

**CURRICULUM VITAE**  
**KYRA J. W. MENDEZ, PH.D., M.P.H., RN**

**PERSONAL DATA**

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**EDUCATION**

Year	Degree	Institution	Location
2022	Master of Public Health (MPH), Epidemiology and Biostatistics	Johns Hopkins University Bloomberg School of Public Health	Baltimore, MD
2021	Doctor of Philosophy (PhD), Nursing	Johns Hopkins University School of Nursing	Baltimore, MD
2014	Bachelor of Science (BS), Nursing	Florida Atlantic University Christine E. Lynn College of Nursing	Boca Raton, FL
2011	Associate of Arts (AA)	Broward College	Davie, FL

**CURRENT LICENSE**

Year	Source	Type	Number	Expiration
2025	D.C. Department of Health Board of Nursing	RN	RN500327586	May 2027
2016	Maryland Board of Nursing	RN	R223536	May 2027

**PROFESSIONAL EXPERIENCE**

Years	Position	Institution	Location
2025- present	Director, PhD Program and Assistant Professor	The Catholic University of America Conway School of Nursing	Washington, DC
2025	Postdoctoral Fellow	National Institutes of Health National Human Genome Research Institute (NHGRI) Social and Behavioral Research Branch	Bethesda, MD
2021-2025	Cancer Prevention Fellow	National Institutes of Health National Cancer Institute (NCI) Division of Cancer Epidemiology and	Rockville, MD

		Genetics (DCEG) Clinical Genetics Branch	
2023	Advisor	World Health Organization Department of Sexual and Reproductive Health and Research	Geneva, Switzerland
2019-2020	Research Project Coordinator	Johns Hopkins University School of Nursing	Baltimore, MD
2017-2019	Graduate Research Assistant	Johns Hopkins University School of Nursing	Baltimore, MD
2017-2018	Registered Nurse (Float)	Johns Hopkins Intrastaff	Lutherville, MD
2014-2016	Oncology Hematology Nurse	Memorial Regional Hospital	Hollywood, FL

## **RESEARCH AND EDUCATIONAL GRANTS**

### **Sponsored Projects**

#### ***Completed***

2024-2025	Epigenetic aging and its association with outcomes after hematopoietic cell transplant in acute myeloid leukemia, K Mendez, PI. Role: Principal Investigator. National Cancer Institute DCEG Intramural Research Award, NCI, NIH, \$50,000 total direct costs.
2018-2021	Dementia family caregivers' digital technology use and intention to adopt mHealth apps for self-management, K Mendez, PI. Role: Principal Investigator. Ruth L. Kirschstein National Research Service Award (NRSA) Individual Predoctoral Fellowship, NINR, NIH, F31NR018373-01A1, \$88076 total direct costs.
2019-2020	Dementia family caregivers' digital technology use and intention to adopt mHealth apps for self-management, K Mendez, PI. Role: Principal Investigator. Sigma Foundation for Nursing/Doris Bloch Research Award, \$5000 total direct costs.
2018-2020	Dementia family caregivers' digital technology use and intention to adopt mHealth apps for self-management, K Mendez, PI. Role: Principal Investigator. Scholl Foundation Research Grant, \$1000 total direct costs.
2018	TL1 Predoctoral Clinical Research Training Program, MC Beach, PI. Role: Predoctoral Fellow. NCATS, NIH, TL1TR003100, \$8217 total direct costs.
2013-2014	The significance of adult day care for memory impaired older adults and their caregivers, K Waligora, PI. Role: Co-investigator (undergraduate research). Office of Undergraduate Research and Inquiry Undergraduate Research Award, \$100 total direct costs.

### **Educational Grants and Scholarships**

2019	The Stilz Whitmore Family Bioethics Scholarship, Trinity International University Center for Bioethics and Human Dignity, <i>Deerfield, IL</i> .
2018-2019	Nurse Faculty for the Future Fellowship, Johns Hopkins School of Nursing, <i>Baltimore, MD</i> .

