

# Anne-Marie Fink, PhD RN CNE FAHA

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## CAREER SUMMARY

Sleep neurobiology scientist. Clinician with acute care and occupational health experience. Educator in a variety of healthcare and academic settings (e.g., delivered pre-licensure and post-graduate nursing education; taught armed forces medical emergency competencies; mentored post-doctoral scientists to acquire technical/analytical research skills).

## EMPLOYMENT

Position	Date
Interim Department Head, Biobehavioral Nursing Science, University of Illinois, Chicago, IL	2023–Present
Associate Professor (Tenured), College of Nursing, University of Illinois, Chicago, IL	2023–Present
Assistant Professor, College of Nursing, University of Illinois, Chicago, IL	2015–2023
Surgical Intensive Care Nurse, Advocate Lutheran General Hospital (Trauma Level I), Park Ridge, IL	2006–2011
Critical Care Float (e.g., Neurosurgery Intensive Care), University of Illinois Hospital, Chicago, IL	2005-2006
Medical Intensive Care Nurse, Eisenhower Army Medical Center, Fort Eisenhower, GA	2004-2005
Cardiothoracic Intensive Care Nurse, Walter Reed Army Medical Center, Washington, DC	2001-2003

## EDUCATION

Institution	Degree	Field of Study	Date
University of Illinois Chicago	PhD, MS	Nursing	2011
Loyola University Chicago	BSN	Nursing	2001

## POST-DOCTORAL TRAINING

Institution	Department	Research Focus	Date
Medical College of Wisconsin	Anesthesiology	Autonomic Neuroscience	2013–2015
University of Illinois Chicago	Pharmacology	Sleep and Circadian Neurobiology	2011–2015

## LICENSURE

Jurisdiction	License	Date
U.S. D.E.A. and State of Illinois	Controlled Substance License (Anesthesia Research)	2015–Present
State of Illinois	Registered Professional Nurse	2001–Present

## PUBLICATIONS

\* Data papers. + Mentees' papers. *IF*: Journal impact factors.

- \* + Lee S, Quinn L, Fritschi C, **Fink AM**, Park C, Reutrakul S, Collins EG. Effects of daily sleep on physical activity after cardiac surgery. *Heart & Lung*, 2024. 65:47-53. doi:10.1016/j.hrtlng.2024.02.003. *IF*: 1.7301.
- Fink AM**. Shift work sleep disorder and mental health: An integrative review of neurobiological, sociological, and psychological perspectives with public policy implications. *Policy, Politics, & Nursing Practice*, 2024. doi:10.1177/15271544241238752. *IF*: 1.800.
- \* + Sung C, Park C, Maienschein-Cline M, Chlipala G, Green SJ, Doorenbos A, **Fink AM**, Bronas UG, Lockwood M. Associations between gut microbial features and sickness symptoms in kidney transplant recipients. *Biological Research for Nursing*, 2024. doi:10.1177/10998004241227560. *IF*: 1.4300.
- \* Matthews J, Soltis S, Villegas-Down M, Peters TA, **Fink AM**, Kim J, Zhou L, Romero L, Mahmood M, McFarlin BL, Yeo WH. Cloud-integrated smart nanomembrane wearable for remote wireless continuous health monitoring of postpartum women. *Advanced Science*, 2024. e2307609. doi:10.1002/advs.202307609. *IF*: 15.100.

