

CURRICULUM VITAE

Name: EILEEN R. CHASENS, PhD, RN, FAAN

Business Address: 415 Victoria Building **Email Address:** chasense@pitt.edu
 University of Pittsburgh
 School of Nursing

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Education and Training**Undergraduate**

| | | | |
|---------|--|-------------|--|
| 1973-75 | Sinclair College Dayton, OH | ADN 1975 | Nursing |
| 1984-88 | Texas Woman's University Denton, TX | BS 1988 | Nursing Minor: Biology Magna Cum Laude |

Graduate

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| 1988-90 | Texas Woman's University Denton, TX 1990 | MS Role: | Community Health Clinical Nurse Specialist |
| 1998 | University of North Texas Center for Studies in Aging Denton, TX | Certification 1998 | Specialist in Aging |
| 1998-2000 | University of Alabama at Birmingham Birmingham, AL | PhD 2000 (converted from DSN degree by school, October 2013) | Nursing |

Post-Graduate

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|-----------|--|---|--|
| 2001-2004 | University of Pennsylvania, School of Nursing and Center for Sleep and Respiratory Neurobiology, School of Medicine Philadelphia, PA | Postdoctoral Fellowship T32-HL07953 | Training in Sleep & Sleep Disorders |
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Appointments and Positions**Academic**

| | | |
|--------------|--------------------------|-------------------------------|
| 2004-present | University of Pittsburgh | Chair: HCS (12/2018- present) |
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| | | Professor (December 2018) Interim Chair: HCS (9/2018-12/2018) Associate Professor (7/2013) Vice Chair: Research 2017-18 Vice-Chair: Admin. 2015-17 Member of the Graduate Faculty Coordinator of the Accelerated 2 nd Degree BSN Program (2004-2009) |
| 2000-2001 | Wayne State University School of Nursing Detroit, MI | Assistant Professor |
| 2000-2001 | Wayne State University Institute for Gerontology Detroit, MI | Faculty Associate |
| 1992-2000 | El Centro College Department of Nursing Dallas, TX | Instructor Course Director |
| Non-Academic | | |
| 2008-2011 | Western Psychiatric Institute and Clinic Nurse Pittsburgh, PA | Geriatric Psychiatric Integrated Aging Unit |
| 1990-1992 | Baylor University Medical Center Dallas, TX | Nurse Educator Asthma & Pulmonary Rehabilitation |
| 1988-1990 | Baylor Center for Restorative Supervisor Care, Dallas, TX | Administrative Sub-acute Rehabilitation |
| 1981-1988 | Baylor University Medical Center Dallas, TX | Charge Nurse-Surg. ICU Staff- Thoracic ICU |
| 1979-1981 | Garland Community Hospital Garland, TX | Nursing Supervisor |
| 1977-1979 | Stillwater Hospital Dayton, OH | Nursing Supervisor Sub-acute and long term |

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|-----------|----------------------------------|--|
| 1975-1978 | Grandview Hospital Dayton, OH | Staff and Charge Nurse Medical & Intensive Care |
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Licensure And Certification

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| 2000-present 1989-1998 | Pennsylvania RN531735 Critical Care Nursing (CCRN) - American Association of Critical Care Nursing |
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Membership in Professional and Scientific Societies

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|--------------|---|
| 2015-present | American Academy of Nursing Expert Panel on Nurse Fatigue |
| 2011-present | American Nurses Association (National, State and Regional Chapters) |
| 1999-present | Sigma Theta Tau, Eta Chapter |
| 1999-present | American Diabetes Association |
| 1999-present | Sleep Research Society Membership Committee Communication Committee Representative |
| 2005-present | American Association of Diabetes Educators |
| 2002-present | Eastern Nursing Research Society- member Co-Chair Biobehavioral Research Interest Group 2009-2015 Nominating Committee (elected, 2010-2014) |
| 2000-2001 | Midwest Nursing Research Society |
| 1989-1996 | American Association of Critical Care Nurses |

Honors

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|-----------------|--|
| 1988 | BS, Magna Cum Laude, Texas Woman's University |
| 1995, 1998-2000 | Professional Nurse Traineeship Grant U.S. Department of Health and Human Services |
| 1997- 2000 | University of Alabama School of Nursing Fellowship University of Alabama at Birmingham |
| 1998 | Florence A. Hixson Nursing Scholarship University of Alabama School of Nursing University of Alabama at Birmingham |
| 1999 | Dean's Award University of Alabama School of Nursing |

University of Alabama at Birmingham

- 1999 Sigma Theta Tau Scholarship
Nu Chapter, University of Alabama at Birmingham
- 1999 Outstanding DSN Student Award
University of Alabama School of Nursing Alumni Association
University of Alabama at Birmingham
- 1999 UAB Nominee
AARP Andrus Foundation Fellowship in Gerontology
- 2000 Outstanding Student Award (Nursing
Graduate School
University of Alabama at Birmingham
- 2000, 2002, 2004 Trainee Research Merit Award
Associated Professional Sleep Societies
- 2001 Research Fellow, Brookdale Foundation Summer Institute on
Aging, National Institute on Aging
- 2001 New Investigator Award: Physiological Phenomena Section.
Midwest Nursing Research Society.
- 2002 Penn Macy Institute Scholarship
University of Pennsylvania School of Nursing
Philadelphia, PA
- 2007 Sigma Theta Tau, Eta Chapter Award for Leadership in Nursing
Education
University of Pittsburgh
Pittsburgh, PA
- 2013 Dean's Excellence in Teaching Award
University of Pittsburgh, School of Nursing
- 2013 Chancellor's Distinguished Teaching Award - Nominated
University of Pittsburgh
- 2015 Fellow in the American Academy of Nursing
- 2017 Cameos of Caring Nurse Educator Award- University of
Pittsburgh School of Nursing Recipient
- 2017 University of Alabama at Birmingham Marie L. O'Koren

Alumni Award for Innovation- Recipient

- 2018 Nurse Researcher Award, Nightingale Awards of Pennsylvania, Harrisburg, PA
- 2018 Pittsburgh Magazine: 2018 Nurse Excellence Award (Researcher)
- 2021 Visionary Leader Award. University of Alabama at Birmingham, School of Nursing 70th Anniversary.

Publications

(Data-based indicated by an asterisk; Student included indicated by a ‡)

Refereed Articles

1. *Umlauf, M. G., **Kurtzer, E. R. (Chasens)**, Valappil, T., Burgio, K., Pillion, D., & Goode, P. (1999). Sleep disordered breathing as a mechanism for nocturia: Preliminary findings. *Wound/ Ostomy Management*, 45(12), 52-60.
2. **Chasens, E. R.**, DePew, D. D., Goudreau, K. A., & Pierce, C. S. (2000). Legal aspects of grading and student progression. *Journal of Professional Nursing*, 16(5), 1-7.
3. **Chasens, E. R.**, & Umlauf, M. G. (2000). Post-polio syndrome: A clinical snapshot. *American Journal of Nursing*, 100(12), 60-65.
4. ***Chasens, E. R.**, Umlauf, M. G., Pillion, D. J., & Singh, K. P. (2000). Sleep apnea symptoms, nocturia, and diabetes in African-American community dwelling older adults. *Journal of National Black Nurses Association*, 11(2), 25-33.
5. ***Chasens, E. R.**, Umlauf, M. G., Valappil, T., & Singh, K. P. (2001). Nocturnal problems in post-polio syndrome: Sleep apnea symptoms and nocturia. *Rehabilitation Nursing*, 26(2), 66-71.
6. Goudreau, K. A., & **Chasens, E. R.** (2002). Negligence in nursing education? *Nurse Educator*, 27(1), 42-46.
7. *‡ **Chasens, E. R.**, Umlauf, M. G., Pillion, D. J., & Wells, J. A. (2002). Nocturnal polyuria in type 2 diabetes mellitus: A symptom of obstructive sleep apnea. *Diabetes Educator*, 28(3), 424-434.
8. Umlauf, M. G., & **Chasens, E. R.** (2003). Bedwetting – not always what it seems: A sign of sleep disordered breathing in children. *Journal for Specialists in Pediatric Nursing*, 8(1), 22-30.

9. **Chasens, E. R.**, Umlauf, M. G. (2003). Nocturia: A problem that disrupts sleep and predicts obstructive sleep apnea. *Geriatric Nursing, 24*(2), 76-81, 105.
10. Umlauf, M. G., & **Chasens, E. R.**, (2003). Sleep disordered breathing and nocturnal polyuria: Nocturia and enuresis. *Sleep Medicine Reviews, 7*(5), 403-411.
11. **Chasens, E. R.**, Umlauf, M. G., & Weaver, T. E. (2003). Insulin resistance and OSA: Is sympathetic stimulation the link? *Biological Research for Nursing, 5*(2), 87-96.
12. *Umlauf, M. G., **Chasens, E. R.**, Greevy, R. A., Burgio, K. L., & Pillion, D. J. (2004). Obstructive sleep apnea, nocturia and polyuria in older adults. *Sleep, 27*(1), 139-144.
13. Lee, K. A., Landis, C., **Chasens, E. R.**, Dowling, G., Merritt, S., Parker, K., et al. (2004). Sleep and chronobiology: Recommendations for nursing education. *Nursing Outlook, 52*(3), 126-133.
14. ***Chasens, E. R.**, Pack, A. I., Maislin, G., Dinges, D. F., & Weaver, T. E. (2005). Claustrophobia and adherence to CPAP treatment. *Western Journal of Nursing Research, 27*(3), 307-321.
15. ***Chasens, E. R.**, & Olshansky, E. (2006). The experience of being sleepy while managing type 2 diabetes. *Journal of American Psychiatric Nurses Association, 12* (5). 272-278.
16. Weaver, T. E., & **Chasens, E. R.** (2007) Continuous positive airway pressure and sleep apnea in older adults. *Sleep Medicine Reviews, 11*(2), 99-111.
17. **Chasens, E. R.** (2007). Understanding sleep in persons with diabetes. *The Diabetes Educator, 33*(3), 435-441.
18. **Chasens, E. R.** (2007). Obstructive sleep apnea, daytime sleepiness, and type 2 diabetes. *The Diabetes Educator, 33*(3), 475-482.
19. ***Chasens, E.R.**, Sereika, S. M., Weaver, T. E., & Umlauf, M.G. (2007). Daytime sleepiness, exercise, and physical function in older adults. *Journal of Sleep Research. 16*, 60-65.
20. ***Chasens, E. R.**, & Olshansky, E. (2008). Daytime sleepiness, diabetes, and psychological wellbeing. *Issues in Mental Health Nursing, 29*, 1134-1150.
21. ‡Casey, M. L. & **Chasens, E. R.** (2009). Community associated Methicillin-Resistant *S. aureus*: Implications for emergency department nursing. *Journal of Emergency Room Nursing, 35*, 224-229.

22. ***Chasens, E. R.**, Sereika, S.M., Burke, L.E. (2009). Daytime sleepiness and functional outcomes in older adults with diabetes. *The Diabetes Educator*, 35, 455-464.
23. ***Chasens, E. R.**, Ratcliff, S.J. & Weaver, T. E. (2009). Development of the FOSQ-10: a short version of the functional outcomes of sleep questionnaire. *Sleep*, 32, 915-919.
24. ***Yang, K, Chasens, E. R.**, Sereika, SM, Burke, LE. (2009). Revisiting the association between cardiovascular risk factors and diabetes: Data from a large population-based study. *The Diabetes Educator*, 35, 770-777.
25. ***Weaver, T. E., Chasens, E. R., & Arora, S.** (2009). Modafinil improves functional outcomes and engagement in daily activities in patients with residual excessive sleepiness associated with obstructive sleep apnea. *Journal of Clinical Sleep Medicine*, 5, 499-505.
26. ***Chasens, E.R.**, Umlauf, M. G., & Weaver, T. E. (2009). Sleepiness, physical activity, and functional outcomes in veterans with type 2 diabetes. *Applied Nursing Research*, 22, 176-182.
27. *‡**Chasens, E. R.**, Twerski, S. R., Yang, K. Umlauf, M. G. (2010). Sleepiness and health outcomes in midlife women: Results from the 2007 Sleep in America poll. *Behavioral Sleep Medicine*, 8, 157-171. PMID:20582759
28. ‡**Chasens, E. R.**, Enock, M., DiNardo, M. (2010). Reducing a barrier to diabetes education: Identifying hearing loss in patients with diabetes. *The Diabetes Educator*, 36, 957-964.
29. ***Chasens, E. R.**, Sereika, S. M., Houze, M. P., Strollo, P. J. (2011). Subjective and objective appraisal of activity in adults with obstructive sleep apnea. *Journal of Aging Research*, 2011, 1-6. doi: 10.4061/2011/751819. PMCID: PMC3022211
30. *‡**Luyster, F. S., Chasens, E. R.**, Wasko, M.C., Dunbar-Jacob, J. (2011). Sleep quality and functional disability in patients with rheumatoid arthritis. *Journal of Clinical Sleep Medicine*, 7: 49-55. PMCID: PMC3041613
31. ***Yang, K., Lee, YS, Chasens, E.R.** (2011). Outcomes of health care providers' recommendations for healthy lifestyle among us adults with prediabetes. *Metabolic Syndrome and Related Disorders*, 9, 231-231. doi: 10.1089/met.2010.0112

32. *‡ Styn, M.A., Wang, J., Acharya, S. D., Yang, K, **Chasens, E.R.**, Choo, J., Ye, Lei, Burke, L. E. (2012). Health-related quality of life among participants in the SMART weight loss trial. *Applied Nursing Research*. 25, 276-279. doi:10.1016/j.apnr.2011.08.001. PMID: PMC3294095
33. ***Chasens, E. R.**, Yang, K. (2012). Insomnia and physical activity in adults with prediabetes. *Clinical Nursing Research*. 21, 294 - 308. doi:10.1177/1054773811488295
34. *‡ Wang J., Sereika, S. M., **Chasens E. R.**, Ewing, L. J., Matthews, J. T., Burke, L. E. (2012). Effect of adherence to self-monitoring of diet and physical activity on weight loss in a technology supported behavioral intervention. *Patient Preference and Adherence*, 6, 221-226. doi: 10.2147/PPA.S28889. PMID: PMC3333811
35. *Calamaro, C. J., **Chasens, E. R.**, Yang, K., & Ratcliff, S. (2012). Wired at a young age: The effect of caffeine and technology on sleep duration and BMI. *Journal of Pediatric Health Care*. 26 (4). 276-282. doi: 10.1016/j.pedhc.2010.12.002 (Article of the year [2012] Journal of Pediatric Health Care).
36. *‡ Demirci, J. R., Braxter, B.J., **Chasens, E. R.**, (2012). Breastfeeding and short sleep duration in mothers and 6 to 11 month old infants. *Infant Behavior & Development*. 35, 884-886. doi:10.1016/j.infbeh.2012.06.005. PMID: PMC3494758
37. ***Chasens, E. R.**, Drumheller, O. J., & Strollo, P. J. (2013). Success in blinding to group assignment with sham-CPAP. *Biological Research in Nursing*. 15 (4), 465-469. DOI: 10.1177/1099800412461711. PMID: PMC3775929
38. ***Chasens, E. R.** Korytkowski, M, Sereika, S. M., Burke, L. E. (2013). Effect of poor sleep quality and excessive daytime sleepiness on factors associated with diabetes self-management. *The Diabetes Educator*. 39, 74-82. doi:10.1177/0145721712467683. PMID: PMC3677551
39. Umlauf, M. G., Komagata, T., **Chasens, E. R.** (2013). The sleepy nurse at work: How insufficient sleep and circadian imbalance promotes patient errors. *Journal of Cultural Nursing Studies*. 5(1). 44-50.
40. *‡ Wang, J., Matthews, J.T., Sereika, S.M., **Chasens, E. R.**, Ewing, L.E., & Burke, L. E. (2013) Psychometric evaluation of the Social Problem-Solving Inventory- Revised among overweight or obese adults. Online First. *Journal of Psychoeducational Assessment*. doi:10.1177/0734282913480470. PMID: PMC4130479.

