

Mary Catherine Kapella, PhD, RN
Curriculum Vitae
 Department of Biobehavioral Health Sciences
 University of Illinois College of Nursing (MC 802)
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EDUCATION:

University of Illinois Chicago	PhD	Nursing
University of Illinois Chicago	MS	Nursing
Aurora University	BSN	Nursing
Joliet Junior College	ADN	Nursing

POSTGRADUATE TRAINING:

2012	NIH/NINR Fatigue/Sleep Bootcamp
2011	Young Investigator Research Forum, American Academy of Sleep Medicine
2008-2011	Mentored Research Scientist Development, NIH, National Institute for Nursing Research

EMPLOYMENT:

2013-present	Assistant Professor, Tenure Track, College of Nursing University of Illinois at Chicago, Chicago, IL
2007 - 2013	Associate Director for Outreach and Education Center for Narcolepsy, Sleep and Health Research University of Illinois at Chicago, Chicago, IL
2004 – 2013	Research Assistant Professor, College of Nursing University of Illinois at Chicago, Chicago, IL
1998 - 2004	Research Specialist, College of Nursing, University of Illinois at Chicago
1997 - 1998	Nursing Consultant, Power Pak Communications, Riverview, Florida
1997 - 1997	Teaching Assistant, College of Nursing University of Illinois at Chicago, Chicago, IL
1996 - 1999	Substitute Clinical Instructor, Nursing Joliet Junior College, Joliet, IL University of Illinois at Chicago, Chicago, IL
1977 - 1997	Staff & Charge Nurse, ICU and CCU, Respiratory Clinical Case Manager Silver Cross Hospital, Joliet, IL

HONORS and AWARDS:

1990 Sigma Theta Tau Induction
1991 Keyton Nixon Scholarship, Silver Cross Hospital, Joliet IL
1998 Doctoral Dissertation Award, Kapella (PI). Nursing Assembly of the American Lung Association of Metropolitan Chicago
1999 Doctoral Dissertation Award, Kapella (PI). Nursing Assembly of the American Lung Association of Metropolitan Chicago
2007 Clinical Translational Scholars Award. 2007, Center for Clinical Translational Science, University of Illinois at Chicago, Chicago,
2009 UIC Council for Excellence in Teaching Departmental Teaching Excellence Award
2011 UIC Chancellor's Discovery Fund for Multidisciplinary Pilot Research Awardee

RESEARCH:

EXTRAMURAL

In Preparation: 2014 Kapella, MC (PI) Supplement to 1R01NR013937-01A1

Submitted/Under review:

None .

Funded:

2013-2018 **Kapella, MC (PI)**. Efficacy and mechanisms of a behavioral therapy for insomnia coexisting with COPD. RO1, NIH/NINR (1R01NR013937-01A1). Direct costs \$486,428/yr1.

2011-2013 Carley, DW (PI). **Kapella, MC (Affiliate)** Sleep dependent determinants of biobehavioral function. NIH, NHLBI (R13HL112617). Direct costs \$49,543/yr1.

2008-2011 **Kapella, MC (PI)**, Nurse managed cognitive behavioral therapy for insomnia in people with COPD. NIH, National Institute for Nursing Research. (KO1NR010749, Direct costs \$286,260/3 years).

2007-2010 Zerwic, J (PI), **Kapella, MC (Center Affiliate)** Center for Reducing Risks in Vulnerable Populations. NIH, NINR (P30 NR009014).

2007-2008 Zwanziger, J (PI), **Kapella, MC (PI)**, Center for Clinical and Translational Science Scholar, NIH, National Center for Research Resources (K30RR022271). Funded 75% time for 3 years + \$75,000 direct costs, relinquished because of KO1 funding from NIH/NINR (above).

2002-2007 Larson, JL (PI). **Kapella, MC (Research Specialist)**, Nurse Managed Upper Body Strength Training in COPD. NIH, National Institute for Nursing Research (RO1 NR08037).

