

Chelsea R. Howland, PhD, RN
 Assistant Professor
 College of Nursing, University of Iowa
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EDUCATION

2024	IOWA Postdoctoral Fellowship	College of Nursing, University of Iowa, Iowa City, IA
2022	Doctor of Philosophy (PhD), Nursing Science	Sinclair School of Nursing, University of Missouri, Columbia, MO
2022	Participatory Health Research, Graduate Certificate	Sinclair School of Nursing, University of Missouri, Columbia, MO
2021	Predoctoral Fellowship, NIH/NINR T32 Fellow	Sinclair School of Nursing, University of Missouri, Columbia, MO
2016	Master of Science, Nursing Education	School of Nursing, Southern Illinois University Edwardsville, Edwardsville, IL
2012	Bachelor of Science, Nursing	School of Nursing, Southern Illinois University Edwardsville, Edwardsville, IL

Dissertation

Howland, C. (2022). *Assessing the feasibility and acceptability of a health action process approach physical activity and sedentary behavior self-guided workbook in rural adults with type 2 diabetes*. [Doctoral dissertation, University of Missouri]. ProQuest Dissertations & Theses Global.

LICENSURE

2022	Iowa Board of Nursing #169503 Registered Nurse
2016 - 2025	Missouri Board of Nursing #2014032191 Registered Nurse
2012	Illinois Board of Nursing #041402956 Registered Nurse

CERTIFICATIONS

2009 – present	Basic Life Support
2015 – 2019	Trauma Nurse Core Course
2015 – 2019	Emergency Communication Registered Nurse

2014 – 2019	NIH Stroke Scale
2013 – 2019	Advanced Cardiovascular Life Support

PROFESSIONAL TRAINING

2024	American Medical Informatics Association, 10x 10 Introduction to Biomedical and Health Informatics
2022	Association of Diabetes Care & Education Specialists Cultural Competency for Diabetes Care, 2 nd Edition Training Program
2021	Designing Intervention Research, Ohio State University
2021	American Association of College of Nursing Student Policy Summit
2020	Association of Diabetes Care & Education Specialists (AADE)7® Self-Care Behaviors Online Training Series

PROFESSIONAL EXPERIENCE

Academic Appointments

2024 – Present	Assistant Professor, College of Nursing, University of Iowa, Iowa City, IA
2022 – 2024	Postdoctoral Scholar, College of Nursing, University of Iowa, Iowa City, IA
2021 – 2022	Research Nurse, Health Resources and Services Administration, Nurse, Education, Practice, Quality, and Retention: Registered Nurses in Primary Care Grant, School of Nursing, Southern Illinois University Edwardsville, Edwardsville, IL
2016 – 2022	Instructor, School of Nursing, Southern Illinois University Edwardsville, Edwardsville, IL
2016	Graduate Assistant, Simulated Learning Center, School of Nursing, Southern Illinois University Edwardsville, Edwardsville, IL
2015	Research Assistant, School of Nursing, Southern Illinois University Edwardsville, Edwardsville, IL

Administrative Appointments

2019 – 2022	Course Leader, NURS476: Care of Persons with Complex Needs, School of Nursing, Southern Illinois University Edwardsville, Edwardsville, IL
2018 - 2022	Course Leader, NURS482: Transition to the Professional Practice Role, School of Nursing, Southern Illinois University Edwardsville, Edwardsville, IL

Clinical Appointments

2016 – 2018	Staff Nurse, Float Pool, Alton Memorial Hospital, Alton, IL
2014 – 2016	Staff Nurse, Emergency Department, Alton Memorial Hospital, Alton, IL
2012 - 2014	Staff Nurse, Medical Care Unit, Alton Memorial Hospital, Alton, IL
2010 - 2012	Patient Care Technician, Medical Care Unit, Alton Memorial Hospital, Alton, IL
2009 - 2010	Certified Nurse Aide, Medical-Surgical Care, Jersey Community Hospital, Jerseyville, IL

