

**CYNTHIA FRITSCHI, RN, PhD, APN, CDE**  
**Curriculum Vitae**

Office Address: University of Illinois at Chicago  
College of Nursing  
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**EDUCATION**

New York University, New York, NY	B.F.A.	1987
Rush University, Chicago, IL	B.S.N	1992
Rush University, Chicago, IL	M.S.	1994
University of Illinois at Chicago	Ph.D.	2008

**PROFESSIONAL EXPERIENCE**

2018 -	Associate Professor with tenure, University of Illinois at Chicago, College of Nursing, Department of Biobehavioral Health Science, Chicago, IL
2012-2018	Assistant Professor, University of Illinois at Chicago, College of Nursing, Department of Biobehavioral Health Science, Chicago, IL
2009-2012	Visiting Clinical Assistant Professor, University of Illinois at Chicago, College of Nursing, Department of Biobehavioral Health Science, Chicago, IL
2008-/2009	Clinical Instructor, College of Nursing, University of Illinois at Chicago, Chicago, IL
2007-2008	Research Assistant/Diabetes Education Video Development, University of Illinois at Chicago, School of Public Health
2005-2008	Teaching Assistant, University of Illinois at Chicago, College of Nursing
2000-2007	Project Director, University of Illinois at Chicago, College of Nursing
1996-2000	Director of Clinical Services, Diabetes Care Group: a division of Renal Care Group, Nashville, TN
1994-1996	Diabetes Clinical Nurse Specialist, Mercy Hospital, Chicago, IL
1992-1994	Staff Nurse, Medical-Surgical Unit, Rush Presbyterian St. Luke's Medical Center, Chicago, IL

**HONORS and AWARDS**

2017	American Diabetes Association Young Investigator Travel Grand Award for poster presentation (moderated poster session) at 2017 Scientific Sessions
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2017	UIC College of Nursing Barbara Berger Award for Excellence in Teaching
2016	Sigma Theta Tau Alpha Lambda Chapter Nursing Recognition Award
2014	Keynote Speaker: 2014 UIC CON White Coat Ceremony
2013	Travel Award for poster presented at the 2013 Society for Behavioral Medicine Scientific Sessions from the Diabetes Special Interest Group
2012	Faculty Research Award: Janet A. Deatrck and UIC Nursing Junior Faculty Fund
2010	Research Fellowship: CDC Physical Activity and Public Health Course
2005	Seth Rosen Graduate Student Award, University of Illinois at Chicago
1993	Sigma Theta Tau (inducted at Rush University, Chicago, IL)

### **CERTIFICATIONS and LICENSES**

1992-present	Registered Nurse (Illinois)
1996-present	Advanced Practice Nurse (Illinois)
1994-present	Certified Diabetes Educator

### **RESEARCH**

#### **Extramural Funding**

#### **Funded**

2019-2023	Type 1 Diabetes in Pre-Menopausal Women: Integrating Menstrual Cycle Related Physiological Changes and Symptoms into a Multivariable Artificial Pancreas Juvenile Diabetes Research Foundation 4-SRA-2020-887-M-B Total Costs \$1,996,209 Role: Co-I (Quinn)
2019-2020	Building self-regulation capacity in AA T2DM women: Feasibility of an ecological momentary intervention NIH/ NIDDK P30 DK092949 (sub-award) Total Costs \$25,000 Role: PI
2019-2020	A Physical Activity Program to disrupt Sedentary Time in Older Latinos Midwest Roybal Center for Health Promotion Direct Costs: \$50,000 Role: Co-I (PI Bronas)

## Submitted

2020-2023      The 24-hour activity cycle and risk of cardiovascular disease in Asian Americans  
AHA Career Award  
Role: External Consultant (PI Park, Charong. Vanderbilt)

## Completed

2012-2016      1R00 NR012219 Momentary Biobehavioral Effects on Physical Activity in Adults with  
T2 Diabetes. (In no-cost extension)  
NIH/NINR R00 NR012219  
Total Costs \$744,000  
Role: PI

2010-2012      1K99 NR012219 Momentary Biobehavioral Effects on Physical Activity in Adults with  
T2 Diabetes. Mentor: Eileen Collins, PhD  
NIH/NINR  
Total costs: \$180,000  
Role: PI

2009-2010      2 D09 HP08 Addressing Cardiometabolic Risk in Advanced Practice Nursing  
HRSA Teaching Grant  
Direct Costs \$292,382  
Role: Co-I

2007              American Nurses Foundation, Virginia Kelly CRNA Scholar.  
Total: \$3,500

2005 - 2008      Fatigue, Exercise, and Diabetes. Medtronic/MiniMed. Equipment grant.  
Total: \$5,000.

1997- 1998      Diabetes Care in Dialysis Project. National Kidney Foundation of Indiana.  
Total: \$5,000  
Role: Co-PI

## Intramural Funding

2020-2022      Cognitive Function and Self-Management in Type 2 Diabetes. Midwest Roybal  
Center for Health Promotion and Translation at the University of Illinois.  
Total Costs: \$10,000.  
Role: Faculty Mentor (PI Kim)

2017-2019      Gestational Diabetes Mellitus: Influencing Metabolic and Cardiovascular Outcomes  
through Physical Activity  
UIC Center for Clinical and Translational Sciences Limited Competition  
Total Costs: \$30,000  
Role: Co-I (PI Quinn)

- 09/2016      The Relationship between Sleep and Self-Care in Aging Adults with Type 2 Diabetes  
UIC Center for Research on Health and Aging (Roybal Pilot)  
Total Costs: \$3000  
Role: Faculty Mentor (PI Zhu)
- 09/2016      The Relationship between Sleep Disturbance and Self-Care in Aging Adults with Type  
2 Diabetes: An Ecological Momentary Perspective  
UIC Chancellor's Graduate Research Award  
Total Costs: \$5000  
Role: Faculty Mentor (PI Zhu)
- 2016-2017      The effects of a supervised 12-week walking program on inflammatory markers,  
fatigue, and free-living physical activity in aging women with type 2 diabetes  
Total: \$20,000 UIC College of Nursing, Internal Research Support Program  
Role: PI
- 2014-2015      Feasibility of use of an inclinometer-based motion sensor device (activPAL3™VTap)  
for measuring sedentary behavior in adults with T2DM.  
Total: \$10,000 UIC College of Nursing, Internal Research Support Program  
Role: PI

