

Hsueh-Fen (Sabrina) Kao, PhD, RN, FAAN

Updated November 21, 2023

**EDUCATION**

2006-08	Postdoctoral Fellow	Interventions for Preventing & Managing Chronic Illness, University of North Carolina at Chapel Hill, funded by NINR (T32 NR007091). Mentor: <i>Mary R. Lynn</i> , PhD, RN
1995-99	Ph.D.	Adult Health Nursing, University of Texas at Austin; Dissertation: "Caregiver Burden and Institutionalization of the Elderly in Taiwanese Families," nominated <i>Dissertation of the Year</i> . Dissertation Chair: <i>Alexa K. Stuijbergen</i> , PhD, RN, FAAN
1984-87	RN-MSN	Medical-Surgical Nursing, National Taiwan University, Taipei
1976-81	Diploma	Nursing and Midwifery, National Taipei University of Nursing and Health Sciences, Taipei

PROFESSIONAL ACADEMIC EXPERIENCE

2008-Present	Associate professor, School of Nursing, The University of Texas at El Paso
2007-08	Adjunct faculty for the doctoral program, College of Nursing & Health Sciences, The University of Texas at Tyler, Tyler, Texas
2002-06	Assistant Professor, School of Nursing, University of North Carolina at Charlotte, Charlotte, North Carolina
1999-02	Assistant Professor, School of Nursing, University of Colorado Health Sciences Center, Denver, Colorado
1999	Research Assistant, for "Caregiver intervention: A Meta-Analysis." Funded by NINR: R15 NR04459, Supervisor: Gayle Acton, PhD, RN
1996-99	Teaching assistant for undergraduate and graduate courses at University of Texas at Austin, Austin, Texas
1987-95	Senior lecturer, Chang-Gung institute of Nursing (ADN program), Taoyuan, Taiwan
1990-95	Curriculum Design and Development Committee, Chang-Gung institute of Nursing (ADN program), Taoyuan, Taiwan

PROFESSIONAL PRACTICE EXPERIENCE

1990- 93	Supervisor, Chang-Gung Memorial Hospital, Taoyuan, Taiwan (nursing continuing education)
1990- 93	Editor-in-Chief, <i>Chang-Gung Journal of Nursing</i> and <i>Chang-Gung Hospital Monthly Newsletter</i>
1990- 93	Chair, Nursing Education and Research Development Committee, Chang-Gung Memorial Hospital
1981- 84	Staff Nurse, Charge Nurse, Veterans General Hospital, Taipei, Taiwan (Medical-Surgical Units: Chest, GI, CV, PS, micro-surgery)

PUBLICATIONS

Refereed Journal Articles

Published

1. **Kao, H. F.**, & Jimenez, S. Y. (2023). When older adults got traumatic injury: Effects of a case management. Preceding of the Gerontological Society of America 2023 annual meeting. <https://gsa2023.eventscribe.net/index.asp?presTarget=2459057>
2. Hung, C.-C., **Kao, H.-F. S.** , Jimenez, S. Y. , Tonapa, S. I., Lee, B.-O. (2023). Effects of case management in trauma patients in Taiwan: A randomized, longitudinal study. *Journal of Trauma Nursing*, 30(4), 213-221. <https://doi.org/10.1097/JTN.0000000000000731>
3. **Kao, H. F.**, Hung, C. C., Lee, B. O, Tsai, S. L., & Moreno, O. (2022). Patient participation in healthcare activities: nurses' and patients' perspectives in Taiwan. *Nursing and Health Sciences*, 24(1), 44-53. <https://doi.org/10.1111/nhs.12911> PMID: 34914182
4. **Kao, H. F.**, Ye, M., & Chen L. (2021). Effects of simulation-based learning on nursing students' outcomes of a gerontology course. *Innovation in Aging*, 5(suppl 1), 489. <https://doi.org/10.1093/geroni/igab046.1800> PMID: 33373813
5. Hung, C. C, **Kao, H. F.**, Liu, H. C., Liang, H. F., Chu, T. P., & Lee, B. O. (2021). Effects of simulation-based learning on nursing students' perceived competence, self-efficacy, and learning satisfaction: A repeat measurement method. *Nurse Education Today*, 97, 104725. <https://doi.org/10.1016/j.nedt.2020.104725> PMID: 33373813
6. **Kao, H. F.**, & Amaya, M. A. (2019). A model for understanding Hispanic/Latino family caregiving for older adults. *OBM Geriatrics*, 3(3), 7. <https://doi.org/10.21926/obm.geriater.1903065>.
7. **Kao, H. F.**, Pace, T. W. W., & Amaya, M. A. (2018). Caregiving stress is a risk factor for coronary heart disease among middle-aged and older female long-term caregivers. *Health and Primary Care*, 2(5), 1-2. <https://doi.org/10.15761/HPC.1000153>
8. **Kao, H. F.**, Wang, Y. L., Woods, D. L., & Lin, S. M. (2017). Helping family make decision for cancer treatment. *Annals of Nursing and Practice*, 4(3): 1084. https://www.researchgate.net/publication/319632538_Helping_Family_Make_Decision_for_Cancer_Treatment
9. **Kao, H. F.**, Woods, D. L., Ye, M., Chen, L., Amaya, M. A., & Lin, S. M. (2017). A systematic review of Mexican American elders with type-2 diabetes under family care of medication administration in borderland. *Journal of Ageing Research and Healthcare*, 1(3), 24-36. <https://doi.org/10.14302/issn.2474-7785.jarh-16-1350>
10. An, K., Salyer, J., Brown, R. E., **Kao, H. F.**, Starkweather, A., & Shim, I. (2016). Salivary Biomarkers of Chronic Psychosocial Stress and CVD Risks: A Systematic Review. *Biological Research for Nursing*, 18(3), 241-263. PMID: 26349905
11. An, K., Salyer, J., & **Kao, H. F.** (2015). Psychological strains, salivary biomarkers, and risks for coronary heart disease among hurricane survivors. *Biological Research for Nursing*, 17(3), 311-320. PMID: 25239941
12. An, K., Starkweather, A., Sturgill, J. L., **Kao, H. F.**, & Salyer, J. (2014). State of science in use of salivary biomarkers for stress research. *Perspectives in Nursing Science*, 11(2), 87-93. <https://doi.org/10.1177/1099800414551164>