41. **Chasens, E. R.** & Strollo, P. J. (2013). Treatment of obstructive sleep apnea on insulin resistance: Not an “Anti-Sugar Pill.” *Annals of the American Thoracic Society*, 10 (2). 150-151. doi:10.1513/AnnalsATS.201302-031ED
42. ***Chasens, E. R.**, Korytkowski, M., Sereika, S. M., Burke, L. E., Drumheller, O. J., Strollo, P. J. (2014). Improving activity in adults with diabetes and coexisting obstructive sleep apnea. *Western Journal of Nursing Research*. 36, 294-311. doi: 10.1177/0193945913500567. PMC3977197
43. **Chasens, E. R.** (2013). Impaired sleep: A factor for fatigue in people with type 2 diabetes. *The Diabetes Educator*. 39 (5). 611 - 612. doi:10.1177/0145721713497519.
44. * **Chasens, E. R.** (2014). Evaluating sleep: An essential competency for diabetes educators. *AADE in Practice*. 2: 14-18. doi: 10.1177/2325160314521159
45. * **Chasens, E. R.**, Sereika, S. M., Burke, L. E., Strollo, P. J., & Korytkowski, M. (2014). Sleep, quality of life, and functional outcomes in adults with diabetes. *Applied Nursing Research*. 27, 237-241. doi: 10.1016/j.apnr. PMCID 4147025
46. *‡ Yang, K., Turk, M. T., Allison, V. L., James, K. A., & **Chasens, E. R.** (2014). Body mass index self-perception and weight management behaviors during late adolescence. *Journal of School Nursing*. 84(10). 654-660.
47. *‡Yeh, C. H., Suen, L. K., Shen, J., Chien, L. C., Liang, Z., Glick, R., Morone, N. E., **Chasens, E. R.** (2015). Changes in sleep with auricular point acupressure for chronic low back pain. Online first: *Behavioral Sleep Medicine*. doi: 10.1080/15402002.2014.981820
48. *‡Mattos, M., Jiang, Y., Seaman, J. B., Nilsen, M., **Chasens, E. R.** Novosel, L. M. (2015). Baccalaureate nursing students’ knowledge of and attitudes toward older adults. *Journal of Gerontological Nursing*. 41 (7). 46-56. doi: 10.3928/00989134-20150429-01
49. ‡Luyster, F. S., Choi, J. Y., Yeh, C. H., Imes, C. C., Johannson, A., **Chasens, E. R.** (2015). Screening and evaluation tools for sleep disorders in older adults. *Applied Nursing Research*. 28, 334-340. doi:10.1016/j.apnr.2014.12.007
50. *‡ **Chasens, E. R.**, Morris, J., Strollo, P. J., Sereika, S. M., Burke, L. E. Korytkowski, M. (2016). Gender differences in the response to impaired sleep in adults with diabetes. *Behavioral Sleep Medicine*. 14 (4), 457-466. doi:10.1080/15402002.2015.1017100.

51. **Chasens, E. R.**, Luyster, F. S. (2016). Effect of sleep disturbances on quality of life, diabetes self-care behavior and patient-reported outcomes. *Diabetes Spectrum*. 29 (1). 20-23.
52. *‡ Goode, R. W., Ye, L., Sereika, S. M., Zheng, Y., Mattos, M., Acharya, S. D., Ewing, L., Danford, C., Hu, L., Imes, C., **Chasens, E. R.**, Osier, N., Mancino, J., Burke, L. E. (2016). Socio-demographic, anthropometric, and psychosocial predictors of attrition across behavioral weight-loss trials. *Eating Behaviors*. 16 Jan; 20: 27-33. doi: 10.1016/j.eatbeh.2015.11.009.
53. * Soose, R. J., Woodson, B. T., Gillespie, M.B., Maurer, J. T., de Vries, N., Steward, D. L., Strohl, K. P., Baskin, J. Z., Padhya, T. A., Badr, S. M., Lin, H., Vanderveken, O. M., Mickelson, S., **Chasens, E. R.**, Strollo, P. J. (2016). Upper airway stimulation for obstructive sleep apnea. *Journal of Clinical Sleep Medicine*. 12(1), 43-48. doi: 10.5664/jcsm.5390
54. *‡ Morris, J. L., Sereika, S. M., Houze, M., **Chasens, E. R.** (2016). The effect of nocturia on next-day sedentary activity in adults with self-reported sleep problems and type 2 diabetes. *Applied Nursing Research*. 32: 44-46. DOI: 10.1016/j.apnr.2016.04.006.
55. *‡ Johansson, A. E. E., Petrisko, M. A., **Chasens, E. R.** (2016) Adolescent sleep and the impact of technology use before sleep on daytime function. *Journal of Pediatric Nursing*. 31: 498-504. doi: 10.1016/j.pedn.2016.04.004
56. *‡ Morariu, E., **Chasens, E. R.**, Strollo, P. J., Korytkowski, M. (2016). Effect of continuous positive airway pressure (CPAP) on glycemic control and variability in type 2 diabetes. *Sleep and Breathing*. 21(1): 145-147. doi: 10.1007/s11325-016-.1388-y
57. *‡ Baniak, L., Pierce, C., McLeon, K. J., **Chasens, E. R.**, (2016). Association of calf muscle pump stimulation with sleep quality in adults. *Research in Nursing and Health*. 39(6):406-414. doi: 10.1002/nur.21751.
58. * Choi, J.Y., Tate, J. A., Hoffman, L. A., Ren, D., Donahoe, M. P., **Chasens, E. R.** (2016). Sleep in family caregivers of ICU survivors from ICU hospitalization to 2 months post-ICU discharge. *Intensive & Critical Care Nursing*. 37:11-18. doi.org/10.1016/j.iccn.2016.07.003
59. Alexander, S. A., Kamakis, K., Stewart Fahs, P. S., Groth, S., **Chasens, E. R.** (2017). Biological markers in nursing research. *Journal of Nursing Measurement*. 25(2): 275-291. <http://dx.doi.org/10.1891/1061-3749.25.2.1>

60. * Burke, L. E., Shiffman, S., Music, E., Styn, M. A., Kriska, A., Smailagic, A., Siewiorek, D., Ewing, L. J., **Chasens, E. R.**, French, B., Mancino, J., Mendez, D., Strollo, P. J., Rathbun, S. L. (2017). Ecological momentary assessment in behavioral research: Addressing technological and human subject challenges. *Journal Medical Internet Research*. doi:10.2196/jmir.7138
61. *‡ Morris, J. L., **Chasens, E. R.** (2017). Financial difficulty: A barrier to self-care in patients with diabetes. *The Diabetes Educator*. 37:247-248. doi: 10.1177/0145721717703486
62. ‡ Dean, G. E., Ferreira da Rosa Silva, C. F., Morris, J. L., **Chasens, E. R.** (2017). Impaired sleep: A multifaceted geriatric syndrome. *Nursing Clinics of North America*. 52: 387-404.
63. *‡ Ioja, S., **Chasens, E. R.**, Ng, J., Strollo, P. J. Korytkowski, M. T. (2017). Obstructive sleep apnea in adults with type 1 and type 2 diabetes: Perspectives from a quality improvement project in a university based diabetes center. *BMJ Open Diabetes Research & Care*. 5:e000433. doi:10.1136/bmjdr-2017-000433
64. *‡ Baniak, L., Pierce, C., **Chasens, E. R.** (2017). Sleep in Adults with Heart Failure with Preserved Ejection Fraction. *Geriatric Nursing*. 39: 77-83. <http://dx.doi.org/10.1016/j.gerinurse.2017.07.001>
65. Caruso, C. C., Baldwin, C., Berger, A., **Chasens, E. R.**, Landis, C., Redeker, N. S., Scott, L. D., Trinkoff, A. (2017). Position statement: Policy to reduce fatigue associated with sleep deficiency and work hours in nurses. *Nursing Outlook*. 65:766-768. doi.org/10.1016/j.outlook.2017.10.011.
66. *‡ DiNardo, M., Saba, S, Greco, C. M., Broyles, L., Terhorst, L., **Chasens, E. R.**, Bair, B., Charron-Prochownik, D., Cohen, S. (2017). Adding mindfulness to diabetes education and support in Veterans. *The Diabetes Educator*. 43:608-620. doi: 10.1177/0145721717738019
67. *‡ Johansson, A. E. E., Rohay, J. M., **Chasens, E. R.** (2018). Psychometric properties of the Simons Simplex Collection Sleep Interview. *Journal of Nursing Measurement*. 26 (3): 453-469.
68. *‡ Morris, J. L., Rohay, J. M., **Chasens, E. R.** (2018). Sex differences in the psychometric properties of the Pittsburgh Sleep Quality Index. *Journal of Women's Health*. 27(3):278-282. doi: 10.1089/jwh.2017.6447.
69. *‡ **Chasens, E. R.**, Baniak, L. M., Choi, J., Imes, C. C., Yang, K. (2018). Sleep and other correlates of high-level health in older adults. *Geriatric Nursing*. 39 (3): 344-349. <https://doi.org/10.1016/j.gerinurse.2017.11.002>

70. *[‡]Yang, K., Baniak, L. M., Imes, C. C., Choi, J. & **Chasens, E. R.** (2018). Perceived versus actual risk of type 2 diabetes by race and ethnicity. *The Diabetes Educator*, 44(3). 269-277. doi: 10.1177/0145721718770983
71. *[‡]Kline, C. E., Burke, L. E., Sereika, S. M., Imes, C. C., Rockette-Wagner, B., J., Mendez, D. D., Strollo, P. J., Zheng, Y., Rathbun, S. L., **Chasens, E. R.** (2018). Bidirectional Relationships Between Weight Change and Sleep Apnea in a Behavioral Weight Loss Intervention. *Mayo Clinic Proceedings*, 93 (9): 1290-1298. PMID: 30082081; NIHMSID: 975231.
72. *[‡]Johansson, A. E. E., Feeley, C. A., Dorman, J. S., **Chasens, E. R.** (2018). Characteristics of Sleep in Children with Autism Spectrum Disorders from the Simons Simplex Collection. *Research in Autism Spectrum Disorders*. 53: 18-30. <https://doi.org/10.1016/j.rasd.2018.06.001>
73. *[‡]Johansson, A. E. E., Dorman, J. S., Feeley, C. A., Devlin, B., **Chasens, E. R.** (2018). Variations in Genes Related to Sleep Patterns in Children with Autism Spectrum Disorder. *Biological Research in Nursing*. 21(3) 335-342.
74. * Baniak, L. M., **Chasens, E. R.**, Luyster, F. S., Strollo, P. J., Thunström, E., Peker, Y. (2018). Obstructive sleep apnea and self-reported functional impairment in revascularized patients with coronary artery disease in the RICCADSA Trial. *Sleep and Breathing*. 22 (4), 1169-1177. doi:11325-018-1733-4
75. *Baniak, L. M., Yang, K., Choi, J. Y., **Chasens, E. R.** (2019). Long sleep duration is associated with increased frailty risk in older community-dwelling adults. *Journal of Aging and Health*. 76: 104-111. doi:10.1177/0898264318803470. PMID: 30270714
76. *[‡]Imes, C.C., Baniak, L.M., Choi, J., Luyster, F. S., Morris, J. L., Ren, D, **Chasens, E. R.** (2019). Correlates of endothelial function in older adults with untreated obstructive sleep apnea and cardiovascular disease. *Journal of Cardiovascular Nursing*. 34(1). E1-E7. doi: 10.1097/JCN.0000000000000536. PMID: 30303893
77. * Feeley, C. A., Clougherty, M., Siminerio, L., Charron-Prochownik, D., **Chasens, E. R.** (2019). Sleep in caregivers of children with type 1 diabetes. *The Diabetes Educator*. 45 (1). 80-86. doi: 10.1177/0145721718812484. PMID: 30465480

78. **Chasens, E. R.**, Atwood, C. W., Burke, L. E., Korytkowski, M., Stansbury, R., Strollo, P. J., Sereika, S. M. (2019). Diabetes Sleep Treatment Trial: Premise, design, and methodology. *Contemporary Clinical Trials*. 76, 104-111. doi.org/10.1016/j.cct.2018.11.014. PMID: 30517889
79. *Imes, C. C., **Chasens, E. R.** (2019). Rotating shifts negatively impacts health and wellness among intensive care nurses. *Workplace Health & Safety*. On-line first. doi: 10.1177/2165079918820866. PMID: 30827198
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58. ‡Kline, C. E., Strollo, P. J., **Chasens, E. R.**, Rockette-Wagner,B., Kriska, A. M., Imes, C. C., Sereika, S. M., Burke, L. E. (2016). Associations between sleep and changes in activity and barriers to healthy eating following a 12-month behavioral weight loss intervention. *Med Sci Sports Exerc* 2016;48 (5S): S8. Paper Presentation to the American College of Sports Medicine (ACSM) 2016.
59. ‡Morariu, E. M., **Chasens, E. R.**, Strollo, P. J., Korytkowski, M. (2016). Effect of continuous positive airway pressure (CPAP) on glycemic control and variability in type 2 diabetes. *Diabetes: Abstract Supplement* 65. Poster presentation ADA 76th Scientific Sessions. New Orleans.
60. ‡**Chasens, E. R.**, Burke, L. E., Baniak, L. M., Sereika, S. M., Atwood, C., Strollo, P. J., Korytkowski, M. (2016). Insomnia in adults with type 2 diabetes: Baseline data from the Diabetes Sleep Treatment Trial. *Endocrine Abstracts*: 43 OC 54 doi:10.1530/endoabs. Poster presentation at the World Congress on Clinical Trials in Diabetes (WCTD 2016); Berlin, Germany.
61. ‡Imes, CC, Kline, CE, Rockette-Wagner, B, Baniak, L, Mendez, DD, **Chasens, E.R.**, Sereika, SM, Burke, LE. Bi-directional relationship between sleep and sedentary behavior in adults who are overweight and obese. *Circulation*. 2017; 135: AMP028. Moderated poster presentation to 2017 AHA Epi/Lifestyle.
62. ‡Kline, C. E., Burke, L. E., Sereik, S. M., Imes,C. C., Baniak, L. M., Mendez, D. D., Strollo, P. J., Ye, L., **Chasens E. R.** (2016). Sleep apnea is reduced following a behavioral weight loss intervention but also impedes weight loss outcomes. *Circulation*. 2017;135: AMP089. Moderated poster presentation at 2017 AHA Epi/Lifestyle.
63. Burke, L.E., Shiffman S, Mendez. D., **Chasens, E. R.**, Smailagic, A., Siewiorek, D. P., Ewing, L. J., Mancino, J., Rathbun, S. (2016). Impact of location and social context on the probability of a dietary lapse among adults in weight loss treatment. *Circulation*. 2017;135: AP132. Paper presentation to 2017 AHA Epi/Lifestyle.