#### **Predoctoral Funding**

- 2005-2008      Fatigue, Exercise, and Diabetes. NIH/National Institute of Nursing Research. F31  
NR009751 Predoctoral Fellowship. Mentor: Laurie Quinn, PhD
- 9/05-12/05      1 T32 NR007075 Biobehavioral Training Fellowship in Nursing

#### **Previously Submitted, not funded**

- 10/16/2018      1 R21 MD014286-01. Building self-regulation capacity for physical activity using an  
ecological momentary intervention: A feasibility study in African American women  
with type 2 diabetes  
NHLBI  
Total Requested: \$275,000  
Role: PI  
Scored: Requires feasibility data
- 02/2017      The Effects of Tailored Exercise on Fatigue, Sleep Quality, and Inflammation in  
Sedentary Women with Type 2 Diabetes  
NIH/NIDDK R21 DK116181-01  
Total Requested: \$275, 000  
Role: PI

- 11/2016 Exercise, Inflammation, and Fatigue in Aging Women with Type 2 Diabetes  
NIDDK/NIH-sponsored Diabetes Research and Training Center Pilot and Feasibility Program  
Total Requested: \$25,000  
Role: PI
- 04/2016 Bioenergetic MRI for High-resolution Mapping of Peripheral Muscle Fatigue and Fatigability Associated with Type 2 Diabetes  
American Diabetes Association, Innovative Clinical Science Award  
Total Requested: \$485,067  
Role: Co-I (PI Cai)
- 03/2016 Harnessing Technology to Improve Health Outcomes in Midlife and Older Adults with Type 1 Diabetes.  
NIH/NIDDK DP3  
Total Requested: \$3,746,420  
Role: Co-I (PI Quinn)
- 03/2015 Momentary Bioenergetics and Patient-Reported Outcome Effects on Exercise Bouts in Obese, Sedentary Women with Type 2 Diabetes.  
UIC/OVCR Chancellor's Discovery Fund  
Total Requested: \$30,000 Score: 3/5  
Role: Co-PI with Jake Haus
- 06/2015 (R01) Self-paced Walking in Sedentary, Obese Women with Type 2 Diabetes: A Randomized Clinical Trial  
NIH/NINR  
Total requested: \$3,036,856  
Role: PI
- 03/2013 Piano, M.R. (PI). (Fritschi, Project Faculty) Advancing Symptom Science Through Nursing Education (ASCEND). T32NR014836 NIH, National Institute for Nursing Research. \$1,447,551 (total costs).

**Awarded Graduate Student Research Awards:**

- 2020 Kim, Min Jung. *Cognitive Function and Self-Management in Type 2 Diabetes*. Midwest Roybal Center for Health Promotion and Translation at the University of Illinois. \$10,000.
- 2017 Zhu, Bingqian. *Relationships between Sleep and Self-care in Type 2 Diabetes: An Ecological Momentary Perspective*. Midwest Roybal Center for Health Promotion and Translation at the University of Illinois. \$3,000.
- 2016 Zhu, Bingqian. *Relationships between Sleep and Self-care in Type 2 Diabetes: An Ecological Momentary Perspective*. UIC Chancellor's Award for Graduate Research. \$5,000.

**PUBLICATIONS** (All peer-reviewed manuscripts. \*denotes data-based paper. Senior author underlined).

- \*Hernandez, A., Bronas, U.G., Steffan, A., Marquez, D., **Fritschi, C.**, Quinn, L., & Collins, E.G. (In press, accepted 12/2019). Rhythmic Auditory Stimulation Increases 6-Minute Walk Distance in Individuals with COPD: A Cross-Sectional Study. *Heart & Lung*
- \*Zhu, B., Kapella, M.C., Zhao, X., & **Fritschi, C.** (2020). Intra-individual variability in sleep is related to glycemic control in adults with type 2 diabetes. *Journal of Advanced Nursing* 76(4), 991-998. <https://doi.org/10.1111/jan.14290>
- \***Fritschi, C.**, Park, C.G., Quinn, L. & Collins E.G. (2020). Real-time Associations between Glucose Levels and Fatigue in Type 2 Diabetes: Gender and Time Effects. *Biological Research for Nursing* 22(2), 197-204. <https://doi.org/10.1177/1099800419898002>
- \***Faulkner, M.S.**, Quinn, L., **Fritschi, C.**, Tripp, N., & Hayat, M.J. (2019) Heart rate variability and cardiorespiratory fitness in non-Hispanic black versus non-Hispanic white adolescents with type 1 diabetes. *Journal of Cardiovascular Nursing*; 34(5), 372-379. DOI:10.1097/JCN.0000000000000590
- \***Fritschi, C.**, Martyn-Nemeth, P., Zhu, B., & Kim, M. (2019) Active Learning: Lessons from women with type 2 diabetes in a walking program. *The Diabetes Educator*; 45(4), 370-379
- \***Zhu, B.**, Martyn-Nemeth, P., Ruggiero, L., Park, C. G., Zhang, Y., & **Fritschi, C.** (2019). Associations between fatigue, sleep disturbance and eating style in adults with type 2 diabetes: A correlational study. *Journal of Clinical Nursing*.28(17-18), 3200-3209.
- \***Zhu B**, Quinn L, Kapella MC, Bronas UG, Collins EG, Ruggiero L, Park CG, **Fritschi C.** Relationship between sleep disturbance and self-care in adults with type 2 diabetes; *Acta Diabetol.* 2018 55(9), 963-970. PubMed PMID: [29931420](https://pubmed.ncbi.nlm.nih.gov/29931420/)
- \***Martyn-Nemeth, P.**, Duffecy, J., **Fritschi, C.**, & Quinn, L. Experiences with Self-management: Challenges imposed by hypoglycemia in adults with type 1 diabetes. (2018, in press, J. Clin. Nsg). doi:[10.1177/1054773818774702](https://doi.org/10.1177/1054773818774702).
- \*Luu, Q., Villareal, C., **Fritschi, C.**, Monson, R.S., Oberholzer, J., & **Danielson, K.** (2018) Concerns and hopes of patients with type 1 diabetes prior to islet cell transplantation: A content analysis. *Journal of Diabetes and its Complications.* 32(7), 677-681
- \***Zhu B**, Bronas UG, **Fritschi C**, Sleep assessment in aging adults with type 2 diabetes: Agreement between actigraphy and sleep diaries, *Sleep Medicine* (2018), 46. 88-94. doi: 10.1016/j.sleep.2018.03.008.
- \***Fritschi, C.**, Bronas, U. G., Park, C. G., Collins, E. G., & Quinn, L. (2017). Early declines in physical function among aging adults with type 2 diabetes. *Journal of Diabetes and its Complications*, 31(2), 347-352. doi: 10.1016/j.jdiacomp.2016.06.022
- \*Zhu, B., Quinn, L., & **Fritschi, C.** (2017) Relationship and variation of diabetes related symptoms, sleep disturbance and sleep-related impairment in adults with type 2 diabetes. *Journal of Advanced Nursing.* 74(3), 689-697DOI: 10.1111/jan.13482. PMID: 29114911. \* Note: Featured in Wiley's Research Headlines: Nov. 8, 2017
- Zhu B**, Vincent C, Kapella MC, Quinn L, Collins EG, Ruggiero L, Park C, **Fritschi C** (2017) Sleep disturbance in adults with diabetes: A concept analysis. *J Clin Nurs* 27, e50-60. doi: 10.1111/jocn.14010.
- \*Richardson, A., **Fritschi, C.**, Stephenson, S., Schneider, J. (2017) The Effect of Anal Dysplasia and Cancer Screening Education on Attitudes, Beliefs, and Self-Efficacy. *Journal of Doctoral Nursing Practice* 10(2), 155-160.
- Zhu, B., **Fritschi, C.**, Kapella, M., & Hershberger, P. (2017). The Relationship Between Sleep Disturbance and Glycemic Control in Adults with Type 2 Diabetes: An Integrative Review. *Journal of Clinical*

