

Curriculum Vitae

Name: Kathy Culpepper Richards, PhD, RN, FAAN

Business Address: 1425 Horsham Road
North Wales, PA 19454-1320

Education:

Year	Institution	Degree
May, 1976	University of Arkansas for Medical Sciences, Little Rock, Arkansas	Bachelor of Science (With High Honors) Major, Nursing
December, 1985	University of Arizona, Tucson, Arizona	Master of Science Major, Nursing
May, 1993	University of Texas, Austin, Texas	Doctor of Philosophy Major, Nursing

Certification and License: Registered Nurse Practitioner, 1976 – present. Diplomate,
American Board of Sleep Medicine, 2002 - present

Professional Experience:

Year	Position/Place
2007-	Director, Polisher Research Institute, Madlyn & Leonard Abramson Center for Jewish Life, North Wales, PA.
1998-2000	Associate Chief Nurse, Research, VA Medical Center, Little Rock, Arkansas. Associate Professor, University of Arkansas for Medical Sciences College of Nursing, Little Rock, Arkansas.
1997-98	Associate Chief Nurse, Research, VA Medical Center, Little Rock, Arkansas. Interim Associate Dean for Research and Evaluation, University of Arkansas for Medical Sciences College of Nursing, Little Rock, Arkansas.
1994-97	Associate Chief Nurse, Research, VA Medical Center, Little Rock, Arkansas. Assistant Professor, University of Arkansas for Medical Sciences College of Nursing, Little Rock, Arkansas.
1993-94	Associate Clinical Professor, Graduate Studies in Nursing, Northwestern State University, Shreveport, Louisiana.
1992-94	Nurse Manager, Surgical Intensive Care Unit and Post-Anesthesia Care Unit, Overton Brooks VA Medical Center, Shreveport, Louisiana.
1991-92	Gerontologic Pre-doctoral Fellow, Department of Veterans Affairs, Shreveport, Louisiana.
1990-91	Pulmonary Clinical Nurse Specialist, Overton Brooks VA Medical Center,

Shreveport, Louisiana.
 1988-90 Staff Nurse, ICU, Overton Brooks VA Medical Center, Shreveport, Louisiana.
 1988-90 Instructor, Critical Care, Northwestern State University, Shreveport, Louisiana.
 1985-88 Critical Care Clinical Nurse Specialist, Overton Brooks VA Medical Center, Shreveport, Louisiana.
 1984-85 Staff Nurse, ICU, Overton Brooks VA Medical Center, Shreveport, Louisiana.
 1982-83 Clinical Nurse Leader, ICU, El Dorado Hospital, Tucson, Arizona.
 1981-82 Staff and Charge Nurse, ICU, University of Arizona, Tucson, Arizona.
 1978-81 Staff and Charge Nurse, ICU, Bethania Hospital, Wichita Falls, Texas.

Academic Position:

Professor, University of Pennsylvania School of Nursing

Clinical Position:

Director, Polisher Research Institute, Madlyn and Leonard Abramson Center for Jewish Life

Awards/Honors:

Sigma Theta Tau International Honor Society of Nursing Award in recognition of outstanding leadership in nursing, 2008.
 University of South Florida College of Nursing Distinguished Lecturer, 2007.
 Fellow, American Academy of Nursing, 2005.
 Writers Award in Aging, "Sleep Promotion in Hospitalized Elders." Medical-Surgical Nursing Journal. Nagel C, Markie M, **Richards KC**, Taylor J, 2003.
 College of Nursing Faculty Award for Outstanding Scholarship (Peer Award), 2003.
 Outstanding Alumni Award for Research, University of Arkansas for Medical Sciences College of Nursing, 2003.
 Health Services Research and Development Advanced Career Development Award, Department of Veterans Affairs, 2003.
 Fellow, American Academy of Sleep Medicine, 2002.
 College of Nursing Faculty Award for Outstanding Scholarship (Peer Award), 2001.
 Health Services Research and Development Career Development Award, Department of Veterans Affairs, 2000.
 Special Contribution Award, Little Rock, Arkansas, Veterans Affairs Medical Center, 1997, 1999.
 Nurse Researcher of the Year, Arkansas State Nurses Association, 1997.
 University of Arkansas for Medical Sciences College of Nursing Faculty Award, Outstanding Scholarship (Peer Award), 1996, 2001, 2003.
 American Association of Critical-Care Nurses Research Abstract Award, 1995.
 Sigma Theta Tau Research Travel Award, Beta Chi Chapter, 1994.
 Performance Award, Overton Brooks Veterans Affairs Medical Center, Shreveport, Louisiana, 1991, 1994.
 Phi Kappa Phi, 1989.
 Northwest Louisiana Chapter American Association of Critical-Care Nurses Member of the Year Award, 1988.
 American Association of Critical-Care Nurses Research Abstract Award, 1986.
 Outstanding Masters Thesis Award, University of Arizona College of Nursing, 1985.
 Sigma Theta Tau Graduate Student Award, Beta Mu Chapter, 1984.
 Sigma Theta Tau, 1984.

Research:

Grants Funded- Principal Investigator:

Extramural

“Validation of Measures of Restless Legs Syndrome in Elders with Memory Disorders.” R01 AG 027778, National Institute on Aging, 2007-2010, **Richards, K.C.**, Beck, C.K., Hutchison, L., Lambert, C., \$1,388,568.

“Effect of Activities and Exercise on Sleep in Dementia.” RO1 NR 07771, National Institute of Nursing Research, **Richards, K.C.**, Beck, C.K., Evans, W., Bliwise, D., Sullivan, D., 2002-2008, \$2,217,952.

“Sleep and Behavioral Disturbance in Dementia.” Department of Veterans Affairs Health Services Research and Development, **Richards, K.C.**, Beck, C.K., 2003-2008, \$890,000.

“Effect of Treatment of Restless Legs Syndrome on Wandering and Sleep.” Beverly Healthcare Corporation, **Richards, K.C.**, Lambert, C., Johnson, L., 2005-2006, \$20,000.

“Center for Research on Tailored Biobehavioral Interventions.” P20 NR 09006, National Institute of Nursing Research, **Richards, K.C.**, 2004-2009, \$1,475,000.

“Individualized Respite for Persons with Dementia.” Department of Veterans Affairs Advanced Career Development Award, **Richards, K.C.**, 2003-2006, \$375,000.

“Best Practice for Sleep Promotion in Cognitively-Impaired Veterans.” Department of Veterans Affairs Health Services Research and Development Career Development Award, **Richards, K.C.**, 2000-2003, \$320,000.

“Minority Supplement, “Effect of Activity on Sleep in Cognitively Impaired Elderly.” R15 NR O4498, National Institute of Nursing Research, **Richards, K.C.**, Siegers, M., 1999-2000, \$20,134.

“Effect of Activity on Sleep in Cognitively-Impaired Veterans.” Department of Veterans Affairs Health Services Research and Development, **Richards, K.C.**, Beck, C.M., Heacock, P., 1997- 2001, \$537,200.

“Effect of Activity on Sleep in Cognitively-Impaired Elderly.” R15 NR O4498, National Institute of Nursing Research, **Richards, K.C.**, Beck, C.M., Heacock, P., 1997-2000, \$107,054.

“The Effect of Muscle Relaxation, Imagery, and Relaxing Music Intervention and a Back Massage on the Psychophysiological Arousal and Sleep of Elderly Males in the Critical Care Environment.” Gerontologic Nurse Fellowship, Department of Veterans Affairs, **Richards, K.C.**, 1991-1993, \$52,000.

