovascular Disease Risk Factors among Asian Immigrants: Insights from the 2010 – 2018 National Health Interview Survey. *JAHA: Journal of the American Heart Association*, 10, e020408. DOI: <https://doi.org/10.1161/JAHA.120.020408>
44. Racy, S., Davidson, P.M., Peeler, A., Hager, D., Street, L., & **Koirala, B.** (2021). A review of inpatient nursing workload measures. *Journal of Clinical Nursing*, 30(13-14), 1799-1809. DOI: <https://doi.org/10.1111/jocn.15676>
45. *Everrett, B., Salamonson, Y., **Koirala, B.**, Zechhin, R. & Davidson P.M. (2021). A randomized controlled trial of motivational interviewing as a tool to enhance prevention strategies in cardiovascular disease (MICIS study). *Contemporary Nurse*, 57(1-2), 80-98. DOI: <https://doi.org/10.1080/10376178.2021.1927774>
46. Lok, K.Y-W., Fong, D.Y.T., Wong, J.Y.H., Ho, M., Choi, E.P., Pandian, V., ..., Lin, C.C. & Care Group includes **Koirala, B.** (2021). International survey for assessing COVID- 19's impact on fear and health: study protocol. *BMJ Open*, 11(5), e048720. DOI: <http://dx.doi.org/10.1136/bmjopen-2021-048720>
47. *Giscombe, S. Baptiste, D., **Koirala, B.**, Asano, R., & Commodore-Mensah, Y. (2021). The use of clinical decision support in reducing readmissions for patients with heart failure: A quasi-experimental study. *Contemporary Nurse*. 57(1-2),39-50. DOI: <https://doi.org/10.1080/10376178.2021.1919161>
48. Nelson, K.E., Wright, R., Fisher, M., **Koirala, B.**, Roberts, B., Slone, D.H., Wu, D.S., & Davidson, P.M. (2021). A Call to Action to Address Disparities in Palliative Care Access: A Conceptual Framework for Individualizing Care Needs. *Journal of Palliative Medicine*, 24(2), 177-180. DOI: <https://doi.org/10.1089/jpm.2020.0435>
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Book Chapters

1. **Koirala, B.**, Wright, R., Davidson, P.M., Fisher, M., Nelson, K., Roberts, B., Sloan, D., & Wu, D. (In Press). Addressing Health Inequalities, Social Determinants of Health, and Underrepresented Individuals Receiving Palliative Care. In: Albrecht, T., Coats, H., Brody, A., Battista, V. (Eds.), *Oxford Textbook of Palliative Nursing* (6th ed.).
2. Davidson, P.M. & **Koirala, B.** (2021). Maintaining hope in transition: critical to the work of all nurses. In: Im, EO., Meleis, A.I. (eds), *Situational Specific Theories: Development, Utilization, and Evaluation in Nursing*. (pp.89-99). New York: Springer Publishing Company. DOI: https://doi.org/10.1007/978-3-030-63223-6_7
3. Commodore-Mensah, Y., **Koirala, B.** & Dennison Himmelfarb, C. (2021). Hypertension. In E. Perpetua, P. Keegan (Eds.), *Cardiac Nursing* (7th ed.) (pp.569-588). Philadelphia, PA: Wolters Kluwer. (This book received 3rd place in the category of Critical Care and Emergency Nursing. American Journal of Nursing Book of the Year Winners, 2021)
4. Davidson, P.M. & **Koirala, B.** (2021). Becoming a nurse leader. In *Context of Nursing* (6th ed.) (pp. 183-202). Churchill Livingstone, Australia: Elsevier.

Published Abstracts (*data-based)

1. **Koirala, B.**, Benjasirisan, C., Lim, A., Tebay, J., Himmelfarb, C.D. & Davidson P.M. (2024). Multimorbidity research: Challenges in recruitment and retention of older adults. *Innovation in Aging*, 8(Supp 1),936. DOI: <https://doi.org/10.1093/geroni/igae098.3018>

2. *Lim, A., Benjasirisan, C., Tebay, J., Himmelfarb, C.D., Davidson P.M. & **Koirala, B.** (2024). Gender differences in disease burden and quality of life trajectories among older adults living with multimorbidity. *Innovation in Aging*, 8(Supp 1),978. DOI: <https://doi.org/10.1093/geroni/igae098.3150>
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10. ***Koirala, B.**, Liu, X., Lim, A., Benjasirisan, C., Dennison Himmelfarb, C.& Davidson, P. M. (2023). Living With Heart Failure And Multimorbidity: Sex-Based Differences In Disease Burden. *Innovation in Aging*, 7(Suppl 1), 923-924. DOI: <https://doi.org/10.1093/geroni/igad104.2968>
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Predictor Of Sleep Disturbances Among Adults In The National Health Interview Survey (2013-2018). *Hypertension*, 80(Suppl_1), AP234. DOI: https://doi.org/10.1161/hyp.80.suppl_1.P324

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17. *Turkson-Ocran, R.A., Ogungbe, B., Nmezi, N.A., **Koirala, B.**, Kwapong, F.L., Aidoo, E. & Commodore-Mensah, Y. (2023). Abstract P116: Racial/Ethnic and Nativity Differences in Cardiovascular Disease Mortality in the United States: Insights From the National Health Interview Survey 1999-2018. *Circulation*, 147(Suppl_1), AP116. DOI: https://doi.org/10.1161/circ.147.suppl_1.P116
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33. ***Koirala, B.**, Kozachik, S. & Dennison Himmelfarb, C. (2019). Accelerating Advanced Practice Palliative Care Competencies. *Virginia Henderson Global Nursing e-Rpository*; HANDLE: <http://hdl.handle.net/10755/18081>
34. **Koirala, B.**, Tankumpuan, T. & Davidson, P. M. (2019). The Research Cycle: Research to Advance Non-Communicable Disease Management in Low- and Middle-Income Countries. *Virginia Henderson Global Nursing e-Rpository*. HANDLE: <http://hdl.handle.net/10755/17929>

35. *Tankumpuan, T., **Koirala, B.**, Lukkahatai, N. & Davidson, P. M. (2019). Adherence in Patients with Heart Failure: Challenges and Opportunities to Improve Non-Communicable Diseases Caring. *Virginia Henderson Global Nursing e-Rpository*; HANDLE: <http://hdl.handle.net/10755/17930>
36. *Francis, L., Turkson-Ocran, R.A., Spaulding E., **Koirala, B.**, Baptiste, D., Echouffou-Tcheugui, E. & Commodore-Mensha, Y. (2019). Risk Factors for Household Food Insecurity among Adults with Dysglycemia: Evidence from the 2013-2017 National Health Interview Surveys. *Diabetes*, 68(Supplement_1), 1645-P; DOI: <https://doi.org/10.2337/db19-1645-P>
37. Niemczura, J. & **Koirala, B.**, (2016). Use of simulation to support role development for nurses and MBBS doctors in Nepal. *Annals of Global Health*, 82(3): 488.
38. *Amgai, C. & **Koirala B.** (2016). Retirement preparation: attributes of Americans. *The Gerontologist*, 56(Supplement_3), 188. DOI: <https://doi.org/10.1093/geront/gnw162.733>
39. *Shanley, R., Rana, S., **Koirala, B.**, Klinefelter, C., Kinney, J., Shukla A., & Bashford C. (2015). Catch me before I fall: Predicting risks of falls in older adults. *The Gerontologist*, 55(Supplement_2), 88-89. DOI: <https://doi.org/10.1093/geront/gnv494.02>