*Nursing* 26, 4053-64.

- Quinn, L., & **Fritschi, C.** (2016). Sweet dreams: How sleep and sleep disturbances affect glycemic control in people with diabetes: Preface. *Diabetes Spectrum*, 29(1), 2-3. doi: 10.2337/diaspect.29.1.2 PMID: 26912956.
- \***Fritschi, C.**, Park, H., Richardson, A., Park, C., Riesche, L., Collins, E.G., Mermelstein, R., & Quinn, L. (2016). Temporal association between time spent in sedentary behavior and duration of hyperglycemia in type 2 diabetes. *Biological Research for Nursing*, 18(2), 160-6 [Epub ahead of print 08/16/2015] PMID: 26282912
- \*Park, H., **Fritschi, C.**, Park, C., & Quinn, L. (2015). Glucose control and fatigue in type 2 diabetes: The mediating roles of diabetes symptoms, and distress. *Journal of Advanced Nursing*, 71(7), 1650-1660. doi: 10.1111/jan.12632. PubMed PMID: 25690988. PubMed Central PMCID: PMC4478212
- \***Fritschi, C.**, & **Redeker, N. S.** (2015). Contributions of comorbid diabetes to sleep characteristics, daytime symptoms, and physical function among patients with stable heart failure. *Journal of Cardiovascular Nursing*, (30) 5, 411-419. PMID: 25078876, PMCID PMC4312262.
- Ryan, C. J.**, Choi, H., **Fritschi, C.**, Hershberger, P. E., Vincent, C. V., Hacker, E. D., Zerwic, J. J., Norr, K., Park, H., Tastan, S., Keenan, G. M., Finnegan, L., Zhao, Z., Gallo, A. M., & Wilkie, D. J. (2013). Challenges and solutions for using informatics in research. *Western Journal of Nursing Research*, 35(6), 722-741.
- \***Fritschi, C.**, **Collins, E. G.**, O'Connell, S., McBurney, C., Butler, J., & Edwards L. (2013). The effects of smoking status on walking ability and health-related quality of life in patients with peripheral arterial disease. *Journal of Cardiovascular Nursing*, 28(4), 380-386.
- \***Chang, A. K.**, Park, Y. H., **Fritschi, C.**, & Kim, M. J. (2013). A family involvement and patient-tailored health, management program in elderly Korean stroke patients' day care centers. *Rehabilitation Nursing*, [Epub ahead of print]. PMID: 23720087
- \***Chang, A. K.**, **Fritschi, C.**, & Kim, M. J. (2013). Sedentary behavior, physical activity, and psychological health of Korean older adults with hypertension: effect of an empowerment intervention. *Research in Gerontological Nursing*, 6(2), 81-88.
- \***Fritschi, C.**, Quinn, L., Hacker, E. D., Penckofer, S. M., Wang, E., Foreman, M., & Ferrans, C. E. (2012). Fatigue in women with type 2 diabetes. *The Diabetes Educator*, 38(5), 662-672.
- \***Collins, E. G.**, McBurney, C., Butler, J., Jelinek, C., O'Connell, S., **Fritschi, C.**, & Reda, D. (2012). The effects of walking or walking-with-poles training on tissue oxygenation in patients with peripheral arterial disease. *International Journal of Vascular Medicine*, Epub 2012 Sep 25.
- \***Chang, A. K.**, **Fritschi, C.**, & Kim, M. J. (2012). Nurse-led empowerment strategies for hypertensive patients with metabolic syndrome. *Contemporary Nurse*, 42(1), 118-128.
- Fritschi, C.**, & Fink, A. M. (2012). Fatigue in adults with type 2 diabetes: An overview of current understanding and management approaches. *European Journal of Endocrinology*, 8(2), 80-83.
- \***Fritschi, C.**, Quinn, L., Penckofer, S., & Surdyk, P. M. (2010). Continuous glucose monitoring: The experience of women with type 2 diabetes. *The Diabetes Educator*, 36(2), 250-257.
- Fritschi, C.**, & Quinn, L. (2010). Fatigue in patients with diabetes: A review. *Journal of Psychosomatic Research*, 69(1), 33-41.