Intramural or Local

“Effect of Pramipexole on Restless Legs Syndrome/Periodic Limb Movement Disorder in Nursing Home Residents with Dementia.” University of Arkansas for Medical Sciences National Institute on Aging Memory Research Center Pilot Grant, **Richards, K.C.**, Lambert, C., Johnson, L., 2005-2006, \$15,000.

“Obstructive Sleep Apnea Syndrome and Disruptive Behaviors in Dementia.” Central Arkansas Veterans Health Care System Biomedical Research Foundation, **Richards, K.C.**, 2002-2003, \$40,000.

“Adult Night Care for Persons with Dementia: A Feasibility Study.” Dementia Pilot Study Grant Program, Arkansas Dementia Center and Donald W. Reynolds Center on Aging, **Richards, K.C.**, 2000-2002, \$9,434.

“Napping in Cognitively-Impaired Elderly.” Research Fellowship, University of Arkansas for Medical Sciences College of Nursing, **Richards, K.C.**, 1997, \$5,700.

“Effect of Activity on Sleep in Dementia.” Research Fellowship, University of Arkansas for Medical Sciences College of Nursing, **Richards, K.C.**, 1996, \$5,240.

“Effect of Activity on Sleep in Cognitively- Impaired Veterans: A Pilot Study.” University of Arkansas for Medical Sciences College of Nursing, **Richards, K.C.**, 1995, \$5,280.

“Sundowning in Alzheimer’s Patients.” Research Fellowship, University of Arkansas for Medical Sciences College of Nursing, **Richards, K.C.**, 1995, \$3,500.

“Perceptions of Receiving a Back Massage and Sleeping in the Critical Care Unit.” University of Arkansas for Medical Sciences College of Nursing, **Richards, K.C.**, McSweeney, J., 1995, \$1,200.

“The Effect of Muscle Relaxation, Imagery, and Relaxing Music Intervention and a Back Massage on the Psychophysiological Arousal and Sleep of Elderly Males in the Critical Care Environment.” Department of Pulmonary Medicine, Louisiana State University Medical Center, **Richards, K.C.**, Anderson, W.M., 1991, \$1,500.

“Sleep-related Respiratory Deterioration in the Critically Ill.” Gamma Xi Chapter Sigma Theta Tau, **Richards, K.C.**, 1995, \$500.

“The Effect of Muscle Relaxation, Imagery, and Relaxing Music Intervention and a Back Massage on the Psychophysiological Arousal and Sleep of Elderly Males in the Critical Care Environment.” Beta Chi Chapter Sigma Theta Tau Research Grant Award, **Richards, K.C.**, 1992, \$500.

Grants Funded - Co-Principal or Co-Investigator:

“Wrist and ankle accelerometry: A novel method for the early detection of delirium in hospitalized patients with cognitive impairment.” University of Pennsylvania Institute on Aging Pilot Research Grant Program. Gooneratne, N.S., **Richards, K.C.**, Gehrman, P., 7/2008-6/2009, \$50,000.

“Feasibility Study: Attention Measures in Person’s with Alzheimer’s Disease.” National Institute of Nursing Research, Cole C., Mennemeier, M., **Richards, K.C.**, 6/2007-2009, \$140,950.

“Formation of a Clinical and Translational Science Institute in Arkansas.” 1P20RR023425-01, National Institutes of Health, National Center for Research Resources, Kern, P., **Richards, K.C.** (Co-PI), 9/2006-9/2007, \$213,000.

“Hartford Center of Geriatric Nursing Excellence Renewal.” John A. Hartford Foundation, Beverly, C., **Richards, K.** (Co-PI), 2006-2010, \$ 1,020,415.

“Exercise to Relieve Cancer-Related Insomnia and Fatigue.” R01 NR O8937 National Institute of Nursing Research, National Cancer Institute. Coleman, E.A., Coone, S., **Richards, K.**, Anaissie, E., Barlogie, B., Evans, W., Gaylor, D., Stewart, B., 2005-2008, \$1,400,000.

“Effect of Sleep Fragmentation on Attention in People with Dementia.” General Clinical Research Center Pilot Grant, Cole C., **Richards, K.C.**, 2004-2005, \$15,000.

“Sleep Fragmentation and Cognition in Long-term Care.” Beverly Healthcare Corporation Pilot Grant, Cole C., **Richards, K.C.**, 2003-2004, \$20,000.

“John A. Hartford Center of Geriatric Nursing Excellence.” John A. Hartford Foundation, Beverly, C., **Richards, K.C.** (Co-PI), 2001-2006, \$1,331,250.

“Using the Western Ontario and MacMaster (WOMAC) Osteoarthritis Index Pain Scale in Cognitively-Impaired Elders with Chronic Knee Pain.” Dementia Pilot Study Grant Program, Donald W. Reynolds Department of Geriatrics, Tsai, P.F., **Richards, K.C.**, June 2000, \$15,000.

“Exercise for Pain and Sleep in Nursing Home Residents with Osteoarthritis of the Knee.” University of Arkansas for Medical Sciences College of Nursing Intramural Grant Program, Tsai, P.F., **Richards, K.C.**, 2000, \$3,666.

“Exercise and Metabolism Equipment Grant.” Biomedical Research Foundation,
Sullivan, D., **Richards, K.C.**, Johnson, L., 2000-2001, \$40,000.

“Effect of Activity on Sleep in Cognitively Impaired Elders as Measured by Polysomnography.” MO1 RR14288, University of Arkansas for Medical Sciences NIH General Clinical Research Center, **Richards, K.C.**, Beck, C., Davila, D., LChiong, L. Presenting Protocol and Pilot Study, Principal Investigator, Wilson, I.D., 1999-2002.

“Problematic Vocalizations: Background and Proximal Factors.” RO1 NR O4194, National Institute of Nursing Research, Beck, C.M., **Richards, K.C.**, 1999-2004, \$1,840,174.

“Effect of Exercise on Patients with Melanoma after Stem Cell Transplantation.” University of Arkansas for Medical Sciences Foundation, Coleman, A., **Richards, K.C.**, Evans, W., 1998, \$15,000.

“Is Melatonin a Viable Treatment for Nighttime Restlessness and Sleep Disturbances in the Institutionalized Demented Patient.” Donald W. Reynolds Center on Aging, Rhoads, R., Liem, P., Smith, J., McQuirt, R., **Richards, K.C.**, Morales, R., 1998, \$12,500.

“Curly Bear Visits Critical Care: Developing and Testing an Intervention to Prepare Young Children to Visit Critically Ill Adults.” University of Arkansas for Medical Sciences College of Nursing, Thompson, P.J., Lambert, C., **Richards, K.C.**, 1998, \$3,500.

Grants Funded - Mentor – Extramural

“Sleep Fragmentation and Attention in Alzheimer’s Disease.” 1 K23 NR009492, National Institute of Nursing Research, Research Career Development Award, Cole, C., Richards, K.C., Beck, C.K., 2006-2009, \$283,838.

Publications:

Journals Refereed

Cole, C.S., **Richards, K.C.**, Roberson, P.K., Lambert, C., Furnish, A., & Free, J. Relationships among Sleep Disturbance, Cognition, & Functional Status in Nursing Home Residents. Manuscript submitted for publication (*Sleep*), April 2008.

Richards, K.C., Shue, V.M., Lambert, C. Restless legs syndrome risk factors, behaviors, and diagnosis in persons with early to moderate dementia and sleep disturbance. Manuscript submitted for publication, June 2007.