64. ‡Burke, L. E., **Chasens, E. R.**, Imes, C., Kline, C. E., Stollo, P. J., Baniak, L. M., Mendez, D. Rathbun, S. L. (2017). Quality of sleep affects self-efficacy for adhering to a healthy lifestyle plan. *Annals of Behavioral Medicine*. 51 (Abstract Supplement 1) DOI 10.1007/s12160-017-9903-3 Paper presentation to 38th annual Meeting & Scientific Sessions of the Society of Behavioral Health. San Diego,CA.
65. ‡Baniak, L. M., **Chasens, E. R.**, Stollo, P. J., Thunstrom, E., Peker, Y. (2017). Predictors of reduced functional outcomes in revascularized patients with coronary artery disease in the RICCADSA trial. *Am J Respir Crit Care Med; Abstract Supplement* 195: A4821. Moderated poster presentation: ATS 2017; Washington, DC.
66. ‡**Chasens, E. R.**, Atwood, C. W., Baniak, J. M., Burke, L. E., Korytkowski, M., Morris, J. L., Sereika, S. M. (2017). Insomnia and glucose control in adults with type 2 diabetes. *Sleep: Abstract Supplement* 40: 377. Paper presentation at Sleep 2017. Boston, MA.
67. ‡Morris, J. L., Atwood, C. W., Baniak, L. M., Burke, L. E., Korytkowski, M., Sereika, S. M., **Chasens, E. R.**, (2017). Effect of sleep quality on intimate relationships and sexual activity in men and women with type 2 diabetes. *Sleep: Abstract Supplement* 40: 344. Poster presentation Sleep 2017. Boston, MA.
68. Feeley, C. A., Viswanathan, P., Charron-Prochownik, D., Siminerio, L., Muzumdar, R. **Chasens, E. R.** (2016). Sleep and glucose control in children with type 1 diabetes. *Sleep: Abstract Supplement* 40: 344. Poster presentation at Sleep 2017. Boston, MA.
69. Feeley, C. A., Viswanathan, P., **Chasens E. R.**, Sereika, S. M., Charron-Prochownik, D., Muzumdar, R. Examining Sleep in Caregivers and Children with Type 1 Diabetes. *Diabetes* 2017 Jun; 66 (Abstract Supplement 1). American Diabetes Association: 77th Scientific Session; San Diego, CA.
70. **Chasens, E. R.**, Kalamati, K. Kariuki, J., Yang, K. (2018). Challenges and considerations in the use of research databases. *Nursing Research*, 67(2). E45. Symposium presented at Eastern Nursing Research Society. April 2018. Newark, NJ.
71. **Chasens, E. R.**, Baniak, L. M., Choi, J., Imes, C. C., Yang, K. (2018). Use of Data from NHANES to Examine Predictors of High-Level Health in Older Adults. *Nursing Research*, 67(2). E46-4. Podium presentation at Eastern Nursing Research Society. April 2018. Newark, NJ.

72. ‡Graves, L. Y., Imes, C., Williams, E., Yang, K., Morris, J., **Chasens, E. R.** (2018). Sleep Duration in Older Adult Men Predictive of Depression. *Sleep: Abstract Supplement* 41: A359. Poster presentation at Sleep 2018. Baltimore, MD. June 2018.
73. ‡Williams, E. T., Graves, L. Y., Yang, K., Imes, C. C., **Chasens, E. R.** (2018). Predictors of Abnormal Sleep Duration in Older Adults with and without Arthritis. *Sleep: Abstract Supplement* 41: A 268. Poster Presentation at Sleep 2018 Conference. Baltimore, MD. June 2018.
74. ‡Morris, J. L., Sereika, S. M., Korytkowski, M., **Chasens, E. R.** (2018). The Role of Insomnia on Depressed Mood in Women at High Risk for Obstructive Sleep Apnea. *Journal of Women's Health*. Published online: <https://doi.org/10.1089/jwh.2018.29017.abstracts>
Poster Presentation at the Women's Health 2018: Translating Research into Clinical Practice. Arlington, VA. May 2018
75. **Chasens, E. R.**, Sereika, S. M., DiNardo, M., Korytkowski, M. (2018). ADA: 67; Abstract Suppl. 1A. LB 49. www.diabetes.org. *Current Smoking—An Independent Predictor of Elevated A1C in Adults with Type 2 Diabetes*. Poster presentation ADA 78th Scientific Sessions. Orlando, FL. June 2018
76. ‡Imes, C. C., Kline, C. E., Mendez, D. D., Sun, R., Yu, Y., **Chasens, E. R.**, Burke, L. E., & Rathbun, S. L. (2018). Impaired nighttime sleep negatively affects next-day physical activity: Results from an ecological momentary assessment study. *Circulation*. 2018: 137: AP278. Poster presentation AHA/Epidemiology- Lifestyle Conference. New Orleans. March 2018.
77. Kline, C. E., Burke, L. E., Zheng, Y., Sereika, S. M., Imes, C. C., Mendez, D.D., Rockette-Wagner, B. J., Strollo, P. J., Rathbun, S. L., **Chasens, E. R.** (2018). Adults with obstructive sleep apnea are less adherent to weight loss behaviors in a behavioral weight loss intervention. *Circulation*. 2018: 137: AP338. Poster presentation. AHA/Epidemiology- Lifestyle Conference. New Orleans. March 2018.
78. Yang, K., Baniak, L., Imes, C. C., Choi, J. & **Chasens, E.R.** (2018). Racial differences in perceived versus actual risk of type 2 diabetes among NHANES 2011-2014 participants. *Nursing Research*, 67(2). E46
79. Imes, CC, Kline, CE, Mendez, DD, Yu, Y, Sun, R, **Chasens, E. R.**, Rathbun, SL, & Burke, LE (2019). Subjective Versus Objective Measures of Sleep: Results from an Ecological Momentary Assessment Study. *Circulation*. 2018: 137: AP338. Poster presentation. AHA/Epidemiology- Lifestyle Conference. Houston, March 2019.

80. Baniak, L.M., Sereika, S. M., Atwood. C., Korytkowski, M., Morris, J. L., Stansbury, R., Strollo, P. J., Chasens, E. R. (2019). The Effect of CPAP Use on Insomnia Among Persons with Type 2 Diabetes and Obstructive Sleep Apnea. *American Journal of Respiratory and Critical Care Medicine*. 2019; 199: A2648. Podium presentation ATS International Conference, May 2019; Dallas, TX.
81. ‡Jeon, B., Baniak, L. M., Zheng, Y., Sereika, S. M., Atwood, C. W., Strollo, P. J., Stansbury, R., **Chasens, E. R.** (2019). Comparison of Sleep Quality and Functional Outcomes between Younger and Older Adults with Comorbid Obstructive Sleep Apnea and Insomnia. *Sleep*. 42 (Supplement 1): A280-A281. Poster presentation *Sleep 2019*. San Antonio, TX. June 2019.
82. Luyster, F. Strollo, P. J., **Chasens, E. R.** “Daytime Sleepiness and Physical Activity in Adults with Type 2 Diabetes and OSA Treated with CPAP. *Sleep*. 42 (Supplement 1); A214-A215. Poster presentation *Sleep 2019*. San Antonio, TX. June 2019.
83. ‡Zheng, Y., Korytkowski, M., Sereika, S. M., Burke, L. E., Atwood, C. W., Strollo, P. J., Stansbury, R. Jeon, B., **Chasens, E. R.** (2019). Association between Insomnia and Insulin Adherence *Diabetes: 68* (Supplement 1) 863-P. Poster presentation to ADA Scientific Sessions. June; San Francisco, CA.
84. Graves, L. Y., Youk, A., Sowa, G., **Chasens, E. R.**, Alexander, S., Conley, Y. (2019). Assessing Sleep after Traumatic Spinal Cord Injury. *Journal of Neurotrauma*. Poster Presentation at the 37th Annual National Neurotrauma Symposium, Pittsburgh, PA June 2019.
85. Caruso, C. C., Arbour, M. W., Barger, L., Berger, A. M., **Chasens, E. R.**, Dawson, J., Edmonson, J. C., Hittle, B., Landrigan, C., Patrician, P. A. Redeker, N. S., Rogers, A. E., Trinkoff, A., Tucker, S. (2019). Disseminating Policy Recommendations to Reduce Fatigue in Nurses. *Sleep Science*; 12 (Suppl. 3): 7. 24th International Symposium on Shiftwork and Working Time. Coeur d'Alene, Idaho, September 2019.
86. Yang, K., Dinardo, M., Imes, C. C., Morris, J. L., Braxter, B., **Chasens, E. R.** (2020). Citizenship and Health Insurance Status as Predictors of Glycemic Control from NHANES 2007-2016 Data. *Nursing Research*. 68.. 32nd Annual Eastern Nursing Research Society. March 2020. Boston, MA.

87. Imes, C. C., Bizhanova, Z., Kline, C. E., Sereika, S. M., & **Chasens, E. R.**, (2020). Sleep Apnea Severity is More Strongly Associated with Cardiovascular Health than a Composite Measure of Sleep Health in Adults with Sleep Apnea and Diabetes. *Circulation*: 141 (Suppl. 1); 544. <https://doi.org/10.1161/circ.141>. Poster presentation at 2020 American Heart Association Epidemiology Lifestyle Conference. March 2020. Phoenix, AZ.
88. Kline, C. E., Bizhanova, Z., Sereika, S. M., Buysse, D.J., Imes, C. C., Kariuki, J. K., Mendez, D. D., **Chasens, E. R.**, Burke, L. E. (2020). Better Sleep Health is Associated with Greater Weight Loss During a 12-Month Behavioral Weight Loss Intervention. *Circulation*: 141 (Suppl. 1); <https://doi.org/10.1161/circ.141> Poster presentation at American Heart Association Epidemiology Lifestyle Conference. March 2020. Phoenix, AZ.
89. Yang, K., Dinardo, M., Imes, C., Braxter B., **Chasens, E.**, & Morris, J. (2020). Citizenship and health insurance status as predictors of glycemic control from NHANES 2007-2016 data. *Nursing Research*, 69(3), E62. <https://doi.org/10.1097/NNR.0000000000000430>. Accepted for podium presentation Eastern Nurses Research Society.
90. Baniak, L. M., Atwood, C. W., Strollo, P. J., Forman, D. E., **Chasens, E. R.** (2020). Sleep and Patient-Reported Outcomes in Persons With Heart Failure With Preserved Ejection Fraction, *Sleep*, 43, Supplement_1, 2020, Pages A392–A393, <https://doi.org/10.1093/sleep/zsaa056.1029>.
91. Feeley, C., **Chasens, E.** Sleep quality, depressive symptoms, and stress in maternal caregivers of young children with bronchopulmonary dysplasia. *Sleep*, Volume 43, Supple. 2020, Page A360, <https://doi.org/10.1093/sleep/zsaa056.944>
92. **Chasens, E. R.**, Sereika, S. M., Kortykowski, M., Stansbury, R., Burke, L., Strollo, P. J., Bizhanova, Z., Atwood, C. W. (2020) Diabetes Sleep Treatment Trial: The effect Of treatment of OSA with CPAP on glycemic control in type 2 diabetes, *Sleep*, 43, Supplement_1, A261–A262, <https://doi.org/10.1093/sleep/zsaa056.682>. Virtual Sleep 2020 Conference.
93. Jeon, B., F S Luyster, F. S., **Chasens, E. R.** (2020). Associations between circadian preference and sleep-related thoughts: Data from the 2015 Sleep In America Poll, *Sleep*, 43, Suppl.t_1, A298-A299, <https://doi.org/10.1093/sleep/zsaa056.781>. Poster presentation with taped explanation. Virtual Sleep 2020 Conference.

94. Morris, J. L., Baniak, L., Belcher, S. M., Imes, C., Luyster, F., Scott, P. W., Sereika, S. M., **Chasens, E. R.** (2020). Perceived financial difficulty predicts sleep quality in participants with type 2 diabetes and obstructive sleep apnea, *Sleep*, 43 Suppl. 1, A401 [,https://doi.org/10.1093/sleep/zsaa056.1052](https://doi.org/10.1093/sleep/zsaa056.1052). Poster presentation with taped explanation. Virtual Sleep 2020 Conference.
95. Imes, C. C., Monica, M. A., **Chasens, E. R.**, Conley, Y. P. (2020). Differentially expressed genes using saliva samples from nurses rotating shifts, *Sleep*, Volume 43, Issue Supplement 1, April 2020, Page A8, <https://doi.org/10.1093/sleep/zsaa056.019> Poster presentation. Virtual Sleep 2020 Conference.
96. Tran, L., Jeon, B., **Chasens, E. R.** (2020). Sleep, chronic pain, and global health in adults ages 65 or older, *Sleep*, 43, Suppl. 1, A316, <https://doi.org/10.1093/sleep/zsaa056.825> Poster presentation. Virtual Sleep 2020 Conference.
97. **Chasens, E. R.**, Sereika, S., Imes, C., Morris, J., Stansbury, R., Atwood, C. (2020). Metabolic Outcomes in Adults with Type 2 Diabetes and OSA, Insomnia, or Comorbid OSA and Insomnia. *Chest, Supple. 157 (6)*. A 435. <https://doi.org/10.1016/j.chest.2020.05.488>
98. Morris, J. L., Imes, C. C., Scott, P. W., **Chasens, E. R.** (2021). Sensitivity of the Multivariable Apnea Prediction Index in Screening Pre- and Post-Menopausal Women for Obstructive Sleep Apnea. *American Journal of Respiratory and Critical Care Medicine (Abstract Supple. 1)*.2021;203:A4701 Poster presentation ATS 2021 Conference (virtual). https://doi.org/10.1164/ajrccm-conference.2021.203.1_MeetingAbstracts.A4701
99. Imes C., Kariuki, J., **Chasens, E. R.**, Scott, P., & Yang, K. (2021). Associations Between Metabolic Syndrome Severity and Race/Ethnicity, Socioeconomic, And Lifestyle Factors. *Circulation. 143 (Abstract Supple. 1)*. Poster presentation. American Heart Association Epi/Lifestyle virtual conference. May 2021. https://doi.org/10.1161/circ.143.suppl_1.P160
100. **Jeon, B.**, Chasens, E. R. (2021). Chronotype, mood, and diabetes-related distress in adults with type 2 diabetes. *Sleep*, Volume 44, Issue Supplement 2, May 2021, Pages A258–A259. Podium and poster presentation at Sleep 2021 (Virtual Conference). June., <https://doi.org/10.1093/sleep/zsab072.659>

