

CURRICULUM VITAE

PERSONAL INFORMATION

Name: Shameka Rodgers Phillips, PhD, MSN, ARNP, FNP-C

Citizenship: United States

RANK/TITLE: Postdoctoral Scholar Fellow

Department: University of Washington School of Medicine

Email: shamekap@uw.edu

Website: www.shamekaphd.com

ACADEMIC APPOINTMENTS:

Year	Position	Institution
2023- Current	Adjunct Nursing Faculty	Heritage University, Toppenish, WA
2022- Current	Postdoctoral Scholar Fellow	The University of Washington, Seattle, WA
2019- 2022	Pre-doctoral Fellow	The University of Alabama at Birmingham, Birmingham, AL

HOSPITAL AND OTHER (NON-ACADEMIC) APPOINTMENTS:

Year	Position	Institution
2023-2024	Nurse Practitioner/ Fellow, Sleep Medicine	Seattle Children's Hospital, Seattle, WA
2017-2018	Family Nurse Practitioner	Rural Health Group, Enfield, NC
2014 -2018	Registered Nurse, Gynecology/Oncology/ Women's Medical/Surgical	The University of Alabama at Birmingham (UAB) Hospital, Woman & Infant's Center, Birmingham, AL

EDUCATION:

Year	Degree	Institution
2022	PhD in Nursing	The University of Alabama at Birmingham, Birmingham, AL
2016	MS in Nursing – Family Primary Care	The University of Alabama at Birmingham, Birmingham, AL
2014	BS in Nursing	The University of Alabama at Birmingham, Birmingham, AL

LICENSURE: Registered Nurse: Alabama (Multistate) (License #1-147474); Washington (License #61291524); Advanced Registered Nurse Practitioner: Washington (License# AP61410463)

BOARD CERTIFICATION: Family Nurse Practitioner, American Academy of Nurse Practitioners, Exp 11/29/2026

PROFESSIONAL EXPERIENCES/TRAINING/FELLOWSHIPS:

Year	Position	Institution
2022- Present	Postdoctoral Scholar Fellow <i>Child Health Equity Program for Postdoctoral Trainees</i> Funding: UW/NICHD/NIH T32HD101397	The University of Washington
2023	AASM Young Investigators' Research Forum	American Academy of Sleep Medicine's Foundation
2021	Community-Based Participatory Research Intensive	UAB Center for Palliative & Supportive Care
2021	Pediatric Behavioral Sleep Medicine	Drs. Lisa Meltzer & Jodi Mindell
2020	Pittsburgh Summer SWIM <i>Sleep and Circadian Workshop on Indispensable Methods Trainee</i>	The University of Pittsburgh
2019-2022	Pre-doctoral Fellow <i>UAB Nutrition and Obesity Research Center</i> Funding: UAB/NHLBI/NIH: T32HL105349	The University of Alabama at Birmingham
2017-2018	Family Medicine Fellowship	ThriveAP (formerly MidlevelU)
2015-2016	Primary Care Scholars Program <i>Rural Health Clinical Practice Specialty</i>	The University of Alabama at Birmingham School of Nursing

AWARDS/HONORS:

Year	Award
2024	NIH Loan Repayment Program Recipient (NHLBI)
2023	Sleep Research Society Diversity Award
2023	Sleep Research Society Trainee Award
2023	American Academy of Sleep Medicine Young Investigator's Research Forum Scholarship
2022	Dr. T'Anyia Marye Carter Diversity, Equity, and Inclusion Award
2022	UAB Samuel B. Barker Award for Excellence in Graduate Studies
2021	American Academy of Sleep Medicine Young Investigator's Research Forum Scholarship
2021	Alabama Nurses Foundation Academic Scholarship
2020	Alabama Nurses Foundation Academic Scholarship
2019	UAB Clinical and Translational Science Program
2019	UAB Graduate School Blazer Fellow
2016	UAB Hospital Innovation Board Grant Approval
2014	UAB Spring 2014 Spring Commencement Address Speaker
2012	Ronald E. McNair Scholar
2012- 2014	UAB Who's Who Among America's Colleges and Universities