13. **Kao, H. F.**, Lynn, M. R., & Crist, J. D. (2013). Testing of applicability of mutuality scale with Mexican American caregivers of older adults. *Journal of Applied Gerontology*, 32(2), 226-247. PMID: 25474218
14. **Kao, H. F.**, Lynn, M. R., & An, K. (2012). Development of a Mexican American family loyalty scale. *Journal of Theory Construction & Testing*, 16(2), 38-44.
15. **Kao, H. F.**, & An, K. (2012). Effects of acculturation and mutuality on expectations of family loyalty among Mexican American family caregiver of older adults. *Journal of Nursing Scholarship*, 44(2), 111-119. PMID:22497839
16. **Kao, H. F.** (2011). Medication administration hassles for Mexican American family caregivers of older Adults. *Nursing & Health Sciences*, 13(2), 133-140. PMID: 21477149
17. **Kao, H. F.**, Lynn, M. R., & Lujan, J. (2010). Lessons learned in instrument pilot testing with Mexican American caregivers of older adults. *Journal of Nursing Measurement*, 18(3), 201-209. PMID: 21290925
18. **Kao, H. F.**, & Lynn, M. R. (2009). Use of the measurement of medication administration hassles with Mexican American family caregivers. *Journal of Clinical Nursing*, 18, 2596-2603. PMID: 19538565
19. **Kao, H. F.**, McHugh, M. L., & Travis, S. S. (2007). Expectations of filial piety among Mexican Americans. *Journal of Clinical Nursing*, 16(8), 1460-1467. PMID: 17655534
20. Travis, S. S., McAuley, W. J., Dmochowski, J., Bernard, M. A., **Kao, H. F.**, & Greene, R. (2007). Predictors of medication hassles experienced by family caregivers of older adults. *Patient Education and Counseling*, 61, 51-57. PMID: 17118616
21. **Kao, H. F.**, & Acton, G. J. (2006). Conceptualization and psychometric properties of the caregiver burden scale in Taiwanese. *Issues in Mental Health Nursing*, 27(8), 853-866. PMID: 16938788
22. **Kao, H. F.**, Reeder, F. M., Hsu, M., & Cheng, S. (2006). A Chinese view of the western nursing metaparadigm. *Journal of Holistic Nursing*, 2(2), 92-101. PMID: 16740897
23. Travis, S. S., **Kao, H. F.**, & Acton, G. J. (2005). Helping family members manage medication administration hassles. *Journal of Psychosocial Nursing & Mental Health Services*, 43(11), 13-15. PMID: 16350907
24. **Kao, H. F.**, & Travis, S. S. (2005). Development of the Expectations of Filial Piety Scale – Spanish version. *Journal of Advanced Nursing*, 52(6), 682-688. PMID: 16313381
25. **Kao, H. F.**, & Travis, S. S. (2005). The effects of acculturation and social exchange on the expectations of filial piety among Hispanic/Latino parents of adult children. *Nursing & Health Sciences*, 7(4), 226-234. PMID: 16271128
26. **Kao, H. F.**, Hsu, M., & Clark, L. (2004). Conceptualizing and critiquing culture in health research. *Journal of Transcultural Nursing*, 15(4), 269-277. PMID: 15359059
27. **Kao, H. F.**, & McHugh, M. L. (2004). The role of caregiver gender and caregiver burden in nursing home placements for elderly Taiwanese survivors of stroke. *Research in Nursing and Health*, 27 (2), 121-134. PMID: 15042638

28. **Kao, H. F.**, Travis, S. S., & Acton, G. (2004). Working with patients and families before, during, and after relocation to a long-term care facility. *Journal of Psychosocial Nursing & Mental Health Services*, 42(3), 12-18. PMID: 15068162
29. **Kao, H. F.**, & Suifbergen, A. K. (2004). Love and load --the lived experience of the mother-child relationship among traumatic brain injury young adult survivors. *Journal of Neuroscience Nursing*, 36(2), 19-27. PMID: 15115361
30. **Kao, H. F.** (2003). The likelihood of institutionalization among different-gender caregivers in Taiwan. *Journal of Gerontological Nursing*, 29(10), 12-21. PMID: 14558231
31. **Kao, H. F.**, & Stuijbergen, A. K. (1999). Family experiences related to the decision to institutionalize an elderly member in Taiwan. *Social Science and Medicine*, 49(8), 1115-1123. PMID: 10475674
32. **Kao, H. F.**, & Chang, K. (1988). Factors influencing the responses of abdominal surgical patients at post-operative ambulation. *Journal of Nursing (ROC)*, 35(2), 21-34. [in Chinese]

Abstracts

1. **Kao, H. F.** (1991). Physical and psychological responses of coronary artery bypass graft (CABG) patients in their initial stage after discharge. *Chang-Gung Yearly Report*, 80, 27.

