

SHAMEKA RODGERS PHILLIPS, MSN, FNP-C

FAMILY NURSE PRACTITIONER | PHD STUDENT

EDUCATION

PhD in Nursing	The University of Alabama at Birmingham (UAB)	<ul style="list-style-type: none">UAB Graduate School Blazer FellowUAB Nutrition and Obesity Research Center (NORC) Pre-Doctoral Fellow	Aug. 2018 - Present
MS in Nursing Family Primary Care	UAB	<ul style="list-style-type: none">Graduate Nursing Education Primary Care Scholar (Rural Health)	Aug. 2016
BS in Nursing Minor: Psychology	UAB	<ul style="list-style-type: none">University Honors in Experiential LearningNursing Honors	Aug. 2014

PROFESSIONAL EXPERIENCES

Family Nurse Practitioner <i>Rural Health Group</i> Enfield, NC Midlevels for the Medically Underserved	Apr. 2017 – Mar. 2018
Registered Nurse <i>UAB Women & Infant's Center</i> <i>Gynecology/Oncology Medical Surgical Unit</i> Birmingham, AL	August 2014- April 2017

FELLOWSHIPS & TRAINING

UAB Nutrition and Obesity Research Center <i>Pre-Doctoral Fellow</i> UAB/NHLBI/NIH : T32HL105349	Aug. 2019- Present
Pittsburgh Summer SWIM Sleep and Circadian Workshop on Indispensable Methods <i>Trainee</i> The University of Pittsburgh	Aug. 2020
UAB Clinical and Translational Science Program UAB Center for Clinical and Translational Sciences	Jan. 2019 – July 2019
Ronald E. McNair Scholars Program UAB	May 2012 – Aug. 2012

CONTACT

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RESEARCH FOCUS

Pediatric Sleep Health Disparities
Obesity
Hypertension
Rural and Underserved Populations

CERTIFICATIONS

Family Nurse Practitioner American Academy of Nurse Practitioners (Certification #F111681)
Registered Nurse Alabama (License #1-147474)
Rigor, Reproducibility, and Transparency (R2T) UAB Center for Clinical and Translational Sciences
Clinical and Translational Science UAB Center for Clinical and Translational Sciences

SPECIAL INTERESTS

Wellness Blogger (www.meek-life.com)
Lay scientific communication

RESEARCH EXPERIENCE**UAB Department of Nutrition Sciences**2018 - *Present***HAPi Study: Health After Pregnancy (Intergenerational Transmission of Obesity in a Cohort of Mother –Child Dyads)**

Principal Investigator: Paula Chandler-Laney, PhD

- ❖ Research Assistant- Studying the metabolic fitness of mother and child dyads as well as other biomarkers that can help determine if metabolic composition is passed in-utero. Used Dual-energy X-ray absorptiometry to assess total and regional body composition, and Indirect calorimetry to assess resting energy expenditure.

UAB School of Nursing2018- *Present***Teacher Study Pilot Study**

Principal Investigator: Marti Rice, PhD

- ❖ Research Assistant – Involved in the planning and the implementation of a project studying the effect size of pre-school teacher’s demographics, anthropometrics, and other behavioral and environmental factors on student blood pressure.

UAB Nursing Honors

2013

Mentor: Mirjam-Colette Kempf, PhD, MPH

- ❖ Manuscript Assistance- Assisted with writing manuscript by completing literature reviews and evaluating data.
- ❖ Research Focus: HIV, Health Disparities, Rural Population

Ronald E. McNair Scholars Program

2012

Mentor: Candace Knight, PhD, RN

- ❖ Coding & Manuscript Assistance – Coded qualitative data and assisted with writing manuscript by doing literature reviews and evaluating data.
- ❖ Research Focus: Pediatric Population, Maternal Health, Stress

