School of Nursing and Health Studies

# NEWSLETTER

March 2025



## IT'S FINALLY SPRING! (KINDA)

We have arrived at the bittersweet time of the year where we are blessed with a few beautiful sunny days in the 70s, marred by the early mornings and late nights that could very well be in the 30s. And SO much WIND. At the very least, the grass is turning green again and the days are getting longer, AND of course we got the reprieve of Spring Break! After Break, the rest of the school year will just fly by and it will be Summer yet again. We'll cherish these last few weeks of school while there are still plenty of students around, but we know the rest of you are probably looking forward to having a longer break from academics, no judgement here! In other news, this edition marks I year since we started this little newsletter, so hooray for that, and we look forward to making many more!

## Contact Us

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## **UPCOMING IMPORTANT DATES**

 End of April - End-of-year event held by the SoNHS FUN Committee (keep an eye out for updates!)



## SNACKS & RELAX

Earlier in March, the SoNHS FUN Committee held a "Snacks & Relax" event where brain food like fresh fruit, trail mix, and granola bars were provided as well as pink lemonade and coffee, to provide a little pick-me-up for students who needed a break from diligently studying. At the top of each hour, a short stretching session was led to help relieve some stress of tests and take a moment to breathe. There was also a raffle for little "Spring Break" baskets filled with little items for Spring like sunglasses and a kit to plant some seeds! And to top it all off, we had students submit little notes of gratitude as well as telling us what their plans were for Spring Break or if they had a favorite Break memory. Some of the quotes shared are on the next page!



# MOMENTS OF GRATITUDE & SPRING BREAK PLANS AND MEMORIES



Here are a few of the entries for our "Jar of Happiness" and inquiry about students' plans and memories for Spring Break that we received during the Snacks & Relax event.

"My plan for spring break is to organize my house and find new systems to make my life easier. I seriously can't wait." - Alycia Y



"I'm happy because I passed my exam & ATI!"



"I plan on reading at least 2 books and having a bonfire with some friends!" - Kacey W



"I'm grateful for the lifelong friends I made in nursing school!"



"My husband and I are going to visit our friends in Washington state for the week!"
- Montana K



"Today was a great day because I'm alive!"



"I am using PTO at work and plan to do something fun with my 5 year old! I'm hoping it will be a nice week to visit the zoo and spend quality time with him!" - Jessica M



Today was fun because I passed my pharm exam!!"



"I have a pet rabbit who is due any day! Hopefully I will be taking care of baby bunnies!" - Sarah S







## SCHOLAR OF THE MONTH

Each month, a member of our research faculty is highlighted as a "Scientist/Scholar of the Month". We ask them to share a little about what's going on in their current research. This month's scientist is <u>Dr. Theresa C. Brown</u>(pictured left)

This is what she has to say when asked about her research:

1.What is the focus of your program of scholarship/research? I've always loved being physical active—it's been a reliable way to lift my mood and improve my day. That's why it's surprising, and a little disheartening, to see how

few adults meet physical activity guidelines or engage in regular movement. But maybe it's not so surprising when you consider how many people have had negative experiences with exercise growing up. I've heard countless stories about bad gym class experiences, feeling left out for not being the best, embarrassment for not knowing how to use a piece of equipment, and even exercise used as punishment (any former athletes out there who had to run extra sprints for poor performance?). It's no wonder so many adults deprioritize movement.

This background shapes my research agenda, which focuses on helping more people experience the positive, health-promoting benefits of movement. Specifically, I study how helping professionals—people like health educators, health coaches, fitness professionals, and medical providers—can create more supportive environments. During my PhD, I was introduced to the sport psychology literature and began exploring how two constructs from that field—a caring, task-involving climate—could be adapted to health and fitness settings. Rooted in achievement goal perspective theory and Nodding's caring climate framework, a task-involving climate emphasizes effort, personal improvement, and collaboration rather than competition or comparison. A caring climate describes how to create a space where everyone feels welcomed, valued, and respected. Training helping professionals to foster a caring, task-involving climate can help people redefine success to focus on personal growth, recognize their own improvements, and feel a sense of belonging, which can lead to enhanced intrinsic motivation, engagement, and overall well-being. My work explores how we can train future health and wellness professionals to create more positive, inclusive environments that promote long-term adherence to healthy behaviors.

