

# Scholarly Achievements

**NAME:** Susan J. Appel, PhD, ACNP-BC, FNP-BC, CCRN, FAHA, FAANP

**RANK:** Professor

Updated 5/15/19

Capstone College of Nursing  
The University of Alabama  
Box 870358  
Tuscaloosa, AL 35487

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## **PUBLICATIONS:**

**Refereed Journal Articles** (under review, published or in press):(\* indicates student)

- \*Elgin, L.B., **Appel, S.J.**, Grisham, D. & Dunlap, S. (2019). Comparisons of Trauma Outcomes and Injury Severity Score. *Journal of Trauma Nursing*. 26(4), 199-207.
- \*Chun, J. C., **Appel, S. J.**, & Simmons, S. (2018). 2015 Beers Criteria Medication Review in Assisted Living Facilities. *Journal of American Association of Nurse Practitioners*, 30(11), 648–654. <https://doi.org/10.1097/JXX.000000000000082>
- Appel, S. J.**, & Wadas, T.M. (2018). Characterization of Type 2 Diabetes into Five Subtypes. *Current Research in Diabetes and Obesity Treatment*, 8(1). <https://dx.doi.org/10.1007%2Fs11892-010-0154-y>
- Justus, P., & **Appel, S. J.** (2018). Simulation with Advanced Care Providers in a Nurse Residency Program. *Journal of Nursing Professional Development*, 34(4), 180–184. <https://doi.org/10.1097/NND.0000000000000453>
- \*Vogel, N. P., **Appel, S. J.**, & Winker, G. (2018). Improving HPV vaccination rates among young males in rural areas of the United States. *The Nurse Practitioner*, 43(1), 1-6. doi: <https://doi.org/10.1097/01.NPR.0000527572.74477.a5>
- \*Ashman, R., **Appel, S.J.** & Barba, A.J. (2017). The Effectiveness of Interventions to Increase Provider Monitoring of Endotracheal Tube and Laryngeal Mask Airway Cuff Pressure. *Journal American Association of Nurse Anesthetists*, 85(2), 98-103.
- \*Harrington, C., Carter-Templeton, H. D., & **Appel, S. J.** (2017). Diabetes Self-Management Education and Self-Efficacy among African American Women Living With Type 2 Diabetes in Rural Primary Care. *Journal of Doctoral Nursing Practice*, 10(1), 11-16.

**Appel, S.J. & Buxbaum, S.G. (2017).** *Group Conference Call Diabetes Educational Support Sessions: A Pilot Study*, *National Journal Black Nurses Association*

**Appel, S.J. (2016).** Extreme Hyperglycemia: A Case Study. *The Nurse Practitioner: The American Journal of Primary Health Care*. Online Exclusive 1-4.

\*Avbovbo, U. E., & **Appel, S. J. (2016).** Strategies to alleviate anxiety before the placement of a stereotactic radiosurgery frame. *Journal of Neuroscience Nursing*, 48(4), 224-228.

\*Samuel, B. & **Appel, S.J. (2016).** Update on Foot Care: Identifying Early signs of Peripheral Neuropathy among Patients Living with Diabetes Mellitus. *The Nurse Practitioner: The American Journal of Primary Health Care*. 41(1), 1-5 (Online).

**Appel, S.J. & \*Clement, R. (2015).** Identifying Women at Risk for Hereditary Breast and Ovarian Cancer Syndrome Utilizing Breast Care Nurse Navigation at Mammography and Imaging Centers. *The Journal of the National Black Nurses Association*, 26(2) 17-26.

\*Tartt, K.L., **Appel, S.J.**, Mann-Jiles, V., Demonbreun, K. & Langlow, J. (2015) An Integrative Review of Sickle Cell and Depression. *Int Arch Nurs Health Care* 1:020. Online. <http://clinmedjournals.org/articles/ianhc/international-archives-of-nursing-and-health-care-ianhc-1-020.php?jid=ianhc>

\*McCombs, D.G., **Appel, S.J.** & Wade, M. (2015). Guideline for Expedited Diagnosis and Management of In- Patient Hyperosmolar Hyperglycemic Non-Ketotic Syndrome. *Journal of American Association of Nurse Practitioners*. 1, 1-8, <https://doi.org/10.1002/2327-6924.12155>

Vance, D.E., Fazeli, P.L., Dodson, J.E.: Ackerman, \*Talley, M., & **Appel, S.J. (2014).** The Synergistic Effects of HIV, Diabetes, and Aging on Cognition: Implications for Practice and Research. *Journal of Neuroscience Nursing*. 46(50), 292-305. Online open access. <https://doi.org/10.1097/JNN.000000000000074>

\*Falope, E.O., & **Appel, S.J. (2014).** Substantive review of the literature for management of chronic low back pain among adults. *Journal of American Association of Nurse Practitioners*. <https://doi.org/10.1002/2327-6924.12155>

**Appel, S.J. (2014).** Case Study: Inadequate glycemic control for 5 years. Monthly Prescribing Reference (MPR) (April 8). Online open access. <http://www.empr.com/case-study-inadequate-glycemic-control-for-5-years/article/341580/>

**Appel, S.J. (2014).** Misdiagnosed with type 2 diabetes. (January 7). Clinical Advisor. Online open access <http://www.clinicaladvisor.com/misdiagnosed-with-type-2-diabetes/article/337390/>

Mompoin-Williams, D. F., Watts, P. I. & **Appel, S. J. (2013).** Detecting and treating hypoglycemia in patients with diabetes. *Acute Care Advisor*, October. (Revised and Reprinted from *Nursing2012*, per request of LWW).

**Appel, S.J.**, Wadas, T.M., \*Talley, M. & Williams, A. (2013). Teaching diagnostic reasoning: Transitioning from a live to a distance accessible online classroom in an Adult Acute Care Nurse Practitioner Program. *Journal of Nursing Education and Practice*, 3(12), online open access.

\*Beecher, G. & **Appel, S.J.** (2013). Formulating an algorithm to be utilized in patients centered medical home by nurses involved in the care and management of patients with type 2 diabetes. *Nursing* 2013, 43(6):14-7.  
<https://doi.org/10.1097/01.NURSE.0000427993.46812.c3>

**Appel, S.J.** & \*Jones, S.J. (2012). Latent autoimmune diabetes of adulthood: A case presentation. *The Nurse Practitioner*, 37(10), 6-9.

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<https://doi.org/10.1097/01.NURSE.0000414629.07884.7f>

\*Jones, E.J., **Appel, S.J.**, Eaves, Y., Moneyham, L., Oster, R.A. & Ovalle, F. (2012) Cardiometabolic Risk, Knowledge, Risk Perception, and Self-Efficacy among American Indian Women with Previous Gestational Diabetes. *Journal of Obstetric, Gynecologic & Neonatal Nursing*, 41 (2), 246-257.  
<https://doi.org/10.1111/j.1552-6909.2012.01339.x>

Cherrington, A., Martin, M.Y., Hayes, M., Halanych, J.H., Wright, M.A., **Appel, S.J.**, Andrea, S.J. & Safford, M. (2012). Intervention mapping as a guide for the development of a diabetes peer support intervention in rural Alabama. *Center for Disease Control and Prevention: Preventing Chronic Disease*, 9: 110053. DOI:  
<http://dx.doi.org/10.5888/pcd9.110053> .

