

**Karen L. Saban, PhD, RN, APRN, CNRN, FAHA**  
Curriculum Vitae

**Business:**

Loyola University Chicago  
Marcella Niehoff School of Nursing  
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**A. PROFESSIONAL/EDUCATIONAL PREPARATION**

<b>Year</b>	<b>Degree</b>	<b>Institution</b>	<b>Field of Study</b>
2013	8 graduate credit hours (4 wk intensive course)	NINR Summer Genetics Institute	Human genetics
2007-2010	Post –Doctoral Fellowship	Center for Management of Complex Chronic Care, Edward Hines, Jr. Veterans Administration Hospital, Department of Veterans Affairs	Methods for evaluation of outcomes of neuroscience patients
2006	PhD	Loyola University Chicago	Nursing Dissertation: Predictors of Quality of life of Patients Undergoing Lumbar Spinal Surgery ( <b>Distinction Award</b> )
1990	MSN	Loyola University Chicago	Nursing Administration
1986	BSN	Loyola University Chicago	Nursing

**B. EMPLOYMENT/PROFESSIONAL EXPERIENCE**

<b>Year</b>	<b>Position and Institution</b>
2010-present	<b>Health Research Scientist, Edward Hines Jr. VA Hospital, Center for Innovation in Complex Care Management, Hines, IL:</b> <ul style="list-style-type: none"> <li>• Conduct research related to care of veterans with focus on persons with traumatic brain injury and cardiovascular</li> </ul>

- disease/stroke and their families.
- 2012-present **Associate Professor, Tenured, Loyola University Chicago, School of Nursing, Chicago, IL**
- Teach across all levels – undergraduate, graduate, and doctoral levels
  - Direct course for clinical training at various healthcare sites.
  - Pursue new knowledge through program of research in evaluation of neuroscience patient outcomes.
- 2006-2012 **Assistant Professor, Loyola University Chicago, School of Nursing, Chicago, IL**
- Teach across all levels – undergraduate, graduate, and doctoral levels
  - Direct course for clinical training at various healthcare sites.
  - Pursue new knowledge through program of research in evaluation of neuroscience patient outcomes.
- 1998-2006 **Director of Nursing and Quality Improvement, CINN, Chicago, IL**
- Managed clinical nursing staff and nurse practitioners across 6 neurosurgical centers.
  - Developed database and templates for clinical computerized clinical documentation system (NextGen) facilitating the measurement of quality improvement and outcome initiatives
  - Initiated and developed Annual Neuroscience Nursing Symposium in region with over two hundred attendees from multiple states. Coordinated community education related to stroke, spinal stenosis, and back pain
  - Developed both inpatient and outpatient policies and standards for neurosurgical population
  - Obtained research grant of \$23,500 as principal investigator from CINN Foundation and Ingalls Memorial Hospital to support an outcomes research project evaluating the outcomes of spinal surgery at Ingalls Memorial Hospital's Spine Center
  - Chairperson of CINN Institutional Review Board (IRB), September 2002 to September, 2003
- 1998-2006 **Clinical Consultant, NeuroSource, Chicago, IL**
- Via NeuroSource and General Electric partnership developed a neuro-specific inpatient outcomes measurement tool (NeuroDynamo).
  - Developed clinical program evaluation tool used to assess and identify neuroscience centers of excellence.
  - Clinical consultant for various consulting projects with hospitals and physician practices across the country.
- 1995-1998 **Program Coordinator, CINN at Silver Cross Hospital Satellite, Joliet, IL**
- Worked closely with medical leadership and multidisciplinary team from inception of satellite program to develop customer driven systems for patient-flow, continuity of care and standards of care.
  - Coordinated Annual CINN at Silver Cross Hospital Physician Symposiums with over sixty attendees to each conference
  - Recruited and managed personnel including nursing staff, medical assistant, and physician assistant.
  - Developed and effectively maintained budget for both outpatient and inpatient populations.

- Coordinated education of staff including physicians, nurses, and rehabilitation staff through weekly multidisciplinary rounds, in-services, conferences and symposiums.
  - Developed inpatient and outpatient policies and standards for neurosurgical population.
- 1992-1995 **Manager, ICU/CCU/Cardiodiagnostics, Edward Hospital, Naperville, IL**  
Accountable for managing day-to-day operations of fifteen-bed combined Intensive Care Unit and Cardiac Care Unit using Shared Governance Model. In April 1993, also assumed responsibilities for managing Cardiodiagnostics Department. Employee of the Month, February, 1994.
- 1990-1992 **Manager, Neurosurgical ICU, Chicago Neurosurgical Center at Columbus Hospital, Chicago, IL**  
Clinical nurse manager of six-bed neurosurgical intensive care unit. Responsible for managing operations of unit including budgeting, staffing, and staff development. Co-chairperson of department quality assurance committee. Developed nursing department hospital-wide newsletter and served as editor of publication.
- 1987-1990 **Staff Nurse, Surgical/Trauma ICU, Loyola University Chicago, Maywood, IL**  
Full-time staff nurse in twenty-four bed surgical/trauma intensive care unit. Acted as charge nurse and preceptor.
- 1989-1990 **Research Assistant, Loyola University School of Nursing, Maywood, IL**  
Assisted professors in organizing and coordinating management forum. Data entry for several research projects
- 1986-1987 **Staff Nurse, Medical- Oncology Unit, Loyola University Chicago, Maywood, IL**