5. \* + Lee S, Quinn L, Fritschi C, **Fink AM**, Park C, Reutrakul S, Collins EG. Physical activity after heart surgery: Associations with psychosocial and sleep factors. *Western Journal of Nursing Research* (In Press, 2024). *IF: 1.800*.
6. + Prakot S, **Fink AM**, Culbert G, Visudtibhan PJ. Analysis and evaluation of the Information-Motivation-Behavioral Skills Model for antiretroviral therapy. *Advances in Nursing Science*, 2024. 47:73-88. doi:10.1097/ANS.000000000000469. *IF: 2.174*.
7. \* Hallihan H, Abboud S, Lee S, Rospenda K, Manassawee S, **Fink AM**, Ma J. A qualitative exploration of young adults' perceptions of a new intervention for alcohol use disorder. *Annals of Medicine*, 2024. 55:2. doi:10.1080/07853890.2023.2295983. *IF: 3.890*.
8. \* Adeola MT, **Fink AM**, Shen Q, Souza-Talarico J, Timm J, Anderson CM, Buckwalter K. Growing the next generation of nurse leaders: A report of the process and outcomes of the Midwest Nursing Research Society's Leadership Academy. *Western Journal of Nursing Research* (In Press, 2024). *IF: 1.800*.
9. + Jeamjitvibool T, Lockwood MB, **Fink AM**. Sleep disturbances in older adults receiving dialysis. *Nephrology Nursing Journal*, 2023. 50:467-78. doi:10.37526/1526-744x.2023.50.6.467. *IF: 0.882*.
10. **Fink AM**, Hallihan H. A guide for utilizing gestalt, critical, and humanistic theories to transform pathophysiology instruction in nursing. *Teaching and Learning in Nursing*, 2023. 18:e250-5. doi:10.1016/j.teln.2023.04.006. *IF: 1.800*.
11. **Fink AM**, Martha SR, Calik MW, Maffucci J, Fitz SM, Lockwood MB, Quinn L, Vanderzwan KJ, Fritschi C, Schwind J, Schlaeger JM, Vuckovic KM. Understanding the autonomic nervous system: A how-to guide for designing engaging pathophysiology and pharmacology courses. *Nursing Forum*, 2023. 2397564. doi:10.1155/2023/2397564. *IF: 2.840*.
12. **Fink AM**, Milbrath GR. A concept analysis of nurses in conflicts after World War II. *Journal of Advanced Nursing*, 2023. 79:31-47. doi:10.1111/jan.15454. *IF: 3.190*.
13. **Fink AM**, Martyn-Nemeth P. Socratic inquiry, syllogism, schematic cases, and symbolism. Critical-thinking strategies for nursing education. *Nurse Educator*, 2023. 48:125-30. doi:10.1097/NNE.0000000000001324. *IF: 1.310*.
14. + Duangjina T, **Fink AM**, Gruss V. Resilience in family caregivers of Asian older adults with dementia: A concept analysis. *Journal of Advanced Nursing*, 2023. 46:e145-60. doi:10.1097/ANS.0000000000000471. *IF: 3.190*.
15. Maki KA, **Fink AM**, Weaver TE. Sleep, time, and space—fatigue and performance deficits in pilots, commercial truck drivers, and astronauts. *SLEEP Advances*, 2022. 3:1. doi:10.1093/sleepadvances/zpac033. *IF: 2.800*.
16. \* Topchiy I, **Fink AM**, Maki KA, Calik MW. Validation of PiezoSleep scoring against EEG/EMG sleep scoring in rats. *Nature and Science of Sleep*, 2022. 14:1877-86. doi:10.2147/NSS.S381367. *IF: 3.400*.
17. + Chapagai S, **Fink AM**. Cardiovascular diseases and sleep disorders in South Asians: A scoping review. *Sleep Medicine*, 2022. 100:139-49. doi:10.1016/j.sleep.2022.08.008. *IF: 4.320*.
18. Calik MW, **Fink AM**. Cardiovascular consequences of disordered sleep (Progress in Prevention Column). *Journal of Cardiovascular Nursing*, 2022. 37:102-3. doi:10.1097/JCN.0000000000000890. *IF: 1.530*.
19. \* Fritschi C, Vuckovic KM, Bronas UG, Burke LA, Quinn L, Kapella MC, Lockwood MB, Calik MW, Collins EG, **Fink AM**. Predictors of 6-minute walk distances among aging adults with chronic cardiopulmonary, metabolic, and renal diseases. *Journal of Clinical Exercise Physiology*, 2022. 11:140-5. doi:10.31189/2165-6193-11.4.140. <https://meridian.allenpress.com/jcep/article/11/4/140/489079>. *IF: N/A*.
20. \* Mithani S, Yun S, Leete JJ, Guedes VA, **Fink AM**, Pattinson CL, Kim H, Weljie A, Gill JM, Gehrman P. Whole blood transcriptome analysis using RNA sequencing in individuals with insomnia disorder and good sleepers: A pilot study. *Sleep Medicine*, 2021. 80:e1-8. doi:10.1016/j.sleep.2021.01.013. *IF: 4.320*.
21. \* **Fink AM**, Burke LA, Sharma K. Lesioning of the pedunculopontine nucleus reduces rapid eye movement sleep, but does not alter cardiorespiratory activities during sleep, under hypoxic conditions in rats. *Respiratory Physiology & Neurobiology*, 2021. 11:103653. doi:10.1016/j.resp.2021.103653. *IF: 2.700*.

22. + Hallihan H, Kapella MC, **Fink AM**. Alcohol disorders in military veterans: An evaluation with the Roy Adaptation Model. *Nursing Science Quarterly*. 2021. 34:392-7. doi:10.1177/08943184211031595. IF: 0.850.
23. \* + Breen KA, Finnegan L, Vuckovic KM, **Fink AM**, Rosamond W, DeVon HA. Multimorbidity phenotypes in patients presenting to the emergency department with possible acute coronary syndrome. *Heart & Lung*, 2021. 50: 648-53. doi:10.1016/j.hrtlng.2021.05.006. IF: 1.730.
24. \* + Maki KA, Burke LA, Watanabe-Chailland M, Sweeny D, Romick-Rosendale LE, Calik MW, Green SJ, **Fink AM**. Sleep fragmentation increases blood pressure and is associated with alterations in the gut microbiome and fecal metabolome in rats. *Physiological Genomics*, 2020. 52:280-92. doi:10.1152/physiolgenomics.00039.2020. IF: 4.297.
25. **Fink AM**. Sleep neurobiology and the critical care environment. *Critical Care Nurse*, 2020. 40:e1-6. doi:10.4037/ccn202043. IF: 1.710.
26. Diallo AF, Lockwood MB, Maki KA, Franks AT, Roy A, Jaime-Lara R, Joseph PV, Henderson WA, Chung SY, McGrath J, Green SJ, **Fink AM**. Metabolic profiling of blood and urine for exploring the functional role of the microbiota in human health. *Biological Research for Nursing*, 2020. 22:449-57. doi:10.1177/1099800420941080. IF: 1.430.
27. + Breen KA, Finnegan L, Vuckovic KM, **Fink AM**, Rosamond W, DeVon HA. Greater mortality, higher readmission rates, and increased length of stay associated with multimorbidity in patients with acute coronary syndrome: A systematic review. *Journal of Cardiovascular Nursing*, 2020. 35:e99-110. doi:10.1097/JCN.0000000000000748. IF: 1.530.
28. **Fink AM**. Measuring the effects of night-shift work on cardiac autonomic modulation: An appraisal of heart rate variability metrics. *International Journal of Occupational Medicine & Environmental Health*, 2020. 33:409-25. doi:10.13075/ijomeh.1896.01560. IF: 2.221.
29. + Mithani S, **Fink AM**. Mathematical models of sleep and circadian rhythms: A case for using the 2-Process Model in neuroscience nursing. *Journal of Neuroscience Nursing*, 2019. 51:48-53. doi:10.1097/JNN.0000000000000408. IF: 2.300.
30. **Fink AM**, Dean C. Quantifying acute changes in renal sympathetic nerve activity in response to central nervous system manipulations in anesthetized rats. *Journal of Visualized Experiments*, 2018. 139:58205. doi:10.3791/58205. IF: 1.200.
31. **Fink AM**, Bronas UG, Calik MW. Autonomic regulation during sleep and wakefulness: A review with implications for defining the pathophysiology of neurological disorders. *Clinical Autonomic Research*, 2018. 28: 509-18. doi:10.1007/s10286-018-0560-9. IF: 4.440.
32. \* **Fink AM**, Dean C, Piano MR, Carley DW. The pedunculo-pontine tegmentum controls renal sympathetic nerve activity and cardiorespiratory activities in Nembutal-anesthetized rats. *PLOS One*, 2017. e0187956. doi:10.1371/journal.pone.0187956. IF: 3.700.
33. \* Hacker ED, **Fink AM**, Peters T, Park C, Fantuzzi G, Rondelli D. Persistent fatigue in hematopoietic stem cell transplant survivors. *Cancer Nursing*, 2017. 40:174-83. doi:10.1097/NCC.0000000000000405. IF: 1.840.
34. Baddour LM, Wilson WR, Bayer AS, Fowler VG, Tleyjeh IM, Rybak MJ, Barsic B, Lockhart PB, Gewitz MH, Levison ME, Bolger AF, Steckelberg JM, Baltimore RS, **Fink AM**, Fischbein MP, O'Gara P, Taubert KA. Infective endocarditis in adults: Diagnosis, antimicrobial therapy, and management of complications. Scientific Statement from the American Heart Association. *Circulation*, 2015. 132:1435-86. doi:10.1161/CIR.0000000000000296. IF: 39.922.
35. \* **Fink AM**, Topchiy I, Ragozzino M, Amodeo D, Waxman JA, Radulovacki M, Carley DW. Brown Norway and Zucker Lean rats demonstrate circadian variation in ventilation and sleep apnea. *Sleep*, 2014. 37:715-21. doi:10.5665/sleep.3576. IF: 5.140.