**Appel, S.J.** (2011/ 2012). Nurse case management with a therapeutic algorithm for people living with diabetes, hypertension and raised LDL cholesterol: after 1 year 22% of those receiving the intervention have all there parameters under control versus 10% of those receiving usual care. Commentary on: Ishani A, Greer N, Taylor BC, Kubes L, Cole P, Atwood M, Clothier B, Ercan- Fang N. Effect of nurse case management compared with usual care on controlling cardiovascular risk factors in patients with diabetes: a randomized controlled trial. *Diabetes Care*. 2011 Aug; 34(8):1689-94. *Evidenced-Based Nursing*, (2012) 15:18-19 and printed first online ebnurs (2011):100264. <https://doi.org/10.1136/ebnurs-2011-100264>

\*Hunt, C. W., **Appel, S. J.**, Grant, J. S. (2011). Community health advisors a review of their use. *Journal for Community Health*, 36, 838-893.

**Appel, S. J.** (2011). Tapping incretin-based therapy for type 2 diabetes. *Nursing* 2011, 41 (3), 49-51. <https://doi.org/10.1097/01.NURSE.0000394397.55390.75>

\*Massey, C. N., \*Buchanan, K. L., **Appel, S. J.**, & Cherrington, A. (2010). Improving diabetes care in rural communities: An overview of current initiatives and a call for renewed efforts. *Clinical Diabetes*, 22(1), 20-27.

- \*Hill, A. N. & **Appel, S. J.** (2010). Diagnosing diabetes with A1C: implications and considerations for measurement and surrogate markers. *The Nurse Practitioner*, 35(10), 16-23.
- \*Langston, S. B., & **Appel, S. J.** (2010). Smoking cessation program: SNUB OUT CAD. *The Nurse Practitioner*, 35(4), 42-46.
- \*Hill, A. N., \*Roche, C. C. & **Appel, S. J.** (2009). Signs of improvement: Diabetes update 2009. *The Nurse Practitioner*, 34(6):12-23.
- \*Jones, E. J., \*Roche, C. C. & **Appel, S. J.** (2009). A systematic review of the health beliefs and behaviors of women with previous gestational diabetes mellitus. *Journal of Obstetric, Gynecologic & Neonatal Nursing*, 38(5), 516-526.
- Appel, S. J.**, Wadas, T. M., Rosenthal, R. S. & Ovalle, F. (2009). Latent autoimmune diabetes of adulthood (LADA): An often misdiagnosed type of diabetes mellitus. *Journal of American Academy of Nurse Practitioners*, 21(3), 156-159.
- Appel, S. J.**, Oster, R. A., \*Floyd, N.A. & Ovalle, F. (2009). Cardiometabolic risk among African-American women: A pilot study. *Journal of Cardiovascular Nursing*, 24(2), 140-150.
- Appel, S. J.**, Wright, M. A., & Ovalle, F. (2008). Initial management of pre-diabetes and type 2 diabetes mellitus. *The Nurse Practitioner: The American Journal of Primary Health Care*, 33(4), 20-27.
- Giger, J. N., Davidhizar, R. E., & **Appel, S. J.** (2008). Church and spirituality in the lives of the African- American community. *Journal of Transcultural Nursing*, 19(4), 375-83.
- Appel, S. J.** (2008). Steady a disturbed equilibrium. *Men in Nursing {Adapted and reprinted with permission from: Nursing Critical Care 2007, 2(4), 33-39.*
- Appel, S. J.**, Giger, J. & Davidhizar, R. E. (2008). Opportunity cost: The impact of contextual risk factors on the cardiovascular health of low-income rural southern African-American women. *Journal of Cardiovascular Nursing*, 20, 315-24.
- Appel, S. J.**, & Downs, C. A. (2008). Understanding acid-base balance. *ED Insider: Nursing 2008*, Fall, 9-11.
- Appel, S.J.**, Giger, J. N., & Davidhizar, R. E. (2008). Opportunity cost: The impact of contextual risk factors on the cardiovascular health of low-income rural southern African-American women. *Journal of the National Black Nurses Association*, 17, 2.
- \*Jones, E. J., & **Appel, S. J.** (2008). Type 2 diabetes: Fueling the surge of cardiovascular disease in women. *Nursing for Women's Health*, 12(6), 500-514.
- Appel, S. J.** (2007). Clinical challenge: Misdiagnosed with type 2 diabetes. *The clinical advisor for nurse practitioners*, 10(3), 159-160.

**Appel, S. J.**, Floyd, N. A. & Jones, E. J. (2007). Reducing cardiovascular risk reduction and managing dyslipidemia in women. *Nursing for Women's Health*, 11 (6), 586-99.

**Appel, S. J.**, Wright, M. A. & Ovalle, F. (2007). Optimizing insulin regimes. *The Nurse Practitioner: The American Journal of Primary Health Care*, 32 (8) 18-26.

**Appel, S. J.**, & \*Downs, C. A. (2007). Steady a disturbed equilibrium. *Nursing Critical Care* 2007, 2 (4), 45-53.

\*Downs, C. A., & **Appel, S. J.** (2007). Chronic obstructive pulmonary disease (COPD): Diagnosis and management. *Journal of the American Academy of Nurse Practitioners*, 19 (3), 126-132.

Wright, M. A., & **Appel, S. J.** (2007). Inhaled insulin: Breathing new life into diabetes therapy. *Nursing* 2007, 37 (1), 46-48.

**Appel, S. J.**, & Wright, M. A. (2007). Teach your patient to administer: Inhaled insulin. *Nursing* 2007, 37 (1), 49-50.

**Appel, S. J.** (2007). Clinical challenge: Misdiagnosed with type 2 diabetes. *The Clinical Advisor for Nurse Practitioners*, 10 (3), 159-160.

**Appel, S. J.**, & \*Bannon, J. M. (2007). Hazardous waist: How body shape puts health risk. *Nursing for Women's Health*, 11 (1), 44-53.

**Appel, S. J.**, \*Moore, T. M. & Giger, J. (2006). An overview and update on the metabolic syndrome: Implications for identification of cardiometabolic risk among african-american women. *Journal of the National Black Nurses Association*, 17 (2), 47-62.

\*Jones, D. E., Weaver, M. T., Grimley, D., **Appel, S. J.** & Ard, J. (2006). Health belief model perceptions, knowledge of heart disease, and its risk factors in educated african-american women: An exploration of the relationships of socioeconomic status and age. *Journal of the National Black Nurses Association*, 17 (2), 13-23.

**Appel, S. J.**, \*Massey, C.N. & Giger, J.N. (2006). Watch that waistline. *Nursing Critical Care*, 1, (4), 46- 54.

**Appel, S. J.**, \*Floyd, N. A., Giger, J. N., Weaver, M. T., \*Luo, H. & Ovalle, F. (2006). African-American women, metabolic syndrome and national cholesterol education program criteria. *Journal of the National Black Nurses Association* {Reprinted with permission from: *Nursing Research*, 2005, 54, 339-46, 17, 1.

**Appel, S. J.** (2005). Calculating insulin resistance: Why should we measure insulin levels in our euglycemic patients. *Journal of the American Academy of Nurse Practitioners*, 17, 8, 231-336.

