

Kathryn K. Sabo, PhD, RN, CNE
 School of Nursing
 MGH Institute of Health Professions
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Education

University of Massachusetts Dartmouth PhD in Nursing	December 2021
Boston College Master of Science in Nursing <i>with Distinction</i> : Family and Community Health Graduated with Distinction	May 2004
Lehigh University Bachelor of Arts: Biology	June 2000

Certificates and Licensure

Certified Nurse Educator, National League of Nursing	July 2021 – present
Registered Nurse License, State of Massachusetts #257208	August 2003 – present

Academic Appointments

Research Team Member Advanced Comfort – For people living with advanced dementia and their care partners. Boston, MA.	September 2023 - present
• Serve as an active member of an interprofessional research team. • Provide content expertise on the role of healthcare providers in assessing and supporting care with engaging in self-care.	
Faculty Representative Tedy' Team Center of Excellence for Stroke Recovery Interprofessional Impact Practice Center MGH Institute of Health Professions Boston, MA.	October 2023 - present
• Provide nursing expertise to an interprofessional team focused on addressing the multifaceted factors that contribute to stroke awareness, prevention, and recovery.	

Assistant Professor School of Nursing (1.0 FTE)
 Instructor School of Nursing (1.0 FTE)
 Instructor School of Nursing (0.5 FTE)
 Prelicensure Nursing Program
 MGH Institute of Health Professions
 Boston, MA.

May 2022 – present
 January 2021 – May 2022
 May 2008 – January 2021

- Provided expert teaching on population health nursing content.
- Integrated population health content into three newly developed adult and population health courses (didactic, skills lab, and clinical) for new prelicensure curriculum.
- Developed and coordinated meaningful community-based clinical learning activities.
- Integrated principles of justice, equity, diversity, and inclusion into the history of nursing/theory course.
- Developed new theory, research, and leadership course for new prelicensure curriculum.
- Served as clinical coordinator preceptorship clinical practicum.
- Mentored clinical instructors for community health and preceptorship clinical practicums.
- Mentored masters in nursing education student in academic-based clinical practicum.
- Provided clinical instruction for adult health medical surgical and community health clinical practicums.
- Served as academic advisor for ABSN students.
- Actively engaged in School of Nursing committee work (Nominating and Search).
- Actively engaged in interprofessional committee work at the Institute level.
- Developed program of research with the dissemination of research findings through poster and podium presentations and manuscript publications.

Director
 Ruth Sleeper Nursing Center of Clinical Education and Wellness
 Interprofessional Impact Practice Center
 MGH Institute of Health Professions
 Boston, MA

September 2018-present

- Oversaw operations and supported supervising faculty and students participating in our free, student led services (family primary care, supportive counseling, and mobile health).
- Enhanced accessibility to and sustainability of our free, student led services through consistent community engagement with multiple community partners.
- Collaborated with nursing and interprofessional faculty to develop case rounds for students to discuss shared clients.

- Collaborate with faculty across disciplines to develop in-person and virtual interprofessional adult wellness groups for individuals living with aphasia, Parkinson's disease, and other chronic conditions.
- Collaborated with nursing and interprofessional faculty to develop virtual support groups for caregivers of individuals with Parkinson's disease and stroke.
- Actively engaged in interprofessional committee work through the Impact Practice Center Operations and Curriculum Committee.

Clinical Appointments

Staff Nurse: White 10 General Medicine Massachusetts General Hospital, Boston MA	June 2004 – November 2013
Nurse Case Manager Natick Visiting Nurse Association, Natick MA	June 2007 – June 2009

Honors and Awards

Massachusetts Association of Colleges of Nursing 2023 Academic Nursing Early Career Scholarship Award	February 2023
Pillars of Excellence Team Award: SON Prelicensure Faculty Team	April 2022
Inge Corliss Research Award Sigma Theta Tau International Upsilon Lambda Chapter	April 11, 2021
Alexandra Paul Simon Mentoring Award Sigma Theta Tau International Upsilon Lambda Chapter	April 5, 2020
Partners in Excellence Team Award: IHP Community IMPACT Day Committee	March 2018
Massachusetts General Hospital Department of Nursing Formal recognition as Advanced Clinician based on clinical expertise	March 2007

Book and Book Chapter

Olayinka, O. & Sabo, K. (2024). Chapter 43: Population Health. In L. Caputi (Ed.). Nursing Concepts: A Practical Approach, 1st Edition.