Whall, A., Colling, K., Kolanowski, A., HyoJeong, K., Gwi-Ryung, S., DeCicco, B., Ronis, D., **Richards, K.C.**, Algase, D., & Beck, C.. Predicting aggressive behaviors in persons with dementia: Who is at risk, under what conditions? *Gerontologist*. Manuscript submitted for publication, 2007.

- Tsai, P., Beck, C., **Richards, K.**, Phillips, L., Roberson, PK, & Evans, J. (2008). The Pain Behaviors for Osteoarthritis Instrument for Cognitively Impaired Elders (PBOICIE). *Research in Gerontological Nursing*, 1(2), 116-122.
- Richards, K.C.**, Roberson, P., Shue, V.M., Lambert, C., Bliwise, D., Beck, C.K., Williams, J.S. Periodic leg movements predict sleep time in persons with cognitive impairment and sleep disturbance. *Sleep*. 2008 Feb 1;31(2):224-30. PMC2225566
- Richards, K. C.**, Enderlin, C., Beck, C., McSweeney, J., Jones, T., & Roberson, P. (2007). Tailored biobehavioral interventions: A literature review and synthesis. *Research and Theory for Nursing Practice: An International Journal*, 21(4), 271-285.
- Cole, C.S., **Richards K.C.** (2007) Sleep disruption in older adults. *The American Journal of Nursing*. 2007 May; 107(5):40-9.
- Enderlin, C, **Richards, K.C.**, (2006). Research testing of tailored interventions. *Research and Theory for Nursing Practice: An International Journal*, 20(4), 317-324.
- Viegas, S.M., **Richards K.C.**, Beck, C., Lambert, C.W., O'Sullivan, P.S., Cole, C.S., Hutchison, L., & Shue, V.M. (2006). Predictors of daytime sleep of nursing home residents with dementia. *Journal of the American Psychiatric Nurses Association*, 12(5), 286-293.
- Simpson, K.M., **Richards, K.C.**, Enderlin, C.A., O'Sullivan, P.S., & Koehn, M. (2006). Medications and sleep in nursing home residents with dementia. *Journal of the American Psychiatric Nurses Association*, 12(5), 279-285.
- Young, H.M., Swanson, E.A., **Richards, K.C.**, Wallhagen, M.I., Archbold, P., Spool, M., & Flaherty-Robb, M. (2006). Extending influence in gerontological nursing through partnerships. *Nursing Outlook*, 54(4), 204-211.
- Beverly, C., Maas, M., Young, H., **Richards, K.C.**, Scalzi, C.C., & Kayser-Jones, J. (2006). Leadership development in the John A. Hartford Centers of Geriatric Nursing Excellence. *Nursing Outlook*, 54(4), 231-235.
- Tsai, P., & **Richards, K.** (2006). Using an osteoarthritis-specific pain measure in elders with cognitive impairment: a pilot study. *Journal of Nursing Management*, 14, 90-95.
- Cole, C.S., & Richards K.C. (2006). Sleep in persons with dementia: Increasing quality of life by managing sleep disorders. *Journal of Gerontological Nursing*, 32(3), 48-53.

Richards, K.C., Beck C., O'Sullivan P., Shue, V.M.. (2005) Effect of individualized social activity on sleep in nursing home residents with dementia. *Journal of the American Geriatrics Society*, 53(9), 1510-1517.

Richards, K.C., Beck C.K., O'Sullivan, P., Shue, V. (2005). Demographic and sleep characteristics in cognitively impaired nursing home residents with and without severe sleep/wake pattern inefficiency. *Issues in Mental Health Nursing*, 26(7), 751-69.

Cole C.S., & **Richards K.C.** (2005). Sleep and cognition in people with Alzheimer's Disease. *Issues in Mental Health Nursing*, 26(7), 687-98.

- Lee, K., Landis, C., Chasens E.R., Dowling, G., Merritt, S. Parker, K., Redeker, N., **Richards, K**, Rogers, A., Shaver, J., Umlauf, M., Weaver T. (2004). Sleep and chronobiology: recommendations for nursing education. *Nursing Outlook*, 52(3), 126-133.
- Sullivan, S.C., & **Richards, K.C.** (2004). Predictors of circadian sleep-wake rhythm maintenance in elders with dementia. *Aging and Mental Health*, 8(2), 143-152.
- Coleman, EA, Coon, SK, Hall-Barrow, J, **Richards, K**, Gaylor, D, Stewart, B. (2003). Feasibility of exercise during treatment for multiple myeloma. *Cancer Nursing*, 26(5), 410-419.
- Kolanowski, A., & **Richards, K.C.** (2003). Introverts and extroverts: leisure activity behavior in persons with dementia. *Activities, Adaptation, and Aging*, 26(2), 1-16.
- Richards, K.C.**, Nagel, C., Markie, M., Elwell, J., & Barone, C. (2003). Use of complementary and alternative therapies to promote sleep in critical care. *Critical Care Nurs Clinics of North America*, 15, 329-340.
- Tsai, P., **Richards, K.**, & Tatom, I. (2003). The association between knee temperature and pain in elders with osteoarthritis of the knee: A pilot study. *Journal of Advanced Nursing*, 42(4), 373-381.
- Beverly, C.J., & **Richards, K.C.** (2003). University of Arkansas for Medical Sciences College of Nursing John A. Hartford Center of Geriatric Nursing Excellence. *Medical-Surgical Nursing Journal*, 12(5), 280.
- Nagel, C., Markie, M., & **Richards, K.C.**, Taylor, J., (2003). Sleep promotion in hospitalized elders. *Medical-Surgical Nursing Journal*, 12(3), 279-290.
- Davila, D, **Richards, K.C.**, & Marshall, B. (2003). Oximeter's acquisition parameters influence the profile of respiratory disturbance index. *Sleep*, 26(1), 91-95.
- Tsai, P., **Richards, K.**, & FitzRandolph, R. (2002). Feasibility of using a quadriceps strengthening exercise to improve pain and sleep in a severely demented elder with osteoarthritis of the knee – a case report. *BMC Nursing*, 1(1).
- Richards, K.C.**, Anderson, W.M., Chesson, A., Nagel, C. (2002). Sleep disordered breathing in critically ill patients. *Journal of Cardiovascular Nursing*, 17(1), 42-55.
- Richards, K.C.**, Hall, K., Brown, P., Shook, D. (2002). Sleep disordered breathing and stroke. *Journal of Cardiovascular Nursing*, 17(1), 12-29.
- Davila, D, **Richards, K.C.**, & Marshall, B. (2002). Oximeter performance: The influence of acquisition parameters. *Chest*, 122, 1654-60.