1997-2002 Larson, JL (PI) **Kapella, MC** (Research Specialist). Nursing Model: Respiratory Muscle Strength in COPD, NIH, National Institute for Nursing Research (R01NR004129)

INTRAMURAL:

2011-2013 Rubin L, and **Kapella MC**. (co-PIs). UIC Chancellor's Discovery Fund for Multidisciplinary Pilot Research. A pilot study of mechanisms underlying the relationship between hot flashes, sleep and memory dysfunction in perimenopausal women. \$40,000

PUBLICATIONS (^ = Peer-reviewed manuscripts. *Indicates data-based):

Published

Covey, M., McAuley, E., **Kapella, M.**, Collins, E., Alex, C., Berbaum, M., & Larson, J. (2012) Upper-Body Resistance Training and Self-Efficacy Enhancement in COPD. *Journal of Pulmonary and Respiratory Medicine*, S(9):1-8. PMID: 24707449.

Kapella MC, Herdegen JJ. (2012). Non-pharmacological therapy for insomnia in chronic illness. *American Thoracic Society Treatment Strategies Respiratory*. 3(1), 45-48.

Corbridge, S., Wilken, L., **Kapella, MC**. & Gronkewicz, C. (2012). An Evidence-Based Approach to COPD: Part 1. *American Journal of Nursing*. 112(3) 46-57. PMID: 22333971. ^ *

Kapella MC, Herdegen JJ, Perlis ML, et al. (2011). Cognitive behavioral therapy for insomnia comorbid with COPD is feasible with preliminary evidence of positive sleep and fatigue effects. *International Journal of Chronic Obstructive Pulmonary Disease*, 11(6) 625-635. PMID: 22162648. ^ *

Berger BE, **Kapella MC**, Larson JL. (2011). The experience of stigma in chronic obstructive pulmonary disease. *Western Journal of Nursing Research*, 33(7):916-932. PMID: 20940446. ^ *

Kapella MC, Larson JL, Covey MK, Alex CG. (2011). Functional Performance in Chronic Obstructive Pulmonary Disease Declines with Time. *Medicine and Science in Sports and Exercise*, 43(2):218-24. PMID: 2989985. ^ *

Kapella, MC, Larson, JL., Patel, M., Covey, MK., Berry, JK. (2006). Subjective fatigue, influencing variables and consequences in chronic obstructive pulmonary disease, *Nursing Research*, 55(1)10-17. PMID:16439924. ^ *

Larson, JL., **Kapella, MC**, Wirtz, S., Covey, MK., & Berry, J. (1998). Reliability and validity of the Functional Performance Inventory in patients with moderate to severe chronic obstructive pulmonary disease. *Journal of Nursing Measurement*, 6(1) 55-73. ^ *

Submitted

Under Review:

Larson JL, Covey MK, **Kapella MC**, Alex CG, McAuley E (2014). Self-efficacy enhancing intervention increases light physical activity in people with COPD.

Ebben MR, **Kapella MC**. (2014). American Thoracic Society Patient Information Series: Insomnia.

Weaver TE, Farabi SS, Fink AM, Galang-Boquirem T, **Kapella MC**, Calik M, Prasad B, Carley DW (2014). Innovative treatments for sleep apnea.

In Preparation

Kapella MC, et al. (2014). Perceived stigma as a determinant of functioning in young adults with narcolepsy.

Weaver et al. including **Kapella MC** (2014). Innovative treatments for obstructive sleep apnea.

Hacker EM et al. including **Kapella MC** (2014). Sleep in hospitalized stem cell transplant patients.

Larson JL, Covey MK, **Kapella MC**, Alex CG, McAuley E (2014). Self-efficacy enhancing intervention increases light physical activity in people with COPD.

Rubin L, **Kapella MC** et al (2014) r/t mechanisms underlying the relationship between hot flashes, sleep and memory dysfunction in perimenopausal women.

Schumacher R, **Kapella MC** et al. (2014). Changing Nurses' Knowledge and Attitudes for Promoting Bedtime Routines and Rituals of Hospitalized Children.

Kapella MC, Vispute SS, Herdegen JJ, Carley DW (2014). Comparison of actigraphy scoring methods for sleep in chronic obstructive pulmonary disease

Book Reviews

Kapella, MC., (1994). Review of Handbook of Nursing Diagnosis (5th edition) by Carpinito, L., Journal of Nursing Staff Development, 10(2).