- 2016-2018 Jonas Nurse Leaders Scholar Educational Grant, The Jonas Center for Nursing and Veteran's Healthcare, Johns Hopkins School of Nursing, *Baltimore, MD*.
- 2011-2014 Florida Bright Futures Scholarship (100% college tuition funding), Florida Atlantic University, *Boca Raton, FL*.
- 2011-2014 Presidential Scholarship, Florida Atlantic University, *Boca Raton, FL*.

### **HONORS AND AWARDS**

- 2024 National Institutes of Health Fellows' (Travel) Award for Research Excellence (\$1500), National Cancer Institute.
- 2024 Certificate of appreciation for contributions in supporting fellows and enhancing the Program, Cancer Prevention Fellowship Program, National Cancer Institute.
- 2015 Excellent Patient Care and Healthcare Team Member Award, Memorial Regional Hospital.
- 2014 Inducted into Sigma International Honor Society of Nursing, Florida Atlantic University.
- 2011-2014 President's Honors list and Christine E. Lynn College of Nursing Dean's list, Florida Atlantic University.
- 2009-2011 Dean's List, Broward College.

### **SCHOLARSHIP**

#### **Publications (Peer-reviewed)**

1. **Mendez KJW**, Lai TP, Spellman SR, et al. Long donor leukocyte telomeres raise risk of severe COVID-19 in recipients of allogeneic hematopoietic cell transplant. *Frontiers in Immunology*. 2025 Apr 28; 16. doi:10.3389/fimmu.2025.1524608.
2. Gadalla SM, Katki HA, Lai TP, Auer PL, Dagnall CL, Bupp C, Hutchinson AA, Anderson JJ, **Mendez KJW**, Spellman SR, Stewart V, Savage SA, Lee SJ, Levine JE, Saber W, Aviv A. Donor telomeres and their magnitude of shortening post-allogeneic haematopoietic cell transplant impact survival for patients with early-stage leukaemia or myelodysplastic syndrome. *EBioMedicine*. 2025 Mar 8;114:105641. doi:10.1016/j.ebiom.2025.105641. PMID: PMC11930427.
3. Mikhael T, **Mendez KJW**, Sun CA, Chepkorir J, Han HR. Understanding types of stigma experienced in Black women living with HIV in Baltimore, Maryland: A mixed methods study. *Nurs Open*. 2025 Jan;12(1):e70142. doi:10.1002/nop2.70142. PMID: PMC11770884.
4. Gianferante M, **Mendez KJW**, Cole S, et al. Genotype-phenotype associations in individuals with Diamond Blackfan anaemia. *eJHaem*. 2024;1-8. doi:10.1002/jha2.1031. PMID: PMC11647742.
5. **Mendez KJW**, Labrique AB, Budhathoki C, et al. Use of mobile applications and health technologies among dementia caregivers with chronic conditions: A cross-sectional study. *DIGITAL HEALTH*. 2023;9. doi:10.1177/20552076231181213. PMID: PMC10286551.
6. Han HR, **Mendez KJW**, Perrin N, et al. Community-based health literacy focused intervention for cervical cancer control among Black women living with human immunodeficiency virus: A randomized pilot trial. *Health Expect*. 2023;26(1):172-182. doi:10.1111/hex.13644. PMID: PMC9854322.