HONORS AND AWARDS

Top Poster – UAB PhD in Nursing Intensive	2020
UAB PhD in Nursing Core Value Award: Collaboration	2020
UAB PhD in Nursing Core Value Award: Communication	2020
Alabama Nurses Foundation Academic Scholarship	2020
UAB School of Nursing Lowder Travel Award	2020
UAB Graduate School’s Three Minute Thesis Finalist	2019
Jarman F. Lowder Endowed Scholarship in Nursing	2019
Alabama Nurses Foundation Academic Scholarship	2019
UAB Clinical and Translational Science Program	2019
UAB Graduate School Blazer Fellow	2019
UAB Hospital Innovation Board Grant Approval	2016
UAB Spring 2014 Spring Commencement Address Speaker	2014
Sigma Theta Tau International Nursing Honor Society	2014
UAB School of Nursing Honors Program	2012
Ronald E. McNair Scholar	2012
UAB Who’s Who Among America’s Colleges and Universities	2012-2014

PROFESSIONAL AFFILIATIONS

Sleep Research Society	2020 - Present
Southern Nursing Research Society	2018- Present
Council for the Advancement of Nursing Science	2018- Present
Obesity Research Society	2018- Present
UAB Black Graduate Student Association	2016- Present
Sigma Theta Tau International Nursing Honor Society	2014- Present
American Association of Nurse Practitioners	2016-2018

PUBLICATIONS

Johnson, A.H., **Phillips, S.R.**, & Rice, M. (2020) Abnormal weight gain with fatigue and stress in early survivorship after childhood brain tumor diagnosis. *Journal for Specialists in Pediatric Nursing*

Phillips, S.R., Johnson, A.H., Shirey, M., & Rice, M. (2020) Sleep quality in school-aged children: A concept analysis. *Journal of Pediatric Nursing*

Publications Submitted or In Preparation

Davis, S., Lynch, T., Johnson, A., Gray, L., Soistmann, H., **Phillips, S. R.**, Pryor, E., Azuero, A., & Rice, M. The case for inclusion of effect size measures and clinical relevance in research publications. *Submitted*

Rice, M., **Phillips, S.R.**, Joiner, C.I., Affuso, O., Azuero, A., Ejem, D., Hage, F., & Turner-Henson, A., A pilot study of the influence of selected factors on BMI in preschool children. *Submitted*

Lynch, T., Johnson, A., Gray, L., Soistmann, H., **Phillips, S. R.**, Davis, S., & Rice, M. Perceived stress in children. *In Preparation*

Peer Reviewed Abstracts

Phillips, S.R., Rice., Li, P., Chandler- Laney, P.(2020) *The relationship between household chaos and sleep disturbance in non- hispanic black children ages 4-10*. In The Council for the Advancement of Nursing Science State of the Science Congress on Nursing Research 2020 Conference

Phillips, S.R., Rice., Li, P., Chandler- Laney, P.(2020) *Associations among sleep quality, adiposity, and blood pressure in non- hispanic black children aged 4-10 years*. In Southern Nursing Research Society 34th Annual Conference

Rodgers, S; Rice, M; Martin, S; Callahan, ML; Bowman, R; Anger, C; Chandler-Laney, PC. (2019). *Associations among sleep quality, adiposity, and blood pressure in non- hispanic black children aged 4-10 years*. In UAB Minority Health Research Center's 2019 Health Disparities Symposium

PRESENTATIONS

Oral Presentations

Phillips, S.R., Rice., Li, P., Chandler- Laney, P.(2020, September 17-18) *The relationship between household chaos and sleep disturbance in non- hispanic black children ages 4-10*. [Podium Presentation] In The Council for the

Advancement of Nursing Science State of the Science Congress on Nursing Research 2020 Conference, Virtual Conference

Phillips, S.R. (2020, June 9). *Is the influence of sleep underestimated? Sleep quality in school-aged children.* [Presentation] UAB Graduate School 's Discoveries in the Making

Phillips, S.R., Rice., Li, P., Chandler- Laney, P., (2020, March 18-20) *Associations among sleep quality, adiposity, and blood pressure in non-Hispanic Black children aged 4-10 years.* [Conference session/Poster Presentation] Southern Nursing Research Society 34th Annual Conference, New Orleans, Louisiana, United States (Conference canceled)

Rodgers, S. (2019, Fall). *Harry potter and the child with poor sleep quality.* [Presentation]. UAB Three Minute Thesis

Rodgers, S., Rollins, J., Oliver, L. & Selleck, C. (2016, May 1-13). *Nurse practitioners: Leading the way in primary care.* [Presentation] 39th Annual National Rural Health Association Conference, Minneapolis, Minnesota