HONORS AND AWARDS

2025	Distinguished Educator in Gerontological Nursing, National Hartford Center for Gerontological Nursing Excellence
2023	Dissertation Award, Midwest Nursing Research Society Self-Care Research and Implementation Interest Group
2022	Doctoral Marshall and Commencement Speaker, University of Missouri, December 2022 Graduate School Commencement
2022	American Association of College of Nursing Excellence in Advancing Nursing Science Award for Outstanding PhD Dissertation Nominee
2022	MU Graduate Professional Council, Professional Development Travel Award
2021	Illinois Nurses Foundation, 40 under 40 Emerging Nurse Leader Award
2021	Griffiths Leadership Society for Women, MU Alumni Association
2020	Sigma Theta Tau International, Epsilon Eta Chapter, Writing for Publication Award
2020	PEO Scholar Award Nominee
2019	Sinclair School of Nursing Dean's Award
2018	Jane E. Cochran, PhD Memorial Scholarship
2018	March of Dimes, Nurse of the Year Award, General Medical/Surgical, Finalist
2018	Southern Illinois University Edwardsville, School of Nursing, Rising Star Award
2015	Edward J. Stiften Nursing Scholarship
2013	Alton Memorial Hospital, Virginia Ilch Excellence in Service Award, Diabetes Resource Team
2012	Southern Illinois University Edwardsville School of Nursing Gem Award
2012	Alton Memorial Hospital, Nursing Rookie of the Year
2012	Southern Illinois University Edwardsville Outstanding Senior Assignment Award

- 2011 Shirley Strohmeier Memorial Nursing Scholarship Award
- 2011 Sigma Theta Tau International, Epsilon Eta Chapter, Clinical Excellence Award

SCHOLARSHIP

Publications

(Key: *Data-based, Underlined: senior author, Bold: authorship contribution)

Journal articles

10. ***Howland, C.**, Gilbertson-White, S., Chen, S., & Cho, Y. (2025). Social Determinants of Health and Epigenetic Age Acceleration in Type 2 Diabetes: A Systematic Review. *Biological Research for Nursing*, In Press. <https://doi.org/10.1177/10998004251357537>
9. *Buck, H. G., Durante, A., **Howland, C.**, Aldosarry, H., Bidwell, J., Irani, E., Liebzeit, D., Massouh, A., Abshire, M., Stawnychy, M., & Graven, L. (2025). Examining heart failure informal care partners using person and system levels and domains: A meta-synthesis. *Western Journal of Nursing Research*.
8. *Youn, N., Sorenson, J., **Howland, C.**, & Gilbertson-White, S. (2024). Social determinants of health and cancer pain in the US: Scoping review. *Clinical Nursing Research*, 33(5), 416 – 428. <https://doi.org/10.1177/10547738241232018>
7. *Buck, H. G., **Howland, C.**, Stawnychy, M., Aldossary, H., Cortes, Y., Deberg, J., Durante, A., Graven, L., Irani, E., Jaboob, S., Massouh, A., Oberfrank, N., Saylor, M. A., Wion, R., & Bidwell, J. (2024). Caregivers' contributions to heart failure self-care: an updated systematic review. *Journal of Cardiovascular Nursing*, 39(3), 266 – 278. <https://doi.org/10.1097/JCN.0000000000001060>
6. Boles, K. K., Gallimore, M. R., **Howland, C.**, & Reeder, B. (2023). Technical function evaluation of two smart wearables and data analysis methods for step counts. In D. D. Schmorow & C. M. Fidiopiastis (eds.). *Augmented Cognition. International Conference on Human-Computer Interaction, 2023*. Lecture Notes in Computer Science, 14019, 71 - 88. Springer, Cham. https://doi.org/10.1007/978-3-031-35017-7_6
5. *Gallimore, M. R., **Howland, C.**, Chase, J. D., Grimsley, A., Emezue, C., Boles, K., Anbari, A. B., Sherwin, L. B., Vogelsmeier, A., Popejoy, L., Rantz, M. J., & Reeder, B. (2022). Digital methodology for mobile clinical decision support development in long-term care. *Studies in Health Technology and Informatics*, 6(290), 479-483. <https://doi.org/10.3233/SHTI220122>
4. Reeder, B., Gallimore, M., **Howland, C.**, Emezue, C., Boles, K., Anbari, A., & Chase, J. D. (2021). Stepwise evaluation methodology for smart watch sensor function and usability. In D. D. Schmorow & C. M. Fidiopiastis (eds.). *Augmented Cognition. International Conference on Human-Computer Interaction, 2021*. Lecture Notes in Computer Science, 12776, 221 – 233. Springer, Cham. https://doi.org/10.1007/978-3-030-78114-9_16
3. ***Howland, C.**, & Wakefield, B. (2021). Assessing telehealth interventions for physical activity and sedentary behavior self-management in adults with type 2 diabetes mellitus: An integrative review. *Research in Nursing and Health*, 44(1), 92 – 110. <https://doi.org/Asses10.1002/nur.22077>
2. ***Howland, C.**, Despains, L., Sindt, J., Wakefield, B., & Mehr, D. (2020). Primary care clinic nurse activities with a telehealth monitoring system. *Western Journal of Nursing Research*, 43(1), 5 –

