

CURRICULUM VITAE
Part I

PERSONAL DATA

Name: Binu Koirala, PhD, MGS, RN, FPCNA, FAAN, FAHA

Office address: Johns Hopkins University School of Nursing
525 N. Wolfe St
Baltimore, MD 21205 USA

Phone: (410) 614 – 4718

Email: bkoiral1@jhu.edu

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
2025-present	Associate Professor	Johns Hopkins University School of Nursing	Baltimore, MD
2020-2025	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) Johns Hopkins School of Nursing	Baltimore, MD
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	Kathmandu, Nepal
2013-2014	Faculty	Nepal Institute of Medical Science and Technology	Kathmandu, Nepal
2012-2014	Nursing Instructor	National Institute of Nursing Education	Kathmandu, Nepal
2011	Supplemental Instructor	Kathmandu Medical College	Kathmandu, Nepal
2012-2013	ICU/CCU Nurse Trainee	Shahid Gangalal National Heart Center Kathmandu Medical College Teaching Hospital	Kathmandu, Nepal
2009-2013	Nurse	Kathmandu Medical College Teaching Hospital	Kathmandu, Nepal

HONORS AND AWARDS

2025	Fellow, American Heart Association
2024	Social Determinants of Health Summer Research Institute Scholar, National Institute of Health/ National Institute of Nursing Research (NIH/NINR)
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	Outstanding Practitioner Award Nominee, Johns Hopkins University Experiential Learning
2023	Fellow, American Academy of Nursing

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

RESEARCH AND EDUCATIONAL GRANTS

Educational Grants

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

Sponsored Projects

2026- 2030	COORDINATE-CVD - a program to enhance care transitions for older adults with complex cardiovascular multimorbidity, Chief Investigator A: Ferguson, C., Chief Investigator: Koirala, B., Heart Foundation Future Leader Fellowship Level 2 (109825-2025_FLF), Australian Heart Foundation, \$652,000
------------	--

- 2025-2030 Faith-Based Hypertension Prevention and Cardiovascular Health Promotion (FAITH HEART) Program, Multiple Principal Investigator: Commodore Mensah, Y., Koirala B., Hladek, M., U01, NIH/NINR, Total Funds Requested: \$3,801,486 (10% effort) – RFA Administratively Withdrawn
- 2025-2026 Living with Multimorbidity: Care Coordination and Symptom Management (COORDINATE) Program for Older Adults, Principal Investigator: Koirala B., Dorothy Evans Lyne Fund, \$50,000 (2% effort)
- 2024-2025 Performance Shaping Features of Intermediate Care Nursing Workload, Principal Investigator: Case A., F32 project Co-Mentor: Koirala B., NIH/AHRQ (F32HS029594), 75% effort for PI and \$90,988 research fund
- 2024 Social Determinants of Health Summer Research Institute Scholar, Inaugural Scholar: Koirala B., NIH/NINR Summer Research Institute (Stipend \$1000)
- 2022-2024 Living with Heart Failure and Multimorbidity: Gender Differences in Health Outcomes including Palliative Care Needs, Principal Investigator: Koirala B., JHSON Discovery and Innovation Fund, \$10,000.
- 2022-2024 Examining Social Determinants and Health Outcomes Among Patients Living with Multiple Chronic Conditions, Principal Investigator: Liu S., Co-Investigator: Koirala, B., NIH/NINR (P30 NR18093) Promote Center for Resilience Pilot, \$100,000
- 2021-2023 Living with Heart Failure and Multimorbidity: Gender Differences and Priorities in Multimorbidity Management, Principal Investigator: Koirala B., Building Interdisciplinary Research Careers in Women’s Health (BIRCWH) at JHU (K12HD085845), 75% effort/\$100,000 and \$34,392 research fund per year for two years
- 2020-2024 Living with Multimorbidity: Symptom Management across the Illness Trajectory, Principal Investigator: Koirala B., NIH/NINR (P30 NR18093) Promote Center for Resilience Pilot, \$100,000 (15% effort)
- 2019-2024 New Nursing Faculty Fellowship, Principal Investigator: Koirala B., Maryland Higher Education Commission, \$50,000
- 2019-2020 Co-design of an Innovative Approach to End-of-Life Care: The ANANTA Study, Principal Investigator: Koirala, B., Center for Innovative Care in Aging, \$10,000.
- 2018-2019 Heart Failure Self-care: Factors Influencing Self-care and Relationship with Health-related Quality of Life, Principal Investigator: Koirala B., National League for Nursing, \$5,300
- 2018-2019 Heart Failure Self-care in Nepal, Principal Investigator: Koirala B., Southern Nursing Research Society, \$5,000
- 2018-2019 Heart Failure Self-care: Factors Influencing Self-care and Relationship with Health-related Quality of Life, Principal Investigator: Koirala B., Sigma Theta Tau Nu Beta Chapter-At-Large, \$1,500
- 2018-2020 Strategies to Improve Heart Disease Outcomes in Australian Women, Data Analyst, Australian Research Council Discovery Grant
- 2017-2021 Accelerating Advanced Practice Palliative Care Competencies and Expanding Practice Partnerships, Principal Investigator: Himmelfarb, C.D., Co-Investigator and Program Manager: Koirala, B., Maryland Higher Education Commission, \$1,264,039 (70% effort)
- 2017-2019 Characteristics and Wellbeing of Australian War Widows, Data Analyst, funded by War Widows’ Guild of Australia - NSW

Un-sponsored Projects

- 2025 Nepali translation and validation of the Pediatric Quality of Life Inventory (PedsQL) questionnaire, Acharya Pandey R., Supervisor and translation and validation expert panel member
- 2024-present Exploring Challenges in gathering ethnicity data (The EXCHANGED project)
- 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- 2024 Palliative Care Needs of Community-Dwelling Patients with Heart Failure and Physical Frailty, DeGroot L., Co-Investigator
- 2020-2022 Upskilling Nurses During COVID-19: A Case Study of One Intermediate Medical Care Unit's Experience, Hager D., Co-Investigator
- 2020-2022 CARE: An International Survey for Assessing COVID-19's Impact on Fear and Health, Daniel Fong Y.T. & Pandian V., Co-Investigator
- 2019-present Cardiovascular Disease and Risks among Asian Communities, Koirala B., Principal Investigator
- 2019-present Project CARE: Cultural Relevance in End-of-life, Koirala, B., Principal Investigator
- 2019-2021 Pilot Plan and Implementation of E-consults and Prioritization of Patients on the New Cardiological Consult Waiting List: CEP Cardiology, Santa D.P. & Koirala, B., Co-Principal Investigator
- 2019-present Structure, Process and Utilization of Intermediate Care in the United States, Hager D., Co-Investigator
- 2019-2021 5-year Impact Evaluation of the National Nursing Ethics Summit, Ruston C., Co-Investigator/Project Coordinator, IRB00221111
- 2017-2019 Prevention and Management of Delirium at Howard County General Hospital, Hanson B., Research Resident
- 2015-2016 Healthy Aging Project, McLaughlin S., Research Assistant
- 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, Kinney J., Research Assistant
- 2014-2015 AGHE Global Gerontology Directory, Kunkle S., Research Assistant