Book Chapters

- 1 Umlauf, M. G., **Chasens, E. R.**, & Weaver, T. E. (2003). *Excessive Daytime Sleepiness in Older Adults*. In M. Mezey, T. Fulmer & I. Abraham (Eds.), *Geriatric Nursing Protocols for Best Practice* (2nd ed.), pp. 47-65. New York: Springer.
- 2 **Chasens, E. R.** & Umlauf, M. G. (2008). *Sleep Disorders*. In Capezuti, E.A, Seigler, E. L., Mezey, M.E. (Eds). *Encyclopedia of Elder Care*. pp. 727-730. New York: Springer.
- 3 Umlauf, M. G. & **Chasens, E. R.**, Weaver, T. E. (2008). *Daytime Sleepiness*. In Capezuti, E.A, Seigler, E. L., Mezey, M.E. (Eds). *Encyclopedia of Elder Care*. pp. 195-197. New York: Springer.
- 4 ‡**Chasens, E. R.**, Williams L.L., Umlauf, M.G. (2008). Excessive daytime sleepiness in older adults. In E. Capezuti, D. Zwicker, M. Mezey, T. Fulmer, (Eds.), *Evidence Based Geriatric Nursing Protocols for Best Practice* (3rd ed.), pp. 459-476. New York: Springer.
- 5 **Chasens, E. R.** & Umlauf, M. G. (2011). *Excessive Sleepiness*. In Boltz, M., Capezuti, E., Fulmer, T., Zwicker, D. (Eds.), *Evidence-Based Geriatric Nursing Protocols for Best Practice* (4th ed), pp. 74-88. New York: Springer.
- 6 ‡Dean, G. Klimpt, M., Morris, J. L. & **Chasens, E. R.** (2016). *Excessive Sleepiness*. In Boltz, M., Capezuti, E., Fulmer, T., Zwicker, D. (Eds.), *Evidence-Based Geriatric Nursing Protocols for Best Practice* (5th ed), pp. 431-442. New York: Springer.
https://books.google.com/books?hl=en&lr=&id=ykK1DwAAQBAJ&oi=fnd&pg=PA119&ots=VgHBQvj55g&sig=5jLAY3OFqr1Sevb2LHnVD9_XgGc#v=onepage&q&f=false
- 7 Luyster, F. S., Baniak, L. M., **Chasens, E. R.**, Feeley, C.A., Imes, C. C., Morris, J. L. (2019). *Sleep among Working Adults*. In D. T. Duncan, I. Kawachi, & S. Redline (Eds.). *Social Epidemiology of Sleep*. Pp.119-138. Oxford, UK: Oxford University Press.
https://books.google.com/books?hl=en&lr=&id=ykK1DwAAQBAJ&oi=fnd&pg=PA119&ots=VgHBQvj55g&sig=5jLAY3OFqr1Sevb2LHnVD9_XgGc#v=onepage&q&f=false
- 8 Morris, J. L., **Chasens, E. R.**, Klimpt, M., & Dean, G. (2020). Chapter 30: *Disorders of Sleep in the Older Adult*. In Boltz, M., Capezuti, E., Fulmer, T., Zwicker, D. (Eds.). *Evidence-Based Geriatric Nursing Protocols for Best Practice* (6th ed), pp. 545-562. New York: Springer.

Internet -- Audio – Video Productions

1. **Kurtzer, E. R. (Chasens)** (1997). Video Production: Adult Physical Assessment.

El Centro College, Dallas, Texas.

2. Umlauf, M. G., & **Chasens, E. R.** (2002). Nocturia and nocturnal polyuria: The effects of sleep disordered breathing and natriuresis. Nursing Sleep Web Curriculum.
3. Umlauf, M. G., **Chasens, E. R.**, & Weaver, T. E. (2003). Evaluating excessive sleepiness in the older adult. National Guideline Clearinghouse, Agency for Healthcare Research and Quality (AHRQ), U.S. Department of Health and Human Services. (www.guideline.gov)
4. Umlauf, M. G., **Chasens, E. R.**, Lee, K. A., & Guilleminault, C. (2005). Nocturia and nocturnal polyuria: The effect of sleep disordered breathing and natriuresis. Lecture Download Slide Series. American Academy of Sleep Medicine, Education Resources. www.aasmnet.org/MedSleep_Resources.aspx
5. **Chasens, E. R.**, & Umlauf, M. G. (2008). Excessive sleepiness. National Guideline Clearinghouse, Agency for Healthcare Research and Quality (AHRQ), U.S. Department of Health and Human Services. (www.guideline.gov)
6. **Chasens, E. R.**, & Umlauf, M. G. (2014). Sleep Complaints. Hartford Institute for Geriatric Nursing, New York University, College of Nursing. ConsultGeriRN APPs Expansion Project for IPAD APPs.
7. **Chasens, E. R.**, & Umlauf, M. G. (2014). Sleep Complaints. In Hartford Institute for Geriatric Nursing, NYU Nursing, ConsultGeri App. Available from, <http://consultgerirn.org/resources/apps/>.

Research

My research focuses on the effect of impaired sleep on the management of chronic disease.

Doctoral Dissertation

Chasens, E. R. (2000). Nocturnal urine production, sleep-related breathing disturbances, and elevated HBA1c level in Type 2 Diabetes. [Doctoral dissertation, University of Alabama at Birmingham, School of Nursing]. 2000, *Dissertation Abstracts International*, AAT 9976841

Principal Investigator

NIDDK: R01DK096028

The Effect of Treatment of OSA on Diabetes Self-Management and Glycemic Control

Dates: 7/15/2013 to 12/30/19

Total costs: \$2,907,336

Obstructive sleep apnea often co-exists with type 2 diabetes and may act as a barrier to diabetes self-management and glucose control. We will examine if treatment of obstructive sleep apnea with continuous positive airway pressure (CPAP), combined with diabetes education, results in improved diabetes self-management and glucose control.

ClinicalTrials.gov Identifier: NCT01901055

NINR: K24 NR016685-01A1

Self-Management, Insomnia, and Glucose Control in Adults with Diabetes

Dates: 4/01/2017-3/31/2020

This study in adults with T2DM will collect pilot data on the effect of a web-based cognitive-behavioral intervention for insomnia combined with diabetes education on self-care management behavior and glucose control. In addition, the application will support the mentoring of a cadre of junior nurse researchers who potentially can dramatically accelerate the application of sleep research to diverse populations.

NHLBI: R21 HL089522

OSA, Sleepiness, and Activity in Diabetes Management

Dates: 04/01/2009 to 03/31/2012

Total Costs: \$416,625

The purpose of this study is to explore if obstructive sleep apnea and its daytime symptom, excessive sleepiness, act as barriers to physical activity. We will examine if treatment of obstructive sleep apnea with continuous positive airway pressure results in increased physical activity in persons with type 2 diabetes.

Center for Research in Chronic Disorders. University of Pittsburgh

Daytime Sleepiness and Physical Activity Adults with Type 2 Diabetes

Date: 2005

Total Award: \$5,000

Central Research Development Fund. School of Nursing, University of Pittsburgh

Daytime Sleepiness and Physical Activity in Adults with Obstructive Sleep Apnea

Dates: 2005-2008

Total Award: \$16,000

Sigma Theta Tau, Nu Chapter, University of Alabama at Birmingham

OSA in Older Adults with Type 2 Diabetes

Date: 2000

Total Award: \$500

University of Alabama at Birmingham General Clinical Research Center: M01-RR00032

Nocturnal Urine Production, Sleep-Related Breathing Disturbances and Elevated HbA_{1c} Level in Type 2 Diabetics

Date: 1999

Training Grants

2019 -Nurse Advisory Group for competitive renewal of the T32 Training Grant on sleep and Sleep Disorders at the University of Pennsylvania. PI. Allan I. Pack

2014- current Training Faculty on the competitive renewal of the T32 Training Grant “Research Training in Diabetes and Endocrinology”.

2014- current Training Faculty on the competitive renewal of the T32 Training Grant T32NR009759 “Targeted Research and Academic Training of Nurses in Genomics

2014- current Training Faculty on the competitive renewal of the T32 HL082610 Translational Research Training in Sleep Medicine

Robert Wood Johnson Foundation, *New Careers in Nursing Program*
Increasing Enrollment and Promoting Diversity in the Accelerated 2nd Degree BSN Program: University of Pittsburgh School of Nursing

Dates: 9/1/2009-8/30/2010

Total Award: \$80,000

Robert Wood Johnson Foundation, *New Careers in Nursing Program*
Leadership Development Award

Date: 5/1/2010

Total Award: \$1,500

Other Grants

NIH: R01 HL107370-01

Dates: 2011-2015

Advancing real-time data collection with adaptive sampling and innovative technologies

PI: L.E. Burke

This study will conduct a behavioral intervention for weight loss while conducting an in-depth examination of the micro-processes of weight loss and regain using ecological momentary assessment (EMA) data collection methods and using mobile technology to monitor physical activity and exercise, sleep patterns, daily weights and daily food intake over 12 months.

Role: Co-Investigator

2013- 2017 Hub for Excellence in eHealth Research. University of Pittsburgh School of Nursing

Role: Administrative Core Investigator

2017- Hub for Sleep and Circadian Rhythms: Effect on Symptoms and Functional Outcomes Across the Lifespan. University of Pittsburgh School of Nursing

Role: Director

Other Scholarly Activities

Grant Reviewer

| | |
|--------------|---|
| 2003-current | <p>Health Resources and Services Administration (HRSA) Review Panels Division of Independent Review (DIR)</p> <ul style="list-style-type: none"> Comprehensive Geriatrics Education (July 2003) Career Ladder Grant Review (2003) Enhancing Patient Care Delivery Systems Review (2004) Nurse Education, Practice and Retention Review (April 2004) Geriatric Education Centers Review (June 2010) Nursing Assistant and Home Health Aide Review (August 2010) Advanced Nursing Education Program: HRSA-12-061 (July 2012) Inter-professional Collaborative Practice: HRSA 13-188 (April 2013) Nursing Workforce Diversity (NWD) Program HRSA-13-191 (May 2013) Nursing Workforce Diversity Program Review. HRSA-16-064. (January 2016) Scholarships for Disadvantaged Students Review. HRSA-16-069. (April 2016) Nursing Workforce Diversity. HRSA-17-063 (February 2017) Nurse Education Practice, Quality and Retention - Registered Nurses in Primary Care. HRSA-18-012 (March 2018) Advanced Nursing Education Workforce (ANEW) HRSA 19-003 (February 2019) Scholarships for Disadvantaged Students HRSA-20-006 (April 2020) Nursing Workforce Diversity. HRSA-21-020 (April 2021) |
| 2006 | <p>Intramural Grant, Center for Aging University of Alabama at Birmingham</p> |
| 2008 | <p>Marchionne Foundation Small Grants Program- Reviewer</p> |
| 2008-2016 | <p>Internal Review Scientific Reviewer: School of Nursing University of Pittsburgh Mock Review Panelist</p> |
| 2014-2016 | <p>University of Pittsburgh, University Center for Social & Urban Research- Review of Manners Research Development Grant American Nurses Foundation's (ANF) Nursing Research Review Committee (NRRC). May 2014-December 2016</p> |

- 2015 NIDDK Special Emphasis Panel RFA-DK14-022 Improving Diabetes Management in Young Children with Type 1 Diabetes (DP3) – June 24, 2015
- 2018 NIH Special Emphasis Panel. Epidemiology of Chronic and Infectious Disease. (March 2018)
- 2018 NIDDK Special Emphasis Panel. Review RFA-DK18-003. Elucidating the Effect of Glycemic Excursions on Patient Well-being and Cognitive Status in People with Type 1 Diabetes (T1D) (R01 Clinical Trial Optional- October 18, 2018 Meeting ZDK1GRB-R.
- 2019 NINR Initial Review Group (NRRC 75). Bethesda, Maryland. June 20, 2019.

Book and Manuscript Reviewer

Book Reviewer

- 2002 *Nursing Research: Principles and Methods* (7th edition). Denise F. Polit & Cheryl Talano Hungler, Ed.) Lippincott, Williams & Wilkins: Philadelphia.
- 2005 The Interface of Sleep. In K. Kuebler, M. Davis, and C. Moore, (Eds.), *Palliative Care: An Interdisciplinary Approach*, 1st ed. pp. 83-120.
- 2008 *Handbook of Laboratory & Diagnostic Tests*. Lippincott Williams and Wilkins: Philadelphia.
- 2008 *Nursing in Today's World*. Ellis, J. R. & Hartley, C. L. (Ed.), Lippincott Williams and Wilkins 10th Ed. Lippincott Williams and Wilkins
- 2008 *Brunner & Suddarth's Handbook of Laboratory & Diagnostic Tests*. Lippincott Williams and Wilkins: Philadelphia
- 2010 *Philosophy of Science for Nursing Practice: Concepts and Application*. Michael D. Dahnke & H. Michael Dreher (Eds). Springer Publishing Company: New York

Editorial Boards

- 2012-current *The Diabetes Educator*
- 2016- current *Nursing Research & Practice*
- 2017-current *Applied Nursing Research (ANR)*

Journal Reviewer

- 2000- current *Applied Nursing Research*
- 2002-2010 *Holistic Nursing Practice*
- 2003-current *Journal of Nursing Scholarship*
- 2004- current *Biological Research in Nursing*
- 2005- current *Journal of Professional Nursing*

| | |
|--------------|--|
| 2010 | <i>Hispanic Health Care International, Special Edition on Sleep in Hispanics</i> |
| 2012-current | <i>The Diabetes Educator</i> |
| 2012 | <i>Proceedings of the American Thoracic Society</i> |
| 2016-current | <i>Research in Nursing & Health</i> |
| 2016-current | <i>Clinical Nursing Research</i> |
| 2020 | <i>Geriatric Nursing</i> |

Abstract Reviewer

| | |
|---------------|---|
| 2002-current | Eastern Nursing Research Society Abstracts- Including ENRS 28 th Annual Scientific Session |
| 2004-current | American Professional Sleep Societies Annual Meeting. Abstract Reviewer: Including SLEEP 2015 the 29th Annual Meeting of the APSS |
| 20011-current | American Association of Diabetes Educators Research Abstract/Poster Workgroup Reviewer |
| 2015- current | Pittsburgh Sleep Medicine Research Day |

Unpublished Presentations

International

1. **Chasens, E. R.** (2000, September). *Nocturnal urine production, sleep related breathing disturbances and elevated HbA1c level in Type 2 diabetics*. Paper presented at the Henrietta Szold School of Nursing, Hadassah-Hebrew University, Jerusalem, Israel.
2. Weaver, T. E., **Chasens, E. R.**, Maislin, G., Pack, A. I., Dinges, D. F., & The Multisite Study Group. (2002, June). *Differences in treatment outcomes among sleepy, non-sleepy, and discordant sleepiness groups*. Poster presented at the 16th European Sleep Research Conference. Reykjavik, Iceland.
3. **Chasens, E. R.**, and Olshansky, E. (2006, June). *The experience of being sleepy while managing type 2 diabetes*. Paper presented at the 17th International Nursing Research Congress Focusing on Evidence-Based Practice. Montreal, Quebec, Canada.
4. **Chasens, E. R.** (2012, June). *Gender differences in daytime sleepiness, mood, and functional outcomes in adults with T2DM*. Paper presented at the International Nursing Conference, *Nursing: Caring to Know, Knowing to Care*. Israel, 2012.
5. **Chasens, E. R.** (2012, June). *Sleep disorders & daytime sleepiness: Barriers to improving health outcomes in older adults*. Paper presented at the Stanley Steyer School of Health Professions, Tel-Aviv University, Tel-Aviv, Israel.