Peer-Reviewed Published Manuscripts (*Interprofessional)

***Sabo, K.**, Bell, J., Clock, C., Ayuk, E., & Reidy, P. (submitted). Exploring Mobile Health Clinics: A Scoping Review. Journal of Health for the Poor and Underserved.

Sabo, K., Gochyyev, P., Sethares, K., & Chin, E. (2023-submitted). Psychometric Testing of the Healthcare Provider Caring for the Caregiver Scale. *Applied Nursing Research*.

*Pittmann, R., Smith, L., & **Sabo, K.** (2024 – submitted). Interprofessional Wellness Groups: A Model for Success. *Journal of Interprofessional Education and Practice*.

Sabo, K., & Lopez, R. (2023). Older adult mental health: A student led project to reduce stigma among residents living in a publicly supported housing. *Issues in Mental Health Nursing*. <https://doi.org/10.1080/01612840.2023.2245475>

Sabo, K., & Hunter Revell, S. (2023 - accepted). Facilitating health promoting self-care in older adults: A theory synthesis. *Advances in Nursing Science*.
<https://doi.org/10.1177/08943184241269962>

Sabo, K., Wong, J., & Lopez, P. (2023). Loneliness and unmet needs of older adults living in publicly supported housing. *Research in Gerontological Nursing*.
<https://doi.org/10.3928/19404921-20230606-02>

*Worek, A., **Sabo, K.,** Eddy, E., Plummer, L., Baldwin, J., Reidy, P., Hildebrand, M., Riotte, M., & Wong, J. (2022). Students Tele-All: Self-Efficacy and Self-Reflection as Measures of Student Success in Telepractice Training Across Health Professions. *Journal of Interprofessional Education and Practice* 12(5), 302.
<https://doi.org/10.3390/educsci12050302>.

Sabo, K. Chin, E., Sethares, K., Hunter Revell, S., & Nicholas, P. (2022). Knowledge, attitudes, and practices of primary healthcare providers with assessing and supporting older informal caregivers. *Geriatric Nursing*, 44, 159-166. <https://doi.org/10.1016/j.gerinurse.2022.02.004>.

Sabo, K., Starodub, R., Smoller, S., Quinn, L., Kelly, D., Flaherty, K., & Nicholas, P. (2022). Occupational heat stress: An overview for nurse practitioners. *Journal of American Association of Nurse Practitioners*, 34(3), 597-603. doi: 10.1097/JXX.0000000000000665

Brown, M., Swales, S., & **Sabo, K.** (2021). Implementing a Telehealth Supportive Counseling Center with PMHNP Students. *Journal of Nursing Education*, 60(11); 651-654. doi: 10.3928/01484834-20210914-02

Nicholas, P., Breakey, S., Tagliareni, E., Simmonds, K., & **Sabo, K.** (2021). Climate change and population health: Incorporating stages of nursing and political development. *Nursing Outlook* 69(1), 65-73. doi: 10.1016/j.outlook.2020.08.001.

Sabo, K., & Chin, E. (2020). Self-care needs and practices of the older adult caregivers: An integrative review. *Geriatric Nursing*, 42(2), 570-581. doi: 10.1016/j.gerinurse.2020.10.013.

Peer-Reviewed Interprofessional Presentations and Abstracts

(*Peer-reviewed; + invited presentation)

* **Sabo, K.**, Reidy, P., Breakey, S., Pusey-Reid, E., Olayinka, O., Kadlec, M., & Clapp, M. (2024, May 23). Impacting Health in Partnership: Nurses on the move toward health equity and climate justice. Massachusetts General Hospital Nursing Research Day, Boston, MA.