Conference Meetings / Presentations

International

- 2025 **Koirala, B.** Living with Multimorbidity: Shared experiences and care improvement priorities from patients, family caregivers and healthcare providers. International Conference on triple burdens of diseases: Nurse-led game changer to optimize the outcomes of care, Bangkok, Thailand, [Parallel session-Oral].
- 2024 Case, A.S., **Koirala, B.**, Flanagan, E., Daodu, O., Hochberg, C.H., Alam, L., Gurses, A.P. & Hager, D. Performance Shaping Features of Intermediate Care Nursing Workload: A Qualitative Study. American Thoracic Society 2024 International Conference, San Diego, California, USA, May 20, 2024 [Poster Presentation]
- 2024 **Koirala, B.**, Multi-morbidity: Accelerating non-communicable disease burden, Mahidol University, Thailand, February 13, 2024 [Invited Lecture]
- 2023 **Koirala, B.** Luminaries: Emerging from the pandemic – critical issues for women. International Council on Women’s Health Issues (ICOWHI)/UOW Luminaries, Canberra, Melbourne, Sydney, Australia, August 23, 2023 [Webinar-Panel Discussion]
- 2023 Guillote, C.P., Pandian, V., **Koirala, B.** & Decker, C.A. A Clinical Bundle to Reduce Peri-Intubation Hypoxia in the Pre-Hospital Setting. Sigma 34th International Nursing Research Congress – Abu Dhabi, United Arab Emirates / Virtual [Poster]
- 2023 **Koirala, B.** Living with Multimorbidity: Care cCOORDInatioN And sympTom managemEnt (COORDINATE) Program. Mo-Im Kim Nursing Research Institute 2023 Global Alliance of Nursing Research Centers Workshop, Yonsei University, Korea, June 21, 2023 [Oral]

- 2023 **Koirala, B.** Developing impactful research agenda. Tribhuvan University Global Initiatives, Nepal, April 15, 2023 [Panel Discussion]
- 2022 Awoke, M., Josiah, N., Giscombe, S., **Koirala, B.** & Baptiste, D. Factors that influence self-care management among African Americans with heart failure: An Integrative Review. Sigma 33rd International Nursing Research Congress – Edinburgh, Scotland / Virtual [Poster]
- 2022 **Koirala, B.** Clinical updates in the care of patients with Heart Failure. University of the Philippines, Sigma Global Nursing Excellence, Alpha Alpha Phi Chapter, September 3, 2022 [Webinar] <https://www.facebook.com/UPCollegeofNursing/videos/665329097821755>
- 2020 **Koirala, B.** Heart failure- an emerging issue in low-and middle-income countries. Online International Academic Conference on Nursing, China [Keynote Speaker]
- 2020 Davidson, P.M. & **Koirala, B.** Writing and thriving: a formula for success, The 13th Biennial Conference of the Global Network of WHO Collaborating Centres for Nursing and Midwifery – Chiang Mai, Thailand [Publication workshop-Conference Postponed due to COVID-19]
- 2020 **Koirala, B.** & Davidson, P.M. Heart failure self-care: challenges, opportunities and implications for non-communicable disease management, The 13th Biennial Conference of the Global Network of WHO Collaborating Centres for Nursing and Midwifery, Chiang Mai, Thailand [Poster- Conference Postponed due to COVID-19]
- 2020 Schutz, V., **Koirala, B.** & Davidson, P. M. Quality of care: Interventions to improve safety culture in the low and middle-income countries, STTI 5th Biennial European Conference, Portugal [Poster-Virtual conference]
- 2019 **Koirala, B.**, Tankumpuan, T. & Davidson, P. M. The Research Cycle: Research to Advance Non-Communicable Disease Management in Low- and Middle-Income Countries, Sigma's 30th International Nursing Research Congress – Calgary, Canada [Oral]
- 2019 **Koirala, B.**, Kozachik, S. & Dennison-Himmelfarb, C. Accelerating Advanced Practice Palliative Care Competencies, Sigma's 30th International Nursing Research Congress, Calgary, Canada [Poster]
- 2019 Tankumpuan, T., **Koirala, B.**, Lukkahatai, N. & Davidson, P. M. Adherence in Patients with Heart Failure: Challenges and Opportunities to Improve Non-Communicable Diseases Caring, Sigma's 30th International Nursing Research Congress, Calgary, Canada [Oral]
- 2019 Baptiste, D., Commodore-Mensha, Y., Turkson-Ocran, R.A., Dennison Himmelfarb, C., **Koirala, B.**, Tankumpuan, T., Davidson, P., Lukkahatai, N., McKenna, S., Nkimbeng, M., Wilson, P., Rives, S., Ajomagberin, O., Alkawaldeh, M., Grunstra, K. & Sharps, P. Leading Innovation in Care for Vulnerable Populations with Cardiometabolic Conditions, Sigma's 30th International Nursing Research Congress, Calgary, Canada [Research Symposium]
- 2018 DiGiacomo, M., Chang, S., Mann, L., Ivynian, S., **Koirala, B.**, Lam, L., Lewis, J., Parker, D. & Phillips, J. Healthy ageing, yet unmet need in Australian war widows: A sequential mixed-methods study, 8th Hong Kong International Nursing Forum cum 2018 International Council on Women's Health Issues Congress, Hong Kong [Oral]