6. **Chasens, E. R.** (2015) Impaired Sleep and Symptoms Management in Acute and Chronic Illness. Paper presentation at the Meet the Professor Seminar. ATS 2016-San Francisco, May 2016.
7. Imes, C. C., Conley, Y., **Chasens, E. R.** (2016). Disease Self-management and Distress in Adults with Diabetes and Sleep Apnea: An Exploratory Study of Biological Pathways. Paper presentation at the 2016 International Society of Nurses in Genetics (ISONG) Conference. Dublin, Ireland. August 2016.
8. **Chasens, E. R.**, Graves, L. Y., Sereika, S. M. (2017). Insomnia and Health-Related Quality of Life in Adults with Type 2 Diabetes. Paper presentation to Sigma Theta Tau International's 28th International Nursing Research Congress. Dublin Ireland. July 2017.
9. Bigini, E., **Chasens, E. R.**, Conley, Y. P., Imes, C. C. (2017). Diabetes Education Is Associated with Improved Sleep Quality and Changes in Gene Methylation. Paper Presentation at the 2017 International Society of Nurses in Genetics (ISONG) conference. Reston, VA. November 2017.
10. Helvig, A. W., **Chasens, E. R.**, McCrory, M., Clark, P., Ahang, N., Hayat, M. (2017). Impaired Sleep and insulin resistance levels as risk factors in young adults. Paper presentation 44th Biennial Convention, Sigma Theta Tau, Indianapolis, IN. October 2017.
11. Chasens, E. R., Sereika, S. M., Baniak, L., Jeon, B., Bizhanova, Z., Korytkowski, M., Atwood, C., Stanbury, R., Strollo, P. J. (2018). Nighttime sleep and daytime function in type 2 diabetes and OSA: The effect of CPAP. Podium Presentation at Sleep & Breathing. Finland, August 2019.
12. Johansson, A. **Chasens, E. R.** (2019). Variations in genes related to sleep patterns in children with autism spectrum disorder. Presentation at the 2019 International Society of Nurses in Genetics (ISONG) conference. San Antonio, TX. November 2019.
13. **Chasens, E. R.** (2019) Developing a Program of Research in Sleep and Self-Management of Chronic Disease, Xi'an Jiaotong University Health Science Center School of Nursing., Xi'an, Shaanxi, P.R. China, November 2019.
14. **Chasens, E. R.** (2019). Impaired Sleep, Glucose Control, and Self-Management of Type 2 Diabetes. 5th Peking University- University of Pennsylvania Sleep Medicine Forum: Nursing and Sleep. Beijing, P. R. China, November 2019.

National

1. **Chasens, E. R.** (2001, March). *Nocturnal polyuria in Type 2 diabetics*. Paper presented at the Midwest Nursing Research Society. Cleveland, Ohio.

2. **Chasens, E. R.** (2001, March). *Nocturia and OSA in post-polio syndrome*. Poster presented at the Midwest Nursing Research Society. Cleveland, Ohio.
3. **Chasens, E. R.,** Weaver, T., Maislin, G., Dinges, D., & Pack, A. (2002, March). *Daytime sleepiness and adherence to CPAP treatment*. Paper presented at the Eastern Nursing Research Society 15th Annual Scientific Session. New Haven, CT
4. **Chasens, E. R.,** Weaver, T., Maislin, G., Pack, A., Dinges, D., & The Multisite Study Group. (2002, September). *Discordance in subjective and objective measures of daytime sleepiness in persons with OSA*. Paper presentation at the Sigma Theta Tau. Advancing Nursing Practice Excellence: State of the Science Conference. Washington, DC.
5. **Chasens, E. R.,** & Weaver, T. (2004, April). *Claustrophobia Tendencies and CPAP Adherence*. Poster presented at the Eastern Nursing Research Society 16th Annual Scientific Session. "Partnerships: Advancing the Research Agenda for Quality Care." Quincy, MA
6. **Chasens, E. R.,** & Weaver, T. (2004, April). *Sleep and circadian disorders in the elderly*. Pre-Conference Symposium paper presented at the Eastern Nursing Research Society 16th Annual Scientific Session. Quincy, MA
7. **Chasens, E. R.** (2005, August). *Obstructive sleep apnea, excessive daytime sleepiness, and Type 2 Diabetes*. Paper presented at the AADE American Association of Diabetic Educators 32nd Annual Meeting "Monumental Opportunities: Diabetes Educators in Action". Washington, DC.
8. **Chasens, E. R.,** Sereika, S., & Umlauf, M. G. (2005, April). *Daytime sleepiness and physical activity in older adults: Results of the 2003 National Sleep Foundation Poll*. Poster presented at the Eastern Nursing Research Society 17th Annual Scientific Session. New York, NY
9. Weaver, T. E., **Chasens, E. R.,** Corser, B. C., Erman, M., Schmidt-Nowara, W., Rosenberg, R. (2007, October). *Modafinil (Provil®) improves functional outcomes in everyday activities in patients with residual sleepiness associated with obstructive sleep apnea (OSA)*. Poster presented at the US Psychiatric and Mental Health Congress. Orlando, FL.
10. **Chasens, E. R.** (2008). *Sleepless in South Dakota: a barrier to diabetes management*. Paper presented at the Mount Rushmore Chapter American Association of Diabetes Educators. Sioux Falls, SD.
11. **Chasens, E. R. &** Lingler, J. H. (2008, March). Aging Research Interest Group. *Mentoring in Aging Research: Developing Effective Relationships*. Symposium organizer, Eastern Nurses Research Society 20th Annual Scientific Session. Philadelphia, PA.

12. **Chasens, E. R.** (2008, March). *Correlates of sleepiness in adults with type 2 diabetes*. Paper presented at the Eastern Nurses Research Society 20th Annual Scientific Session. Philadelphia, PA.
13. **Chasens, E. R.** (2009, August). *To sleep, perchance to dream: the role of sleep in management of type 2 diabetes*. Paper presented at the American Association of Diabetes Educators 36th Annual Meeting. Atlanta, GA.
14. **Chasens, E. R.**, Yang, K., & Twerski, SR. (2009, March). *Sleepiness, mood, and functional outcomes in middle-aged women*. Paper presented at the Eastern Nurses Research Society 21st Annual Scientific Session. Boston, MA.
15. **Chasens, E. R.**, Yang, K., Calamaro, C. J. (2010, March). *Caffeine consumption by school-aged children: effects on sleep duration and body weight*. Paper presented at the Eastern Nurses Research Society 22nd Annual Scientific Session. Providence, RI.
16. **Chasens, E. R.**, Maramag, M., Sereika, S. M., and Strollo, P. J. (2011, March). *Sleep quality, mental acuity, physical energy, and mood in adults with obstructive sleep apnea*. Paper presented at the Eastern Nurses Research Society 23rd Annual Scientific Session. Philadelphia.
17. **Chasens, E. R.** (2010, April). *The role of sleep in the management of diabetes*. Invited speaker. 29th Annual Valley Diabetes Symposium. MidMichigan Medical Center. Midland, MI.
18. DiNardo M., Sereika S, **Chasens E. R.**, Cohen S, Charron-Prochownik, Greco, C. (2011, October). *Exploring Mindfulness as a Therapeutic Approach to Healthy Coping and Metabolic Control for Women with Type 2 Diabetes*. Paper presented at the Consortium for Academic Health Centers for Integrated Medicine, Research Symposium in Integrated Medicine and Health, Los Angeles, CA.
19. **Chasens, E. R.** (2012, March). *Issues in Use of Sham-CPAP in a Study of OSA, Sleepiness and Physical Activity in Diabetes Management*. Paper presented at the Eastern Nursing Research Society Symposium: *Issues and Challenges Surrounding the Use of Control Groups in Biobehavioral Research*. Eastern Nurses Research Society 24th Annual Scientific Session New Haven: CT, March 2012.
20. **Chasens, E. R.** (2012, August). *The Other 8 Hours: How Sleep Affects Achieving Glycemic Goals*. Paper presented at the American Association of Diabetes Educators 39th Conference. Indianapolis, IN, August 2012.
21. **Chasens, E. R.** Korytkowski, M, Sereika, S. M., Burke, L. E. (2012). *Sleep Quality and Diabetes Self-Management*. Paper presented at Council for the Advancement of Nursing Science 2012 National State of the Science Congress on Nursing. Washington, D.C.

22. DiNardo M., Sereika S, **Chasens E. R.**, Cohen S, Charron-Prochownik, Greco, C. (2013, August). *A Mindfulness Approach to Stress Reduction and Healthy Coping in diabetes Self-Management Education*. Paper presented at the American Association of Diabetes Educators 40th Conference. Philadelphia, PA, August 2013
23. **Chasens, E. R.** (2013). Sleep Quality, Health Related Quality of Life, and Functional Outcomes in Adults with Type 2 Diabetes. Paper presented at *Eastern Nursing Research Society*. Boston, MA. April, 2013.
24. **Chasens, E. R.**, Alexander, S. A., Groth, S. W., Stewart Fahs, P., Kalmakis, K. (2013). Measuring Health Outcomes: Incorporating Biomarkers in Nursing Research. Symposium at Eastern Nurses Research Society. Annual Meeting. Philadelphia: PA. April 2014.
25. **Chasens, E. R.** (2014) Orientation to Use of Biomarkers in Nursing Research. Paper presented at Eastern Nurses Research Society. Annual Meeting. Philadelphia: PA. April 2014.
26. **Chasens, E. R.** (2014). Evaluation of Instruments used in Research: The Diabetes Care Profile Scales and Measures of Mood, Dietary Adherence and Activity. Poster presentation AADE 41st Annual Meeting and Exhibition in Orlando, FL August 2014
27. **Chasens, E. R.**, Sereika, S. M., Burke, L. E., Ewing, L. J., and Korytkowski, M. (2015). Insomnia, Mood, and Diabetes-Related Distress. e-Poster Presentation. American Academy of Nursing Transforming Health, Driving Policy Conference, Washington, DC. October 2015
28. Johansson, A. E. E., Rohay, J. M., **Chasens, E. R.** (2016). Factor Analysis of the Simons Simplex Collection Sleep Interview Questionnaire. Poster presentation. Eastern Nurses Research Society (2nd prize for PhD students). Annual Meeting, Pittsburgh: PA. April 2016.
29. Redeker, N. S., Ye, L., **Chasens, E. R.**, Dean, G., Sawyer, A. (2016). Common data elements for sleep disturbance research. Symposium: Eastern Nurses Research Society. Annual Meeting, Pittsburgh: PA. April 2016.
30. **Chasens, E. R.** (2016). Diabetes Sleep Treatment Trial: Choice of instruments to measure sleepiness and functional outcomes. Paper presented at Eastern Nurses Research Society. Annual Meeting, Pittsburgh: PA. April 2016.
31. Baniak, L. M., **Chasens, E. R.**, Pierce, C. S., McLeod, K. J. (2016). Sleep quality and calf muscle pump stimulation. Poster presentation at Eastern Nurses Research Society. Annual Meeting, Pittsburgh: PA. April 2016.
32. Morris, J. L., Sereika, S. M., **Chasens, E. R.** (2016). Does sex moderate the relation between mood and diabetes-related distress in adults with impaired sleep? Poster

- presentation at the Organization for the Study of Sex Differences (OSSD) 2016 annual meeting. Philadelphia, May 2016.
33. **Morris, J. M., Dregg-Byer, C., Chasens, E. R.** (2016). Financial Insecurity and Attitude toward Self-Care in People with Diabetes. University of Pittsburgh School of Nursing's "Rising Star of Research and Scholarship." Poster presentation" at the Sigma Theta Tau International (STTI) Leadership Connection Conference. Indianapolis, IN. September 2016.
 34. Baniak, L. M., **Chasens, E. R.,** Strollo, P. J., Peker, Y. (2016). Predictors of functional outcomes sensitive to sleepiness in persons with treated coronary artery disease. Poster presentation at Sleep Research Network Conference. October 2016.
 35. Kamara, A., & **Chasens, E. R.** (2016). Predictors of Mental Health-Related to Quality of Life in Adults with Type 2 Diabetes. Paper presentation National Council of Undergraduate Research (NUR). April 2017 Memphis, TN.
 36. **Chasens, E. R.,** Feeley, C. A., Luyster, F. (2017). Sleep and Chronobiology in the Nursing Curriculum. Paper presentation at the 44th Annual National Conference of the Professional Nurses Group (PNEG). November 2017, Pittsburgh, PA.
 37. Johannson, A. E. E., Feeley, C., **Chasens, E. R.,** (2016). Parent and teacher appraisal of school function in young children after adenotonsillectomy. Paper presentation at 27th Annual Conference of the Society of Pediatric Nursing. West Palm Beach, FL. April 2017.
 38. Morris, J. L., Rohay, J. M., **Chasens, E. R.** (2017). Sex differences in the psychometric properties of the Pittsburgh Sleep Quality Index. Poster Presentation at the Organization for the Study of Sex Biological Sex Differences (OSSD). Montreal, CA. May 2017.
 39. **Chasens, E.R.,** Feeley, C., Luyster, F. (2017). Sleep and Chronobiology in the Nursing Curriculum. 44th Annual Convention of the Professional Nurse Education Group Conference. November, 2017; Pittsburgh, PA.
 40. Fennimore, L., Dunbar-Jacob, J., Engberg, S. J., Feeley, C. A., Imes, C. C., Klem, M. L., **Chasens, E. R.** (2018). Impact of Rotating Shifts on Nurses' Work Performance. Poster Presentation American Organization of Nurse Executives (AONE 2018) conference. April 2018. Indianapolis, IN.
 41. DiNardo, M., Sereika, S. M., **Chasens, E. R.** (2018). Smoking is an independent predictor of elevated A1C in persons with type 2 diabetes. Paper presentation at the American Association of Diabetes Educators annual conference (AADE 2018), August 2018, Baltimore, MD.