Published Abstracts (+Indicates abstract was presented in a poster presentation format at a professional meeting)

Rubin LH, Drogos LL, **Kapella MC**, Geller SE, & Maki PM (2014). Cortisol awakening response differs for midlife women with objective vasomotor symptoms versus without vasomotor symptoms

Kapella MC, Vispute SS, Herdegen JJ (2014). Comparison of actigraphy scoring methods for sleep in chronic obstructive pulmonary disease. *Am J Respir Crit Care Med, Vol. 189 Meeting Abstracts, A 1791.*

Kapella MC, Berger BE, Angeles C, Carley DW. (2013). Social impact of narcolepsy on young adults. *SLEEP*. Volume 36, A0726+

Kapella MC, Herdegen JJ, Carley DW. (2012). A pilot study examining emotional function as mediator of the relationship between sleep quality and fatigue in COPD. *SLEEP*. Volume 35, A0875+

Kapella, MC., Herdegen, J., Perlis, M., Shaver, J., Larson, J., Carley, D. (2011). Feasibility of cognitive behavioral therapy for insomnia in COPD. *SLEEP*. Volume 34, A 0654.+

Larson JL, Covey MK, **Kapella MC**. (2011). Effects Of Self-Efficacy Enhancing Intervention To Increase Physical Activity In People With COPD. *Am J Respir Crit Care Med* 183;2011:A5039. +

Kapella, MC, Carley, DW, Shaver, JL, Berger, BE. (2010). Predictors of sleep-related functioning in young adults with narcolepsy. *SLEEP*. Volume 33,A 0814. +

Covey, M.K., Larson, J.L., **Kapella, M.C.**, Collins, E.G., Alex, C.G., Sibilano, H.(2009). Factors related to adherence to training in COPD. *Am J Respir Crit Care Med* 179:A2300. +

Kapella, M.C., Berger, B.E., Larson, J.L. (2008). Social changes and stigma in COPD. *Am J Respir Crit Care Med* 177, A826. +

Covey, M.K., Larson, J.L., **Kapella, M.C.**, Collins, E.G., Alex, C.G., Sibilano, H. (2008). Effects of a 16 week program of upper body resistance training and exercise-specific self-efficacy enhancement in COPD. *Am J Respir Crit Care Med* 177, A558. +

Kapella, M.C., Covey, M.K., Larson, J.L. (2008). Reliability and validity of the Pittsburgh Sleep Quality Index in people with COPD. *Am J Respir Crit Care Med* 177, A842. +

Kapella, MC, Ford, S.,Covey MK, Larson, JL. (2007). "Symptoms and Affective Distress in COPD". *Am J Respir Crit Care Med* 175(7), A 599. +

Kapella, MC, Ford, S.,Covey MK, Larson, JL. (2007). "Symptoms and Affective Distress in COPD". Proceedings of the Midwest Nursing Research Society Conference, Omaha, NE, No.406C, p.68. +

Kapella, MC, Larson, JL, Covey, MK. (2006) Cumulative effects of exacerbations in COPD. Proceedings of the Midwest Nursing Research Conference, Proceedings of the Midwest Nursing Research Society 30th Annual Research Conference, Milwaukee, WI, March 31-April 3, 2006. +

Leidy, NK., Flood, E., **Kapella, MC.**, Leibman, C., Goldman, M. (2004). Measuring dyspnea in COPD: The patient's perspective of a daily diary. *Am J Respir Crit Care Med* 169(7), A 608. +

Covey MK, Larson JL, **Kapella MC**, Santefort, KL, Albazzaz F, Alex CA. (2004). Longitudinal decline in functional performance: chronic obstructive pulmonary disease. *Am J Respir Crit Care Med* 169(7), A 756. +

Larson JL, Covey MK, **Kapella MC** (2003).Barriers Efficacy: COPD Version. *Am J Respir Crit Care Med* 167(7), A 673. +

Covey MK, Larson JL, **Kapella MC.**, Alex, C., Albazzaz F., Sibilano, H. (2002). Long-term effects

of pulmonary exacerbation on PImax, body composition, functional performance in COPD. *Am J Respir Crit Care Med* 165(8), A737. +

Covey MK, Larson JL, **Kapella MC.**, Alex, C., Albazzaz F. (2002). "Bone mineral density (BMD) in men and women with COPD". Proceedings of the Midwest Nursing Research Society Conference, Chicago, IL, No.3056, p.4. +