National/Regional

- 2024 **Koirala, B.**, Benjasirisan, C., Lim, A., Tebay, J., Dennison Himmelfarb, C. & Davidson, P. Multimorbidity research: Challenges in recruitment and retention of older adults. 2024 Gerontological Society of America Annual Scientific Meeting, Seattle, WA [Poster]
- 2024 Benjasirisan, C., Lim, A., Tebay, J., Dennison Himmelfarb, C., Davidson, P. & **Koirala., B.** Symptom Burden and Health Care Utilization Among Older Adults Living With Multimorbidity: The COORDINATE Program. 2024 Gerontological Society of America Annual Scientific Meeting, Seattle, WA [Poster]
- 2024 Lim, A., Benjasirisan, C., Tebay, J., Dennison Himmelfarb, C., Davidson, P. & **Koirala., B.** Gender Differences in 1-year Trajectories of Disease Burden and Quality of Life among Older People Living with Heart Failure and Multimorbidity. 2024 Gerontological Society of America Annual Scientific Meeting, Seattle, WA [Poster]
- 2024 Lim, A., Benjasirisan, C., Botchway, M., Alhabodal, A., Baptiste, D. & **Koirala, B.** Association of depression symptoms with cardiovascular health stratified by military status: Insights from 2013-2020 National Health and Nutrition Examination Survey (NHANES). 2024 American Heart Association's annual Scientific Sessions, Chicago, IL [Poster]
- 2024 Guo, Z., Chen, Y., Dennison Himmelfarb, C., **Koirala, B.**, Li, J. & Jin, J. Intrinsic Capacity Trajectories and Cardiovascular Disease Among Chinese Older Adults: A Population-Based Longitudinal Study. 2024 American Heart Association's annual Scientific Sessions, Chicago, IL [Poster]
- 2024 Ramesh, A., Benjasirisan, C., Lim, A., Kruahong, S., Chen, Y., Ogungbe, B., Turkson-Ocran, R.A., Commodore-Mensah, Y. & **Koirala, B.** Differences exist in cardiovascular death among Asian heritage groups in the us: analysis of 1999-2018 National Health Interview Survey. 2024 American Heart Association's annual Scientific Sessions, Chicago, IL [Moderated Poster]
- 2023 Lim, A., Benjasirisan, C., Badawi, S., Lugo, C., Dennison Himmelfarb, C., Davidson, P.M. & **Koirala, B.** Living with heart failure and multimorbidity: Gender differences in symptom burden and quality of life. NIH Building Interdisciplinary Research Careers in Women's Health (BIRCWH) 2023 Annual Meeting, MD [Poster]
- 2023 **Koirala, B.**, Liu, S., Lim, A., Benjasirisan, C., Dennison Himmelfarb, C. & Davidson, P.M. Living with heart failure and multimorbidity: Sex-based differences in disease burden. 2023 Gerontological Society of America Annual Scientific Meeting, Tampa, FL [Poster]
- 2023 Benjasirisan, C., Lim, A., Liu, S., Ogungbe, O., Dennison Himmelfarb, C., Davidson, P.M. & **Koirala, B.** Social determinants of health-related to physician visits in older adults living with multimorbidity. 2023 Gerontological Society of America Annual Scientific Meeting, Tampa, FL [Poster]
- 2023 Lim, A., Benjasirisan, C., Liu, S., Ogungbe, O., Dennison Himmelfarb, C., Davidson, P.M. & **Koirala, B.** Social determinants of health and emergency department visits among older adults with multimorbidity. 2023 Gerontological Society of America Annual Scientific Meeting, Tampa, FL [Poster]
- 2023 Nelson, K., Benjasirisan, C., Lim, A., DeGroot, L., Badawi, S., Dennison Himmelfarb, C., Davidson, P.M. & **Koirala, B.** Shared experiences of managing heart failure and multimorbidity: A qualitative analysis. 2023 Gerontological Society of America Annual Scientific Meeting, Tampa, FL [Poster]

- 2023 Baptiste, D., Turkson-Ocran, R.A., Ogungbe, O.V., **Koirala, B.**, Metlock, F., Liu, X., Gbaba, S., Dennison, Himmelfarb, C. & Commodore-Mensah, Y. Hypertension as a predictor of sleep disturbances among adults in the National Health Interview Survey (2013-2018). Hypertension 2023 Scientific Sessions [Poster]
- 2023 Lim, A., Elias, S., Benjasirisan, C., Dennison Himmelfarb, C., Commodore-Mensah, Y. & **Koirala, B.** Heterogeneity in the prevalence of cardiovascular risk factors by ethnicity and birthplace among Asian subgroups: evidence from the 2010-2018 National Health Interview Survey, Preventative Cardiovascular Nurses Association 29th Annual Symposium, New Orleans, Louisiana [Oral - received First-place Prize in the Original Research Category Oral]
- 2023 Benjasirisan, C., Elias, S., Lim, A., Kruahong, S., Byiringiro, S., Chen, Y., Turkson-Ocran, R.A., Dennison Himmelfarb, C., Commodore-Mensah, Y. & **Koirala, B.** Disparities in hypertension, hyperglycemia, and hypercholesterolemia screening among Hispanic, African, and Asian immigrants: evidence from the 2011-2018 National Health Interview Survey, Preventative Cardiovascular Nurses Association 29th Annual Symposium, New Orleans, Louisiana [Poster]
- 2023 Metlock, F., Ogungbe, O., Hinneh, T., Alharthi, A., Elias, S., Kruahong, S., **Koirala, B.**, Baptiste, D., Dennison Himmelfarb, C. & Commodore-Mensah, Y. Racial and ethnic differences in perception of providers' cultural competency among adults with hypertension in 2017 National Health Interview Survey, Preventative Cardiovascular Nurses Association 29th Annual Symposium, New Orleans, Louisiana [Poster - received First-place Prize in the Original Research Category Poster]
- 2023 Elias, S., **Koirala, B.**, Alharthi, A., Ogungbe, O., Turkson Ocran, R.A., Byiringiro, S., Metlock, F., Baptiste, D., Dennison Himmelfarb, C. & Commodore-Mensah, Y. Heterogeneity in the prevalence of cardiovascular health behaviors and us-born and foreign-born Latino subgroups: Evidence from the National Health Interview Survey, Preventative Cardiovascular Nurses Association 29th Annual Symposium, New Orleans, Louisiana [Poster - received Second-place Prize in the Original Research Category Poster]
- 2023 Chen, Y., Li, F., Davidson, P.M., **Koirala, B.**, Elias, S., Slone, S., Metlock, F. E., Turkson Ocran, R.A., Miller, H., Byiringiro, S., Ogungbe, O., Commodore-Mensah, Y. & Dennison Himmelfarb, C. Associations between literacy, health literacy, ehealth literacy, and major adverse cardiovascular events in patients with coronary heart disease in China: A prospective cohort study, Preventative Cardiovascular Nurses Association 29th Annual Symposium, New Orleans, Louisiana [Poster]
- 2023 Alharthi, A., Ogungbe, O., **Koirala, B.**, Chen, Y., Dennison Himmelfarb, C. & Commodore-Mensah, Y. Healthcare access and utilization among Middle Eastern immigrants with cardiovascular disease risk factors, Preventative Cardiovascular Nurses Association 29th Annual Symposium, New Orleans, Louisiana [Poster]
- 2023 Miller, H., Ogungbe, O., Hopkins, C.M., Spaulding, E., Turkson Ocran, R.A., Chen, Y., Byiringiro, S., **Koirala, B.**, Baptiste, D., Commodore-Mensah, Y. & Dennison Himmelfarb, C. Associations between sociodemographic characteristics and receipt of behavioral counseling among adults at risk for cardiovascular disease, Preventative Cardiovascular Nurses Association 29th Annual Symposium, New Orleans, Louisiana [Poster]

