

CURRICULUM VITAE

PERSONAL DATA

Name: Melissa deCardi Hladek PhD, CRNP, FNP-BC, FAAN

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EDUCATION

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

FELLOWSHIPS

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

CURRENT LICENSES AND CERTIFICATIONS

Year	Source	Type
2022 – present	Maryland Board of Nursing	Controlled Substances License
2013 – present	Maryland Board of Nursing	Advance Practice Registered Nurse
2004 – present	Family Nurse Practitioner Board Certification	ANCC
2004 – present	Drug Enforcement Agency License	
1999 – present	BLS Health Professionals Certification	AHA

PROFESSIONAL EXPERIENCE

Year	Position	Institution	Location
2026- Present	Associate Professor	Johns Hopkins University School of Nursing	Baltimore, MD
2023-Present	Nurse Practitioner	Esperanza Center	Baltimore, MD
2019-2026	Assistant Professor	Johns Hopkins University School of Nursing	Baltimore, MD
2018-2019	Post-Doctoral Fellow	Johns Hopkins University Schools of Medicine & Nursing	Baltimore, MD
2017-2018	Study Coordinator, LIVE- LiFE Randomized Control Pilot Study	Center for Innovative Care in Aging_Johns Hopkins University School of Nursing (PI: Sarah Szanton)	Baltimore, MD
2015-2020	Special Volunteer	National Institute of Health Gill Lab, NINR	Bethesda, MD
2011-2013	FNP Program Director Clinical Assistant Professor	The Catholic University of America School of Nursing	Washington, DC
2010- 2018	Nurse Practitioner	Unity Health Care, Inc.	Washington, DC
2009-2011	FNP Program Coordinator Clinical Assistant Professor	The Catholic University of America School of Nursing	Washington, DC
2007-2009	Nurse Practitioner	Ukiah Valley Primary Care	Ukiah, CA
2007-2009	Adjunct Assistant Professor	Mendocino College Nursing Program	Ukiah, CA
2005-2006	Nurse Practitioner	Foundation for Research & Sexually Transmitted Diseases	New York, NY
2004-2005	Nurse Practitioner	Federal Bureau of Prisons	Fort Dix, NJ
2003-2004	Clinical Instructor	Columbia University School of Nursing	New York, NY
2002-2003	Registered Nurse	New York Presbyterian Columbia Medical Center	New York, NY
1999-2001	Management Assistant	Office of the City Administrative Officer - City of Los Angele	Los Angeles, CA
1999-2001	Intern	Servant Partners	Boyle Heights, CA

AWARDS AND HONORS

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

RESEARCH

Sponsored Projects

- 2024-2026 Addressing Income-Related Disparities on the Kidney Transplant Waitlist through Adapting a Tailored Psycho-Social-Environment Prehabilitation, Mid-Atlantic Center for Cardiometabolic Health Equity (MACCHE), NIH/NIMHD P50MD017348, \$50,000.00 total costs, Role: PI.
- 2024-2026 The Social Determinants of the Risk of Hypertension in Women of Reproductive Age (SAFE HEART), American Heart Association, 24RGRSG1275750, PI: Commodore-Mensah \$300,000 direct costs. 5% FTE, Role: Co-I
- 2023-2028 Addressing Inactive Kidney Transplant Waitlist Status through Adapting a Tailored Psycho-Social-Environmental Program, NIH/NIDDK K23DK133677-01A1, PI: Hladek, \$974,831.00 total costs, 75% FTE.

2023-2025 Digital Access Pilot to Address Support, Literacy and Communication in those with Frailty/Pre-Frailty awaiting Kidney Transplant, Johns Hopkins Older Americans Independence Center Pilot/ Exploratory Study Core Award, NIH/NIA P30AG021334, \$40,000 direct costs, Role: Principal Investigator.

2022-2026 Patient Priorities Care: Dissemination and Scaling Phase, John A. Hartford Foundation, PI:Tinetti & Blaum, \$3,000,000 total direct costs, 10% FTE, Role: Subaward PI.

2021-2024 Reducing racial disparities in AD/ABDR: Addressing structural discrimination and resilience, NIH/ NIA, PI: Szanton \$2,000,000 total direct costs, 5% FTE, Role: Co-Investigator.

2021-2022 Using Human-Centered Design to Adapt CAPABLE as a Prehabilitation Intervention for Adults with Frailty Awaiting Kidney Transplant- Supplemental Funds, Center on Innovative Care in Aging Junior Faculty Award, Johns Hopkins University. \$10,000, Role: Principal Investigator.

2021-2023 Using Human-Centered Design to Adapt CAPABLE as a Prehabilitation Intervention for Adults with Frailty Awaiting Kidney Transplant, Older Americans Independence Center, REC Award, Johns Hopkins University. \$60,000 direct costs, 20% FTE, Role: Principal Investigator.

2021- 2022 Resilience and Multifactorial Stressors Among Older Adults During the COVID-19 Pandemic, Johns Hopkins Older Americans Independence Center Pilot Study Award. \$30,000 direct costs, Role: Co-Investigator, In-Kind.

2020-2022 Associations Between Coping Self-Efficacy and Physiologic Stress Indices in Adults with Multiple Chronic Conditions. NIH/NINR 3P30NR018093 - 02W2, PI: Hladek, \$423,434 total costs, 75% FTE.

2019-2024 Hladek New Nurse Faculty Fellowship, Funded by the Maryland Higher Education Commission Fellowship, (PI: Hladek) Direct Costs: \$50,000.00.

2019-2022 The Healthy Aging Project, 2019 Ten By Twenty Challenge: One Year, One Goal Johns Hopkins University Idea Lab (PI: Walston) \$20,000, Role: Co-Investigator, In-Kind.

2019-2020 A Personalized Behavioral Intervention for Older Adults with Musculoskeletal Pain and Sleep Complaints (PI: Li), Role: Co-Investigator (associated with NIH/NINR 3P30NR018093 - 02W2).

2019-2020 Caregiver Support in the Context of Multiple Chronic Conditions: Randomized waitlist control trial (PI: Abshire), Role: Co-Investigator (associated with NIH/NINR 3P30NR018093 - 02W2).

2019-2020 Assessment of a Tailored Home-Based Exercise Program on Symptoms, Well-Being, and Resilience Among Cancer Survivors with Multiple Chronic Conditions (PI: Lukkahatai), Role: Co-Investigator (associated with NIH/NINR 3P30NR018093 - 02W2).

- 2019-2020 DAPPER Study: Communication Behaviors and Development of a Pain, Depression and Frailty Intervention Among Older African American Women (PI: Taylor), Role: Co-Investigator, In-Kind.
- 2017-2024 Characterizing Resiliencies to Physical Stressors in Older Adults: A Dynamical Physiological Systems Approach, NIH/ NIA UH2UH3 AG056933-02 PI: Walston, Varadhan, Bandeen-Roche \$7,012,791. Direct costs, 8% FTE, Role: Co-Investigator. 3 Subawards:
- 2017-2024 RESilience in Total knee Replacement (RESTORE) (PI: Sieber), Co-Investigator (associated with NIH/ NIA UH2UH3 AG056933-02).
- 2017-2024 REBOUND: Resiliency in older adults UNDERgoing Bone marrow transplant- A pilot study of resiliency measures in older patient undergoing allogeneic blood and marrow transplant (PI: Imus), Co-Investigator (associated with NIH/ NIA UH2UH3 AG056933-02).
- 2017-2024 Resiliency in Dialysis Initiation (ReDI) Study (PI: Crews), Co-Investigator (associated with NIH/ NIA UH2UH3 AG056933-02).
- 2017-2019 Associations between Self-Efficacy, Physiologic Stress Biomarkers and Psychological Stress in Older Adults with Chronic Disease (PI: Hladek), NIH/NINR Intramural Funding.
- 2017- 2018 Center for Innovative Care in Aging, Johns Hopkins School of Nursing, Pilot Funding, \$2500.00 (PI: Hladek) Apr 17, 2017- Apr 30, 2018.
- 2016-2017 Predoctoral Clinical Research Training Program (PI: Beach), NIH 4TL1TR001078-04, 100% effort, \$39, 376.00 direct costs, 100% effort, Role: Research Fellow.
- 2016 Feasibility of transporting biologic samples to the lab by mail: a pilot study (PI: Szanton), Funding: NIH/NINR Intramural Award, Role: Study Team Member.
- 2016 Measuring Chronic Inflammation in Older Adults (PI: Walston), Funding: NIH/NINR Intramural Award, Role: Study Team Member.
- 2015-2016 Feasibility of Using the Sweat Patch to Obtain Biomarkers Data from Older Adults Compared to Younger Adults (PI: Szanton), Funding: NIH/NINR Intramural Award, Role: Study Team Member.
- 2014-2016 Interdisciplinary Training in Cardiovascular Health Research (PI: Allen), NIH T32NR012704, \$154,648.00 direct costs, 100% effort, Role: Research Fellow.
- 2008 California Community Colleges Health Occupations, Regional Health Occupations Resource Center (RHORC) Hub Grant, \$6500.00, PI: Hladek.

SCHOLARSHIP

Publications

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

1. Ketum Stanislas, Faith E. Metlock, Asma Rayani, Ana Mateo, Lilian Hernandez, Chioma Ezuma, Dhananjay Vaidya, Olunwabunmi Ogungbe, Pamela Ouyang, **Melissa D. Hladek**, Garima Sharma,

and Yvonne Commodore- Mensah (accepted). Discordance Between Perceived Risk and Cardiovascular Health in Women of Reproductive-Age. *JACC: Advances*.