12. <https://doi.org/10.1177/0193945920923082>

1. *Wakefield, B., & **Howland, C.** (2020). Home monitoring technology: What is next?. *Western Journal of Nursing Research*, 43(1), 3 – 4. <https://doi.org/10.1177/0193945920947695>

Abstracts

2. **Howland, C.**, Shaoshuai, C., Gilbertson-White, S., & Cho, Y. E. (2024). Social determinants of health and accelerated epigenetic aging in type 2 diabetes: A systematic review. *Western Journal of Nursing Research*, 46(Suppl. 1), <https://doi.org/10.1177/019394592412333>.
1. Chase, J. A., **Howland, C.**, Gallimore, M., & Reeder, B. (2020). Usability and feature evaluation of the Amazfit Bips smart watch in the Precision START lab. *Innovation in Aging*, 4(Suppl. 1), 3 – 4.

Scientific and Educational Research Grants

Intramural Research Grants

University of Iowa

Title: Usability and acceptance of the fitbit inspire 3 in rural older adults with type 2 diabetes

Role: Principal Investigator

Funding Source: Woodrow W. Morris Gerontology Research Award for Faculty and JD and Jill Thoreson

Optimal Aging Initiative Fund

Current Status: Complete

Dates: 2023 - 2024

Amount: \$10,000

Title: Engaging rural adults with type 2 diabetes in adaptation of a physical activity intervention for a mobile app

Role: Principal Investigator

Funding Source: Barbara and Richard Csomay Gerontology Research Award for PhD Students and Postdoctoral Fellows

Current Status: Complete

Dates: 2024 - 2025

Amount: \$3,000

Title: Investigating the Role of Social Determinants of Health in the Outcomes of Integrated Health Care Services in Iowa

Role: Co-Investigator (PI: Scheffert)

Funding Source: Iowa Initiative for Artificial Intelligence Research Pilot

Current Status: Funded

Dates: 2025 – 2026

Amount: \$25,000

Title: Feasibility and Acceptability of Mobile App Delivered Mind-Body Physical Activity Intervention for Rural Older Adults with Type 2 Diabetes

Role: Primary Investigator

Funding Source: Kathryn Sleck Schweer Research Award

Current Status: Funded

Dates: 2025 – 2026

Amount: \$2,000

Title: SMART: A Disease-Agnostic Mobile Health Intervention to Enhance Symptom Self-Management Across Chronic Conditions

Role: Co-Investigator (PI, Gilbertson-White)

Funding Source: ICTS Translational Science Award

Current Status: Submitted, Under Review

Dates: 2026 – 2027

Amount: \$25,000

University of Missouri

Title: Assessing the feasibility and acceptability of a health action process approach guided physical activity and sedentary behavior self-guided workbook in rural adults with type 2 diabetes

Role: Principal Investigator

Funding Source: Toni & Jim Sullivan Endowed Research Fund for PhD Students, Sinclair School of Nursing

Current Status: Complete

Dates: 2021 - 2022

Amount: \$1,000

Extramural Research Grants

National

Title: Engaging rural adults with type 2 diabetes in adaptation of a physical activity intervention for a mobile app

Role: Principal Investigator

Funding Source: Sigma Small Grant

Current Status: Complete

Dates: 2024 - 2025

Amount: \$5,000

Title: Feasibility of Mobile App Delivered Mind-Body Physical Activity Intervention for Rural Older Adults with Type 2 Diabetes

Role: Primary Investigator 20%

Funding Source: NIH NCCIH R34

Current Status: Submitted, Under Review

Dates: 2026 – 2029

Amount: \$450,000

Local

Title: Assessing the feasibility and acceptability of a health action process approach guided physical activity and sedentary behavior self-guided workbook in rural adults with type 2 diabetes

Role: Principal Investigator

Funding Source: Epsilon Eta Chapter, Sigma

Current Status: Complete

Dates: 2021 - 2022

Amount: \$500

Training Grants

Intramural Training Grants

Title: Sinclair PhD Student Fellowship
 Role: Trainee
 Funding Source: Sinclair School of Nursing, University of Missouri
 Current Status: Complete
 Dates: 2021 - 2022
 Amount: \$10,000 stipend + tuition

Extramural Training Grants

Title: Interdisciplinary research training in health behavior science
 Role: Trainee
 Funding Source: National Institute of Health, National Institute of Nursing Research, T32NR015426
 Current Status: Complete
 Dates: 2019 - 2021
 Amount: \$25,836 annual stipend + tuition