Non-refereed Publications

1. **Kao, H. F.** (2004). Letters to the editor. *Journal of Neuroscience Nursing*, 36(5), 244.
2. **Kao, H. F.** (2003). Rejoice in suffering. *Journal of Christian Nursing*, 20(2), 10-12.
3. **Kao, H. F.** (1993). Chance or Crisis? *Chang-Gung Newsletter*, 93, 3. [in Chinese]

Book Chapters

1. **Kao, H. F.** (1989). Medical-Surgical Nursing. In Lu, M. (Ed.), *RN board examination* (pp.1-283). Taipei: Farseen Publish Co. [in Chinese]
2. **Kao, H. F.**, Chen, M., & Lu, H. (1988). Assessment, plan, implementation, and evaluation. In H. Kao (Ed.), *Nursing process* (pp.1-150). Taipei: Farseen Publish Co. [in Chinese]
3. **Kao, H. F.**, Chen, M., & Lu, H. (1987). Laboratory data for medical-surgical units. In H. Kao (Ed.), *Practical laboratory guide for nurses* (pp.1-87). Taipei: Farseen Publish Co. [in Chinese]

PEER REVIEWED PRESENTATIONS

1. **Kao, H. F.**, & Jimenez, S. Y. (November 2023). When older adults got traumatic injury: Effects of case management. Podium presentation at *The Gerontological Society of America's 2023 Annual Scientific Meeting*, Tampa, FL.
2. **Kao, H. F.**, Hung, C. C., Lee, B. O, Tsai, S. L., & Moreno, O. (May 2023). Patient participation in healthcare activities: nurses' and patients' perspectives in Taiwan. Poster presentation at *Sigma Theta Tau Alpha beta Theta, Delta Kappa, and Pi Omega Chapter meeting*, El Paso, TX.

3. **Kao, H. F.**, Hung, C. C., Lee, B. O, Tsai, S. L., & Moreno, O. (November 2022). Patient participation in healthcare activities: nurses' and patients' perspectives in Taiwan. Poster presentation at *The Gerontological Society of America's 2022 Annual Scientific Meeting*, Indianapolis, IN.
4. **Kao, H. F.**, Ye, M., & Lin, L. (November 2021). Effects of simulation-based learning on nursing students' learning outcomes of a gerontology course. Podium Presentation at *The Gerontological Society of America's 2021 Annual Scientific Meeting*, Phoenix, AZ (shift to virtual format).
5. Wang, Y. L., **Kao, H. F.**, & Wang, S. C. (September 2020). Coping process in parents of adolescent children with newly diagnosed type 1 diabetes. Poster presented at 2020 Taiwan International Nursing Conference Endorsed by ICN, Taipei, Taiwan.
6. Wang, Y. L., & **Kao, H. F.** (November 2019). Adaptation process of adolescents with newly diagnosed Type 1 diabetes in Taiwan: A grounded theory approach. Poster presentation at *2019 International Diabetes Federation Congress*, Busan, Korea.
7. **Kao, H. F.** (May 2018). Behind Hispanic family caregiving for elders: The effects of acculturation on filial values--The implications to HongKongnese. Podium Presentation at *US-Hong Kong Aging Conference of "Aging across Time and Contexts."* Hong Kong Chinese University and cosponsored by *Gerontological Society of America*, Hong Kong, China.
8. **Kao, H. F.** (November 2016). Behind Hispanic family caregiving for elders: the conceptualization of acculturation revisit. Podium Presentation at *The Gerontological Society of America's 69th Annual Scientific Meeting*, New Orleans, LA.
9. **Kao, H. F.** (November 2014). Behind Hispanic family caregiving for elders: Filial values or dyadic mutuality. Podium Presentation at *The Gerontological Society of America's 67th Annual Scientific Meeting*, Washington, DC.
10. **Kao, H. F.** (November 2012). Medication administration hassles for Mexican American family caregivers of older Adults. Poster Presentation at *The Gerontological Society of America's 65th Annual Scientific Meeting*, San Diego, CA.
11. **Kao, H. F.**, & Lynn, M. L. (November 2011). Expectation of Family Loyalty of Children toward elderly relatives. Podium Presentation at *The Gerontological Society of America's 64th Annual Scientific Meeting*, Boston, MA.
12. **Kao, H. F.**, & Lynn, M. L. (November 2010). The effect of acculturation and mutuality on family loyalty among Mexican American family caregivers of older adults. Podium Presentation at *The Gerontological Society of America's 63rd Annual Scientific Meeting*, New Orleans, LA.
13. **Kao, H. F.**, Crist, J. D., & Lynn, M. L. (November 2009). Use of mutuality scale with Mexican American family caregivers of older adults. Poster Presentation at *The Gerontological Society of America's 62nd Annual Scientific Meeting*, Atlanta, GA.
14. **Kao, H. F.**, Lujan, J., & Lynn, M. R. (November 2008). Lessons learned in instrument pilot testing with Mexican American caregivers of older adults. Podium presentation at *The Gerontological Society of America 61st Annual Scientific Meeting*, National Harbor, MD.