- 2023 Chen, Y., **Koirala, B.**, Commodore-Mensah, Y., Dennison Himmelfarb, C. & Ying, W. Obesity paradox of cardiovascular mortality in older adults: National Health Interview Survey 1997-2018, American Heart Association's EPI | Lifestyle 2023 Scientific Sessions, Boston, MA [Oral]
- 2023 Metlock, F., Hinneh, T., Ogungbe, O., Liu, X., Elias, S., **Koirala, B.**, Dennison Himmelfarb, C. & Commodore-Mensah, Y. Racial/Ethnic disparities in sleep outcomes among adults with hypertension in the 2011-2018 National Health and Nutrition Examination Survey, American Heart Association's EPI | Lifestyle 2023 Scientific Sessions, Boston, MA [Oral]
- 2023 Turkson-Ocran, R.A., Ogungbe, O., Nmezi, N.A., **Koirala, B.**, Kwapong, F.L., Aidoo, E. & Commodore-Mensah, Y. Racial/ethnic and nativity differences in cardiovascular disease mortality in the United States: Insights from the National Health Interview Survey 1999-2018, American Heart Association's EPI | Lifestyle 2023 Scientific Sessions, Boston, MA [Poster]
- 2022 Chen, Y., Turkson-Ocran, R.A., **Koirala, B.**, Davidson, P.M., Commodore-Mensah, Y. & Dennison Himmelfarb, C. Mobile health access and usage, and cardiovascular risk: Results from the 2017-2020 Health Information National Trends Survey (HINTS), American Heart Association's annual Scientific Sessions 2022, Chicago, IL [Poster]
- 2022 Lin, K., Gentry Russell, N., **Koirala, B.** & Davidson, P.M. Patient acuity, nursing workload and missed care in Intermediate care Unit. 2022 Graduate Nursing Student Academy Conference, Washington, DC [Poster]
- 2022 Moore, R., Li, D., Badawi, S., Peeler, A., Agarwalla, V., Davidson, P.M. & **Koirala, B.** Living with multimorbidity: experience organizing a virtual co-design event with patients and healthcare providers, NIH Building Interdisciplinary Research Careers in Women's Health (BIRCWH) 2022 Annual Meeting, Virtual [Poster]
- 2022 Peeler, A., Nelson, K., Badawi, S., Street, L., Hager, D., Davidson, P.M. & **Koirala, B.** Living with multimorbidity: Shared experiences of patients, family caregivers, and healthcare professionals, 2022 Gerontological Society of America Annual Scientific Meeting, Indianapolis, IN [Poster]
- 2022 Spaulding, E.M., Miller, H.N., Turkson-Ocran, R.A., **Koirala, B.**, Ogungbe, O., Byiringiro, S., Nwokeji, U., Gleason, K.T., Baptiste, D., Martin, S.S. & Commodore-Mensah, Y. Sociodemographic determinants of electronic medical record use among adults with self-reported cardiovascular disease: 2020 Health Information National Trends Survey, Preventative Cardiovascular Nurses Association 28th Annual Symposium, Las Vegas, NV [Poster]
- 2022 Azoba, C., Turkson-Ocran, R.A., Ogungbe, O., **Koirala, B.** & Commodore-Mensah, C. Healthcare access among Asian, African and Latino immigrants with hypertension or diabetes in the 2010-2018 National Health Interview Survey, American Heart Association's EPI | Lifestyle 2022 Scientific Sessions, Chicago, IL [Poster]
- 2022 Byiringiro, S., Turkson-Ocran, R.A., Baptiste, D., **Koirala, B.**, Ogungbe, O., Dennison Himmelfarb, C. & Commodore-Mensah, Y. Migration-related weight changes among African immigrants in the United States, American Heart Association's EPI | Lifestyle 2022 Scientific Sessions, Chicago, IL [Poster]
- 2022 Spaulding, E.M., Miller, H.N., Turkson-Ocran, R.A., **Koirala, B.**, Ogungbe, O., Byiringiro, S., Nwokeji, U., Gleason, K.T., Baptiste, D., Martin, S.S. & Commodore-Mensah, Y. Electronic medical record use

among adults with self-reported hypertension: Analysis of the 2020 Health Information National Trends Survey, American Heart Association's EPI | Lifestyle 2022 Scientific Sessions, Chicago, IL [Poster]

- 2021 **Koirala, B.**, & Davidson, P.M. Living with multimorbidity: gender differences and priorities in multimorbidity management, NIH Building Interdisciplinary Research Careers in Women's Health (BIRCWH) 2021 Annual Meeting [Poster]
- 2021 **Koirala, B.** Heart failure self-care: Necessary but insufficient, Southern Nursing Research Society 35th Annual Conference-Virtual Conference [Podium]
- 2020 **Koirala, B.**, Commodore-Mensah, Y., Turkson-Ocran, R.A., Baptiste, D., Davidson, P.M., & Dennison Himmelfarb, C. Heterogeneity of cardiovascular disease risk factors among Asian immigrants: Insights from the 2010 – 2018 National Health Interview Survey, American Heart Association Scientific Sessions [Virtual Oral]
- 2020 **Koirala, B.** Heart failure self-care: Necessary but insufficient, Southern Nursing Research Society 34th Annual Conference, New Orleans, LA [Podium- Conference Canceled due to COVID-19]
- 2020 **Koirala, B.**, Everett, B., Salamonson, Y., Zecchin, R., & Davidson, P.M. Psychosocial predictors of physical capacity in cardiac rehabilitation, American Heart Association's EPI | Lifestyle 2020 Scientific Sessions, Phoenix, AZ [Poster]
- 2020 Baptiste D., Turkson-Ocran, R., Ogungbe, O., **Koirala, B.**, Francis, L., Spaulding, E.M., Dennison Himmelfarb, C., & Commodore-Mensah, Y. Heterogeneity in cardiovascular disease risk factor prevalence among Whites, African Americans, African Immigrants and Afro-Caribbeans: Insights from the 2010-2018 National Health Interview Survey, American Heart Association's EPI | Lifestyle 2020 Scientific Sessions – Phoenix, AZ [Oral]
- 2020 Elias, S., Turkson-Ocran, R., **Koirala, B.** Byiringiro, S., Miller, H., Baptiste, D., Dennison Himmelfarb, C., & Commodore-Mensah, Y. Heterogeneity in prevalence of cardiovascular disease risk factors among Hispanic ethnic groups: Evidence from the 2010-2018 National health Interview Survey, American Heart Association's EPI | Lifestyle 2020 Scientific Sessions, Phoenix, AZ [Poster]
- 2020 Ogungbe, O., Turkson-Ocran, R., Baptiste, D., **Koirala, B.**, Dennison Himmelfarb, C., Davidson, P., & Commodore-Mensah, Y. Social determinants of hypertension and diabetes among African Immigrants: The African Immigrants Health Study, American Heart Association's EPI | Lifestyle 2020 Scientific Sessions, Phoenix, AZ [Poster]
- 2020 Turkson-Ocran, R., Baptiste, D., Ogungbe, O., **Koirala, B.**, PhD, & Commodore-Mensah, Y. The association between acculturation and cardiovascular disease risk factors: The African Immigrant Health Study, American Heart Association's EPI | Lifestyle 2020 Scientific Sessions, Phoenix, AZ [Poster]
- 2020 Nwokeji, U., Spaulding, E.M., Shan, R., Turkson-Ocran, R., Baptiste D., **Koirala, B.**, Plante, T., Martin, S.S., & Commodore-Mensah, Y. Health-information technology use among patients with physician-diagnosed atherosclerotic cardiovascular disease: Evidence from the 2010-2018 National Health Interview Survey. In American Heart Association's EPI | Lifestyle 2020 Scientific Sessions, Phoenix, AZ [Poster]