36. Weaver TE, Calik MW, Farabi SS, **Fink AM**, Galang-Boquiren, MT, Kapella MK, Prasad B, Carley DW. Innovative treatments for obstructive sleep apnea. *Nature and Science of Sleep*, 2014. 6:137-47. doi:10.2147/NSS.S46818. *IF: 3.400*.
37. \* Gu L, **Fink AM**, Chowdhury SAK, Geenen DL, Piano MR. Cardiovascular responses and differential changes in mitogen-activated protein kinases following repeated episodes of binge drinking. *Alcohol & Alcoholism*, 2013. 48: 131-7. doi:10.1093/alcalc/ags090. *IF: 2.800*.
38. Fritschi C, **Fink AM**. Fatigue in adults with type 2 diabetes—An overview of current understanding and management approaches. *US Endocrinology*, 2012. 8:84-7. doi:10.17925/USE.2012.08.02.84. *IF: 0.520*.
39. \* **Fink AM**, Gonzalez RC, Lisowski T, Pini M, Fantuzzi G, Levy WC, Piano MR. Fatigue, inflammation, and projected mortality in heart failure. *Journal of Cardiac Failure*, 2012. 18:711-6. doi:10.1016/j.cardfail.2012.07.003. *IF: 6.590*.
40. Vuckovic KM, **Fink AM**. The six-minute walk test: Is it a method to evaluate heart failure therapies? *Biological Research for Nursing*, 2011. 14:147-59. doi:10.1177/1099800411403918. *IF: 1.4300*.
41. \* Fennessy MM, **Fink AM**, Eckhardt AL, Jones J, Kruse DK, Vanderzwan KJ, Ryan CJ, Zerwic JJ. Gender differences in fatigue associated with acute myocardial infarction. *Journal of Cardiopulmonary Rehabilitation and Prevention*, 2010. 30:224-30. doi:10.1097/HCR.0b013e3181d0c493. *IF: 3.070*.
42. \* **Fink AM**, Eckhardt AL, Fennessy MM, Jones J, Kruse D, Vanderzwan KJ, Ryan CJ, Zerwic JJ. Psychometric properties of three instruments to measure fatigue with myocardial infarction. *Western Journal of Nursing Research*, 2010. 32:967-83. doi: 10.1177/0193945910371320. *IF: 1.220*.
43. \* **Fink AM**, Sullivan SL, Zerwic JJ, Piano MR. Fatigue with systolic heart failure. *Journal of Cardiovascular Nursing*, 2009. 24:410-7. doi:10.1097/JCN.0b013e3181ae1e84. *IF: 1.470*.
44. **Fink AM**. Endocarditis after valve replacement surgery. Early recognition and treatment are essential for averting deadly complications. *American Journal of Nursing*, 2006. 106:40-52. doi:10.1097/00000446-200602000-00021. *IF: 2.700*.
45. **Fink AM**, DeLuca G. Necrotizing fasciitis: Pathophysiology and treatment. *Dermatology Nursing*, 2002. 14:324-7. *IF: 0.400*.

Pub Metrics: *h*-index = 15. *i10*-index = 18 (number of pubs with ≥ 10 citations). Citations = 4020  
 Google Scholar, 4/2024.

## BOOK CHAPTERS

Vuckovic KM, **Fink AM**. Disorders of cardiac function (Chapter 19). Heart failure and circulatory shock (Chapter 20). In CM Porth's *Essentials of Pathophysiology*, 4th Ed. Lippincott Williams & Wilkins, 2014. 444-512.