- \*Faulkner, M. S., Quinn, L., & **Fritschi, C.** (2010). Microalbuminuria and heart rate variability in adolescents with diabetes. *Journal of Pediatric Health Care*, 24(1), 34-41.
- \*Faulkner, M.S., **Fritschi, C.**, Quinn, L., & Hepworth, J. (2010). Cardiovascular risks in adolescents with diabetes from vulnerable populations. *Home Health Care Management and Practice*, 22(2), 123-130.
- \*Shaibi, G. Q., Michaliszyn, S. B., **Fritschi, C.**, Quinn, L., & Faulkner, M. S. (2009). Type 2 diabetes in youth: A phenotype of poor cardiorespiratory fitness and low physical activity. *International Journal of Pediatric Obesity*, 4(4), 332-337.
- \*Michaliszyn, S. F., Shaibi, G. Q., Quinn, L., **Fritschi, C.**, & Faulkner, M. S. (2009). Physical fitness, dietary intake, and metabolic control in adolescents with type 1 diabetes. *Pediatric Diabetes*, 10(6), 389-394.
- \*Shaibi, G. Q., Faulkner, M. S., Weigensberg, M. J., **Fritschi, C.**, & Goran, M. I. (2008). Cardiorespiratory fitness and physical activity in youth with type 2 diabetes. *Pediatric Diabetes*, 9(5), 460-463.
- \*Faulkner, M. S., Chao, W. H., Kamath, S. K., Quinn, L., **Fritschi, C.**, Maggiore, J. A., Williams, R. H., & Reynolds, R. D. (2006). Total homocysteine, diet, and lipid profiles in type 1 and type 2 diabetic and nondiabetic adolescents. *Journal of Cardiovascular Nursing*, 21(1), 47-55.
- Fritschi, C.**, & Richlin, D. (2004). The metabolic syndrome--early action to decrease risks for cardiovascular disease. *AAOHN Journal*, 52(8), 320-322.
- Fritschi, C. (2001). Preventive care of the diabetic foot. *The Nursing Clinics of North America*, 36(2), 303-320, vii.

### Guest Editor, Journals

- Fritschi, C. & Quinn, L. (Guest Editors). Accompanying Editorial: Sweet Dreams: How Sleep and Sleep Disturbances Affect Glycemic Control in People with Diabetes. *Diabetes Spectrum*, Winter 2016, 29(1), 2.

### Invited Commentary

- Fritschi C. (2012). Use of real-time continuous glucose monitoring versus traditional self-monitoring of blood glucose levels, improves glycaemic control in patients with type 1 diabetes. *Evidence-Based Nursing*, 15(1), 7-8.

### Public Media and Internet

- 2016 UIC East Meets West Newspaper: Interviewed regarding consulting work for Adjunct Instructor in School of Design, Hector Silva's development of novel diabetes monitoring technology.
- 2012-2016 Internet interviews regarding publications and work in sleep, fatigue, and diabetes by health internet websites: WebMD (2012), Everyday Health (2012), and Diabetes Forecast (2016).

### Book Chapter

- Quinn, L., & Fritschi, C. (Contributor). (2010). Chapter 53: Caring for the patient with diabetes. In K. Osborn, A. Watson, & C. Wraa (Eds.), *Medical-Surgical nursing (5<sup>th</sup> ed.)*. Upper Saddle River, NJ:



Pearson.

**Published Abstracts and Poster Presentations (Presenting author underlined)**

- Park, C.G., Fritschi, C., Bronas, U.G., Quinn, L. (2019 June) *Continuous overall net physical activity (CONPA): An exploration of activity variability.* (Poster Presentation) International Conference on Ambulatory Physical Activity Monitoring Scientific Congress. Maastricht, NL.
- Zhu, B., Bronas, U. G., Collins, E., Kapella, M., Park, C.G., Quinn, L., Ruggiero, L. & Fritschi, C. (2018, June) *Relationships Between Sleep and Self-Care in Adults with Type 2 Diabetes.* Sleep Society Scientific Meeting. Baltimore, MD.
- Bronas, U., Fritschi, C., Vuckovic, K., Quinn, L., & Collins, E.G. (2018 May). *Impact of Primary Disease Status* (poster presentation). American College of Sports Medicine, Minneapolis, MN.
- Hernandez, A., Collins, E.G., Steffen, A., Bronas, U.G., Fritschi, C., Quinn, L., & Marquez, D. (2018, April). *Effects of Rhythmic Auditory Stimulation on Distance Walked and Dyspnea in COPD During 6-Minute Walk Test* (Poster presentation). Midwest Nursing Research Society.
- Fritschi, C., Zhu, B., & Park, C.G. (2017, June) *Temporal Relationships between Glucose, Sleep, and Fatigue in T2DM* (poster and moderated poster session. Awarded best abstract travel grant. American Diabetes Association Scientific Sessions, San Diego, CA.
- Zhu, B., Fritschi, C., & Quinn, L. (2017, June). *Predictors of Glucose Variability in T2DM Adults (Poster).* American Diabetes Association Scientific Sessions, San Diego, CA.
- Lin, K. Fritschi, C., Ferrans, C., Collins, E., Quinn, L. (2017, June). *The Mediating Effect of Self-Efficacy between Perceived Role Demands and Diabetes Self-Management Practices: Gender Differences.* (Poster). American Diabetes Association Scientific Sessions, San Diego, CA.
- Richardson, A., Fritschi, C., Stephenson, S., & Corbridge, S. (2017, March). Anal dysplasia and cancer screening among HIV care providers: Knowledge, attitudes, beliefs, and intentions to screen. MNRS UIC Student Poster Competition winner. Poster presentation at MNRS, Minneapolis, MN.
- Fritschi, C., Bronas, U. G., Park, C. G., & Quinn, L. (2016, June). *Differences in Predictors of Physical Function and Habitual Physical Activity in Aging Adults with Type 2 Diabetes.* Poster Presentation, American Diabetes Association Scientific Sessions, New Orleans, LA.
- Bronas, U. G., Fritschi, C., Treat-Jacobson, D., & Duprez, D. (2016, June). *Effect of Training on Immune Dysfunction in Patients with Stage 3-4 Hypertensive Kidney Disease.* Poster Presentation: Society for Vascular Medicine Annual Scientific Sessions, Boston, MA.
- Fritschi, C., Quinn, L., & Park, C. G. (2016, March). Predictors of daily activity among inactive adults with T2DM. *Annals of Behavioral Medicine: 50 (S1)*. Poster Presentation: Society for Behavioral Medicine 37<sup>th</sup> annual meeting, Washington, DC.
- Zhu, B., Quinn, L., Park, C., Collins, E., Riesche, L., & Fritschi, C. (2016, March). *Real-time Predictors of Fatigue in Adults with Type 2 Diabetes.* Poster presentation: Midwest Nursing Research Society Annual Meeting, Milwaukee, WI.
- Zhu, B., & Fritschi, C. (2015, June) Patient reported outcomes as predictors of sleep in T2DM. *Diabetes, 64(Suppl 1)*. Poster presentation: American Diabetes Association 75<sup>th</sup> Scientific Sessions. Boston MA.
- Faulkner, M. S., Quinn, L., & Fritschi, C. (2015, Nov.). Heart rate Variability and Cardiovascular Fitness are