- 2019 Francis, L., Spaulding E., Turkson-Ocran, R.A., **Koirala, B.**, Baptiste, D., Echouffou-Tcheugui, E. & Commodore-Mensha, Y. Risk factors for household food insecurity among adults with Coronary Heart Disease: Evidence from the 2013-2017 National Health Interviews Surveys, Preventative Cardiovascular Nurses Association 25th Annual Symposium, St. Paul, MN [Moderated poster]
- 2019 Francis, L., Turkson-Ocran, R.A., Spaulding E., **Koirala, B.**, Baptiste, D., Echouffou-Tcheugui & E., Commodore-Mensha, Y. Risk factors for household food insecurity among adults with dysglycemia: evidence from the 2013-2017 National Health Interview Surveys, American Diabetes Association's 79th Scientific Sessions, San Francisco, CA [Poster]
- 2018 Hanson, B., **Koirala B.**, Beaman, A. & Davidson, P. M. Point prevalence studies in delirium: A systematic review, American Delirium Society 8th Annual Meeting– San Francisco, CA [Oral]
- 2016 Amgai, C. & **Koirala B.** Retirement preparation: attributes of Americans, The Gerontological Society of America, 69th Annual Scientific Meeting, New Orleans, LA [Poster]
- 2016 Niemczura, J. & **Koirala, B.** Use of simulation to support role development for nurses and MBBS doctors in Nepal, 7th Annual CUGH Conference, San Francisco, CA [Poster]
- 2015 Shanley, R., Rana, S., **Koirala, B.**, Klinefelter, C., Kinney, J., Shukla A., & Bashford C. Catch me before I fall: Predicting risks of falls in older adults, The Gerontological Society of America's 68th Annual Scientific Meeting, Orlando, FL [Poster]

Local

- 2024 **Koirala, B.** & Wright, R. Merging health equity research topics and methodologies in palliative care (Palliative Care Month Session). Johns Hopkins University School of Nursing. Office of Diversity, Equity, Inclusion and Belonging, Baltimore, MD, November 11, 2024 [Oral]
- 2024 **Koirala B.** Navigating life as an international student and exploring professional opportunities post-graduation, Johns Hopkins University School of Nursing International Student Organization, Baltimore, MD, September, 16, 2024 [Oral]
- 2024 **Koirala, B.** First-Generation Student Success, January Diversity Dimensions, Johns Hopkins University School of Nursing, Baltimore, MD, January, 31, 2024 [Panel Discussion]
- 2023 **Koirala, B.** Living with multimorbidity: Care co-ordination and symptom management program, virtual Senior Solutions Conference, Baltimore County Department of Aging, Towson, MD, June 22, 2023 [Oral]
- 2023 **Koirala, B.** Advancing the Heart Health of Immigrants in the United States: The Baltimore Case. Baltimore Immigration Summit, Towson University, Towson, MD, June 2, 2023 [Panel Discussion]
- 2023 **Koirala, B.** Living with multimorbidity: Symptom management across illness trajectory, PROMOTE Center Final Symposium, Johns Hopkins University School of Nursing, Baltimore, MD, April 25, 2023 [Interactive Tabling Session and Panel Discussion]
- 2023 **Koirala, B.** An Introduction to heart disease, Living Healthy Banner Neighborhood Event, Baltimore, MD, April 11, 2023 [Oral]

- 2022 **Koirala, B.** Living with Multimorbidity: Care cO-ORDInatioN And sympTom managemEnt (COORDINATE) Program. Intervention Working Group, PROMOTE Center, JHSON, Baltimore, MD, November 16, 2022 [Oral]
- 2022 **Koirala, B.** Heterogeneity in cardiovascular disease risk factor prevalence among ethnic minority populations in the United States. Virtual Nursing Grand Rounds Nursing Education Series, Johns Hopkins School of Nursing, Baltimore, MD, September 29, 2022 [Grand Round Presentation] <https://youtu.be/sJaGgrcQr9Y> & <https://events.jhu.edu/form/heterogeneity>
- 2022 **Koirala, B.** Experience and opportunities in research with Asian Population. Diversity Dimensions: Asian Experience, Johns Hopkins University School of Nursing Alumni Association, Baltimore, MD, May 24, 2022. [Panel Discussion] <https://vimeo.com/721139917/cdb8478cff>
- 2020 **Koirala, B.,** D'Aoust, R., Kozachik, S., Silbert-Flagg, J., Slater, T., Razzak, R., Davidson, P.M., Dennison Himmelfarb, C. Integration of palliative care within advanced practice education and practice, MDAC Summit, Baltimore, MD [Poster Accepted-Conference Cancelled due to COVID-19]
- 2020 **Koirala, B.,** D'Aoust, R., Kozachik, S., Silbert-Flagg, J., Slater, T., Razzak, R., Dennison Himmelfarb, C. Integration of palliative care into advanced practice education, IEE Education Conference, Baltimore, MD [Poster Accepted-Conference Cancelled due to COVID-19]
- 2019 **Koirala, B.** Palliative care: Cultural considerations at end-of-life. Palliative Care Student Interest Group, Johns Hopkins School of Nursing, Baltimore, MD [Panel Discussion]
- 2019 **Koirala, B.** Palliative care continuing education, JHSON Annual Preceptor Appreciation Event, Baltimore, MD [Oral]
- 2018 **Koirala, B.** Heart failure self-care: Contemporary perspectives, Johns Hopkins University School of Nursing, Baltimore, MD [Oral-Faculty Candidate Presentation]
- 2016 **Koirala, B.** Productive aging: role of educational attainment in reasons for labor force participation in later years. In: 40th Annual OAGE Conference, Youngstown, OH [Oral]
- 2014 Predicting risk of fall in older adults, AHEAD Human Performance Unleashed Research Showcase, Dayton, OH [Poster]

Media/Podcasts/News/Blogs/Highlights

- 2024 Preventative Cardiovascular Nurses Association Heart Failure Podcast Series [Content Expert and Speaker] September 17, 2024. *Learning About Lowering LDL-C* <https://pcna.net/podcast/learning-about-lowering-ldl-c/>
- 2022 Preventative Cardiovascular Nurses Association Heart Failure Podcast Series [Content Expert and Speaker] September 20, 2022. <https://pcna.net/professional-development/heart-to-heart-podcast/>
Heart Failure Management: Health Equity and Access to Care <https://pcna.net/podcast/heart-failure-management-health-equity-and-access-to-care/>
Heart Failure Management: Lifestyle and Self-Care <https://pcna.net/podcast/heart-failure-management-lifestyle-and-self-care/>