42. Graves, L., Guzman-Alvarez, A., Chasens, E. R. (2017). Evaluation of the Factor Structure of the Problem Areas in Diabetes (PAID) Questionnaire. Poster presentation at the American Association of Diabetes Educators annual conference (AADE 2018), August 2018, Baltimore, MD.
43. **Chasens, E. R.**, Morris, J. L., Baniak, L. M. (2018). Social Determinants and Diet Choices in Type 2 Diabetes. Poster presentation at the American Academy of Nursing *2018 Transforming Health, Driving Policy Conference*. Washington, DC. November 2018.
44. Morris, J. L., Thomas, T. H., Chasens, E. R., Lingler, J. H. (2018). Gender Roles Influence Perceptions of Sleep Quality in Women and Men. Poster presentation at the 2018 Research Conference on Sleep and the Health of Women. National Heart, Lung, and Blood Institute, Washington DC, October 2018.
45. Deslate, S., Henker, R., **Chasens, E. R.** (2019). STOP-BANG as a pre-procedure risk assessment tool to predict intra-procedure airway maneuvers and adverse events in a gastrointestinal laboratory. Oral and poster presentation at the American Association of Nurse Anesthetist Conference, Chicago, August 2019.
46. Caruso, C. C., Arbour, M. W., Barger, L., Berger, A. M., **Chasens, E. R.**, Dawson, J., Edmonson, J. C., Hittle, B., Landrigan, C., Patrician, P. A., Redeker, N. S., Rogers, A. E., Trinkoff, A., Tucker, S. (2019). Work Hours and Fatigue in Healthcare and Social Assistance Sector. Podium Presentation. 24th International Symposium on Shiftwork and Working Time, September 9-13, 2019, in Coeur d'Alene, Idaho, USA.
47. Deslate, S., Henker, R., **Chasens, E. R.**, Stewart, K. (2019). STOP-BANG as a Pre-Procedure Risk Assessment Tool in a Gastrointestinal Laboratory. Podium Presentation at the American Association of Nurse Anesthetists (AANA) 2019 Annual Conference. Chicago, IL. August 2019.
48. Caruso, C. C., Arbour, M. W., Barger, L., Berger, A. M., **Chasens, E. R.**, Dawson, J., Edmonson, J. C., Hittle, B., Landrigan, C., Patrician, P. A., Redeker, N. S., Rogers, A. E., Trinkoff, A., Tucker, S. (2019). Healthcare Work Hours and Fatigue. Poster presentation at the American Academy of Nursing 2019 Transforming Health Driving Policy Conference. Washington, D. C. October 2019.

Local / Regional

1. **Kurtzer, E. R. (Chasens)** (1992). *Self-monitoring of asthma*. Paper presented at the Asthma Conference, The pharmacist's contribution to patient management at Baylor University Medical Center. Dallas, Texas
2. **Kurtzer, E. R. (Chasens)** (1999). *Functional outcomes of sleep, HbA_{1c}, nocturia and sleep apnea symptoms in older adults: Clinical interview preliminary results*. Poster

presented at the Center for Aging Annual Faculty Meeting. University of Alabama at Birmingham.

3. **Kurtzer, E. R. (Chasens)** (1999). *Functional outcomes of sleep, HbA_{1c}, nocturia and sleep apnea symptoms in older adults: Clinical interview preliminary results*. Paper presented at the Graduate Student Research Day. University of Alabama at Birmingham.
4. **Chasens, E. R.** (2000). *Sleep disturbances, nocturia, and diabetes in African-American community dwelling older adults*. Paper presented at the Alabama Academy of Science. Birmingham, AL.
5. **Chasens, E. R.** (2000). *Nocturia and sleep disturbances*. Poster presented at Regional Research Conference 2000: Research Career Development an the New Millennium Emory Conference Center, Atlanta, GA.
6. **Chasens, E. R.** (2000). *Sleep disturbances, nocturia, and diabetes in African-American community dwelling older adults*. Poster presented at the University of Utah 17th Annual Issues in Nursing Research Conference. Park City, Utah.
7. **Chasens, E. R.** (2000). *Sleep disorders and diabetes*. Paper presented at the Alabama Association of Diabetic Educators. Birmingham, Alabama.
8. **Chasens, E. R.** (2001). *The value in finding a mentor*. Nurse Scientist Forum. Paper presented at Wayne State University, School of Nursing. Detroit, MI.
9. **Chasens, E. R., & Umlauf, M. G.** (2002). *Nocturia: A problem that both disrupts sleep and predicts OSA*. Poster presented at the 4th Annual Penn Macy Institute “Academic Nursing Practice: Building the Evidence Base.” Philadelphia, PA.
10. **Chasens, E. R., & Umlauf, M. G.** (2002). *A model for assessing nocturia: Factors that contribute to nocturia*. Poster presented at the 2002 Poster Session on Aging. Institute on Aging. University of Pennsylvania. Philadelphia.
11. **Chasens, E. R.** (2006) *The Effects of Sleep Disturbances on Diabetes Management*. Paper presented to community participants in the Look AHEAD Study.
12. **Chasens, E. R.,** (2007). *Excessive Sleepiness: A barrier to improving health outcomes*. Paper presented at the Pittsburgh Veterans’ Administration Medical Center Geriatric Research, Education and Clinical Center (GRECC) Conference Series.
13. **Chasens, E. R.,** (2008). *Obstructive sleep apnea, sleepiness, and activity: The effect on diabetes management*. Paper presented at the Multidisciplinary Sleep conference. University of Pittsburgh Sleep Center.

14. **Chasens, E. R.** (2009). *Management of chronic disease: a pathway to wellness: nursing management of sleep disorders*. Paper presented at the University of Pittsburgh Medical Center Medical Management-Education Department Health Plan. Pittsburgh, PA.
15. **Chasens, E. R.**, (2009) *Sleep disturbances and weight gain: examining the evidence*. Paper presented at the Obesity Researcher's Journal Club, University of Pittsburgh.
16. **Chasens, E. R.** (2011). *Sleep disorders and daytime sleepiness: Barriers to improved health outcomes in older adults*. Paper presented at the Medical Management-Education Department University of Pittsburgh Medical Center Health Plan. Pittsburgh, PA.
17. **Chasens, E. R.** (2012, May). *Sleep disturbances and glycemic Control: Examining the evidence*. Paper presented at the Pittsburgh Diabetes Research Group, Carnegie Mellon University, Pittsburgh, PA.
18. **Chasens, E. R.** (2012, December). *The Other 8 Hours: How Impaired Sleep Affects Health*. Presentation for University of Pittsburgh Medical Center Nursing Grand Rounds. Pittsburgh, PA.
19. DiNardo, M., Greco, C., Sereika, S., **Chasens, E. R.**, Charron-Prochownik, D., Cohen, S. (2013). *Exploring Mindfulness as an Approach to Healthy Coping for Women with Type 2 Diabetes*. Sigma Theta Tau Eta Chapter Scholar Night. University of Pittsburgh.
20. Shen, J., Blazeck, A. M., **Chasens, E. R.** (2013). *Comparison of Simulation Learning Between a Chinese and an American Nursing Program*. Paper presentation at the Pittsburgh Nursing Research Conference. Pittsburgh, PA. October 2013.
21. **Chasens, E. R.** & Stollo, P. J. (2014). "OSA and Type II DM- Current Evidence and Future Research." Endocrine conference: University of Pittsburgh School of Medicine Division of Endocrinology and Metabolism. Center for Continuing Education in the Health Sciences. Pittsburgh, PA. January 2014.
22. **Chasens, E. R.** (2014). *Evaluating Research for Evidence-Based Clinical Practice*. Presentation for UPMC Nursing Grand Rounds, Pittsburgh, PA. July 2014.
23. **Chasens, E. R.** (2014). *Use of Technology in the Assessment of Type 2 Diabetes and Sleep Apnea*. Hub for Excellence in eHealth Research. University of Pittsburgh School of Nursing, September 2014.
24. **Chasens, E. R.** (2015). *The Other 8 Hours: Integrating Sleep into Your Program of Research*. Virginia Commonwealth University, School of Nursing. January 2015.
25. **Chasens, E. R.** (2015). *Diabetes Sleep Treatment Trial (DSTT): Background/ Rationale, Design, & Methods*. Multidisciplinary Sleep Conference. University of Pittsburgh School of Medicine. February 2015.

26. Petrisko, M., Johannson, A. E., Feeley, C. A., & **Chasens, E. R.** (2015). Sleep and Use of Technology in Adolescents. Paper presentation. Greater Pittsburgh Nursing Research Conference. April 24, 2015.
27. Ioja, S., **Chasens, E. R.**, Ng, J., Strollo, P. J., & Korytkowski, M. (2015). Provider and patient perceptions regarding relationship between obstructive sleep apnea and diabetes. Poster presentation at 13th Annual Research Day, University of Pittsburgh School of Medicine. Pittsburgh, PA. May 2015.
28. Morris, J., **Chasens, E. R.** (2015). South Central PA Evidence-Based Consortium Student Research Showcase. Nocturia as a Predictor of Falls. Paper presentation. Widener University, Harrisburg, PA. June, 2015.
29. **Chasens, E. R.** (2016). Insomnia, Self-Management, and Glucose Control in Adults with Diabetes: A Proposal. Paper presented at the Multidisciplinary Sleep Conference. University of Pittsburgh. January 2016.
30. Morariu, E., **Chasens, E. R.**, Strollo, P. J., Korytkowski, M. (2016). Effect of Continuous Positive Airway Pressure (CPAP) on Glycemic Control and Variability in Type 2 Diabetes. Poster presentation at 14th Annual Research Day, University of Pittsburgh School of Medicine, Pittsburgh, PA. May 2016.
31. Morris, J. M., Kregg-Byer, C., **Chasens, E. R.** (2016). Financial Insecurity and Attitude toward Self-Care in People with Diabetes. Poster presentation at the University of Pittsburgh 2016; Health Sciences Disparities Poster Competition. March 2016.
32. **Chasens, E. R.** (2017). Sleep, Metabolic Control and Diabetes Self-Management: The Diabetes Sleep Treatment Trial. Sleep & Metabolism Symposium. University of Pittsburgh Center for Sleep and Circadian Science. Research Day 2017, Pittsburgh, PA. November 2017.
33. Baniak, L. M., Luyster, F. S., **Chasens, E. R.**, Strollo, P. J., Peker, Y. (2017). Effect of CPAP Compliance on functional outcomes in coronary artery disease patients with obstructive sleep apnea. University of Pittsburgh Center for Sleep and Circadian Science. Research Day 2017, Pittsburgh, PA. November 2017.
34. Morris, J. L., Rohay, J. M., **Chasens, E. R.**, Strollo, P. J., Peker, Y. (2017). Sex differences in the psychomotor properties of the Pittsburgh Sleep Quality Index. University of Pittsburgh Center for Sleep and Circadian Science. Research Day 2017, Pittsburgh, PA. November 2017.
35. **Chasens, E. R.**, Danford, C., Feeley, Imes, C. C., Luyster, F. (2018). Introducing the Sleep and Circadian Research HUB. University of Pittsburgh, School of Nursing, Pittsburgh, PA. February 2018.

36. Graves, L. Y., **Chasens, E. R.** (2018). An Integrative Review of Impaired Sleep after Spinal Cord Injury. Poster Presentation: Sigma Theta Tau's Scholars Night. March 2018.
37. **Chasens, E. R.** (2018). Sleep and Circadian Science. Oral presentation: Center for Sleep and Circadian Science. 1st Annual Faculty-Trainee Retreat. Seven Springs, PA April 2018.
38. Kimbal, R. P., **Chasens, E. R.** (2019). Insomnia, Self-Efficacy, and Mental Health-Related Quality of Life in Adults with Type 2 Diabetes. University of Pittsburgh Center for Sleep and Circadian Science. Research Day 2019, Pittsburgh, PA. November 2019.

Teaching

Courses Taught at the University of Pittsburgh, School of Nursing (last 5 years)

| Term/Years | Course Number & Title | No. of Students | Level | Didactic / Clinical |
|-------------|--|-----------------|---|---------------------|
| Fall 2011 | MSELCT 5805 Advanced Nursing Home Health Care Teams | 5 | Schools of Nursing, Medicine & Pharmacy | Clinical |
| Fall 2011 | NUR 1054 Nursing Care of Older Adults | 16 | BSN | Clinical |
| Spring 2012 | NUR 0067 Nursing Research: An Introduction to Critical Appraisal and Evidence-Based Practice | 42 | BSN | Didactic |
| Summer 2012 | NUR 1054/ 1154/1254 Nursing Care of Older Adults | 33 | BSN | Didactic |
| Fall 2012 | NUR 2000 Research for Evidence Based Practice | 52 | Graduate | Didactic |
| Fall 2012 | MSELCT 5805 Advanced Nursing Home Health Care Teams | 5 | Schools of Nursing, Medicine & Pharmacy | Clinical |
| Spring 2013 | NUR 0067 Nursing Research: An Introduction to Critical Appraisal and Evidence-Based Practice | 57 | BSN | Didactic |
| Summer | NUR 2000 Research for Evidence | 17 | Graduate | Didactic |

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|-------------|--|----|----------|--------------------------|
| 2013 | Based Practice | | | |
| Fall 2013 | NUR 2000 Research for Evidence Based Practice | 47 | Graduate | Didactic |
| Fall 2013 | NUR 3060 Independent Study. | 1 | PhD | 3 cr. hour |
| Spring 2014 | NUR 2000 Research for Evidence Based Practice | 35 | Graduate | Didactic |
| Spring 2014 | NUR 2400 Research for Evidence Based Practice | 6 | Graduate | Didactic |
| Spring 2014 | NUR 3060 Independent Study. Jonna Morris Ann Johannson | 2 | PhD | 2 cr. hrs. 3 cr. hrs. |
| Summer 2014 | NUR 2000 Research for Evidence Based Practice | 24 | Graduate | Didactic |
| Fall 2014 | NUR 2000 Research for Evidence Based Practice | 53 | Graduate | Didactic |
| Spring 2015 | NUR 2000 Research for Evidence Based Practice | 56 | Graduate | Didactic |
| Spring 2015 | NUR 2400 Research for Evidence Based Practice | 1 | Graduate | Didactic |
| Spring 2015 | NUR 3060 Independent Study Jonna Morris Ann Johannson | 2 | PhD | 2 cr. hrs. |
| Summer 2015 | NUR 2000 Research for Evidence Based Practice | 23 | Graduate | Didactic |
| Summer 2015 | NUR 2400 Research for Evidence Based Practice | 1 | Graduate | Didactic |
| Summer 2015 | NUR 3060 Independent Study Jonna Morris Ann Johannson | 2 | PhD | 2 cr. hrs. |
| Summer 2015 | NUR 3045 Research Practicum | 1 | Doctoral | 2 cr. hrs. |
| Fall 2015 | NUR 1054 Nursing Care of Older Adults | 83 | BSN | 2 cr. hrs. |
| Spring 2016 | NUR 1054 Nursing Care of Older Adults | 83 | BSN | 2 cr. hrs. |
| Spring 2016 | NUR 1054C Nursing Care of Older Adults | 56 | BSN | 1 cr. hrs. |
| Summer 2016 | NUR 1054 Nursing Care of Older Adults | 21 | BSN | 2 cr. hrs. |
| Summer 2016 | NUR 3060 Independent Study Jonna Morris | 1 | Doctoral | 2 cr. hrs. |
| Fall 2016 | NUR 1054 Nursing Care of Older Adults | 61 | BSN | 2 cr. hrs. |
| Spring 2017 | NUR 1054 Nursing Care of Older Adults | 85 | BSN | 2 cr. hrs. |