SCHOLARSHIP

Publications

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

1. **Koirala, B.** & Baptiste, D. (Accepted). Just Stats: T-tests, ANOVA tests, and Non-Parametric Equivalents. *The Journal for Nurse Practitioners*.
2. Kim, S.H., Kim, C., Hsu, E.C., Berger, Z., Han, H.R., **Koirala, B.**, Kwak, J., Ornstein, K. A., Wright, R. (2025). End-of-life care among Koreans in critical care and community-dwelling Korean Americans: a cross-cultural scoping review. *Palliative & Supportive Care*, 23, e210. doi: [10.1017/S1478951525101090](https://doi.org/10.1017/S1478951525101090)
3. Ogungbe, O., Adebowale, O., Turkson-Ocran, R.N., Hinneh, T., Metlock, F., Ajibewa, T., Alharthi, A., Dugbartey, J., Rayani, A., Oborewori, E., Teshome, B., **Koirala, B.**, Al-Rousan, T., Commodore-Mensah, Y. (2025). Hypertension Disparities in Immigrant and Refugee Populations: Screening, Treatment Access, and Cultural Barriers. *Current Hypertension Reports*.
4. Fenton, A., Baptiste, D., Chepkorir, J., Byiringiro, S., Owusu, B., Nmezi, N.A., Nwogwugwu, C., Rayani, A., **Koirala, B.** (2025). Digital health interventions for cardiometabolic risk reduction in serious mental illness: A systematic review. *Journal of Psychosocial Nursing and Mental Health Services*. doi: [10.3928/02793695-20251120-02](https://doi.org/10.3928/02793695-20251120-02)
5. Tankampuan, T., Ratinthron, A., Cao, Y., **Koirala, B.**, Wang, S., Himmelfarb, C.R., Davidson P.M. (2025). The triple burden of disease: implications for policy, practice, education and research. *Healthcare and Rehabilitation*, 1(3), 100034. doi: [10.1016/j.hcr.2025.100034](https://doi.org/10.1016/j.hcr.2025.100034)
6. *Metlock, F.E., Ogungbe, O., Stanislas, K.A., Liu, X., Hinneh, T., Turkson-Ocran, R.A.N., **Koirala, B.**, Himmelfarb, C.R. & Commodore-Mensah, Y. (2025) Hypertension and racial/ethnic disparities in sleep outcomes among adults in the 2011–2023 National Health and Nutrition Examination Survey. *American Journal of Hypertension*, 39(1), 88-97. doi: [10.1093/ajh/hpaf110](https://doi.org/10.1093/ajh/hpaf110)
7. **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*, 24(4), 652-658. doi: [10.1093/eurjcn/zvae129](https://doi.org/10.1093/eurjcn/zvae129)
8. *Guo, Z., Chen, Y., **Koirala, B.**, Li, J., Jia, Y., Dennison Himmelfarb, C., Jin, J. (2025). Intrinsic Capacity Trajectories and Cardiovascular Disease Incidence Among Chinese Older Adults: A Population-Based Prospective Cohort Study. *BMC Geriatrics*, 25(269). doi: [10.1186/s12877-025-05910-z](https://doi.org/10.1186/s12877-025-05910-z)
9. *Elias, S., Cooper, L., Commodore-Mensah, Y., Perrin, K.L., **Koirala, B.**, Wenzel, J., Slone, S., Turkson-Ocran, R.A., Ogungbe, O., Marsteller, J. & Himmelfarb, C. (2025). Racial and ethnic differences in shared decision making among patients with hypertension: Results from the RICH life project. *JAHA: Journal of the American Heart Association*, 14(9). doi: [10.1161/JAHA.124.036664](https://doi.org/10.1161/JAHA.124.036664)
10. *Chen, Y., Spaulding, E.M., Kurahong, S., Slone, S., Miller, H., **Koirala, B.**, Davidson, P.M., Commodore-Mensah, Y. & Himmelfarb, C.D. (2025). Patient portals and shared decision-making in US adults with or at risk of cardiovascular diseases: A cross-sectional study. *JAHA: Journal of the American Heart Association*. doi: [10.1161/jaha.124.039217](https://doi.org/10.1161/jaha.124.039217)
11. Maneze, D., **Koirala, B.**, Smith, B.W., Baptiste, D., Mcerlean, G. & Ramjan, L. (2025). “Where are you really from?”: The blurred fences of the race and ethnicity data box. *Nursing Open*, 12(4), e70230. doi: [10.1002/nop2.70230](https://doi.org/10.1002/nop2.70230)
12. 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: [10.1093/eurjcn/zvaf005](https://doi.org/10.1093/eurjcn/zvaf005)
13. *Lim, A., Benjasirisan, C., Tebay, J., Liu, X., Badawi, S., Dennison Himmelfarb, C., Davidson, P.M. & **Koirala, B.** (2025). 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*. doi: [10.1111/jan.16797](https://doi.org/10.1111/jan.16797)

14. *Li, J., Davidson, P.M., Fong, D.Y.T., Li, Y., Lok, K.Y.W., Wong, J.Y.H., Ho, M., Choi, E.P., ... **Koirala, B.**, Youssef, N. (2025). Individuals' positive gains from the COVID-19 pandemic: a qualitative study across 30 countries. *Journal of Global Health*,15,04091. doi: [10.7189/jogh.15.04091](https://doi.org/10.7189/jogh.15.04091)
15. *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*,15,04011. doi: [10.7189/jogh.15.04011](https://doi.org/10.7189/jogh.15.04011)
16. *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: [10.1097/CCE.0000000000001201](https://doi.org/10.1097/CCE.0000000000001201)
17. *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: [10.1161/JAHA.123.032919](https://doi.org/10.1161/JAHA.123.032919)
18. *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: [10.2147/JMDH.S472597](https://doi.org/10.2147/JMDH.S472597)
19. 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: [10.1016/j.jpsychires.2024.08.027](https://doi.org/10.1016/j.jpsychires.2024.08.027)
20. Bhattarai, U., Bashyal, B., Shrestha, A., **Koirala, B.** & Sharma, S.K. (2024). Frailty and chronic diseases: A bi-directional relationship. *Aging Medicine*. doi: [10.1002/agm2.12349](https://doi.org/10.1002/agm2.12349)
21. *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: [10.1161/JAHA.123.032568](https://doi.org/10.1161/JAHA.123.032568)
22. *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: [10.1089/jpm.2023.0664](https://doi.org/10.1089/jpm.2023.0664)
23. **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: [10.1111/jan.15788](https://doi.org/10.1111/jan.15788)
24. *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: [10.1111/pan.14917](https://doi.org/10.1111/pan.14917)
25. *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: [10.1186/s12889-024-18613-8](https://doi.org/10.1186/s12889-024-18613-8)
26. *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: [10.7189/jogh-14-04068](https://doi.org/10.7189/jogh-14-04068)

27. *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: [10.1016/j.ijnurstu.2024.104766](https://doi.org/10.1016/j.ijnurstu.2024.104766)
28. *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: [10.7189/jogh.14.05019](https://doi.org/10.7189/jogh.14.05019)
29. *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: [10.1111/jan.15998](https://doi.org/10.1111/jan.15998)
30. *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: [10.1161/JAHA.123.031886](https://doi.org/10.1161/JAHA.123.031886)
31. *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: [10.1001/jamanetworkopen.2024.3779](https://doi.org/10.1001/jamanetworkopen.2024.3779)
32. *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: [10.2196/46277](https://doi.org/10.2196/46277)
33. **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: [10.1136/bmjopen-2023-072846](https://doi.org/10.1136/bmjopen-2023-072846)
34. 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: [10.1007/s13670-023-00398-0](https://doi.org/10.1007/s13670-023-00398-0)
35. ***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: [10.5430/jnep.v13n11p31](https://doi.org/10.5430/jnep.v13n11p31)
36. **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: [10.5430/jnep.v13n9p32](https://doi.org/10.5430/jnep.v13n9p32)
37. *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: [10.7189/jogh.13.04125](https://doi.org/10.7189/jogh.13.04125)

38. *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: [10.2196/47566](https://doi.org/10.2196/47566)
39. *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: [10.7189/jogh.13.06031](https://doi.org/10.7189/jogh.13.06031)
40. *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: [10.1161/JAHA.122.027433](https://doi.org/10.1161/JAHA.122.027433)
41. *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: [10.1097/JCN.0000000000000918](https://doi.org/10.1097/JCN.0000000000000918)
42. *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: [10.1002/nop2.1433](https://doi.org/10.1002/nop2.1433)
43. **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-e9. doi: [10.1111/jan.15433](https://doi.org/10.1111/jan.15433)
44. *Reynolds, N., Baker, D., D'Aoust, R., Docal, M., Goldstein, N., Grubb, L., Hladek, M., **Koirala, B.**, Kverno, K., Ling, C., Lukkahatai, N., McIntrot, 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: [10.1111/jnu.12853](https://doi.org/10.1111/jnu.12853)
45. *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: [10.3390/ijerph192315501](https://doi.org/10.3390/ijerph192315501)
46. *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: [10.6004/jadpro.2022.13.8.4](https://doi.org/10.6004/jadpro.2022.13.8.4)
47. *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: [10.1161/JAHA.122.025235](https://doi.org/10.1161/JAHA.122.025235)
48. 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: [10.1097/JCN.0000000000000835](https://doi.org/10.1097/JCN.0000000000000835)