15. **Kao, H. F.**, Lujan, J., & Lynn, M. R. (April 2008). Lessons learned in instrument pilot testing with Mexican American caregivers of older adults. Poster presentation at the 2008 Annual Nursing Research Symposium (Sigma Theta Tau Alpha Alpha chapter). Chapel Hill, NC.
16. **Kao, H. F.**, & Lynn, M. R. (November 2007). A measurement of medication administration hassles for use with Mexican American family caregivers. Podium presentation at *The Gerontological Society of America 60th Annual Scientific Meeting*, San Francisco, CA.
17. **Kao, H. F.** (April 2007). Factors related to the family caregiver medication administration hassles among Mexican Americans. Poster presentation at the 2007 Annual Nursing Research Symposium (Sigma Theta Tau Alpha Alpha chapter). Chapel Hill, NC.
18. **Kao, H. F.** (November 2006). Factors related to the Family Caregiver Medication Administration Hassles among Mexican Americans. Poster presentation at *The Gerontological Society of America 59th Annual Scientific Meeting*, Dallas, TX.
19. **Kao, H. F.** (November 2005). Medication Administration Hassles among Mexican American Family Caregivers. Podium presentation at *The Gerontological Society of America 58th Annual Scientific Meeting*, Orlando, FL.
20. **Kao, H. F.**, & Travis, S. S. (February 2005). The Effects of Acculturation and Social Exchange on the Expectations of Filial Piety among Hispanic/Latino Parents of Adult Children. Poster presentation at the *19th Annual Southern Nursing Research Society Conference*, Atlanta, GA.
21. **Kao, H. F.**, & Travis, S. S. (November 2004). Development of the Expectations of Filial Piety Scale in Hispanics/Latinos. Podium presentation *The Gerontological Society of America 57th Annual Scientific Meeting*, Washington DC.
22. **Kao, H. F.**, & Stuijbergen, A. K. (March 2004). Love and load --the lived experience of the mother-child relationship among traumatic brain injury young adult survivors. Podium presentation at the 2004 Annual Nursing Research Symposium (Sigma Theta Tau Gamma Iota chapter). Charlotte, NC.
23. **Kao, H. F.**, & Stuijbergen, A. K. (February 2004). Love and load --the lived experience of the mother-child relationship among traumatic brain injury young adult survivors. Podium presentation at the *18th Annual Southern Nursing Research Society Conference*, Louisville, KY.
24. **Kao, H. F.** (November 2003). The Likelihood of institutionalization among different-gender caregivers in Taiwan Podium presentation at *The Gerontological Society of America 56th Annual Scientific Meeting*, San Diego, CA.
25. **Kao, H. F.** (March 2002). Caregiver burden and institutionalization of the elderly Taiwanese families. Podium presentation at the *13rd Annual Rocky Mountain Regional Multidisciplinary Research Symposium*, Denver, CO.
26. **Kao, H. F.**, & Stuijbergen, A. K. (March 2002). Family experiences related to the decision to institutionalize an elderly member in Taiwan. Poster presentation at the *13rd Annual Rocky Mountain Regional Multidisciplinary Research Symposium*, Denver, CO.

27. **Kao, H. F.**, & Stuijbergen, A. K. (February 1999). Family experiences related to the decision to institutionalize an elderly member in Taiwan. Podium presentation at the *13rd Annual Southern Nursing Research Society Conference*, Charleston, SC.
28. **Kao, H. F.**, & Chang, K. (May 1988). Factor influencing the responses of abdominal surgical patients at their first post-operative ambulation. Podium presentation at the *International Nursing Quadrennial Congress*, Seoul, Korea.

INVITED PRESENTATIONS

1. **Kao, H.F.** Behind Hispanic family caregiving for elders: the conceptualization of acculturation. Invited presentation at *Healthy Exchange* of College of Health Science, UTEP, El Paso, TX September 2015.
2. **Kao, H.F.** The effects of acculturation and mutuality on expectations of family loyalty among Mexican American family caregiver of older adults. Invited presentation at *Healthy Exchange* of College of Health Science, UTEP, El Paso, TX February 2013.
3. **Kao, H.F.** Lessons learned in instrument pilot testing with Mexican American caregivers of older adults. Invited presentation at *Healthy Exchange* of College of Health Science, UTEP, El Paso, TX October 2009.
4. **Kao, H. F.** Love and load—the lived experience of the mother-child relationship among traumatic brain injury young adult survivors. Invited presentation at Carolina Medical Center Research Committee, Charlotte, NC October 2004.

GUEST SPEAKING

1. Kao, H. F. “Instrument Development, Application in Mexican American Family Caregivers of Elderly” at Healthy exchange for College of Health Sciences and School Nursing faculty and doctoral students at the University of Texas at El Paso, El Paso, TX, February 2012.
2. Kao, H. F. “From vague research interests to the formation of a testable conceptual framework.” 3-hour Guest speaking for Interdisciplinary Health Sciences PhD program, “Theories and Philosophies in the Health Science” at the University of Texas at El Paso, College of Health Sciences. El Paso, TX, October 2009.
3. Kao, H. F. “From vague research interests to the formation of a testable conceptual framework.” 1.5-hour Guest speaking for Interdisciplinary Health Sciences PhD program, “Theories and Philosophies in the Health Science” at the University of Texas at El Paso, College of Health Sciences. El Paso, TX, February 2009.
4. Kao, H. F. Automobile safety. Guest speaking at undergraduate-level Liberal Art, the University of North Carolina at Charlotte, Charlotte, NC, October 2005.
5. Kao, H. F. Culture and chronic illness. Guest speaking at master-level Chronic Illness: Concepts and Theories for Advanced Nursing Practice at the University of North Carolina at Charlotte, School of Nursing. Charlotte, NC, September 2004.
6. Kao, H. F. Psychometric testing of the expectations of filial piety scale in Spanish. Guest speaking at Doctoral Statistics at the University of Colorado Health Sciences Center, School of Nursing. Denver, CO, July 2003.
7. Kao, H. F. Logistic regression. Guest speaking at Doctoral Statistics at the University of Colorado Health Sciences Center, School of Nursing. Denver, CO, April 2002.
8. Kao, H. F. Multiple regression. Guest speaking at Doctoral Statistics at the University of Colorado Health Sciences Center, School of Nursing. Denver, CO, November 2001.

9. Kao, H. F. Caregiver burden and institutionalization of the elderly Taiwanese families. Guest speaking at Doctoral Statistics at the University of Colorado Health Sciences Center, School of Nursing. Denver, CO, July 2001.
10. Kao, H. F. How to develop a conceptual framework for your dissertation? Guest speaking at Doctoral Adult Health Nursing III at the University of Texas at Austin, School of Nursing. Austin, TX, February 1999.