(Continued on next page)

2. What has been your most interesting finding? For those familiar with the motivational climate in the sport world, many of my findings aren't surprising. When people are in a caring, task-involving climate, they tend to develop positive attitudes toward physical activity and are more likely to commit to healthy behaviors in the long run. What's more unexpected, though, is that these experiences seem to have broader, transformative effects. In addition to improvements in health behaviors, my participants have shown increased hope, happiness, and overall life satisfaction—pretty incredible results from doing something as small as attending a fitness class once a week!

One very recent and interesting finding that currently has my attention comes from some of my work with youth. I've been very privileged to help create and direct Strong Girls, a physical activity and positive youth development program that pairs adolescent girls with female college mentors. We work on things like developing a love of movement and adopting healthy lifestyle habits, all through the theoretical framework of a caring, task-involving climate. While we've always known the girls benefit—with results such as gaining confidence in movement, improving emotional regulation, and strengthening coping skills—we've been surprised to find that mentors also experience significant positive impacts. These mentors, many of whom have gone on to healthcare careers, continue to grow and apply what they learned long after their time in the program. Our research is just beginning to explore how these experiences shape the mentors' future interactions, particularly with patients, and I'm eager to dig deeper into this.

- 3. What has been your biggest challenge? When you explain the significant impact of being trained to create a caring, task-involving climate—whether as a coach, fitness professional, health professional, or anyone helping others set and achieve goals—you often hear the same response: "Of course, I agree that creating the right climate is important, and I already do this!" However, research, including my own, shows that this is rarely the case. While many coaches and health professionals believe they're fostering the right environment, their participants often report otherwise. Too often, professionals (with good intention) replicate the behaviors of their mentors, and end up engaging in more ego-focused behaviors, such as focusing only on the most skilled, stressing outcomes over effort, encouraging normative comparisons, neglecting those who struggle, and using punishment to correct mistakes. They also fail to recognize that trust must be earned through effort, rapport-building, and genuine care. Creating the right climate often requires a fundamental shift in how professionals have been trained and demands ongoing commitment from day one. These challenges can make my research difficult, as I have to find community partners (and grants) willing to say where there might be a gap for their staff, be open to a fundamental shift if philosophy and approach, and be willing to collaborate long-term.
- 4. What has been your greatest satisfaction? I get to see firsthand the positive benefits of adopting a physically active lifestyle, and it's amazing to watch others experience that joy—sometimes for the first time—when they find themselves in a supportive climate that encourages them to keep moving. In many ways, my work is "me-search" because I share in the same joys my participants do. Understanding the value of a caring, task-involving climate has made me a better person. The Japanese concept of Ikigai comes to mind, where fulfillment comes from loving what you do, being good at it, making a living from it, and contributing positively to the world. My research allows me to experience Ikigai, and I know my life is richer, happier, and I am more fulfilled because of it.

## HAPPENINGS THIS MONTH

A lot happened this month! Here are a few highlights of events that occurred.



## **BHS CAREER PANEL**



On the 13<sup>th</sup>, we held a Career Panel for our BHS students, hosted by Dr. Theresa Brown. We invited a slew of professionals in a variety of healthcare career paths. Students got to hear from them as well as ask questions of their own. They got to explore some options for future career prospects while enjoying some lunch!



## **TEAMSMILE**

On the 21st, some of our faculty, staff, and BSN students volunteered at the TeamSmile event held in cooperation with the Royals! TeamSmile teams up with professional athletic teams to put on events that provide free dental care, education, and resources for children in the local community. This time, they helped 214 kids within the Kansas City community get valuable dental care, all while getting their faces painted and getting to hang out with some mascots!