- Kolanowski, A., **Richards, K.C.**, & Sullivan, S. (2002). Derivation of an intervention for need-driven behavior: activity preferences of persons with dementia. *Journal of Gerontological Nursing*, 28(10), 12-15.
- Richards, K.C.**, Sullivan, S., Phillips, R., Beck C.K., & Overton-McCoy, A.L. (2001). Effect of individualized activities on the sleep of nursing home residents who are cognitively impaired elders: A pilot study. *Journal of Gerontological Nursing*, 27(9), 30-37.
- Richards, K.C.**, O'Sullivan, P., Phillips, R. (2001). Measurement of sleep in critically ill patients. *Journal of Nursing Measurement*, 8(2), 131-144.
- Roland P., Russell J., **Richards K.C.**, & Sullivan S. (2001). Implementing research-based practice for critical care visitation: process and outcomes. *Journal of Nursing Care Quality*, 15(2), 19-26.
- Richards K.C.**, Lambert C., & Beck C.K. (2000). Deriving interventions for challenging behaviors from the need-driven dementia-compromised behavior model. *Alzheimer's Care Quarterly*, 1(4), 62-76.
- Richards, K.C.**, Ragland, P., Zehler, J., Dotson, K., Berube, M., Tygart, M., & Gibson, R. (1999). Implementing a councilor model: process and outcomes. *Journal of Nursing Administration*, 29(7/8), 19-27.
- Richards K.C.**, Gibson R., & Overton-McCoy A. (1999). Effects of massage in acute and critical care. *AACN Clinical Issues in Advanced Practice in Acute and Critical Care: Complementary and Alternative Therapies*, 11(1), 77-96.
- Richards, K. C.**, Benham, B., Shannon, L., & DeClerk, L. (1998). Promoting sleep in acute and critical care. *Creating a healing environment series, AACN Clinical Practice Protocol*, pages 1-31. Alisa Viejo, CA: American Association of Critical Care Nurses.
- Richards, K. C.** (1998). The effect of a back massage and relaxation intervention on sleep. *American Journal of Critical Care*, 7(4), 288-299.
- Algase, D. L., Beck, C., Kolanowski, A., Whall, A., Berent, S., **Richards, K.**, & Beattie, E. (1997). Need-Driven dementia-compromised behavior: An alternative view of disruptive behavior. *American Journal of Alzheimer's Disease*, 11(6), 10-19.
- Richards, K. C.** (1996). Sleep promotion in the elderly. *Critical Care Clinics of North America*, 8(1), 39-52.
- Richards, K. C.** (1996). Cardiac dysrhythmias during sleep in the critically ill: A pilot study. *American Journal of Critical Care*, 5(1), 26-33.

- Richards, K. C.** (1994). Sleep promotion in the critical care unit. *AACN Clinical Issues in Critical Care Nursing*, 5(2), 152-158.
- Richards, K. C.** & Bairnsfather, L. (1988). A description of night sleep patterns in the critical care unit. *Heart Lung*, 17, 75-80.
- Richards, K. C.** (1987). Techniques for measurement of sleep in critical care. *Focus on Critical Care*, 14, 34-39.

Books/Book Chapters

- Nazir, S.A. and **Richards K.C.** (2008). Sleep in Late-Stage Dementia and End of Life. In A.Y. Avidan, MD, MPH, C. Alessi, MD (Eds.) *Geriatric Sleep Medicine*. New York: Informa Healthcare.
- Enderlin, C.A. and **Richards K.C.** (2006). Sleep, exercise, and sports. In Lee-Chiong, T.L. (Ed.) *Sleep: A Comprehensive Handbook*. Hoboken: John Wiley & Sons, Inc.
- Sullivan S.C., **Richards, K.C.** (2004). Sleep Alterations. In L.D. Urden, K.M. Stacey, M.E. Lough (Eds.) *Priorities in Critical Care Nursing*, (4th ed.). St. Louis, Missouri: Mosby.
- Richards, K.C.** (2002). Actigraphy. In T. Lee-Chiong, M. Carskadon, M. Sateia. (Eds.), Sleep Medicine, Philadelphia, PA: Hanley & Belfus, Inc.
- Richards, K.C.**, Crumpton W., & Tsai, P. (2003). Dementia. In V. Carrieri-Kohlman, A.M. Lindsey, C.M. West (Eds.), *Pathophysiological Phenomenon in Nursing* (3rd ed.). St. Louis: Saunders.
- Richards, K.C.** (2001). Sleep Disorders. In Thelan, L. Urden, M. Lough, K. Stacy (Ed.), *Critical Care Nursing: Diagnosis and Management* (4th ed.). St. Louis: Mosby.
- Richards, K.C.** (1991). Sleep and the cardiac patient. In L. Baas (Ed.), *Essentials of cardiovascular nursing*. Gaithersburg, Maryland: Aspen.
- Richards, K.C.** (1990). Hypotension. In S. Williams (Ed.), *Decision-making in critical care nursing*. Toronto: B.C. Decker.
- Richards, K.C.** (1990). Cardiopulmonary arrest. In S. Williams (Ed.), *Decision-making in critical care nursing*. Toronto: B.C. Decker.
- Richards, K.C.** (1990). Increased intracranial pressure. In S. Williams (Ed.), *Decision-making in critical care nursing*. Toronto: B.C. Decker.

Richards, K.C. (1990). Respiratory muscle problems. In S. Williams (Ed.), *Decision-making in critical care nursing*. Toronto: B.C. Decker.

Richards, K.C. (1990). Sleep pattern disturbance. In S. Williams (Ed.), *Decision-making in critical care nursing*. Toronto: B.C. Decker.

Editorials

Richards, K.C., Beck C.K. (2004). Progressively Lowered Threshold Model: Understanding behavioral symptoms of dementia. *Journal of the American Geriatrics Society*, 52, 1774-1775.

Richards, K.C., Beck, C.K. (2002). Translating nursing home research into practice: how and for whom? *Journal of the American Geriatrics Society*, 50, 1595-1596.

Presentations/Posters:

Refereed

International

“Cardiac Dysrhythmias During Sleep in the Critically Ill.” **Richards, K.,** Lyons, W., Curry, N., & Todd, B. International Meeting of Critical Care Nurses, Montreal, Canada, 1988.

National

“Possible Restless Legs Syndrome Predicts Nighttime Behavioral Disturbances in Elders with Dementia.” **Richards, K.C.,** Kalra, R., Kleban, M. SLEEP 2008: 22nd Annual Meeting of the Associated Professional Sleep Societies, LLC (APSS), Baltimore, Maryland, 2008.

“The HCGNE-AR Strategy to Increase Geriatric Nursing in the South.” Beverly, C., Beck, C., Souder, E., & **Richards, K.C.** Gerontological Society of America, November 2006.

“Nursing Care of Older Adults, Technology and Aging : An Individualized Computer Activity (ICA) Intervention for Older Women with Osteoarthritis (OA).” Tak, S., **Richards, K.C.** & Simon, C. Gerontological Society of America, November 2006.

“The Effect of Sleep on Problematic Vocalizations.” **Richards, K.C.,** Lambert, C., Beck, C., O’Sullivan, P., & Doan, R. Gerontological Society of America. November, 2005.

- “Periodic Leg movements during Sleep and Depression in Alzheimer’s Disease (AD).” **Richards, K.C.**, Beck, C., Sullivan, D., & Bliwise, D. Gerontological Society of America. November, 2005.
- “Risk Factors for Periodic Leg Movements during Sleep in Cognitively Impaired Nursing Home Residents.” Simpson, K., **Richards, K.C.**, Lambert, C., O’Sullivan, P., & Beck, C. Gerontological Society of America. November, 2005.
- “Relationship of Nighttime Sleep to Functional Status in Nursing Home Residents with Dementia.” Cole, C. & **Richards, K.C.** Gerontological Society of America. November, 2005.
- “Sleep and Functional Status in Dementia: Is There a Relationship.” **Richards, K.C.**, Bliwise, D. Gerontological Society of America. November, 2005.
- “Sleep and Restless Legs Syndrome/Periodic Limb Movement Disorder in Dementia.” **Richards, K.C.**, Lambert C., OSullivan P, Beck C. Associated Professional Sleep Societies 19th Annual Meeting June, 2005.
- “Sleep in Nursing Home Residents with Cognitive Impairment.” Cole, C. S., **Richards, K.C.**, Jegley, S., & Lambert, C. Associated Professional Sleep Societies 19th Annual Meeting June, 2005.
- “Predictors of Daytime Sleep among Elderly Nursing Home Residents with Dementia.” Viegas, S., Beck, C., **Richards, K.C.**, Lambert, C., Cole C. S. Associated Professional Sleep Societies 19th Annual Meeting June, 2005.
- “Self-care Behaviors of Cognitively Impaired Older Adults During Bathing.” Uriri, J., Steward, B., Hoeffler, B., Rasin, J., **Richards, K.C.**, Cathron, D. Gerontological Society of America. November, 2004.
- “Some Nights We Don’t Get Any Sleep At All.” **Richards, K.C.**, Beck, C.K. Gerontological Society of America. November, 2003.
- “Medications and Sleep in Nursing Home Residents with Dementia.” **Richards, K.C.**, O’Sullivan, P. Associated Professional Sleep Societies, 17th Annual Meeting, June, 2003.
- “Using the Western Ontario and MacMaster (WOMAC) OA Index Pain Scale in Cognitively Impaired Elders with Chronic Knee Pain.” Tsai, P., **Richards, K.**, Campbell, W., Sullivan, D., Johnson, L., & FitzRandolph, R. Gerontological Society of America, 55th Annual Scientific Meeting, Boston, MA, November, 2002.
- “Adult Night Care: A Feasibility Study.” **Richards, K.C.**, Souder, E., Nagel, C. VA HSR&D Career Development Conference, Washington, DC, February, 2002.