## AWARDS

Award	Organization	Date
Distinguished Service Award	Midwest Nursing Research Society	2024
Clinical Article of the Year, <b>Pub 25</b>	American Heart Association	2021
Barbara Berger Excellence in Teaching Award	University of Illinois Chicago	2019
Marie Cowan Promising Investigator Award, <b>Pub 32</b>	American Heart Association	2016
Sleep & Respiratory Neurobiology Abstract Award	American Thoracic Society	2014
Graduate College's Outstanding Dissertation Award	University of Illinois Chicago	2012
Martha N. Hill New Investigator Award, <b>Pub 39</b>	American Heart Association	2011
Spirit Award (Surgical Intensive Care Unit)	Advocate Lutheran General Hospital	2008
U.S. Army Commendation Medal	U.S. Army (Nurse Corps)	2005

## RESEARCH

### Scored Grant Application—Funding Decision Pending

Nucleus of the solitary tract and its central connections in cardiorespiratory disorders with circadian misalignment. R16 application—Martinez D: Principal Investigator (PI, Cooper Medical School of Rowan University) requested \$100,000 from the National Heart, Lung, and Blood Institute

Proposed Role	Effort	Scores	Date
Co-Investigator: Polysomnography and telemetry methods/analyses	10%	32 5%	2024

### Research Collaborations & Funded Grants

Remote postpartum risk identification to prevent maternal morbidity/mortality in Black mothers, R01HD089935-S1 Eunice Kennedy Shriver National Institute of Child Health and Human Development—\$270,000 supplement awarded to McFarlin BL and O'Brien WD Jr. (University of Illinois)

Role (Paid % Effort): \$, Outcomes	Date
Collaborator (0%): Analyzed heart rate variability and blood pressure data acquired from a sensor created by Yeo WH at Georgia Institute of Technology, <b>Pub 4</b> (ongoing analyses)	2020–2023

Cardiovascular and gut microbiome consequences of sleep restriction, International Society of Nurses in Genetics and Sigma Theta Tau International Nursing Honor Society—\$7,000 awarded to Maki KA. Collaborated with Green SJ and Keshavarzian A (Rush University)

Mentor/Co-Investigator (0%): Taught and supervised surgical, telemetry, and polysomnography methods, <b>Pubs 24, 26</b> (ongoing analyses)	2018–2019
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Neurobiological mechanisms of sympathetic regulation in sleep apnea, K99R00NR014369 National Institute of Nursing Research. Mentored by Carley DW (University of Illinois Chicago, Sleep Medicine) and Dean C (Medical College of Wisconsin, Anesthesiology)

PI: Awarded <b>\$645,000</b> (plus <b>\$287,800</b> indirect funds). Led to NIH-R01 submissions about sleep disorders, <b>Pubs 16, 21, 30, 31, 32</b>	2013–2019
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Blood pressure and the microbiome, Janet A. Deatruck Research Award (Penn Nursing/University of Illinois)

PI: Awarded <b>\$2,500</b> (no indirects), <b>Pub 24</b>	2017–2018
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Circadian blood pressure patterns in 'shift-working' rats, Midwest Nursing Research Society Seed Grant (University of Illinois Chicago)

PI: Awarded <b>\$10,000</b> (no indirects). Led to a Defense Advanced Research Projects Agency (DARPA) proposal about sleep deprivation, <b>Pub 24</b>	2016–2018
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Pontine mechanisms, sleep, and blood pressure: Feasibility study using telemetry and brainstem manipulations in rats, Dean's Fund, College of Nursing (University of Illinois Chicago)

PI: Awarded <b>\$20,000</b> (no indirects). Led to Department of Defense and NIH-R21 submissions about neural networks, <b>Pub 21</b>	2015–2017
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Fatigue in stem cell transplant survivors, U10CA037447 National Cancer Institute, Alliance for Clinical Trials in Oncology—\$81,000 awarded to Hacker ED (University of Illinois Chicago)

Co-Investigator (5% salary support): Analyzed biomarkers and supervised blood collection protocols, <b>Pub 33</b>	2012–2014
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Cytokines and heart failure, American Nurses Foundation Grant (University of Illinois Chicago)

PI: Awarded <b>\$6,900</b> (plus <b>\$600</b> indirect funds), <b>Pub 39</b>	2009–2011
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Fatigue and cytokines with heart failure, F31NR010810 Ruth L. Kirschstein National Research Service Award Individual Predoctoral Fellowship, National Institute of Nursing Research. Mentored by Piano MR (University of Illinois Chicago, Cardiology/Cardiovascular Sciences)

PI: Awarded <b>\$115,000</b> (plus <b>\$40,800</b> indirect funds). Led to NIH-DP5, NIH-KL2, VA-Early Career, and American Heart Association applications (not funded or withdrawn or relinquished to accept NIH-K99), <b>Pubs 39, 43</b>	2008–2011
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## DEPARTMENT OF VETERANS AFFAIRS (VA) RESEARCH APPOINTMENTS

<b>WOC (Without Compensation)—Employment Status of Scientists Not Using a VA Grant</b>	<b>Date</b>
Clement Zablocki VA Hospital, Milwaukee, WI; Research Physiologist, Anesthesiology Department	2013–Present
Edward Hines Jr. VA Hospital, Hines, IL; Scientist, Health Services Research & Development	2011–2013
Jesse Brown VA Hospital, Chicago, IL; Nurse Scientist, Office of Nursing Services	2009–2013

## GRANT REVIEWING—NIH & DEPARTMENT OF DEFENSE

<b>Program, Panel, or Study Section</b>	<b>Date</b>
Reviewer, Congressionally Directed Medical Research Program (CDMRP) Panels	2019, 2021, 2023
Reviewer, Military Operational Medicine CDMRP Panels (e.g., aviation safety)	2018, 2023
Reviewer, NIH, Brain Disorders and Clinical Neuroscience, Aging Systems and Geriatrics	2022
Reviewer, U.S. Army, Medical Research Materiel Command	2017

## MILITARY SERVICE

Discharged (Honorable) in 2009.