- 2021 Johns Hopkins palliative and end-of-life care lecture series & video resources. ELNEC Connections. Summer 2021.
https://www.magnetmail.net/actions/email_web_version.cfm?ep=ILOQpgl6ksVly3fud_QpQHlrnsF2ZgLKSar6AB2FwyCUxTXGHH7TxJG25hjsw-V-yj7C5rr9ix8woyemHrLhcJbapYDMdbOXgP1woA_OF8NKuy_zvWrzlh6PKigaAxt
- 2021 Risk factors for heart disease in Asian Immigrants. Doctor Radio. Weekly Rehabilitative Medicine Show on SiriusXM Radio. April 12, 2021.
- 2021 Palliative care resources. Johns Hopkins School of Nursing.
https://nursing.jhu.edu/faculty_research/faculty/departments/office-education-quality-innovation/innovation-scholarship/palliative-care.html
- 2021 Importance of cardiovascular and chronic care. Healthcare Outlook. Johns Hopkins School of Nursing. February 24, 2021.
https://www.youtube.com/watch?v=G31_bEv4UE4&ab_channel=JohnsHopkinsUniversitySchoolofNursing
- 2021 Koirala, B., Turkson-Ocran, R.A, Ogungbe, B., Byiringiro, S., Spaulding, E., Asano, R., Elias, D., & Commodore-Mensah. What we need to know about heart failure, and why. On the Pulse. Johns Hopkins Nursing Magazine. February 18, 2021. <https://magazine.nursing.jhu.edu/2021/02/what-we-need-to-know-about-heart-failure-and-why/>
- 2020 Heart risk factors vary greatly among Asian Immigrants. American Heart Association News. November 13, 2020. <https://www.heart.org/en/news/2020/11/13/heart-risk-factors-vary-greatly-among-asian-immigrants#:~:text=It's%20the%20first%20study%20to,to%20have%20high%20blood%20pressure>
- 2019 Palliative care: Cultural considerations at end-of-life. On the Pulse. Johns Hopkins School of Nursing. November 21, 2019. <https://magazine.nursing.jhu.edu/2019/11/palliative-care-cultural-considerations-at-end-of-life/>
- 2019 Determined path. We Are All East Baltimore. Johns Hopkins School of Nursing Magazine. November 1, 2019. <https://magazine.nursing.jhu.edu/2019/11/binu-koirala/>

EDITORIAL ACTIVITIES

Editorial Review

2022-present Associate Editor, Nursing Open

Peer Review

2022-present Reviewer, Circulation: Cardiovascular Quality and Outcomes
 2019-present Reviewer, The Journal of Cardiovascular Nursing
 2017-present Reviewer, European Journal of Cardiovascular Nursing
 2016-present Reviewer, Heart, Lung, and Circulation
 2016-present Reviewer, International Journal of Nursing Studies

PROFESSIONAL ACTIVITIES

Society/Association Membership and Leadership

American Academy of Nursing

2024-present Member, Palliative Care Expert Panel
2023 Fellow
2021-present Member

American Heart Association

2022-2025 Member, CVSNA Awards Committee, Council on Cardiovascular and Stroke Nursing
2021-2022 Ad-Hoc, CVSNA Awards Committee, Council on Cardiovascular and Stroke Nursing
2020-present Member, Council on Cardiovascular and Stroke Nursing
2019-2020 Member, Council on Hypertension

Center for Advanced Palliative Care

2018-2021 JHSON Membership Coordinator
2017-present Member

Gerontological Society of America

2023 GSA 2023 Annual Scientific Meeting Abstract Reviewer
2022-present Member

Heart Failure Society of America

2018-present Member

Hospice and Palliative Nurses Association

2019-present Member

Palliative Care Research Cooperative Group

2020-2023 Heart Failure and Early Career Investigators Interest Group
2020-2023 Full Member

Preventative Cardiovascular Nurses Association

2024 PCSK9 Inhibitor Patient Education Sheets Review Committee
2024 Content expert and speaker, Learning About Lowering LDL-C
2024 Triglycerides and CV Risk Patient Education Sheets Review Committee
2024-present Project Development and Review Committee
2023 High Blood Pressure Patient Education Sheets Review Committee
2023 Fellow
2022 Content expert and speaker, Heart Failure Podcast Committee
2021-present Maryland Chapter President
2020 Heart Failure Patient Education Sheets Review Committee
2018-present Member

Sigma Theta Tau International Honor Society of Nursing/ Sigma Global Nursing Excellence
2020-2024 Secretary, Sigma Nu Beta Chapter-At-Large
2016-present Member, STTI Nu Beta Chapter Chapter-At-Large

Other Professional Service Activities

Internal to School of Nursing

Feb 2024 Grant Application Reviewer, Nursing Office of Research Administration
May 2023 Grant Application Reviewer, Center for Equity in Aging
June 2022 Grant Application Reviewer, Nursing Office of Research Administration
January 2022 Grant Application Reviewer, Nursing Office of Research Administration
June 2020 Participated in Developing Behavioral Interventions Leveraging Human-Centered Design hosted by the Center for Innovative Care in Aging, Johns Hopkins School of Nursing
February 2020 Organized one-day workshop on "Palliative Care 2.0: An Essential Workshop for Today's Clinicians"
May 2019 Grant Submission Reviewer, Office of Science and Innovation
March 2019 Assisted in report writing to Stavros Niarchos Foundation in Proposed Support of Nursing at the University of Athens & Evangelismos Hospital Athens, Greece following visit to Johns Hopkins University, Baltimore
November 2018 Organized "US- Australia Chronic, Aged, and Palliative Care Symposium"
June 2018 Organized one-day workshop on "Integrating Palliative Care into APRN Practice and Training: What Should You Know?"

External to School of Nursing

December 2014 Reviewer, Health Equity Self-assessment Tool (HESAT) for Preventative Cardiovascular Nurses Association
December 2024 Attended and provided input for EBCD and ethics workshop, Point of Care Foundation
October 2024 Reviewer, PCSKg Inhibitor Patient Education Sheets for Preventative Cardiovascular Nurses Association
October 2024 Organized a continuing nursing education event PCNA Fall Learning Series, Leveraging Digital Health for Secondary Prevention of Cardiovascular Disease (1.0 CE)
July 2024 Reviewer, Triglycerides, and CV Risk Patient Education Sheets for Preventative Cardiovascular Nurses Association
July 2024 Attended National Institute of Nursing Research Social Determinants of Health Summer Research Institute (Travel Stipend \$1000)
May 2024 Organized a continuing nursing education event PCNA Spring Learning Series, Cardiovascular Risks and Benefits of Anti-Obesity Medications (1.0 CE)
2024 Abstract reviewer, The Gerontological Society of America (GSA) 2024 Annual Scientific Meeting
June 2023 Organized a continuing nursing education event PCNA Spring Learning Series; Sleep: One of the Essentials of Cardiovascular Health (1.0 CE)