- “Social Activities to Engage Nursing Home Residents.” **Richards, K.C.**, & Beck, C.K.. Gerontological Society of America, Chicago, Illinois, November, 2001.
- “Interactive Research Project Grant Scientific Validity: No Piece of Cake.” Algase, D., Kolanowski, A., & **Richards, K.C.** Gerontological Society of America, Chicago, Illinois, November, 2001.
- “Effect of Individualized Social Activities on Sleep in Dementia.” **Richards, K.C.**, C.K. Beck, Davila, D., & Bliwise, D.L. Associated Professional Sleep Societies, Chicago, Illinois, June, 2001.
- “Multi-disciplinary Interventions for Sleep in Persons with Dementia.” Rowe, M., **K. Richards**, & Buettner, L.. Gerontological Society of America National Conference, Washington DC, November, 2000.
- "Oximeter's Acquisition Settings Influence the Profile of the Respiratory Disturbance Index." Davila, D., **Richards, K.**, Marshall, B., Gregory, T., Hernandez, V., & Rice, S.. American Sleep Disorders Conference, Las Vegas, Nevada, June, 2000.
- “Pre-morbid Personality and Preference for Activities.” Kolanowski, A., & **Richards, K.** Gerontological Society of America 52nd Annual Scientific Meeting, San Francisco, California, November, 1999.
- “Oximeter Sampling Intervals Effect Frequency of Oxygen Desaturation.” Davila, D., **K. Richards**, & Marshall, B. American Sleep Disorders Conference, Orlando, Florida, June, 1999.
- “Effect of Activity on Sleep: A Pilot Project.” **Richards, K.** American Sleep Disorders Conference, San Francisco, California, June, 1997.
- “Perceptions of Sleeping In the Critical Care Unit and Receiving a Back Massage by a Nurse.” **Richards, K.**, & McSweeney, J.. Gerontological Society of America 49th Annual Scientific Meeting, Washington DC, November, 1996.
- “Measurement of Outpatient Satisfaction.” Beverly, C., **Richards, K.**, & Chumbler, N.. Department of Veterans Affairs National Research Conference, Washington DC, May, 1996.
- “Testing the Validity of the Richards Campbell Perception of Sleep Questionnaire.” **Richards, K.** American Nurses Association Council of Nurse Researchers, Washington DC, May, 1996.
- “Validity Testing of An Instrument to Measure Inpatient Satisfaction.” **Richards, K.** American Nurses Association Council of Nurse Researchers, Washington DC, May, 1996.

“Whatever Happened to PM Care?” **Richards, K.**, & Brunk, Q. American Nursing History Conference, Little Rock, Arkansas, 1995.

“The Effect of a Back Massage and Relaxation Intervention on Sleep.” **Richards, K.**
AACN National Teaching Institute, New Orleans, Louisiana, 1995.

“Sleep-Related Respiratory Deterioration in Patients with Cardiovascular Illness Hospitalized in the Critical Care Unit.” **Richards, K.**, Anderson, W.M., & Chesson, A. American Thoracic Society International Conference, Boston, Massachusetts, 1994.

“A Description of Sleep Patterns in the ICU.” **Richards, K.** AACN National Teaching Institute, Anaheim, California, 1986.

Regional

“Launching a Career as a Nurse Leader.” **Richards, K.C.** Hunter College, New York, New York, April, 2008.

“Tailored Biobehavioral Interventions for the Elderly: Brief Description and Objectives.” **Richards, K.C.** Southern Nursing Research Society, Galveston, Texas, February, 2007.

“Tailored Biobehavioral Interventions for the Elderly.” **Richards, K.C.** Southern Nursing Research Society, Galveston, Texas, February, 2007.

“Tailored Computer Activity Intervention for Older Women with Osteoarthritis.” Tak, S. & **Richards, K.C.** Southern Nursing Research Society, Galveston, Texas, February, 2007.

“Predictors of Daytime Sleep among Elderly Nursing Home Residents with Dementia.” Viegas, S., Beck, C., **Richards, K.**, Lambert, C., and Cole, C.S.
[Annual Meeting of the Southern Sleep Society, Hyatt Regency Poydras Plaza at Loyola Ave. New Orleans, LA, March, 2005.](#)

“Sleep in Nursing Home Residents with Cognitive Impairment.” Cole, C.S., **Richards, K.C.**, Jegley, S., Lambert, C. [Annual Meeting of the Southern Sleep Society, Hyatt Regency Poydras Plaza at Loyola Ave. New Orleans, LA, March, 2005.](#)

“Effect of Social Activity and Exercise on Sleep in Dementia: A Pilot Study.” Markie, M., Simpson, K., **Richards, K.**, Southern Sleep Society, Dallas, Texas, March, 2003.

“Challenge of Attended Home Polysomnography in Persons with Dementia.” Nagel, C. & **Richards, K.C.** Southern Sleep Society, Bethesda, Maryland, 2002.

“Correlates of Sleep in Nursing Homes Residents with Dementia.” **Richards, K.C.**, & Beck, C.K. Southern Sleep Society, Palm Coast, Florida, 2000.

- “Effect of Activity on Cognitive Status in Persons with Dementia: A Pilot Study.” Sullivan, S., **Richards, K.C.**, Overton-McCoy, A., Gibson, R., & Siegers, M. Southern Nursing Research Society Annual Scientific Meeting, Little Rock, Arkansas, 2000.
- “Nursing Research in Gerontology.” **Richards, K.** Southern Gerontological Society, April, 1999.
- “Effect of Activity on Sleep In Cognitively Impaired Elderly: A Pilot Study.” **Richards, K.** Southern Sleep Society, Savannah, Georgia, 1998.
- “Validity of the Richards Campbell Sleep Questionnaire.” **Richards, K.** Southern Nursing Research Society, Norfolk, Virginia, 1997.
- “Validity of the Richards Campbell Sleep Questionnaire.” **Richards, K.** Arkansas Nurses Association, Little Rock, Arkansas, 1996.
- “The Effect of a Muscle Relaxation, Mental Imagery, and Music Intervention and a Back Massage on the Sleep of Patients with Cardiovascular Illness Hospitalized in the Critical Care Unit.” **Richards, K.** Southern Nursing Research Society, Chapel Hill, North Carolina, 1994.
- “Perceptions of the Critical Care Experience and Nursing Interventions to Promote Sleep.” **Richards, K.** Southern Nursing Research Society, Birmingham, Alabama, 1993.
- “A Description of Sleep Patterns in the ICU.” **Richards, K.** Research Conference on Critical Care Nursing, Richmond, Virginia, 1985.
- Selected Local
- “Sleep and Behavioral Disturbance in Dementia.” **Richards, K.C.**, The Center for Sleep and Respiratory Neurobiology (CSRN) Seminar Series, University of Pennsylvania, October 2008.
- “Restless Legs Syndrome.” **Richards K.C.**, Rural Hospital Program, University of Arkansas for Medical Sciences. August 2006.
- “Sleep in Nursing Home Residents with Cognitive Impairment.” Cole, C.S., **Richards, K.C.**, Jegley, S., Lambert, C. Research Day, University of Arkansas for Medical Sciences/College of Nursing. April, 2005.
- “Predictors of Daytime Sleep among Elderly Nursing Home Residents with Dementia.” Viegas, S., Beck, C., **Richards, K.**, Lambert, C., & Cole, C.S. Research Day, University of Arkansas for Medical Sciences/ College of Nursing. April, 2005.
- “The Effect of Sleep Fragmentation on Attention in People with Alzheimer’s Disease.”

