

## **Ghada Mohammad Abu Irsheed, PhD, RN**

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### **EDUCATION**

2019-2023	<b>Ph.D. in Nursing Science</b> GPA: 3.9/4.0 Dissertation Title: Temporal Association between Sleep and Glucose Among Young Adults with Type 1 Diabetes Dissertation Chair: Pamela Martyn-Nemeth, PhD, RN, FAHA, FAAN	University of Illinois at Chicago
2008-2011	<b>M.S.N. Adult Acute Care Nursing</b> Comprehensive Examination Model GPA: 3.9/4.0 - WES/U.S. Equivalency Report	Jordan University of Science & Technology
2003-2007	<b>B.S.N., Nursing Science</b> GPA: 3.7/4.0 - WES/U.S. Equivalency Report	Jordan University of Science & Technology

### **PRINCIPAL POSITIONS**

#### ***Academic Appointments/Experiences***

2022-2023     ***Graduate Assistant/ RN to BSN Program***  
University of Illinois at Chicago, College of Nursing

#### **Roles and Experiences:**

- Provide instructor support: monitor for late submissions and student participations.
- Perform course-building duties within Blackboard.
- Meet with the program director and instructors as needed and follow up with students via email.
- Conduct searches for learning resources in library databases and on the Internet.

2022-2023     ***Research Assistant***  
  
University of Illinois at Chicago, College of Nursing  
Department of Biobehavioral Health Science

#### **Roles and Experiences:**

- Serve on an interdisciplinary research team led by Dr. Bilgay Izci Balserak as principal investigator.
- Work closely with co-investigators in setting up a randomized controlled trial.
- Develop study protocols with co-investigators.
- Plan for delivery of the study's sleep intervention.
- Work as a sleep interventionist with African American pregnant women (AAPW).
- Interpret Fitbit data and develop sleep strategy plans with AAPW based on their sleep data.
- Conduct motivational interview and sleep coaching sessions with AAPW as specified by the protocol.
- Maintain access and provide data management using REDCap.
- Plan to participate in data analysis using STATA or SAS software.

2020-2023     ***Research Assistant/Research Practicum***  
  
University of Illinois at Chicago, College of Nursing  
Department of Biobehavioral Health Science

**Roles and Experiences:**

- Participate in an interdisciplinary research team led by Dr. Pamela Martyn-Nemeth as principal investigator.
- Work closely with co-investigators in setting up a randomized controlled trial.
- Develop study protocols with co-investigators.
- Plan for delivery of the study sleep intervention.
- Develop and update Healthy Living Lessons for the study's "Attention Control" group.
- Attend monthly meetings with co-investigators, research assistants, and collaborators.
- Work as an attention control interventionist in coaching adults with type 1 diabetes.
- Maintain access and provide data management using REDCap.
- Co-author papers for journal publication with the research team.
- Analyze study data using STATA 17.

2019-2021

***Teaching Assistant***

University of Illinois at Chicago, College of Nursing  
Department of Biobehavioral Health Science

**Roles and Experiences:**

- Trained undergraduate nursing students to perform various nursing skills and procedures.
- Led and facilitated small group student discussions.
- Graded assignments and recorded grades on course Blackboard sites.
- Met with students to provide review sessions during office hours and by appointment.
- Assisted faculty members with preparing classroom/lab instructions, quizzes, and examinations.

**Courses Supported as a Teaching Assistant, 2019-2021:**

- NURS 377: Integrative Practice Experience
- NURS 404: Integrated Health Care: Concepts and Skills
- NURS 405: Integrated Practicum I

***Professional Experiences***

2007-2018 Clinical Experiences at King Abdullah University Hospital, Jordan

**Head Nurse of Coronary Care Unit with 12 Beds**

2017-2018

**Head Nurse of Medical Intensive Care Unit with 16 Beds**

2014-2017

- Exercised clinical judgement and decision making in leading a team of nurses.
- Trained new nursing staff and implemented mentoring programs.
- Demonstrated a strong ability to manage and evaluate nursing staff.
- Prepared monthly staff schedules and adjusted them as necessary.
- Collaborated with staff administrators to promote patient care quality.
- Served as a member of the hospital's CPR Committee.