**Appel, S. J.**, \*Floyd, N. A., Giger, J. N., Weaver, M. T., \*Luo, H. & Ovalle, F. (2005). African-American women, metabolic syndrome and national cholesterol education program criteria. *Nursing Research*, 54, 339-46.

**Appel, S. J.**, Harrell, J. S. & \*Deng, S. (2005). Socioeconomic and racial differences in cardiovascular risk factors among southern rural women {Reprinted from *Nursing Research*, 51, 2002, 140-7}. *Journal of the National Black Nurses Association*, 16, 2, 27-34.

**Appel, S. J.**, Harrell, J. S. & Davenport, M. (2005). Central obesity, metabolic syndrome and plasminogen activator inhibitor-1 in youth. *Journal of the American Academy of Nurse Practitioners*, 17, 12, 535-41.

**Appel, S. J.** (2005). Health matters: Sizing up patients for the metabolic syndrome. *Nursing* 2005, 35, 12, 20-21.

**Appel, S. J.**, Giger, J. N. & Davidhizar, R. E. (2005). Opportunity cost: The impact of contextual risk factors on the cardiovascular health of low-income rural southern African-American women. *Journal of the National Black Nurses Association*, 17, 2. {Reprinted with permission from: *Journal of Cardiovascular Nursing*}, 20, 315-24.

Carter-Edwards, L., Skelly, A., \* Cagel, C. S. & **Appel, S. J.** (2004). They care but don't understand: Family support of African-American women with type 2 diabetes. *The Diabetes Educator*, 30, 493-501.

**Appel, S. J.**, Jones, Ellen, D. & Kennedy-Malone, L. (2004). Central obesity and the metabolic syndrome: Implications for primary care providers. *Journal of American Academy of Nurse Practitioners*, 16, 8, 335-42.

**Appel, S. J.**, Harrell, J. S. & \*Deng, S. (2002). Socioeconomic and racial differences in cardiovascular risk factors among southern rural women. *Nursing Research*, 51, 140-7.

\*Cagle, C., **Appel, S. J.**, Skelly, A. & Carter-Edwards, L. (2002). Mid-life African-American women with Type 2 diabetes: Influence on work and the multi-caregiver role. *Ethnicity and Disease*, 12, 555- 66.

**Appel-Hardin, S.J.** (1992). The role of the critical care nurse in non-invasive temporary pacing (NTP). *Critical Care Nurse*, 12, 3, 10-9.

**Appel-Hardin, S.J.**, & Dente-Cassidy, A.M. (1991). How to use and set-up a non-invasive temporary pacemaker (NTP). *Nursing*, 91, 21, 5, 58-64.

**Appel-Hardin, S.J.** (1989). Maintaining continuity of care when transferring a patient from the critical care unit. *Critical Care Nurse*, 9, 92-4.

**Appel-Hardin, S.J.** (1984). Communicating with intubated patients. *Critical Care Nurse*, 4, 6, 26-7.

**Book Chapters:** (peer-reviewed)

**Appel, S.J.** (2020). Vietnamese. In J.N. Giger (Ed.), *Transcultural nursing: Assessment and intervention*. 8th edition (pp. 430-465). St. Louis, MO: Mosby. (peer reviewed)

and in revision).

Wallace, M. & **Appel, S.J.** (2020). Endocrine Disorders. In Family Nurse Practitioner Review Manual 5<sup>th</sup> edition (peer reviewed and revision).

Barkley, T.W. & **Appel, S.J.** (2020). Diabetes. Practice Considerations for Adult-Gerontology Acute Care Nurse Practitioners Update. Book Chapter. In Barkley, T.W. & Myers, C. (Eds.), 3<sup>rd</sup> edition, volume 2. Barkley & Associates, Inc. (peer reviewed and in revision) (pp. 427 – 441).

Barkley, T.W. & **Appel, S.J.** (2020). Diabetes Emergencies. Practice Considerations for Adult-Gerontology Acute Care Nurse Practitioners. Book Chapter. In Barkley, T.W. & Myers, C. (Eds.), 3<sup>rd</sup> edition, Volume 2. Barkley & Associates, Inc. (peer reviewed and in revision) (442-451).

**Appel, S.J.** (2017). Vietnamese. In J.N. Giger (Ed.), *Transcultural nursing: Assessment and intervention*. 7th edition (pp. 430-465). St. Louis, MO: Mosby. (Revision)

Barkley, T.W. & **Appel, S.J.** (2015). Diabetes. Practice Considerations for Adult-Gerontology Acute Care Nurse Practitioners Update. Book Chapter. In Barkley, T.W. & Myers, C. (Eds.), 3<sup>rd</sup> edition, Volume 2. Barkley & Associates, Inc. (peer reviewed and revision) (pp. 427 – 441).

Barkley, T.W. & **Appel, S.J.** (2015). Diabetes Emergencies. Practice Considerations for Adult-Gerontology Acute Care Nurse Practitioners. Book Chapter. In Barkley, T.W. & Myers, C. (Eds.), Barkley & Associates, Inc. (original work) (442-451).

**Appel, S. J.** (2015). Splinting: Procedures for the Acute Care Nurse Practitioner. In Kosmoski-Goepfert, K. (ed.): *Integrating Adult Acute Care Skills and Procedures into Nurse Practitioner Curricula*. Washington, D.C.: National Organization Nurse Practitioner Faculties. (Original work and revised).

**Appel, S.J.** (2012). Vietnamese Americans. In Newman Giger, J. (ed.): *Transcultural Nursing: Assessment and Intervention*, 6th edition (pp. 426-466). St. Louis, MO: Mosby. (Revision)

**Appel, S. J.** (2011). Splinting: Procedures for the Acute Care Nurse Practitioner. In Kosmoski-Goepfert, K. (ed.): *Integrating Adult Acute Care Skills and Procedures into Nurse Practitioner Curricula* (pp.156- 158). Washington, D.C.: National Organization Nurse Practitioner Faculties. (Original work).

**Appel, S. J.** & Wright, M. A. (2009). Diabetes Mellitus. In Abrams, A. C., Lammon, C. B., & Pennington, S. (Eds.). *Clinical Drug Therapy: Rationales for Nursing Practice*, 9th edition (pp. 410-442). Philadelphia: Lippincott Williams & Wilkins. (Revision)

**Appel, S. J.** (2008). Populations with chronic diseases. In Ivanov, L & Blue, C. (Eds.). *Public Health Nursing: Leadership, Policy & Practice*. (pp. 445-477). Clifton Park, NY: Delmar. (Original work).

**Appel, S. J.** (2008). Care of the patient with complications after an acute myocardial infarction. In Moser, D. & Riegel, B. (Eds.). *Cardiac Nursing: A Companion to Braunwald's Heart Disease*. (pp. 852-857). St. Louis, MO: Saunders. (Original work).