7. Sun CA, Chepkorir J, **Mendez KJW**, Cudjoe J, Han HR. A descriptive analysis of cancer screening health literacy among Black women living with HIV in Baltimore, Maryland. *Health Lit Res Pract*. 2022;6(3):e175-e181. doi:10.3928/24748307-20220616-01. PMCID: PMC9272572.
8. **Mendez KJW**, Budhathoki C, Labrique AB, Sadak T, Tanner EK, Han HR. Factors associated with intention to adopt mHealth apps among dementia caregivers with a chronic condition: Cross-sectional, correlational study. *JMIR Mhealth Uhealth* 2021;9(8):e27926 doi:10.2196/27926. PMCID: PMC8441609.
9. **Mendez KJW**, Cudjoe J, Strohmayer S, Han HR. Recruitment and retention of women living with HIV for clinical research: A review. *AIDS Behav*. 2021 Oct;25(10):3267-3278. doi: 10.1007/s10461-021-03273-1. PMCID: PMC8419017.
10. Han HR, Xu A, **Mendez KJW**, et al. Exploring community engaged research experiences and preferences: A multi-level qualitative investigation. *Res Involv Engagem*. 2021;7(1):19. doi:10.1186/s40900-021-00261-6. PMCID: PMC8008581.
11. Feeg VD, Mancino DJ, Rushton CH, **Mendez KJW**, Baierlein J. Ethical dilemmas for nursing students and faculty: In their own voices. *Nurs Educ Perspect*. 2021;42(1):29-35. doi:10.1097/01.NEP.0000000000000730. PMID: 32925308.
12. **Mendez KJW**, Piasecki RJ, Hudson K, et al. Virtual and augmented reality: Implications for the future of nursing education. *Nurse Educ Today*. 2020;93:104531. doi:10.1016/j.nedt.2020.104531. PMID: 32711132.
13. Delva S, **Mendez KJW**, Cajita M, et al. Efficacy of mobile health for self-management of cardiometabolic risk factors: A theory-guided systematic review. *J Cardiovasc Nurs*. 2021;36(1):34-55. doi:10.1097/JCN.0000000000000659. PMCID: PMC7713761.
14. **Waligora KJ**, Bahouth MN, Han HR. The self-care needs and behaviors of dementia informal caregivers: A systematic review. *Gerontologist*. 2019;59(5):e565-e583. doi:10.1093/geront/gny076. PMID: 29931147.

## Conference Presentations

### International

1. **Mendez KJW**, Katki HA, Bupp C, et al. Leukocyte telomere shortening in recipients after hematopoietic cell transplant and its association with factors that affect recipient outcomes. *Tandem Meetings: Transplantation & Cellular Therapy Meetings of ASTCT® and CIBMTR®*. Honolulu, HI. Accepted. *Not presented due to January 2025 Presidential Executive Order restricting federal travel and public communication*.
2. **Mendez KJW**, Katki HA, Bupp C, et al. Long donor leukocyte telomeres increase the risk of severe COVID-19 in recipients of allogeneic hematopoietic cell transplant. *Tandem Meetings: Transplantation & Cellular Therapy Meetings of ASTCT® and CIBMTR®*. Honolulu, HI. Accepted. *Not presented due to January 2025 Presidential Executive Order restricting federal travel and public communication*.
3. Gadalla SM, Katki HA, Lai TP, ... **Mendez K**, ... Aviv A. Allogeneic transplantation: Long-term follow-up and disease recurrence: Basic and translational: Optimizing post-transplant outcomes. Oral presentation at: The 65th American Society of Hematology (ASH) Annual Meeting and Exposition; 2023 Dec 9; San Diego, CA.  
<https://ash.confex.com/ash/2023/webprogram/Paper189396.html>
4. Gianferante M, **Mendez KJW**, Cole S, Gadalla SM, Alter B, Giri N. Genotype-phenotype associations in patients with Diamond Blackfan Anemia: The National Cancer Institute Cohort. Poster presented at: 16<sup>th</sup> DBA International Consensus Conference (ICC); 2023 Oct 13-16; Atlanta, GA.
5. Kossoff M, Ritter J, Keller J, Mowry EM, **Mendez KJW**. Multiple sclerosis patients' perceptions of using an accelerometer and mobile app for clinical research. Poster presented at: MSVirtual2020 8<sup>th</sup> Joint ACTRIMS-ECTRIMS Meeting; 2020 Sep 11-13; Online.