**C. CERTIFICATIONS**

<b>Year</b>	<b>Certification</b>
2001- Present	Licensed as Advanced Practice Nurse (APRN) (State of Illinois)
1986- Present	Licensed as Registered Nurse (State of Illinois)
1991- Present	Certified Neuroscience Registered Nurse (CNRN)
1990-2003	Certified Critical Care Registered Nurse (CCRN)
1992-1998	ACLS Certified
1993-1998	ACLS Instructor
1980 to Present	BLS Certified

**D. GRANTS**

<b>Title</b>	<b>Agency</b>	<b>Principal Investigator</b>	<b>Period</b>	<b>Total Costs</b>
<b>Active Funded Grants</b>				

Social Context and Inflammatory Risk of Stroke in African American Women	National Institute of Nursing Research K01: K01 NR013478-01A1	K. Saban (PI) (9 months effort)  Primary Mentor: L. Janusek	2012-2015	\$277,989
Mindfulness Based Stress Reduction for Women at Risk for Cardiovascular Disease	Nursing Research Initiative, VA  HSR&D NRI 12-413	K. Saban (PI) (2.4 months effort)  Mentors: E. Collins and L. Janusek	2013-2017	\$1,098,706
The Development of a Veteran-centered Measurement Assessment Program (V-MAP)	Locally-Initiated Project VA	C. Kostovich (PI) K.Saban (Co-I)	2013-2014	\$10,000
Use of Complementary and Alternative Therapies for African American Women: A Focus Group Approach	Sigma Theta Tau, Alpha Beta Chapter	S. Tenfelde (PI) K. Saban (Co-I)	2014-2015	\$1000
<b>Completed Funded Grants</b>				
Stress and Inflammation in Family Caregivers of TBI Veterans	Department of Veterans Affairs: Nursing Research Initiative Pilot Funding VA HSR&D Project # NRI 10-123-1	K. Saban (PI) Mentors : E. Collins and L. Janusek	2010-2011	\$99,994
Stress and Inflammation in Women with Cardiovascular	Marcella Niehoff School of Nursing, Loyola University	K. Saban (PI) H. DeVon D. Hoppenstedt F. Bryant	2010-2011	\$7,000

Disease	Chicago			
Experience of Providers of Veterans with TBI	Department of Veterans Affairs, Health Services Research and Development Service – Supplement to Project # SDR-08-409)	B. Smith, BA, MPA, PhD (PI)  K.Saban (Co-investigator, 15% effort)	2009-2011	\$80,000
Evaluation of TBI Screening Processes and Healthcare Utilization	Department of Veterans Affairs, Health Services Research and Development Service (Project # SDR-08-409)	Bridget Smith, BA, MPA, PhD (PI)  K. Saban (Co-investigator, 5% )	2009-2011	\$432,800
The Experience of Families of Traumatic Brain Injured Soldiers (LIP #42-104)	Department of Veterans Affairs, Center for Management of Complex Chronic Care, Locally Initiated Project	K. Saban (PI) (contributed effort)	2008-2011	\$10,000
Stress and Inflammation in Caregivers of Stroke Survivors	Loyola University Multidisciplinary Award PILOT	K. Saban (PI) (3% contributed effort)  Co-PI : L. Janusek, H. Mathews, F. Bryant	2010-2011	\$17,000
Quality of Life Measures for Chronic Renal Failure (LIP #42-095)	VA HSR&D and Hines VA	D. Hynes (PI)  (Secondary data analysis – K. Saban)	2007-2010	VA Fellowship
Measurement Invariance of the Kidney Disease and Quality of Life Instrument (KDQOL-SF) across Veterans and non-Veterans (LIP #42-121)	VA HSR&D and Hines VA	D. Hynes (PI)  (Secondary data analysis – K. Saban)  Paper published	2009-2010	VA Fellowship

Quality of Life of Family Caregivers of Stroke Survivors*	Sigma Theta Tau Alpha Beta Chapter	K. Saban (PI)	2008-2009	\$500
Quality of Life of Family Caregivers of Stroke Survivors*	CINN Foundation	K. Saban (PI)	2008-2010	\$7,000
Quality of Life of Family Caregivers of Stroke Survivors*	Summer Stipend Loyola University Chicago	K. Saban (PI)	Summer 2008	\$6,000
Quality of Life of Family Caregivers of Stroke Survivors*	Palmer Research Grant Marcella Niehoff School of Nursing, Loyola University Chicago	K. Saban (PI)	2008-2009	\$5,000
Quality of Life of Patients Undergoing Elective Lumbar Spinal Surgery	Neuroscience Nursing Foundation (NNF) CINN Foundation	K. Saban (PI) Dissertation Study	2005-2006	\$12,000