- Cole, C.S., **Richards, K.C.** Research Day, University of Arkansas for Medical Sciences/College of Nursing. April, 2005.
- “Sleep in Persons with Dementia.” Simpson, K., **Richards, K.C.** Henderson Undergraduate Research Conference, 2004.
- “Interventions in Persons with Dementia: Methodological Problems”. Lambert, C., **Richards, K.C.** UAMS College of Nursing Research Day, Little Rock, Arkansas, 2004.
- “Polysomnography in Persons with Dementia”. Jegley, S., **Richards, K.C.** UAMS College of Nursing Research Day, Little Rock, Arkansas, 2004.
- “Sleeping Through the Night.” **Richards, K.C.**, Souder, E., & Nagel, C. Research Day, Alzheimer’s Disease Center, Little Rock, Arkansas, 2002.
- “Adult Night Care for Persons with Dementia.” Nagel, C., & **Richards, K.C.** University of Arkansas for Medical Sciences College of Nursing Research Day, Little Rock, Arkansas, 2002.
- “Outcomes of Implementation of a Multi-Skilled Nursing Assistant Role.” Zehler, J., Dotson, K., Cunningham, H., Berube, M., & **Richards, K.** Central Arkansas Veterans Healthcare System and Kappa Rho Chapter of Sigma Theta Tau Research Conference “Real Nurses Use Research.” Little Rock, Arkansas, 1999.
- “Tympanic Thermometers: A Research Utilization Project.” Chesshir, T., & **Richards, K.C.** University of Arkansas College of Nursing and Gamma Xi Chapter Sigma Theta Tau Research Day, Little Rock, Arkansas, 1999.
- “Effect of Activity on Cognitive Status in Persons with Dementia: A Pilot Study.” Sullivan, S. & **Richards, K.C.**, A. Overton-McCoy, R. Gibson, M. Siegers. University of Arkansas College of Nursing and Gamma Xi Chapter Sigma Theta Tau Research Day, Little Rock, Arkansas, 1999.
- “Implementing a Councilor Model: Process and Outcomes.” **Richards, K.C.**, Ragland, P., Zehler, J., Dotson, K., Berube, M., & Tygart, M. University of Arkansas College of Nursing and Gamma Xi Chapter Sigma Theta Tau Research Day, Little Rock, Arkansas, 1999.
- “Implementation of a Councilor Model in a Veterans Affairs Medical Center.” Zehler, J., K. Dotson, Ragland, P., **Richards, K.**, Berube M., Tygart M., & Thompson, P. University of Arkansas College of Nursing and Gamma Xi Chapter Sigma Theta Tau Research Day, Little Rock, Arkansas, 1998.
- “Napping of Cognitively-Impaired Nursing Home Residents: Nurses Perceptions and Current Practices.” Phillips, R., **Richards, K.**, Catron, J., & Chacko, D. University of Arkansas College of Nursing and Gamma Xi Chapter Sigma Theta Tau Research Day, Little Rock, Arkansas, 1998.

- “Closing the Research-Practice Gap.” **Richards, K.**, Vorster, K., Kyser, P., & Brethour, M. University of Arkansas College of Nursing and Gamma Xi Chapter Sigma Theta Tau Research Day, Little Rock, Arkansas, 1998.
- “Children Visiting Critically-Ill Adults: Current Practice.” Lambert, C., & **Richards, K.** University of Arkansas College of Nursing and Gamma Xi Chapter Sigma Theta Tau Research Day, Little Rock, Arkansas, 1998.
- “Clinical Testing of Transducers for Hemodynamic Monitoring.” Broussard, P., Smith, D., Davis, K., **Richards, K.**, & Messina, J. University of Arkansas College of Nursing and Gamma Xi Chapter Sigma Theta Tau Research Day, Little Rock, Arkansas, 1998.
- “Effect of Activity on Sleep in Dementia.” **Richards, K.** University of Arkansas College of Nursing and Gamma Xi Chapter Sigma Theta Tau Research Day, Little Rock, Arkansas, 1997.
- “Validity of the Richards Campbell Sleep Questionnaire.” **Richards, K.** University of Arkansas College of Nursing and Gamma Xi Chapter Sigma Theta Tau Research Day, Little Rock, Arkansas, 1997.
- “How to Create a White Paper.” **Richards, K.**, & Zehler, J. University of Arkansas College of Nursing and Gamma Xi Chapter Sigma Theta Tau Research Day, Little Rock, Arkansas, 1997.
- “Massage Versus Acetaminophen for Tension Headache Pain.” **Richards, K.**, & Beers, D. University of Arkansas College of Nursing and Gamma Xi Chapter Sigma Theta Tau Research Day, Little Rock, Arkansas, 1997.
- “Comparison of Injection Sites and Techniques.” **Richards, K.**, & Willis, D. Little Rock Veterans Affairs Medical Center and Sigma Theta Tau, Kappa Rho Chapter Research Utilization Conference, 1997.
- “Implementation of a Councilor Model in a Veterans Affairs Medical Center.” **Richards, K.**, Zehler, J., Dotson, K., Ragland, P., Berube M., Tygart M., & Thompson, P.. Little Rock Veterans Affairs Medical Center and Sigma Theta Tau, Kappa Rho Chapter Research Utilization Conference, 1997.
- “Audiotaped Discharge Instructions for Patients on Chemotherapy.” Thompson, R., Dotson, P., Henderson, K., King, S., Smith, J., & **Richards, K.** Little Rock Veterans Affairs Medical Center and Sigma Theta Tau, Kappa Rho Chapter Research Utilization Conference, 1997.
- “Cross-training of Health Care Providers.” **Richards, K.**, & Zehler, J.. Little Rock Veterans Affairs Medical Center and Sigma Theta Tau, Kappa Rho Chapter Research Utilization Conference, 1997.