**Appel, S. J.** (2004). Hyperlipidemia. In L. Kennedy-Malone, K. Fletcher, & L. Plank (eds.). *Management Guidelines for Nurse Practitioners Working with Older Adults* (2nd edition) (pp. 389-392). Philadelphia: F.A. Davis. (Revision)

**Appel, S. J.** (2004). Obesity. In L. Kennedy-Malone, K. Fletcher, & L. Plank. (Eds). *Management Guidelines for Nurse Practitioners Working with Older Adults* (2nd edition) (pp.404-406). (Revision).

o Published Abstracts (Selected from those appearing in Major Journals):

**Appel, S.J.** (2013). Discovering a slowly developing type 1 diabetes in adulthood: A case study of Latent Autoimmune Diabetes of Adulthood (LADA). *Endocrinology & Metabolic Syndrome*, 2(3), 82.

Jones, E.J., **Appel, S.J.** (2011). High Levels of Cardiometabolic Risk, Knowledge, and Risk Perception Co-occur with Low Self-Efficacy to Prevent Cardiometabolic Disease in American Indian Women with Previous Gestational Diabetes, American Heart Association Scientific Sessions, Orlando, Florida. *Circulation*.

**Appel, S. J.** (2005). Early identification of risk for stroke among African-American women, Proceedings of the International Stroke Conference, American Stroke Association. *Stroke*.

**Appel, S. J.**, Harrell, J. S., Davenport, M. & Hu, J. (2002). Association of central obesity with the metabolic syndrome and plasminogen activator inhibitor-1 in youth, Presented at the American Heart Association 75th Scientific Sessions, Chicago, Illinois. *Circulation*.

Carter-Edwards, L., Skelly, A. H., Cagle, C. S. & **Appel, S. J.** (2000). They care but don't understand: Social support of African-American women with type 2 diabetes, Proceedings of the American Diabetes Association, 60th Scientific Session, San Antonio, Texas. *Diabetes Care*.

Cagle, C. S., **Appel, S. J.**, & Carter-Edwards, L. (2000). Disease management among mid-life African- American diabetic women, Proceedings of the American Diabetes Association, 60th Scientific Session, San Antonio, Texas. *Diabetes Care*.

#### **Media:**

10/25/11 International Webinar J & J Diabetes Institute

Case Study: Care of the patient with Latent Autoimmune Diabetes of



02/09/11 Radio

Power to Fight Stroke,  
AHA, Representative,

## **PRESENTATIONS:**

### **INVITED Presentations**

**Appel, S.J.** (03/2017). "Current Status of Therapies in Type 2 Diabetes: Applying the AACE Guidelines." DNP Intensive, Tuscaloosa Alabama.

Graves, B.A. & **Appel, S.J.** (02/2016). "Cardiometabolic Risk Between African-American and Caucasian Women in a Work Site Wellness Program." CCN Research Colloquial. Spring 2016.

**Appel, S.J.** (03/13). Moderator of panel of experts: Lipids. Epidemiology, Nutrition, Physical Activity and Metabolism Conference. American Heart Association, New Orleans, Louisiana.

**Appel, S.J.** (11/2012). Moderator of panel of experts: Cultural competence in care in cardiac care. Council of Cardiovascular Nurses, American Heart Association Scientific Sessions, Los Angeles, California.

**Appel, S.J.** (8/2012). Keynote: Defining cardiometabolic risk. Ed.D: Annual Orientation. Capstone College of Nursing, The University of Alabama.

**Appel, S. J.** (03/2008). Primordial, primary, secondary prevention of cardiometabolic risk among women, Keynote Address Sigma Theta Tau: Nu Tau Chapter. Spring Scholarship Symposium, Louisiana College, Pineville, Louisiana.

**Appel, S. J.** (01/2007). Management of dyslipidemia, Alabama State Nurses Association: Proceedings from the Annual Seminar, Birmingham, Alabama.

**Appel, S. J.** (10/2005). Emerging epidemic: Identifying and treating the metabolic syndrome, Sanofi-Aventis Speakers Bureau and PRIME Inc., 2005, Pittsburgh, Pennsylvania.

**Appel, S. J.** (07/2005). Cardiovascular risks among African-Americans, Presented at Miles College, Career Day, July 2005, Birmingham, Alabama.

**Appel, S. J.** (06/2005). Emerging epidemic: Identifying and treating the metabolic syndrome, Sanofi-Aventis Speakers Bureau and PRIME Inc., Orlando, Florida.

**Appel, S. J.** (04/2005). Emerging epidemic: Identifying and treating the metabolic syndrome, Sanofi-Aventis Speakers Bureau and PRIME Inc., Houston, Texas.

**Appel, S. J.** (03/2005). Emerging epidemic identifying and treating the metabolic syndrome. Sanofi-Aventis Speakers Bureau and PRIME Inc., Temple, Texas.

**Appel, S. J.** (02/2005). Emerging epidemic identifying and treating the metabolic syndrome. Sanofi-Aventis Speakers Bureau and PRIME Inc., Orlando, Florida.

## Refereed Paper/Podium Presentations:

**Appel, S. J.** (Solo Presenter), 8th Biennial Pharmacology Conference. "Clinical Implications: Characterizing Types 1 & 2 Diabetes," Advanced Practitioners for River Region. Montgomery, AL, United States. (August 25, 2018)

\*Jafari, D. S. (Co-Presenter), **Appel, S. J.** (Co-Presenter), Fall Conference, "Risk Reduction Interventions for Human Papillomavirus (HPV).," Nurse Practitioner Association of Maryland (NPAM), State, Columbia, MD, United States. (October 13, 2018)

**Appel, S. J.**, Continuing Education, "Characterization of Types 1 & 2 Diabetes." 1917 Infectious Disease Clinic, UAB, Birmingham, AL, United States. (November 9, 2018).

Graves, B.A., **Appel, S.J.** & Elmore, D. (07/2017). Comparisons of Cardiometabolic Risk between African-American and Caucasian women in w Worksite Wellness Program. Sigma Theta Tau International's 28<sup>th</sup> International Nursing Research Congress, Dublin, Ireland.

Cuellar, N.G., **Appel, S.J.**, Cater-Templeton, H., George, S. & Whisenant, D. (02/16) Presented a Pre- conference on "Successful Methods used in Rural Research" in Williamsburg, Virginia, at the SNRS 31<sup>st</sup> Annual conference

**Appel, S.J.** (02/16). Keynote Presentation- Defining Cardiometabolic Risk, CEU Day: Managing Cardiometabolic Risk - Central Alabama Nurse Practitioner Association, Samford University, Birmingham, Alabama.

**Appel, S.J.** (11/15). Early management of cardiometabolic risk in an effort to prevent heart failure. Heart Failure Management Conference. Global Healthcare Professional Network, New Orleans, Louisiana. (Accepted but Conference Cancelled).

**Appel, S.J.** & McCombs, D. (06/15). Expedited Diagnosis and Management of In-Patient Hyperosmolar Hyperglycemic Non-Ketotic Syndrome. Internal Council of Nurses (ICN), Seoul Korea (Refereed). (Selected but could not attend).

**Appel, S.J.** & Wadas, T.M. (04/15). Utilization of a Conceptual Framework to Teach Diagnostic Reasoning to NP Students. National Organization of Nurse Practitioner Faculties, 41st Annual Meeting in Baltimore, Maryland. (Refereed).

**Appel, S.J.** (09/13). Latent Autoimmune Diabetes of Adulthood (LADA) Misdiagnosis as Type 2: Discovering a Slowly Developing Type 1 Diabetes in Adulthood. 3<sup>rd</sup>. World Congress on Endocrinology, Raleigh, North Carolina.