Title: Feasibility of Mobile App Delivered Mind-Body Physical Activity Intervention for Rural Older Adults with Type 2 Diabetes
 Role: Primary Investigator
 Funding Source: NIH Loan Repayment Program L30
 Current Status: Submitted, Under Review
 Dates: 2026 – 2028

Educational/Program Grants

Intramural Education/Program Grants

Title: Excellence in undergraduate education: Preparing nursing curriculum for the next generation
 Role: Project Co-Lead
 Funding Source: Southern Illinois University Edwardsville
 Current Status: Complete
 Dates: 2020 - 2021
 Amount: \$9,000

Extramural Education/Program Grants

Title: Utilizing technology and simulation to prepare undergraduate nursing students to avoid medication errors
 Role: Project Co-Lead
 Funding Source: Illinois Board of Higher Education, Expansion Grant
 Current Status: Complete
 Dates: 2020 - 2021
 Amount: \$100,000

Research and Clinical Presentations

International

3. Boles, K. K., Gallimore, M. R., **Howland, C.**, Emezue, C., & Reeder, B. (2023, July). Technical function evaluation of two smart wearables and data analysis methods for step counts. [Paper presentation]. Human Computer Interaction International.
2. Gallimore, M. R., **Howland, C.**, Chase, J. D., Grimsley, A., Emezue, C., Boles, K., Anbari, A. B., Sherwin, L. B., Vogelsmeier, A., Popejoy, L., Rantz, M. J., & Reeder, B. (2021, October). Digital methodology for mobile clinical decision support development in long-term care. [Paper presentation]. International Medical Informatics Association, Virtual.
1. Reeder, B., Gallimore, M., **Howland, C.**, Emezue, C., Boles, K., Anbari, A., & Chase, J. (2021, July). Stepwise evaluation methodology of smart watch sensor function and usability. [Paper presentation]. Human Computer Interaction International, Virtual.

National

11. Hadlandsmyth, K., **Howland, C.**, & Tong, S. (Under Review). Rural community partnered intervention development for chronic conditions. [Panel Discussion]. National Rural Health Association, Rural Health Access Conference, San Diego, California.
10. Ding, L., Zhang, M., **Howland, C.**, Moon, C. (2025, November). Risk and protective factors related to menopause, women's healthy aging, and cognition. [Symposium]. Gerontological Society of America, 2025 Annual Scientific Meeting, Boston, Massachusetts.
9. **Howland, C.**, Ji, Y., Youn, N., Da Costa Ferreira Oberfrank, N., Bye, M., & Gilbertson-White, S. (Submitted). Enhancing data visualization in diabetes: Methods for selecting graphic images of tracked data in a mobile app. [Poster presentation]. American Medical Informatics Association, 2025 Informatics Summit, Pittsburg, PA.
8. **Howland, C.**, Buck, H. G., Stawnychy, M., Aldossary, H., Cortes, Y., Deberg, J., Durante, A., Graven, L., Irani, E., Jaboob, S., Massouh, A., Oberfrank, N., Saylor, M. A., Wion, R., & Bidwell, J. (2023, November). Caregivers' growing contributions to heart failure self-care: an updated systematic review. [Poster presentation]. American Heart Association Scientific Sessions, Philadelphia, PA.
7. **Howland, C.**, Wakefield, B., Despins, L., Enriquez, M., & Moore, J. (2023, May). Engaging rural adults in a physical activity intervention. [Poster presentation]. National Rural Health Association Annual Conference, San Diego, CA.
6. **Howland, C.**, Chase, J. D., Anbari, A. B., Reeder, B., Gallimore, M. R., Emezue, C., Herbert, D., Boles, K., Lee, K., Sherwin, L. B., Narasri, M., Young, L., & Graves, R. S. (2022, November). A systematic review of consumer grade wearable use to measure sedentary behavior. [Poster presentation]. American Medical Informatics Association Annual Conference.
5. **Howland, C.**, Gallimore, M. R., Chase, J. D., Reeder, B., Emezue, C., Boles, K., & Anbari, A. B. (2021, December). Usability, feature, and functionality evaluation of the Amazfit bips smart watch in the Precision START laboratory. [Poster Presentation]. Aging and Health Informatics Conference, Virtual.
4. Grimsley, A., Boles, K., **Howland, C.**, Emezue, C., Gallimore, M. R., Sherwin, L. B., Chase, J. D., Reeder, B., & Anbari, A. (2021, November). Digital methodology for mobile clinical decision support development. [Poster Presentation]. American Medical Informatics Association Annual Conference.
3. **Howland, C.**, Gallimore, M. R., Chase, J. D., & Reeder, B. (2020, November). Usability and feature evaluation of the Amazfit Bips smart watch using precision START methodology. [Poster presentation]. American Medical Informatics Association Annual Conference, Virtual.