49. Everett Day, S., **Koirala, B.** & Mcilrot, 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: [10.1097/01.ASW.0000821772.03685.77](https://doi.org/10.1097/01.ASW.0000821772.03685.77)
50. *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: [10.3390/ijerph19052556](https://doi.org/10.3390/ijerph19052556)
51. ***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: [10.1016/j.outlook.2021.08.001](https://doi.org/10.1016/j.outlook.2021.08.001)
52. 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: [10.1016/j.gerinurse.2021.06.023](https://doi.org/10.1016/j.gerinurse.2021.06.023)
53. *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: [10.2196/23765](https://doi.org/10.2196/23765)
54. ***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: [10.1161/JAHA.120.020408](https://doi.org/10.1161/JAHA.120.020408)
55. 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: [10.1111/jocn.15676](https://doi.org/10.1111/jocn.15676)
56. *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: [10.1080/10376178.2021.1927774](https://doi.org/10.1080/10376178.2021.1927774)
57. 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: [10.1136/bmjopen-2021-048720](https://doi.org/10.1136/bmjopen-2021-048720)
58. *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: [10.1080/10376178.2021.1919161](https://doi.org/10.1080/10376178.2021.1919161)
59. 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: [10.1089/jpm.2020.0435](https://doi.org/10.1089/jpm.2020.0435)
60. Delva, S., Waligora, K., Cajita, M., **Koirala, B.**, Shan, R., Wongvibulsin, S., Vilarino, V., Gilmore, D.R. & Han, H. (2021). Efficacy of mHealth for self-management of cardiometabolic risk factors: A theory-guided systematic review. *Journal of Cardiovascular Nursing*, 36(1), 34-55. doi: [10.1097/JCN.0000000000000659](https://doi.org/10.1097/JCN.0000000000000659)
61. **Koirala, B.**, Davidson, P.M., Ferrell, B. & Dennison Himmelfarb, C. (2020). Rationale and resources for accelerating palliative care competencies in critical care settings. *AACN Advanced Critical Care*. 31(2). 191-195. doi: [10.4037/aacnacc2020281](https://doi.org/10.4037/aacnacc2020281)

62. DeGroot, L., **Koirala, B.**, Pavlovic, N., Nelson, K., Allen, J., Davidson, P.M. & Abshire, M. (2020). Outpatient palliative care in heart failure: An integrative review. *Journal of Palliative Medicine*. 23(9), 1257-1269. doi: [10.1089/jpm.2020.0031](https://doi.org/10.1089/jpm.2020.0031)
63. ***Koirala, B.**, Hanson, B., Hosie, A., Budhathoki, C., Seal, S., Beaman, A. & Davidson, P.M. (2020). Delirium point prevalence studies in inpatient settings: A systematic review and meta-analysis. *Journal of Clinical Nursing*. doi: [10.1111/jocn.15219](https://doi.org/10.1111/jocn.15219)
64. ***Koirala, B.**, Dennison-Himmelfarb, C., Budhathoki C. & Davidson, P. M. (2020). Heart failure self-care, factors affecting self-care and the relationship with health-related quality of life: A cross-sectional observational study. *Heliyon*. 6(2), e03412. doi: [10.1016/j.heliyon.2020.e03412](https://doi.org/10.1016/j.heliyon.2020.e03412)
65. **Koirala, B.**, Amgai C. & Davidson, P.M. (2020). Conducting nursing research in Low- and Middle-Income Countries: Experience, challenges and solutions. *Nurse Researcher*. doi: [10.7748/nr.2020.e1661](https://doi.org/10.7748/nr.2020.e1661)
66. ***Koirala, B.**, Budhathoki C., Dennison-Himmelfarb, C., Bhattarai, P. & Davidson, P. M. (2019). The Self-care of Heart Failure Index: A psychometric study. *Journal of Clinical Nursing*. 29, 645-652. doi: [10.1111/JOCN.15119](https://doi.org/10.1111/JOCN.15119)
67. ***Koirala, B.**, Dennison Himmelfarb, C., Koirala, B., Budhathoki, C. & Davidson, P. M. (2019). Epidemiology and management of heart failure in Nepal. *Journal of Cardiac Failure*. 25(10), 846-848. doi: [10.1016/j.cardfail.2019.08.019](https://doi.org/10.1016/j.cardfail.2019.08.019)
68. Tankumpuan, T., Asano, R., **Koirala, B.**, Dennison-Himmelfarb, C., Siriorn, S. & Davidson, P. M. (2019). Heart failure and social determinants of health in Thailand: an integrative review. *Heliyon*. 5(5), e01658. doi: [10.1016/j.heliyon.2019.e01658](https://doi.org/10.1016/j.heliyon.2019.e01658)
69. **Koirala, B.**, Dennison-Himmelfarb, C., Budhathoki C., Tankumpuan, T., Asano, R. & Davidson, P. M. (2018). Factors affecting heart failure self-care: An integrative review. *Heart & Lung*. 47(6), 539-545. doi: [10.1016/j.hrtlng.2018.09.004](https://doi.org/10.1016/j.hrtlng.2018.09.004)
70. Dennison Himmelfarb, C., **Koirala, B.** & Coke, L. (2018). Shared decision-making: Partnering with patients to improve cardiovascular care and outcomes. *The Journal of Cardiovascular Nursing*. 33(4), 301-303. doi: [10.1097/JCN.0000000000000506](https://doi.org/10.1097/JCN.0000000000000506)

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, E.O., Meleis, A.I. (eds), *Situational Specific Theories: Development, Utilization, and Evaluation in Nursing*. (pp.89-99). New York: Springer Publishing Company. doi: [10.1007/978-3-030-63223-6_7](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.**, Lim, A., Benjasirisan, C., Kim, S.H., Rayani, A., Himmelfarb, C. & Davidson, P. (2025) Health-information technology use in people with multimorbidity: National Health Interview Survey 2022-2023. *Innovation in Aging*, 9(Supplement_2), igaf122.3216. doi: [10.1093/geroni/igaf122.3216](https://doi.org/10.1093/geroni/igaf122.3216)
2. *Kim, S.H., Lim, A., Benjasirisan, C., Himmelfarb, C., Davidson, P., Wright, R. & **Koirala, B.** (2025). Relationships among symptoms, self-care, and quality of life in individuals with multimorbidity. *Innovation in Aging*, 9(Supplement_2), igaf122.3220. doi: [10.1093/geroni/igaf122.3220](https://doi.org/10.1093/geroni/igaf122.3220)
3. *Benjasirisan, C., Lim, A., Rayani, A., Kim, S.H., Himmelfarb, C., Davidson, P. & **Koirala, B.** (2025). All-cause and cardiovascular mortality in older adults with multimorbidity: 1999-2018 National Survey. *Innovation in Aging*, 9(Supplement_2), igaf122.3356. doi: [10.1093/geroni/igaf122.3356](https://doi.org/10.1093/geroni/igaf122.3356)
4. *Lim, A., Benjasirisan, C., Kim, S.H., Himmelfarb, C., Davidson, P. & **Koirala, B.** (2025). Increased Delayed healthcare among people with depression and multimorbidity: Analysis of the 2019-2023 NHIS data. *Innovation in Aging*, 9(Supplement_2), igaf122.3069. doi: [10.1093/geroni/igaf122.3069](https://doi.org/10.1093/geroni/igaf122.3069)
5. ***Koirala, B.**, Benjasirisan, C., Lim, A., Davidson, P.M., Himmelfarb, C.R. & Chen, Y. (2025). Greater involvement in shared decision-making is associated with better self-reported health in US adults and those living with cardiometabolic conditions. *Circulation*, 152 (Suppl_3), A4368845. doi: [10.1161/circ.152.suppl_3.4368845](https://doi.org/10.1161/circ.152.suppl_3.4368845)
6. *Lim, A., Benjasirisan, C., Gill, J. & **Koirala, B.** (2025). Sleep partially mediates the association between psychological and cardiovascular health among combat-exposed service members and veterans. *Circulation*, 152 (Suppl_3), A43631890. doi: [10.1161/circ.152.suppl_3.4363189](https://doi.org/10.1161/circ.152.suppl_3.4363189)
7. *Benjasirisan, C., Lim, A., Chen, Y., Kim, S.H., Himmelfarb, C.R. & **Koirala, B.** (2025). One Size Doesn't Fit All: Age-Stratified Analysis of Digital Health Readiness and Patient Portal Use in US Adults with Cardiovascular Disease from 2024 Health Information National Trends Survey. *Circulation*, 152 (Suppl_3), A4367620. doi: [10.1161/circ.152.suppl_3.436762](https://doi.org/10.1161/circ.152.suppl_3.436762)
8. *Chen, Y., **Koirala, B.**, Davidson, P.M. & Himmelfarb, C.R. (2025) Self-efficacy partially mediates the association between shared decision making and self-reported health status among US adults and those living with cardiometabolic diseases. *Circulation*, 152 (Suppl_3), A4368562. doi: [10.1161/circ.152.suppl_3.4368562](https://doi.org/10.1161/circ.152.suppl_3.4368562)
9. *Rayani, A., Lim, A., Benjasirisan, C., Commodore-Mensah, C. & **Koirala, B.** (2025). Abstract P3065: Unveiling sex-specific disparities in cardiovascular risk factors among Asian American ethnic subgroups. *Circulation*, 151(Suppl_1). doi: [10.1161/cir.151.suppl_1.P3065](https://doi.org/10.1161/cir.151.suppl_1.P3065)
10. **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(Suppl 1),936. doi: [10.1093/geroni/igae098.3018](https://doi.org/10.1093/geroni/igae098.3018)
11. *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(Suppl 1),978. doi: [10.1093/geroni/igae098.3150](https://doi.org/10.1093/geroni/igae098.3150)
12. *Benjasirisan, C., Lim, A., Tebay, J., Himmelfarb, C.D., Davidson P.M. & **Koirala, B.** (2024). Symptom burden and healthcare utilization among older adults living with multimorbidity: The COORDINATE program. *Innovation in Aging*, 8(Suppl 1), 937. doi: [10.1093/geroni/igae098.3023](https://doi.org/10.1093/geroni/igae098.3023)
13. *Lim, A., Benjasirisan, C., Botchway, M., Alhabodal, A., Baptiste, D. & **Koirala, B.** (2024) Association of depression symptoms with cardiovascular health stratified by military status: Insights from 2013-2020 National Health and Nutrition Examination Survey. *Circulation*, 150(Suppl_1), A4134272. doi: [10.1161/circ.150.suppl_1.4134272](https://doi.org/10.1161/circ.150.suppl_1.4134272)