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|-------------|---|-----------------|----------|------------|
| Spring 2017 | 1061 Independent Study Honors Project Aminata Kamara | 1 | BSN | 2 cr. hrs. |
| Summer 2017 | NUR 3010 PhD Dissertation Jonna Morris | 1 | Doctoral | 9 cr. hrs. |
| Fall 2017 | NUR 3010 PhD Dissertation Jonna Morris | 1 | Doctoral | 6 cr. hrs. |
| Fall 2017 | NUR 3060 Independent Study Letitia Graves | 1 | Doctoral | 2 cr. hrs. |
| Summer 2018 | NUR 3289- Intervention Development | 8 | Doctoral | 2 cr. hrs. |
| Fall 2018 | NUR 0001 Freshman Seminar | 20 | BSN | 0 cr. hr. |
| Spring 2019 | NUR0053 Introduction to Inclusion, Equity, and Diversity | 20 | BSN | 1 cr. hrs. |
| Fall 2019 | NUR 0001 Freshman Seminar | 20 | BSN | 0 cr. hr. |
| Spring 2020 | NUR0053 Introduction to Inclusion, Equity, and Diversity | 40 (2 sections) | BSN | 1 cr. hrs. |
| Spring 2021 | NUR0053 Introduction to Inclusion, Equity, and Diversity | 20 | BSN | 1 cr. hrs. |
| Spring 2021 | NUR 3032 Responsibilities of the Nurse Scientists 2 | 7 | BSN | 3 cr hrs. |
| Summer 2021 | NUR 1054 Nursing Care of Older Adults | 29 | BSN | 2 cr hrs. |
| Fall 2021 | NUR 1054 Nursing Care of Older Adults | 90 | BSN | 2 cr hrs. |

Guest Lecturer (last 5 years)

| Term/Years | Course Number & Title | No. of Students | Level | Topic of Lecture |
|-------------------|--|------------------------|-----------------|---|
| Spring 2011 | NUR 0080: Fundamentals of Professional Nursing | 40 | BSN | Sleep and Rest |
| Spring 2011 | NUR 1054: Nursing Care of Older Adults | 80 | BSN | Sleep in the Older Adult |
| Summer 2011 | NUR 3042: Research Emphasis Seminar: Chronic Disorders | 4 | PhD | The effect of sleep disorders and sleepiness on daytime (and nighttime!) function |
| Fall 2011 | NUR 0080: Fundamentals of Professional Nursing | 120 | BSN | Sleep and Rest |
| Fall 2011 | NUR 1054: Nursing Care of Older Adults | 85 | BSN | Sleep in the Older Adult |
| Fall 2011 | NURNP 2518: Family Theory for NPs | Audio-tape | MS (on-line) | Care of the observant Jewish patient: A guide to health care providers |
| Fall 2011 | Geriatric Medicine IP-MACY Interdisciplinary Course | 60 | MD, MSN, PharmD | My patient can't sleep. |

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| Fall 2011 | NUR 3049 Doctoral Research Seminar | 12 | PhD | OSA and functional outcomes |
| Spring 2012 | NUR 1054: Nursing Care of Older Adults | 104 | BSN | Sleep and Circadian Rhythm Disorders in the Older Adult |
| Spring 2012 | NURNP 2518: Family Theory for NPs | 25 | MSN/DNP | Care of the observant Jewish patient: A guide to health care providers |
| Spring 2012 | NUR0051: Introduction to Professional Nursing. | 80 | BSN | Media and Nursing Image |
| Fall 2012 | Geriatric Medicine IP-MACY Interdisciplinary Course | 5 | MD, MSN, PharmD | Applied ethical decision making in the long-term care environment |
| Fall 2012 | NUR 1054: Nursing Care of Older Adults | 83 | BSN | Sleep Disorders and Daytime Sleepiness: Barriers to Improved Health Outcomes in Older Adults |
| Fall 2012 | NUR 0080: Fundamentals of Professional Nursing | 150 | BSN | Sleep and Rest |
| Fall 2012 | NUR 3049 Doctoral Research Seminar | 7 | PhD | Sleep and Management of Chronic Disease: A Program of Research |
| Spring 2013 | NUR 1054: Nursing Care of Older Adults | 86 | BSN | Prevention of Geriatric Syndrome in the Hospitalized Older Adult |
| Spring 2013 | NUR 1054: Nursing Care of Older Adults | 86 | BSN | Sleep Disorders and Daytime Sleepiness: Barriers to Improved Health Outcomes in Older Adults |
| Spring 2013 | NURNP 2518: Family Theory for NPs | 20 | MSN/DNP | Care of the observant Jewish patient: A guide to health care providers |
| Summer 2013 | NUR 3042 Research Emphasis Seminar: Chronic Disorders | 9 | PhD | Sleep Disturbances and Health: Examining the Evidence |
| Fall 2013 | NUR 3049 Doctoral Research Seminar | 4 | PhD | Sleep and Management of Chronic Disease: A Program of Research |
| Fall 2013 | NUR 1054: Nursing Care of Older Adults | 86 | BSN | Sleep Disorders and Daytime Sleepiness: Barriers to Improved Health Outcomes in Older Adults |
| Fall 2013 | NUR 0080: Fundamentals of Professional Nursing | 140 | BSN | A to Zzzz of Sleep and Rest |
| Spring 2014 | NUR 1054: Nursing Care of Older Adults | 86 | BSN | Sleep Disorders and Daytime Sleepiness: Barriers to Improved Health |

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| | | | | Outcomes in Older Adults |
| Spring 2014 | NURNP 2518: Family Theory for NPs | 20 | MSN/DNP | Care of the observant Jewish patient: A guide to health care providers |
| Summer 2014 | NUR 0080: Fundamentals of Professional Nursing | 140 | BSN | A to Zzzz of Sleep and Rest |
| Fall 2014 | NUR 1054: Nursing Care of Older Adults | 90 | BSN | Sleep Disorders and Daytime Sleepiness: Barriers to Improved Health Outcomes in Older Adults |
| Fall 2014 | NUR 0080: Fundamentals of Professional Nursing | 130 | BSN | Sleep and Rest |
| Spring 2015 | NURNP 2518: Family Theory for NPs | 20 | MSN/DNP | Care of the observant Jewish patient: A guide to health care providers |
| Spring 2015 | NUR 1054: Nursing Care of Older Adults | 87 | BSN | Sleep Disorders and Daytime Sleepiness: Barriers to Improved Health Outcomes in Older Adults |
| Summer 2015 | NUR 1054: Nursing Care of Older Adults | 20 | BSN | Sleep Disorders and Daytime Sleepiness: Barriers to Improved Health Outcomes in Older Adults |
| Fall 2015 | NUR 1127: Community Health Nursing | 50 | BSN | Poverty Simulation |
| Fall 2015 | NUR 0080: Fundamentals of Professional Nursing | 130 | BSN | Sleep and Rest |
| Spring 2016 | NURNP 2518: Family Theory for NPs | 20 | MSN/DNP | Care of the observant Jewish patient: A guide to health care providers |
| Spring 2016 | NUR 2000 Research for Evidence Based Practice | 20 | MSN/DNP | Didactic |
| Summer 2016 | NUR 1127: Community Health Nursing | 36 | BSN | Poverty Simulation |
| Fall 2016 | NUR 1127: Community Health Nursing | 56 | BSN | Poverty Simulation |
| Fall 2016 | NUR 0080: Fundamentals of Professional Nursing | 130 | BSN | Sleep and Rest |
| Spring 2017 | NURNP 2518: Family Theory for NPs | 20 | MSN/DNP | Care of the observant Jewish patient: A guide to health care providers |
| Summer 2017 | NUR 1054 | 25 | BSN | Introduction to Aging |
| Summer 2017 | NUR 1054 | 25 | BSN | Incontinence |

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| Summer 2017 | NUR 1054 | 25 | BSN | Excessive Daytime Sleepiness |
| Summer 2017 | NUR 1054 | 25 | BSN | Sexuality in Older Adults |
| Fall 2017 | NUR 1054 | 25 | BSN | Incontinence |
| Fall 2017 | NUR 1054 | 25 | BSN | Excessive Daytime Sleepiness |
| Fall 2017 | NUR 1054 | 25 | BSN | Sexuality in Older Adults |
| Fall 2017 | NUR 0080: Fundamentals of Professional Nursing | 140 | BSN | Fundamentals of Sleep and Circadian Rhythms |
| Spring 2018 | NURNP 2518: Family Theory for NPs | 20 | MSN/DNP | Care of the observant Jewish patient: A guide to health care providers |
| Spring 2018 | NUR 1054 | 88 | BSN | Excessive Daytime Sleepiness |
| Spring 2018 | NUR 1054 | 88 | BSN | Sexuality in Older Adults |
| Summer 2018 | NUR 1054 | 25 | BSN | Excessive Daytime Sleepiness |
| Summer 2018 | NUR 1054 | 25 | BSN | Sexuality in Older Adults |
| Fall 2018 | NUR 1054 | 50/25 | BSN/ABSBN | Excessive Daytime Sleepiness |
| Fall 2018 | NUR 1054 | 50/25 | BSN/ABSBN | Sexuality in Older Adults |
| Fall 2018 | Freshman Honors Seminar | 20 | BSN | Sleep and Circadian Rhythm HUB |
| Fall 2018 | NUR 0080: Fundamentals of Professional Nursing | 150 | BSN | ABC's of Zzzz |
| Fall 2018 | NUR 3291: Responsibilities and Activities of a Scientist | 8 | PhD | What about the service role for new PhD Graduates? |
| Spring 2018 | NURNP 2518: Family Theory for NPs | 8 | MSN/DNP | Care of the observant Jewish patient: A guide to health care providers |
| Spring 2019 | NUR0053 Introduction to Inclusion, Equity, and Diversity | 20 | BSN | |
| Spring 2019 | NUR 1054 | 36 | BSN/A | Excessive Daytime Sleepiness |
| Spring 2019 | NUR 1054 | 68/36 | BSN/ABSBN | Sexuality in Older Adults |
| Summer 2019 | NUR 1054 | 33 | ABSBN | Excessive Daytime Sleepiness |
| Summer 2019 | NUR 1054 | 33 | ABSBN | Sexuality in Older Adults |

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| Fall 2019 | NUR 1054 | 68/33 | BSN/ ABSN | Sexuality in Older Adults |
| Fall 2019 | NUR 1054 | 68 | BSN | Excessive Daytime Sleepiness |

Undergraduate Research Mentoring

Delle, K. L. & Maramag, M. S. (**E. Chasens** and B. Braxter, Advisors). Comparison of Sleep between Breast and Bottle-Fed Infants. Paper Presentation at the *National Conference on Undergraduate Research*, Ithaca College, March 31-April 2, 2011.

Maramag, M. S. & Delle, K. L. (**E. Chasens** and B. Braxter, Advisors). Effects of Breast-feeding on Sleep in Mothers of Infants. Paper Presentation at the *National Conference on Undergraduate Research*, Ithaca College, March 31-April 2, 2011.

Buenaventura, J.J. L, & Mai, J. T. (**E. Chasens** and S. Sereika, Advisors) . Association between Dietary Adherence and Self-Reported Dietary Choices in Adults with Type 2 Diabetes. Paper Presentation at the *National Council on Undergraduate Research (NCUR) Conference*. University of Kentucky, April 3-5, 2014.

Mai, J. T., & Buenaventura, J.J. L, (**E. Chasens** and S. Sereika, Advisors). Association of Perceived Exercise Barriers to Physical Activity in Adults with Type 2 Diabetes. Paper Presentation at the *National Council on Undergraduate Research (NCUR) Conference*. University of Kentucky, April 3-5, 2014.

Kamara, A. (2016). (**E. Chasens**, Advisor). Predictors of Mental Health-Related Quality of Life in Adults with Type 2 Diabetes. Paper presentation at the *National Council of Undergraduate Research (NCUR) Conference*. April 2017 Memphis.

Kimball, R. P. (**E. Chasens**, Advisor). Self-efficacy and Mental Health Related Quality of Life in Persons with Type 2 Diabetes. Paper presentation at *National Council of Undergraduate Research (NURC) Conference*. Kennesaw State University, April 2019.

Yannotta, E. (**E. Chasens**, Advisor). Effects of Financial Difficulty on Self-Management in Adults with Type 2 Diabetes. Paper presentation at *National Council of Undergraduate Research (NURC) Conference*. Kennesaw State University, April 2019.

Undergraduate Research Mentoring Program

Ilana Beck: Undergraduate Research Mentoring Program; Summer 2014

Sarah Greener, Undergraduate Research Mentoring Program; Fall 2014 & Spring 2015

Stephanie Wiscount, Undergraduate Research Mentoring Program; Fall 2014 Spring 2015

Maria Petrisko, Undergraduate Accelerated Student, Fall & Spring 2014

Abigail Bomberger, Undergraduate Research Mentoring Program; 2014-2015, 2016-2017

Elizabeth Schnarr, Undergraduate Research Mentoring Program; 2014-2015, 2016-2017

Riley Kimball, Undergraduate Research Mentoring Program; 2017-2018, 2018-2019

Emily Yannotta, Undergraduate Research Mentoring Program; 2017-2018, 2018-2019

Long Tran, Undergraduate Research Mentoring Program 2019-2020

Undergraduate Honors Thesis

Long Tran. BSN. The Associations between Pain, Sleep, Global Health, and Functional Outcomes in Older Adults. Defended Spring 2021 (Chair)

Graduate Faculty Activity

Doctor of Nursing Practice Committee

Sarah Deslate.

Capstone Project: STOP-BANG as a pre-procedure risk assessment tool to predict intra-procedure airway maneuvers and adverse events in a gastrointestinal laboratory. Defended Spring 2019

John Jones

Capstone Project. Decreasing the Incidence of Hypoxia during GI Procedures assisted with Propofol Sedation Using High Flow Nasal Cannula. Defended July 31, 2020

Doctor of Philosophy Committee

Dissertation Committee Chair/Co-Chair

Ann Johansson, PhD. (2018). *Variations in Genes Related to Sleep Patterns in Children with Autism Spectrum Disorder*. PhD confirmed April 27, 2018. University of Pittsburgh, School of Nursing.