2. Chase, J. D., **Howland, C.**, Gallimore, M. R., & Reeder, B. (2020, November). Usability and feature evaluation of the Amazfit Bips smart watch in the Precision START Lab. [Poster presentation]. Gerontological Society of America 2020 Annual Scientific Meeting, Virtual.
1. Leey, J. A., **Acord, C. R.**, James, L. K., Pratt, E., & Tobin, G. S. (2014). Inpatient management of diabetes: Assessing perceptions and barriers among nurses. [Poster presentation]. American Diabetes Association 74th Scientific Session, San Francisco, CA.

Regional

8. **Howland, C.**, Moon, C., Whitaker, K., & Gilbertson-White, S. (Accepted). Usability and acceptance of the Fitbit Inspire 3 in rural older adults with type 2 diabetes. In E. Anderson and C. Howland (Chairs), *The future of nursing: Advancing self-care research and practice for better outcomes*. [Symposium]. Midwest Nursing Research Society, 50th Annual Conference, St. Louis, MO.
7. **Howland, C.**, Ji, Y., Youn, N., da Costa Ferreira Oberfrank, N. Bye, M., & Gilbertson-White, S. (Accepted). Enhancing data visualization in rural older adults with diabetes: Methods for selecting graphic images of tracked data in a mobile app. In J. Souza-Talarico and K. Bergen-Jackson (Chairs), *Innovations in Cognitive and Chronic Care: Biological, Technological, and Community Strategies Across the Aging Continuum*. [Symposium]. Midwest Nursing Research Society, 50th Annual Conference, St. Louis, MO.
6. **Howland, C.**, Shaw, C., Wang, Y., Aljadani, R., & Souza-Talarico, J. (2025, March). Cognitive and mental health predictors in rural and urban long-term care facility residents with type 2 diabetes. [Poster presentation]. Midwest Nursing Research Society, 49th Annual Conference, Indianapolis, IN.
5. **Howland, C.**, Shaoshuai, C., Gilbertson-White, S., & Cho, Y. E. (2024, February). Social determinants of health and accelerated epigenetic aging in type 2 diabetes: A systematic review. [Poster presentation]. Midwest Nursing Research Society, 48th Annual Conference, Minneapolis, MN.
4. Gilbertson-White, S. & **Howland, C.** (2023, December). Invited Presentation. *Applying the NIH stage model for behavioral intervention development to mHealth self-management interventions*. Self-care Research Interest and Implementation Group, Midwest Nursing Research Society, Virtual Webinar
3. **Howland, C.**, Wakefield, B., Despins, L., Enriquez, M., & Moore, J. (2023, March). Physical activity intervention for rural adults with type 2 diabetes: Pilot study. [Paper presentation]. Midwest Nursing Research Society, 47th Annual Conference, Des Moines, IA.
2. Reed, A. E., **Howland, C.**, & Jennings, G. (2023, March). Increasing confidence and clinical judgment in undergraduate nursing students through the integration of medication error prevention simulations. [Oral/Poster presentation]. Midwest Nursing Research Society, 47th Annual Conference, Des Moines, IA.
1. **Howland, C.**, Despins, L., & Wakefield, B. (2020, April). Primary care clinic nurse activities with a telehealth monitoring system. In C. Shuman & K. Oosterhouse (Chairs), *Health technology to support care of older adults*. [Symposium]. Midwest Nursing Research Society 44th Annual Conference, Virtual.

Local/University

13. Rassch, O., & **Howland, C.** (2025, December). Usability and acceptability of physical activity data visualization in rural older adults with type 2 diabetes. College of Public Health Research Day, University of Iowa.