14. *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. *Circulation*, 150(Suppl_1) A4137594. doi: [10.1161/circ.150.suppl_1.4137594](https://doi.org/10.1161/circ.150.suppl_1.4137594)
15. *Ramesh, A., Benjasirisan, C., Lim, A., Kruahong, S., Chen, Y., Ogungbe, B., Turkson-Ocran, R.A., Commodore-Mensah, Y. & **Koirala, B.** (2024). Differences exist in cardiovascular death among Asian heritage groups in the us: analysis of 1999-2018 National Health Interview Survey. *Circulation*, 150(Suppl_1), A4140823. doi: [10.1161/circ.150.suppl_1.4140823](https://doi.org/10.1161/circ.150.suppl_1.4140823)
16. *Case, A.S., **Koirala, B.**, Flanagan, E., Daodu, O., Hochberg, C.H., Alam, L., Gurses, A.P. & Hager, D. (2024). Performance Shaping Features of Intermediate Care Nursing Workload: A Qualitative Study. *American Journal of Respiratory and Critical Care Medicine*, 209, A3120. doi: [10.1164/ajrccm-conference.2024.209.1.MeetingAbstracts.A3120](https://doi.org/10.1164/ajrccm-conference.2024.209.1.MeetingAbstracts.A3120)
17. ***Koirala, B.**, Lim, A., Benjasirisan, C., Badawi, S., Lugo, C., Dennison Himmelfarb, C. & Davidson, P.M. (2023) Living with Heart Failure and Multimorbidity: Gender Differences in Symptom Burden and Quality of Life. *Journal of Women's Health*, 32(11), A-7. doi: [10.1089/jwh.2023.29047.abstracts](https://doi.org/10.1089/jwh.2023.29047.abstracts)
18. *Lim, A., Benjasirisan, C., Liu, X., Ogungbe, O., Dennison Himmelfarb, C., Davidson, P. M., **Koirala, B.** (2023). Social Determinants Of Health And Emergency Department Visits Among Older Adults With Multimorbidity. *Innovation in Aging*, 7(Suppl 1), 961. doi: [10.1093/geroni/igad104.3087](https://doi.org/10.1093/geroni/igad104.3087)
19. ***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: [10.1093/geroni/igad104.2968](https://doi.org/10.1093/geroni/igad104.2968)
20. *Nelson, K., Benjasirisan, C., Lim, A., DeGroot, L., Badawi, S., Dennison Himmelfarb, C., Davidson, P.M. & **Koirala, B.** (2023). Shared Experiences Of Managing Heart Failure And Multimorbidity: A Qualitative Analysis. *Innovation in Aging*, 7(Suppl 1):898. doi: [10.1093/geroni/igad104.2888](https://doi.org/10.1093/geroni/igad104.2888)
21. *Benjasirisan, C., Lim, A., Liu, X., Ogungbe, O., Dennison Himmelfarb, C., Davidson, P.M. & **Koirala, B.** (2023). Social Determinants Of Health Related To General Physician Visits In Older Adults Living With Multimorbidity. *Innovation in Aging*, 7(Suppl 1), 961. doi: [10.1093/geroni/igad104.3088](https://doi.org/10.1093/geroni/igad104.3088)
22. *Baptiste, D.L., Turkson-Ocran, R.A., Ogungbe, B. V., **Koirala, B.**, Botchway, M., Metlock, F., Liu, X., Gbaba, S., Dennison Himmelfarb, C. & Commodore-Mensah, Y. (2023). Abstract P324: Hypertension As A Predictor Of Sleep Disturbances Among Adults In The National Health Interview Survey (2013-2018). *Hypertension*, 80(Suppl_1), AP234. doi: [10.1161/hyp.80.suppl_1.P324](https://doi.org/10.1161/hyp.80.suppl_1.P324)
23. *Guillote, C.P., Pandian, V., **Koirala, B.** & Decker, C.A. (2023). A Clinical Bundle to Reduce Peri-Intubation Hypoxia in the Pre-Hospital Setting. *Sigma's 34th International Nursing Research Congress 2023*. <https://stti.confex.com/stti/congrs23/meetingapp.cgi/Paper/118917>
24. *Chen, Y., **Koirala, B.**, Commodore-Mensah, Y., Dennison Himmelfarb, C. & Ying, W. (2023) Abstract 67: Obesity Paradox of Cardiovascular Mortality in Older Adults: National Health Interview Survey 1997-2018. *Circulation*, 147(Suppl_1), A67. doi: [10.1161/circ.147.suppl_1.67](https://doi.org/10.1161/circ.147.suppl_1.67)
25. *Metlock, F., Hinneh, T., Ogungbe, B., Liu, X., Elias, S., **Koirala, B.**, Dennison Himmelfarb, C. & Commodore-Mensah, Y. (2023). Abstract 55: Racial/Ethnic Disparities in Sleep Outcomes Among Adults With Hypertension in the 2011-2018 National Health and Nutrition Examination Survey. *Circulation*, 147(Suppl_1), A55. doi: [10.1161/circ.147.suppl_1.55](https://doi.org/10.1161/circ.147.suppl_1.55)
26. *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: [10.1161/circ.147.suppl_1.P116](https://doi.org/10.1161/circ.147.suppl_1.P116)