2. **Hladek MD**, Rubio OC, Curriero S, Horn S, Hughes A, Wilson DH, McAdams-DeMarco M, Crews D Szanton SL (accepted). Empowering Older Adults Through Values-Informed Solutions for Technology Adoption (VISTA): A Feasibility and Acceptability Trial Protocol. *JMIR Protocols*.
3. *Faith Metlock, Ateh Stanislas Ketum, Dhananjay Vaidya, **Melissa deCardi Hladek**, Cheryl Himmelfarb, Pamela Ouyang, Jennifer Hall, Garima Sharma, and Yvonne Commodore-Mensah. (accepted) Psychological Health, Polysocial Risk, and Cardiovascular Health in Women of Reproductive Age: Findings from the SAFE HEART Study. *JACC: Advances*.
4. Nair D, Mittleman I, Magro J, Catanese B, **Hladek MD**, Hong J, Huang NS, Taylor MH, Tennankore KK, Hannan MF, Wolfgram DF, Hall RK, McAdams DeMarco M. (2026). Frailty in Focus: a scoping review of frailty instruments on behalf of the Kidney Disease Aging Research Collaborative. *CJASN*.
5. ***Hladek MD**, Douglass B, Nettles B, Fingerhood M, Ling C, D’Aoust R, Tinetti ME. (accepted). Incorporating Patient Priorities Care Curriculum for Older Adults with Multiple Chronic Conditions into Nurse Practitioner Education. *Geriatric Nursing*.
6. *Wilson DH, Hughes A, Curriero S, Szanton SL, Crews DC, McAdams-DeMarco M, Brennan DC, **Hladek MD**. (2025) “You Gotta Keep Climbing That Mountain to Reach the Goal”: Perspectives of Transplant Waitlisted Dialysis patients. *Kidney Medicine*.
7. *Kim B, Cooke AK, Riser TJ, **Hladek MD**, Adkins-Jackson PB, Samuel LJ, Thorpe RJ, Szanton SL. Structural Resilience across the Life Course: Perspectives from Older Adults racialized as Black. (2025) *Journal of Advanced Nursing*.
8. *Metlock FE, Rayani A, Ketum AS, Vaidya J, Kwapong YA, **Hladek MD**, Ouyang P, Sharma G, Commodore-Mensah Y. (2025). Cardiovascular Health Literacy Among Women of Reproductive Age in the SAFE HEART Study: An American Heart Association Research Goes Red Initiative. *Health Literacy and Communication Open*. Doi: 10.1080/28355245.2025.2553042
9. *Huang J, Chepkorir J, Gross AL, Phan P, Pavlovic NV, **Hladek MD**. (2025) Latent Classes of Resilience in a Nationwide Sample of US Adults during the COVID-19 Pandemic. *Frontiers in Psychology*. 2025 Aug 5;16:1462386. doi: 10.3389/fpsyg.2025.1462386. PMID: 40837266; PMCID: PMC12361235.
10. **Hladek MD**, Reimer T, Casey J, Nkimbeng M, Peeler A, Nelson KE, Taylor J, Han HR, Szanton SL (2025). Measuring Self-Efficacy in U.S. Older Adults with Chronic Disease: A Systematic Review. *Aging & Mental Health*. 2025 Oct;29(10):1764-1773. doi: 10.1080/13607863.2025.2511226. Epub 2025 Jun 16. PubMed PMID: 40522331; PubMed Central PMCID: PMC12381698.
11. Hughes A, Malhotra D, Morrison M, Seldon L, Carberry H, Brennan D, **Hladek MD**. (2025). Waitlist Management for Inactive Status Kidney Transplant Patients: A Scoping Review. *Annals of Medicine and Surgery*. doi: 10.1097/MS9.0000000000003137. PMID: 40212159; PMCID: PMC11981384.

12. *Catherine R Butler; Akanksha Nalatwad; Katharine L Cheung; Mary Frances Hannan; **Melissa D. Hladek**; Emily Johnston; Laura Kimberly; Christine K Liu; Devika Nair; Semra Ozdemir; Fahad Saeed; Jennifer Scherer; Dorry L. Segev; Anoop Sheshadri; Karthik K Tennankore; Tiffany R Washington; Dawn Wolfgram; Nidhi Ghildayal; Rasheeda Hall; Mara McAdams-DeMarco (2024). Establishing Research Priorities in Geriatric Nephrology: A Delphi Study of Clinicians and Researchers. *Am J Kidney Dis*. Published online November 25, 2024. doi:10.1053/j.ajkd.2024.09.012
13. Lee JW, Li J, Szanton SL, Li Q, Liu M, **Hladek MD**. (2025) Higher patient activation is associated with lower odds of functional limitation in older adults with chronic diseases. *Geriatric Nursing* 2025/01/01/2025;61:157-161. doi:<https://doi.org/10.1016/j.gerinurse.2024.11>
14. *Abshire Saylor, M., Qian, Y., **Hladek, M.**, Blinka, M. D., Szanton, S. L., Fabius, C. D., Haley, W. E., & Roth, D. L. (2024). Race Differences in Purpose in Life Among Family Caregivers: Findings From the Caregiving Transitions Study. *Journal of Applied Gerontology*, 0(0). <https://doi.org/10.1177/07334648241288986>.
15. *Clark-Cutaia MN, Menon G, Li Y, Metoyer GT, Bowring MG, Kim B, Orandi BJ, Wall SP, **Hladek MD**, Purnell TS, Segev DL, McAdams-DeMarco MA. Identifying when racial and ethnic disparities arise along the continuum of transplant care: a national registry study. *Lancet Reg Health Am*. 2024;38:100895. Published 2024 Oct 3. doi:10.1016/j.lana.2024.100895
16. *Chen Y, Churilla B, Ahn JB, Quint EE, Sandal S, Musunuru A, Pol RA, **Hladek MD**, Crews DC, Segev DL, McAdams-DeMarco M. Age Disparities in Access to First and Repeat Kidney Transplantation. *Transplantation*. 2024 Apr 1;108(4):845-853. doi: 10.1097/TP.0000000000004747. Epub 2023 Aug 1. PMID: 37525348; PMCID: PMC10830888.
17. Spaulding EM, Miller HN, Metlock FE, Chepkorir J, Benjasirisan C, **Hladek MD** and Han H-R (2024) Leveraging community Wi-Fi and spaces for digital health use. *Front. Public Health* 12:1418627. doi: 10.3389/fpubh.2024.1418627
18. *Hauschildt KE, Taylor SP, Hough CL, **Hladek MD**, Perrin EM, Iwashyna TJ. Ideal Postdischarge Follow-Up After Severe Pneumonia or Acute Respiratory Failure: A Qualitative Study of Primary Care Clinicians in Diverse Settings. *CHEST Crit Care*. 2024;2(3):100079. doi:10.1016/j.chstcc.2024.100079
19. ***Hladek, Melissa deCardi**; Wilson, Deborah; Krasnansky, Katie; McDaniel, Kennedy; Shanbhag, Meera; McAdams-DeMarco, Mara; Crews, Deidra C.; Brennan, Daniel C.; Taylor, Janiece; Segev, Dorry; Walston, Jeremy; Xue, Qian-Li; Szanton, Sarah L. Using Photovoice to Explore the Lived Environment and Experience of Older Adults with Frailty on their Kidney Transplant Journey. *Kidney360* 5(4):p 589-598, April 2024. | DOI: 10.34067/KID.0000000000000380
20. Tinetti ME, **Hladek MD**, Ejem D. One Size Fits All-An Underappreciated Health Inequity. *JAMA Intern Med*. 2024;184(1):7-8. doi:10.1001/jamainternmed.2023.6035
21. Szanton, Sarah; Alexander, Kamila; Kim, Boeun; Li, Qiwei; Gee, Gilbert; Bandeen-Roche, Karen; Adkins-Jackson, Paris; **Hladek, Melissa**; Samuel, Laura; Haozous, Emily; Okoye, Safiyyah; Crews, Deidra; Thorpe, Roland. Life Space and Activity Space Measurement: Making 'Room' for Structural

- Racism. *Gerontologist*. 2023 Nov 28;gnad160. doi: 10.1093/geront/gnad160. Epub ahead of print. PMID: 38015951.
22. ***Hladek MD**, Wilson, D, Gross, A, Buta B, Shofner S, Bandeen-Roche K, Schoenborn N. Resilient Adaptation Strategies: Unveiling Older Adult Coping Dynamics Amidst the COVID-19 Pandemic. *J Gerontol Nurs*. 2023 Dec;49(12):32-39. doi: 10.3928/00989134-20231108-04. Epub 2023 Dec 1. PMID: 38015152.
 23. *Taylor, J.L., Clair, C., Gitlin, L.N. , Atkins, S., Bandeen-Roche K., Abshire Saylor, M., **Hladek, M.**, Riser., T. Thorpe Jr., R.J., Szanton, S.L. (accepted). Acceptability and feasibility of a pain and depressive symptoms management intervention in middle-aged and older African American women. *Innov Aging*. 2023 Sep 8;7(10):igad096. doi: 10.1093/geroni/igad096. PMID: 38094930; PMCID: PMC10714909.
 24. *Chen Y, Churilla B, Ahn JB, Quint EE, Sandal S, Musunuru A, Pol RA, **Hladek MD**, Crews DC, Segev DL, McAdams-DeMarco M. Age Disparities in Access to First and Repeat Kidney Transplantation. *Transplantation*. 2023 Aug 1. doi: 10.1097/TP.0000000000004747. Epub ahead of print. PMID: 37525348.
 25. *Novick TK, Custer J, Zonderman AB, Evans MK, **Hladek M**, Kuczmariski M, Rathouz PJ, Crews DC. Coping Behaviors and Incident Kidney Disease. *Kidney360*. 2023 Aug 1;4(8):1072-1079. doi: 10.34067/KID.000000000000179. Epub 2023 Jun 19. PMID: 37332108; PMCID: PMC10476686.
 26. Walston J, Varadhan R, Xue QL, Buta B, Sieber F, Oni J, Imus P, Crews DC, Artz A, Schrack J, Kalyani RR, Abadir P, Carlson M, **Hladek M**, McAdams-DeMarco M, Jones R, Johnson A, Shafi T, Newman AB, Bandeen-Roche K. A Study of Physical Resilience and Aging (SPRING): Conceptual framework, rationale, and study design. *J Am Geriatr Soc*. 2023 Aug;71(8):2393-2405. doi: 10.1111/jgs.18483. Epub 2023 Jun 30. PMID: 37386913; PMCID: PMC10608799.
 27. *Thornton CP, Bandeen-Roche K, Dolinar M, Roberts Lavigne LC, George Lansey D, Jones R, Walston J, Varadhan R, **Hladek MD** & Imus P (co-last authors). Clinical trial participation predicts improved survival in older adults receiving allogeneic blood and marrow transplant. *BMC Geriatr*. 2023 Mar 4;23(1):120. doi: 10.1186/s12877-023-03803-7. PMID: 36869287; PMCID: PMC9985233.
 28. *Taylor KS, Umeukeje EM, Santos SR, McNabb KC, Crews DC, **Hladek MD**. Context Matters: A Qualitative Synthesis of Adherence Literature for People on Hemodialysis. *Kidney360*. 2023 Jan 1;4(1):41-53. doi: 10.34067/KID.0005582022. PMID: 36700903; PMCID: PMC10101575.
 29. Reynolds NR, Baker D, D'Aoust R, Docal M, Goldstein N, Grubb L, **Hladek MD**, Koirala B, Kverno K, Ling C, Lukkahatai N, McCltrot K, Pandian V, Regier NG, Sloand E, Tomori C, Wenzel J. COVID-19: Implications for Nursing and Health Care in the United States. *J Nurs Scholarsh*. 2023 Jan;55(1):187-201. doi: 10.1111/jnu.12853. PMID: 36583656; PMCID: PMC9847252.
 30. *Lee, J. W., Nersesian, P. V., Suen, J. J., Mensah Cudjoe, T. K., Gill, J., Szanton, S. L., & **Hladek, M. D.** (2023). Loneliness is Associated With Lower Coping Self-Efficacy Among Older Adults. *Journal of Applied Gerontology*, 42(2), 270–279. <https://doi.org/10.1177/07334648221129858>