Larson JL, Covey MK, Alex, C., Albazzaz F., **Kapella MC.**, Santerfort, K. (2002). "Inspiratory muscle strength in COPD: two-year follow-up". Proceedings of the Midwest Nursing Research Society Conference, Chicago, IL, No.3232, p.11. +

Kapella, M.C., Larson, J.L. Patel, M., Berry, J., Covey, M.K. (2002). Subjective fatigue and performance in chronic obstructive pulmonary disease. *Am J Respir Crit Care Med* 165(8), A 460. +

Kapella, MC, Larson, JL, Patel, M., Berry, J., Covey, MK. (2001). Subjective fatigue and performance in people with COPD. Poster presentation, Midwest Nursing Research Conference, Milwaukee, WI. +

Covey MK, Larson, JL, **Kapella MC**, Alex, CG, Albazzaz F. (2001). Bone mineral density (BMD) in men and women with COPD., *Am J Respir Crit Care Med* 163(5), A57. +

Larson, JL, Covey MK, Alex C, Albazzaz FJ, **Kapella MC.** (2001). Inspiratory muscle strength in chronic obstructive pulmonary disease. *Am J Respir Crit Care Med* 163(5), A966. +

Larson, J.L., **Kapella, M. C.**, Wirtz, S., Covey, M. K., & Berry, J. (1998). Reliability and validity of the Functional Performance Inventory in patients with moderate to severe COPD. *Journal of Nursing Measurement*, 6(1), p. 55-73. +

Covey, M.K., Larson, J.L., **Kapella, M.C.**, Wirtz, S., Berry, J. (1998). Reliability and validity of the Functional Performance Inventory in patients with moderate to severe chronic obstructive pulmonary disease. *Am J Respir Crit Care Med* 157(3), A 748. +

Larson, J.L., Kirchgessner, I., McCutcheon, D., Binns, C., Ferrans, C.E., **Kapella, MC.** (1998). Quality of life in chronic obstructive pulmonary disease: Gender differences. *Am J Respir Crit Care Med* 157(3), A 869. +

Kapella, M. C., Merritt, S. L., Knafli, K. (1994). Experiences and needs of surrogate decision-makers. *American Journal of Critical Care*, 3(3), p224. +

Kapella, M. C., Merritt, S. L., Knafli, K. (1994, April). Experiences and needs of surrogate decision-makers. Poster presentation at 18th Annual Midwest Nursing Research Conference, Milwaukee, WI. +

Merritt, S. L. & **Kapella, M. C.** (1994, April), HBC knowledge and misconceptions of high to low literacy hyperlipidemic adults. Teaching and Learning in Health and Illness Symposium, 18th Annual Midwest Nursing Research Society Conference, Milwaukee, WI. +

PROFESSIONAL ACTIVITIES:

Reviewing Experience:

Manuscript Reviewer for: *Nature & Science of Sleep, Health & Quality of Life Outcomes, Clinical Interventions in Aging, Biological Research in Nursing, Chest, Geriatric Nursing, Heart & Lung, Nursing Research, Western Journal of Nursing Research, Biomed Central, International Journal of Nursing Studies, International Journal of COPD.*

Membership, Professional Organizations and Committees:

2014-present ATS Nursing Assembly Executive Committee
2013-present ATS Patient/Family Education Committee member
2013-present ATS Nursing Assembly Planning Committee member
2012-present Society for Behavioral Sleep Medicine, Program Committee member
2012-present ATS Assembly on Behavioral Science and Health Services Research
2011-2012 Midwest Nursing Research Society, Scholarship Committee
2011 Midwest Nursing Research Society, abstract reviewer
2009-present Society for Behavioral Sleep Medicine, founding member.
2009-2011 Sleep Research Society, member
2007-present American Academy of Sleep Medicine, member
1999-2012 ATS Nursing Assembly Program Committee member
2006-2007 ATS Nursing Assembly Nominating Committee member
1998-2002 Respiratory Nursing Society, National, member
1998-2001 Respiratory Nursing Society, Northern Illinois Chapter - charter member, secretary
1998-present American Thoracic Society (ATS), Nursing Assembly, Member
1998 American Lung Association, Chicago Metropolitan Chapter Nursing Assembly, Program Committee member
2001-present Midwest Nursing Research Society, member
1989 American Association of Critical Care Nurses, member & Joliet Area Chapter, 1989 - charter member and Treasurer.
1993-present Sigma Theta Tau, member

Membership, Volunteer Service Organizations:

2008-present Zonta International and Will County Chapter, member. Elected Board member 2014.