<b>Department</b>	<b>Commission</b>	<b>Duty Type</b>	<b>Rank</b>	<b>MOS (Military Occupational Specialty)</b>	<b>Date</b>
U.S. Army	Reserve	Ready Reserve	O3	Critical Care Nurse (MOS 66H8A)	2005–2009
U.S. Army	Direct/Reserve	Active Duty	O1–O3	Critical Care Nurse (MOS 66H8A)	2001–2005

**Clinical Skill Set:** Member of a U.S. Army SMART (Specialty Medical Augmentation Response Team)

**Courses, Supervision, Precepting:** Instructed Adult and Pediatric Life Support (ACLS, PALS, BLS) and Trauma (ENA-TNCC™)/Combat Casualty Care/Critical Care Transport/Triage Classes and Skill Qualification Tests (e.g., Supervised Range Safety NCOs). Precepted Corpsmen/Medics (e.g., MOS 91W), Medical-Surgical RNs and LPNs (e.g., MOS 66H, MOS 68C), and Reserve Officers' Training Corps Midshipmen and Cadets

**ASI (Additional Skill Identifier) & Roles:**  
U.S. Army Instructor Certification (ASI 5K awarded after completing 40-hour course)

Intensive Care Unit Education Officer: coordinated staff orientations/in-services (e.g., vasoactive drip titration, ventilators)

AACN-CCRN® Certification awarded with 3 triennial renewals: Exam plus 100 CERPs required (e.g., *Pubs 44, 45*)

## NATIONAL TEACHING CERTIFICATION

<b>Organization</b>	<b>Certification</b>	<b>Eligibility/Renewal Requirements</b>	<b>Date</b>
National League for Nursing	CNE® Certified Nurse Educator	Exam plus 75 CEUs within 5-year periods (e.g., <i>Pubs 10, 11, 13</i> )	2022–Present

## KAPLAN® TEST PREP INSTRUCTOR—CHICAGO LOOP CENTER

<b>Test Prep Course (New Graduate/Pre-Licensure Students)</b>	<b>Class Type</b>	<b>Term</b>	<b>Date</b>
NCLEX-RN® (Licensure Examination for Registered Nurses)	Live (Classroom)	Summer	2006–2008

## TEACHING COURSES—UNIVERSITY OF ILLINOIS CHICAGO

+ Writing-intensive courses.

<b>Courses—Degree Program and Specialties</b>	<b>Class Type</b>	<b>Terms</b>	<b>Date</b>
Anatomy & Physiology (T.B.D.)—DNP Nurse Anesthesia	Live (Classroom)	Summer	<i>In development</i>
Physiology (NURS 534)—DNP Acute or Primary Care	Online	Spring, Fall	2015–Present
+ Theory for Nursing Research (NURS 571)—PhD	Live (Classroom)	Spring	2018–2024
Pharmacology (NURS 422)—Advanced/Grad-Entry Program	Live (Classroom)	Spring	2023
Pathophysiology & Pharmacology (NURS 22)—BSN	Live (Classroom)	Fall	2022
+ Sleep Neurobiology (NUEL 596/NURS 599)—PhD	Thesis	Spring, Fall	2018–2021
Neuroscience Practicum (NUPR 593)—PhD or Post Doc	Live (Laboratory)	Spring, Summer	2016–2019
Genetics Research Methods (NUEL 594)—PhD or Post Doc	Live (Classroom)	Fall	2014
Statistics Discussion Group (NURS 322)—BSN	Live (Classroom)	Fall	2012

**MENTORING—UNIVERSITY OF ILLINOIS<sup>-1</sup> & COOPER MEDICAL SCHOOL**<sup>c</sup> Degree candidacy.

<b>Mentee's Program</b>	<b>Type</b>	<b>Role (No. of Mentees)</b>	<b>Date</b>
Bridge To Faculty, Office of Diversity, Equity & Engagement <sup>-1</sup>	Post-Doc	Research Mentor (1)	2023–Present
Cooper Medical School of Rowan University in New Jersey	Assist Pr.	Research Mentor (1)	2023–Present
Graduate Program in Neuroscience, Graduate College <sup>-1</sup>	MD-PhD <sup>c</sup>	Preliminary Exam (1)	2023–Present
Nursing Science, College of Nursing <sup>-1</sup>	PhD <sup>c</sup>	Dissertations (8)	2018–Present
Honors College <sup>-1</sup> (Biology or Nursing)	Undergrad	Honors Capstone (5)	2015–Present
Nurse Practitioner Education, College of Nursing <sup>-1</sup>	DNP <sup>c</sup>	Advising/Project (7)	2016–2024
Nursing Science, College of Nursing <sup>-1</sup>	PhD <sup>c</sup>	Preliminary Exam (7)	2017–2023
Laboratory Technicians <sup>-1</sup> (Histology, Electroencephalography)	Post-MS, MD, PhD	Research Mentor (5)	2015–2018