HONORS & AWARDS

2015-2020	J. Edward and Helen M.C. Stern Endowed Professorship in Nursing
2015	Distinguished Alumni Award, National Taipei University of Nursing and Health Sciences
2015-present	Fellow of American Academy of Nursing (FAAN)
2008-2016	Senior fellow, Hispanic Health Disparities Research Center
2007	Virginia Stone, RN Scholar (ANA)
2004	D. Jean Wood Nursing Scholarship Award from Southern Nursing Research Society
2004-present	John H. Biggs (TIAA-CREF) Faculty Fellow
1999	<i>Dissertation of the Year</i> Nomination (University of Texas at Austin, SON)
1999	Professional Development Award (University of Texas at Austin)
1999	Judith Kopper Conference Fund (University of Texas at Austin)
1998	Summer Tuition Fellowship (University of Texas at Austin)
1996	Kathryn Gurley Scholarship (University of Texas at Austin)
1993	Teacher of the Year, Chang-Gung Institute of Nursing
1988	Distinguished Researcher Award, National Scientific Council, Taiwan
1981	Graduate with Honors, National Taipei College of Nursing

RESEARCH GRANTS:

Funded

<u>Role</u>	<u>Topic</u>	<u>Grant origin</u>	<u>period</u>	<u>Amount</u>
PI	Stress and Cardiac Health in Mexican American Woman Caregivers	Sigma Theta Tau Delta Kappa chapter research grant	1/20/24-1/20/25	\$1,500
Consultant	Chinese Oldest-Old Successful Aging Scale (COSAS) Development	Funded by Seed Grant Research Award of NYU-ECNU (Eastern China Normal University) Institute for Social Development at NYU Shanghai.	3/1/17-2/28/19	\$7,500
Principal Investigator	Mexican American caregiving for older adults: pilot testing	Sigma Theta Tau: Alpha Alpha Chapter	4/1/07-3/31/08	\$500

Principal Investigator	Development of the Family Caregiver Medication Administration Hassles Scale in Mexican Americans	John H. Biggs (TIAA-CREF) Faculty Fellows Program	5/1/04-5/1/05	\$7,000
Principal Investigator	Development of Filial Piety Scale in Hispanics/Latinos	Junior Faculty Research Grant, UNC	1/1/03-7/1/04	\$6,000
Principal Investigator	Lived experience of the family relationship among traumatic brain injury survivors: a phenomenological study	Sigma Theta Tau: Alpha Kappa Chapter at Large	5/1/02-4/30/03	\$2,000
Principal Investigator	Physical and psychological responses of coronary artery bypass graft (CABG) patients in the initial stage after discharge	Chang-Gung Memorial Hospital, Taiwan; Chang-Gung Research Grant: CG 80-034	12/1/90-5/31/92	\$23,000

RESEARCH PROGRAM

Since doing my dissertation, titled “Caregiver burden and institutionalization of the elderly in Taiwanese families,” I have grown increasingly interested in the role of caregivers in providing assistance to older adults with physical and cognitive impairments. In particular, the influences of filial values, acculturation, dyadic mutuality on caregiving activities and health outcomes that appear to be different for Hispanic families. I have done several instrument developments on the motives for the elder care (i.e., filial piety, family loyalty, and mutuality) and on a common caregiving task (i.e., family caregiver medication administration hassles) to study family care among Mexican Americans, the largest Hispanic population in the U.S. In addition, the effects of acculturation and mutuality on filial care were also investigated.

The aforementioned studies were funded by the following sources: intramural faculty grant, Sigma Theta Tau, TIAA-CREF, NINR (T32), and American Nurses Foundation. These projects laid a solid foundation for Mexican American family caregiving studies with aging adults. Hispanic American aged population is rapidly growing and often underserved. After reading previous NIH reviewers’ comment summary on my R01 application, I am applying for small grants to conduct a feasibility study listed in the following column (e.g., Sigma Theta Tau research grant) to purchase expired materials and supplies due to COVID-19 prohibiting me from data collection. The future field study will crosscheck objective biomarkers and subjective report of caregiving stress to detect the long-term caregiving stress induced increased allostatic load and coronary heart disease (CHD) risks in Mexican American women long-term caregivers of a dependent older adult targeting a NIH R grant mechanism. In addition, caregiving stress, allostatic load and CHD risks could be buffered by psychosocial factors (e.g., SES, social support, and mutuality) specifically to Mexican American culture. Thus, finding the controllable variable could be further designed as an intervention study to control the long-term caregiving stress induced increased CHD risks. Heart disease is number one cause of death in Mexican

American women. Long-term caregiving stress may deteriorate the CHD prevalence and deserve more attention from healthcare community.

**Care for Mexican American Women Caregivers-A Feasibility Study
Statement of the Problem**

Currently, 7.6 million (21%) *Hispanic women* are providing long-term (*LT*) informal care to family in the US, the highest proportion among all races/ethnicities. The *stress generated from LT caregiving (CGing) is known to increase coronary heart disease (CHD) risk*. Many factors place this group at high risk for CHD, which continues to be the leading cause of death in Hispanic women. For example, women are more susceptible to CHD risk and once diagnosed, have worse health outcomes than men. Hispanic women show a higher-than-average CHD rate; the increase in obesity and diabetes is believed to be the primary reasons for the risen CHD in women. While many *risk factors* may affect the CHD disparities, one understudied factor is the role that *CGing* plays. This risk increases among women who care for their loved ones with CHD may themselves be at higher risk for cardiac problems, which is increase not seen in men caring for their relatives. Despite the fact, *CHD risk in Hispanic woman LT CGs has been understudied*, particularly for Mexican Americans (MAs)--the largest Hispanic subgroup. Attention to heart health in this subpopulation is often neglected.

Understanding the mechanisms linking CGing stress to CHD risk is essential to develop culturally sensitive interventions for this population. *While specific mechanisms are unknown, data point to both physiological and psychosocial underlying factors*. This proposed feasibility study, not meant to statistically analyze the data, will provide preliminary data for the following aims:

- (1) assessing the acceptability of woman CGs' reactions during the one-year study period.
- (2) exploring the practicality of combining psychological (self-reports) and biological (urine and blood) data collection regarding time commitment, demands, and combinations causing restrain in some way.
- (3) adapting a design due to unforeseeable changes of content or procedures.