Scientific Review

2013-present American Lung Association Research Grant Peer Reviewer
2010 Ad Hoc Member, Operating Grant Review, Canadian Institutes of Health Research.

UIC Committees (only included from 2006-present):

2013-present Member, UIC College of Nursing Appointment, Promotion, Tenure Committee
2012-13 Chair, College of Nursing Scholarship, Awards & Recruitment Committee
2012 Member, College of Nursing Strategic Planning Committee
2012 Member, College of Nursing Scholarship, Awards & Recruitment Committee
2011-2012 Member, Department of Biobehavioral Health Science Advisory Committee
2011-13 Chair, Department of Biobehavioral Health Science Social Committee
2008-present Member, UIC Graduate College
2008 Chair, Scholarship, Awards, and Recruitment Committee, UIC College of Nursing
2007 Member, Scholarship, Awards, and Recruitment Committee, UIC College of Nursing

2006 Member, Nominating Committee, College of Nursing

PRESENTATIONS (Presenting author bolded,*Research abstract/paper presentation at professional meeting, ‡ Invited presentations)

Schumacher RE, Obrecht JA, Savage TA, **Kapella, MC** (2014). Changing nurses' knowledge and attitudes for promoting bedtime routines and rituals of hospitalized children. Midwest Nursing Research Conference, St. Louis, MO.

Angeles C, **Kapella MC** (2013). The Impact of Narcolepsy on Self-image and Quality of Life in Young Adults. Illinois Math and Science Academy.

Kapella, MC (2012). Overlap Syndrome in COPD. Invited Oral Presentation, Chicago Metropolitan Lung Association, Catch Your Breath, Chicago, IL ‡

Kapella, MC (2012). Non-pharmacological therapy for Insomnia in chronic illness. Invited Oral Presentation, American Thoracic Society International Conference, San Francisco, CA. ‡*

Kapella, MC. (2012). Cognitive behavioral therapy for insomnia in COPD. Oral presentation, UIC College of Nursing Research Day. ‡

Kapella, MC. (2011). Impact of Sleep Disorders on Daytime Functioning. Oral Presentation, Kickoff for Sleep Dependent Determinants of Biobehavioral Function grant, BEDS Consortium. ‡

Kapella, MC (2011). Overview of Cognitive Behavioral Therapy for Insomnia. Invited Oral Presentation, American Thoracic Society International Conference, Denver, CO. ‡*

Kapella, MC. (2011). Cognitive behavioral therapy for insomnia in COPD: Feasibility. Invited Oral presentation, UIC College of Medicine. ‡

Kapella, MC. (2009). Nursing Year in Review: Fatigue. Invited Oral presentation, American Thoracic Society International Conference, San Diego, CA. ‡*

Kapella, MC, Ford, S.,Covey MK, Larson, JL. (2007). "Symptoms and Affective Distress in COPD". Proceedings of the Midwest Nursing Research Society Conference, Omaha, NE, No.406C, p.68.*

Kapella, MC. (2003). Subjective fatigue, associated variables and performance in people with COPD. Oral presentation, University of Illinois at Chicago, Chicago, IL.

Kapella, MC, Larson, JL, Patel, M., Berry, J., Covey, MK. (2002). Subjective fatigue and performance in people with COPD. Oral presentation, American Thoracic Society International Conference, Atlanta, GA. ‡*

Kapella, MC., Merritt, S. L., Knafel, K. (1994, May). Experiences and needs of surrogate decision-makers. Oral presentation, American Association of Critical Care Nurses National Teaching Institute, Atlanta, GA. ‡*

Kapella, MC. (1994, March), Legal and ethical aspects of critical care. Lecture presented at the Critical Care Consortium, St. James Hospital, Chicago Heights, IL. ‡

Merritt, SL. & Kapella, MC. (1993, November). HBC knowledge and misconceptions of high to low literacy hyperlipidemic adults (roundtable discussion). Great Lakes Regional Conference on Cardiovascular Disease Prevention, Medical College of Wisconsin, Milwaukee, WI. *

Kapella, MC., Merritt, S., Knafel, K. (1993, October). Experiences and needs of surrogate decision-makers, Silver Cross Hospital ethics committee.