Selected Invited (Research and Related Topics)

National

- “Behavioral/Cognitive Therapy for Insomnia in the Elderly.” **Richards, K.C.** American College of Clinical Pharmacy, October 2006.
- “Sleep in the ICU.” Society of Critical Care Medicine, Phoenix, Arizona, 2005.
- “Becoming an Effective Mentor.” Hartford Leadership Conference, Washington DC, 2004.
- “Behavioral Interventions for Sleep in Persons with Dementia.” VA Nursing Service Teleconference, 2004.
- “Implementing Evidence-Based Practice.” Nurses Organization of Veterans Affairs, Las Vegas, Nevada, 2003.
- “Individualized Night Respite for Persons with Dementia.” VA Health Services and Research and Development Meeting, Career Development Awardees Pre-Conference, Washington, D.C., 2003.
- “Adult Night Care for Persons with Dementia: A Feasibility Study.” VA Health Services and Research and Development Meeting, Career Development Awardees Pre-Conference, Washington, D.C., 2002.
- “Correlates of Sleep Disturbance in Cognitively-Impaired Elders.” VA Health Services and Research and Development Meeting, Career Development Awardees Pre-Conference, Washington, D.C., 2001.
- “What Happened to PM Care and Why We Should Bring It Back.” AJN National Conference on Medical-Surgical and Geriatric Nursing, Chicago, Illinois, 1994.
- “Strategies to Promote Sleep Without Medication.” AJN National Conference on Medical-Surgical and Geriatric Nursing, Atlanta, Georgia, 1993.

Regional

- “Sleep in the Elderly.” Current Concepts in Sleep Symposium, Tampa, Florida, 2003.
- “Sleep in the Twilight Zone (ICU).” Current Concepts in Sleep Symposium, Tampa Florida, 2003.
- “How to Get the Most Out of Your Pre-Doctoral Fellowship.” John A. Hartford Leadership Conference, 2002.
- “Actigraphy.” Southern Sleep Society, League City, Texas, 2001.
- “The Effect of a Muscle Relaxation, Mental Imagery, and Music Intervention and a Back

Massage on the Sleep of Patients with Cardiovascular Illness Hospitalized in the Critical Care Unit.” Louisiana State Nurses Convention, New Orleans, Louisiana, 1993.

“Sleep Disturbances in the Critically Ill.” New Orleans, Louisiana, AACN Regional Currents '90, 1990.

Selected Local

“Dementia.” Seminar, Clinical Epidemiology of Psychiatric Disorders Course, October, 2004.

“Restless Legs Syndrome and Wandering.” Oral Presentation, VA Geriatric Research, Education, and Clinical Center Research Conference, October, 2004.

“Sleep and Movement Disorders in the Elderly.” Oral Presentation, Arkansas Geriatric Education Center Hospital Network, October, 2004.

“Behavioral Interventions for Sleep in Persons with Dementia.” Grand Rounds, Department of Geriatrics, September, 2004.

“Behavioral Interventions for Sleep in Persons with Dementia.” Oral Presentation, SGNP on-site meeting, June, 2004.

“Behavioral Interventions for Sleep in Persons with Dementia.” Oral Presentation, Little Rock Sleep Interest Group, May, 2004.

“Research Pearls of Wisdom.” Oral Presentation, UAMS Alzheimer’s Disease Center Professional Education Day, 2003.

“Measuring Sleep in Dementia: Not A Piece of Care.” **Richards, K.C.** Oral Presentation, UAMS Alzheimer’s Disease Center Professional Education Day, 2003.

“Monitoring Sleep in a Controlled Environment.” General Clinical Research Center Research Methods Course, 1999, 2000, 2001. (oral)

“Sleep and Its Disorders in Elderly Patients.” A Symposium on Sleep and Sleep Disorders, University of Arkansas for Medical Sciences, 1999. (oral)

“Cost-Savings Resulting from the Research Facilitator Role at the VA.” Chancellor’s Meeting, 1998. (oral)

“Measuring the Outcomes of Change: A Model for Research-Based Practice.” **Richards, K.C.**, Zehler, J., Ragland, P., Dotson, K., & Tygart M.. Overton Brooks Veterans Affairs Medical Center, Shreveport, Louisiana, 1997. (oral)

“Sleep in the Elderly.” Medical-Surgical Update, University of Arkansas College of

Nursing, Little Rock, Arkansas, 1995. (oral)

“Sleep Promotion in the Elderly.” Louisiana State University Medical-Surgical Nursing Conference, Shreveport, Louisiana, 1995. (oral)

Professional Organizations/Membership/Offices:

Southern Sleep Society, 1998–Present.

American Sleep Disorders Association, 1996–Present, Education Committee, 2004–06.

Gerontological Society of America, 1996–Present.

Southern Nursing Research Society, 1994–2001. Student Poster Judge, 1997; Co-chair,

Local Planning Committee, 1999–2000.

Organization of Nurse Executives, 1994–1995.

American Lung Association, 1991–1994.

American Nurses Association, 1989–2002, 2005–present. Delegate to Louisiana State Nurses Association Convention, 1993; Legislative Committee Arkansas Nurses Association, 1995; District 10 Nominating Committee, 1996.

American Heart Association, 1985–88, Louisiana Regional Emergency Cardiac Care Committee, 1985–88.

Sigma Theta Tau, 1984 – Present, Finance Committee Beta Chi Chapter 1990–91; Program Committee, Gamma Xi Chapter, 1996–97, President-Elect, 1997–98; Membership Committee, 1997–98; President, 1998–2000, Nominations Committee, 2002–2004.

American Association of Critical-Care Nurses, 1982–2002 - Northwest Louisiana Chapter: Newsletter Editor 1986–90, Planning Committee 1986, Vice-President 1988–89, Chapter President 1989–91, Audit Committee 1992–93. Regional: Member of Planning Committee for Region 12 AACN Currents, 1990–93.

Professional Activities:

Editorial Boards/Reviewer

Editorial Board:

Journal of Women and Aging, 1995–2006.

Grant Reviewer:

National Institutes of Health Aging Study Section, Ad Hoc, November, 2003, 2004.
University of Arkansas for Medical Sciences National Institute on Aging Alzheimer’s Disease Center Pilot Research Program, 2003.

Department of Veterans Affairs, Health Services Research and Development Scientific Review Board, 2003–present.

Department of Veterans Affairs, Nursing Research Initiative Scientific Review Board, 2003–present.

Alzheimer’s Association Scientific Review Board, 2002–present.

Department of Veterans Affairs, Nursing Post-doctoral Applications, May 2000.

Texas Tech Pilot Grant Program, 2002.

Nell Hodgson Woodruff School of Nursing Exploratory Center Pilot Grant Program, 2002.

Abstract Reviewer:

2005 Associated Professional Sleep Societies.

Manuscript Reviewer:

Journal of American Geriatrics Society, 2001-present.

Journal of Psychosomatic Research, 2003-present.

NOVA Scientific Review, ad hoc

Quality of Life Research, 2003-present

College of Nursing Committees:

Dean's Administrative Advisory Committee, 2006-present

Search Committee Endowed Chair and Professorships, Chair, 2005-06

Doctoral Student Orientation Ad Hoc Committee, Chair, 2003, 2004

Promotion and Tenure Committee, 1998-2000, 2001-02, 2004-05, Chair, 2006-07

Doctoral Program Curriculum Revision Committee, Chair, 2000-01

Hartford Foundation Grant Application Committee, Chair, 1999-2000

Deans Administrative Advisory Council, 1997-98, 2004

Doctoral Committee, 1998-2003

Curriculum Committee, 1996-1999, 2002-04

Leadership Council, 1997-98

Research and Development Committee, 1995-98, Chair, 1997-98

Search Committee Associate Dean For Service, 1995

Faculty Affairs Committee, Northwestern State University, 1988-90

University Committees:

Clinical Translation Science Award Executive Committee, University of Arkansas for Medical Sciences, 2006-present

General Clinical Research Center Advisory Board, University of Arkansas for Medical Sciences, 1998-present.

Women's Faculty Development Committee, University of Arkansas for Medical Sciences, 1997-98.

Conflict of Interest Committee, University of Arkansas for Medical Sciences, 1995-99.