Jonna L. Morris, PhD. (2018). *Sex Differences in the Perceptions and Symptom Presentations of Impaired Sleep*. Defense August 2018. University of Pittsburgh, School of Nursing.

Letitia Graves (2019). *Sleep Symptomology after Spinal Cord Injury*. Defense June 2019. University of Pittsburgh, School of Nursing.

Bomin Jeon, (in process). *The Role of Comorbid Obstructive Sleep Apnea and Insomnia on Depressive Symptoms and Diabetes-Related Distress in Adults with Type 2 Diabetes Mellitus*. Anticipated defense: Spring 2021.

Dissertation Committee Member

Laura L. Williams, Ph.D. Dissertation Defense, May 15, 2008 University of Alabama School of Nursing. *Factors Associated with Sleep Disruption Among Community Dwelling Elderly in the Health and Retirement Study*. Present professional status: Associate Professor, University of North Alabama.

Jing Wang, Ph.D. Dissertation Defense. July 30, 2010 University of Pittsburgh. *Social Problem Solving and Adherence to Self-Monitoring in Association with Changes in Weight and Cardiometabolic Risk Factors in a Behavioral Weight Loss Trial*. Present professional status: Associate Professor, University of Texas at Houston.

Monica DiNardo, Ph.D. Dissertation defense November 22, 2013 University of Pittsburgh. *A Mindful Approach to Diabetes Self- Management Education with Stress Reduction and Healthy Coping for US Veterans with Diabetes.*

Lynn M. Baniak, PhD. Dissertation defense June 10, 2015, Binghamton University, State University of New York. *Human Responses to Chronic Illness: Using Biomedical Interventions to Improve Quality of Life.* Present professional status: Postdoctoral Fellow, University of Pittsburgh, School of Nursing.

Kechuang Wu, MPH, RN, Dissertation title: *The Relationships Between Sleep, Fatigue, and Reproductive Hormones in Postmenopausal Women with Breast Cancer Receiving Adjuvant Therapy.* Committee member

Mentorship of Doctoral Students/Postdoctoral Fellows

9/2017-8/2019 NIH/NINR NRSA Predoctoral Fellowship F31NR017336

Applicant: Jonna L. Morris

Sex Differences in the Perception and Symptom Presentation of Impaired Sleep

Role: Sponsor

Lynn Baniak, BS, RN, Doctoral Student at the Decker School of Nursing at Binghamton University. Awarded Sleep Research Societies First Time Trainee Travel Award for *Sleep 2013 Conference.*

2016-2017 American Nurses Foundation
Characterization of Sleep in Veterans with Heart Failure with Preserved Ejection Fraction.

PI: L. M. Baniak

Role: Co-Investigator

Christopher Imes, PhD, RN Post-Doctoral Scholar, Targeted Research and Academic Training of Nurses in Genomics, University of Pittsburgh, School of Nursing. Awarded Sleep Research Societies First Time Trainee Travel Award for *Sleep 2013 Conference.*

Mentorship of Faculty in Teaching

My role as Vice-Chair for Administration of the Department of Health & Community Systems involved mentoring of all new faculty especially in their teaching role.

Jacob Kariuki, PhD, Assistant Professor

Dan Li, PhD, Assistant Professor

Faith Luyster, PhD

Barbara Usher, PhD, Associate Professor. (2016-2017).

Jonna L. Morris, PhD

Chasens, E. R., Kariuki, J. (2017). Mentoring baccalaureate students in the long-term care setting: Challenges and opportunities. Presented to University of Pittsburgh clinical faculty NUR 0080: Fundamentals of Professional Nursing. August 21, 2017.

Mentorship of Faculty in Research

Facilitator, School of Nursing Gerontology Research Interest Group (2014-2015)

Founder and Facilitator, School of Nursing Sleep Scholars Research Group (2013-2017)
 Director and Core Faculty, School of Nursing HUB for Sleep and Circadian Rhythms: Effect on Symptoms and Functional Outcomes Across the Lifespan. (2018)

2015-2016 American Nurses Foundation
 Examining Sleep Disruption in Caregivers of Young Children with Type 1 Diabetes
 PI: C. Feeley
 The goal of the proposed research is to describe sleep, stress, and mood among caregivers of school age children with type 1 diabetes.
 Role: Co-Investigator

2015-2016 School of Nursing Center for Research and Evaluation Pilot/Feasibility Program
 An Exploratory Study of the Genetics of Obstructive Sleep Apnea among Adults with Diabetes.
 PI: C. Imes
 This study will examine changes in gene expression among adults with obstructive sleep apnea and type 2 diabetes after 3 months of treatment with CPAP.
 Role: Co-Investigator

2018-2019 University of Pittsburgh Healthy Lifestyle Institute
 Real Time Monitoring of Lifestyle Behaviors among Healthcare Providers Engaged in Shift Work: A Pilot Feasibility Study
 PI: C. Imes
 This within subjects' longitudinal study will examine nurses' sleep, activity and mood after working 12-hour day shifts, 12-hour night shifts, and days off.
 Role: Consultant

International Scholars

Juan Shen, MSN Visiting International Scholar from Suzhou Health College in China. 2013-2014.

Practicums

| Semester | Course | Student | Project/ Role |
|-------------|--------------------------------------|-----------------------------------|--|
| Fall 2007 | NUR 2002 Research Practicum | Carrie Haggerty, BSN | Research practicum in sleep disorders, sleepiness, and physical activity |
| Fall 2008 | NUR 2074 Nurse Educator Practicum | Khalid Alamary, BSN | Guided practicum experience with undergraduate Accelerated 2 nd Degree BSN students in Nursing Care of Adults with Acute and Chronic Health Conditions. |
| Summer 2009 | NUR 2002 Research Practicum | Omar A. Helal, BSN MSN Program | Caffeine, Sleep and Weight in School-Aged Children: A |

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|----------------|--|---|--|
| | | School of Nursing University of Pittsburgh Nurse Anesthesia Track | Secondary Analysis of Data from the National Sleep Foundation's Sleep in America Poll |
| Fall 2009 | NUR 3045: Research Practicum | Monica M. DiNardo | Guided research activities with <i>OSA, Sleepiness and Activity in Diabetes Management.</i> |
| Spring 2012 | NUR 2002: Research Practicum | Lorreen Mattson | Research practicum in sleep quality, daytime sleepiness, and diabetes self-management |
| Spring 2013 | Nursing 2002: Research Practicum | Chelsi McIlwain | Restless leg syndrome, insomnia symptoms and health |
| Spring 2016 | Nursing 2002: Research Practicum | Jocelyn Reesman | Diabetes Sleep Treatment Trial |
| Summer 2016 | Nursing 2002: Research Practicum | Addie Cant | Diabetes Sleep Treatment Trial |
| Fall 2016 | NURSP 2073: Practicum in Nursing Education | Victor Bench | Pain in Older Adults |

Mentorship Activities with Postdoctoral Fellow

Grant scientific reviewer Faith S. Luyster, PhD.: *“The role of daytime sleepiness in medication adherence in patients with heart failure”*

Other Courses Taught

- Fundamentals of Nursing, didactic and clinical, El Centro College, Dallas, TX.
- Pharmacology, didactic, El Centro College, Dallas, TX
- Advanced Medical /Surgical Nursing, didactic, El Centro College, Dallas, TX.
- Mental Health Nursing, didactic and clinical, El Centro College, Dallas, TX.
- Restorative Care of Adults & Elders, clinical, Wayne State University, Detroit, MI.
- Nursing Research (Graduate), didactic, Wayne State University, Detroit, MI.
- Adult Acute Care Nursing II (Graduate), clinical, Wayne State University, Detroit, MI
- Nursing Care of the Older Adult (Graduate), didactic, Pennsylvania State University, State College, PA
- Quantitative Research and Statistics (Graduate), didactic, Pennsylvania State University, Hershey, PA.
- Nursing Care of the Young and Middle-Aged Adult, didactic, University of Pennsylvania, Philadelphia, PA.

Accelerated 2nd Degree BSN Program – Coordinator (2004-2009)

- 100% NCLEX pass rate on 1st try
- Advisor to 21 enrolled students 2007-2008
- Advisor to preadmission students as requested
- Regular scheduled meetings with Associate Dean of Academic Affairs
- Evaluation of Program each semester, focus group with students, meeting with Clinical Instructors

Service**University Committees**

- 2015-2020 University of Pittsburgh Senate Research Committee (re-elected)
- 2014-2015 Senate Library Committee (elected)
- 2014-2018 University of Pittsburgh's Faculty Senate Elections Committee-
Representative for School of Nursing
- 2007-2010 Representative, School of Nursing to University of Pittsburgh Faculty
Assembly
- 2008-2010 Representative, School of Nursing to University of Pittsburgh Senate
- 2010 School of Nursing Representative. Interprofessional Modeling and Caring for
the Elderly (IP-MACY): Educating a health care workforce to meet the needs
of a changing health care system. Organizer of a 5-week model
interdisciplinary cooperative learning program between the Schools of
Medicine, Pharmacy, and Nursing.
- 2010 Evaluation Facilitator for Focus Group of Nurse Practitioner Students for
Interdisciplinary Course (Medical Students, Nurse Practitioner Students, and
D. Pharmacy Students) *Geriatric Syndromes and Dementia. Geriatric
Medicine*

School Committees

- 2021-2023 Appointment, Reappointment, Promotion and Tenure [ARPT] Committee
- 2017-2018 University of Pittsburgh School of Nursing Curriculum Committee
(Evaluation & Steering Representative)
- 2015-current Evaluation and Steering Committee (Chair 2017- 2018)
- 2014-2015 Refreshing the Curriculum "Communications" -Chair
- 2014-2015 PhD Curriculum Revision Task Force (Co-Chair)
- 2014 Dean's Distinguished Teaching Awards Committee (Chair)
- 2014, 2016 School of Nursing Promotion Committee (Member)
- 2013-2015 Admission, Retention, and Graduation Committee (Graduate Program
Representative)
- 2011– 2013 School of Nursing Planning and Budget Committee (Chair 2012-2013)
BSN Learning Outcome Assessment Faculty Panel
BSN Curriculum Enrichment Committee
PhD Curriculum Committee
- 2009-present PhD Doctoral Council
University of Pittsburgh School of Nursing, Academic Integrity Hearing
Board
- 2014 University of Pittsburgh, School of Nursing Plagiarism Task Force
- 2014 University of Pittsburgh School of Nursing Tenure Review Committee
- 2004-present University of Pittsburgh School of Nursing Total Faculty Committee
BSN Council

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| 2004-2011 | BSN Curriculum Committee (Chair 2009-2011) Crosswalk review of curriculum for AACN BSN Essentials Tri-annual review of BSN curriculum |
| 2007-2009 | Bylaws/Policy Committee |
| 2005-2009 | NCLEX Task Force Typhon Implementation Task Force |
| 2000-2001 | Adult Health Graduate Adult Health and Gerontology Committee, Wayne State University |
| 1998-2000 | Mentor of Undergraduate and Master's level students' research experience. University of Alabama at Birmingham |
| 1998-1999 | Doctoral Student Representative University, Alabama School of Nursing Accreditation Committee (Commission on Collegiate Nursing Education) |
| 1993-2000 | Instructor, Cardiac Pulmonary Resuscitation American Heart Association. El Centro College, Dallas, Texas |
| 1992-1998 | Coordinator, Mentorship Program for Nursing Students (at-risk, low income, minority, and older students returning to school), El Centro College, Dallas, Texas |
| 1992-1998 | Research Committee, Member. El Centro College, Dallas, Texas |
| 1992-1998 | Curriculum Committee, Gerontology Task Force El Centro College, Dallas, Texas |

National Service to the Profession

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|--------------|---|
| 1998-current | Sleep Research Society Sleep in Nursing Curriculum: National Task Force, 2000 Communication Committee Sleep 2007-2009 Membership Committee 2009-2011 National Congressional Liaison Group 2013-current |
| 2008-present | Eastern Nursing Research Society Biobehavioral Research Interest Group (Founder, Co-Chair 2008- 2014) Nominating Committee Member (elected) 2010-2014 Organizational Development Committee (invited) 2014-2015 Conference Planning Committee (invited) 2015-2016 Membership Committee (invited) 2017-2018 |
| 2016- | American Academy of Nursing Nurse Fatigue Subgroup of Health Behavior Expert Panel (invited) |
| 2017 | Sigma Theta Tau International's 28th International Nursing Research Congress: Moderator for two sessions. "Can't Sleep at Night, Can't Function During the Day: Effect of |

Sleepiness on Daily Behaviors” July 29, 2017
“Sleep Disturbances” July 30, 2017

Other Professional Activities

- 1999 Community Screening for Diabetes:
First Baptist Church of Fairfield, Birmingham, Alabama
Jerusalem Baptist Church, Bessemer, Alabama
6th Avenue Baptist Church, Birmingham, Alabama
Memorial Park Community Center, Birmingham, Alabama
- 2000 American Diabetes Association: Michigan
“Diabetes Diner Radio Talk Show” Community Screening
- 2001 Annual Petra Missionary Baptist District Association Woman’s
Division Conference.
Presentation: “Diabetes: Risks Avoided/Complications Reduced”
Detroit, Michigan
- 2001 Southeast Michigan Post-Polio Support Group
Presentation: “Sleep and Bladder Problems in Post-Polio Syndrome”
Troy, Michigan
- 2005 Capital Area Post-Polio Support Group
“Getting a Good Night’s Sleep”
Harrisburg, Pennsylvania
- 2005 & 2006 University of Pittsburgh “Day of Caring,” community service
activities
- 2005-2014 University of Pittsburgh Health Career Scholars Academy: Program
for High School students with interactive learning about different
careers in the nursing profession.
- 2007-2010 ACHD Medical Reserve Corps – Allegheny County volunteer
organization that responds to major emergencies and public health
initiatives
- 2008 Black “Family Reunion” Community Event
Community education and screening about sleep disorders.
Sunday, August 8, 2010, Pittsburgh, PA
- 2009 Bidwell Presbyterian Church Health Promotion
June, 14, 2009
Pittsburgh, PA

- 2009-present CTSI Community Outreach Speaker's Bureau Volunteer
Pittsburgh, PA
- 2015 Faculty Staff Wellness. The Sustainable Workplace: PEARLS for
Worksite Wellness. *SleepWell: Sleep Hygiene*. Presentation February
24, 2014
- 2016 Mount Washington Senior Center. Healthy Aging Series- *Good Night,
Sleep Tight*. July 20, 2016
- 2018 GIFT (Giving it Forward Together). Nurse Educator representative at
Caring Makes a Difference. December 16, 2018
- 2019 Western Pennsylvania Local Networking Group (WPLNG) of
American Association of Diabetes Educators. Presentation: Smoking:
An independent predictor of elevated A1C in persons with type 2
diabetes. January 8, 2019 Pittsburgh, PA