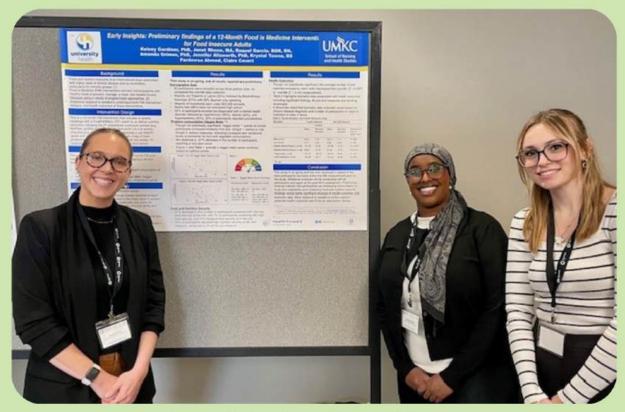


## KC COMETS WITH ALUMNI

On the 23<sup>rd</sup>, we held an alumni social at the KC Comets game. Christian Anderaos, who is also an alum of our BHS program, is a player on the KC Comets team! Alumni, Dean Roberts, and a few faculty members gathered to cheer on Christian, and got to see an exciting game.

## **COMMUNITY HIGHLIGHTS**

We've had several feats and awards this month to celebrate! Here are the highlights!



(Listed below from left to right)

- Dr. Kelsey Gardiner Dr. Gardiner, BHS professor, was selected as one of the recipients of the Award for Excellence in Mentoring Undergraduate Research, Scholars, and Artists! It's quite an honor and Dr. Gardiner is very deserving, serving as a stellar mentor to our undergraduate students. Congratulations, Dr. Gardiner!
- Fardowsa Ahmed Fardowsa, along with Claire Covert and Dr. Gardiner, presented at the
  Frontiers Translation Research Symposium! The presentation was titled: "Early Insights:
  Preliminary findings of a 12-Month Food is Medicine Intervention for Food Insecure Adults".
  Way to go Fardowsa, Claire, and!
- Claire Covert Claire was recently designated as a Dean of Students Honor Recipient! This
  is a great honor and shows her work ethic and drive for academic excellence.
  Congratulations, Claire!



 Serena Robbins (pictured left, on the left), (Not pictured:) Kira Anson, Joy Ekenga, Rebecca Jones, Julie Lang - Serena, Kira, Joy, Rebecca, and Julie were all honored this month at the UMKC Women's Council Graduate Assistance Fund Awards! It was a delight to see so many of our students honored. Congratulations, all!

## **COMMUNITY ANNOUNCEMENTS**



## **Postions:**

- Vice President
- Treasurer
- Secretary
- Event Coordinator

## Why?

- Make an impact in your community
- Network with your peers
- Gain leadership experience
- · Build your resume



Applications for the 2025-2026 academic year are open!



Questions? Reach out to Jeffrey (jar4g2@umsystem.edu)



## RESEARCH ADVANCEMENTS

Here's this month's announcements and updates on research that has been published or grants that have been received by our research faculty and students!



DEAN ROBERTS and Dr. Fu, M.R., Associate Dean For Research, showcased the School of Nursing and Health Studies' (SoNHS) research landscape on March 2025 at NextGen Precision Health's PATHWAY 2025 Symposium for UM (University of Missouri) System, in Kansas City, MO. Their presentation focuses on how SoNHS fosters an environment that encourages the pursuit of research and scholarly inquiry on improving patient and population health. The presentation highlights our award-winning faculty researchers who investigate topics within a framework of four pillars for research and innovation (Please see below Figure ): The four pillars for research and innovation reflect the essentials of nursing and health care and are focal funded research areas at SoNHS.

- § Advance excellence in nursing education and clinical practice
- § Advance symptom science and chronic illnesses
- § Improve health quality in children and women
- § Enhance health quality in nutrition, physical activities, community health.



The presentation showcased our faculty members and doctorial students who conduct impactful research and translate research findings into nursing and clinical practice, public health and communities through scholarly publications. From January 1 to December 31, 2024, a total of 60 external grants were submitted by SoNHS researchers. Our faculty members and doctorial students disseminate scholarly publications through peer-reviewed publications, editorials, book or book chapters, or non-peer-reviewed publications. From January 1 to December 31, 2024, a total of 64 scholarly works were published, among which 52 were research publications in peer-reviewed journals.