31. Taylor KS, **Hladek MD**, Elias SD, Jenkins E, Robinson KN, Smith OW, Szanton SL. Lessons from COVID-19: Time for shared decision making in nursing practice. *J Adv Nurs*. 2022 Nov;78(11):e147-e149. doi: 10.1111/jan.15395. Epub 2022 Jul 31. PMID: 35909088; PMCID: PMC9353426.
32. ***Hladek MD**, Zhu J, Crews DC, McAdams-DeMarco MA, Buta B, Varadhan R, Shafi T, Walston JD, Bandeen-Roche K. Physical Resilience Phenotype Trajectories in Incident Hemodialysis: Characterization and Mortality Risk Assessment. *Kidney Int Rep*. 2022 Jun 23;7(9):2006-2015. doi: 10.1016/j.ekir.2022.06.009. PMID: 36090502; PMCID: PMC9459128.
33. *Samuel, L.J., **Hladek, M.D.**, Tian, J., Roberts, L.C., LaFave, S.E., Szanton, S.L. Propensity score weighted associations between financial strain and subsequent inflammatory biomarkers of aging among a representative sample of U.S. older adults. *BMC Geriatr* 22, 467 (2022). <https://doi.org/10.1186/s12877-022-03112-5>
34. Abshire Saylor M, Pavlovic NV, DeGroot L, Jajodia A, **Hladek MD**, Perrin N, Wolff J, Davidson PM, Szanton S. Strengths-building through life purpose, self-care goal setting and social support: Study protocol for Caregiver Support. *Contemp Clin Trials Commun*. 2022 May 5;28:100917. doi: 10.1016/j.conctc.2022.100917. PMID: 35602009; PMCID: PMC9118505.
35. *Elayoubi J, Haley WE, Roth DL, Cushman M, Sheehan OC, Howard VJ, **Hladek MD**, Hueluer G. Associations of perceived stress, depressive symptoms, and caregiving with inflammation: a longitudinal study. *Int Psychogeriatr*. 2023 Feb;35(2):95-105. doi: 10.1017/S1041610222000370. Epub 2022 May 11. PMID: 35543307.
36. *Samuel LJ, Dwivedi P, **Hladek MD**, Cudjoe TKM, Drazich BF, Li Q, Szanton SL. The effect of COVID-19 pandemic-related financial challenges on mental health and well-being among US older adults. *J Am Geriatr Soc*. 2022 Jun;70(6):1629-1641. doi: 10.1111/jgs.17808. Epub 2022 Apr 15. PMID: 35393645; PMCID: PMC9115091.
37. LaFave SE, Bandeen-Roche K, Gee G, Thorpe RJ, Li Q, Crews D, Samuel L, Cooke A, **Hladek MD**, Szanton SL. Quantifying Older Black Americans' Exposure to Structural Racial Discrimination: How Can We Measure the Water In Which We Swim? *J Urban Health*. 2022 Oct;99(5):794-802. doi: 10.1007/s11524-022-00626-6. Epub 2022 Apr 29. PMID: 35486285; PMCID: PMC9561453.
38. *Sun CA, Parslow C, Gray J, Koefman I, **Hladek MD**, Han HR. Home-based primary care visits by nurse practitioners. *J Am Assoc Nurse Pract*. 2022 Apr 19. doi: 10.1097/JXX.0000000000000706. Epub ahead of print. PMID: 35439205.
39. ***Hladek, M. D.**, Zhu, J., Buta, B. J., Szanton, S. L., Bandeen-Roche, K., Walston, J. D., & Xue, Q. L. (2021). Self-efficacy proxy predicts frailty incidence over time in non-institutionalized older adults. *Journal of the American Geriatrics Society*. <https://doi.org/10.1111/jgs.17417>
40. *Roberts Lavigne, L. C., Tian, J., **Hladek, M.**, LaFave, S. E., Szanton, S. L., & Samuel, L. J. (2021). Residential Street Block Disorder and Biological Markers of Aging in Older Adults: The National Health and Aging Trends Study. *The Journals of Gerontology. Series A, Biological Sciences and Medical Sciences*, 76(11), 1969–1976. <https://doi.org/10.1093/GERONA/GLAB166>

41. *Li J, Szanton SL, McPhillips M, Pien G, **Hladek MD**, Gooneratne N, Chen K, Hodgson NA. (2021). An mHealth- facilitated personalized intervention for physical activity and sleep in community-dwelling older adults. *Journal of Aging and Physical Activity*, 1(aop), 1-10.
42. ***Hladek MD**, Gill J, Lai C, Bandeen-Roche K, Allen J, Hinkle J, Leyden C, Kanefsky R, Szanton SL. (2021). High Social Coping Self-Efficacy Associated with Lower Sweat Interleukin-6 in Older Adults with Chronic Conditions. *Journal of Applied Gerontology*.
<https://doi.org/10.1177/07334648211006518>
43. *Cruz-Oliver DM, Abshire M, Budhathoki C, **Hladek MD**, Volandes A, Jorgensen L, Oliver DP (2021). Comparison of Traditional Videos with Telenovelas for Hospice Family Caregivers Education. *American Journal of Hospice and Palliative Medicine*. February 8, 2021.
doi:[10.1177/1049909121991524](https://doi.org/10.1177/1049909121991524)
44. *Szanton SL, Clemson L, Liu M, Gitlin LN, **Hladek MD**, LaFave SE, Roth DL, Marx KA, Felix C, Okoye SM, Zhang X, Bautista S, Granbom M. (2020). Pilot Outcomes of a Multicomponent Fall Risk Program Integrated Into Daily Lives of Community-Dwelling Older Adults. *Journal of Applied Gerontology*. doi: 10.1177/0733464820912664.
45. ***Melissa D. Hladek**, Jessica Gill, Karen Bandeen-Roche, Jeremy Walston, Jerilyn Allen, Janice L. Hinkle, Kate Lorig & Sarah L. Szanton (2019): High coping self-efficacy associated with lower odds of pre-frailty/frailty in older adults with chronic disease, *Aging & Mental Health*, DOI: 10.1080/13607863.2019.1639136
46. ***Hladek MD**, Gill J, Lai C, Lorig K, Szanton SL. High Coping Self-Efficacy Associated with Lower Sweat Inflammatory Cytokines in Adults: A Pilot Study (2019). *Biological Research for Nursing*. Epub 2019 Sept 5. doi: 10.1177/1099800419870607
47. *Taylor, J.L., Roberts, L., **Hladek, M.D.**, Liu, M., Nkimbeng, M., Boyd, C.M., & Szanton, S.L. (2019). Achieving self-management goals among low income older adults with functional limitations. *Geriatric Nursing Jul-Aug; 40(4): 424-430*. doi: 10.1016/j.gerinurse.2019.01.003. Epub 2019 Feb 22. PMID:30799154
48. Granbom M, Clemson L, Roberts L, **Hladek MD**, Okoye SM, Liu M, Felix C, Roth D, Gitlin L, Szanton S. (2019). Preventing falls among older adult fallers: study protocol for a two-phase pilot study of the multicomponent LIVE LiFE program. *Trials Jan 3; 20(1):2*. DOI:10.1186/s13063-018-3114-5.
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51. *Cajita MI, Rodney T, Xu JZ, **Hladek M**, Han HR. (2017). Quality and health literacy demand of online heart failure information. *Journal of Cardiovascular Nursing: 32(2), p 156-164*. DOI: 10.1097/JCN.0000000000000324.

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Invited Publications

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

In Press/Under Review

1. Ogunbe O, Turkson-Ocran RA, Tomiwa T, Adeleye K, Rayani A, Hinneh T, Baptiste D, **Hladdek MD**, Crews DC, Commodore-Mensah Y. (in review). Nativity, Racial/Ethnic, and Length of U.S. Residence Differences in Chronic Kidney Disease: National Health and Nutrition Examination Survey 2011-March 2020. Research Square.
2. Paris B, Adkins-Jackson; Emily A. Haozous; Boeun Kim; Alicia Cooke; **Melissa D. Hladdek**; Gilbert Gee; Odis Johnson; Laura J. Samuel; Deidra C. Crews; Darnell Leatherwood; Tiffany Riser; Erik Westlund; Roland J. Thorpe, Jr.; Karen Bandeen-Roche; Sierra Grey-Coker; Sarah L. Szanton (in review). Is Doing

Better Science Enough?: An Autoethnographic Study Of A Multidisciplinary Collaboration To Measure Structural Racism. *Social Science And Medicine*.

3. Taylor K, Fisher MC, Abshire Saylor M, Crews DC, **Hladek MD**.(in review). A Comparison of Recruitment Strategies and Resulting Sample Characteristics among Black Adults with Kidney Failure. *CJASN*.
4. Kruahong S, **Hladek MD**, Abshire Saylor M. (in review) “ Expectations for Recovery in Cardiac Critical Illness: An Integrative Review”. *European Journal of Cardiovascular Nursing*.
5. He R, Yang L, Yu F, **Hladek MD**, Li J. (in review). Applications of Digital Health Technologies in Low-Income Older Adults: A Systematic Review. *Ageing Research Reviews*.
6. Bhansali RA, **Hladek MD**, Clair CA, Szanton SL, Gill J, Taylor JL. (in review). Pro-Inflammatory Cytokines in Older and Middle-Aged African American Women in a Pain and Depression Intervention. *The Journal of Pain*.
7. Ketum Stanislas, Faith E. Metlock, Asma Rayani, Ana Mateo, Lilian Hernandez, Chioma Ezuma, Dhananjay Vaidya, Olunwabunmi Ogungbe, Pamela Ouyang, **Melissa Hladek**, Garima Sharma, and Yvonne Commodore- Mensah (in review). Predictors of Cardiovascular Disease and Stroke Risk Perception Accuracy among Women of Reproductive Age: SAFE HEART Study. *JACC: Advances*.
8. Meng Yuan, Elohor Oborewori, Kayan Mehta, Raymond Owusu-Ansah, Tanish Madan, Deandra Romain, Gbolahan Olatunji, Shanshan Song, **Melissa deCardi Hladek**, Lori Sokoll, Phaedre Mohr, Jacky Jennings, Shruti Mehta, Cheryl Himmelfarb, Patricia Davidson, Wendy Post, Jason Farley, Yvonne Commodore-Mensah, Oluwabunmi Ogungbe (in review). Changes in Subclinical Biomarkers of Myocardial Injury and Inflammation and SARS-COV-2 Serological Analyses in a Cohort of Community-dwelling Adults. *Journal of the American Heart Association*.
9. Calderon, Russell; Lukkahatai, Nada; Huang, Jing; Li, Jiaying; Liu, Sofia; **Hladek, Melissa**; Li, Junxin. (in review). Associations of Soluble Tumor Necrosis Factor-Alpha Receptor-1 and C-Reactive Protein with Depressive Symptoms in Community-Dwelling Older Adults Without Dementia. *Journal of Geriatric Psychiatry and Neurology*.
10. Feodora Etelier, Ateh Stanislas Ketum, Asma Rayani, Ana Mateo, Lilian Hernandez, Kwabena Dankwa, Kwabena Odei-Kumi, Chioma Ezuma, Dhananjay Vaidya, Pamela Ouyang, **Melissa deCardi Hladek**, Garima Sharma, Yvonne Commodore-Mensah, and Faith Metlock. (in review). Racial and Ethnic Disparities in Life’s Essential 8 Among Women of Reproductive Age in Baltimore and Washington D.C. *JAHA*.