2023	Reviewer, High Blood Pressure Patient Education Sheets for Preventative Cardiovascular Nurses Association
2023	Abstract reviewer, The Gerontological Society of America (GSA) 2023 Annual Scientific Meeting
October 2022	Organized a continuing nursing education event PCNA Fall Learning Series; Cardiac-related Post-Acute Sequelae of COVID-19 (PASC): Diagnoses and care access challenges (1.0 CE)
2022	Content expert and speaker, Heart Failure Podcast Committee, Preventative Cardiovascular Nurses Association
2022	Reviewing and voting member on the CVSN Awards Committee of the Council on Cardiovascular and Stroke Nursing, American Heart Association
February 2021	Organized two days of "Virtual Palliative Care Conference: Palliative Care in COVID-19" (up to 4 CE- Total CE awarded 179)
2021	Ad-Hoc on the CVSN Awards Committee of the Council on Cardiovascular and Stroke Nursing, American Heart Association
2020	Reviewer, Heart Failure Patient Education Sheets for Preventative Cardiovascular Nurses Association
2020	Reviewer, World Health Track Submissions for the Nightingale 2020 Conference Scientific Committee
2020	Abstract reviewer, The 13th Biennial Conference of the Global Network of WHO Collaborating Centers for Nursing and Midwifery
October 2019	Attended and completed a National ELNEC- APRN Adult Train-the-Trainer course.
July 2019	Attended and completed a National ELNEC- Communication Train-the-Trainer course

Curriculum Vitae

Part II

EDUCATIONAL ACTIVITIES

Classroom Instruction

Johns Hopkins University School of Nursing

Spring 2025	NR.210.818 .8101 Clinical Data Management and Analyses, Co-Theory Course Coordinator, 20% effort, Doctor of Nursing Practice, 52 students
Spring 2025	NR.210.818.8201 Clinical Data Management and Analyses, Co-Theory Course Coordinator, 20% effort, Doctor of Nursing Practice, 127 students
Spring 2025	NR.110.870 Scholarly Research Portfolio for PhD Students, Academic and Dissertation Advisor, 10% effort, Doctor of Philosophy in Nursing, 2 students
Spring 2025	NR.210.606.8201 Biostatistics for Evidence-Based Practice, Theory Course Coordinator, 30% effort, Master's Entry into Nursing, 48 students
Fall 2024	NR. 400.719 Application of the Research Process to Evidence-Based Practice, Course Development, 20% effort, Doctor of Nursing Practice
Fall 2024	NR.110.870 Scholarly Research Portfolio for PhD students, Dissertation Advisor, 10% effort, Doctor of Philosophy in Nursing, 2 students
Summer 2024	NR.210.817 Analysis and Evaluation of Individual and Population Health Data, Co-Theory Course Coordinator, 30% effort, Doctor of Nursing Practice, 42 students
Spring 2024	NR.110.899 Dissertation, Dissertation Advisor, 10% effort, Doctor of Philosophy in Nursing, 2 students
Spring 2024	NR.210.818 Clinical Data Management and Analyses, Co-Theory Course Coordinator, 20% effort, Doctor of Nursing Practice, 121 students
Fall 2023	NR.210.606 Biostatistics for Evidence-Based Practice, Administrative Support, 10% effort, Doctor of Nursing Practice
Fall 2023	NR.110.899 Dissertation, Dissertation Advisor, 10% effort, Doctor of Philosophy in Nursing, 2 students
Summer 2023	CO.NR.PhDComprehensiveExam2023, Grader, Doctor of Philosophy in Nursing, 4 students
Fall 2022	NR.210.606 Biostatistics for Evidence-Based Practice, Theory Course Coordinator, 30% effort, Doctor of Nursing Practice, 27 students
Spring 2022	NR.210.889 Project Evaluation and Dissemination, Project Advisor, 20% effort, Doctor of Nursing Practice, 7 students

Fall 2021	NR.210.803 Nursing Inquiry for Evidence-Based Practice, Theory Course Coordinator, 30% effort, Doctor of Nursing Practice, 92 students
Fall 2021	NR.210.888 Project Application, Project Advisor, 20% effort, Doctor of Nursing Practice, 7 students
Spring 2021	NR.210.899 Project Evaluation, Project Advisor, 8% effort, Doctor of Nursing Practice, 5 students
Spring 2021	NR.210.894 DNP Practicum, Project Advisor, 8% effort, Doctor of Nursing Practice, 5 students
Spring 2021	Interprofessional Education Core Event: Communication and Conflict Resolution, Faculty Mentor, 2 groups, Masters Entry into Nursing, Medical & Pharmacy Students, 20 students
Fall 2020	NR.210.803 Nursing Inquiry for Evidence-Based Practice, Theory Course Coordinator, 25% effort, Doctor of Nursing Practice, 125 students
Fall 2020	NR.210.898 Project Implementation, Project Advisor, 8% effort, Doctor of Nursing Practice, 5 students
Fall 2020	NR.210.894 DNP Practicum, Project Advisor, 8% effort, Doctor of Nursing Practice, 5 students
Summer 2020	NR.210.606 Biostatistics for Evidence-Based Practice, Co-Theory Course Coordinator, 25% effort, Master's Entry into Nursing, 58 students
Spring 2020	NR.210.606 Biostatistics for Evidence-Based Practice, Co-Theory Course Coordinator, 25% effort, Master's Entry into Nursing, 73 students
Fall 2019	NR.210.606 Biostatistics for Evidence-Based Practice, Theory Course Coordinator, 25% effort, Doctor of Nursing Practice, 38 students
Summer 2019	NR.210.606 Biostatistics for Evidence-Based Practice, Co-Theory Course Coordinator, 25% effort, Master's Entry into Nursing, 60 students
Spring 2018	NR.210.606 Biostatistics for Evidence-Based Practice, Teaching Resident, 25% effort, Master's Entry into Nursing, 90 students
Spring 2018	PH.140.623 Statistical methods in Public Health III, Biostatistics Tutor, 10% effort, PhD Nursing, 9 students
2017-2021	Advanced Practice-Doctor of Nursing Practice (AP-DNP) program curriculum mapping to integrate palliative care content
Fall 2017	PH.140.622 Statistical methods in Public Health II, Biostatistics Tutor, 10% effort, PhD Nursing, 9 students

Fall 2017 PH.140.621 Statistical methods in Public Health I, Biostatistics Tutor, 10% effort, PhD Nursing, 9 students

Miami University

2015-2016 GTY 260 Global Aging and GTY 456/556 Aging and Health, Teaching Assistant, Department of Sociology and Gerontology

Nepal

2013-2014 Nursing Faculty, Nepal Institute of Medical Science and Technology

2012-2014 Nursing Instructor, National Institute of Nursing Education

2011 Supplemental Instructor for Bachelor of Science in Nursing Program, Kathmandu Medical College

Course Facilitation

May 2020 COVID-19: Effective Nursing in Times of Crisis, Course Facilitator, 2-weeks course, Future Learn, <https://www.futurelearn.com/courses/effective-nursing-in-times-of-crisis/1/todo/74641>

ACADEMIC SERVICE

Johns Hopkins University School of Nursing

2024 – present Co-Director, Palliative Care Initiative, Center for Equity in Aging and member of PICAR

2024 – present Member, APG PhD Committee

2020 – 2024 PhD, DNP-PhD Admissions Interview Committee

2021 – 2024 APG PhD Applicant Reviewer

2021–2022 DNP Admissions Interview Committee

2022 – present Faculty Grievance Committee

2022 – present Member, Bylaws and Nominations Committee

Summer, 2022 PhD, DNP-PhD Comprehensive Exam Grader

Fall, 2021 Faculty Panel for New Faculty Orientation

2021 – present Faculty mentor, End of Life/Palliative Care Working Group

2020 – present Faculty Search Committee, Research

2019 – 2022 Faculty mentor and presenter for Academic Success Center Workshop- SPSS Crash-Course