# UMKC School of Nursing and Health Studies at MNRS (Midwest Nursing Research Society Annual Conference)

On behalf of their research teams, Dr. Mei R Fu and Dr. Sarah Patel gave a wonderful podium presentations at MNRS.

Fu, M.R., Arbesfeld-Qiu, J.M., Korth, S., Kremer, H., Russell, C.L., Lasiter, S. Chestnut, S., Miaskowski, C. (March 26-29, 2025). Advancing Health Equity in Lymphatic Pain and Lymphedema in Black Women with Breast Cancer: A Qualitative Study. The 2025 MNRS 49<sup>th</sup> Annual Research Conference, March 26 – March 29, 2025, in Indianapolis, Indianna. Podium Presentation.

Patel, S. E. & Chesnut, S. R. (March 28, 2025). Pelvic Pain Unmasked: Decoding Pelvic Congestion Syndrome. In W. Horng-Shiuann (Chair), Advancement and Innovation in Symptom Science across the Lifespan[Symposium]. 49<sup>th</sup> Annual Midwest Nursing Research Society Conference, Indianapolis, IN. United States.

#### PhD Students Serena Robbins and Kira Anson gave their poster presentations.

Anson, K. (March 28, 2025). Impact of Misinformation on MMR Vaccine Hesitancy: A Scoping Review. The 2025 MNRS 49th Annual Research Conference, March 26- March 29, 2025, in Indianapolis, Indiana. Poster Presentation.

Robbins, S. (March 28, 2025). What is known in the Literature on Sexual Violence Against Adult Women Immediately Before, During, and After natural Disaster: A Scoping Review. The 2025 MNRS 49th Annual Research Conference, March 26- March 29, 2025, in Indianapolis, Indiana. Poster Presentation.



SoNHS had a successful reception at MNRS along with other Schools of Nursing in the Missouri University System: Fun and Networking!

## PhD STUDENT HIGHLIGHTS

Congratulations to PhD Student, Doris Stocker, for receiving Oncology Nursing Society Boston Chapter 2025 Scholarship.



## 2025 Scholarship Awardee





Born and raised in Massachusetts, Doris began her nursing journey as a child with her parents, who were nurses. She graduated with her BSN from Simmons College, her MSN in Nursing Leadership from Framingham State University, and after several years as an oncology clinical research RN, she is a first year PhD Nursing student at University of Missouri, Kansas City. With a vision of nurse-led oncology clinical trials, Doris believes that nursing has a unique perspective of patient care and valuable relationship with patients that is important to bring to clinical research. In addition to being a nurse and student, Doris is a mother of two children and a rescued canine prince named Gideon. She thoroughly enjoys reading, arts and crafts, working out, live music, food adventures, and spending time in a small family cottage called The Wooden Tent in Ipswich, MA during the summers.

Born and raised in Massachusetts, Doris began her nursing journey as a child with her parents, who were nurses. She graduated with her BSN from Simmons College, her MSN in Nursing Leadership from Framingham State University, and after several years as an oncology clinical research RN, she is a first year PhD Nursing student at University of Missouri, Kansas City. With a vision of nurse-led oncology clinical trials, Doris believes that nursing has a unique perspective of patient care and a valuable relationship with patients that is important to bring to clinical research. In addition to being a nurse and student, Doris is a mother of two children and a rescued canine prince named Gideon.

She thoroughly enjoys reading, arts and crafts, working out, live music, food adventures, and spending time in a small family cottage called The Wooden Tent in Ipswich, MA during the summers.