12. Hansen, M., Souza-Talarico, J., Ashida, S., Newman, L., Saleem, A., Cortez, Y., **Howland, C.** & Croskey, O. (2025, November). Mobile clinics for brain health equity: a feasibility study of dementia risk reduction in underserved communities. College of Public Health Research Week, University of Iowa. **Institute for Public Health Research & Policy Poster Award**
11. Raasch, O., & **Howland, C.** (2025, July). Usability and acceptability of physical activity data visualization in rural older adults with type 2 diabetes. Summer Undergraduate Research Fair, University of Iowa.
10. **Howland, C.**, Shaoshuai, C., Gilbertson-White, S., & Cho, Y. E. (2024, May). Social determinants of health and accelerated epigenetic aging in type 2 diabetes: A systematic review. 8th Annual Diabetes Research Day, Fraternal Order of Eagles Diabetes Research Center, University of Iowa, Iowa City, IA.
9. **Howland, C.**, Kellbach, J., Lensing, A., & Jones, J. (2024, April). Invited Presentation. *IMPACT: Inspire, motivate, promote, and advance communities together*. Community Engagement Network Summit, University of Iowa, Iowa City, IA.
8. **Howland, C.** (2023, November). Invited Presentation. *National rural health day panel discussion*. College of Public Health, University of Iowa, Iowa City, IA.
7. **Howland, C.** (2023, November). Invited Presentation. *How to send a mass email to the UI for research subject recruitment*. College of Nursing, University of Iowa, Iowa City, IA.
6. **Howland, C.**, Wakefield, B., Despins, L., Enriquez, M., & Moore, J. (2022, June). Assessing the feasibility and acceptability of a health action process approach physical activity and sedentary behavior self-guided workbook in rural adults with type 2 diabetes. [Podium presentation]. Sigma Theta Tau, Epsilon Eta Chapter, Annual Business Meeting.
5. **Howland, C.**, Gallimore, M. R., Chase, J. D., & Reeder, B. (2021, April). Usability and feature evaluation of the Amazfit Bips smart watch using precision START methodology. [Postcard Poster presentation]. Sinclair School of Nursing, PhD On-Campus Days, Virtual.
4. Gallimore, M. R., **Howland, C.**, Reeder, B., & Chase, J. D. (2020, November). Usability and feature evaluation of the Amazfit Bips smart watch in the Precision START Lab. [Poster presentation]. MU Health Sciences Research Day, Virtual.
3. **Howland, C.** (2020, July). Primary care clinic nurse activities with a telehealth monitoring system. [Podium presentation]. Sigma Theta Tau, Epsilon Eta Chapter, Annual Business Meeting, Virtual.
2. **Howland, C.**, Despins, L., & Wakefield, B. (2019, November). Primary care clinic nurse activities with a telehealth monitoring system. [Poster presentation]. MU Health Sciences Research Day, Columbia, MO. [**Dean's Award for best poster presentation**]
1. Leey, J. A., **Acord, C. R.**, James, L. K., Pratt, E., & Tobin, G. S. (2015) Inpatient management of diabetes: Assessing perception and barriers among nurses, a qualitative and quantitative review. [Poster presentation]. 9th Annual Barnes Jewish Hospital Multidisciplinary Research Conference, St. Louis, MO.

Media & Community Engagement

9. **Howland, C.** (2025, December). Interview with O'Leary, J. Physical activity and healthy aging. Iowa Magazine.
8. **Howland, C.** (2025, July). Invited presentation. *Promoting healthy aging through an active lifestyle*. National Senior Games. Des Moines, IA.

7. **Howland, C.** (2025, May). Invited presentation. *Promoting wellbeing and healthy aging through an active lifestyle*. Iowa City Crowded Closet Volunteer Appreciation Week. Iowa City, IA
6. **Howland, C.** (2025, February). Invited presentation. *Mental health and wellbeing*. Csomay Community of Scholars, Community Engagement Event. Tipton, IA
5. **Howland, C.** (2024, December). Invited presentation. *Physical activity and health aging*. Healthy Tips for Optimal Aging Presentation Series. Iowa City, IA
4. **Howland, C.** (2024, October). Invited presentation. *Mental health and wellbeing*. Csomay Community of Scholars, Community Engagement Event. Iowa City, IA
3. **Howland, C.** (2023, September). Invited presentation. *Living an active lifestyle: making every step count*. Focus on Diabetes Event, Waterloo, IA
2. **Howland, C.** (2021, April 30). Interview with Calhoun, M. Telehealth increases nurse workload. KMOX St. Louis Radio.
1. **Howland, C.** (2021, April 29). Interview with Angle, A., & Gao, L. Telehealth helps people access health care providers but doubles nurses' tasks. KOMU 8 News.