**In-Charge Nurse in Coronary Care Unit with 12 Beds**

2009-2014

- Supervised and supported nursing staff while treating a limited number of patients.
- Applied interpersonal, critical thinking, delegation, time management, and discharge planning skills.
- Evaluated other nurses and served as an educational resource for nurses.

**Registered Nurse in Coronary Care Unit with 12 Beds**

2007-2009

- Showed responsibility and accountability in assessing, planning, and safely providing patient care in accordance with clinical standards and the nursing process.
- Managed life support equipment and IV administration of fluids and medications, blood draws, checking of vital signs, documentation and charting, nasogastric tube insertions, physical assessments, infection and safety control, and family education.
- Assisted physicians with procedures and managed IV access.

**LICENSES**

RN IL: 041.471678 (Active)

RN CA: RN95185315 (Active)

RN Jordan: 9931/60001 (Active)

**PUBLICATIONS**

Zhu, B., **Abu Irsheed, G. M.**, Martyn-Nemeth, P., & Reutrakul, S. (2021). Type 1 Diabetes, Sleep, and Hypoglycemia. *Current Diabetes Reports*, 21(12), 55–55. <https://doi.org/10.1007/s11892-021-01424-1>

Martyn-Nemeth, P., Duffecy, J., Quinn, L., Reutrakul, S., Steffen, A. D., Burke, L., Clark Withington, M. H., **Abu Irsheed, G.**, Perez, R., Park, M., Saleh, A., Mihailescu, D., & Baron, K. G. (2022). Sleep optimization to improve glycemic control in adults with type 1 diabetes: study protocol for a randomized controlled parallel intervention trial. *Trials*, 23(1), 686–686. <https://doi.org/10.1186/s13063-022-06565-6>

**HONORS/AWARDS**

2022-2023	Dean Joan L. Shaver Scholarship Fund
2022-2023	Nurses Educational Funds/ Evelyn J. Barclay Scholarship
Spring 2022	Award for Graduate Research (AGR) / Deiss Award in Biomedical Graduate Research
Fall 2021	Sigma Alpha Lambda Research Funding
Fall 2021	Tom and Sherri Mendelson Student PhD Award
2019-2021	College of Nursing Dean's Award, University of Illinois at Chicago

**MEMBERSHIPS**

2022-Present	American Academy of Sleep Medicine (AASM)
2022-2023	Graduate Women in Science (GWIS)
2021-Present	Sigma Theta Tau, Alpha Lambda Chapter
2021-Present	Graduate Nursing Student Academy (GNSA), American Association of Critical Care Nurses
2007-Present	Jordan Nurses and Midwives Council (JNMC)

**PRESENTATIONS**

**Abu Irsheed Ghada.** Preliminary Exam Preparations. PhD Student Mentorship Wednesdays. February 15; Center for Academic Excellence and Cultural Engagement – (CAECE), College of Nursing – UIC.

Martyn-Nemeth, P., **Abu Irsheed, G.**, Park, M., Steffen, A. D., Burke, L., Pratuangtham, S., Baron, K., Duffecy, J., Perez, R., Quinn, L. T., Withington, M. C., Saleh, A. H., Loiacono, B., Mihailescu, M., Reutrakul, S. Greater Sleep Variability is Associated with Less Time-In-Range of Glucose Levels in Patients with Type 1 Diabetes, American Diabetes Association 83rd Scientific Sessions, San Diego, CA (Oral presentation), June 24, 2023.

**TRAINING AND CERTIFICATES**

2023	Research Designs and Methods that Promote Equity
2023	Background on Health Disparities, Design-Justice and Equity Design Thinking
2023	Emancipatory Approaches to the Co-Creation of Technology for Health and Human Thriving
2023	Advancing Health Equity through Public Policy: Dimensions of Inequality, Inequity and Disparities from a Social Justice Perspective
2022	The Science of Covid-19 Course, Penn State University, PA, USA
2021	Sleep Health Campus Certificate, UIC, IL, USA
2021	Basic Life Support (BLS), American Heart Association (AHA), Chicago, IL, USA
2021	CITI Training Programs (Information Privacy and Security (IPS), Human Subject Protection (HSP), and Good Clinical Practice (GCP), UIC, IL, USA
2020	Advanced Cardiovascular Life Support (ACLS) /AHA, Chicago, IL, USA
2020	Management of Assaultive Behavior (MAB) / CA, USA