## E. PUBLICATIONS/SCHOLARSHIP

### Refereed, data-based

- Rogers, T.J., Smith, B.M., Weaver, F.M., Ganesh, S., **Saban, K.L.**, Stroupe, K.T., Martinez, R. N., Evans, C.T., and Pape, T.L. (in press, 2014). Healthcare Utilization following Mild Traumatic Brain Injury in Women Veterans. *Brain Injury*.
- Saban, K.L.** Hogan, N.S, Hogan, T.P., Pape, T. (in press, 2014). He Looks Normal But.... Challenges of Family Caregivers of Veterans with Traumatic Brain Injury. *Rehabilitation Nursing*.
- Saban, K.L.**, Mathews, H.L., Collins, E.G., Hogan, N.S., Tell, D., Bryant, F.B., Pape, T.L. Griffin, J.& Witek Janusek, L. (in press, 2014). The Man I Once Knew: Grief and Inflammation in Female Partners of Veterans with Traumatic Brain Injury. *Biological Research for Nursing*.
- Saban, K.L.**, Hopenstead, D., Bryant, F.B & DeVon, H.A. (2014). Social Predictors of Inflammatory Biomarkers Among African American and Non-Hispanic White Women with Cardiovascular Disease: A Pilot Study. *Biological Research for Nursing*. 16 (3), 258 - 265.
- Saban, K. L.** Hogan, T.P., Defrino, D., Evans, C.T., Bauer, E., Pape, T.L., Steiner, M., Proescher, E., Vlases, F.R., & Smith, B.M. (2013). Burnout and Coping Strategies of Polytrauma Team Members Caring for Veterans with Traumatic Brain Injury. *Brain*

- Injury*, 27 (3) 301-9.
- Saban, K.L.**, Mathews, H., O'Brien, T., Bryant, F. B. & Witek Janusek, L. (2012). Depressive Symptoms and Diurnal Salivary Cortisol Patterns Among Female Caregivers of Stroke Survivors. *Biological Research for Nursing*, 14, 396-404.
- Saban, K.L.** & Hogan, N.S. (2012). Women Caregivers of Stroke Survivors: Coping and Adapting to a Life That Once Was. *Journal of Neuroscience Nursing*.44 (1) 2-14.
- Hynes, D.M, Stroupe, K.T., Kaufman, J.S., Reda, D.J., Browning, M.M., Huo, S., Fischer, M., **Saban, K.L.**, Manning, W. (2012). Comparing VA and Private Sector Healthcare Costs for End Stage Renal Disease. *Medical Care*, 50 (2), 161-170.
- Saban, K.L.**, Smith, B., Collins, E. & Pape, T.L. (2011). Gender Differences in Life Satisfaction and Functional Status One-Year after Severe Traumatic Brain Injury. *Journal of Women's Health*.20 (2), 179-186. doi: 10.1089.
- Saban, K.L.**, Bryant, F.B., Stroupe, K., Reda, D. & Hynes, D.M. (2010). Measurement Invariance of the Kidney Disease and Quality of Life Instrument (KDQOL-SF) across Veterans and Non-Veterans. *Health and Quality of Life Outcomes* 8:120 (25 October 2010) doi: 10.1186/1477-7525-8-120.
- Saban, K.L.**, Stroupe, K.A., Bryant, F.B., Reda, D., Browning, M.M. & Hynes, D.M. (2008). Comparison of Health-Related Quality of Life Measures for Chronic Renal Failure: Quality of Well-Being Scale, Short-Form-6D, and the Kidney Disease Quality of Life Instrument. *Quality of Life Research*, 17 (8), 1103-1115.
- Saban, K.L.**, Penckofer, S.M., Androwich, I. & Bryant, F.B. (2007). Quality of life of patients undergoing selected types of lumbar spinal surgery: A pilot study. *Health and Quality of Life Outcomes* 5:71 (28 December 2007).
- Saban, K.L.** & Penckofer, S. (2007). Expectations of quality of life of patients undergoing lumbar spinal surgery. *Journal of Neuroscience Nursing*, 39 (3), 180-89.
- Ghaly, R.F, **Saban, K.**, Haley, D & Ross, R. (2000). Endoscopic carpal tunnel release surgery: Report of patient satisfaction. *Neurological Research*, 22 (6), 551-5.

### **Refereed, non data-based**

- Saban, K.L.**, Mathews, H.K., DeVon, H., and Janusek, L.W. (2014). Epigenetics and Social Context: Implications for Disparity in Cardiovascular Disease. *Aging & Disease*. 5(5), 346-355.
- DeVon, H., **Saban, K.L.** & Garrett, D.K. (2011). For Women Only: Recognizing and Responding to Symptoms of Heart Attack and Stroke. (8 April 2011). *Journal of Obstetric, Gynecologic, & Neonatal Nursing*.
- Kostovich, C., **Saban, K.L.** & Collins, E. (2010). Becoming a Nurse Researcher: The Importance of Mentorship. *Nursing Science Quarterly*, 23, 281-286. doi: 10.1177/0894318410380260.
- Saban, K.L.**, Sherwood, P.R., DeVon, H.A. & Hynes, D. M. (2010). Measurement of Psychological Stress and Physical Health in Caregivers of Stroke Survivors: A Literature Review. *Journal of Neuroscience Nursing*, 42 (3).
- Saban, K.L.**, Ghaly, R.F. (1998). Cervical Spine Infection: A Case Presentation and Update. *Journal of Neuroscience Nursing*. 30 (2), 105-9, 114-5.

### **Book Reviews and Columns**

- McCabe P. Saban KL, Cohn J, Crane, P., Biddle, M., & Beckie, T., (in press, 2014). American Heart Association Council on Cardiovascular and Stroke Nursing. *Journal of Cardiovascular Nursing*.
- Saban, K.L.** (2009). Media Review: AACN-AANN Protocols for Practice: Monitoring Technologies in Critically Ill Neuroscience Patients. *Journal of Neuroscience Nursing*,

41 (5), 287-288.