SERVICE

Editorial and Peer Review Services

Peer review of scholarly products

2025	Ad Hoc Reviewer, BMC Nursing
2024	Midwest Nursing Research Society, Gerontology Research Interest and Implementation Group, Competitive Symposium Abstract Reviewer
2023	Ad Hoc Reviewer, Journal of Medical Internet Research
2023	Ad Hoc Reviewer, Applied Clinical Informatics
2022	Ad Hoc Reviewer, Telemedicine and e-Health
2021, 2025	Ad Hoc Reviewer, The Gerontologist

Review of nominations for awards, honors or scholarships

2023 – 2025	Midwest Nursing Research Society, Self-Care Research Interest and Implementation Group, Annual Awards Reviewer
2019	Sigma, Epsilon Eta Chapter, Awards Committee, Reviewer

Professional Service

Society/Association membership, participation and leadership

- 2025 – present Center for Social Science Innovation, Research Affiliate
 2025 – present Fraternal Order of Eagles Diabetes Research Center, Faculty Member
 2022 – present Csomay Community of Scholars
 2024-present Co-Director
 2025 Co-Coordinator, Iowa Optimal Aging Day, National Senior Games
- 2023 – present Iowa Rural Health Association
- 2023 – present American Heart Association
 2023 – present Council on Cardiovascular and Stroke Nursing, Cardiovascular and Stroke Nurse Leadership Committee Liaison to Council on Lifestyle and Cardiometabolic Health, American Heart Association
- 2021 – 2024 Association of Diabetes Care and Education Specialists
- 2020 – present National Rural Health Association
- 2020 – 2025 American Medical Informatics Association
- 2019 – present Midwest Nursing Research Society
 2023 – present Co-Chair, Self-Care Research Interest and Implementation Group
- 2012 – present American Diabetes Association
 2025 – present Membership Advisory Board
- 2011 – present Sigma Theta Tau International
 2025 – present Webmaster, Gamma Chapter
 2022 – present Member, Gamma Chapter
 2019 – 2022 Member, Alpha Iota Chapter
 2019 Interim Chair, Awards Committee, Epsilon Eta Chapter
 2018 – 2024 Treasurer, Epsilon Eta Chapter
 2011 – 2024 Member, Epsilon Eta Chapter

Clinical practice service

- 2013 – 2016 Professional Practice Council, Alton Memorial Hospital
 2015 – 2016 Chair
 2013 – 2015 Member
- 2013 - 2015 Diabetes Resource Team, Alton Memorial Hospital

University Service

- 2017 - 2019 Faculty Fellow, Southern Illinois University Edwardsville

Collegiate Service

- 2025 – present Writing Across the PhD Curriculum Workgroup, Member, PhD Assembly, College of Nursing, University of Iowa
- 2025 College of Nursing Faculty Awards, Reviewer, College of Nursing, University of Iowa
- 2025 College of Nursing Honors Program, Applicant Reviewer, College of Nursing, University of Iowa

2025	College of Nursing MSN-EIP Program, Applicant Reviewer, College of Nursing, University of Iowa
2022	Faculty Council Chair-elect, School of Nursing, Southern Illinois University Edwardsville
2020 – 2022	Dean’s Advisory, School of Nursing, Southern Illinois University Edwardsville
2019 – 2022	Committee on Committees, School of Nursing, Southern Illinois University Edwardsville
2020 – 2022	Chair
2019 – 2020	Member
2018 – 2022	Undergraduate Curriculum Committee, School of Nursing, Southern Illinois University Edwardsville
2019 – 2020	Ad Hoc Clinical Tool Planning Committee
2018 – 2020	Ad Hoc Course Content Evaluation Group
2018 – 2022	Member
2017 – 2019	Student Nurses Association, Faculty Co-Advisor, School of Nursing, Southern Illinois University Edwardsville
2017 – 2019	Continuing Education Approved Provider Unit Committee, School of Nursing, Southern Illinois University Edwardsville
2017 – 2018	International Simulated Learning Resource Team, School of Nursing, Southern Illinois University Edwardsville
2016 – 2022	Simulation Steering Committee, School of Nursing, Southern Illinois University Edwardsville

TEACHING

Instructional Activities

Course Instruction

2023 - present	College of Nursing, University of Iowa
2025	N3451: Basic Clinical Concepts (clinical simulation, Summer and Fall semesters, 6-8 students per section)
2024 - 2025	N3151: Introduction to Clinical Concepts, Lab A (clinical simulation, Fall/Spring semesters, 6-7 students per section)
2023	Invited speaker: First Year Students, Nursing Careers
2023, 2025	Invited speaker: Researchers in the Classroom
2021	Sinclair School of Nursing, University of Missouri, Columbia, MO
2021	N7110: Advanced Nursing Role Acquisition (teaching practicum)
2021	N7087: Leadership and Technology Institute (teaching practicum)
2019 – 2021	SSM Health, St. Louis, Missouri and School of Nursing, Southern Illinois University Edwardsville, Edwardsville, IL Collaboration
2019 – 2021	Registered Nurse Return to Practice (didactic, Summer semester, 5 students)