Non-Peer Reviewed

1. Godfrey, Hinkle, **Hladek & Winfield**. “An Innovative Service Learning Project: Implementing a Foot Clinic at a Local Soup Kitchen.” August 6, 2014. Advance for Nurses, Available at: <http://nursing.advanceweb.com/Features/Articles/An-Innovative-Service-Learning-Project.aspx>.
2. **deCardi (Hladek), Melissa**. “Overcoming Poverty May Conquer AIDS in South Africa.” March

12, 2003. Point of View Article, In Vivo, Columbia University School of Medicine. Available at: http://cumc.columbia.edu/publications/in-vivo/Vol2_Iss05_mar12_03/pov.html.

Book Chapters

1. **Hladek MD**, Chapter Contributor, DNP Project Workbook, Second Edition (2024), edited by Molly Bradshaw O’Neal, DNP, APRN, FNP-BC, WHNP-BC, CP-C and Tracy R. Vitale, DNP, RNC-OB, C-EFM, NE-BC, Springer Publishing Company, New York, NY. [doi.10.1891/978082617](https://doi.org/10.1891/978082617)
2. **Hladek, MD**. Chapter Contributor, Brunner & Suddarth’s Textbook of Medical-Surgical Nursing, 13th edition (2014), Chapter 39: Assessment and Management of Patients with Rheumatic Diseases.

Digital Scholarship (Text that is underlined is hyperlinked)

1. **Hladek, MD**. [Psychosocial Resiliency](#) (September 2020). Website Content Development. Frailty Science: Promoting Resilience and Healthy Aging.
2. Burrows, Brett; Catanese, Benjamin; Hannan, Mary; **Hladek, Melissa**; Hong, Jingyao; Huang, Nancy; Huisinigh-Scheetz, Megan; Magro, Juliana; Mittleman, Ilana; Nair, Devika; Saunders, Milda; Schrauben, Sarah; Sheshadri, Anoop; Taylor, Matthew; Tennankore, Karthik; Wolfgram, Dawn. [KDARC Aging Measure Toolbox for CKD and ESRD Studies](#). 2025. Public online research resource compiling and standardizing measures of aging-related domains for kidney disease studies. **Role**: Co-author and content contributor.

MEDIA RELATED TO RESEARCH, SCHOLARSHIP AND ADVOCACY

Radio/ Television

- | | |
|-----------|---|
| 2023-2024 | Health Equity Coalition for Chronic Disease Online Television Advertisement Campaign in DC, Maryland and Virginia catchment. <ul style="list-style-type: none">• In support of H.R. 4818 Treat and Reduce Obesity Act of 2023 to expand Medicare coverage of obesity medications• Uniquely contributed to overarching messaging of the campaign to start with “Obesity is not a moral failing, but a disease.”• Featured in 3 out of 6 of the advertisements• Collectively garnered >20,000 letters to congress and >5,000 phone calls (ad linked to a website with pre-filled letters you could personalize and submit with the option to also call your local representative). |
| 2023 | HealthCetera Featured Guest (October 11, 2023). “ How Stress, Self-Efficacy, and Sociocultural Factors Influence the Biology of Aging ” Interviewed by Barbara Glickstein, Radio Show Host for Weekly HealthCetera Segment, WIOX radio. <ul style="list-style-type: none">• Catchment of thousands of listeners |

Interviews for Print (Text that is underlined is hyperlinked)

- 2026 Forbes. Quoted in "[Could Smart Home Technology Have Saved Gene Hackman's Life?](#)" by Jamie Gold. February 24, 2026.
- 2024 PolitiFact. "[No te dejes engañar: El doctor Juan Rivera y estos otros doctores no promueven estos productos.](#)" Interviewed by Maria Briceno, Staff Writer, PolitiFact.
- 2024 PolitiFact. "[Pregúntale a PolitiFact: ¿Qué son las tarjetas de débito 'flex card'?](#)" Interviewed by Maria Briceno, Staff Writer, PolitiFact.
- 2023 Patient Priorities Care. "[Patient Priorities Care is a natural fit for me.](#)" Interviewed by Crystal Gwzdala, Associate Communications Officer, Patient Priorities Care.
- 2022 LeadingAge Coronavirus Update. [Well-Being in Older Adults During COVID-19.](#) Interviewed by Joe Franco, Vice President, Grassroots Advocacy, LeadingAge
- 2021 HealthCentral. Quoted in [How to Prep for your Next Diabetes Checkup](#) for Hispanic/ Latinx diabetes warriors by Sarah Ludwig Rausch.
- 2020 Hudson Valley Parent. Quoted in [Coping, Confidence, and Coronavirus: Focus on your self-efficacy to get through these trying times](#) by Violet Snow.
- 2020 Singlecare. Quoted in updated article in [What older people should do to protect themselves from coronavirus](#) by Nicole Roder.
- 2020 Singlecare . Quoted in [What older people should do to protect themselves from coronavirus](#) by Nicole Roder.

Podcast Interviews (Text that is underlined is hyperlinked)

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

Blog Posts (Text that is underlined is hyperlinked)

- 2025 Hladek, MD. [Celebrating Hispanic Heritage Month: Honoring Legacy, Embracing Collectivism, and Shaping the Future.](#) Johns Hopkins University School of Nursing . On the Pulse.
- 2022 Hladek, MD. [Amplifying the Voice of Older Latino Adults through a Systematic approach to Identifying Priorities and Aligning Care.](#) Johns Hopkins Center on Aging and Health.
- 2020 Hladek, MD. [Self-Efficacy as a Tool for Older Adults to Cope with Coronavirus.](#) Frailty Science: Promoting Resilience and Health Aging.
- 2020 Hladek, MD. [Self-Efficacy to Cope with Coronavirus](#) (re-published). NewsWise Coronavirus News Source.
- 2020 Hladek, MD. [Self-Efficacy to Cope with Coronavirus.](#) Johns Hopkins Nursing Magazine: On the Pulse.
- 2019 Hladek, MD. [A Living Legend Will Talk About Making Resilience Happen.](#) Johns Hopkins Nursing Magazine: On the Pulse.

2018 Hladek, MD. [We Travel Together. Viajamos Juntos.](#) Johns Hopkins Magazine: On the Pulse.

EDITORIAL ACTIVITIES

Editorial Board Memberships

2025-Present BMC Geriatrics, Editorial Advisory Board, Member

Proposal Review Activities

2024 Grant Reviewer, National Institute of Health, National Institute on Aging Special Emphasis Panel: Aging Research Dissertation Awards, Rockville, MD

2023-Present Grant Reviewer, Abstract and Proposals, Center on Equity and Aging, Johns Hopkins School of Nursing

2021-Present Grant Reviewer, Abstract and Proposal, Sigma Theta Tau, Nu Beta Chapter

2009 Grant Reviewer, Neuroscience Nursing Foundation

Abstract Review Activities

2026 Abstract Reviewer, Gerontological Society of America

2025 Abstract Reviewer, American Society of Nephrology Annual Conference

2025 Abstract Reviewer, National Association of Hispanic Nurses Annual Conference

Peer Review Activities

2025 Reviewer, BMC Geriatrics
Reviewer, Journal of the American Geriatrics Society
Reviewer, Geriatric Nursing
Reviewer, Aging and Mental Health
Reviewer, Health Policy and Technology
Reviewer, Scientific Reports

2024 Reviewer, Kidney 360
Reviewer, International Journal of Nursing Studies
Reviewer, BMC Public Health
Reviewer, Geriatric Nursing
Reviewer, Journal of Gerontology: Psychological Sciences
Reviewer, Journal of the American Geriatrics Society

- 2023 Reviewer, Journal of Gerontology: Psychological Sciences
Reviewer, Geriatric Nursing
Reviewer, Transplantation
- 2022 Reviewer, Journal of Applied Gerontology
Reviewer, Scientific Reports
Reviewer, BMC Geriatrics
- 2021 Reviewer, Journal of Applied Gerontology
Reviewer, Journal of the American Geriatrics Society
Reviewer, Journal of Gerontology: Medical Sciences
Reviewer, BMC Geriatrics
- 2020 Reviewer, Journal of Gerontology: Medical Sciences
Reviewer, Lab on a Chip
Reviewer, Journal of Applied Gerontology
- 2019 Reviewer, Journal of Aging and Physical Activity
- 2010 Reviewer, 1 Unit, Brunner and Suddarth's Textbook of Medical-Surgical Nursing, 12th Ed. by
Smeltzer, Bare, Hinkle & Cheever
- 2008 Reviewer, 5 Chapters, Delmar's Contemporary Medical-Surgical Nursing, by Daniels, Nosek &
Nicol

SPEAKING ENGAGEMENTS

Invited Keynote/ Distinguished Guest Lectures

- 2025 **Melissa D. Hladek**, Keynote, Nurses Improving Care for Healthsystem Elders (NICHE) + UPSTATE University Hospital Regional Conference. September 9, 2025.
- “The Power of Centering Older Adult Goals & Values in Shared Decision-Making and Care Alignment”
- 2025 **Melissa D. Hladek**, Keynote, National Association of Hispanic Nurses 50th Anniversary Annual Conference, Houston, Texas. July 18, 2025.
- “The Wounded Healer: How Hope Becomes Power for the Latine Nurse”
- 2025 **Melissa D. Hladek**, Moderator, Women of Hopkins Annual Conference, Washington, DC. March 21, 2025.
- [“Redefining Strength: Challenging the Superwoman Myth”](#)
- 2025 **Melissa D. Hladek**, Keynote, Maryland Association of Nursing Students, 45th Annual Student Nursing Convention, Silver Spring, Maryland. February 22, 2025.
- “Nursing for All: Musings on Representation, Self-Care, & Growth”