**SERVICE—UNIVERSITY OF ILLINOIS CHICAGO**

<b>Roles &amp; Committees</b>	<b>Selection</b>	<b>Date</b>
PhD Program Advisory Committee, College of Nursing	Invited	2023–Present
Reviewer, Mentor of Faculty Award, College of Nursing	Invited by Dean	2024
Advisory Board for Student Veterans Affairs, Office of the Dean of Students	Invited by Dean	2022–2024
Reviewer, College of Nursing Applications for Admissions	Assigned	2019, 2022, 2023
Chair, Teaching Award Committee, Department of Biobehavioral Nursing Science	Invited	2022
Faculty Volunteer, COVID-19 Community Vaccination Program	Volunteered	2021
Reviewer, Provost's Graduate Research Awards	Invited	2020, 2021
Promotion & Tenure Committee, Department of Biobehavioral Nursing Science	Elected	2020–2021
Appointment, Promotion & Tenure Committee, College of Nursing	Elected	2018–2020
Search Committee for the Director of the Center for Sleep & Health Research	Invited by Dean	2017
Veterans Day Program Planning Committee, Office of the Dean of Students	Invited by Dean	2016

**SERVICE—NURSING ACADEMY & SOCIETIES: MIDWEST NURSING RESEARCH SOCIETY (MNRS)**

<b>Roles &amp; Committees</b>	<b>Selection</b>	<b>Date</b>
Chair, MNRS External Relations/Dissemination Committee	Volunteered	2023–Present
Research Interest Group, MNRS 'Acute & Critical Care Across the Lifespan'	Volunteered	2021–Present
Reviewer, MNRS Leadership Academy Fellowship Applications	Invited	2024
Planning Committee, MNRS 'Research & the Future: Exploring Driving Forces'	Volunteered	2023–2024
Chair, MNRS Implementation Work Group	Volunteered	2022–2023
Fellow, MNRS Leadership Academy, <b>Pub 8</b>	Applied/Selected	2022–2023
Planning Committee, MNRS 'Leading the Way' Conference	Volunteered	2022–2023
Reviewer, Abstracts, Council for Advancement of Nursing Science Conference	Volunteered	2022
Reviewer, Abstracts, American Academy of Nursing, Health Policy Conference	Volunteered	2021
Reviewer, Abstracts and Awards, MNRS 'Innovative Solutions' Conference	Volunteered	2021
President, Alpha Lambda Chapter, Sigma Theta Tau International Honor Society	Elected	2011–2013
Secretary, Alumni Board, Niehoff School of Nursing, Loyola University Chicago	Invited by Dean	2007–2011

**SERVICE—AMERICAN HEART ASSOCIATION (AHA)**

<b>Roles &amp; Committees</b>	<b>Selection</b>	<b>Date</b>
Communications/Membership, Cardiovascular & Stroke Nursing (CVSN) Council	Volunteered	2018–2021
Reviewer, CVSN 'Article of the Year' Awards (Clinical, Research, Stroke)	Invited	2018, 2019
Reviewer, AHA Clinical & Behavioral Science Fellowship Applications	Invited	2018
Inducted as a Fellow (FAHA)	Applied/Selected	2017
Editor, <i>Connections</i> (AHA's Quarterly Newsletter—CVSN Section)	Volunteered	2016
Clinical Guideline Writing and Revision Committee, <b>Pub 34</b>	Invited	2015–2016

**Co-Authored AHA-CVSN Committee Reports:**

McNair N, Taylor-Piliae RE, **Fink AM**. Council on Cardiovascular & Stroke Nursing Liaison Report: Stroke Nursing Committee. *Journal of Cardiovascular Nursing*, 2021. 36:4-5. doi:10.1097/JCN.0000000000000766.

Shaffer RB, Young BT, **Fink AM**, Taylor-Piliae RE. Council on Cardiovascular & Stroke Nursing Liaison Report: Clinical Symposium. *Journal of Cardiovascular Nursing*, 2020. 35:e115-6. doi:10.1097/JCN.0000000000000751.

Lambert LM, Pike NA, Taylor-Piliae RE, **Fink AM**. Council on Cardiovascular & Stroke Nursing Liaison Report: Pediatric Cardiovascular Nursing. *Journal of Cardiovascular Nursing*, 2020. 35:15. doi:10.1097/JCN.0000000000000720.

Hayman LL, Taylor-Piliae RE, **Fink AM**. Council on Cardiovascular & Stroke Nursing Liaison Report: Global Engagement. *Journal of Cardiovascular Nursing*, 2020. 35:4-5. doi:10.1097/JCN.0000000000000633.

Davis L, **Fink AM**, Taylor-Piliae RE. Council on Cardiovascular & Stroke Nursing Liaison Report: Development. *Journal of Cardiovascular Nursing*, 2019. 34:361-3. doi:10.1097/JCN.0000000000000603.

**Fink AM**, Taylor-Piliae RE. Council on Cardiovascular & Stroke Nursing Liaison Report: Stroke Conference. *Journal of Cardiovascular Nursing*, 2019. 34:9-10. doi:10.1097/JCN.0000000000000539.

Taylor-Piliae RE, **Fink AM**. Council on Cardiovascular & Stroke Nursing Liaison Report: Membership. *Journal of Cardiovascular Nursing*, 2018. 33:304-5. doi:10.1097/JCN.0000000000000502.

Taylor-Piliae RE, **Fink AM**, Kitko L. Council on Cardiovascular & Stroke Nursing Liaison Report: Awards & Fellows. *Journal of Cardiovascular Nursing*, 2018. 33:202-3. doi:10.1097/JCN.0000000000000479.