lower in Non-Hispanic Black versus Non-Hispanic White Adolescents with Type 1 Diabetes. Poster Presentation, American Heart Association Scientific Sessions. Orlando, FL.

- Fritschi, C., Park, C., Quinn, L., Park, H., Richardson, A., Collins, E. G., & Mermelstein, R. (2014, Aug.). Dynamic Fatigue and Glucose Levels in Diabetes: Joint Trajectories of Patterns and their Predictive Ability. *International Journal of Behavioral Medicine*, 21(Suppl 1). Poster presentation: International Congress of Behavioral Medicine; Groningen, Netherlands.
- Fritschi, C., Park, C., Quinn, L., Park, H., Richardson, A., Mermelstein, R., & Collins, E. (2014, June). Glucose, Physical Activity, and Fatigue: Temporal Relationships in T2DM. *Diabetes*, 63(Suppl 1), A195. Poster and guided audio tour presentation: American Diabetes Association 74<sup>th</sup> Annual Scientific Sessions, San Francisco, CA.
- Fritschi, C., Park, C., Quinn, L., Park, H., Richardson, A., Collins, E. G., & Mermelstein, R. (2014, March). Fatigue Patterns in T2DM: Effects of Gender & Blood Glucose. *Annals of Behavioral Medicine*, 47(Suppl). Poster presentation: Society for Behavioral Medicine, Annual Meeting, Philadelphia, PA.
- Fritschi, C., Park, C., Mermelstein, R., Quinn, L., Collins, E. G., & Richardson, A. (2013, June). Exploratory Analysis of Real-Time Measures of Sleep and their Effects on Physical Activity in T2DM. *Diabetes*, 62(Suppl 1), A202. Poster and guided audio tour presentation: American Diabetes Association 73<sup>rd</sup> Annual Scientific Sessions, Chicago, IL.
- Park, H., Fritschi, C., Park, C. G., Richardson, A., & Quinn, L. (2013, June). *Latent Class Cluster Analysis of Glucose Variability among People with Type 2 Diabetes*. Poster Presentation: American Diabetes Association Scientific Sessions, Chicago, IL.
- Fritschi, C., Park, C., Quinn, L., Richardson, A., Collins, E. G., & Mermelstein, R. (2013, March). Emerging Dynamic Patterns in the Relationship between Physical Activity and Glucose Levels in Type 2 DM: A Pilot Study. *Annals of Behavioral Medicine*, 45(Suppl 2), s16. Poster presentation: Society for Behavioral Medicine, Annual Meeting, San Francisco, CA.
- Fritschi, C., & Collins, E.G. (2012, March). The Effects of Smoking on Walking Ability and Quality of Life in Adults with Type 2 DM and Peripheral Arterial Disease. *Annals of Behavioral Medicine*, 43(supplement 1), s229. Poster presentation: Society for Behavioral Medicine Annual Meeting, Washington, DC.
- Fritschi, C., & Quinn, L. (2010, June). Physical activity habits and predictors in healthy midlife women with type 2 diabetes. *Diabetes*, 62(Suppl 1), A202. Poster presentation at American Diabetes Association 70<sup>th</sup> Scientific Sessions, Orlando, FL.
- Byrn, M., Penckofer, S., Loftus, S., Quinn, L., Fritschi, C., & Ferrans, C. (2010, April). Glycemic variability impacts mood and quality of life in women with diabetes. Poster presentation: Midwest Nursing Research Society Annual Meeting, Kansas City, MO.
- Fritschi, C., & Quinn, L. (2008, September). Continuous blood glucose monitoring in women with type 2 diabetes: A potential method for changing behavior. Poster session presented at the 5th International Council of Nurses International Nurse Practitioner/Advanced Practice Nursing Network (INP/APNN) Conference, Montreal, Quebec, Canada.
- Fritschi, C., Quinn, L., & Wang, E. (2008, June). Fatigue in women with type 2 diabetes. *Diabetes*, 57(Suppl 1) A519. Poster presentation at American Diabetes Association 68<sup>th</sup> Scientific Sessions, San Francisco, CA.