27. *Peeler, A., Nelson, K., Badawi, S., Street, L., Hager, D., Davidson, P.M. & Koirala, B. (2022). Living with Multimorbidity: Shared Experiences of Patients, Family Caregivers and Healthcare Professionals. *Innovations in Aging*, 6(Supp_1), 480. doi: [10.1093/geroni/igaco59.1855](https://doi.org/10.1093/geroni/igaco59.1855)
28. *Chen, Y., Turkson-Ocran, R.A., **Koirala, B.**, Davidson, P.M., Commodore-Mensah, Y. & Dennison Himmelfarb, C. (2022). Abstract 12460: Mobile Health Access And Usage, And Cardiovascular Risk: Results From The 2017-2020 Health Information National Trends Survey (HINTS). *Circulation*, 146(Supp_1), A12460
29. ***Koirala, B.**, Moore, R., Li, D., Badawi, S., Peeler, A., Agarwalla, V., & Davidson, P.M. (2022). Living with multimorbidity: experience organizing a virtual co-design event with patients and healthcare providers. *Journal of Women's Health*. doi: [10.1089/jwh.2022.29042.abstracts](https://doi.org/10.1089/jwh.2022.29042.abstracts)
30. *Azoba, C. C., Turkson-Ocran, R. A. N., Ogungbe, O. B., **Koirala, B.**, & Commodore-Mensah, Y. (2022). Abstract P186: Healthcare Access Disparities Among Asian, African, And Latino Immigrants with Hypertension or Diabetes In The 2010-2018 National Health Interview Survey. *Circulation*, 145(Suppl_1), AP186-AP186. doi: [10.1161/circ.145.suppl_1.P186](https://doi.org/10.1161/circ.145.suppl_1.P186)
31. *Byiringiro, S., Turkson-Ocran, R. A. N., Baptiste, D., **Koirala, B.**, Ogungbe, O. B., Dennison Himmelfarb, C., & Commodore-Mensah, Y. (2022). Abstract Po62: Migration-related Weight Changes Among African Immigrants In The United States. *Circulation*, 145(Suppl_1), APo62-APo62. doi: [10.1161/circ.145.suppl_1.Po62](https://doi.org/10.1161/circ.145.suppl_1.Po62)
32. *Spaulding, E., Miller, H., Turkson-Ocran, R. A., **Koirala, B.**, Ogungbe, O., Byiringiro, S., & Commodore-Mensah, Y. (2022). Abstract P234: Electronic Medical Record Use Among Adults with Self-reported Hypertension: Analysis of the 2020 Health Information National Trends Survey. *Circulation*, 145(Suppl_1), AP234-AP234. doi: [10.1161/circ.145.suppl_1.P234](https://doi.org/10.1161/circ.145.suppl_1.P234)
33. ***Koirala, B.**, & Davidson, P.M. (2021). Living with multimorbidity: gender differences and priorities in multimorbidity management. *Journal of Women's Health*. doi: [10.1089/jwh.2021.29039.abstracts](https://doi.org/10.1089/jwh.2021.29039.abstracts)
34. ***Koirala, B.**, Commodore-Mensah, Y., Turkson-Ocran, R.A., Koirala, B., Baptiste, D., Davidson, P.M. & Dennison Himmelfarb, C. (2020). Cardiovascular Stroke Nursing Best Abstract Award: Heterogeneity of Cardiovascular Disease Risk Factors among Asian Immigrants: Insights from the 2010 – 2018 National Health Interview Survey. *Circulation*, 142(Suppl_3), A14813.
35. ***Koirala, B.**, D'Aoust, R., Kozachik, S., Silbert-Flagg, J., Slater, T., Razzak, R., Davidson, P.M., Dennison Himmelfarb, C. (2020). Integration of palliative care within advanced practice education and practice. *Maryland Action Coalition Summit*. <https://www.nursing.umaryland.edu/academics/pe/events/mdac/>
36. ***Koirala, B.**, Everett, B., Salamonson, Y., Zecchin, R., & Davidson, P.M. (2020). Psychosocial predictors of physical capacity in cardiac rehabilitation. *Circulation*, 141(Suppl_1), AP227. doi: [10.1161/circ.141.suppl_1.P227](https://doi.org/10.1161/circ.141.suppl_1.P227)
37. *Baptiste D., Turkson-Ocran, R., Ogungbe, O., **Koirala, B.**, Francis, L., Spaulding, E.M., Dennison Himmelfarb, C., & Commodore-Mensah, Y. (2020). 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. *Circulation*, 141(Suppl_1), Ao8. doi: [10.1161/circ.141.suppl_1.o8](https://doi.org/10.1161/circ.141.suppl_1.o8)
38. *Elias, S., Turkson-Ocran, R., **Koirala, B.** Byiringiro, S., Miller, H., Baptiste, D., Dennison Himmelfarb, C., & Commodore-Mensah, Y. (2020). Heterogeneity in prevalence of cardiovascular disease risk factors among Hispanic ethnic groups: Evidence from the 2010-2018 National health Interview Survey. *Circulation*, 141(Suppl_1), AP470. doi: [10.1161/circ.141.suppl_1.P479](https://doi.org/10.1161/circ.141.suppl_1.P479)

39. *Ogungbe, O., Turkson-Ocran, R., Baptiste, D., **Koirala, B.**, Dennison Himmelfarb, C., Davidson, P., & Commodore-Mensah, Y. (2020). Social determinants of hypertension and diabetes among African Immigrants: The African Immigrants Health Study. *Circulation*, 141(Suppl_1), AP397. doi: [10.1161/circ.141.suppl_1.P397](https://doi.org/10.1161/circ.141.suppl_1.P397)
40. *Turkson-Ocran, R., Baptiste, D., Ogungbe, O., **Koirala, B.**, & Commodore-Mensah, Y. (2020). The Association between Acculturation and Cardiovascular Disease Risk Factors: The African Immigrant Health Study. *Circulation*, 141(Suppl_1), AP474. doi: [10.1161/circ.141.suppl_1.P474](https://doi.org/10.1161/circ.141.suppl_1.P474)
41. *Nwokeji, U., Spaulding, E.M., Shan, R., Turkson-Ocran, R., Baptiste, D., **Koirala, B.**, Plante, T., Martin, S.S., & Commodore-Mensah, Y. (2020). Health-Information Technology use in the 2010-2018 NHIS among patients with physician-diagnosed Atherosclerotic Cardiovascular Disease: Evidence from the 2010-2018 National Health Interview Survey. *Circulation*, 141(Suppl_1), AP197. doi: [10.1161/circ.141.suppl_1.P197](https://doi.org/10.1161/circ.141.suppl_1.P197)
42. ***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>
43. **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>
44. *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>
45. *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: [10.2337/db19-1645-P](https://doi.org/10.2337/db19-1645-P)
46. 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.
47. *Amgai, C. & **Koirala B.** (2016). Retirement preparation: attributes of Americans. *The Gerontologist*, 56(Supplement_3), 188. doi: [10.1093/geront/gnw162.733](https://doi.org/10.1093/geront/gnw162.733)
48. *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: [10.1093/geront/gnv494.02](https://doi.org/10.1093/geront/gnv494.02)

Conference Meetings / Presentations

International

- 2026 Asante, J. & **Koirala B.** Bridging the gap: Addressing maternal mortality through community-based intervention in Ghana. Ghanian-Diaspora Nursing Alliance (G-DNA) Conference, Accra, Ghana [Poster Presentation]
- 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, [Invited, 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 [Poster Presentation]
- 2024 **Koirala, B.**, Multi-morbidity: Accelerating non-communicable disease burden, Mahidol University, Thailand [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 [Invited, 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 [Invited, Oral]
- 2023 **Koirala, B.** Developing impactful research agenda. Tribhuvan University Global Initiatives, Nepal [Invited, 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, Philippines [Invited, 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 [Invited, 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., Alkawaldehy, 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]
- 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]

National

- 2025 **Koirala, B.**, Lim, A., Benjasirisan, C., Kim, S.H., Rayani A., Himmelfarb, C.R. & Davidson, P.M. Health-information technology use in people with multimorbidity: National Health Interview Survey 2022-2023. Gerontological Society of America Annual Scientific Meeting, Boston, MA [Poster]
- 2025 Lim, A., Benjasirisan, C., Kim, S.H., Himmelfarb, C.R., Davidson, P.M. & **Koirala, B.** Increased Delayed Healthcare Among People with Depression and Multimorbidity: Analysis of the 2019-2023 NHIS data. Gerontological Society of America Annual Scientific Meeting, Boston, MA [Poster]
- 2025 Benjasirisan, C., Lim, A., Rayani A., Kim, S.H., Himmelfarb, C.R., Davidson, P.M. & **Koirala, B.** All-cause and cardiovascular mortality in older adults with multimorbidity: 1999-2018 National Survey. Gerontological Society of America Annual Scientific Meeting, Boston, MA [Poster]
- 2025 Kim, S.H., Lim, A., Benjasirisan, C., Himmelfarb, C.R., Davidson, P.M. & **Koirala, B.** Relationships between symptoms, self-care, and quality of life in individuals with multimorbidity. Gerontological Society of America Annual Scientific Meeting, Boston, MA [Poster]
- 2025 **Koirala, B.**, Benjasirisan, C., Lim, A., Davidson, P.M., Himmelfarb, C.R. & Chen, Y. Greater involvement in shared decision-making is associated with better self-reported health in US adults and those living with cardiometabolic conditions. American Heart Association's Annual Scientific Sessions, New Orleans, LA [Moderated Poster]
- 2025 Lim, A., Benjasirisan, C., Gill, J. & **Koirala, B.** Sleep partially mediates the association between psychological and cardiovascular health among combat-exposed service members and veterans. American Heart Association's Annual Scientific Sessions, New Orleans, LA [Moderated Poster]
- 2025 Benjasirisan, C., Lim, A., Chen, Y., Kim, S.H., Himmelfarb, C.R. & **Koirala, B.** One Size Doesn't Fit All: Age-Stratified Analysis of Digital Health Readiness and Patient Portal Use in US Adults with Cardiovascular Disease from 2024 Health Information National Trends Survey. American Heart Association's Annual Scientific Sessions, New Orleans, LA [Moderated Poster]
- 2025 Chen, Y., **Koirala, B.**, Davidson, P.M. & Himmelfarb, C.R. Self-efficacy partially mediates the association between shared decision making and self-reported health status among US adults and those living with cardiometabolic diseases. American Heart Association's Annual Scientific Sessions, New Orleans, LA [Moderated Poster]