In addition to quantitative studies, I have published a qualitative study entitled, "The lived experience of the mother-child relationship among traumatic brain injury young adult survivors." This project was supported by a Sigma Theta Tau chapter and earned the 2004 D. Jean Wood nursing scholarship award [Best Presenter of the Year Award] from the Southern Nursing Research Society. In sum, I have experiences in conducting both quantitative (descriptive, experimental) and qualitative research. In specific, instrument development (measurement) is my strong suit.

PERSONAL TEACHING STATEMENT

My teaching belief primarily centers on "epistemology of knowing," that is the process of knowing—a science of becoming—rather than the end results of knowing often used to evaluate students' learning outcomes, e.g., score and grade. To mirror the needs of student population, I recognize one major character of adult learners who have strong motive and potential to learn, they should be continually and purposefully encouraged to sustain their passion during the leaning process until their academic objectives are reached. I understand every so often it only takes one faculty member to inspire students to be a better person. I strive to be the kind of

faculty to identify and assist students in need. I learn to be more understanding and empathetic toward students who are late for classes or submitting assignments, and those who did not perform well in examinations with legitimate reasons (e.g., heavy family or working load.) In my point of view, the academic objectives must be achieved through a student-faculty alliance which students partner with faculty to widen the scope and depth of knowledge base in critical thinking; and to extend the knowledge beyond daily practice to theoretical and research-based application. Due to students' versatility, I need to carefully assess students through an interactive manner with major teaching strategies stated below to achieve professional goals.

To objectively assess their life experiences and knowledge (i.e., readiness, preparedness, and capability) before designing any teaching materials and methodologies for students is a must. In my perspective of teaching and learning, students are like a glass of fluid; not only do we need to assess how full the glass is, but also what the content is in. We cannot simply assume the dark fluid is coffee and thus pouring more coffee in. If it turns out to be coke, we may severely disturb students' thinking schema. Therefore, assessing students is always the primary and first step for me to design my teaching. Knowing (1) who they are (some may be caregivers and/or workers), (2) when they want (may not all be regular weekday working hours), (3) where to give (inside and outside of classroom, simulation lab, online teaching, or mixed), (4) what they need (by the progress designed in textbooks or by priority of students' needs), (5) how to provide the content (lecture, discussion, or simulation in a way most suitable to them), and (6) why they require the knowledge and/or skills. Those are the base for students to advance to the next level of learning. This way, I can foresee and assess what and how may work or not work in order to obtain positive results of teaching and learning.

Due to students' possible responsibility (e.g., parent or job) outside of academia, I have an open-door policy. When they are active to search an answer to clarify for their questions, the autonomous interactions deserve to be encouraged and respected. It shows that students are goal-oriented to actively pursuit the needed knowledge, and I am glad to answer them anytime available in the format they prefer or are convenient for them (via phone, in person, email, [virtual] office hours, Zoom, or web course communication). I recognize students are also social beings; interaction and respect play a key role in student-faculty relationships. In addition to merely be a course instructor, it is essential to develop other approachable functions and roles (e.g., interactive direction as a friend, counselor, mentor, and/or expert) who are able to relate the lesson to their professional and personal goals explicitly so that students can see a reason to learn. By developing students' interests, the *relevancy and goal-orientation* can help students establish values, interests, practicality, and responsibilities in their own progress of learning.

I understand a satisfied student is one who would obtain much knowledge from my teaching. The knowledge could profoundly affect the student in his/her later nursing academic and career development. Hence, as a nursing faculty member, I am more than willing to teach knowledge and skills, as well as being a role model for students to see and learn. I consider what I teach and how I perform my role in front of students will affect them enormously. Thus, I keep reminding myself to function as a role model so students may learn from me not only cognitively, but also in my professional demeanor. In sum, my teaching philosophy and strategies have and will continuously align to the university's vision in providing quality higher education to a diverse student population. Thus, our graduates will be competitive in the global marketplace. Moreover, I have integrated university mission statements into my teaching to advance the profession through embracing faculty roles as an intellectual, cultural, and socioeconomic asset to the

region, offering programs to meet the needs of academia and students, and contributing to the quality of life of the individuals served. A university's vision and mission provide me a clear guidance for my teaching philosophy and strategies.

TEACHING

Graduate Program

The University of Texas at El Paso (UTEP); Associate Professor 2008-present

Interdisciplinary Health Science PhD

- Legal and Ethical Issues in Health Sciences
- Scientific and Grant Writing
- Psychometrics in Health Sciences
- Independent Study: Directed Study
- Independent Study: Research Application
- Dissertation committee for Interdisciplinary Health Science-PhD program: title: Fall prevention in Mexican American older adults with stroke.
- Dissertation consultant for Interdisciplinary Health Science-PhD program: title: Association of opioid metabolism with marijuana use among a non-malignant chronic pain patient population.
- Doctoral qualified exam oral defense 5/22/17

MSN

- Nursing Theory
- Health Policy, Law, and Ethics
- Research Appraisal and Application

University of North Carolina at Charlotte (UNCC); Assistant Professor 2003-06

- Health Promotion and Wellness for the Older Adults
- Research in Nursing and Health Professions
- Advanced Practice Nursing in Chronic Care

The University of Texas at Austin (UT Austin); TA 1998-99

- Practice of Adult Health Nursing: Health without Illness

Undergraduate Program

The University of Texas at El Paso (UTEP); Associate Professor 2008-present

- Expanding the Professional and Technological Horizon (RN-BSN)
- Community Health (RN-BSN)
- Practicum-Promoting Health Along Border (community health)
- Foundations of Nursing Practice
- Care for the Aging Clients
- Research and Statistics
- Promoting Health Along Border (community health practicum)