PROFESSIONAL SOCIETIES/MEMBERSHIPS:

Year	Organization
2023 -Present	International Pediatric Sleep Association
2023- Present	National Association of School Nurses
2021- Present	American Academy of Sleep Medicine
2021- Present	Southern Sleep Society
2021- Present	Society of Behavioral Sleep Medicine
2020- Present	Sleep Research Society
2018- Present	Southern Nursing Research Society
2018- Present	Council for the Advancement of Nursing Science
2016- Present	American Association of Nurse Practitioners
2014- Present	Sigma Theta Tau International Nursing Honor Society
2011- Present	Sigma Gamma Rho Sorority, Inc.

COUNCILS, COMMITTEES, AND PROFESSIONAL SERVICE:

Year	Position/Council-Committee	Organization
2021-2022	Host/Interviewer for Awareness Series, Communications Committee	Southern Nursing Research Society
2021- 2023	Instagram Co-Chair, Communications Committee	Sleep Research Society
2021	Student Ambassador, Healthy Nurse, Healthy Nation	American Association of Colleges of Nursing
2020- 2022	Member, Diversity in Science and Rhythms Working Group (DIVERS)	The University of Pittsburgh
2020- Present	Social Media Ambassador, Communications Committee	Sleep Research Society
2020- 2022	Social Media Chair, Communications Committee	Southern Nursing Research Society
2019-2020	Communications Committee, Early Career Special Interest Group	Council for the Advancement of Nursing Science
2019 – Present	Ad-Hoc Review	Journal of Sleep Health, Journal of Obesity, Journal of Nursing Research, Journal of Pediatric Nursing

UNIVERSITY ACTIVITIES:

Year	Position/Council - Committee	Organization
2023- Present	Member, Health Equity Alliance Lab (HEAL)	Seattle Children's Research Institute
2021- Present	Founding Chair & Past Chair, School of Nursing PhD Student DEI and Advisory Council	The University of Alabama at Birmingham

2020- Present	Executive Committee, School of Nursing PhD Student DEI and Advisory Council	The University of Alabama at Birmingham
2015- 2016	Primary Care Scholar, School of Nursing Master's Program	The University of Alabama at Birmingham
2012- 2014	Honor Student, Nursing Honors Program	The University of Alabama at Birmingham
2010-2014	Honor Student, Experiential Learning Scholars Program (University Honors)	The University of Alabama at Birmingham

MENTORSHIP:

Year	Mentee/Mentorship	Organization
2021- Present	School of Nursing PhD Student Peer Mentor	The University of Alabama at Birmingham
2019-2020	BLUEPrint Mentor for Undergraduate Students, Black Graduate Student Association	The University of Alabama at Birmingham
2019	Black Belt Fridays Mentor	Gear Up Alabama/ The University of Alabama at Birmingham
2013-2014	School of Nursing Undergraduate Student Association Mentor	The University of Alabama at Birmingham
2012-2014	Multicultural Scholars Program Mentor	The University of Alabama at Birmingham

COMMUNITY:

Year	Position/Service	Organization
2011- <i>Present</i>	Member	Sigma Gamma Rho Sorority Incorporated
2021	Birmingham City Schools Career Fair Presenter	Birmingham City Schools, Birmingham, AL
2019	UAB Preventive Medicine Healthy Happy Kids	The University of Alabama at Birmingham
2019	UAB Minority Health Research Center Young Professionals Board	The University of Alabama at Birmingham
2019	Take Your Child to the Doctor Day	The University of Alabama at Birmingham/Birmingham, AL
2012	UAB Alternative Spring Break "Immigrant Immersion"	The University of Alabama at Birmingham

COURSES:

Session	Course/Position	Organization
Fall 2024	NUR 306 Family Nursing Inquiry, Co-Instructor/Lecturer,	Heritage University