## SERVICE TO JOURNALS—PEER-REVIEWING

Completed Manuscript Reviews in Response to Journal Editors' Invitations	Impact Factor	Date
Reviewer, <i>Journal of the American Heart Association</i>	6.107	2021–2024
Reviewer, <i>Occupational and Environmental Medicine</i>	3.490	2021–2023
Reviewer, <i>FEBS Journal</i> (Federation of European Biochemical Societies)	5.622	2023
Reviewer, <i>Physiological Genomics</i> (American Physiological Society)	4.844	2023
Reviewer, <i>Journal of Clinical Sleep Medicine</i>	4.324	2023
Reviewer, <i>Sleep Medicine</i> (American Academy of Sleep Medicine)	4.230	2023
Reviewer, <i>Journal of Occupational Health</i> (Japan Society for Occupational Health)	2.570	2023
Reviewer, <i>Heart &amp; Lung: The Journal of Cardiopulmonary and Acute Care</i>	3.149	2017, 2023
Reviewer, <i>Frontiers in Public Health</i> (Occupational Health & Safety Section)	6.461	2022
Reviewer, <i>Frontiers in Neuroscience</i> (Sleep & Circadian Rhythms Section)	5.152	2022
Reviewer, <i>Circulation</i> (American Heart Association)	39.922	2021, 2022
Reviewer, <i>Nature and Science of Sleep</i>	3.384	2020, 2022
Reviewer, <i>Autonomic Neuroscience: Basic and Clinical</i>	2.355	2019
Reviewer, <i>Brain, Behavior, and Immunity</i> (Psychoneuroimmunology Res. Society)	19.227	2018

## INTERNATIONAL STUDIES

University (Sponsor/Scholarship Source). Lead Educator: Course Title	Date
Universität Basel (Think-Swiss Scholarship). Dr. J. K. Allen: <i>Measurement in Healthcare Research</i>	2009
John Felice Rome Center (Loyola University). Dr. T. J. Durdak: <i>Philosophy, Morality, and Esthetics</i>	1999

## PRESENTATIONS

\* Data. # Invited. • Award. + Primary mentor for student presentations.

### International Audiences

+ Jeamjitvibool T, Lockwood MB, **Fink AM**. Sleep disturbances and dialysis. International Council of Nurses Congress, 2023, Montreal, Canada [Poster].

\* Maki KA, Sweeney D, Barb JJ, Green SJ, **Fink AM**. Extraction methods and sex differences in rodent gut microbiomes. American Physiological Society, Trends in Sex and Gender Medicine Conference, 2021 [Virtual Podium].

# Johnson D, **Fink AM**, Sawicki KT. Defining and evaluating sleep health. American Heart Association's 'Getting to the Heart of Sleep Health,' 2021 [Podcast: <https://professional.heart.org/en/education/podcasts/defining-and-evaluating-sleep-health-podcast>].



- \* Abudayah F, Bronas UG, Collins EC, **Fink AM**, Murks C, Park CG, Puzanian H, Vuckovic KM. Frailty, quality of life, and renal dysfunction in African Americans with preserved ejection fraction heart failure. American Association of Heart Failure Nurses, 2021 [Virtual Podium]. Abstract in *Heart & Lung*, 50:559.
- \* Mithani S, Kim H, Yun S, Guedes VA, **Fink AM**, Weljie A, Gehrman P, Gill JM. RNA sequencing reveals transcriptomic changes in individuals with insomnia, 2020 [Virtual Podium]. Abstract in *Sleep*, 43:A8-9.
- \* • Maki KA, Barb JL, Bronas UG, Calik MW, Green SJ, **Fink AM**. Cardioprotective microbes and restorative sleep are reduced, and blood pressure during sleep is increased, when rats have fragmented sleep. American Heart Association, Martha N. Hill Award Competition Session, 2020 [Virtual Podium (Maki KA received the New Investigator Award)]. Abstract in *Circulation*, 142:A17318.
- \* Breen KA, Finnegan L, Vuckovic KM, **Fink AM**, Rosamond WD, DeVon HA. Multimorbidity clusters in patients in the emergency department with potential acute coronary syndrome. American Heart Association, 2020 [Virtual Poster]. Abstract in *Circulation*, 142:A15529.
- + Onyiaapat E, **Fink AM**. Using Meleis' transitions theory to guide nursing care in culturally diverse populations in developing countries. International Qualitative Nursing Research Conference, 2020 [Virtual Podium].
- \* + Maki KA, Izci-Balserak B, Calik MW, **Fink AM**. Impact of chronically fragmented sleep on cortical EEG power spectra in rats. Society for Neuroscience, 2019, Chicago, IL [Podium].
- \* # + Maki KA, Lockwood MB, Green SJ, **Fink AM**. Metabolic consequences of insufficient sleep using 16S rRNA sequencing and metabolomics. International Society of Nurses in Genetics, 2019, Orlando, FL [Podium].
- \* + Maki KA, Mithani S, Bronas UG, **Fink AM**. Blood pressure and restorative sleep intensity are altered by chronic daytime sleep disruption in rats. Sigma Theta Tau International Biennial Convention, 2019, Washington, DC [Poster].
- \* # **Fink AM**. Investigating the rodent brain to devise strategies for managing sleep-disordered breathing. American Heart Association: Cardiovascular & Stroke Nursing Council Science, 2018, Chicago, IL [Podium].
- \* # Maki KA, Mithani S, **Fink AM**. Unlocking brain-cardiovascular-gut connections. International Society of Nurses in Genetics, 2018, Orlando, FL [Poster].
- # **Fink AM**. Shift-work and cardiovascular health. Sleep Research Society, 2017, Boston, MA [Podium].
- \* **Fink AM**, Mithani S, Carley DW. Systolic blood pressure is increased during non-rapid eye movement sleep after light-phase sleep fragmentation in rats. American Academy of Sleep Medicine, 2017, Boston, MA [Poster]. Abstract in *Sleep*, 40:A33.
- \* # **Fink AM**. Sympathetic regulation in sleep apnea. American Heart Association: Cardiovascular & Stroke Nursing Council Science. 2016, New Orleans, LA [Podium].
- \* **Fink AM**, Vern BA, Carley DW, Topchiy I. A novel theta-gamma coupling during rapid eye movement sleep in rats. American Academy of Sleep Medicine, 2015, Seattle, WA [Poster]. Abstract in *Sleep*, 38:A47.
- \* • **Fink AM**, Topchiy I, Dean C, Radulovacki M, Carley DW. A role for pedunculopontine tegmental neurons in regulating cardiovascular parameters. 2014, San Francisco, CA [Poster (Received American Thoracic Society's Sleep & Respiratory Neurobiology Abstract Award)]. Abstract in *American Journal of Respiratory and Critical Care Medicine*, 189:A2413.
- \* **Fink AM**, Radulovacki M, Carley DW, Topchiy I. Quantitative electroencephalogram measures as predictors of memory in rats. American Academy of Sleep Medicine, 2014, Minneapolis, MN [Poster]. Abstract in *Sleep*, 37:A30.
- \* **Fink AM**, Levy WC, Carley DW. Inflammation, sleep apnea, and heart failure prognosis. American Academy of Sleep Medicine, 2013, Baltimore, MD [Poster]. Abstract in *Sleep*, 36:A95.
- \* **Fink AM**. Inflammatory biomarkers with comorbid sleep apnea and heart failure. Bloomberg Emerging Scholars Research Colloquium, 2013, Toronto, Canada [Podium].