Veterans Affairs Medical Center Committees:

Nursing Research Board, Little Rock, Arkansas VAMC, 2006-present

Research and Development Committee, Little Rock, Arkansas VAMC, 1995-2004

Administrative Executive Council, Little Rock, Arkansas VAMC, 1995-2000.

Chairperson, Nursing Research Council, Little Rock, Arkansas VAMC, 1995-2000.

Chairperson, Nursing Research Committee, Overton Brooks Veterans Affairs Medical Center, 1992-94.

Hospital Research and Development Committee, Overton Brooks Veterans Affairs Medical Center, 1992-94.

Pharmacy Nursing Committee, Overton Brooks Veterans Affairs Medical Center, 1985-88.

Nursing Research Committee, Overton Brooks Veterans Affairs Medical Center, 1985-88.

Community Service:

Professional Advisory Boards/Committees:

Regional Translational Research Centers NIH Advisory Group, July, 2004.

Aventis Sleep Advisory Board, 2003-2004.

Publications Committee, American Academy of Sleep Medicine, 2003-2006.

National VA Nursing Research Advisory Group, 2000-06.

American Journal of Nursing National Conference on Medical-Surgical and Geriatric Nursing Advisory Board, 1994-95.

Selected Community Presentations and Other Service Activities:

“Sleep in Dementia: No Piece of Cake.” Lunch and Learn, Saline Memorial Hospital, June, 2005.

Co-Organizer, Little Rock, Arkansas Sleep Interest Group, 2004.

“Sleep Disorders.” Oral Presentation, Rural Health Education Network, August, 2004.

“Insomnia in Geriatric Populations: Implications for Health.” Oral Presentation, Rural Health Education Network, April, 2004.

Interviewed by two local radio stations as a sleep expert - 2004

Quoted by an Arkansas Democrat Gazette reporter as a sleep expert - 2004

Interviewed by “Long-Term Care Nurse’s Companion.” for sleep research, 2003.

Presentation “Sleep”. Alzheimer’s Support Group, Rural Hospital Program, October 23, 2003.

Presentation “Sleep.” Pine Bluff, AR Lions Club, November, 2003.

Presentation “Sleep in Persons with Dementia.” National Institute on Aging Alzheimer’s Disease Center Grand Rounds, October, 2003.

Presentation “Sleep in the Elderly.” Pleasant Hills Retirement Center, Little Rock, Arkansas, May, 2002; January, 2003.

Presentation “Sleep in the Elderly.” University Mall Walking Club, Little Rock, Arkansas, August, 2002.

Watchman on the Wall Prayer Ministry, Geyer Springs First Baptist Church, 2002 - present.

Care Group Leader, Geyer Springs First Baptist Church, Little Rock, Arkansas, 2002 – present.

3 Year Old Worship Service Leader, Summit Church, Little Rock, Arkansas, 1999-2001.

Advisory Board, Small Church Support Ministries, Little Rock, Arkansas, 1998-2000.

Central High Science Fair Judge, Little Rock, Arkansas, 2000, 2002, 2004

Care Group Leader, Summit Church, Little Rock, Arkansas, 1999.

Phonathan, University of Arkansas College of Nursing, 1998.

Care Group Leader, First Baptist Church, Little Rock, Arkansas, 1996-November, 1998.

Watchmen on the Wall Prayer Ministry, First Baptist Church, Little Rock, Arkansas 1996-November, 1998.

Medical Mission Volunteer to Nuevo-Laredo, Mexico, University of Arkansas for Medical Sciences Baptist Student Union, 1996.

Health Fair Coordinator, Northwestern State University, 1989.

Health Fair Coordinator, Overton Brooks Veterans Affairs Medical Center, 1986, 87.
Coordinator CPR for Citizens, Overton Brooks Veterans Affairs Medical Center, 1986.
Health Fair Volunteer, Shreveport, LA, 1985.
Medical Leader for Mission Trip to villages west of Ojinago, Mexico, 1979, 1980.

Mentorship (Selected):

Career Development Awardees:

Cole, Catherine. (2006-2009) (primary mentor) K23 NR009492-01A1, "Sleep Fragmentation and Attention in Alzheimer's Disease."

Post-Doctoral Fellows:

Goodwin, Julia (2006-08) (secondary mentor)
Cole, Catherine. (2003-05) (primary mentor) John A. Hartford Foundation
Tsai, Pao-Feng. (2003-05) (secondary mentor) John A. Hartford Foundation
Uriri, Johanna (2003-06) (primary mentor)
Swarna Viegas (2004-07) (primary mentor)

Pre-Doctoral Fellows:

Enderlin, Carol (2006-2008) (primary mentor) John A. Hartford Foundation

Dissertation Students Supervised:

Sullivan, Shelia, (2001) "Circadian Rhythms in Elders with Dementia." Dissertation
Chair
Frieldenhoven-Crowder, Beth, 2005, Dissertation Committee Member
Buescher, Linda, 2005-present, Dissertation Committee Member
Bowren, Donna, 2006-present, Dissertation Chair
Harris, Melodee, in coursework, Dissertation Chair
Simpson, Katherine, in coursework, Dissertation Chair
Enderlin, Carol, in coursework, Dissertation Chair

Masters Students Supervised (partial listing):

Research Practicum Chair:

Hensley, Alice (Spring, 1995). Sleep-Related Respiratory Deterioration
Weaver, Anna. (Spring, 1995). Sleep-Related Respiratory Deterioration

Research Practicum Committee Member

Dianne Morgan (Spring, 1995)
Stephanie Reed (Spring, 1995)

Portfolio Committee Chair:

Jaris Catron (Spring, 1998)
Debra Brent (Spring, 1999)
Nadine Baxter (Spring, 2000)
Wanda Crumpton (Spring 2001)

Portfolio Committee Member:

Susan Smithwick, (Fall, 2005)
Ann V. Hanna (Fall, 1999)
Christy Harrison (Fall, 1999)
Olive Phillips (Fall, 1998)
Carla Johnson (Fall, 1998)
Deananama Chacko (Spring, 1998)
Robin Phillips (Spring, 1998)
Denise Willis (Fall, 1997)
Suzanne Trussell (Spring, 1997)
Sharon Vanover (Spring, 1997)
Jane Steele (Spring, 1997)
Patrick Stage (Spring, 1997)
Jennie Phelps (Spring, 1997)
Arlene Sullivan (Spring, 1997)
Sandee Hauslauer (Fall, 1995)

Undergraduate Research Mentees and Funding:

Melissa Kohn, College of Nursing Undergraduate Research Fellowship, 2004, “Effect of Activities and Exercise on Sleep, \$1500.
Kathy Simpson, SILO Undergraduate Research Fellowship, 2003, “Effect of Activities and Exercise on Sleep.” \$2227.
Megan Markie, SILO Undergraduate Research Fellowship, 2002, “Home Polysomnography in Elders with Dementia.” \$2227.
Corey Nagel, SILO Undergraduate Research Fellowship, 2001, “Adult Night Care for Persons with Dementia: A Pilot Study.” \$2227.
Michelle Seigers, NINR Minority Supplement, 1998, \$20,135.
Lisa K. Berry, SILO Undergraduate Research Fellowship, 1996, “Effect of Activity on Sleep in Cognitively Impaired Veterans.” \$2,227.
A.L.Overton, College of Nursing Undergraduate Research Fellowship, Spring 1996, “Perceptions of Receiving a Back Massage and Sleeping in the Critical Care Unit.” \$2,400.
A.J. Barba, College of Nursing Undergraduate Research Fellowship, Spring 1996, “Sleep-related Respiratory Deterioration in the Critically Ill.” \$1200.