Poster Presentations

Phillips, S.R., Rice., Li, P., Chandler- Laney, P., (2020) *Associations among sleep quality, adiposity, and blood pressure in non-Hispanic Black children aged 4-10 years.* [Poster Session]. UAB School of Nursing PhD Intensive, The University of Alabama at Birmingham, Birmingham, AL, United States

Rodgers, S., Rice, M; Martin, S; Callahan, ML; Bowman, R; Anger, C; Chandler-Laney, PC. (2019). *Associations Among Sleep Quality, Adiposity, and Blood Pressure in Non- Hispanic Black Children Aged 4-10 years.* [Poster Session]. UAB School of Nursing PhD Intensive, The University of Alabama at Birmingham, Birmingham, AL, United States

Rodgers, S., Rice, M; Martin, S; Callahan, ML; Bowman, R; Anger, C; Chandler-Laney, PC. (2019). *Associations Among Sleep Quality, Adiposity, and Blood Pressure in Non- Hispanic Black Children Aged 4-10 years.* [Poster Session]. UAB Minority Health Research Center's 2019 Health Disparities Symposium, The University of Alabama at Birmingham, Birmingham, AL, United States

Rodgers, S. (2016) *Dunking on Diabetes: Increasing Health Literacy in Underprivileged Populations.* [Poster]. UAB School of Nursing Family Nurse Practitioner Scholarly Project, The Foundry Clinic, Bessemer, AL, United States

Rodgers, S., Kempf, M.C., (2013). *Telemedicine to Improve Depression and Adherence in HIV + Women in the Rural South.* [Poster Presentation] 2013 Sigma Theta Tau International Nursing Honors Society's Founders' Day, The University of Alabama at Birmingham, Birmingham, AL, United States

Rodgers, S., Knight, C , (2012). *The Consequence of Being a Teen Mom: The Experience of Stress during Adolescent Pregnancy.* [Poster Session] 2012 UAB Undergraduate Expo, The University of Alabama at Birmingham, Birmingham, AL, United States

Invited Talks

Phillips, S.R. *UAB Nutrition and Obesity Research Center Pre-Doctoral Fellowship.* Black Graduate Student Association. May 11, 2020

Phillips, S.R. *Pre-doctoral Fellowships.* UAB PhD in Nursing Fellows' Seminar. April 28, 2020

Rodgers, S. *Improving You This Year – Your Roadmap to a Successful Year (My McNair, Grad School, and PhD Experience)*. UAB Ronald E. McNair Scholars. February 13, 2019

Rodgers, S. *Taking Your Leadership to the Next Level*. UAB Graduate Nursing Education Primary Care Scholars Webinar. February 22, 2018

Rodgers, S. *College, Health Careers, and UAB*. Georgiana High School Future Business Leaders of America Presentation. October 21, 2016

SERVICE

Professional

UAB PhD in Nursing Diversity, Equity, and Inclusion Advisory Board	2020- Present
Sleep Research Society – Communications Committee (SRS Events Social Media Lead)	2020- Present
Southern Nursing Research Society – Communications Committee (Social Media Lead)	2019- Present
Council for the Advancement of Nursing Science – Communications Committee, Early Career Special Interest Group	2019- Present
Manuscript Reviewer- Journal of Obesity, Journal of Nursing Research, Journal of Pediatric Nursing	2019- Present
UAB PhD in Nursing Student Engagement Committee – 2018 Cohort Rep	2018-Present
UAB Nursing Graduate Student Association -Chair of Public Relations and Media Committee	2015-2016

Mentoring

UAB Black Graduate Student Association – BLUEPrint Mentor for Undergraduate Students	2019- Present
Gear Up Alabama – Black Belt Fridays Mentor	2019
UAB School of Nursing Undergraduate Student Association Mentor	2013-2014
UAB Multicultural Scholars Program Mentor	2012-2014

Community

UAB Preventive Medicine Healthy Happy Kids	2019
UAB Minority Health Research Center Young Professionals Board	2019
Take Your Child to the Doctor Day	2019
Church of the Highlands Member/Dream Team Serve Team (Greeter/First Responder)	2014- Present
UAB Alternative Spring Break “Immigrant Immersion”	2012