**Appel, S.J.** (07/13). Latent Autoimmune Diabetes of Adulthood (LADA) Misdiagnosis as

Type 2: Discovering a Slowly Developing Type 1 Diabetes in Adulthood. American Academy of Nurse Practitioners, 28<sup>th</sup> National Conference, Las Vegas, Nevada.

Jones, S.J. & **Appel, S.J.** (10/2012). Utilization of an informational toolkit to improve diabetes distress and self-efficacy among women living with type 2 diabetes. Clinical Conference. American College of Nurse Practitioners, Toronto, Canada.

**Appel, S.J.** & Newman Giger, J. (07/2012). Manuscript writing workshop. National Black Nurses Association meeting, Orlando, Florida.

**Appel, S. J.** (02/2011). Association Between Waist Circumference and Measures of Insulin Resistance among Healthy Free Living African-American Women, 25th Annual Southern Nurses Research Conference, Jacksonville, Florida.

**Appel, S. J.**, Giger, J. N. (08/2009). The trajectory of cardiometabolic risk among African-American women leading to type 2 diabetes. National Black Nurses Association, Toronto, Canada.

**Appel, S. J.**, Floyd, N. A., Oster, R. A., & Ovalle, F. (02/2009). Acanthosis and HOMA-ir as early markers of cardiometabolic risk among African-American women, Proceedings from the: 23rd Annual Southern Nurses Research Society meetings, Baltimore, Maryland.

**Appel, S. J.**, & Giger, J. N. (08/2008). Early identification of cardiometabolic risk among African-American women, National Black Nurses Association Meeting, Las Vegas, Nevada.

**Appel, S. J.**, Downs, C. A., Williams, A. M., & Woods, A. (04/2008). Techniques to facilitate diagnostic reasoning skills in an ACNP/CNS/RNFA program, National Organization of Nurse Practitioner Faculties Meeting, Louisville, Kentucky.

Moore, T., Floyd, N. A., Jones, E. & **Appel, S. J.** (02/2008). Bridging the gap: Measurement of socioeconomic status and its association to health status among minority populations, Southern Nursing Research Society (SNRS), 21th Annual Conference, Birmingham, Alabama.

**Appel, S. J.**, Phadke, R, Hunter, G., Oster, R. & Gower, B. (10/2007). Role of HINDIII polymorphism and insulin in determination of plasma PAI-1, Southern Nursing Research Society (SNRS), 20th Annual Conference, Galveston, Texas.

**Appel, S. J.** (08/2007). Reducing cardiometabolic risk among women, Alabama State Nurses Association: Proceedings from the Annual Seminar: September, 2007, Birmingham, Alabama.

**Appel, S. J.**, Giger, J. N., & Davidhizar, R. (07/2007). Opportunity cost: The impact of contextual risk factors on the cardiovascular health of low-income rural southern African-American women, National Black Nurses Association Meeting, Atlanta, Georgia.

- Appel, S. J.**, & Floyd, N. A., (07/2007). C - reactive protein and cardiometabolic risk among African- Americans 19-45, Proceedings of the Sigma Theta Tau International Research Conference, Vienna, Austria.
- Appel, S. J.**, Phadke, R., Hunter, G., Oster, R., & Gower, B. (02/2007). Role of HINDIII polymorphism and insulin in determination of plasma PAI-1, Southern Nursing research Society (SNRS), 20th Annual Conference, Galveston, Texas.
- Appel, S. J.**, Giger, J. N., & Davidhizar, R. (10/2006). Opportunity cost: The impact of contextual risk factors on the cardiovascular health of low-income rural southern African-American women, 33rd Annual Conference of the Transcultural Nursing Society, Annapolis, Maryland.
- Phadke, R., **Appel, S. J.**, Hunter, G., Oster, R. & Gower, B. (10/2006). Role of HINDIII polymorphism and insulin in determination of plasma PAI-1, National Association of Obesity, Boston, Massachusetts.
- Appel, S. J.** (07/2006). Targeting metabolic syndrome: Are the NCEP ATP III guidelines enough for all women, Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN) 2006 Convention, Baltimore, Maryland.
- Appel, S. J.** & Floyd, N. A. (02/2006). Association of waist circumference, insulin levels, hs-C-Reactive protein and Dysfibrinolysis, Proceedings of the Southern Nursing Research Society (SNRS), 19th Annual Conference, Memphis, Tennessee.
- Appel, S. J.** (11/2005). Cardiometabolic risk factors for cardiovascular disease, Alabama State Nurses Association: Proceedings from the Annual Seminar: Obesity in Alabama, Birmingham, Alabama.
- Appel, S. J.** (02/2005). Early identification of risk for stroke among African-American women, Proceedings of the International Stroke Conference, American Stroke Association, New Orleans, Louisiana.
- Appel, S. J.** & Harrell, J. S. (07/2004). BMI as a longitudinal predictor of central obesity and PAI-1, Proceedings of the Sigma Theta Tau International Research Conference, Dublin, Ireland.
- Harrell, J. S. & **Appel, S. J.** (07/2002). Predictors of central obesity in young adults, Proceedings of the Sigma Theta Tau International Research Conference, Australia.
- Appel, S. J.**, Harrell, J. S. & Deng, S. (07/2001). Socioeconomic and racial differences in cardiovascular risk factors among southern rural women, Proceedings of the Sigma Theta Tau International Research Conference, Copenhagen, Denmark.
- Carter-Edwards, L., Skelly, A. H., Cagle, C. S. & **Appel, S. J.** (06/2000). They care but don't understand: Social support of African-American women with type 2 diabetes, Proceedings of the American Diabetes Association, 60th Scientific Session, San Antonio, Texas.

Cagle, C. S., **Appel, S. J.** & Carter-Edwards, L. (06/2000). Disease management among mid-life African- American diabetic women, Proceedings of the American Diabetes Association, 60th Scientific Session, San Antonio, Texas.

**Appel, S. J.** (05/1993). Case studies in pediatric non-invasive temporary pacing (NTP), Proceedings of the American Association of Critical Nurses' National Teaching Institute, Anaheim, California.

**Appel, S. J.** (05/1991). The role of the critical care nursing in non-invasive temporary pacing (NTP), Proceedings of the American Association of Critical Nurses' National Teaching Institute, Boston, Massachusetts.

**Appel, S. J.** (05/1990). Non-invasive temporary pacing. Proceedings of the American Association of Critical Care Nurses National Teaching Institute, San Francisco, California.

**Appel, S. J.** (08/1988). Non-invasive temporary pacing, Proceedings of the Emergency Nurses Association, Scientific Assembly, New Orleans, Louisiana.

#### **Refereed Poster Presentations:**

**Appel, S.J.** (June, 2019). Beyond Type 1 and 2 diabetes. American Association of Nurse Practitioner, Annual Conference. Indianapolis, Indiana.

Knol, L.L., Crowe-White, K., **Appel, S.J.**, Barnes, G. & Fricke, E. (2019, April) Project MEE: Feeding the Mind Body and Soul. U.A . RCG, Poster research conference, Tuscaloosa, Alabama.