- Faulkner, M. S., Fleet, S. B., Fritschi, C., Quinn, L. (2008, June). Personal and behavioral factors linked to cardiovascular risks in adolescents with type 1 or type 2 diabetes. *Diabetes*, 57(Supplement 1), A756-A7. Poster presentation at American Diabetes Association 68<sup>th</sup> Scientific Sessions, San Francisco, CA.
- Fleet, S. B., Shaibi, G. Q., Quinn, L., Fritschi, C. J., & Faulkner, M. S. (2008, June). Physical fitness and metabolic control in adolescents with type 1 or type 2 diabetes. *Medicine and Science in Sports and Exercise (Supplement 1)*, 40(5), S21. Oral Presentation at the 55th Annual Meeting of the American College of Sports Medicine, Indianapolis, IN.
- Shaibi, G. Q., Fleet, S. B., Fritschi, C. J., Quinn, L., & Faulkner, M. S. (2008, June). Type 2 diabetes in youth: A phenotype of low cardiorespiratory fitness and reduced physical activity. *Medicine and Science in Sports and Exercise (Supplement 1)*, 40(5), S73. Oral Presentation at the 55th Annual Meeting of the American College of Sports Medicine, Indianapolis, IN.
- Faulkner, M. S., Fritschi, C., Quinn, L., & Hepworth, J. T. (2008, October). Sociodemographic influences on cardiovascular risks in youth with type 1 vs. type 2 diabetes. Poster presentation at the Council for the Advancement of Nursing Science Meeting, Washington, DC.
- Fritschi, C., Smith, D., Watkins, Y., & Quinn, L. (2007). Diabetes symptoms versus glucose levels and fatigue in women. *Diabetes*, 56(Suppl. 1), A506. Poster presentation at American Diabetes Association 67<sup>th</sup> Scientific Sessions, Chicago, IL.
- Faulkner, M.S., Fritschi, C., Quinn, L., & Shaibi, G. (2007). Cardiovascular health and quality of life in adolescents with type 2 diabetes. *Diabetes*, 56 (Suppl.), A502. Poster presentation at American Diabetes Association 67<sup>th</sup> Scientific Sessions, Chicago, IL.
- Faulkner, M. S., Fritschi, C., Quinn, L., et al. (2006). Adolescents with type 2 versus type 1 diabetes exhibit greater cardiovascular risks. *Circulation*, 113(8), E345.
- Fritschi, C., Quinn, L., & Faulkner, M. S. (2006). Physical activity intensity linked to cardiovascular health in adolescents' diabetes. *Diabetes*, 55(Suppl. 1), A423. Poster presentation at American Diabetes Association 66<sup>th</sup> Scientific Sessions, San Diego, CA.
- Faulkner, M. S., Fritschi, C., Quinn, L., & Rich, B. H. (2005). Quality of life for adolescents with type 1 or type 2 diabetes. *Diabetes*, 54(Suppl. 1), A467.
- Faulkner, M. S., Quinn, L., Fritschi, C., Rimmer, J. H., & Rich, B. H. (2004, June). Biobehavioral factors and cardiovascular endurance in adolescents with diabetes. *Diabetes*, 53(Suppl 1), A442. Poster presentation at 64<sup>th</sup> American Diabetes Association Scientific Sessions, Orlando, FL.
- Fritschi, C., Chang, L., Chavez, N., Rich, B., Quinn, L., & Faulkner, M. S. (2004, June). Dietary intake and behaviors among adolescents with diabetes. *Diabetes*, 53(Suppl 2), A558.
- Faulkner, M., Quinn, L., Fritschi, C, Rimmer, L., Carley, D., & Rich, B. H. (2003). Exercise capacity and beliefs as links to cardiovascular risks in adolescents with diabetes. *Diabetes*, 52(Suppl 1), A412.
- Faulkner, M. S., Fritschi, C. J., Quinn, L., Rich, B., Rimmer, J. H., & Wang, Y. (2002). Differences in aerobic capacity of adolescents with type 1 and type 2 diabetes. *Diabetes*, 51(Suppl 2), A539.

**ORAL PRESENTATIONS (\*invited; presenting author underlined)**

- Fritschi, C., Zhu, B., & Quinn, L. (2017, June). *Temporal Relationships between Glucose, Sleep, and Fatigue in T2DM*. Moderated Poster Presentation and winner of Young Investigator Travel Grant Award: American Diabetes Association Scientific Sessions, San Diego, CA.
- \*Fritschi, C. (2016, October) *Physical Activity Research: Novel Methods for Studying the Gap between Biology and Behavior*. UIC Department of Kinesiology and Nutrition Seminar, Chicago, IL
- \*Fritschi, C. (2016, March). Fatigue, Physical Activity, and Glucose in Aging Adults with Type 2 Diabetes. Oral Presentation for University of Illinois at Chicago, College of Nursing Research Day.
- \*Fritschi, C., Park, C. G., & Quinn, L. (2016, April). *Predictors of Daily Physical Activity among Inactive Adults with Type 2 Diabetes*. Poster Presentation: Society of Behavioral Medicine Annual Meeting, Washington, DC, and University of Chicago Annual Diabetes Day, May 2016
- Fritschi, C., Quinn, L., & Park, C. (2015, June) *The Effects of Activity and Glucose on Fatigue in Type 2 Diabetes: Elucidating Relationships by Time Aggregate and Gender*. Oral Presentation: International Conference on Ambulatory Monitoring of Physical Activity, University of Limerick, Ireland.
- \*Fritschi, C. (2014, November). Momentary Biobehavioral Effects on Physical Activity in Adults with T2 Diabetes. Oral Presentation: American Heart Association Scientific Sessions, Chicago, IL. *Cardiovascular Research from Early Career Nurse Scientists*
- \*Fritschi, C. (2014, October). *Glucose, Physical Activity, and Fatigue: Temporal Relationships in Type 2 Diabetes*. Oral presentation: UIC Diabetes and Obesity Research Day. Chicago, IL.
- \*Fritschi, C. (2014, September). Keynote Address, UIC Inaugural White Coat Ceremony.
- Fritschi, C., Quinn, L., & Richardson, A. (2013, March). Physical activity habits in healthy midlife women with type 2 diabetes. Oral presentation: Midwest Nursing Research Society Annual Meeting, Chicago, IL.
- \*Fritschi, C. (2011, March). Fatigue and Physical Activity in Women with Type 2 Diabetes. Oral Presentation for University of Illinois at Chicago, College of Nursing Research Day.
- Fritschi, C., Quinn, L., Ferrans, C., Foreman, M., Hacker, E., Penckofer, S., & Wang, E. (2009, March). Predictors of Fatigue in Women with Type 2 Diabetes. Oral presentation: Midwest Nursing Research Society Annual Meeting, Minneapolis, MN.
- \*Fritschi, C. (2008, March). Fatigue, Exercise, and Diabetes. University of Illinois College of Nursing: Research Day.
- \*Fritschi, C. (2006, March). Heart Rate Variability Measurement Issues. Midwest Nursing Research Society Annual Meeting, Milwaukee, WI.
- \*Fritschi, C. (2002, March). Diabetes 2002: Clinical Treatment Strategies. Midwest Nursing Research Society Annual Meeting Pre-Conference, Chicago, IL.
- \*Fritschi, C. (2000, September). The Diabetic Heart. South Suburban Chapter of the American Dietetic Association.
- \*Fritschi, C. (2000, March). Diabetes Clinical Update. 9<sup>th</sup> Annual Advances in Medical-Surgical Nursing Conference.