***Sabo, K.**, Reidy, P., Clapp, M. & O'Donnell, M. (2023) An interprofessional approach to assessing clients for health impacts of climate change (virtual podium presentation). NEXUS Virtual Summit 2023. National Center for Interprofessional Education and Practice, University of Minnesota, Minneapolis, MN.

***Sabo, K.**, Pittman, R., & Smith, L. (2022, September 13). Interprofessional Wellness Groups: A Model for Success (virtual podium presentation). NEXUS Virtual Summit 2022. National Center for Interprofessional Education and Practice, University of Minnesota, Minneapolis, MN.

***Sabo, K.**, Pittman, R., & Baldwin, J. (2020, August 6). From, with and about wellness: An interprofessional approach to group health (virtual poster presentation). NEXUS Virtual Summit 2020. National Center for Interprofessional Education and Practice, University of Minnesota, Minneapolis, MN.

*Plummer, L. Knab, M., Riotte, M., Baldwin, J., Worek, A. Pittman, R., **Sabo, K.**, Hildebrand, M., Mack, A., & Cruz, A. (2020, August 20). Leading an interprofessional practice pivot: From onsite to virtual in a hot minute (conference presentation and presenter). NEXUS Virtual Summit 2020. National Center for Interprofessional Education and Practice, University of Minnesota, Minneapolis, MN.

Presentations and Abstracts (*Peer-reviewed; + invited presentation)

+**Sabo, K.** (2024, May 20). Climate Change and Health Equity 2024. Keynote speaker at the Center for Climate Change, Climate Health, and Justice Annual Webinar.

***Sabo, K.**, Gochyyev, P., Sethares, K., & Chin, E. (2024, April 5). Psychometric testing of the healthcare provider caring for the caregiver scale. Massachusetts General Hospital Nursing Research Day, Boston, MA.

***Sabo, K.**, Gochyyev, P., Sethares, K., & Chin, E. (2024, April 5). Psychometric testing of the healthcare provider caring for the caregiver scale. Eastern Nursing Research Society 36th Annual Scientific Session, Boston, MA.

+**Sabo, K.** (2023). Future of Nursing: Role of the nurse in population health. Keynote speaker at the 150th Anniversary Celebration of the Massachusetts General Hospital School of Nursing 1873-1981.

***Sabo, K.,** Reidy, P. (2023). Impacting Health in Partnership: Nurses on the move toward health equity and climate justice. National Mobile Health Association 19th Annual Mobile Health Clinics Conference, Pittsburgh, PA.

***Sabo, K.,** Wong, John, & Lopez, R. (2023, March 24). Loneliness and unmet needs of older adults living in publicly supported housing. Eastern Nursing Research Society 35th Annual Scientific Session, Philadelphia, PA.

+Sabo, K., Wong, John, & Lopez, R. (2023, January 10). Loneliness and unmet needs of older adults living in publicly supported housing. MGH Institute of Health Professions Scholarship Day Poster Session, MGH Institute of Health Professions, Boston, MA.

+Brown, M., Sabo, K., & Wong, John. (2023, January 10). Sleeper Nursing Center Supportive Counseling Outcomes: Summer 2022. MGH Institute of Health Professions Scholarship Day Poster Session, MGH Institute of Health Professions, Boston, MA.

+Worek, A., Eddy, E., Baldwin, J., Hildebrand, M., Plummer, L., Reidy, P., Riotte, M., Sabo, K., & Wong, J. (2023, January 10). SSET-ing Students up for Success: A Cross-Disciplinary Outcome Measure for Telepractice Education. MGH Institute of Health Professions Scholarship Day Poster Session, MGH Institute of Health Professions, Boston, MA.

+Nicholas, P., Breakey, S., Starodub, R., Tagliarini, E., Sipe, M., Olayinka, O., Bearnhardt, J., Cox, R., Quinn, C., Pusey Reid, E., Gona, C., Wong, J., Sabo, K., Reidy, P., Evans, L., Evans, R., O'Brien, L., Donati, C., Grande, V., & Leary, T. (2023, January 10). The NIH Climate Change and Health Initiative Strategic Framework. MGH Institute of Health Professions Scholarship Day Poster Session, MGH Institute of Health Professions, Boston, MA.