- 2024 **Melissa D. Hladek**, Academic Keynote. 2024 Social Determinants of Health Symposium: Pathways to Health through Housing. Hosted by Johns Hopkins Urban Health Institute, Baltimore City Health Department, & Local Health Improvement Coalition. April 19, 2024
- “Unlocking Health at Home: Centering the Person & Addressing Social Determinants”
- 2022 **Melissa D. Hladek**, Distinguished Guest Lecturer. Georgetown University Bowen Center for the Study of the Family Spring Conference: Family Vitality and Variation in Aging. April 8-9, 2022
- “Resilience and Resilience Trajectories in Healthy Aging” April 8, 2022
 - “Living our Best Lives and Aging Successfully in the Midst of a Global Pandemic” April 9, 2022

Webinars

- 2025 **Hladek, MD**. Host Sneha Villalva. “[Leading with the Care Factor](#)”. Leading Ladies Lunches: International Group of Women Leaders in industry.
- 2025 **Hladek MD**. Medina L, Reyes Y, Brenes F, Perez C, Cabrero F. Panel Discussion and Virtual Screening of “[Memories of my Grandfather](#)” Telenovela. Alzheimer’s Association.
- 2024 **Hladek MD**. [Advancing Patient Priorities Care: Deepening Understanding and Practical Applications](#). American Academy of Nurse Practitioners, available for CEUs for 24 months. December 10, 2024
- Greater than 2700 reviews averaging 4.5/5 stars thus far (as of 11/21/2025).
- 2023 **Hladek MD**. “Identifying and Acting on What Matters to Patients: An Introduction to Patient Priorities Care.” American Academy of Nurse Practitioners, Live Webinar September 27, 2023, available for CEUs for 24 months.
- Greater than 6000 reviewers averaging 4.5/5 stars

CONFERENCE MEETINGS/PRESENTATIONS

International

- 2025 Wilson DH, **Hladek MD**, Hughes A, Curriero S. “You Gotta Keep Climbing that Mountain until you reach that Goal:” Perspectives of Transplant Waitlisted Dialysis Patient. Renal Society of Australasia (RSA). Melbourne, Australia. [Podium Presentation]
- 2025 **Hladek MD**. “The Role of Psychosocial Distress and Physical Frailty in Predicting Physical Resilience Among Older Adults Undergoing Surgery.” International Conference on Frailty and Sarcopenia Research, Toulouse, France. [Podium Presentation]
- 2024 **Hladek MD**. (Invited). “The Self-Efficacy-Frailty Association: Auto eficacia y su relación con la fragilidad” DiabFrail-Latam Technical Meeting. Pan American Health Organization, Washington, DC. (Simulcast in English, Spanish and Portuguese). [Podium Presentation]
- 2023 **Hladek MD**, Elias S, Riser T. (invited). Aging at Home: The CAPABLE Way. Pan-American Health Organization Webinar. (Simulcast in English and Spanish). (Available on PAHO TV in English) [Synchronous Virtual Webinar]

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

National

- 2025 **Hladek MD** (Symposium Chair). “Adapting the Patient Priorities Care Framework: Innovations in Technology, Surgery, Culture, and Clinical Care”. Gerontological Society of America Annual Scientific Meeting. Boston, MA. [Podium Presentation]
- 2025 **Hladek MD**, Rubio OC, Curriero S, Letts E, Szanton SL. “Adapting Patient Priorities Care to Bridge the Digital Divide: A Patient-Centered, Values-Based Approach”. Gerontological Society of America Annual Scientific Meeting. Boston, MA. [Podium Presentation]
- 2025 Adkins-Jackson P, Haozous EA, Boeun K, Cooke AK, **Hladek MD**, Samuel LJ, Crews DC, Szanton SL. Better Science Enough? Autoethnography of a Collaboration to Measure Structural Racism. Gerontological Society of America Annual Scientific Meeting. Boston, MA. [Podium Presentation]
- 2025 Alzahrani M, Huisinigh-Scheetz M, **Hladek MD**, Xue QL. Self-Rated Health as a Reliable Predictor of Incident Frailty in the Presence of Competing Mortality. Gerontological Society of America Annual Scientific Meeting. Boston, MA. [Podium Presentation]
- 2025 Calderon R, Lukkahatai N, Huang J, **Hladek MD**, Li J. sTNFR1 is Associated with Depressive Symptoms in Community-Dwelling Older Adults. Gerontological Society of America Annual Scientific Meeting. Boston, MA. [Podium Presentation]
- 2025 Kwabena Dankwa, Ketum Ateh Stanislas, Asma Rayani, Ana Mateo, Lilian Hernandez, Feodora Etelier, Chioma Ezuma, Dhananjay Vaidya, Pamela Ouyang, **Melissa Hladek**, Garima Sharma, Yvonne Commodore-Mensah, Faith Metlock. “Healthcare Access and Hypertension Cascade in Reproductive-Aged Women: Findings from the SAFE HEART Study”. American Heart Association: Hypertension 2025 Scientific Sessions. Baltimore, MD. [presentation]
- 2025 **Melissa D Hladek**, Avrey B Hughes, Deidra C Crews, Daniel C Brennan, Mara McAdams-DeMarco, Sarah Szanton. “Intervention Adaptation to Address Symptom Burden and

- Inactive Kidney Transplant Wait-List Status”. American Society of Nephrology Annual Meeting, November 5, 2025. Houston, TX. [Poster Presentation]
- 2025 Ketum Ateh Stanislas, Faith Metlock, Asma Rayani, Chioma Ezuma, Lilian Hernandez, Pamela Ouyang, **Melissa Hladek**, Dhananjay Vaidya, Garima Sharma, Yvonne Commodore-Mensah. “Predictors of Risk Perception Accuracy in Reproductive-Age Women: Implications for Targeted Risk Communication”. American Heart Association: Hypertension 2025 Scientific Sessions. Baltimore, MD.
- 2025 Ketum Ateh Stanislas, Faith Metlock, Asma Rayani, Chioma Ezuma, **Melissa Hladek**, Ana Baez Mateo, Lilian Hernandez, Pamela Ouyang, Dhananjay Vaidya, Garima Sharma, Yvonne Commodore-Mensah. “Perceived Interpersonal Safety and Hypertension Diagnosis Among Women of Reproductive Age: Insights from the SAFE HEART Study”. American Heart Association: Hypertension 2025 Scientific Sessions. Baltimore, MD.
- 2025 Ana Baez Mateo, Lilian Hernandez, Ketum Ateh Stanislas, Asma Rayani, Kwabena Dankwa, Feodora Etelier, Chioma Ezuma, Dhananjay Vaidya, Pamela Ouyang, **Melissa Hladek**, Garima Sharma, Yvonne Commodore-Mensah, Faith Metlock. “Association Between Food Insecurity and Hypertension Among Women of Reproductive Age in the SAFE HEART Study”. American Heart Association: Hypertension 2025 Scientific Sessions. Baltimore, MD. [Poster Presentation]
- 2025 Faith Metlock, Ketum Ateh Stanislas, Asma Rayani, Ana Baez Mateo, Lilian Hernandez, Kwabena Dankwa, Kwabena Odei-Kumi, Chioma Ezuma, Dhananjay Vaidya, Pamela Ouyang, **Melissa Hladek**, Garima Sharma, Yvonne Commodore-Mensah. “Joint Associations Between Polysocial and Psychological Risks and Hypertension in Women of Reproductive Age: Findings from the SAFE HEART Study”. American Heart Association: Hypertension 2025 Scientific Sessions. Baltimore, MD.
- 2025 Feodora Etelier, Ketum Ateh Stanislas, Asma Rayani, Ana Baez Mateo, Lilian Hernandez, Kwabena Dankwa, Chioma Ezuma, Dhananjay Vaidya, Pamela Ouyang, **Melissa Hladek**, Garima Sharma, Yvonne Commodore-Mensah, Faith Metlock. “Racial/Ethnic Disparities in Life's Essential 8 Outcomes Among Women of Reproductive Age in Baltimore and Washington DC”. American Heart Association: Hypertension 2025 Scientific Sessions. Baltimore, MD.
- 2025 Ketum Ateh Stanislas, Faith Metlock, Asma Rayani, Chioma Ezuma, **Melissa Hladek**, Ana Baez Mateo, Lilian Hernandez, Pamela Ouyang, Dhananjay Vaidya, Garima Sharma, Yvonne Commodore-Mensah. “Perceived versus Actual Cardiovascular Health Risk among Women of Reproductive Age: SAFE HEART Women Study”. American Heart Association: Hypertension 2025 Scientific Sessions. Baltimore, MD.
- 2024 **Hladek, MD**. “CAPABLE Transplant: Adaptation of CAPABLE for Use With Older Adults With Inactive Status Awaiting Kidney Transplant”. Gerontological Society of America Annual Scientific Meeting, November 14, 2024, Seattle, WA. [Podium Presentation]
- 2024 **Hladek, MD**. “Empowering Frail Older Adults Through Digital Literacy: A Theory and Values-Based Intervention”. Gerontological Society of America Annual Scientific Meeting,

- November 15, 2024, Seattle, WA. [Podium Presentation]
- 2024 **Hladek, MD.** "A Values-Driven Approach to Bridging the Digital Divide: A Pilot Intervention for Older Adults". Gerontological Society of America Annual Scientific Meeting. Seattle, WA. [Podium Presentation]
- 2024 **Hladek MD.** (invited) "HDF Access & Disadvantaged Populations: Care Considerations". Renal Research Institute. Fresenius Medical Care. New York, NY. [Invited in-person presentation]
- 2024 **Hladek MD,** Douglass B, Nettles B, Empleo-Frazier O, Frechman E. "Educating and Empowering Gerontological APRNs to Act on What Matters Most to Their Patients: A Workshop Teaching the Systematic Approach of Patient Priorities Care". Gerontological Advanced Practice Nurses Association Annual Conference. [90 minute workshop]
- 2024 **Hladek MD,** Covarrubias-Lytle T, Robinson M, Spagna L. "¿Cuándo, Dónde y Qué?: Holistically Exploring Education and Career Pathways". National Association of Hispanic Nurses Annual Conference, Atlanta, GA. [Podium Presentation]
- 2024 **Hladek MD & Samper-Ternent R.** "Patient Priorities Care in Diverse Populations". American Geriatrics Society Virtual Annual Meeting. [Virtual Synchronous Podium Presentation]
- 2024 **Hladek MD.** "Identifying and Acting on What Matters Most." Gerontological Advanced Practice Nurses Association Veteran's Administration Special Interest Group Meeting, on-line. [Virtual Synchronous Podium Presentation]
- 2023 Samper-Ternent R, Perez G, **Hladek MD,** Fonseca C. "Adaptation of the PPC Approach for Hispanic Older Adults." Gerontological Society of America Annual Scientific Conference, Tampa, FL. [Podium Presentation]
- 2023 Buta B, **Hladek MD,** Alzahrani M, Xue QL. "Self-Perception of Aging and the Self-Reported Health/Frailty Paradox." Gerontological Society of America Annual Scientific Conference, Tampa, FL. [Podium Presentation]
- 2023 Chepkorir J, **Hladek M,** Huang J, Pavlovic N, Phan P, Gross A. "Latent Classes Of Resilience In A Nationwide Sample Of American Adults During Covid-19 Pandemic: The Role Of Age." Gerontological Society of America Annual Scientific Conference, Tampa, FL. [Podium Presentation]
- 2023 Clark-Cutaia, Menon, Li, Metoyer, Kim, Grace, Wall, **Hladek,** Purnell, Segev, McAdams-DeMarco. "Disparities in Access to Kidney Transplantation for Asian, Hispanic and Black Candidates". American Society of Nephrology Kidney Week 2023, Philadelphia, PA. [Poster Presentation]
- 2023 Ogungbe B, **Hladek MD,** Commodore-Mensah Y. "Elevated Biomarkers of Subclinical Myocardial Injury and Inflammation Among Community-Dwelling Adults With Covid-19." American Heart Association Scientific Sessions 2023, Philadelphia, PA.
- 2023 **Hladek MD,** Perez G, Fonseca Valencia C, Ventura Castellon E, Douglass B, Robinson M, Samper-Ternent R. "Eliciting Health Priorities of Older Latinos to Guide Care." National