\*Fritschi, C. (1994). State-of-the-Art Diabetes Management. Nursing Grand Rounds, Rush-Presbyterian-St. Luke's Medical Center, Chicago, IL.

### **OTHER RESEARCH ACTIVITIES**

2000-2007            Project Manager: Cardiovascular Risks in Adolescents with Diabetes NIH/NINR R01 NR007719, Melissa S. Faulkner, PI.

### **TEACHING EXPERIENCE**

#### **Graduate Students Advising**

<b>Name of Student</b>	<b>Program</b>	<b>Beginning/Completion Dates</b>	<b>Degree; Thesis Title; Role</b>
Laren Riesche	Bridges to PhD	2012-2013	MSN; <i>Infant Feeding in HIV-Infected Mothers: Global Perspectives</i> ; Bridges to the PhD Advisor
Andrew Richardson	AGNP	8/2012-12/2014	MSN; <i>The Relationship between Time spent Sedentary and Time spent in Hyperglycemia in Type 2 Diabetes</i> ; Thesis Chair
Andrew Richardson	DNP	8/2015-5/2017	DNP; <i>Anal dysplasia and cancer screening among HIV care providers: Knowledge, attitudes, beliefs, and intentions to screen</i> ; DNP Project Advisor
Pamela Kontos	DNP	8/2012-12/2014	DNP; <i>Feasibility and Acceptability of Structured Self-Monitoring of Blood Glucose</i> ; DNP Project Chair
Julie Hoang	MSN	06/2013-12/2014	MSN; <i>Correlation of Hemoglobin A1C Levels and Mean Daily Time of Moderate to Vigorous Intensity Exercise in Young Adults with Type 1 Diabetes</i> ; Committee member.
Keke Lin	PhD	8/2014-5/2017	PhD; <i>Factors influencing glycemic control among Chinese adults</i> ; PhD/Dissertation Committee
Lisa Landers	DNP	08/2015-12/2018	DNP Advisor & Faculty Project Mentor <i>Effects of a Quality Improvement Project to Improve Nurse and Nurse Practitioner Communication in the Acute Care Setting</i>
Jessica Kim	DNP	08/2015-	DNP Advisor
Stela Lopic	DNP	08/2015-12/2018	DNP Advisor
Jacqueline Savinon	DNP	08/2015-12/2018	DNP Advisor
Afrodita Salievski	DNP	08/2017-12/2018	Faculty Project Mentor <i>Multidisciplinary Intervention to Improve</i>

*Hyperglycemia among Patients on a Neurological Step-Down Unit.*

Bingqian Zhu	PhD	08/2014-5/2018	PhD; <i>Relationships Between Sleep and Self-care in type 2 Diabetes: An Ecological Momentary Perspective.</i> Advisor and Dissertation Chair.
Monica Hall	PhD	2012-2018	PhD Committee;
Alison Hernandez	PhD	2016-2018	PhD Committee; <i>Effects of Rhythmic Auditory Stimulation on Distance Walked Dyspnea in Individuals with COPD During 6-Minute Walk Test</i>
Min Jung Kim	PhD	2017-	PhD Advisor
Ting-Ti Lin	PhD	2018-	PhD Committee

**Honor's College Faculty Fellows**

Madeline Baxa, Pre-nursing student: Faculty Mentor	Spring 2017-2019
Project: <i>The relationship between food insecurity, psychological health and self-reported grades.</i>	
Awarded Honor's College funding for project.	
Mohammad Mohammad, Biology: Capstone Advisor	2018-2019
Project: The link between non-nutritive beverages and type 2 diabetes.	
Claire Montez, Kinesiology student, Capstone Advisor	Spring 2016-Spring 2017
Celine Villareal, BSN student: Faculty Mentor, Capstone Advisor	Fall 2013-Spring 2016
Ellen Lin, BSN Student: Faculty Fellow	Fall 2013-Fall 2015
Vivien Paez: Faculty Fellow	Fall 2013-Fall 2015

**Courses and Lectures**

SP. 2020	NURS 422 Pharmacology	Co-course coordinator
Fall 2019	NURS 537 Measurement in Health Research	Course coordinator
Fall 2019	Guest Lecture: NURS 421 Pathophysiology. 2 lectures: Endo/diabetes; Reproductive Disorders (revised and updated lectures)	
SP. 2019	Guest lecturer: NURS 422 Pharmacology. Endocrine and diabetes pharmacology, Bone health pharmacology (updated and revised lectures, provided exam questions).	
Sp. 2019	NURS 516 Evidence-Based Practice II. I adapted the core content for 3 in-person working sessions	
Sp/Fall 2019	Independent study, preliminary exam preparation	
2018	NURS 304: Professional Nursing 3. Course Coordinator	
2018	Guest lecturer: NURS 573: Measurement in Health Research; <i>Physiological Measurement</i>	
2017	Guest Lecturer: HN503, Advanced Pathophysiology: Focus on Cachexia	
2016-17	Course development for NURS 304: Professional Nursing 3	
2017	Co-Course Director NURS 397 Issues in Nursing Practice	
2016	Invited Speaker, Kinesiology and Nutrition Seminar Series: <i>Physical Activity</i>	