- 2025 Rayani, A., Lim, A., Benjasirisan, C., Commodore-Mensah, Y. & **Koirala, B.** Unveiling sex-specific disparities in cardiovascular risk factors among Asian American ethnic subgroups. American Heart Association's EPI | Lifestyle Scientific Sessions, New Orleans, LA [Poster]
- 2024 **Koirala, B.**, Benjasirisan, C., Lim, A., Tebay, J., Dennison Himmelfarb, C. & Davidson, P. Multimorbidity research: Challenges in recruitment and retention of older adults. 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. 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. 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). 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. 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. 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) 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. 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. 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. 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. 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 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 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 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 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, 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. 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) 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, 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 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 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 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) Annual Meeting [Poster]
- 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.**, Everett, B., Salamonson, Y., Zecchin, R., & Davidson, P.M. Psychosocial predictors of physical capacity in cardiac rehabilitation, American Heart Association's EPI | Lifestyle 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 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 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 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 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]
- 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]

Regional

- 2021 **Koirala, B.** Heart failure self-care: Necessary but insufficient, Southern Nursing Research Society 35th Annual Conference-Virtual Conference [SNRS Dissertation Award, Podium]
- 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]

Local

- 2025 **Koirala, B.** & Wright, R. The palliative care initiative in a year: Welcome to the hub, Johns Hopkins University School of Nursing. Center for Equity in Aging, Baltimore, MD [Invited, Oral]
- 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 [Invited, 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 [Invited, Oral]
- 2024 **Koirala, B.** First-Generation Student Success, January Diversity Dimensions, Johns Hopkins University School of Nursing, Baltimore, MD [Invited, 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 [Invited, Oral]
- 2023 **Koirala, B.** Advancing the Heart Health of Immigrants in the United States: The Baltimore Case. Baltimore Immigration Summit, Towson University, Towson, MD [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 [Interactive Tabling Session and Panel Discussion-Invited]
- 2023 **Koirala, B.** An Introduction to heart disease, Living Healthy Banner Neighborhood Event, Baltimore, MD [Invited, Oral]
- 2022 **Koirala, B.** Living with Multimorbidity: Care cO-ORDInatioN And sympTom managemEnt (COORDINATE) Program. Intervention Working Group, PROMOTE Center, JHSON, Baltimore, MD [Invited, 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, [Invited, 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 [Invited, 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 [Invited, Panel Discussion]
- 2019 **Koirala, B.** Palliative care continuing education, JHSON Annual Preceptor Appreciation Event, Baltimore, MD [Invited, 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

- 2025 Hidden Triggers of Cardiovascular Disease in Older Adults: Emerging Risk Factors Beyond Age. PCNA Latest News. <https://pcna.net/news/unraveling-the-hidden-triggers-of-cardiovascular-risk-in-older-adults/>
- 2025 Are Race and Ethnicity Factors in Shared Decision-Making Engagement for Hypertension? Cardiology Advisor- Hypertension News. <https://www.thecardiologyadvisor.com/news/are-race-and-ethnicity-factors-in-shared-decision-making-engagement-for-hypertension/>
- 2025 Patient Portals and HCP Encouragement, High SDM in Adults With or at Risk for CVD. Cardiology Advisor- Practice Management News. <https://www.thecardiologyadvisor.com/news/patient-portals-and-hcp-encouragement-high-sdm-in-adults-with-or-at-risk-for-cvd/>
- 2025 Preventative Cardiovascular Nurses Association Podcast Series [Content Expert and Speaker] Cardiovascular-Kidney-Metabolic Syndrome: Understanding Clinical Picture <podcast/cardiovascular-kidney-metabolic-syndrome-understanding-the-clinical-picture/>
- 2024 Preventative Cardiovascular Nurses Association Lipid Management Podcast Series [Content Expert and Speaker] *Learning About Lowering LDL-C* <podcast/learning-about-lowering-ldl-c/>
- 2022 Preventative Cardiovascular Nurses Association Heart Failure Podcast Series [Content Expert and Speaker] </professional-development/heart-to-heart-podcast/>
Heart Failure Management: Health Equity and Access to Care <podcast/heart-failure-management-health-equity-and-access-to-care/>
Heart Failure Management: Lifestyle and Self-Care <podcast/heart-failure-management-lifestyle-and-self-care/>
- 2021 Johns Hopkins palliative and end-of-life care lecture series & video resources. ELNEC Connections. https://www.magnetmail.net/actions/email_web_version.cfm?ep=ILOQpgl6ksVly3fud_QpQHlrnsF2ZgLKSar6AB2FwyCUxTXGHH7TxJG25hjsw-V-yj7C5rr9ix8woyemHrLhcJbapYDMdbOXgP1woA_OF8NKuy_zvWrzIhn6PKigaAxt
- 2021 Risk factors for heart disease in Asian Immigrants. Doctor Radio. Weekly Rehabilitative Medicine Show on SiriusXM Radio.
- 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. 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. <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. <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%20opressure>
- 2019 Palliative care: Cultural considerations at end-of-life. On the Pulse. Johns Hopkins School of Nursing. <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. <https://magazine.nursing.jhu.edu/2019/11/binu-koirala/>

EXTERNAL GRANT REVIEW ACTIVITIES

- 2026 Selected for Early Career Reviewer (ECR) program at the Center for Scientific Review (CSR), National Institutes of Health
- 2026 Selected for remote evaluator for HealthCare Research Call, "la Caixa" Foundation, Spain and Portugal

EDITORIAL ACTIVITIES

Editorial Review Activities

- 2025-2026 Guest Editor, Heart Lung and Circulation
"Advancing Cargioeriatric Care and Frailty in Cardiovascular Disease"
- 2022-present Associate Editor, Nursing Open

Peer Review Activities

- 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

Conference Abstract Review Activities

- 2023-present Abstract Reviewer, GSA Annual Scientific Meetings 2023, 2024, 2025
- 2020 Abstract 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

PROFESSIONAL ACTIVITIES

Society/Association Membership and Leadership

American Academy of Nursing

2025-present Member, Aging expert panel
2025-present Member, Health behavior expert panel
2024-present Member, Palliative Care Expert Panel
2023-present Fellow
2021-present Member

American Heart Association

2025 Expert Panel Cardiovascular Seminar on Palliative Care: Why It Matters in the Care of Patients With CVD and Their Families at AHA Scientific Session
2025-present Fellow
2025-present Member, Council on Quality of Care and Outcomes Research
2022-2025 Member, CVSN Awards Committee, Council on Cardiovascular and Stroke Nursing
2021-2022 Ad-Hoc, CVSN 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 Membership Coordinator, JHSON
2017-present Member

Gerontological Society of America

2023-present Abstract Reviewer, GSA Annual Scientific Meeting
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 Interest Group, Heart Failure and Early Career Investigators
2020-2023 Full Member

Preventative Cardiovascular Nurses Association

2025 Content expert and writer, Lp(a) Patient Education Sheets Development and Review Committee
2025 Reviewer, Hyperlipidemia Management: A Team-based Care Approach
2025 Content expert and speaker, Cardiovascular-Kidney-Metabolic Syndrome: Understanding Clinical Picture Podcast

2025 Heart Failure Patient Education Sheets Development and Review Committee
 2025 Reviewer, Guide to Planning a Community Cardiovascular Awareness or Screening Event
 2024 Reviewer, Health Equity Self-Assessment Tool (HESAT),
 2024 Reviewer, PCSK9 Inhibitor Patient Education Sheets
 2024 Content Expert and Speaker, Learning About Lowering LDL-C Podcast,
 2024 Reviewer, Triglycerides and CV Risk Patient Education Sheets
 2024-present Project Development and Review Committee
 2023 Reviewer, High Blood Pressure Patient Education Sheets
 2023-present Fellow
 2022 Content Expert and Speaker Heart Failure Podcast
 2021-present Maryland Chapter President
 2020 Reviewer, Heart Failure Patient Education Sheets
 2018-present Member

Sigma Theta Tau International Honor Society of Nursing/ Sigma Global Nursing Excellence