Association of Hispanic Nurses Annual Meeting, Portland, OR. [Poster Presentation]

- 2023 **Hladek MD**, Douglass B, Fingerhood M, Ling C, Tinetti M. "Incorporating Patient Priorities Care Curriculum for Older Adults with Multiple Chronic Conditions into Nurse Practitioner Education." American Academy of Nurse Practitioners Annual Meeting, New Orleans, LA. [Poster Presentation]
- 2023 Hauschildt K, Hough C, Taylor S, **Hladek MD**, Iwashyna T. "Primary Care Clinicians Identify Barriers and Facilitators to High-quality Follow-up After Acute Respiratory Failure" American Thoracic Society Annual Meeting.
- 2023 Hauschildt K, Hough C, Taylor S, **Hladek MD**, Iwashyna T. "The "Secret Sauce": Key Primary Care Practices for Hospital Survivors of Acute Respiratory Illness" American Thoracic Society Annual Meeting.
- 2023 **Hladek MD** (Invited). "Developing an Interdisciplinary Approach to Health Equity" NAHN Hispanic Health Policy Institute. Washington, DC. [Panelist Participation]
- 2022 Novick, TK, Han D, Zonderman A, Evans MK, Rathouz P, **Hladek MD**, Kuczmarowski MF, Crews D. "Coping Behaviors and Risk of Adverse Kidney Outcomes" ASN Kidney Week.
- 2022 Taylor K, Umeukeje EM, Santos S, McNabb KC, Crews DC, **Hladek MD**. "A "Best Fit" Framework Synthesis to Guide Adherence Interventions for Patients on Hemodialysis" ASN Kidney Week. [Poster Presentation]
- 2022 **Hladek MD**, Wilson D, Shanbhag M, Krasnansky K, McAdams-DeMarco M, Walston J, Xue QL, Szanton SL. "Using Photovoice to Understand the Lived Experience and Environment of Older Adults awaiting Kidney Transplant" Gerontological Society of America Annual Scientific Meeting. [Chair of Symposium- Podium Presentation]
- 2022 **Hladek M.D.**, Tinetti, M, Naik, A, Samper-Ternent, R. "Amplifying the Voice of Older Latinos through Priority Setting". National Association of Hispanic Nurses Annual Meeting, [Poster Presentation]
- 2022 Emerald Jenkins, Phatt Thaitrong, Janiece Taylor, Jenni Seale Reiff, Grace Huynh, **Melissa Hladek**, Sarah Szanton. "Narrative Literature Review Of Photovoice Studies To Explore Methodology, Analysis, And The Dementia Experience." Gerontological Society of America's Annual Meeting, [Symposium]
- 2021 **Melissa D. Hladek**, Qiwei Li, Laura L. Samuel, Brittany Drazich, Thomas KM Cudjoe, Sarah L. Szanton. "Hopefulness During COVID19: Associations with Function, Sleep and Loneliness in the National Health and Aging Trends Study". Gerontological Society of America's Annual Meeting, [Symposium]
- 2021 Brittany Drazich; Qiwei Li; Nancy Perrin; Laura Samuel; **Melissa D. Hladek**; Sarah L. Szanton; Thomas Cudjoe; Janiece Taylor, "The Relationship Between Older Adults' Technology Use, In-Person Engagement, and Pandemic-Related Mental Health". Gerontological Society of America's Annual Meeting, [Symposium]

- 2021 Laura J Samuel, Pallavi Dwivedi, **Melissa Hladek**, Thomas KM Cudjoe, Brittany Drazich, Qiwei Li, Sarah L. Szanton. "The effect of COVID-19 pandemic-related financial challenges on quality of life among US older adults. Gerontological Society of America's Annual Meeting", [Symposium]
- 2021 Cudjoe, Li, Drazich, **Hladek**, Samuel, Latkin, Boyd. Loneliness and behavioral changes during the COVID-19 pandemic. Gerontological Society of America's Annual Meeting, [Symposium]
- 2021 Li, Drazich, Samuel, Cudjoe, **Hladek**, Szanton. Predicting Technology Use Among Older Adults During the COVID-19 Pandemic with Community Participation. Gerontological Society of America's Annual Meeting, [Symposium]
- 2021 Samuel LJ, Cudjoe TKM, Roberts L, **Hladek MD**. (invited). Biomarkers of Aging: Findings from the National Health and Aging Trends Study (NHATS). UM-NHATS Data Users Groups, Michigan Center on the Demography of Aging and NHATS.
- 2020 **Hladek MD**, Zhu J, Buta B, Szanton SL, Bandeen-Roche K, Walston J, Xue Q. Self-Efficacy Proxy Predicts Physical Frailty Incidence Over Eight Years in Non-Institutionalized Older Adults. Gerontological Society of America's Annual Meeting, [Poster]
- 2020 **Hladek MD**, Chung SE, Cudjoe TKM, Samuel LJ, Szanton SL, Roth DL. Greater Subjective Well-Being Associated with Lower Inflammatory Proteins in an Older Adult Sample from NHATS, Gerontological Society of America's Annual Meeting, [Symposium]
- 2020 Bandeen-Roche, Zhu J, **Hladek MD**, Crews D, McAdams-Demarco M, Buta B, Varadhan R, Walston J. Resilience in Incident Hemodialysis: Characterization and Outcome Prediction, Gerontological Society of America's Annual Meeting, [Podium]
- 2020 Roberts L, Tian J, LaFave S, **Hladek MD**, Szanton SL. Neighborhood Resources and Biomarkers of Aging in the National Health and Aging Trends Study, Gerontological Society of America's Annual Meeting [Symposium]
- 2020 Samuel LJ, Tian J, Roberts L, LaFave S, **Hladek MD**, Szanton SL. Strengthening the Causal Evidence Linking Chronic Financial Strain with Biomarkers of Aging, Gerontological Society of America's Annual Meeting [Symposium]
- 2019 **Hladek MD**, Nersessian P, Cudjoe T, Gill J, Szanton SL. Higher Coping Self-Efficacy Associated with Low Self-Perceived Loneliness in Older Adults with Chronic Disease. Gerontological Society of America, Meeting [Podium]
- 2019 Szanton, Clemson, Liu, Gitlin, Roth, **Hladek**, Granbom. Preventing Falls Among Older Fallers: LIVE-LiFE. The Gerontological Society of America's 2019 Annual Meeting, Austin, TX [Poster]
- 2018 **Hladek MD**, Gill J, Lai C, Bandeen-Roche K, Walston J, Allen J, Hinkle J, Lorig K, Szanton SL. "Self-Efficacy: Is It Associated with Frailty and Interleukin-6?" Gerontological Society of America Meeting, Boston, MA. [Poster]
- 2017 **Hladek**, Szanton, Cho, Sacko, Roberts, and Gill. "Measurement of Cytokines in Sweat Patches Among Older and Younger Adults: a Pilot Study." Translational Science Conference,

Washington, DC. [Poster]

- 2015 Cajita MI, Rodney T, Xu A, **Hladek M**, Han HR. "Assessing the quality and health literacy demand of online heart failure information." 7th Annual Health Literacy Research Conference, Bethesda, MD. November 2-3, 2015. [Poster]
- 2011 **Hladek M** & Moreland S (poster) "Teaching Diagnostic Reasoning to Nurse Practitioner Students: One School's Experience." National Organization of Nurse Practitioner Faculty Annual Meeting, Albuquerque, New Mexico.

Regional

- 2025 **Hladek MD**. "Building Strength for the Aging Journey: Update on Two Interventions & One Framework." Clinical, Social and Scientific Foundations of Geriatric Medicine Grand Rounds. Johns Hopkins University Department of Geriatric Medicine, Baltimore, MD.
- 2025 **Hladek MD**. "Building Strength for the Kidney Transplant Journey: Our Process and Adaptation of CAPABLE." University of California San Francisco Division of Nephrology, Renal Grand Rounds.
- 2024 **Hladek MD**. "From Stress to Strength: Self-Efficacy in Advanced Kidney Disease Interventions". Johns Hopkins University, Renal Disease Interest Group. Baltimore, MD.
- 2024 **Hladek MD**. "Building Strength: Why Self-Efficacy Matters in the Latino Community". National Association of Hispanic Nurses DC Metro Chapter Meeting. Washington, DC.
- 2024 **Hladek MD**. "Healthy Aging: Managing Stress and Understanding your Health Priorities". TRIO Maryland, Baltimore, MD.
- 2024 **Hladek MD**. "Empowering Frail Older Adults through Digital Literacy: Two Theory & Values-Based Intervention Protocols". Johns Hopkins Pepper Scholars Presentation, Baltimore, MD.
- 2024 **Hladek MD**. "Patient Priorities Care: A Paradigm Shift in the Clinical Care of Older Adults (and What This Could Mean for Research Too)". Center for Equity in Aging. Baltimore, MD.
- 2023 **Hladek MD** "Using a Multi-Step Human-Centered Design Process to Adapt CAPABLE to the Older Kidney Transplant Population" Johns Hopkins University, Baltimore, MD. Peppers Center Scholars Lecture, February 1, 2023 & Frailty Working Group.
- 2022 **Hladek MD**. "Our Experience (thus far) Using a Multi-Step Human-Centered Design Process to Adapt CAPABLE to the Older Kidney Transplant Population" Johns Hopkins University, Intervention Working Group.
- 2022 **Hladek MD**. (with CEUs) "The Role of Self-Efficacy in Aging Biology & Frailty and How to Move Forward From Here" Johns Hopkins University, Geriatric Medicine Grand Rounds, Baltimore, MD.
- 2021 **Hladek MD**, Grayson W, Cudjoe TKM, Guerra C Panelist. "Our Health, Our Community, Our Careers in Biomedical Sciences and HealthCare", Johns Hopkins Medicine Diversity Council. Archbishop Borders and Henderson Hopkins Schools, Baltimore, MD.
- 2021 **Hladek MD** "Well-Being, Inflammation, and Hispanic/Latinx Older Adults in the US" National Association of Hispanic Nurses, DC Chapter, Washington, DC.