	<i>Research: Novel Methods for Studying the Gap between Biology and Behavior</i>
2016	Co-Course Director NURS 397 Issues in Nursing Practice
2015	Guest Lecturer: Kinesiology (AHS) 594: Physical Activity Interventions in Diverse Populations. Developed/presented 1-hour lecture on using momentary assessment methods in activity research to graduate students in Applied Health Sciences.
2015	Guest lecturer: NURS 421 Pharmacology. Developed and provided 6 hours of content (Endocrine and diabetes pharmacology, Bone health pharmacology)
2015	Honor's College Seminar: Current Perspectives in Diabetes and Treatments. Developed and gave 2 new lectures
2014-2016	Course director, UIC College of Nursing: NURS 421: Pathophysiology
2013-2014	Co-Course Director; UIC College of Nursing: NURS 401/402: Pathophysiology and Pharmacotherapeutics I & II
10/2012	Guest Lecturer: UIC College of Nursing, NURS 573: Measurement in Health Research, Ecological Momentary Assessment Methods
10/2012	Guest Lecturer: UIC College of Nursing, NURS 573: Measurement in Health Research, Computerized Adaptive Testing: Working with the PROMIS Database
2011/12	Lecturer: UIC College of Nursing: NURS 401/402: Pathophysiology and Pharmacotherapeutics I & II
2011/12	Guest lecturer: Global Health; HIV/AIDS pathophysiology and pharmacology to visiting Korean scholars
11/2011	Guest lecturer: NURS 412 Integrated Health Care: Women, Children and Family: Management of Diabetes in Children
2009/10	Course Director; UIC College of Nursing: NURS 420/423: Pathophysiology and Pharmacotherapeutics I & II
2009/10	Instructor, UIC College of Nursing: NURS 518: Advanced Diabetes Management
2009/10	Clinical instructor: NURS 390: Leadership and Management in Nursing, NURS 429: Integrated Healthcare: Clinical Synthesis

### **International Mentorship**

06/2016-08/2016 Brazilian Scientific Mobility Program. Research Mentor for nursing intern: Isabelle Brandao.

### **PROFESSIONAL ACTIVITIES**

#### **Reviewing and Editorial Experience**

2014-2017 Editorial Board Member: *Diabetes Spectrum*

2012 American Association of Diabetes Educators representative expert reviewer for: Management of Hyperglycemia in Type 2 Diabetes: A Patient-Centered Approach. A Position Statement from the American Diabetes Association (ADA) and the European Association for the Study of Diabetes (EASD)

Manuscript reviewer for: *Advances in Nursing Science, Biological Research in Nursing, Diabetic Medicine, Journal of Diabetes and its Complications, Psychoneuroimmunology, Journal of Advanced Nursing, The Lancet Diabetes & Endocrinology, Telemedicine and Telecare, Journal of*

*Psychosomatic Research, Annals of Behavioral Medicine, Diabetes Research and Clinical Practice, Journal of Aging and Physical Activity, Diabetes Spectrum. Clinical Nursing Research, Nursing Research*

**NIH, Center for Scientific Review**

- 2019 Special emphasis panel: Exploratory Clinical Trials of Mind and Body Interventions (R34, U01)
- 2015 AD Hoc Member, Neurological, Aging, and Musculoskeletal Epidemiology (NAME) Study Section. October 2015 Meeting Session.

**Other grant review**

- 04/2018 Grant Review: Beter Gezond: Project Nightingale Private/Public Consortium for Healthy Living with Chronic Disease, Netherlands.
- 2017-2018, IRSP reviewer for UIC College of Nursing Research Committee
- 2012-2015 IRSP reviewer for UIC College of Nursing Research Committee
- 2013 Grant Review: Dutch Diabetes Foundation

**SERVICE TO THE COLLEGE**

- 2019-2021 Member, College of Nursing APT committee
- 2017-2019 Member, College of Nursing Research Committee
- 2019- Member, Guyana PAHO Interprofessional education team (diabetes consultant)
- 2016-2017 Chair, Graduation Admissions and Academic Standards Committee
- 2015-2017 Member, Graduate Admissions & Academic Standards Committee
- 2014-2016 Member, College of Nursing IT Advisory Council
- 2015-2017 Member, Faculty Executive Committee
- 2011-2014 Member, College of Nursing Diversity Strategic Thinking & Planning Committee
- 08/2012-12/2012 Member, BHS Department APT Committee
- 08/2012-08/2014 Member, College of Nursing APT Committee
- 08/2012-08/2014 Member, College of Nursing Research Committee
- 2010/2011 Sigma Theta Tau/Graduate Student Organization faculty mentor for volunteer tutoring program

**SERVICE TO THE UNIVERSITY**

- 04/2018, 2019 Poster competition judge: UIC 2018 & 2019 Student Research Forum
- 2018- Senator, UIC Faculty Senate
- 2017- Member, Senate committee on Educational Policy (SCEP).
- 2017- Chair, Sub-committee for External Education and Certificate Programs, Senate Committee on Educational Policy. Meets monthly to review curricular changes proposed by all UIC units.
- 2018 Faculty Fellow, UIC Honor’s College Capstone advisor for 2 projects.
- 04/2016 Poster competition judge: UIC 2016 Student Research Forum
- 2014-2015 Honor’s College Scholarship Committee



04/2016 Poster competition judge: UIC 2016 Student Research Forum  
2015-2017 Senator, UIC Faculty Senate  
08/2011-2014 Senator, UIC Faculty Senate  
08/2017-2020 Senator, UIC Faculty Senate  
October 2012 Member of university interview panel for Fulbright Fellowship candidates.  
November 2012 Member of university interview panel for Marshall Scholar candidates.

### **SERVICE TO THE COMMUNITY**

2014-2016 Oak Park School District 97 Diabetes Nurse Liaison and Diabetic Aid Trainer  
1995-2010 American Diabetes Association Triangle D camp for children with diabetes.  
Volunteer sleep-away camp health staff.  
April 2010, 2011 American Diabetes Association Annual Diabetes Expo, Chicago, IL: Volunteer "Ask the Expert" panel member.  
November 2010 Visiting health lecturer: UIC College Prep High School

### **Professional Organizations**

American Diabetes Association, 1995-present  
American Association of Diabetes Educators, 1994-present  
Midwest Nursing Research Society, 2006-2012  
Sigma Theta Tau International, 1993-present  
Society for Behavioral Medicine, 2010-present  
International Society for the Measurement of Physical Activity Behavior, 2015-Present Financial auditor  
2018-2019

*Updated: 4/24/2020*