## **National**

1. **Mendez K**, Cotter V, Han HR. Recruiting diverse dementia family caregivers: What works for which groups? *Innov Aging*. 2021 Dec 17;5(Suppl 1):472. doi:10.1093/geroni/igab046.1825. PMID: PMC8680489.
2. **Mendez K**, Han HR. Recruiting racially and ethnically diverse dementia family caregivers for survey research. *Innov Aging*. 2020 Dec 16;4(Suppl 1):353. Doi:10.1093/geroni/igaa057.1135. PMID: PMC7740415.
3. **Mendez KJW**, Han HR. 4056 Dementia family caregivers' mobile app use and intention to adopt mHealth apps. *J Clin Transl Sci*. 2020;4(s1):54-55. doi:10.1017/cts.2020.194
4. Samus Q, Scerpella DL, **Waligora K**, Marx K, Mahfouz S, Plaat K, Roth D, Gitlin L. Feasibility of a home-based video monitoring to assess behavioral symptoms among persons with dementia. *Innov Aging*. 2018 Nov 11;2(Suppl 1):863. Doi:10.1093/geroni/igy023.3218. PMID: PMC6229530.
5. Han HR, Xu AJ, **Waligora K**, et al. Progress in stakeholder engaged research forum: Best practices and key lessons learned. Poster presented at: Advancing the Science of Community Engaged Research Conference; 2017 Sep; Washington D. C.

## **Regional and Local**

1. **Waligora KJ**, Ford AD, Andrade N, Han HR. Training nurse faculty for the future: Students' perspectives and lessons learned. Poster presented at: 2019 Maryland Action Coalition Summit; 2019 May 20; Baltimore, MD.
2. **Waligora K**, Nkimbeng M, Ajomagberin O, et al. A patient-centered, health literacy-focused self-management program for low-income African Americans with uncontrolled type 2 diabetes. Poster presented at: Third Annual Patient-Provider Collaboration Conference: Making Patient-Centered Care a Reality; 2018 Jun; Baltimore, MD.
3. **Waligora K**, Tappen R. The significance of adult day care for memory impaired older adults. Oral presentation at: Southern Nursing Research Society 2015 Annual Conference. 2015 Feb 25-28; Tampa, FL.

## **EDITORIAL ACTIVITIES**

### **Peer Review Activities**

2025-present BMJ Open  
2024-present BMC Pregnancy and Childbirth  
2024-present BMC Medical Education  
2024-present Journal of Clinical Nursing  
2023-present BMC Nursing  
2022-present Applied Clinical Informatics Journal  
2023 Journal of Geriatric Psychiatry and Neurology  
2022 SAGE Digital Health  
2021 AIDS and Behavior  
2021 Family Medicine and Community Health  
2019-2020 BMC Geriatrics

## **PROFESSIONAL ACTIVITIES**

### **Society or Association Membership and Leadership**

Oncology Nursing Society (ONS)  
2025-present Member, National Oncology Nurse Scientist Collaborative (ONSC)

2024-2025 Co-Lead, ONSC

### **Health Policy and Advocacy**

National Multiple Sclerosis (MS) Society  
2020 Participant and Advocate, Maryland State Action Day

Alzheimer's Association  
2020 Participant and Advocate, Maryland State Advocacy Day

### **ACADEMIC SERVICE**

#### **National Cancer Institute**

<b>Years</b>	<b>Committee or Organization</b>	<b>Role</b>
2023-2025	DCEG Clinical Genetics Branch Social Committee	Member
2023-2024	Fellows Advisory Board, Cancer Prevention Fellowship Program	Co-Chair
2023	DCEG 15 <sup>th</sup> Annual Fellow's Training Symposium Planning Committee	Member
2022-2023	National Institutes of Health (NIH) Fellows Committee (FelCom)	Member
2022-2023	NIH FelCom Career Development Subcommittee	Member