Fall 2024	NUR 306L Family Nursing Lab, Clinical Lead/Clinical Instructor	Heritage University
Spring 2024	NUR 292L Health Assessment Lab, Co-Instructor/Lecturer	Heritage University
Fall 2023	NUR 306 Family Nursing Inquiry, Co- Instructor/Lecturer	Heritage University
Fall 2023	NUR 306L Family Nursing Lab, Clinical Lead/Clinical Instructor	Heritage University
Spring 2015	NUR 447L Synthesis Assimilation Practicum, Clinical Preceptor	The University of Alabama at Birmingham

MAJOR RESEARCH INTERESTS: My research interests are pediatric sleep health equity for youth residing in underresourced areas and how the intersectionality of socioecological factors impacts sleep health for this population. My goal for the next three years would be to expand my knowledge using community-engaged research to develop and culturally adapt behavioral interventions. This work would support my long-term goal of using community-engaged approaches to develop youth-centered, community-based interventions to improve sleep health and associated health outcomes, particularly cardiometabolic and mental health. I am especially interested in developing school-based interventions.

MANUSCRIPTS:

PUBLISHED:

1. Martin, S. L., **Phillips, S. R.**, Garr Barry, V., Cedillo, Y. E., Bahorski, J., Callahan, M., ... & Chandler-Laney, P. (2022). Household disorder and blood pressure in mother-child dyads: A brief report. *Journal of Family Psychology*.
2. Lynch, T., Davis, S. L., Johnson, A. H., Gray, L., Coleman, E., **Phillips, S. R.**, ... & Rice, M. (2022). Definitions, theories, and measurement of stress in children. *Journal of Pediatric Nursing*, 66, 202-212.
3. Davis, S. L., Johnson, A. H., Lynch, T., Gray, L., Pryor, E. R., Azuero, A., ... & Rice, M. (2021). Inclusion of effect size measures and clinical relevance in research papers. *Nursing Research*, 70(3)
4. Johnson, A.H., **Phillips, S.R.**, & Rice, M. (2020) Abnormal weight gain with fatigue and stress in early survivorship after childhood brain tumor diagnosis. *Journal for Specialists in Pediatric Nursing*
5. **Phillips, S.R.**, Johnson, A.H., Shirey, M., & Rice, M. (2020) Sleep quality in school-aged children: A concept analysis. *Journal of Pediatric Nursing*

UNDER REVIEW:

1. **Phillips, S.R.**, Gray, L., Johnson, A.H., Davis, S., Soistmann, H., Coleman, E., Lynch, T., & Rice, M. Factors associated with blood pressure in school-aged children with obstructive sleep apnea. *Western Journal of Nursing Research*

2. **Phillips, S.R.**, Ward, T., Li, P., Chandler-Laney, P., Bowen, P., Affuso, P., & Rice, M., The influence of sleep duration and sleep efficiency on abdominal adiposity and blood pressure during late adolescence. *Sleep Medicine*
3. Davenport, M., Berkley, S., **Phillips, S.R.**, Hardy, R., Teferra, A., Barnett, K., Kelleher, K., & Chisolm, D. Association of Exposure to Interpersonal Racism and Racial Disparities in Inadequate Sleep Risk. *Journal of Pediatrics*
4. Gray, L., Johnson, A.H., Davis, S., Soistmann, H., Coleman, E., **Phillips, S.R.** & Rice, M. The roles of community champions in promoting sleep health. *Nursing Open*

CHAPTERS:

1. Zhai, S., **Phillips, S.**, & Ward, T. M. (2021). Sleep Deficiency and Pediatric Chronic Pain. *Nursing Clinics*.

PUBLISHED ABSTRACTS:

1. **Phillips, S.R.**, Carlin, K., Carmiol-Rodriguez, P., Ward, T. (2024) *School connectedness and sleep health in adolescents*. In State of the Science Congress on Nursing Research, Washington, DC, United States
2. **Phillips, S.R.**, Altman, M., Norton, A., Wilgerodt, M., & Ward, T. School nurses for sleep health: a study exploring school nurses' perspective of sleep health in their students attending Title 1 (high-poverty) schools. In State of the Science Congress on Nursing Research, Washington, DC, United States
3. **Phillips, S.R.**, Davis, S., Gray, L., Johnson, A.H., Soistmann, H., Coleman, E., Lynch, T., & Rice, M. (2024) *Relationships between sleep duration, sleep efficiency, inflammation, and blood pressure in school-age children with obstructive sleep apnea*. In the 38th Annual Meeting of the Southern Nursing Research Society, LLC, Charlotte, NC. United States
4. **Phillips, S.R.**, Davis, S., Gray, L., Johnson, A.H., Soistmann, H., Coleman, E., Lynch, T., & Rice, M. (2024) *Relationships between sleep duration, sleep efficiency, inflammation, and blood pressure in school-age children with obstructive sleep apnea*. In the 38th Annual Meeting of the Southern Nursing Research Society, LLC, Charlotte, NC. United States
5. **Phillips, S.R.**, Li, P., Ward, T., Chandler-Laney, P.L., Bowen, P., Affuso, O., & Rice, M. (2023). *The relationships between sleep duration, sleep efficiency, and blood pressure during late adolescence*. In The 37th Annual Meeting of The Associated Professional Sleep Societies, LLC, Indianapolis, IN, United States
6. **Phillips, S.R.**, Li, P., Rice, M. (2022). *The influence of sleep efficiency on abdominal and overall adiposity in Black adolescents ages 16-18*. In The Southern Nursing Research Society 36th Annual Conference, New Orleans, Louisiana, United States
7. **Phillips, S.R.**, Rice., Li, P., Chandler-Laney, P. (2020) *The relationship between household chaos and sleep disturbance in non-Hispanic Black children ages 4-10*. In The Council for the Advancement of Nursing Science State of the Science Congress on Nursing Research 2020 Conference
8. **Phillips, S.R.**, Rice., Li, P., Chandler-Laney, P. (2020) *Associations among sleep quality, adiposity, and blood pressure in non-Hispanic Black children aged 4-10 years*. In Southern Nursing Research Society 34th Annual Conference
9. **Rodgers, S**; Rice, M; Martin, S; Callahan, ML; Bowman, R; Anger, C; Chandler-Laney, PC. (2019). *Associations among sleep quality, adiposity, and blood pressure in non-Hispanic Black children aged 4-10 years*. In UAB Minority Health Research Center's 2019 Health Disparities Symposium

ORAL PRESENTATIONS:

1. **Phillips, S.R.**, Carlin, K., Carmiol-Rodriguez, P., Ward, T. (2024, June 15) *School connectedness and sleep health in adolescents* [Conference Session/Podium