### PhD Students Scholarly Presentations

Hopper, A., Chrisman, M., Patel, S. Rocking and glider chair interventions in adults to improve health: A scoping review. Kansas College of Osteopathic Medicine's 2nd Annual Research Symposium. Wichita, KS, March, 2025

## SONHS SCHOLARLY PUBLICATIONS: MARCH 2025

#### \*Indicates Student

#### RaeAnn E. Anderson

Anderson, R. E., \*Goodman, E. L., Eby, F. G., \*Mickelson, K. M., & Peterson, Z. D. (2025). Exploring Measurement Strategies for Identifying Multiple-Perpetrator Sexual Violence: Higher Prevalence Rates Than Past Research. Aggressive Behavior, 51(2), e70021. <a href="https://doi.org/10.1002/ab.70021">https://doi.org/10.1002/ab.70021</a>

\*Chiu, T., Gesser, N., \*Katz, B. W., \*Burmeister, E., & Anderson, R. E. (2025). A Qualitatively-Informed Approach to Examining the Construct Validity of Alcohol-Involved Sexual Violence. Sexuality & Culture. <a href="https://doi.org/10.1007/s12119-025-10324-5-">https://doi.org/10.1007/s12119-025-10324-5-</a>

#### Theresa C. Brown

Fry, M. D., Sharp, T. M., Chamberlin, J. M., & Brown, T. C. Still realizing benefits a decade later: Strong Girls' mentors reflect on their volunteer experience. Journal of Sport Psychology in Action, 1-14. <a href="https://doi.org/10.1080/21520704.2025.2474531">https://doi.org/10.1080/21520704.2025.2474531</a>

#### Matthew Chrisman

Patel, S., Reinkemeyer, E., Chrisman, M., Zimmerman, C. (2025) Unlocking Learning in Radiology Nursing: Enhancing Orientation and Emergency Response using Escape Room Strategies. Journal of Radiology Nursing. <a href="https://doi.org/10.1016/j.jradnu.2024.10.006">https://doi.org/10.1016/j.jradnu.2024.10.006</a>

Endsley, P., Martinkus, H., Chrisman, M., Marchello, N., Skarbek, A. (2025) Why should you attend conference poster sessions? Discover Education, 4(64); <a href="https://doi.org/10.1007/s44217-025-00462-1">https://doi.org/10.1007/s44217-025-00462-1</a>

#### Mei Rosemary Fu

Fu, M.R. (2025) Women's Health: A Geospatial and Resource-Distribution issue. Women and Children Nursing, <a href="https://doi.org/10.1016/j.wcn.2025.02.002">https://doi.org/10.1016/j.wcn.2025.02.002</a>.

Li, Y., Luo, B.R., Fu, M.R, Hu, Y.L. (2025). Innovative practices and prospects of nursing education powered by large language models. Chinese Journal of Modern Nursing, 2025,31(06): 830-835. DOI:10.3760/cma.j.cn115682-20240405-01844

.DOI:10.3760/cma.j.cn115682-20240405-01844

Li, Y., Luo, B.R., Fu, M.R, Hu, Y.L. (2024). Potential Applications and Barriers of Large Language Models in Clinical Nursing Practice. Journal of Nursing (China),2024,31(21):44-48. <u>DOI:10.16460/j.issn1008-9969.2024.21.044.</u>

#### Sarah E. Patel

Patel, S.E., Reinkemeyer, E.A., Chrisman, M., & Zimmerman, C. (2025). Unlocking the learning in radiology nursing: Enhancing orientation and emergency response using escape room strategies. Journal of Radiology Nursing, 44(1), 78-80. <a href="https://doi.org/10.1016/j.jradnu.2024.10.006">https://doi.org/10.1016/j.jradnu.2024.10.006</a>

Patel, S.E., & Chesnut, S. R. (2025). Characterizing the description of pelvic congestion syndrome pain: A latent class analysis. Phlebology, 40(3), 191-201. <a href="https://doi.org/10.1177/02683555241287672">https://doi.org/10.1177/02683555241287672</a>

#### Anita Skarbek

Endsley, P., Martinkus, H., Chrisman, M., Marchello, N., Skarbek, A. (2025) Why should you attend conference poster sessions? Discover Education, 4(64); https://doi.org/10.1007/s44217-025-00462-1

#### Christine Zimmerman

Patel, S.E., Reinkemeyer, E.A., Chrisman, M., & Zimmerman, C. (2025). Unlocking the learning in radiology nursing: Enhancing orientation and emergency response using escape room strategies. Journal of Radiology Nursing, 44(1), 78-80. <a href="https://doi.org/10.1016/j.jradnu.2024.10.006">https://doi.org/10.1016/j.jradnu.2024.10.006</a>