#### **Johns Hopkins University School of Nursing**

<b>Years</b>	<b>Committee or Organization</b>	<b>Role</b>
2020-2021	Hopkins Biotech Network	Associate Director
2019-2020	Hopkins BioPitch Competition Planning Committee, Hopkins Biotech Network	Member
2019	School of Nursing Strategic Planning Committee (2020-2025)	Intern
2018-2019	PhD Student Organization	President
2017-2019	Graduate Christian Fellowship	President
2018-2019	University Health Services Student Health Committee	Member
2018	PhD Student Organization	Vice President
2016-2017	Symposium on Christian Faith, Reason, & Vocation Planning Committee, 8:32 Society	Member

### **EDUCATIONAL ACTIVITIES**

#### **Classroom Instruction**

## **The Catholic University of America Conway School of Nursing**

Fall 2025      Doctoral Dissertation Research Seminar (NURS 996), 0 credits, PhD level.

Fall 2025      Guided Study in Nursing (NURS 793), 1 credit, PhD level.

## **Johns Hopkins University School of Nursing**

Spring 2019    Pharmacology (120.507), Teaching Assistant, 3 credits, MSN level.

Fall 2018      Philosophical, Theoretical, and Ethical Basis of Advanced Practice Nursing (210.609), Teaching Assistant, 3 credits, MSN level.

## **Invited Talks and Guest Lectures**

2025            “Leukocyte telomere length: Biology, methodology, and epidemiology”, Molecular Epidemiology course, George Washington University Milken Institute School of Public Health. Audience: Graduate students.

2024            “Tips on Applying for Funding – A Fellows Panel”, NCI DCEG Grants and Grantsmanship workshop, Panel member. Audience: Predoctoral and postdoctoral fellows.

2023            “Insights from current NCI Division of Cancer Epidemiology and Genetics (DCEG) Fellows”, 2023 Division of Cancer Biology Summer Undergraduate Research Program Conference, Panel member. Audience: Undergraduate students.

2022            “Technology acceptability and usability”, Design and Implementation of Global Digital Health Interventions course, Johns Hopkins Bloomberg School of Public Health. Audience: Graduate students.

## **MENTORING AND ADVISEMENT**

### **Scholarly Projects**

2025-present    Brandon Hertzendorf, BS; Understanding the needs of caregivers for someone with a hereditary cancer syndrome. Postbaccalaureate fellow, NHGRI.

2025-present    Brandon Hertzendorf, BS; The role of cancer survivorship on the relationship between positive aspects of caregiving, caregiver burden, and caregiver needs among caregivers of someone with a hereditary cancer syndrome. Postbaccalaureate fellow, NHGRI.

2025-present    Alexa Raxenberg, BS; The role of cancer survivorship on the relationship between positive aspects of caregiving, caregiver burden, and caregiver needs among caregivers of someone with a hereditary cancer syndrome. Postbaccalaureate fellow, NHGRI.

2025-present    Alexa Raxenberg, BS; Religion, spirituality, and meaning making among parents caring for a child with a rare disease. Postbaccalaureate fellow, NHGRI.

2022-2023      Joyline Chepkorir, MSc, RN; Health literacy, decisional balance, and mammogram use in Korean American Women. Predoctoral student, Johns Hopkins School of Nursing.

2019-2020      Tanya Mikhael, BA; Understanding types of stigma experienced in Black women living

With HIV in Baltimore, Maryland: A mixed methods study. Published in Nursing Open (2025). Master of Science in Nursing student, Johns Hopkins School of Nursing.

2019-2020 Meredith Kossoff; Multiple sclerosis patients' perceptions of using an accelerometer and mobile app for clinical research. Poster presented at: MSVirtual2020 8th Joint ACTRIMS-ECTRIMS Meeting. Pre-baccalaureate student, Cornell University.