- 2021 **Hladek MD** "Findings on Self-Efficacy in Frailty Research" Frailty Working Group, Johns Hopkins, Baltimore, MD.
- 2020 **Hladek MD** "Tea & Conversation: Race as a Variable" Seminar Discussion Co-Leader, Office of Diversity and Inclusion, Johns Hopkins School of Nursing, Baltimore, MD.
- 2020 **Hladek MD** "Interview Tips and Techniques for Quantitative Research", Johns Hopkins School of Nursing & Medicine, Baltimore, MD.
- 2019 **Hladek MD** "What We Know about Self-Efficacy and Its Associations with Frailty and Cytokines in Older Adults with Chronic Disease: How Does that Relate to Low Vision Rehab?" Johns Hopkins Wilmer Eye Institute, Baltimore, MD.
- 2018 **Hladek, MD** "Self-Efficacy and Its Associations with Pre-Frailty/ Frailty and Sweat Interleukin-6 in Older Adults with Chronic Disease." Frailty Working Group, Johns Hopkins, Baltimore, MD.
- 2018 **Hladek, MD** "Relationships Between Confidence in Ourselves and our Physical Wellness" Riderwood Active Adult Living Community, Silver Spring, MD. September 26, 2018
- 2018 **Hladek, MD** "Sweat as a Specimen Source to Study Resilience in Older Adults". Biology of Healthy Aging Meeting, Johns Hopkins University, Baltimore, MD.

PROFESSIONAL ACTIVITIES/ SERVICE

- 2021-Present Leadership within National Association of Hispanic Nurses (NAHN)
- 2025-2027 Director, (Elected) National Association of Hispanic Nurses (National)
 - 2025-2027 Co-Chair, Awards & Scholarships Committee (National)
 - 2025-2027 NAHN representative to:
 - Alzheimer's Association
 - UsAgainst Alzheimer's Brain Health Equity Fellowship
 - 2025-2026 Immediate Past-President, NAHN DC Metro Chapter
 - 2023 Invited Lecturer, "*Amplifying the Voice of Older Latinos in Healthcare.*" 2023 Diversity Dimensions Health Care Symposium, **UnidosUS**, Washington, DC, June 15, 2023.
 - 2023 Invited Panelist, NAHN Hispanic Health Policy Summit, February 11, 2023.
 - 2023-2024 President, NAHN DC Metro Chapter
 - 2021-2022 President-Elect, NAHN DC Metro Chapter
 - 2021-2022 Consultant, NAHN National Office- development of Brain Health Equity Fellowship
 - 2021-2024 Successful NAHN DC Metro Chapter grant with All of US research foundation
 - 2021 Moderator, UsAgainstAlzheimer's Center for Brain Health Equity and NAHN Focus Group, July 29, 2021.
- 2019-Present Leadership within the Pan-American Health Organization (PAHO), Healthy Life Course Unit, Washington, DC

- Consultant, PAHO Latin American implementation of World Health Organization (WHO) Integrated Care for Older People (iCOPE)
 - Participant (invited), PAHO/WHO Meeting for Healthy Aging in the Americas, Pan-American Health Organization, Washington, DC, June 10, 2019
 - Multiple annual Webinars for PAHO member countries and PAHO retirees (see International Talks section)
 - Participant (invited), Technical Meeting: Diabfrail LatAm: Increasing Wellbeing in Older Adults living with Diabetes. November 12, 2024.
- 2024- Present Leadership within the Kidney Disease Aging Research Consortium, New York University, New York, NY
- Patient Engagement Core Member
 - Delphi study participation on frailty and kidney disease
 - Delphi participation on recruitment and retention of older adults with kidney disease to research studies.
- 2026 Invited Expert Panel Member, *Preventing Housing Insecurity and Homelessness for Older Adults: What Health Systems Can Do*, Initiative on Health and Homelessness (IHH), Department of Health Policy and Management, Harvard T.H. Chan School of Public Health, Boston, MA, May 21, 2026.
- 2025 Panelist, Virtual Screening Premier “Memories of my Grandfather” Telenovela, Alzheimer’s Association, September 30, 2025
- 2025 Invited Expert Panel Member, Cardiovascular-Kidney-Metabolic Syndrome Roundtable. Convened by National Center for Quality Assurance (NCQA). Outcome: White paper titled “*Cardiovascular-Kidney-Metabolic Syndrome: Improving Quality of Care and Accountability*”. Available [here](#).
- 2025 Invited Expert Panel Member, Age-Friendly Health Series, *Health Affairs* Planning Meeting
- 2024 Behavioral Consultant, Fresenius Medical Care, New York, NY
- 2024-2025 Member, US Department of Health and Human Services, Agency for Healthcare Research and Quality (AHRQ), Person-Centered Care Planning for Persons with Multiple Chronic Conditions Learning Collaborative, Rockville, MD
- 2020-2021 Technical Mentor, USAID, Sustaining Technical and Analytic Resources (STAR) Learning Project, Washington, DC
- 2022 Participant, Mary’s Center Community Conversations: Implementing High Quality Services For Older Adults, Washington, DC, May 3, 2022
- 2022 Volunteer, Petworth Spring Community Health Fair, NAHN & All of Us Partnership, April 23, 2022
- 2011 CUA Representative, American Academy of Nurse Practitioners Region 3 Invitational

Leadership Meeting, Baltimore, MD, October 15, 2011.

- 2010 Hladek, M. "NONPF on the Move" Report and National Organization of Nurse Practitioner Faculties Representative to American Academy of Nursing Forum entitled "Solutions to Scale: Proven Health Care Models for Primetime", Washington, DC.
- 2010 CUA Representative, American Pharmacists Association, Self- Care Institute, Washington, DC, June 17- 20, 2010.
- 2010 National League of Nursing Representative, Americans for Nursing Shortage Relief program honoring Senator Debbie Stabenow, Capitol Hill, Washington, DC, June 16, 2010.
- 2006-2022 Provider Member, HIV International Controllers Study, <http://www.hivcontrollers.org/> With 4 affiliated publications

COMMITTEES AND UNIVERSITY SERVICE

Johns Hopkins University

- 2026 Reviewer, Johns Hopkins University, Pepper Center grants, Center on Aging and Health
- 2024-Present Principal Faculty, Center on Aging and Health (Schools of Medicine and Public Health)
- 2024 Reviewer, Johns Hopkins University Office for Undergraduate Research, Provost's Undergrad Research Awardees (PURA) program
- 2024 Member, Provost's 2024 Postdoctoral Fellowship Selection Committee, Johns Hopkins University
- 2023-Present Member and Presenter, Renal Disease Interest Group (School of Medicine)
- 2023 Member, Johns Hopkins Older Americans Independence Center REC Working Group on Diversity, Equity and Inclusion
- 2023 Mentor, School of Medicine, Career in Science and Medicine Initiative "Day in the Life of a Specialist Lunch and Learn Series", featured talk, June 14, 2023.
- 2019-Present Member and Presenter, Frailty and Multisystem Dysregulation Working Group, Center on Aging and Health (Schools of Medicine and Public Health)

Johns Hopkins University School of Nursing, Baltimore, MD

- 2019-Present Faculty Advisor, Latine Student Nurses Association, Johns Hopkins University School of Nursing
- 2019-Present Research Committee Member, Sigma Theta Tau, Nu Beta Chapter, Johns Hopkins University
- 2021-Present Core Faculty, Center on Equity in Aging
- 2025-Present Member, PhD Curriculum Committee
- 2023-Present Member, Admissions Committee PhD program, Johns Hopkins School of Nursing
- 2023 Member, Digital Health Working Group
- 2022-2024 Member (Elected), Faculty Assembly Steering Committee, Johns Hopkins University School of Nursing
- 2021 Member, Executive Vice Dean Search Committee, Johns Hopkins University School of Nursing
- 2020-2022 Member, Faculty Grievance Committee, Johns Hopkins University School of Nursing
- 2020-2022 Interprofessional Education, Faculty Facilitator, Johns Hopkins Schools of Nursing, Medicine, &

Public Health and School of Pharmacy from Notre Dame of Maryland University
2019-Present Faculty, DNP On-Campus Immersion Experiences for AGNP and FNP Students
2019-2023 Member, Admissions Committee DNP/FNP program, Johns Hopkins School of Nursing

The Catholic University of America School of Nursing, Washington, DC

2009-2013 Curriculum Committee Member, Masters of Nursing, FNP Program, The Catholic University of America, Washington, DC
2009- 2013 Admissions Committee Member, Masters of Nursing, FNP Program, The Catholic University of America, Washington, DC
2009-2013 Faculty Advisor, Olivian Society (Graduate Student Nurse Organization), The Catholic University of America, Washington, DC
2009-2013 Masters of Nursing, FNP Program, Curriculum Committee Member
2009- 2013 Masters of Nursing, FNP Program, Admissions Committee Member

Mendocino College, Ukiah, CA

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

CURRICULUM VITAE
Part II

EDUCATIONAL ACTIVITIES

Classroom Instruction

Johns Hopkins University, Baltimore, MD

Spring 2026	NR 210.628: FNP Clinical Practicum IV, Doctor of Nursing Practice/ FNP Track, Clinical Instructor, 7 students
Spring 2025	NR 210.623: FNP Clinical Reasoning IV, Doctor of Nursing Practice/ FNP Track, Co-Course Coordinator, 17 Students
Spring 2025	NR 210.643: AGNP Clinical Reasoning IV, Doctor of Nursing Practice/ FNP Track, Co-Course Coordinator, 10 Students
Spring 2024	NR 210.623: FNP Clinical Reasoning IV, Doctor of Nursing Practice/ FNP Track, Co-Course Coordinator, 28 Students
Spring 2024	NR 210.643: AGNP Clinical Reasoning IV, Doctor of Nursing Practice/ FNP Track, Co-Course Coordinator, 13 Students
Fall 2022	NR 210.601: Advanced Health Assessment and Measurement, Clinical Instructor, 88 Students
Fall 2022	NR 210.603: Human Growth and Development, Course Instructor, 110 Students
Summer 2022	NR 210.623: FNP Clinical Reasoning IV, Doctor of Nursing Practice/ FNP Track, Course Coordinator, 22 Students
Spring 2022	NR 210.623: FNP Clinical Reasoning IV, Doctor of Nursing Practice/ FNP Track, Course Coordinator, 22 Students
Spring 2022	NR 210.643: AGNP Clinical Reasoning IV, Doctor of Nursing Practice/ FNP Track, Course Coordinator, 5 Students
Fall 2021	NR 210.628: FNP Clinical Practicum II, Doctor of Nursing Practice/ FNP Track, Course Coordinator, 22 students
Fall 2021	NR 210.648: AGNP Clinical Practicum II, Doctor of Nursing Practice/AGNP Track, Course Coordinator, 6 Students
Fall 2021	Interprofessional Education Core Event: Teams and Teamwork, Faculty Mentor, 2 groups, Masters Entry into Nursing, Medical, Public Health & Pharmacy Students, 25 students
Summer 2021	NR 210.623: FNP Clinical Reasoning IV, Doctor of Nursing Practice/ FNP Track, Course Coordinator, 22 Students