Spring, 2019 Special Assistance to Academic Affairs on PhD Nursing Program

2019 – present Faculty member and mentor, Cardio-Metabolic Faculty Interest Group

2017 – 2021 IPE Faculty Facilitator, Inter-Professional Education Event

MENTORING AND ADVISEMENT

Mentoring/Project Advisement

- 2024-present Post-doc student (1 Student)
- 2022-present JHU Research and Clinical fellow (1 Student)
- 2022-present PhD (2 Students)
- 2021-2023 Research Honors Program (3 Students)
- 2019-2021 Fuld Fellow Program (3 Students)
- 2021-2022 Doctor of Nursing Practice- Executive Track (7 Students)
- 2020-2021 Doctor of Nursing Practice- Executive Track (5 Students)

Research Honors Projects

- | | |
|--|---|
| Arshia Ramesh
MSN (Entry into Nursing)
student | Research Honors Program. Ethnic Differences In Cardiovascular Disease Deaths Among Asian Immigrants. 2024-2025
Project Mentor |
| Robyn Moore
MSN (Entry into Nursing)
student | Research Honors Program. Living with heart failure and multimorbidity: Gender differences and priorities in multimorbidity management. 2021-2023.
Project Mentor |
| David Li
MSN (Entry into Nursing)
student | Research Honors Program. Living with multimorbidity: Care coordination and symptom management program. 2021-2023. Project Mentor |

Fuld Fellow Projects

- | | |
|---|---|
| Nasim F.
MSN (Entry into Nursing)
student | Fuld Fellow Program. Living with multimorbidity: systematic review of literature. 2020-2021. Project Mentor |
| Alisha Patel
MSN (Entry into Nursing)
student | Fuld Fellow Program. Living with multimorbidity: systematic review of literature. 2019-2021. Project Mentor |

Stepney Racy
MSN (Entry into Nursing)
student
Fuld Fellow Program. Nursing workload measures: review of literature. 2019-2020. Project Mentor

Doctor of Nursing Practice Capstone Projects

Ashley Lackey
Executive-DNP Student
Use of Evidence-based Telehealth to Improve Hypertension of the Elderly in Rural Areas. 2021-2022. Project Advisor

Chivas Guillote
Executive-DNP Student
A Clinical Bundle to Reduce Peri-Intubation Hypoxia in the Pre-Hospital Setting. 2021-2022. Project Advisor

Tiffany De Sadier
Executive-DNP Student
Lymphedema Outpatient Consult Order set (LOC) to prevent Breast Cancer-Related Lymphedema in Women with Breast Cancer. 2021-2022. Project Advisor

Margaret Song
Executive-DNP Student
Reducing Burnout in Nurse Anesthetists. 2021-2022. Project Advisor

Lauren Freedman
Executive-DNP Student
Implementation of a Standardized Pain Management Protocol Reducing the Rate of Postoperative Complications in Children Undergoing a Tonsillectomy. 2021-2022. Project Advisor

Allison Olanzo
Executive-DNP Student
Implementing a Transformational Leadership Development Program for New Lead Clinical Nurses. 2021-2022. Project Advisor

Sannitta Giwah
Executive-DNP Student
Assessing Pre-Exposure Prophylaxis (PrEP) Screening, Counseling, and Utilization Among African American MSM. 2021-2022. Project Advisor

Jeffery Jubilee
Executive-DNP Student
Utilizing the Evidence-based Bundled Approach to Reduce Alarm Fatigue and Improve Telemetry Nurses' Knowledge. 2020-2021. Project Advisor

Stephanie Atkinson
Executive-DNP Student
Reducing Communication Barriers for Deaf Adults Accessing Primary Care Through a Provider-Focused Educational Program. DNP Executive. 2020-2021. Project Advisor

Beverly Fu
Executive-DNP Student
Adherence to Prophylactic Anticonvulsants Guidelines in Newly Diagnosed Brain Tumor. DNP Executive. 2020-2021. Project Advisor

Holly Vali
Executive-DNP Student
An Evidence-Based Practice Approach to Reduce Antimicrobial Overuse in The Urgent Care Setting (NextCare Urgent Care®). DNP Executive. 2020-2021. Project Advisor

Neysa Ernst Executive-DNP Student	Improve Endoscopy Procedure Room Utilization. DNP Executive. 2020-2021. Project Advisor
Karen Lin AP-DNP Student	Patient Acuity, Nursing Workload and Missed Care at Intermediate Care Unit. 2019-2022. Project Advisor
Gretta Thompson AP-DNP Student	Nurse-Provider Communication and Satisfaction at Intermediate Care Unit. 2019-2022. Project Advisor
Karolina Walichnowska AP-DNP Student	Nurse Burnout and mindfulness at Intermediate Care Unit. 2019-2022. Project Advisor

Doctor of Philosophy in Nursing

Arum Lim PhD Student	Academic Advisor and Research Residency Advisor, 2022-Present (Conway Nursing Scholarship; ISPN Foundation Joyce Fitzpatrick Psychiatric Nursing Research Award; JHSON 2024 Excellence in Health Equity research Award)
Chitchanok Benjasirisan PhD Student	Academic Advisor and Research Residency Advisor, 2022-Present (Institutional Funding from Mahidol University; Johns Hopkins School of Nursing Discovery and Innovation Award; JHSON 2024 Graduate research Assistant Award)

Dissertation Committee Member

Sabrina Elias Doctor of Philosophy	Johns Hopkins University School of Nursing. Multiethnic Perspective of Shared Decision Making in Hypertension. 2023 (NIH NRSA F31) Dissertation Committee Member – Final Examination Alternate
Noelle Pavlovic Doctor of Philosophy	Johns Hopkins University School of Nursing. Fatigue In Heart Failure: A Secondary Data Analysis Of The Atherosclerosis Risk In Communities (Aric) Study. 2023. (NIH NRSA F31) Dissertation Committee Member – Final Examination Alternate
Samuel Byiringiro Doctor of Philosophy	Johns Hopkins University School of Nursing. A Pilot Project To Explore The Health System Factors Of Hypertension Care And Outcomes In Ghana. 2023 (JHUSON Discovery and Innovation Award, American Heart Association Fellowship to Promote Diversity in Science). Dissertation Committee Member – Final Examination Alternate

Post Doctoral Student Mentor

Asma Rayani
Post Doctoral student

Johns Hopkins University School of Nursing. Disparities in Cardiovascular Risk Factors Among Asian American Ethnic Subgroups, 2024-Present – Project Mentor

JHU Research and Clinical Fellow Mentor

Aaron Case
Medicine-Pulmonary and
Critical Care Medicine
Fellow

Johns Hopkins University School of Medicine. Performance Shaping Features of Intermediate Care Nursing Workload, 2022-Present – Fellowship Project Mentor and NRSA F32 Application Mentor