2020-2026 Secretary, Sigma Nu Beta Chapter-At-Large
 2016-present Member, STTI Nu Beta Chapter Chapter-At-Large

USA Experience Based Co-design Community of Practice

2024-present Founding Member & Lead

Other Professional Activities

Internal to the School of Nursing

2025 Application Reviewer, SON Research and Academic Affairs Awards
 2025 Grant Application Reviewer, Nursing Office of Research Administration
 2024 Grant Application Reviewer, Nursing Office of Research Administration
 2023 Grant Application Reviewer, Center for Equity in Aging
 2022 Grant Application Reviewer, Nursing Office of Research Administration
 2020 Participated in Developing Behavioral Interventions Leveraging Human-Centered Design hosted by the Center for Innovative Care in Aging, Johns Hopkins School of Nursing
 2019 Grant Application Reviewer, Office of Science and Innovation
 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

External to the School of Nursing

2025 Reviewer, Diabetes Care Management- Care Plan, American Diversity Group
 2025 Organized a continuing nursing education event, PCNA Spring Learning Series, Community-Driven Cardiovascular Health Outreach for Women of Reproductive Age: Insights from the SAFE HEART Study (1.0 CE), Preventative Cardiovascular Nurses Association
 2024-present Organized and volunteered at the Bimonthly Health Fair in Baltimore in collaboration with Baltimore Association of Nepalese in America for underserved Nepalese Community
 2024 Attended and provided input for EBCD and ethics workshop, Point of Care Foundation, UK

- 2024 Organized a continuing nursing education event, PCNA Fall Learning Series, Leveraging Digital Health for Secondary Prevention of Cardiovascular Disease (1.0 CE), Preventative Cardiovascular Nurses Association
- 2024 Organized a continuing nursing education event PCNA Spring Learning Series, Cardiovascular Risks and Benefits of Anti-Obesity Medications (1.0 CE), Preventative Cardiovascular Nurses Association
- 2023 Organized a continuing nursing education event PCNA Spring Learning Series; Sleep: One of the Essentials of Cardiovascular Health (1.0 CE), Preventative Cardiovascular Nurses Association
- 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)
- 2021 Organized two days of "Virtual Palliative Care Conference: Palliative Care in COVID-19" (up to 4 CE- Total CE awarded 179) for audience nationally and internationally
- 2020 Organized one-day workshop on "Palliative Care 2.0: An Essential Workshop for Today's Clinicians", Johns Hopkins University
- 2019 Attended and completed a National APRN Adult Train-the-Trainer course, End-of-Life Nursing Education Consortium (ELNEC)
- 2019 Attended and completed a National ELNEC- Communication Train-the-Trainer course, End-of-Life Nursing Education Consortium (ELNEC)
- 2018 Organized "US- Australia Chronic, Aged, and Palliative Care Symposium", Johns Hopkins University
- 2018 Organized one-day workshop on "Integrating Palliative Care into APRN Practice and Training: What Should You Know?", Johns Hopkins University

CURRICULUM VITAE

Part II

EDUCATIONAL ACTIVITIES

Classroom Instruction

Johns Hopkins University School of Nursing

Spring 2026	NR.11.658.0101 Local to Global, 10% effort, Nursing Students Visit to Nepal, 6 students
Spring 2026	NR.210.818 .8101 Clinical Data Management and Analyses, Co-Theory Course Coordinator, 20% effort, Doctor of Nursing Practice
Spring 2026	NR.210.818 .8201 Clinical Data Management and Analyses, Co-Theory Course Coordinator, 20% effort, Doctor of Nursing Practice
Fall 2025	NR.210.803.8201 Nursing Inquiry for Evidence-Based Practice, Co-Theory Course Coordinator, 30% effort, Doctor of Nursing Practice, 150 students
Fall 2025	NR. 400.717.8201 Application of Biostatistical Methods for Evidence-Based Practice, Co-Theory Course Coordinator, 20% effort, Doctor of Nursing Practice, 150 students
Fall 2025	NR.110.870.0101 Scholarly Research Portfolio for PhD Students, Academic and Dissertation Advisor, 5% effort, Doctor of Philosophy in Nursing, 1 student
Summer 2025	NR.210.606.8201 Biostatistics for Evidence-Based Practice, Theory Course Coordinator, 30% effort, Mentored 1 new faculty, Master's Entry into Nursing, 45 students
Summer 2025	NR.210.817.8201 Analysis and Evaluation of Individual and Population Health Data, Co-Theory Course Coordinator, 30% effort, Doctor of Nursing Practice, 150 students
Summer 2025	NR. 400.719.8201 Application of the Research Process to Evidence-Based Practice, Co-Theory Course Coordinator, 20% effort, Doctor of Nursing Practice, 200 students
Summer 2025	NR.110.870.0101 Scholarly Research Portfolio for PhD Students, Academic and Dissertation Advisor, 10% effort, Doctor of Philosophy in Nursing, 2 students
Summer 2025	NR.110.599.002 Independent Study, Course Coordinator, Doctor of Philosophy in Nursing, 1 student
Summer 2025	NR.110.898.001 Independent Study, Course Coordinator, Doctor of Philosophy in Nursing, 1 student
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.110.870.0101 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.110.870.0101 Scholarly Research Portfolio for PhD students, Dissertation Advisor, 10% effort, Doctor of Philosophy in Nursing, 2 students
Summer 2024	NR.210.817.8101 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.210.818.8201 Clinical Data Management and Analyses, Co-Theory Course Coordinator, 20% effort, Doctor of Nursing Practice, 121 students

Fall 2023	NR.210.606.8201 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.210.606.8201 Biostatistics for Evidence-Based Practice, Theory Course Coordinator, 30% effort, Doctor of Nursing Practice, 27 students
Spring 2022	NR.210.889.8101 Project Evaluation and Dissemination, Project Advisor, 20% effort, Doctor of Nursing Practice, 7 students
Fall 2021	NR.210.803.8201 Nursing Inquiry for Evidence-Based Practice, Theory Course Coordinator, 30% effort, Doctor of Nursing Practice, 92 students
Fall 2021	NR.210.888.8101 Project Application, Project Advisor, 20% effort, Doctor of Nursing Practice, 7 students
Spring 2021	NR.210.899.8101 Project Evaluation, Project Advisor, 8% effort, Doctor of Nursing Practice, 5 students
Spring 2021	NR.210.894.8101 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.210.803.8101 Nursing Inquiry for Evidence-Based Practice, Theory Course Coordinator, 25% effort, Doctor of Nursing Practice, 125 students
Fall 2020	NR.210.898.8101 Project Implementation, Project Advisor, 8% effort, Doctor of Nursing Practice, 5 students
Fall 2020	NR.210.894.8101 DNP Practicum, Project Advisor, 8% effort, Doctor of Nursing Practice, 5 students
Summer 2020	NR.210.606.8201 Biostatistics for Evidence-Based Practice, Co-Theory Course Coordinator, 25% effort, Master's Entry into Nursing, 58 students
Spring 2020	NR.210.606.8201 Biostatistics for Evidence-Based Practice, Co-Theory Course Coordinator, 25% effort, Master's Entry into Nursing, 73 students
Fall 2019	NR.210.606.8101 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 Development

Johns Hopkins University School of Nursing

Fall 2024	NR.400.719.DEV Application of the Research Process to Evidence-Based Practice, Course Development, 20% effort, Doctor of Nursing Practice
-----------	---

Course Facilitation

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 (Total enrollment= 27,249)
------	--

ACADEMIC SERVICE

Johns Hopkins University

2024-present	Center for Global Initiative, Service-Learning Program in Nepal, Faculty Lead
2024-present	Palliative Interprofessional Collaborative for Action Research (PICAR-Collaboration Between Bayview Palliative Care team, Johns Hopkins School of Nursing and Bloomberg School of Public Health- PICAR Received 2023 American Hospital Association Circle of Life Award), Member
2019-present	Principle Faculty Member, Center for Equity in Aging (CEA) Faculty Member and Mentor, CEA Group Mentoring Founder & Co-Director, Center for Equity in Aging, Palliative Care Initiative
2019-present	Core Faculty, Center for Cardiovascular and Chronic Care