- Presentation] State of the Science Congress on Nursing Research, Washington, DC, United States
2. **Phillips, S.R.**, Altman, M., Norton, A., Wilgerodt, M., & Ward, T. School nurses for sleep health: a study exploring school nurses' perspective of sleep health in their students attending Title 1 (high-poverty) schools. [Poster Presentation] In State of the Science Congress on Nursing Research, Washington, DC, United States
 3. **Phillips, S.R.**, Carlin, K., Carmiol-Rodriguez, P., Ward, T. (2024, April 12) *School connectedness, the home environment, and sleep health in adolescents* [Conference Session/Presentation] The Pacific Northwest Sleep and Circadian Network Meeting, Portland, OR. United States
 4. **Phillips, S.R.**, Davis, S., Gray, L., Johnson, A.H., Soistmann, H., Coleman, E., Lynch, T., & Rice, M. (2024, February 21 - 23) *Relationships between sleep duration, sleep efficiency, inflammation, and blood pressure in school-age children with obstructive sleep apnea*. [Conference Session/Symposium] The 38th Annual Meeting of the Southern Nursing Research Society, LLC, Charlotte, NC. United States
 5. Ruffin, A., Ejem, D., **Phillips, S. R.**, Long, A., Bowen, F. R. (2023, October 12-13). *Using an inclusive excellence framework in a PhD student-led diversity, equity, and inclusion advisory council*. ALAHEDO Fall 2023 Conference, Birmingham, AL, United States.
 6. **Phillips, S.R.**, Li, P., Ward, T., Chandler-Laney, P.L., Bowen, P., Affuso, O., & Rice, M. (2023, June 3-7). *The relationships between sleep duration, sleep efficiency, and blood pressure during late adolescence*. [Conference Session/ Abstract Presentation] The 37th Annual Meeting of The Associated Professional Sleep Societies, LLC, Indianapolis, IN, United States
 7. **Phillips, S.R.** (2023, May 3). *Socioecological factors and sleep health in adolescents: Work in progress*. [Presentation]. Seattle Children's Research Institute
 8. **Phillips, S.R.**, Li, P., Rice, M. (2022, February 23-25). *The influence of sleep efficiency on abdominal and overall adiposity in Black adolescents ages 16-18*. [Conference Session/Poster Presentation] Southern Nursing Research Society 36th Annual Conference, New Orleans, Louisiana, United States
 9. **Phillips, S.R.**, Rice., Li, P., Chandler- Laney, P., (2021, February 24-25) *Associations among sleep quality, adiposity, and blood pressure in non-Hispanic Black children aged 4-10 years*. [Conference Session/Poster Presentation] Southern Nursing Research Society 35th Annual Conference, Virtual, United States
 10. **Phillips, S.R.** (2020, Fall). *Go to bed! Household chaos and sleep*. [Presentation]. UAB Three Minute
 11. **Phillips, S.R.**, Rice., Li, P., Chandler- Laney, P. (2020, September 17-18) *The relationship between household chaos and sleep disturbance in non-Hispanic Black children ages 4-10*. [Podium Presentation] In The Council for the Advancement of Nursing Science State of the Science Congress on Nursing Research 2020 Conference, Virtual Conference
 12. **Phillips, S.R.** (2020, June 9). *Is the influence of sleep underestimated? Sleep quality in school-aged children*. [Presentation] UAB Graduate School's Discoveries in the Making
 13. **Phillips, S.R.**, Rice., Li, P., Chandler- Laney, P., (2020, March 18-20) *Associations among sleep quality, adiposity, and blood pressure in non-Hispanic Black children aged 4-10 years*. [Conference session/Poster Presentation] Southern Nursing Research Society 34th Annual Conference, New Orleans, Louisiana, United States (Conference canceled)

INVITED TALKS:

1. **Phillips, S.R.** Postdoctoral Fellowships. UAB School of Nursing PhD Student Intensive. June 12, 2023

2. **Phillips, S.R.** Comprehensive Exams and Beyond. UAB School of Nursing PhD Fellows Seminar. April 20, 2022
3. **Phillips, S.R.** Wellness and Work-Life Harmony. UAB School of Nursing PhD New Student Orientation. August 24, 2021
4. **Phillips, S.R.** Your Brand and Social Media in Science. UAB School of Nursing Fellows Meeting. April 21, 2021
5. **Phillips, S.R.** *Your Brand and Social Media in Science*. 2021 Southern Nursing Research Society Conference- Health Policy Research Interest Group Meeting. February 25, 2021
6. **Phillips, S.R.** *Research Immersions and Independent Studies in the School of Nursing PhD Program*. UAB School of Nursing Town Hall meeting. February 17, 2021
7. **Phillips, S.R.** *UAB Nutrition and Obesity Research Center Pre-Doctoral Fellowship*. Black Graduate Student Association. May 11, 2020
8. **Phillips, S.R.** *Pre-doctoral Fellowships*. UAB PhD in Nursing Fellows' Seminar. April 28, 2020
9. **Rodgers, S.** Improving You This Year – Your Roadmap to a Successful Year (My McNair, Grad School, and PhD Experience). UAB Ronald E. McNair Scholars. February 13, 2019
10. **Rodgers, S.** Taking Your Leadership to the Next Level. UAB Graduate Nursing Education Primary Care Scholars Webinar. February 22, 2018
11. **Rodgers, S.** College, Health Careers, and UAB. Georgiana High School Future Business Leaders of America Presentation. October 21, 2016