University of North Carolina at Charlotte (UNCC); Assistant Professor 2002-06

- Professional Nursing Perspective for RN-BSN
- The Nursing Profession

University of Colorado Health Sciences Center (CU); Assistant Professor 1999

- Medical-Surgical Nursing

The University of Texas at Austin, TA 1997-1998

- Nursing Research

Associate Degree Program

Chang-Gung Institute of Nursing, Taiwan (Senior Instructor) 1987-1995

- Nursing Process
- Teaching and Learning
- Health & Illness
- Medical-Surgical Nursing
- Medical-Surgical Nursing Practicum
- Nursing Policy and Administration
- Nursing Administration Practicum
- Seminar in Nursing and Health Issues

PROFESSIONAL ORGANIZATIONS & COMMUNITY ACTIVITIES

Professional Organizations and Certification

Fellow of American Academy of Nursing (FAAN)
 American Nurse Association (ANA)
 The Gerontological Society of America (GSA)
 Southern Nursing Research Society (SNRS)
 UT Telecampus Diamond Certified online Instructor
 Sigma Theta Tau International- Delta Kappa Chapter (STT)
 Kappa Kappa Iota- Gamma Kappa Chapter (educators association)
 Registered nurse: Texas (active), inactive-California, Colorado, North Carolina
 Nurses Christian Fellowship (NCF)
 Registered nurse, Taiwan (inactive)
 Registered midwife, Taiwan (inactive)

Professional Organizations

- 2023 Guest reviewer for *Western Journal of Nursing Research*: Reducing the burdens of professional caregivers of older adults using assistive technology: a scoping review
- 2023 Guest reviewer for *Geriatric Nursing*: Interventions to improve social network in older people with sensory impairment: A systematic review
- 2023 Review Panel for *the Gerontological Society of America 2023 Annual Scientific Meeting*, Tampa FL.
- 2022 Guest reviewer for *Hispanic Health Care International*: Transforming care essential principles in prediabetes.
- 2022 Guest reviewer for *Geriatric Nursing*: Optimism and subjective well-being in nursing home older adults during the COVID-19 Epidemic: The mediating role s of gratitude and social support
- 2022 Guest reviewer for *Nursing and Health Sciences*: Filipinos' knowledge, attitude, and awareness of antibiotic use and resistance: A cross-sectional study.
- 2022 Review Panel for *the Gerontological Society of America 2022 Annual Scientific Meeting*, Indianapolis, IN.
- 2021 Guest reviewer for *Geriatric Nursing*: The association between social support and the quality of life of elders in China: the mediating effect of loneliness.
- 2021 Guest reviewer for *Hispanic Health Care International*: A Quality Improvement Project for the Hispanic Diabetic.
- 2021 Review Panel for *the Gerontological Society of America 2021 Annual Scientific Meeting*, Phenix, AZ.
- 2021 Guest reviewer for *Academia*: Social support need differences in Early and Middle adulthood.
- 2020 Review Panel for *the Gerontological Society of America 2020 Annual Scientific Meeting*, Philadelphia, PA.
- 2020 Guest reviewer for *Geriatric Nursing*: A systematic review of measures of three common dementia-related behaviors rejection of care, aggression, and agitation.
- 2019 Guest reviewer for *Journal of Nursing Measurement*: Construct validity of the Vietnamese version of Maslach Burnout Inventory - General Survey.
- 2019 Guest reviewer for *Hispanic Health Care International*: Hispanic Community-Engaged Research: Community Partners as Our Teachers To Improve Diabetes Self-Management.
- 2018 Symposium chair for *US-Hong Kong Aging Conference of "Aging across Time and Contexts."* Hong Kong Chinese University and cosponsored by Gerontological Society of America, Hong Kong, China.
- 2018 Guest reviewer for *Geriatric Nursing*: A review on healthy ageing interventions addressing physical, mental and social health of independent community-dwelling older adults
- 2017 Guest reviewer for *Geriatric Nursing*: Diagnostic accuracy of the European Portuguese version of the 15-item Geriatric Depression Scale
- 2016 Guest reviewer for *Hispanic Health Care International*: Exploring the relationship between resilience and diabetes outcomes in Hispanic women
- 2016 Guest Reviewer for *Journal of Applied Gerontology*: Development and Validation of a Filial Piety Scale for Chinese Elders
- 2016 Guest Reviewer for *Acta Neurologica Scandinavica*: Psychometric properties of the

- 2015-present Mutuality scale in Swedish dyads with Parkinson's disease
Expert Panel on Aging of the American Academy of Nursing
- 2015-2017 Expert Panel on Cultural Competence and Health Equity of the American Academy of Nursing
- 2015-6 Guest Reviewer for *Geriatric Nursing*: Validation and Accessibility of Korean version of the Patient Health Questionnaire-9 (PHQ-9K) for community-dwelling elderly Koreans who are 75 years old or more.
- 2015-6 Guest Reviewer for *Journal of Transcultural Nursing*: A personal touch: The most important strategy for recruiting Latino research participants.
- 2015 Review Panel for *the Gerontological Society of America 68th Annual Scientific Meeting*, Orlando, FL.
- 2014 Mentor for *Mentoring Consultancies* at GSA 67th Annual Scientific Meeting, Washington DC.
- 2014 Guest Reviewer for *Geriatric Nursing*: Study on the status of stroke patients' family function and the depression of main caregivers in community and their correlation.
- 2014 Guest Reviewer for *Western Journal of Nursing Research*: Invisible caregiver: Mexican men caring for family member.
- 2014 Guest Reviewer for *Nursing and Health Science*: Barriers to medication access: A case study of three elderly rural women.
- 2014 Review Panel for *the Gerontological Society of America 67th Annual Scientific Meeting*, Washington DC.
- 2013 Guest Reviewer for *Nursing and Health Science*: Risk factors of non-adherence to antihypertensive medication
- 2013 Guest Reviewer for *Nursing and Health Science*: Factors Influencing Medication Adherence Among Post-Infarction Patients.
- 2013 Mentor of *Mentoring Consultancies* for Emerging Scholars round table at GSA 66th Annual Scientific Meeting, New Orleans, LA
- 2013 Guest Reviewer for *Nursing and Health Science*: Medication Adherence among Asian Hypertensive Patients After educational Intervention: A Pilot Study
- 2013 Guest Reviewer for *Nursing and Health Science*: The influence of working conditions and the workplace safely climate on medication errors among hospital nurses
- 2013 Guest Reviewer for *Geriatric Nursing*: Outcomes of a Culturally Responsive Health prevention program for Korean Elderly Survivors with Gastrointestinal Cancers: A Randomized Controlled Study.
- 2013 Review Panel for *the Gerontological Society of America 66th Annual Scientific Meeting*, New Orleans, LA
- 2012 Mentor of *Mentoring Consultancies* for Emerging Scholars round table at GSA 65th Annual Scientific Meeting , San Diego, California
- 2012 Guest Reviewer for *Western Journal of Nursing Research*: Worry among Mexican American Caregivers
- 2012 Review Panel for *the Gerontological Society of America 65th Annual Scientific Meeting*, San Diego, CA
- 2012 Guest Reviewer for *Journal of Gerontology: Social Science*: Racial Differences in a Simplified Religiosity Instrument for Older Americans
- 2011 Review Panel for *the Gerontological Society of America 64th Annual Scientific Meeting*, Boston, MA
- 2011 Guest Review for *Journal of Ethnic Gerontology*