\* **Fink AM**, Topchiy I, Ragozzino M, Amodeo DA, Radulovacki M, Carley DW. Differences in memory and rapid eye movement sleep in Brown Norway and Zucker Lean rats. American Academy of Sleep Medicine, 2012, Boston, MA [Poster]. Abstract in *Sleep*, 35:A95.

\* • **Fink AM**, Gonzalez RC, Lisowski T, Fantuzzi G, Pini M, Levy WC, Piano MR. Fatigue, inflammation, and projected mortality in heart failure. American Heart Association, Martha N. Hill Award Competition Session, 2011, Orlando, FL [Podium (Received the New Investigator Award)]. Abstract in *Circulation*, 124:A537.

### **Local, Regional, Campus Audiences**

# **Fink AM**. Alcohol disrupts deep and restorative sleep cycles. UIC Flames Men's Basketball Team. University of Illinois, 2024, Chicago, IL [Educational Video].

# **Fink AM**. Shift work, sleep, and nurses' health. UI Health's Nurse Wellness Seminar Series. University of Illinois Hospital, 2023, Chicago, IL [Virtual Podium - CEUs awarded to attendees].

\* # **Fink AM**, Vanderzwan KJ. It's all fun and games: How an experiential learning framework enhanced student engagement in physiology, pathophysiology, and pharmacology courses. College of Nursing 'Teaching & Learning Workshops.' University of Illinois, 2024, Chicago, IL [Virtual Workshop].

# Adeola MT, Shen Q, Timm J, **Fink AM**, Souza-Talarico J, Herr K, Fulton JS, Buckwalter K, Anderson CM. Leadership Academy special session: Transforming pains into meaningful gains. Midwest Nursing Research Society, 2023, Des Moines, IA [Podium and Panel Discussion].

\* # **Fink AM**. Tails of research—rodent model studies may show us the optimal times to eat and sleep. National Biomedical Research Day at the University of Illinois, 2018, Chicago, IL [Podium].

\* + Mithani S, **Fink AM**. Light-phase sleep restriction increases blood pressure in rats: A pre-clinical model for measuring responses to shift-work schedules. Midwest Nursing Research Society, 2017, Cleveland, OH [Poster].

\* # **Fink AM**. Optical technologies shed light on new ways to study the brain. Nursing Research Day, University of Illinois, 2016, Chicago, IL [Podium].

\* Eckhardt AL, **Fink AM**, DeVon HA. Severe fatigue is associated with low ventricular ejection fraction and depressive symptoms in patients with heart failure. Midwest Nursing Research Society, 2016, Milwaukee, WI [Podium].

\* # **Fink AM**. Converting clinical questions into research aims. Annual Clinical Translational Research Workshop. University of Illinois Center for Clinical & Translational Science, 2015, 2016, and 2017, Chicago, IL [Podium].

\* **Fink AM**, Riley B, Carley DW. Circadian patterns in sleep-disordered breathing: Insights from an animal model. Midwest Nursing Research Society, 2014, St. Louis, MO [Podium].

\* **Fink AM**, Fantuzzi G, Piano MR. Cytokines predict sleep disorders and poor prognosis in patients with heart failure. Ruth K. Palmer Research Symposium, 2012, Loyola University Medical Center, Maywood, IL [Podium] and Nursing Grand Rounds, 2012, Jesse Brown VA Medical Center, Chicago, IL [Podium].

\* **Fink AM**, Eckhardt AL, Fennessy MM, Ryan CJ, Zerwic JJ. Is severe fatigue a prodrome indicating an impending, life-threatening, cardiac event? American Association of Critical Care Nurses, 2008, Lincolnshire, IL [Poster].

# **Fink AM**. Management of abdominal and pelvic trauma. Emergency Nursing Course, 2002, Camp Bullis, TX and Fort Gordon, GA [Podium and Simulation Workshops - CEUs awarded to attendees].

# **Fink AM**. Addressing the psychological needs of patients hospitalized in the burn center: a literature review. Mulcahy Scholars Program, 2001, Loyola University Medical Center, Maywood, IL [Podium].

//Nothing Follows.