Summer 2021	NR 210.643: AGNP Clinical Reasoning IV, Doctor of Nursing Practice/ FNP Track, Course Coordinator, 6 Students
Spring 2021	NR 210.623: FNP Clinical Reasoning IV, Doctor of Nursing Practice/ FNP Track, Course Coordinator, 10 Students
Spring 2021	NR 210.643: AGNP Clinical Reasoning IV, Doctor of Nursing Practice/ FNP Track, Course Coordinator, 5 Students
Fall 2020	Interprofessional Education Core Event: Teams and Teamwork, Faculty Mentor, 2 groups, Masters Entry into Nursing, Medical, Public Health & Pharmacy Students, 18 students
Summer 2020	NR 210.623: FNP Clinical Reasoning IV, Doctor of Nursing Practice/ FNP Track, Course Coordinator, 11 Students
Summer 2020	NR 210.643: AGNP Clinical Reasoning IV, Doctor of Nursing Practice/ FNP Track, Course Coordinator, 9 Students
Spring 2020	NR 210.623: FNP Clinical Reasoning IV, Doctor of Nursing Practice/ FNP Track, Co-Course Coordinator, 10 Students
Spring 2020	NR 210.643: AGNP Clinical Reasoning IV, Doctor of Nursing Practice/ FNP Track, Co-Course Coordinator, 2 Students
Spring 2020	NR 210.626: FNP Clinical Practicum II, Doctor of Nursing Practice/ FNP Track, Co-Course Coordinator, 11 Students
Spring 2020	NR 210.646: AGNP Clinical Practicum II, Doctor of Nursing Practice/AGNP Track, Co-Course Coordinator, 9 Students
Fall 2019	NR 210.624: FNP Clinical Reasoning V, Doctor of Nursing Practice/ FNP Track, Co-Course Coordinator, 14 Students
Fall 2019	NR 210.628: FNP Clinical Practicum IV, Doctor of Nursing Practice/ FNP Track, Co-Course Coordinator, 14 Students
Fall 2019	NR 210.648: AGNP Clinical Practicum IV, Doctor of Nursing Practice/AGNP Track, Co-Course Coordinator, 2 Students

The Catholic University of America, Washington, DC

All courses graduate level unless specified.

Fall 2013	NUR 240: Foundations of Nursing Practice (Undergraduate)
Fall 2013	NUR 781: Primary Care of Adolescents
Fall 2013	NUR 275D: Adults in Health and Illness I (Undergraduate)
Spring 2013	NUR 782: Management of Health Problems

Spring 2013	NUR 784, 785, 786: NP Practicums I, II, and III
Spring 2013	NUR 424: Management of Health Care Delivery (Undergraduate)
Fall 2012	NUR 783: Management of Health Problems II
Fall 2012	NUR 371: Pathophysiology (Undergraduate)
Fall 2012	NUR 784, 785, 786: NP Practicums I, II, and III
Summer 2012	NUR 784, 785, 786: NP Practicums I, II, and III
Spring 2012	NUR 782: Management of Health Problems I
Spring 2012	NUR 784, 785, 786: NP Practicums I, II, and III
Fall 2011	NUR 783: Management of Health Problems II
Fall 2011	NUR 784, 785, 786: NP Practicums I, II, and III
Summer 2011	NUR 784, 785, 786: NP Practicums I, II, and III
Spring 2011	NUR 782: Management of Health Problems I
Spring 2011	NUR 784, 785, 786: NP Practicums I, II, and III
Fall 2010	NUR 783: Management of Health Problems II
Fall 2010	NUR 784, 785, 786: NP Practicums I, II, and III
Summer 2010	NUR 784, 785, 786: NP Practicums I, II, and III
Spring 2010	NUR 782: Management of Health Problems I
Spring 2010	NUR 784, 785, 786: NP Practicums I, II, and III
Fall 2009	NUR 783: Management of Health Problems II
Fall 2009	NUR 784, 785, 786: NP Practicums I, II, and III

Mendocino College, Ukiah, CA

All courses undergraduate level.

Spring 2009	NUR 132: Complex Medical Surgical Nursing II
Spring 2009	NUR 131: Leadership & Management II
Spring 2009	NUR 52: Nursing Technical Lab (Assisted)
Fall 2008	NUR 122: Complex Medical Surgical Nursing I
Fall 2008	NUR 125: Pharmacology III

Fall 2008	NUR 102: Fundamentals of Nursing (Assisted)
Fall 2008	NUR 52: Nursing Technical Lab (Assisted)
Spring 2008	NUR 132: Complex Medical Surgical Nursing II
Spring 2008	NUR 131: Leadership & Management II
Spring 2008	NUR 52: Nursing Technical Lab (Assisted)
Fall 2007	NUR 122: Complex Medical Surgical Nursing I
Fall 2007	NUR 125: Pharmacology III
Fall 2007	NUR 102: Fundamentals of Nursing (Assisted)
Fall 2007	NUR 52: Nursing Technical Lab (Assisted)
Spring 2007	NUR 132: Complex Medical Surgical Nursing II
Spring 2007	NUR 52: Nursing Technical Lab (Assisted)

GUEST LECTURES/ TALKS

2025	“Dermatology Across the Lifespan and Skin Tone: A Case Study” Guest Speaker. Course Entitled: Clinical Reasoning 4, Baltimore, MD. June 3, 2025.
2024	“Dermatology Across the Lifespan and Skin Tone: A Case Study” Guest Speaker. Course Entitled: Clinical Reasoning 4, Baltimore, MD. May 28, 2024.
2023	“Introduction to Stress & Stress Response” Guest Speaker/ Seminar Discussion Leader. Course Entitled: Stress and Resilience, Baltimore, MD. May 23, 2023.
2023	“Dermatology Across the Lifespan: A Case Study” Guest Speaker. Course Entitled: Clinical Reasoning 4, Baltimore, MD. February 8, 2023 & May 30, 2023.
2021	“Introduction to Stress & Stress Response” Guest Speaker/ Seminar Discussion Leader. Course Entitled: Stress and Resilience, Baltimore, MD. May 25, 2021.
2020	“Introduction to Stress & Stress Response” Guest Speaker/ Seminar Discussion Leader. Course Entitled: Stress and Resilience, Baltimore, MD. May 12, 2020.
2020	“Nursing as a Bridge Science: The Biology of Stress & Resilience” Guest Speaker. Course entitled: Nursing Research Seminar, Baltimore, MD. March 25, 2020.
2019	“Stress, Stress Response & Resilience in the Context of Aging and Chronic Disease” Guest Speaker/ Seminal Discussion Leader. Course Entitled: Stress and Resilience, Baltimore, MD. May 20, 2019.

IMMERSIONS

Volunteer participation in day long clinical immersions for FNP and AGNP DNP students

2025	Summer
2024	Fall & Summer
2023	Fall & Summer
2022	Fall & Summer
2021	Fall & Summer

MENTORING AND ADVISEMENT

Student Advisement

2025	PhD Advisor to 2 students, Leslie Trejo and Erika Estrada-Ibarra
2025	DNP Advisement to 8 students
2020-2024	DNP FNP Advisement to 24 students
2009-2013	MSN FNP Advisement to 30+ students

Research Honors Mentorship

2020-2021	1 MEN Student, Nancy Mancia
2021-2022	2 MEN Students, Sabrina Shofner and Jenny Gyls
2022-2023	2 MEN Students, Grace LaCava and Katie Krasnansky
2024-2025	2 MEN Students, Samantha Horn and Dana Janigian
2025-2026	2 MEN Students, Liam Horne and Jessica Bradbury

PhD Pathway Scholars Program

2023	1 Student, Elsa Sanchez
2025	1 Student, Carolina Mona-Keene

Scholarly Projects

2025	Hughes, A. DNP Student. Waitlist Management for Inactive Status Kidney Transplant Patients: Results of a DNP QI Project. Advisor, (Outstanding DNP Project Award).
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Dissertation Committee Member

Johns Hopkins University

- 2026 Bhansali, Rebekah, School of Nursing. "Pregnancy-Related Hypertensive Disorders and Long-Term Cardiovascular Risk: Clinical, Social, and Genetic Determinants", PhD Committee Member, Alternate.
- 2025-2026 Trejo, Leslie, School of Nursing. Preliminary Oral Examination Member, PhD Committee Member, Advisor.
- 2025-Present Estrada-Ibarra, Erika, School of Nursing. Preliminary Oral Examination Member, PhD Committee Member, Advisor.
- 2025- Present Mena-Carrasco, Fernando, School of Nursing. A Longitudinal Secondary Analysis of the Intersectional Effects of Race and Ethnicity, SNAP Policy, and Structural Factors on Trajectories of Depression and Anxiety Symptoms in a Nationally Representative Cohort of U.S. Adults. Preliminary Oral Examination Alternate. June 9, 2025.
- 2023 Suen, Jon, School of Nursing. Investigating the Relationship Between Age-Related Hearing Loss And Loneliness Among Community-Dwelling Older Adults. PhD Committee Member, Alternate.
- 2021-2022 Bunmi Ogungbe, School of Nursing. Assessing Myocardial injury, Inflammatory Biomarkers and Cardiovascular Consequences of COVID-19. Preliminary Oral Examination and PhD Committee Alternate.
- 2021 Laken Roberts Lavigne, School of Nursing. Residential Context and Pathways of Exposure: Examining Residential Segregation, Neighborhood Adversity, and Neighborhood Greenness in Relation to Health. Final Oral Examination Member.

Outside of Johns Hopkins University

- 2022-2025 Terri Miller, University Of Missouri-Kansas City. Change In Frailty And Factors Associated With The Change In Frailty In Adults Waiting For Kidney Transplant: A Retrospective, Descriptive, Longitudinal Study. PhD Dissertation Committee, Preliminary Oral Examination Committee Member.