### **Books Chapters**

- DeVon, H.A. & **Saban, K.L.** (2012). Psychosocial and biological stressors and the pathogenesis of cardiovascular disease. In V. Hill Rice (Ed). *Handbook of Stress, Coping, and Health*. (pp. 381-408). Thousand Oaks, CA: Sage.
- Wohns, R.N, **Saban, K.L.**, Malick, A, Berinti, F., Perez-Cruet, M.J. (2006). Establishing a minimally invasive spine center. In M. J. Perez Cruet, L. Khoo & R. Fessler (Eds). *An Anatomical Approach to Minimally Invasive Spine Surgery* (pp. 165-205). St. Louis: Quality Medical Publishing.

### **F. MEDIA**

None

### **G. PRESENTATIONS**

#### **Oral Presentations- Databased**

- Saban, K.L.**, Mathews, H.L., DeVon, H.A., and Janusek, L. Explaining Disparity in Cardiovascular Disease: Epigenetics and Discrimination. Midwest Nursing Research Society 39<sup>th</sup> Annual Research Conference, Indianapolis, IN. April 17, 2014 (accepted).
- Saban, K.L.** Fatigue and Caregiver Burden. Invited Speaker: American Heart Association International Stroke Conference, Nashville, TN, February 12, 2015 (Accepted).
- Saban, K.L.** Epigenetics: The Link between Environment and Genes. Invited Speaker: Cardiovascular Seminar, American Heart Association Scientific Sessions, Chicago, IL, November 19, 2014 (Accepted).
- Saban, K.L.** Epigenetics and Cardiovascular Disease. Invited speaker: Genetics Lecture Series. University of Illinois at Chicago, Chicago, IL September 30, 2014.
- Saban, K.L.** How Chronic Stress Influences Health in Caregivers: Emerging Research. Catholic Charities. Jainesville, WI. October 3, 2013.
- Saban, K. L.** Mathews, H.L, Hogan, N.S, Bryant, F.B, Collins, E.G, Tell, D., and Witek Janusek, L. Grief is Associated with Cortisol Awakening Response and TNF-Alpha in Female Partners of Veterans with Traumatic Brain Injury. MNRS Annual Meeting, March 6, 2013; Loyola University Palmer Research Symposium, May 16, 2014, Rome, Italy; VA Research Day, May 20, 2014, Hines, IL.
- Saban, K.L.**, Pape, T.L., Witek Janusek, L., Griffin, J.M., Bryant, F.B. & Collins, E. Stress and Inflammation Among Wives of Veterans with Traumatic Brain Injury: Preliminary Findings of Nursing Research Initiative Study. Invited Speaker, National VA Caregiver Research Special Interest Group, National teleconference, April 18, 2012.
- Saban, K.L.**, Pape, T.L., Witek Janusek, L., Griffin, J.M., Bryant, F.B. & Collins, E. Predictors of Quality of Life Among Wives Providing Informal Care to Veterans with Traumatic Brain Injury. MNRS Annual Meeting, April 14, 2012.
- Hogan, T.P., **Saban, K.L.**, Evans, C.T., Stroupe, K.T., St. Andre, J.R., Urban, A. & Smith, B.M. (2011, October). *Provider information seeking and communication about traumatic brain injury*. Paper presented at the International Conference on Communication in Healthcare, Chicago, IL.
- Saban, K.L.** (April, 2011). The Psychological and Physical Health of Informal Caregivers of Stroke Survivors, Invited Speaker, Palmer Research Symposium, Loyola University Chicago, Maywood, IL
- Saban, K.L.**, Mathews, H., & Janusek, L. Relationships Among Depression and Caregiver Burden with Salivary Cortisol Patterns in Caregivers of Stroke Survivors.