## SONHS SCHOLARLY PRESENTATIONS

\*Indicates PhD Student

#### Matthew Chrisman

Chrisman, M., Thomson, M., Chesnut, S., \*Hopper, A., Lasiter, S. A systematic review of physical activity and sedentary behaviors assessed by wearable activity trackers among middle-aged intensive care unit survivors. Oral presentation at the 2025 Active Living Conference, Manhattan, KS, March, 2025

\*Hopper, A., Chrisman, M., Patel, S. Rocking and glider chair interventions in adults to improve health: A scoping review. Kansas College of Osteopathic Medicine's 2nd Annual Research Symposium. Wichita, KS, March, 2025

#### Steven Chesnut

Fu, M.R., Arbesfeld-Qiu, J.M., Korth, S., Kremer, H., Russell, C.L., Lasiter, S. Chestnut, S., Miaskowski, C. (March 26-29, 2025). Advancing Health Equity in Lymphatic Pain and Lymphedema in Black Women with Breast Cancer: A Qualitative Study. The 2025 MNRS 49<sup>th</sup> Annual Research Conference, March 26 – March 29, 2025, in Indianapolis, Indianna. Podium Presentation.

Patel, S. E. & Chesnut, S. R. (March 28, 2025). Pelvic Pain Unmasked: Decoding Pelvic Congestion Syndrome. In W. Horng-Shiuann (Chair), Advancement and Innovation in Symptom Science across the Lifespan[Symposium]. 49<sup>th</sup> Annual Midwest Nursing Research Society Conference, Indianapolis, IN. United States.

#### Erin Ellington

Hutson, E., Hardy, L., Ellington, E., & Crouse, E.L. (2025). Advancements in psychiatric care DSM-5-TR: Revisions and recent psychopharmacological developments. Journal of Psychosocial Nursing and Mental Health Services. Advance online publication. doi:10.3928/02793695-20250214-02\

#### Mei Rosemary Fu

Fu, M.R. (March 7, 2025). Journal of Transcultural Nursing (JTN) Discussion with Dr. Mei R. Fu, Editor-in-Chief. Webinar Hosted by the Transcultural Nursing Society. Moderated by Dr. Valerie Eschiti.

Fu, M.R., Arbesfeld-Qiu, J.M., Korth, S., Kremer, H., Russell, C.L., Lasiter, S. Chestnut, S., Miaskowski, C. (March 26-29, 2025). Advancing Health Equity in Lymphatic Pain and Lymphedema in Black Women with Breast Cancer: A Qualitative Study. The 2025 MNRS 49<sup>th</sup> Annual Research Conference, March 26 – March 29, 2025, in Indianapolis, Indianna. Podium Presentation.

Fu, M.R. (March 18, 2025). Person-centered Adaptation of Culturally Appropriate Behavioral Pain Intervention for Black/African American Breast Cancer Survivors. KC Breast Cancer Health Equity Taskforce. Zoom Meeting. 9-10am. Oral Presentation.

Fu, M.R., Liu, B., King, G.W., Lee, Y., \*Alanazi, A., \*Alsaoud, H., Kochar, A., \*Forni, J., (March 14, 2025) Exploring End-User Preferences for Al-Assisted Behavioral Pain Interventions. NextGen Precision Health's PATHWAY 2025 Symposium for UM (University Missouri) System, Kansas City, MO. Poster Presentation

Fu, M.R., Liu, B., Alsaoud, H., \*Creamer-Ellecamp, D., \*Kremer, E., Cynthia L. Russell, C.L., (March 14, 2025) The Effects of Nutritional or Herbal Supplement Intake on Lymphatic Pain, Daily Living Function, and Emotional Distress among Breast Cancer Patients. NextGen Precision Health's PATHWAY 2025 Symposium for UM (University Missouri) System, Kansas City, MO. Poster Presentation

\*Rabgie, M.A., August, K.J., Fu, M.R., & Qiu, Z. (March 6-8 2025). Positive and negative interpersonal experiences and mental health among Black and Latino adults Poster accepted to be presented at the annual meeting of the Eastern Psychological Association, New York, NY Poster Presentation.