**Appel, S.J.** & Graves, B.A. (March, 2018). Racial Difference in Biomarkers and Risk for Diabetes among Free Living Caucasian and African-American Women. Southern Nursing Research Societies 32nd annual conference: Expanding Nursing Science in Population and Global Health, Atlanta, Georgia.

\*Vogel, N.P. & **Appel, S. J.** (03/2016). Improving HPV Vaccination Rates Among Rural Boys Aged 11-18.  
DNP Intensive Huntsville, Alabama.

\*Ashman, R.E., **Appel, S.J.** & Barba, A.J. (09/2015). The Effectiveness of Interventions to Increase Provider Monitoring of Endotracheal Tube and Laryngeal Mask Airway Cuff Pressures. TriService Nursing Research Program: EBP Poster Session, San Diego, California. **(Second Place Awarded)**.

McCarthy, K. & **Appel, S.J.** (04/2015). Practitioners partnering with rural community governments to promote health and wellness: In search of funding. The University of Alabama: Rural Health Conference.

\*Jones, T. & **Appel, S.J.** (03/15). Utilization of an evidence-based PAD Algorithm and Ankle-Brachial Assessments for Patients Living with Diabetes. Joint DNP Intensive, Birmingham Alabama. (Student also gave Podium Presentation).

- \*Haamankuli, H. & **Appel, S. J.** (03/15). Post discharge Tobacco Cessation Program. Joint DNP Intensive, Birmingham Alabama. (3<sup>rd</sup> prize student poster at UA).
- Appel, S.J., Buxbaum, S.G. & Eaves, Y. (02/15). Group Conference Call Diabetes Educational Support Sessions: A Pilot Study. 29<sup>th</sup> Annual Southern Nurses Research Conference, Tampa, Florida. (Refereed)(\* Data Based).
- \*Reger, K. & **Appel, S.J.** (03/2014). An intergrative review of sickle cell and depression. UA DNP intensive. Tuscaloosa, Alabama (3<sup>rd</sup> prize).
- \*McCombs, D. & **Appel, S.J.** (02/14). Expedited diagnosis and management of in-patient hyperosmolar hyperglycemic non-ketotic syndrome. 28<sup>th</sup> Annual Southern Nurses Research Conference, San Antonio, Texas. {Nominated for: Top Student Oral Poster, scored within top 10}.
- Appel, S.J.**, Talley, M., Wright, M.A., Oster, R.A. & Safford, M. (02/ 2012). Relationship between cardiometabolic risk, diabetes distress and depression among African-American women living with type 2 diabetes from the ENCOURAGE study. 26<sup>th</sup> Annual Southern Nurses Research Conference, New Orleans, Louisiana.
- \*Jones, E.J. & **Appel, S.J.** (11/2011). High Levels of Cardiometabolic Risk, Knowledge, and Risk Perception Co-occur with Low Self-Efficacy to Prevent Cardiometabolic Disease in American Indian Women with Previous Gestational Diabetes, American Heart Association Scientific Sessions, Orlando, Florida.
- Cherrington, A., Martin, M., Hayes, M., Halanych, J.H., Wright, M.A., **Appel, S.J.**, Andreae, S.J. & Safford, M.M. (10/2011). Developing a peer support intervention for individuals living with Diabetes in rural Alabama: The ENCOURAGE Study, UAB Diabetes Research Day, Birmingham, Alabama.
- \*Talley, M., **Appel, S. J.**, Wright, M.A., Oster, R.A. & Safford, M. (02/2011). Association of Diabetes Distress with Glycemic Control among Rural African American, 25<sup>th</sup> Annual Southern Nurses Research Conference, Jacksonville, Florida.
- \*Bolivar-Cano, M. D., **Appel, S. J.**, Sanford, J. M., Senter, H. E., & Alford, I. (12/2010). Development of a Multidisciplinary Emergency Medical Triage System, Emergency Nurses Scientific Assembly, Chicago, Illinois.
- \*Young, G., **Appel, S. J.** (10/2010). Improving diabetes management: An exercise protocol, UAB Health Disparities Research Symposium, Birmingham, Alabama.
- \*Simpkins, R. B., **Appel, S. J.** (10/2010). Formation of a prostate informational website to reduce uncertainty among a VA population, UAB Health Disparities Research Symposium, Birmingham, Alabama.

- \*Hill, A., **Appel, S. J.** (10/2010). Evaluating the association between stress, insulin resistance and allostatic load among on diabetic African-American women of the Jackson heart study, UAB Health Disparities Research Symposium, Birmingham, Alabama.
- \*Massey, C. N., Buchanan, K., **Appel, S. J.** & Cherrington, A. C. (10/2010). Implementation and evaluation of a diabetes helpline. UAB Health Disparities Research Symposium, Birmingham, Alabama.
- \*Simpkins, R. B., **Appel, S. J.** (05/2010). Formation of a prostate informational website to reduce uncertainty among a VA population, UAB DNP Intensive, Birmingham, Alabama.
- \*Massey, C. N., Buchanan, K., **Appel, S. J.** & Cherrington, A. C. (05/2010). Implementation and evaluation of a diabetes helpline. UAB DNP Intensive, Birmingham, Alabama.
- \*Hunt, C., Hathaway, C., **Appel, S.J.** & Grant, J. S. (02/2010). Review of the roles and activities of community health advisors in diabetes care, 24th Annual Southern Nurses Research Conference, Austin, Texas.
- \*Hill, A. & **Appel, S. J.** (02/2010). Evaluating the association between stress, insulin resistance and allostatic load among on-diabetic african-american women of the Jackson heart study, 24th Annual Southern Nurses Research Conference, Austin, Texas.
- Appel, S. J.** (02/2010). The -844 A>G - 4G/5G - HindIII haplotype at the PAI-1 locus is associated with variable levels of LDL among Caucasians and African American Women, 24th Annual Southern Nurses Research Conference, Austin, Texas.
- \*Turner, C., & **Appel, S. J.** (05/2009). Promoting safe foot care among African-American with type 2 diabetes, University of Alabama at Birmingham, School of Nursing. First Annual DNP Intensive, Birmingham, Alabama.
- \*Langston, S. B. & **Appel, S. J.** (05/2009). Smoking cessation program for patients with coronary artery disease, University of Alabama at Birmingham, School of Nursing. First Annual DNP Intensive, Birmingham, Alabama.
- \*Bolivar-Cano, M. D., **Appel, S. J.**, Sanford, J. M., Senter, H. E., & Alford, I. (05/2009). Evaluating the effects of an emergency nurse practitioner in triage: Development of a multidisciplinary emergency medicine triage system, University of Alabama at Birmingham, School of Nursing. First Annual DNP Intensive (Poster), Birmingham, Alabama.
- \*Roach, C. C., \*Jones, E. J. & **Appel, S. J.** (02/2009). The concept of partnership within the nurse patient relationship, Poster presented at the: 23rd Annual Southern Nurses Research Society meeting, Baltimore, Maryland.
- \*Jones, E. J., \*Roach, C. C. & **Appel, S. J.** (02/2009). Examining the health beliefs and behaviors of women with previous gestational diabetes, Poster presented at the; 23rd Annual Southern Nurses Research Society meeting, Baltimore, Maryland.