Revised: 10/14/14

- (June, 2011) Invited Speaker, VA Research Day, Hines, IL  
(March, 2011). MNRS, Columbus, OH.
- Saban, K.L.** (February, 2011). Stress and Inflammation in Stroke Survivors and their Families. Invited speaker for the State of the Art Nursing International Stroke Conference, American Heart Association. Los Angeles, CA.
- Saban, K.L.** (April, 2008). Quality of life and expectations of patients undergoing lumbar spinal surgery. Invited speaker, Research Tea. Loyola University Health System, Maywood, IL.
- Saban, K.L.** (May, 2007) Predictors of quality of life of patients undergoing lumbar spinal surgery. Annual American Association of Neuroscience Nurses Conference, Kissimmee, Florida.
- Saban, K.L.** (December, 2006). Predictors of quality of life of patients undergoing lumbar spinal surgery. Ingalls Hospital Clinical Conference, Harvey, IL.
- Saban, K.L.**, Ross, R.E., Colip, J. (March, 2002). Effectiveness of Comprehensive Patient Education Program for Patients Undergoing Lumbar Microdiscectomy, American Association of Neuroscience Nurses Annual Conference, Palmer House, Chicago
- Posters-Databased**
- Rogers TJ, Smith B, Weaver, FM, **Saban, K.L.**, Stroupe KT, Martinez RN, Evans CT, Pape TLB. (2014). Healthcare Utilization Following Mild Traumatic Brain Injury in Women Veterans. Academy Health, June 8-10th, 2014, Sand Diego, CA.
- Saban, K.L.;** Mathews, H.L., Collins, E.G. & Witek Janusek, L. (2014). Early Life Adversity, Depressive Symptoms, and Endothelial Dysfunction in Women Veterans. International Psychoneuroimmunology Research Conference, May 29, 2014, Philadelphia, PA.
- Paulson-Conger, P. & **Saban, K.L.** (2014, March). The Burning Question. National Association of Clinical Nurse Specialists 2014 Annual Conference Orlando, Florida March 6-8, 2014
- Saban, K.L.**, Mathews, H.L, Hogan, N.S., Griffin, J., Bryant, F.B., Paper, T. B., Collins, E.G. & Witek Janusek, L. (2012, June). Grief is Associated with Cortisol Awakening Response and TNF-alpha in Female Partners of Veterans with Traumatic Brain Injury. International Psychoneuroimmunology Research Society Conference, San Diego, CA, USA
- Hogan, T.P., Bauer, E.D., **Saban, K.L.**, Stroupe, K.T., Evans, C.T., Rogers, T., Smith, B.M. (2012, April) Applying Uncertainty Management Theory to the Experiences of Healthcare Providers Caring for Patients with Mild Traumatic Brain Injury. Kentucky Conference on Health Communication, April, 2012.
- Saban, K.L.** DeVon, H.A Hoppensteadt-Moorman, D. &. (2012). Social Determinants are Associated with Heat Shock Protein-70 in African American and Non-Hispanic White Women with Cardiovascular Disease. Poster presentation for the International Stroke Conference, American Heart Association, January 31, 2012, New Orleans, LA
- Smith, B.M., Hogan, T.P., **Saban, K.L.**, Evans, C.T., Stroupe, K.T., St. Andre, J.R. & Steiner, M.L. (2011, October). *Communicating to increase coordination of care for traumatic brain injury*. Poster accepted for presentation at the International Conference on Communication in Healthcare, Chicago, IL.
- Saban, K.L.**, Mathews, H., & Janusek, L. (June, 2010). The Relationship Among Depression and Caregiver Burden with Salivary Cortisol Awakening Levels in Female Caregivers of Stroke Survivors. International Psychoneuroimmunology Research Conference. Trinity College, Dublin, Ireland.
- Saban, K.L.** & Pape, T.L (2010). Life Satisfaction One Year After Severe Traumatic Brain Injury.  
(March, 2010) Poster session at Annual Palmer Research Symposium, Loyola University Chicago, Oakbrook, IL  
(April, 2010) Poster session at Midwest Nursing Research Conference, Kansas City, MO  
(April, 2010). Poster session at the Hines VA Research Day, Hines, IL
- Saban, K.L.**, Penckofer, S.M, Janusek, L., Hynes, D. & Keller, S. (2009). Quality of Life of

- Family Caregivers of Stroke Survivors.  
(May, 2009) Poster session at Marianjoy Rehabilitation Hospital Research Day  
(May, 2009) Poster session at U.S Department of Veterans Affairs Research Day,  
Edward Hines Hospital
- Saban, K.L.** & DeVon, H. (2009). Stress and Inflammatory Markers of African American and White Women. Annual Palmer Research Symposium, Loyola University Chicago, Oakbrook, IL.
- Hohmann, S., Anderson, M., Garman, A., Dunn, K., Ross, R. & **Saban, K.L.** (2009). Correlates of Ischemic Stroke Outcomes. Annual Research Meeting: Academy of Health. Chicago, IL.
- Pape, T. & **Saban, K.L.** Self-reported Satisfaction with Life 1 Year After Severe Traumatic Brain Injury  
(November, 2008) Poster session at St. Albert's Day, Loyola University Medical School, Maywood, IL.  
(May, 2008). Poster session at U.S. Department of Veterans Affairs Research Day, Edward Hines Hospital, Hines, IL.
- Saban, K.L.**, Stroupe, K.T, Browning, M.M., Huo, Z., & Hynes, D.M. Comparison of Health-Related Quality of Life Measures for End Stage Renal Disease: Quality of Well-Being Scale, Short-Form-6D, and the Kidney Disease Quality of Life Instrument.  
(May, 2008). Poster session at U.S. Department of Veterans Affairs Research Day, Edward Hines Hospital, Hines, IL.  
(November, 2007). Poster session at St. Albert's Day, Loyola University Medical School, Maywood, IL.  
(October, 2007) Poster session at the International Quality of Life Research Society Annual Symposium, Toronto, Canada  
(March, 2007) Poster session at the annual Ruth K. Palmer Research Symposium, Maywood, IL.
- Saban, K.L.** & Penckofer, S. Predictors of quality of life of patients undergoing lumbar spinal surgery.  
(May, 2007) Poster session presented at Loyola University Chicago Neuroscience Conference.  
(November, 2006) Poster session presented at the annual meeting of the Greater Chicago Regional Nursing Research Symposium, Naperville, IL.
- Saban, K.L.**, Penckofer, S., Androwich, I. & Bryant, F.B. Predictors of Quality of Life of Patients Undergoing Lumbar Spinal Surgery:  
(April 2006). Poster session at the annual meeting of the Midwest Nursing Research Society, Milwaukee, WI.  
(March, 2006). Poster session at the annual meeting of the Loyola Nursing Research Colloquium, Maywood, IL.
- Ghaly, R. F, **Saban, K. L.**, Haley, D. A. Patient satisfaction with endoscopic carpal tunnel release surgery under local anesthesia (June 2002). Society of Neurosurgical Anesthesia and Critical Care Annual Meeting. Orlando, Florida.
- Ghaly, R.F, **Saban, K.L.** Haley, D. (February, 1999). Endoscopic carpal tunnel release surgery: Initial outcomes. Poster session at The 15<sup>th</sup> Annual Meeting: Section on Disorders of the Spine and Peripheral Nerves – American Association of Neurological Surgeons and Congress of Neurological Surgeons, Lake Buena Vista, Florida.
- Caron, M.J., **Saban, K.L.** (October, 1996). Lumbar microdiscectomy: Impact of clinical pathway on patient outcome and hospital length of stay. Abstract and poster presentation for Annual Congress of Neurological Surgeons, Montreal, Canada.