2010	Guest Reviewer for <i>Journal of Cross-Cultural Psychology</i>
2010	Review Panel for <i>the Gerontological Society of America 63rd Annual Scientific Meeting</i> , New Orleans, LA
2009	Review Panel for <i>the Gerontological Society of America 62nd Annual Scientific Meeting</i> , Atlanta GA
2004-08	Review Panel for <i>Journal of Gerontological Nursing</i>
2005	Guest Reviewer for <i>Western Journal of Nursing Research</i>
2004	Guest Reviewer for <i>Ethnicity and Health</i>
2003	Guest Reviewer for <i>Research on Aging</i>

University Committees

2022-25	Faculty Senate's Committee on Committees (vice chair 23-24, chair 24-25)
2019-22	Faculty Senate's Student Grievance Committee
2017-20	Faculty Senate's Graduate Scholarship Committee
2012-14	Faculty Senate's Student Publication Committee
2008-11	Faculty Senate's Undergraduate Scholarship Committee
2004-06	Asian American Students Recruitment Advisory Committee (UNCC)
2004-06	Faculty CID/API grants committee (UNCC)
2003-04	Faculty Research Committee (UNCC)

College of Health Sciences Committees

2015-18	Interdisciplinary Health Science PhD Executive Council (UTEP)
2004-05	Bylaw Revision Committee (UNCC)
2004	Workgroup for Design of Health Services Research for the PhD program of Health Services Research (UNCC)

College of Nursing/Department Committees

2021-24	Program Evaluation Committee
2021	Ad hoc committee for Peer Observation of Teaching Policy
2021-2022	Search committee for Associate/Full Professor for graduate program
2019-2020	Search committee for Assistant/Associate Professor for undergraduate/graduate program
2019 August	Dr. Solis 6 th year tenure review and Dr. Nunez 3 rd year tenure review.
2018-19	School of Nursing Dean search committee (UTEP)
2018-19	Chair of the tenure-track faculty search and recruitment committee (UTEP)
2017	Chair of the tenured-track faculty 3 rd year review committee (UTEP)
2016-2019	Nominating Committee (UTEP)
2015-present	Tenure/Tenure Track Evaluation Committee (UTEP-current chair to May 2024)
2013-15	Faculty Tenure and Promotion Committee (UTEP)
2013-16	Faculty Orientating and Development Committee (UTEP)
2013	Oral Exam Committee for Graduate Nurse Educator Program (UTEP)
2011-13	Tenured and Tenure-Track Faculty Evaluation Committee (UTEP)
2011-13	Bylaws Committee (UTEP)
2011	Interview Committee for Family Nurse Practitioner student candidates (UTEP)
2010	Oral Exam Committee for Graduate Nurse Educator Program (UTEP)
2009-10	Library Liaison (UTEP)

2008-09 School of Nursing Dean search committee (UTEP)
 2004-05 Search Committee for a researcher of Human Services Research, for FNP faculty & the Colvard chair of School of Nursing (UNCC)
 2004 Participation of the admission subgroup for revision on the master's Program (UNCC)
 2003-04 Chair of Adult Health Nursing Faculty Search committee (UNCC)
 2003-04 Workgroups for new BSN courses: Psychiatric-Mental Health Nursing & Practicum, Research in Nursing Practice, and Illness & Disease Management (UNCC)
 1999- 2000 Faculty Travel Expense Committee (CU)

Community Activities

April 2023 Homefree.Outreach.Prevention.Education (HOPE)+ Health Fair in Kelly Center for Hunger Relief, El Paso, TX
 March 2023 Volunteer in Kelly Center for Hunger Relief, El Paso, TX
 Mar 2021 COVID vaccination clinic, UTEP
 Nov 2015 Telemundo Health Fair El Paso, Texas
 2012-14 Member on the Senate District 29 Health Care Advisory Committee
 2012-present Coworker, El Paso International Student Fellowship
 2010-11 Grace Church Chinese Elder Caring Committee
 2008-09 Service leaning activity (12 hours) in Care of the Aging Client (N3418)' in El Paso local senior centers.
 October 2004 Carolina Medical Center invited speaking to the Research Committee, Charlotte, NC
 March 2003 Invited presentation (Breast cancer and osteoporosis in women) in Agape Chinese Baptist Ministry, Charlotte, NC
 2002-03 Volunteer teacher in the Senior Center on Shamrock with a Certificate of Achievement
 1999 Free flu vaccination mobile clinic Denver, Colorado