**Appel, S. J.**, \*Phadke, R., Hunter, G., Oster, R. & Gower, B. (11/2007). Racial differences in PAI-1 levels among healthy African-American and Caucasian women, American Heart Association Epidemiology Conference, Orlando, Florida.

**Appel, S. J.** (03/2006). The association between inflammation and body composition among African- American women age 20-45, Preventive Cardiovascular Nurses Association 12th Annual Symposium, Denver, Colorado.

**Appel, S. J.** (10/2006). Polymorphisms and plasma levels of plasminogen activator inhibitor-1 (PAI-1) among menopausal Caucasian and African-American women. CANS, Poster presented at the National State of the Science Congress in Nursing Research, Washington, DC.

**Appel, S. J.**, Harrell, J. S., Davenport, M. & Hu, J. (11/2002). Association of central obesity with the metabolic syndrome and plasminogen activator inhibitor-1 in youth, Presented at the American Heart Association 75th Scientific Sessions, Chicago, Illinois.



**EXTRAMURAL RESEARCH GRANTS** (In preparation, under review, completed, active or funded):

**Appel, S.J.** (Co-PI), Knoll, L. (Co-PI), Graves, B.A. (Co-I), Knoll, L. (Co-PI), Carter-Templeton, H. (Co-I), Eyer J. (Co-I), DeCaro, J. (Co-I), Paschal, A. (Co-I) & Myers, H. (Co-I). (RO1: **Submitted 10/2017** to NIH). "Mindful Eating: A Path to Cardiometabolic Risk among Women (MAP-CHW)." \$2,965,145. (*Not Funded*).

Wadas, T.M. (PI), and **Appel, S.J.** (Investigator). Telomere Length, Cardiometabolic Risk and Psychological Factors among African American Women. Southern Nursing Research Society (SNRS) research grant award. (**Funded \$7,500**; 2017-2018).

**Appel, S.J.** (Co-PI), Buxbaum, S.G. (Co-PI) and Eaton, C. (Collaborating-Investigator). Submitted Letter of Intent (LOI) on 11-5-15. American Heart Association: Collaborative Science Award: "Race-Sensitive Risk Factors for Ischemic Stroke among Post-Menopausal Women in the Women's Health Initiative." Not funded \$750,000 (3 years). Letter of Intent not accepted.

Carter-Templeton, H. (PI) & **Appel, S.J.** (Co-PI). "Utilizing clinical Information Needs and Information Appraisals Processes among Emergency Department Nurses." \$6000.00. Submitted 12-1-2015 to ANIA- ENA. Not funded.

**Appel, S.J.** (PI) & Haamankuli, B.J. (Investigator). Implementation of e Theory Driven and Evidenced-Based Post-Hospital Discharge Tobacco Cessation Program. Sigma Theta Tau International Honor Society. \$9,000. Submitted 7-1-2015. Not funded.

**Appel, S.J.** (PI) & Graves, B.A. (Co-PI). "Usability of iHealth Watch to Reduce Cardiometabolic Risk in WELLBAMA." American Nurses Foundation. \$7,476.00. Submitted 4-1-2015. Not funded.

**Appel, S.J.** (Co-PI), Buxbaum, S.G. (Co-PI) and Eaton, C. (Collaborating-Investigator). Submitted 2-10-15. American Heart Association: Collaborative Science Award: "Racial Differences in Inflammation and Dysfibrinolysis among Post-menopausal African American and Caucasian Women." Not funded \$750,000 (3 years).

**Appel, S.J.** (PI) and Buxbaum, S. (Co-PI). Submitted AHA: NCRP Summer 2014 Innovative Research Grant. "Disparities in Cardiometabolic Risk Factors in African American and Caucasian Women." Not funded

\$150,000 (2 years). **Appel, S.J.** (Role: Co-Investigator). Funded by NIH Exploratory NCMHD Center for Excellence P20 grant (RFA-MD-08-0049): Project 1: Ghrelin, PAI-1 and their associations with adipokines and obesity indices, CVD and fat mass distribution in the Jackson Heart Study. PI: Dr. Sarah Buxbaum (\$1,900,000: 2012-2022; 5% salary support). Active. Project 2: Also supported by \$6,000 intramural grant see sub study: {Appel, S.J. (Role: Principal Investigator). Polymorphisms, plasma levels of PAI-1 and genetic admixture among African-Americans. Total Cost: \$6,000. University of Alabama Research Committee. (Dates of Award 7-1-2013 to 6-30-18).

**Appel, S.J.** (Role: Principal Investigator). " Conference-Call Diabetes Educational Support Group for Older Rural African American Women." \$10,000 (Dates of award 2011-2012 no cost extension). Funded by: American Academy of Nurse Practitioners Foundation and Sanofi-Aventis. Walker County Alabama: WATCH 2020 and Capstone Rural Health Clinic. Completed.

**Appel, S.J.** (co-investigator). Eli Lilly and Company Foundation Evaluating Navigators and Community Health Advisors on Diabetes Outcomes in Urban and Rural Alabama (ENCOURAGE). In this study a community health advisors (CHA) model is used to train CHAs to assist individuals with diabetes in self- management to maximize social and emotional support and link the individual with clinical care and community resources to optimize health. The Chronic Care Model is used as a framework to optimizing health for persons with diabetes by conducting a group-RCT in community health centers in impoverished rural and urban Alabama and Mississippi, areas with the highest diabetes prevalence in the US. Funded by: Peers for Progress: Physicians Foundation in partnership with the American Association of Diabetes Educators and the American Academy of Family Physicians and through an unrestricted grant from the Eli Lilly and Company Foundation, Inc. 2009-2011 \$850,000. Monika Safford, MD (PI). Completed.

**Appel, S.J.** (Role: Principal Investigator). "An intervention to promote anticipatory guidance for fever management of children 0-12 months of age". Gamma Zeta Chapter of Sigma Theta Tau. Total Cost: \$500. (Dates of Award 6/1/2002 - 6/30/2007). Completed.

#### **INTRAMURAL RESEARCH GRANTS** (active or completed):

Wadas, T. M. (Principal, 75%), **Appel, S. J.** (Co-Principal, 10%), DeCaro, J. A. (Co-Principal, 10%), Saldanha, S. (Co-Principal, 5%), "Telomere Length, Cardiometabolic Risk, and Psychosocial Profiles among African American Women," UA RGC, The University of Alabama, \$6,000.00. (May 30, 2018 - May 30, 2019).

Knol, L. (PI), **Appel, S.J.** (Investigator) & Crowe-White, K. (Investigator) (December, 2017), "Feasibility of Conducting a Mindful Eating Weight Loss Program for Adults entitled "Project MEE: Feeding the Mind, Body, and Soul." RCG Level I, Total Requested: \$5950, (Funded).

**Appel, S.J.** (Role: Principal Investigator). Polymorphisms, plasma levels of PAI-1 and genetic admixture among African-Americans. Total Cost: \$6,000. University of Alabama Research Committee. (Dates of Award 7-1-2013- 3-30-15). {Sub study of P30 JSU Center grant}

**Appel, S.J.** (Role: Principal Investigator). Role of HIND III Polymorphism and Insulin in Determination of Plasma PAI-1. UAB General Clinical research Center. Division of Research Resources. Total Cost: \$20,000. (Dates of Award 1/1/2005 - 12/31/2006). Completed.