## Media interviews/profiles

- Patient Education Resources on the Web, January, 2005, WJOL Radio interview (Will County, IL).
- Profile on role as advanced practice nurse with neurosurgical practice. April, 1995. Chicago Tribune, Health Care Section.

### **C.E.U Programs Presented**

Family Caregivers of Stroke Survivors: Trends in Nursing Research, Neuroscience Nursing Symposium, May 30, 2009 (1CEU).  
 Neuro Nurse Critical Care Orientation, Critical Care Consortium, Silver Cross Hospital, Joliet, Illinois, October, 2005 (4 CEU)  
 Neuro Assessment in the ICU, Critical Care Consortium, Ingalls Hospital, Harvey, Illinois March, 2005 (4 CEU)  
 Assessment of the Brain, Silver Cross Hospital, Joliet, Illinois, April, 2005 (1 CEU)  
 Head Injury, Silver Cross Hospital, Joliet, Illinois, March, 2005 (1 CEU)  
 ICP Monitoring, Silver Cross Hospital, Joliet, Illinois February, 2005 (1 CEU)  
 Care of the Anterior Fusion Patient, Silver Cross Hospital, Joliet, Illinois, January, 2005 (1 CEU)  
 Assessment of the Brain, Neuro Nursing Symposium, Elmhurst Hospital, April, 2003 (2 CEU)  
 Spinal Anatomy and Assessment, Neuroscience Nursing Symposium, Ingalls Hospital, April, 1999 (2 CEU)  
 Neuro Assessment and ICP Monitoring, Critical Care Consortium, South Suburban Hospital, Country Club Hills, March, 1998 (4 CEU)  
 Trigeminal Neuralgia Case Study, Chicago Institute of Neurosurgery and Neuroresearch Annual Symposium, SwissHotel, Chicago, IL, November, 1997 (1 CEU)  
 ICP Monitoring, Critical Care Consortium, Ingalls Hospital, Harvey, IL, October, 1997 (1 CEU)  
 Neuro Assessment, Critical Care Consortium, St. James Hospital, Chicago Heights, IL, April, 1997 (4 CEU)  
 Diagnosis and Management of Trigeminal Neuralgia, AACN- Greater Chicagoland Chapter, Good Samaritan Hospital, Downers Grove, IL, April, 1997 (1 CEU)  
 Management of Patients with ICP and EVD Monitoring, Silver Cross Hospital, March, 1997 (2 CEU)  
 Neuroscience Review Course, Critical Care Consortium, Silver Cross Hospital, Joliet, IL October, 1996 (8 CEU)  
 Spinal Assessment and Disorders, Chicago Institute of Neurosurgery and Neuroresearch Symposium, SwissHotel, Chicago, IL, October, 1996 (2 CEUs)

### **Other presentations**

**Saban, K.L.** (May 31, 2014). AHA Health Lifestyle Recommendations. Invited Speaker. Jubilee Baptist Church, Bolingbrook, IL  
**Saban, K.L.** (November, 2011). Psychological Distress Among Family Caregivers of Veterans with Traumatic Brain Injury: Emerging Research. Invited speaker. Beyond the Yellow Ribbon III: Teacher and Counselor Symposium. Alexian Brothers, Elk Grove Village, IL.  
**Saban, K.L.** (September, 2007). Interactive panel discussion: Trends and integration of stroke programs in centers of excellence. ACI's 5<sup>th</sup> National Conference on Adding, Updating and Expanding Comprehensive Stroke Centers, Chicago, IL

### **H. SPECIAL PROJECTS**

None

### **I. HONORS AND AWARDS**

- Fellow, American Heart Association

- MNRS *Physiology, Behavior, Genomics, & Society* Research Section Early Investigator Award, 2013
- Fellow, Institute of Medicine of Chicago, 2008 to present
- Marcella Niehoff School of Nursing, Loyola University Chicago, Dissertation Distinction Award, 2006.
- Employee of the Month, Edward Hospital, February, 1994
- Loyola University Community Service Award, 1984:1985

**J. TEACHING**

<b>Courses Taught</b>	<b>Semester</b>	<b># of Students</b>
• GNUR 450: Research for Health Professionals	Summer, 2010	27
	Summer, 2011- Co-taught with Dr. Ruroede	31
• GNUR 401: Concepts	Fall, 2008	28
	Fall, 2009	25
	Fall, 2010	27
	Spring, 2011 (2 sections)	35
	Fall, 2011	28
	Spring, 2012 (2 sections)	35
	Fall, 2012 (2 sections)	42
• GNUR 512: Methods	Summer, 2008 (Co-taught with Dr. Androwich)	7
• MSN 378: Senior medical-surgical theory course and Course Director	Fall, 2006	84
	Spring, 2007	85
	Fall, 2007	87
	Spring, 2008 (Co-taught with Ms. Fewster)	151
	Spring, 2009 (mentored Dr. Thomas)	109
• MSN 378L: Senior medical-surgical clinical lab	Fall, 2006	8
• Guest lecturer – MSN 378	Traumatic brain injury and ICP lecture every semester- ongoing – face-to-face lecture	Not applicable

**Master/Thesis Committees**

Kristen Smith (Fall, 2008), Loyola University Chicago, School of Nursing, Comprehensive Committee Advisor: “Use of Anticonvulsants in Patients With Brain Tumors.”