RESEARCH GRANTS, FELLOWSHIPS, FUNDING, AND EXPERIENCES:

CURRENT

Center for Diversity and Health Equity 10/01/2024 – 09/30/2026

Seattle Children's Research Institute \$200,000

Environmental and Sociocultural Stressors Impacting Sleep Health and Health Outcomes in Youth Residing in Rural Areas

The goal of this project is to use multi-modal assessments of sleep health to describe sleep health and associated health outcomes, environmental and sociocultural determinants of health, and the lived experiences of middle school youth residing in rural areas.

Role: Principal Investigator

NIH Loan Repayment Program 07/01/2024– 06/30/2026

NHLBI

School Nurses for Sleep Health: School Nurse Perspectives of Sleep Health in Youth Attending Title 1 Schools

The purpose of this study is to seek youth, caregivers, and school nurses' perspectives of sleep health and determine contextual social determinants of health that impact sleep health for middle school youth attending Title 1 (high-poverty) schools using mix-methods and community-based participatory approaches.

Role: Principal Investigator

Child Health Equity Program for Postdoctoral Trainees, NICHD 09/01/2022 – 08/31/2025
5T32HD101397-03

The University of Washington/Seattle Children's Research Institute
School Nurses for Sleep Health: School Nurse Perspectives of
Sleep Health in Youth Attending Title 1 Schools

This qualitative study aims to explore school nurse perspectives of their student's sleep health to inform research focused on developing community-based interventions for improving sleep health in youth from underresourced communities.

Role: Principal Investigator

Child Health Equity Program for Postdoctoral Trainees, NICHD
5T32HD101397-03

09/01/2022 – 08/31/2025

The University of Washington/Seattle Children's Research Institute
School and Home Contextual Factors Impacting Sleep Health in
Youth

This study aims to describe the impact of the school and home environment on sleep health in youth, especially those from underresourced and minoritized communities.

Role: Principal Investigator

Nutrition and Obesity Research Center Pre-doctoral Fellow, NHLBI
T32HL105349

07/01/2019 – 08/31/2022

The University of Alabama at Birmingham

Sleep and Cardiometabolic Health in Youth from Disadvantaged
Backgrounds

This project aims to describe the relationships between sleep and cardiometabolic health in youth from disadvantaged backgrounds within the Deep South (United States).

(PI: Hill/Gower)

Role: Investigator

Health After Pregnancy (Intergenerational Transmission of Obesity
in a Cohort of Mother-Child Dyads): HAPi Study

07/01/2018 – 12/31/2020

The University of Alabama at Birmingham

Sleep and Cardiometabolic Health in Youth from Disadvantaged
Backgrounds

This project aims to measure the metabolic fitness of mother and child dyads as well as other biomarkers to determine if the metabolic composition is passed in utero. From this project, I gain experiences with protocol implementation and using dual-energy x-ray absorptiometry to assess total and regional body composition and indirect calorimetry to assess resting energy expenditure, and quantitative data collection and analysis.

(PI: Chandler-Laney)

Role: Research Assistant

Teacher Study Pilot Study

09/01/2018 – 08/01/2022

The University of Alabama at Birmingham School of Nursing

The purpose of this study is to explore the impact of a teacher's demographics, anthropometrics, cardiovascular health, and other behavioral and environmental factors on the

cardiovascular health of preschoolers. From this experience, I gained skills in project development and implementation.

(PI: Rice)

Role: Research Assistant

Ronald E. McNair Scholar

05/01/2012 – 05/01/2013

The University of Alabama at Birmingham

Experiences of Teenage Mothers

The purpose of this qualitative study was to explore the experiences of teenage mothers.

Through this project, I gain qualitative data analysis experience.

(PI: Knight)

Role: Research Assistant