Johns Hopkins School of Nursing

2025-present	Vice-Chair, Bylaws and Nominations Committee
2024-present	Member, APG PhD Committee,
2020-2024	Member, PhD, DNP-PhD Admissions Application Reviewer and Interview Committee
2021-2022	Member, DNP Admissions Interview Committee
2022-2023	Member, Faculty Grievance Committee
2022-2025	Member, Bylaws and Nominations Committee
2022-present	Faculty Mentor, Cardiovascular Mentoring Group
2022	Exam Grader, PhD, DNP-PhD Comprehensive Exam
2021	Faculty Panel, New Faculty Orientation
2021-present	Faculty Mentor, End of Life/Palliative Care Working Group
2020-present	Member, Faculty Search Committee, Research

2019-2022	Faculty Mentor and Presenter, Academic Success Center Workshop- SPSS Crash-Course
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

Student Advisement

2022-2025	2 Doctor of Philosophy (PhD Nursing)
2021-2022	7 Doctor of Nursing Practice- Executive
2020-2021	5 Doctor of Nursing Practice- Executive

Mentoring

Research Honors Project

2026-2027	Rawal, B. MSN (Entry into Nursing) student. Project: Multimorbidity management
2025-2026	Conteh, S. MSN (Entry into Nursing) student. Project: Cardiovascular disease and multimorbidity
2024-2025	Ramesh, A. MSN (Entry into Nursing) student. Project: Ethnic differences in cardiovascular disease deaths among Asian immigrants
2021-2023	Moore, R. MSN (Entry into Nursing) student. Project: Living with heart failure and multimorbidity: Gender differences and priorities in multimorbidity management
2021-2023	Li, D. MSN (Entry into Nursing) student. Project: Living with multimorbidity: Care coordination and symptom management program

Fuld Fellow Projects

2020-2021	Nasim F. MSN (Entry into Nursing) student. Project: Living with multimorbidity: Systematic review of literature
2019-2021	Patel, A. MSN (Entry into Nursing) student. Project: Living with multimorbidity: Systematic review of literature
2019-2020	Racy, S. MSN (Entry into Nursing) student. Project: Nursing workload measures: Review of literature

Research Practicum Project

Summer 2025	Xia, B. Master's in International Health student, Johns Hopkins Bloomberg School of Public Health. Project: Living with multimorbidity: Factors influencing health outcomes
-------------	--

Visiting Scholars Projects

- 2025-2026 **Zhang, Q.** Associate Professor at Sun Yat-Sen University, China. Project: A stepped-wedge cluster-randomized hybrid trial: Evaluating the effectiveness and implementation of a motor relearning intervention to enhance social participation in post-stroke patients
- 2024-2025 **Guo, Z.** Doctor of Philosophy (PhD) in Nursing Candidate at Zhejiang University School of Medicine, China. Project: Intrinsic capacity trajectories and cardiovascular disease incidence among Chinese older adults: a population-based prospective cohort study
- 2020-2022 **Zhang, Z.** Doctor of Philosophy (PhD) in Nursing Candidate at Tongji Medical College, Huazhong University of Science and Technology, China. Project: Predictors of self-care among Chinese patients with chronic heart failure: A situation-specific theory-guided structural equation model analysis

Doctor of Nursing Practice Capstone Projects

- 2021-2022 **Lackey, A.** Use of evidence-based telehealth to improve hypertension of the elderly in rural areas. DNP Executive. Project advisor
- 2021-2022 **Guillote, C.** A clinical bundle to reduce peri-intubation hypoxia in the pre-hospital setting. DNP Executive. Project advisor
- 2021-2022 **De Sadier, T.** Lymphedema outpatient consult (LOC) order set to prevent breast cancer-related lymphedema in women with breast cancer. DNP Executive. Project advisor
- 2021-2022 **Song, M.** Reducing burnout in nurse anesthetists. DNP Executive. Project advisor
- 2021-2022 **Freedman, L.** Implementation of a standardized pain management protocol reducing the rate of postoperative complications in children undergoing a tonsillectomy. DNP Executive. Project advisor
- 2021-2022 **Olanzo, A.** Implementing a transformational leadership development program for new lead clinical nurses. DNP Executive. Project advisor
- 2021-2022 **Giwah, S.** Accessing pre-exposure prophylaxis (PrEP) screening, counseling, and utilization among African American MSM. DNP Executive. Project advisor
- 2020-2021 **Jubilee, J.** Utilizing the evidence-based bundled approach to reduce alarm fatigue and improve telemetry nurses' knowledge. DNP Executive. Project advisor
- 2020-2021 **Atkinson, S.** Reducing communication barriers for deaf adults accessing primary care through a provider-focused educational program. DNP Executive. Project advisor
- 2020-2021 **Fu, B.,** Adherence to prophylactic anticonvulsants guidelines in newly diagnosed brain tumor. DNP Executive. Project advisor
- 2020-2021 **Vali, H.** An evidence-based practice approach to reduce antimicrobial overuse in the urgent care setting (NextCare Urgent Care®). DNP Executive. Project advisor
- 2020-2021 **Ernst, N.** Improve endoscopy procedure room utilization. DNP Executive. Project advisor
- 2019-2022 **Lin, K.** Patient acuity, nursing workload and missed care at Intermediate Care Unit. DNP Advanced Practice. Project advisor
- 2019-2022 **Thompson, G.** Nurse-provider communication and satisfaction at Intermediate Care Unit. DNP Advanced Practice. Project advisor

2019-2022 **Walichnowska, K.** Nurse burnout and mindfulness at Intermediate Care Unit. DNP Advanced Practice. Project advisor

Doctor of Philosophy in Nursing- Research Residency

2025-Present **Kim, S.H.** Symptom burden, self-care and quality of life among people living with multimorbidity. Research residency supervisor

2022-2023 **Kruahong, S.** A contemporary review of psychosocial resilience in heart failure using the Society to Cells Resilience Theory. Research residency supervisor

2022-2025 **Lim, A.** Living with heart failure and multimorbidity. Research residency supervisor

2022-2025 **Benjasirisan, C.** Living with multimorbidity: Care-coordination and symptom management (COORDINATE) program. Research residency supervisor

Post-Doctoral Training

2024-Present **Rayani, A.** Disparities in cardiovascular risk factors among Asian American ethnic subgroups. Project mentor

JHU Research and Clinical Fellowship

2022-2025 **Case, A.** Performance shaping features of Intermediate care nursing workload funded by NIH/AHRQ NRSA F32. Fellowship project mentor (Fellow from Pulmonary and Critical Care Medicine)

Dissertation Committee Member

Johns Hopkins University

Kim, S.H. Title: Co-Designing Palliative Care with Korean American/ Korean American Immigrant Community Facing Serious Illnesses using Experience-Based Co-Design. Member of the Dissertation committee. Preliminary Orals Examination- July 17, 2025

Lim, A. Title: Association Between Psychological and Cardiovascular Health: Exploring Underlying Mechanisms. Funded by Conway Nursing Scholarship, ISPN Foundation Joyce Fitzpatrick Psychiatric Nursing Research Award, JHSON 2024 Excellence in Health Equity research Award, Johns Hopkins School of Nursing Discovery and Innovation Award. Member of the Dissertation committee. Preliminary Orals Examination- June 11, 2024, and Final Examination- June 27, 2025

Kruahong, S. Title: Assessing Expectations for Recovery, Patient Activation and Self-Efficacy Following Patients' Stay in the Cardiac Intensive Care Unit. Alternate Member of the Dissertation Committee. Preliminary Orals Examination- July 23, 2024, and Final Examination- June 3, 2025

Benjasirisan, C. Title: Digital Health Literacy, Technology Use Behavior, and Hypertension Self-care among Thai People with Hypertension: A Cross-sectional Study. Funded by Institutional Funding from Mahidol University, Johns Hopkins School of Nursing Discovery and Innovation Award, JHSON 2024 Graduate Research Assistant Award. Member of the Dissertation committee. Preliminary Orals Examination- May 29, 2024, and Final Examination- October 7, 2025

Elias, S. Title: Multiethnic Perspective of Shared Decision Making in Hypertension. Funded by NIH NRSA F31. Alternate Member of the Dissertation Committee. Final Examination- July 17, 2023

Pavlovic, N. Title: Fatigue In Heart Failure: A Secondary Data Analysis Of The Atherosclerosis Risk In Communities (Aric) Study. Funded by NIH NRSA F31. Alternate Member of the Dissertation Committee. Final Examination- June 9, 2023

Byiringiro, S. Title: A Pilot Project To Explore The Health System Factors Of Hypertension Care And Outcomes In Ghana. Funded by the JHUSON Discovery and Innovation Award, American Heart Association Fellowship to Promote Diversity in Science. Alternate Member of the Dissertation Committee. Final Examination- April 26, 2023