Mathew Anderson, Rush University, Health Management Systems, Thesis Committee Member (2008-2009): “Indicators of Stroke Centers of Excellence.”

Cathleen Knauss (Spring, 2009), Loyola University Chicago, Comprehensive Committee Advisor “Advances in the Management and Treatment of Ischemic Stroke.”

Audrey Seitman (Fall, 2010), Loyola University Chicago, Comprehensive Committee Advisor: “Challenging the Glasgow Coma Scale.”

Timbolin Holmes (Spring, 2011), Loyola University Chicago, Comprehensive Committee

Advisor: “Neuroendovascular Treatments/Procedures: Are They Efficacious & Have They Improved Patient Outcomes Post-Stroke?”

Tracy Noehrenberg-Frazzin (Spring, 2011). Loyola University Chicago, Comprehensive Committee Advisor: “Controversies Related to the Consumption of Dairy Products Containing Artificial Growth Hormones and their Link to Breast Cancer”

Magan Nielsen (Fall, 2011). Loyola University Chicago, Comprehensive Committee Advisor. “X-STOP® Surgical Technique for the Treatment of Lumbar Stenosis: Clinical Practice Update for Neurosurgical Nurse Practitioners.”

Michelle Paetow (Fall, 2011). Loyola University Chicago, Comprehensive Committee, “Mild Traumatic Brain Injury (mTBI) in Youth and Adolescent Sports.”

Sarah Davis (Spring, 2012). Loyola University Chicago, Comprehensive Committee, “The Use of Ultrasound by Nurse Practitioners in the Emergency Room.”

Michelle Landry (Fall, 2012). Loyola University Chicago, Comprehensive Committee, “Preventing Onset of Delayed Cerebral Ischemia.”

Kathleen Lowry (Spring, 2014). Loyola University Chicago, Comprehensive Committee - CHF

#### **Dissertation Committees**

DeVillers, Mary (2010). Loyola University Chicago, School of Nursing, Dissertation Committee, Member: “Moral Distress and Avoidance Behaviors of Critical Care and Non-Critical Care Nurses” Committee Chair: Holli DeVon, PhD, RN. Successfully defended in January, 2010.

#### **DNP Capstone Committees**

Rebecca Duke (2011). Loyola University Chicago, School of Nursing, Chair. “Quality of Life in the Low Model for End-Stage Liver Disease (MELD) Pre Transplant Patient.” Defended Fall, 2012. (Abstract accepted for poster presentation at American Transplant Congress, Seattle, May 13, 2013).

Melissa Paulson-Conger (2012). Loyola University Chicago, School of Nursing, Chair. “Neuropathic pain in Spinal Cord Injury.”

#### **Faculty Mentor**

Donna Garrett, PhD student. Preliminary paper (expected to be completed Spring, 2013) will focus on uncertainty in medically managed cardiac patients.

Melinda Dixon, PhD student. Completed Research Internship, GNUR 532, Spring, 2011.

Tanya Kornelsen, PhD student. Completed Advanced Practicum at Hines VA, Summer, 2011 focusing on patients with spinal cord injury.

Daniela DeFrino, PhD student. Completed Research Internship, GNUR 532, Summer, 2011.

#### ***K. SERVICE***

##### **Participation on University and School of Nursing Committees**

- Faculty Workload Task Force, Marcella Niehoff School of Nursing, Spring, 2008

- Search Committee, Marcella Niehoff School of Nursing, Spring, 2008 to 2010
- Palmer Nursing Research Symposium Planning Committee, 2008, Co-Chair
- Palmer Nursing Research Symposium Planning Committee, 2009, Member to present
- Loyola University School of Nursing, Captain of AHA Heart Walk Team, September, 2011
- Loyola University School of Nursing Research Committee,
  - a. Chair, Sept., 2007 thru December, 2008
  - b. Member, Sept. 2007 thru present
- Nursing Research Building Design Committee, Fall 2008 to 2009
- Medical-surgical Curriculum Task Force, Fall, 2008 to 2009

### **Positions in Professional Organizations**

- NIH National Institute on Minority Health and Health Disparities, R01 grant reviewer, March 12 and 13, 2014
- American Heart Association, Metro Chicago Multicultural Leadership Committee, Member, 2012- present
- American Heart Association, Fit Friendly Volunteer Champion, 2013 - present
- Moderator for sessions, AHA International Stroke Conference, 2012
- Counselor, Sigma Theta Tau, Alpha Beta Chapter, 2012 to present
- Program Planning Committee, AHA/ASA State of the Science Stroke Nursing Symposium, 2010-present
  - Appointed Vice Chair, State of the Science Stroke Nursing Symposium
- Secretary and Co-chair Elect, Research Section for Stress and Coping, MNRS, 2010- 2011
- Manuscript reviewer for Journal of Neuroscience Nursing, 2006 to present
- Manuscript reviewer for Brain, Behavior, and Immunity, 2012 to present
- Manuscript reviewer for Clinical Nursing Research, 2012 to present
- Manuscript reviewer for Biological Research for Nursing, 2011 to present
- Manuscript reviewer for Rehabilitation Nursing, 2012 to present
- Chair, Research Section for Stress and Coping, MNRS, 2011-2012
- Abstract Reviewer: VA HSR&D/QUERI National Conference, 2012
- Abstract Reviewer: International Stroke Conference, 2009 to present
- Abstract Reviewer: Midwest Nursing Research Society, 2010 to 2012
- Institute of Medicine Chicago, June, 2008 to present, member
  - Member of Health Disparities Committee, June, 2008 to present
  - Member of Membership Committee, March, 2009 to present
- Vice-President/Program Chair, Sigma Theta Tau, Alpha Beta Chapter, June, 2007 to 2009
- Abstract Reviewer, International Society for the Quality of Life, June 2007 to 2010
- American Association of Neurological Surgeons, 2006 to 2010 (appointed)
- Congress of Neurological Surgeons, 2006 to 2010 (appointed)
- American Stroke Association, member, 2007 to present
- Co-founded Southwest Chicago Chapter of the American Association of Neuroscience Nurses, 1997
- Board Member, Southwest Chicago Chapter, American Association of Neuroscience Nurses, 1997-2000.
- Secretary, Southwest Chicago Chapter, American Association of Neuroscience Nurses, 1997-