**Appel, S.J.** (Role: Principal Investigator). The Metabolic Syndrome and presence of dysfibrinolysis in AA women. Dean's Research Award UAB School of Nursing. Total Cost: \$18,500. (Dates of Award 10/1/2004- 10/1/2005). Completed.

**Appel, S.J.** (Role: Principal Investigator). The Metabolic Syndrome and presence of

dysfibrinolysis in AA women. UAB's General Clinical Research Center. Total Cost: \$3,500. (Dates of Award 10/1/2004 - 10/31/2005). Completed.

**Appel, S.J.** (Role: Principal Investigator). Screening African-American Women for the Metabolic Syndrome. New Faculty Grant, UNCG, Greensboro, NC. Total Cost: \$5,000. (Dates of Award 5/1/2002 - 8/1/2003). Completed.

**PROGRAM GRANTS** completed or in progress (funded):

**Appel, S.J.** (Role: Project Director and change to consultant). A Culturally Competent DNP Program with Advanced Diabetes Management. HRSA. Total Cost: \$835,190. (Dates of Award 7/1/2011 - 6/30/2013). Role change to consultant when came to Capstone College of Nursing, University of Alabama, Tuscaloosa, Alabama. Completed.

**Appel, S.J.** (Role: Principal Investigator). "Preventing and Management of Cardiometabolic Risk". Pfizer, Medical Educational Grant. Total Cost: \$12,000. (Dates of Award 1/1/2007 - 1/1/2008). Completed.

**Appel, S.J.** (Role: Principal Investigator). "Management of Diabetes": A Multidisciplinary Approach Across the Lifespan. Pfizer, Medical Educational Grant. Total Cost: \$10,000. (Dates of Award 10/1/2003 - 10/31/2003). Completed.

**Appel, S.J.** (Role: Consultant). Served as consultant related to cardiometabolic risk and cardiovascular health of rural populations. Division of Nursing Advanced Nursing Education Continuation Training Grant. Total Cost: \$423,000. (Dates of Award 7/1/2005 - 6/30/2007). Completed.

**Appel, S.J.** (Role: Co-investigator). "Adult/ Gerontological Nurse Practitioner Program Grant". HRSA, Bureau of Health Professions. Total Cost: 15% Salary. (Dates of Award 6/1/2002 - 6/30/2003). Completed.

**CERTIFICATIONS:**

2016 – Present Registered Nurse: Alabama, Florida, Georgia, Tennessee and Virginia.

1997 – Present Family Nurse Practitioner (FNP-BC), ANCC Board Certified

1995 – Present Adult Acute Care Nurse Practitioner (ACNP-BC), ANCC

Board Certified 1986 – Present Critical Care Registered Nurse (CCRN),

AACN

1980 – Present Basic Life Support, and Advanced Life

Support, AHA 1980 – Present Registered Nurse Alabama

**HONORS AND AWARDS:**

2017 –Present Member of Awards Committee Southern Nursing Research Society (SNRS).

2016 State Liaison for Southern Nursing Research Society (SNRS).

- 2016 Received the “Western Alabama Outstanding Nurse Educator Award,” by the Nurse Practitioner Alliance of Alabama (NPAA).
- 2016 Inducted: Fellow of American Association of Nurse Practitioners (FAANP). 2013 Nominee: Academic Advisors Excellence, The University of Alabama
- 2011 – Present Associate Scientist, The Center for Mental Health and Aging, The University of Alabama
- 2010 Inducted as Fellow of the American Heart Association (FAHA), American Heart Association
- 2010 Scientist, Center for Cardiovascular Biology, University of Alabama at Birmingham, Birmingham, Alabama
- 2009 President’s Award for Excellence in Teaching, University of Alabama at Birmingham, Birmingham, Alabama
- 2009 President’s Award for Alumni Success, Northampton Community College, Bethlehem, Pennsylvania
- 2009 3<sup>rd</sup> Place Poster Award, American Association of Diabetes Educators, Atlanta, Georgia 2009 University Wide Committee, Alternative Senator for the School of Nursing, UAB
- 2009 University Wide Undergraduate Curriculum Committee, Undergraduate Curriculum Committee, UAB
- 2008 Dean’s Excellence in Mentorship Award, Graduate School, University of Alabama at Birmingham, Birmingham, Alabama
- 2008 Center Appointment: Associate Scientist, Diabetes Research Center, UAB School of Nutritional Sciences, Birmingham, Alabama
- 2008 Center Appointment: Associate Scientist, WHO Center, UAB School of Nursing, Birmingham, Alabama
- 2007 Outstanding Service Award: Secured over \$12,000 in grant monies and chaired the education committee which conducted the “First Annual Spring Seminar,” Presented by the Central Alabama Association of Nurse Practitioners, Birmingham, Alabama
- 2006 Most Innovative Poster Award for Basic Science Research, 2<sup>nd</sup> Place: Association between inflammation, body composition among African-

American women, Preventive Cardiovascular Nurses Association, 12<sup>th</sup> Annual Symposium, Denver, Colorado

- 2006 Alumni Award: Graduate of the Last Decade (GOLD) Award, School of Nursing, University of North Carolina at Chapel Hill, Chapel Hill, North Carolina
- 2006 Post-Doctoral Fellowship: NIH NINR and Georgetown University: Summer Genetics Institute, 12 credits Molecular Genetics, NINR NIH Summer Genetics Institute, Bethesda, Maryland
- 2006 Research in Minority Health Award, Southern Nurses Research Society, Nashville, Tennessee
- 2005 Post-Doctoral Fellowship: NHLBI: Dr. Mona Fouad (PI), Alabama Collaboration for Cardiovascular Equality; Research Training Program, University of Alabama at Birmingham and Tuskegee University, Birmingham, Alabama
- 2004 "Health Disparities Scholar" (2004-2008) National Center for Minority Health (NCMH), MCMH Health Disparities Scholar and Federal Loan Re-Payment Program, Washington, D.C.
- 2004 Center Appointment: Associate Scientist, UAB School of Medicine, Minority Health Center, Division of Preventive Medicine, Birmingham, Alabama
- 2004 Center Appointment: Associate Scientist, UAB School of Health Relation Professions, Division of Nutritional Sciences, Birmingham, Alabama
- 2003 Chair of Awards Committee 2003-2005, Sigma Theta Tau, Nu Chapter, Birmingham, Alabama
- 2003 Post-Doctoral Fellowship: NIH K30 Dr. Lawrence Moreland (PI): Clinical Research Training Program, School of Medicine, University of Alabama at Birmingham, Birmingham, Alabama
- 1998 Pre-Doctoral Fellowship: National Institute of Nursing Research NIH NINR T-32 Grant # NR07091, Dr. Merle Mishel (PI): Designing Theory Based Interventions, School of Nursing, University of North Carolina, Chapel Hill, North Carolina
- 1984 Sigma Theta Tau International Nu Chapter 1984-Present Inducted as Member, Columbia, South Carolina, Sigma Theta Tau International
- 1982 Graduate Nursing Traineeship UA Public Health and Human Services Administration (1982-1984), School of Nursing University of South Carolina, Columbia, South Carolina