#### Kelsey Gardiner

Lightner, J., Shook, R.P., Gardiner, K., Hampl, S., Collie-Akers, V., & Grimes, A. (2025). Communities Leading Change: A protocol to improve physical activity and nutrition among racial minority communities in Kansas City. Oral Presentation at the Active Living Conference. Manhattan, KS. (2025)

Gardiner, K., Towne, K., Grimes, A., Allsworth, J., Rhone, J., Garcia, R., Towne, K., Ahmed, F., Covert, C. Early Insights: Evaluating preliminary findings of a 12-Month Food is Medicine Intervention for Food Insecure Adults with a Chronic Disease. Frontiers Translational Research Symposium. Olathe, KS. (2025)

#### Amanda Grimes

Lightner, J., Shook, R.P., Gardiner, K., Hampl, S., Collie-Akers, V., & Grimes, A. (2025). Communities Leading Change: A protocol to improve physical activity and nutrition among racial minority communities in Kansas City. Oral Presentation at the Active Living Conference. Manhattan, KS. (2025)

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Fitzpatrick L., Grimes A., Berkley-Patton J., Allsworth J.E., Lightner J.S., Feldman K., Never B., Drees B.M., Saelens B.E., Powell-Wiley T.M., Pilla M., Steel C., Cramer E. & Carlson, J.A. (2025). Neighborhood-Level Factors Related to Transit Use Before and After a Citywide Free Bus Policy. Speed talk at the Annual Meeting of Active Living Research. March 16-20. Manhattan, KS.

Carlson JA, Staiano A, Bai Y, Dodson E, Dooley E, Forseth B, Greenberg J, Grimes A, Hasson R, Hibbing P, Pate R, Serrano N, Stanish H, Webber-Ritchey K, Jiang Q, Spring K, Fox A, Moon M, & Steel C (2025). The 2024 US Report Card on Physical Activity for Children and Youth: Implications for Active Living. Oral presentation at the Annual Meeting of the Active Living Conference. March 16-20. Manhattan, KS.

Grimes, A. & Frisch, M. (2025). Access to public bike share to increase social determinants of health and opportunities for physical activity among college students. Oral presentation at the Active Living Conference. March 16-20, Manhattan, KS.

#### Sue Lasiter

Fu, M.R., Arbesfeld-Qiu, J.M., Korth, S., Kremer, H., Russell, C.L., Lasiter, S. Chestnut, S., Miaskowski, C. (March 26-29, 2025). Advancing Health Equity in Lymphatic Pain and Lymphedema in Black Women with Breast Cancer: A Qualitative Study. The 2025 MNRS 49<sup>th</sup> Annual Research Conference, March 26 – March 29, 2025, in Indianapolis, Indianna. Podium Presentation.

#### Joseph Lightner

Lightner, J., Shook, R.P., Gardiner, K., Hampl, S., Collie-Akers, V., & Grimes, A. (2025). Communities Leading Change: A protocol to improve physical activity and nutrition among racial minority communities in Kansas City. Oral Presentation at the Active Living Conference. Manhattan, KS. (2025)

#### Sarah E Patel

Patel, S. E. & Chesnut, S. R. (March 28, 2025). Pelvic Pain Unmasked: Decoding Pelvic Congestion Syndrome. In W. Horng-Shiuann (Chair), Advancement and Innovation in Symptom Science across the Lifespan[Symposium]. 49<sup>th</sup> Annual Midwest Nursing Research Society Conference, Indianapolis, IN. United States.

#### Cynthia L. Russell Lippincott

Fu, M.R., Arbesfeld-Qiu, J.M., Korth, S., Kremer, H., Russell, C.L., Lasiter, S. Chestnut, S., Miaskowski, C. (March 26-29, 2025). Advancing Health Equity in Lymphatic Pain and Lymphedema in Black Women with Breast Cancer: A Qualitative Study. The 2025 MNRS 49<sup>th</sup> Annual Research Conference, March 26 – March 29, 2025, in Indianapolis, Indianna. Podium Presentation.