2000.

- American Association of Neuroscience Nurses, 1990 to present
- American Association of Critical Care Nurses, 1989 to 2010
- Sigma Theta Tau, 1988 to present
- Midwest Nursing Research Society, 2002 to present

### **Community Professional Service Activities**

- American Heart Association, Multicultural Committee, 2012 to present
- American Heart Association, Fit Friendly Champion Volunteer, 2013 to present
- American Heart Association, Heart Walk, Team Leader, School of Nursing, Loyola University, 2012
- American Heart Association, Heart Walk, September, 2011. Co-team captain for School of Nursing, Loyola.
- Center for Information and Study on Clinical Research Participation, Planning Committee, 2011 to 2012
- Health and Safety Committee Chair, Maplebrook Elementary School, 2009-2011
- Nick Kot Charity Run for Traumatic Brain Injury Research, May, 2008-2009
- Participated in Intraprofessional Day, Loyola University Medical Center, November, 2006
- Patient Education Resources on the Web, presented at Community Neuroscience Health Fair, Ghaly Foundation for Neuroscience Care, Joliet, IL, October, 2003.
- “Oh, My Aching Back”, coordinated full day symposium for community, Elmhurst Hospital, Elmhurst, April, 2002
- Facial Pain Symposium, coordinated half-day community symposium, Silver Cross Hospital, November, 2001
- Stroke Management in the New Millennium, coordinated community symposium, Silver Cross Hospital, June 2001.

### **Professional Consultation**

<b>Year</b>	<b>Organization</b>
2007 – 2010	<b>NeuStrategy, Chicago, IL</b> Development of survey instruments for neurological centers of excellence database.
2006-2008	<b>Chicago Institute of Neurosurgery and Neuroresearch (CINN), Chicago, IL</b> Development and support of electronic medical record (NextGen) for neuroscience practice.

### **L. Additional Training and Development**

- Hierarchical Linear Modeling (HLM EPSY 512). University of Illinois at Chicago, Spring semester, 2014 (3 credit hours)
- NINR Summer Genetics Institute, Bethesda, MA, June, 2013 (8 credit hours)
- Bioethics Course, Loyola University Chicago, 3 semester hours, Spring semester, 2013
- Frontiers in Psychoneuroimmunology, Loyola University Chicago, 3 semester hours, Spring semester, 2013
- Writing Retreat, Loyola University School of Nursing, June 14-16<sup>th</sup>, 2011, Woodstock, IL
- International Psychoneuroimmunology Research Conference, June 8<sup>th</sup>-11<sup>th</sup>, 2011,

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Bloomington, IL

- Structural Equation Modeling, Spring semester, 2009. Three-credit hour semester course. Loyola University Chicago.
- NIH/DOD/VA Gender Difference in Outcomes of Traumatic Brain Injury, Oct. 3, 2008, NIH, Bethesda, MD.
- Grant Writing Workshop, Loyola University Medical Center, June 27, 2008
- International Society of Quality of Life Research Annual Symposium, Oct. 10-13, 2007, Toronto, Canada
- Publish and Flourish Workshop, Sept. 21, 2007, Loyola University Faculty Development, Chicago, IL
- Evidenced-Based Practice and Outcomes, August 20-23, 2007, Harvard School of Public Health, Boston, MA.
- Illinois CAPTURE Stroke QI Workshop, May 31, 2007, Naperville, IL
- Patient-Reported Outcomes: Do they reflect daily experience and how? May 24, 2007, Institute for Healthcare Studies, Chicago, IL
- Annual American Neuroscience Nurses Symposium, April 29-May 2, 2007, Kissimmee, FL.
- SAS: Part 1: Three-day course, April, 2007, SAS Institute, Chicago, IL
- Promis Promises: An NIH Roadmap Effort to Advance and Standardize Patient Reported Outcomes, March 1, 2007, Institute for Healthcare Studies, Chicago, IL.
- Teaching Workshop, Loyola University Faculty Development, January 11<sup>th</sup> and 12<sup>th</sup>, 2007, Loyola University, Chicago, IL
- Greater Chicago Regional Nursing Symposium, November 8, 2006, Naperville, IL
- Grant Writing, Loyola University Faculty Development, October 13, 2006, Loyola University, Chicago, IL
- Congress of Neurological Surgeons Annual Meeting, October 7-11<sup>th</sup>, 2006, McCormick Place, Chicago, IL