2016 – 2022	School of Nursing, Southern Illinois University Edwardsville, Edwardsville, IL
2020 – 2022	NURS472: Scholarly Inquiry: Connecting Research to Practice (didactic, Spring/Summer/Fall semesters, 30 students)
2020	NURS480r: Nursing Leadership in Healthcare Systems (online, Summer semester, 20 students)
2019	NURS484r: Quality, Safety, and the Professional Nurse (online, Summer semester, 20 students)
2019 – 2022	NURS476: Care of Persons with Complex Needs (didactic, Spring/Fall semesters, 56 students)
2018 – 2019	NURS246: Foundations and Health Assessment (didactic, Spring/Fall semesters, 40 students)
2017	NURS489: Senior Capstone 2 (Fall semester, 5 students)
2017 – 2022	NURS472r: Scholarly Inquiry: Connecting Research to Practice (online, Spring/Summer/Fall semesters, 22 students)
2017 – 2018	NURS342: Adult Health 1 (didactic, Spring/Summer/Fall semesters, 45 students)
2017	NURS479: Senior Capstone 1 (Spring semester, 5 students)
2017 – 2020	NURS343: Adult Health 2 (didactic, Spring/Summer/Fall semesters, 45 students)
2016 – 2020	NURS476: Care of Persons with Complex Needs (clinical, Spring/Fall semesters, 8 students)
2016 – 2018	NURS343: Adult Health 2 (clinical, Spring/Summer/Fall semesters, 8 students)
2016 – 2018	NURS342: Adult Health 1 (clinical, Spring/Summer/Fall semesters, 8 students)
2016 – 2022	NURS482: Transition to Professional Practice (clinical, Spring/Fall semesters, 8 students)

New Course Development

2020	Illinois Eastern Community College/Olney Central College, Illinois Board of Higher Education, Simulation Workshop
2019	Registered Nurse Return to Practice

Mentoring and Advisement

BSN honors projects

2024	Bye, Melanie – Nursing – Degree Objective: BSN Project mentor for examining data visualization using symptom management in cancer patients
2023	Shaver, Ellie – Nursing – Degree Objective: BSN Examining the use of wearable technology in rural older adults with type 2 diabetes

Summer Scholars

2025	Raasch, Olivia – College of Public Health – Degree Objective: Public Health Csomay Summer Scholar
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Senior capstone project

2017 – 2018	Kadlick, Brittany – Nursing – Degree Objective: BSN
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Skin-to-skin care and the effects on growth and development in the NICU population

2017 – 2018 Kronewitter, Ciara – Nursing – Degree Objective: BSN
Exercise in pediatric oncology

2017 – 2018 Lurkins, Cortney – Nursing – Degree Objective: BSN
The effects of cancer in pregnant women

2017 – 2018 LaJeunesse, Kaylie – Nursing – Degree Objective: BSN
The benefits of continuity of care in the adult population measured by outcome

2017 – 2018 Martin, Rahkel – Nursing – Degree Objective: BSN
Effects of religion and spirituality on mental health

Master's students practica

2021 Boulware, Danielle – Nursing – Degree Objective: MSN, Nurse Educator
Didactic teaching practicum

2018 Fendler, Danielle – Nursing – Degree Objective: MSN, Nurse Educator
Clinical teaching practicum

2017 Basarich, Kerry – Nursing – Degree Objective: MSN, Nurse Educator
Clinical teaching practicum

Doctoral student projects

2023 Youn, Nayung – Nursing- Degree Objective: PhD
Provided mentorship in social determinants of health and conducting quality assessment for systematic reviews on cancer pain and social determinants of health systematic review

2023 – 2024 Aggarwal, Sugandha – Nursing – Degree Objective: PhD
Provided mentorship surrounding community-based recruitment strategies and qualitative data analysis on usability and acceptance of the fitbit inspire 3 in rural older adults with type 2 diabetes

2022 – 2023 Chen, Shaoshuai – Nursing – Degree Objective: PhD
Provided mentorship on conducting a systematic review and social determinants of health on social determinants of health and accelerated epigenetic aging in type 2 diabetes systematic review

Doctoral student committee

2025 Aggarwal, Sugandha – Nursing – Degree Objective: PhD
DRP Committee member

2025 Ding, Linlin – Nursing – Degree Objective: PhD
ISP Committee member