+Sabo, K. (2022, September 22). Utilizing Grant Funding to Support Student Learning at the Sleeper Nursing Center. MGH Institute of Health Professions Board of Trustees Research Poster Session, MGH Institute of Health Professions, Boston, MA.

+Dykes, P., Sabo, K., & Brown, M. (2022, June 10). Nuts and Bolts of Outcome Research. MGH Institute of Health Professions School of Nursing Faculty Development, MGH Institute of Health Professions, Boston, MA.

+Sabo, K., & Wong, J. (2022, June 2). Students Tele-All: Self-Efficacy and Self-Reflection as Measures of Student Success in Telepractice Training. MGH Institute of Health Professions School of Nursing 4th Annual Celebration of Faculty Scholarship, MGH Institute of Health Professions, Boston, MA.

+Sabo, K. & Reidy, P. (2021, April 15). COVID-19 Vaccine: Questions and answers webinar (virtual presentation). Harvard Kent School Annual Wellness Fair, Charlestown, MA, United States.

***Sabo, K.** (2021, April 15). Caregiver self-care needs and practices: An integrative review (virtual poster presentation). University of Massachusetts Dartmouth College of Nursing and Sigma Theta Tau International Honor Society of Nursing Theta Kappa Chapter: Sister Madeline Clemence Vaillot Scholarship Day, North Dartmouth, Massachusetts, United States.

Reidy, P. & **Sabo, K.** (2021, February 25). COVID-19 vaccine: questions and answers webinar (virtual presentation). Kennedy Community Center, Charlestown, MA, United States.

***Sabo, K.** (2021, March 25-26). Caregiver self-care needs and practices: an integrative review. (virtual poster presentation). Eastern Nursing Research Society 33rd Annual Virtual Scientific Session, Leesburg, VA., United States.

+Sabo, K. (2020, May 13). Educating future nurses (virtual presentation). Rotary Club of Bridgewater, MA, United States.

***Sabo, K., & Chin, E.** (2020, April 14). Theory of nurse facilitated health promotion (virtual poster presentation). University of Massachusetts Dartmouth College of Nursing and Sigma Theta Tau International Honor Society of Nursing Theta Kappa Chapter: Sister Madeline Clemence Vaillot Scholarship Day, North Dartmouth, Massachusetts, United States.

***Sabo, K., & Chin, E.** (2020, March 26). Theory of nurse facilitated health promotion (virtual poster presentation, University of Massachusetts Dartmouth College of Nursing and Health Sciences PhD Student Selected Poster Presenter). Eastern Nursing Research Society 32nd Annual Virtual Scientific Session, Leesburg, VA., United States.

***Sabo, K.** (2019, April 23). Health promotion in older adults: A concept analysis (poster presentation). University of Massachusetts Dartmouth College of Nursing and Sigma Theta Tau International Honor Society of Nursing Theta Kappa Chapter: Sister Madeline Clemence Vaillot Scholarship Day, North Dartmouth, Massachusetts, United States.

***Sabo, K., Zeytoonjian, T., Lussier-Duynstee, P. Kelly, D., & Grobecker, P.** (2018, May 31). Utilizing Jeffreys' cultural competence and confidence model to intervene with at risk nursing students in the final semester (poster presentation). The 26th Annual Conference for Nurse Educators: Clinicians and Educators: Partnering to Develop Competence, Falmouth, Massachusetts, United States.

***Sabo, K.** (2018, April 24). The adult learning theory: Use in clinical education of an accelerated Bachelor of Science in nursing program (poster presentation). University of Massachusetts Dartmouth College of Nursing and Sigma Theta Tau International Honor Society of Nursing Theta Kappa Chapter: Sister Madeline Clemence Vaillot Scholarship Day, North Dartmouth, Massachusetts, United States.

***Sabo, K.**, Sheff, E., Kilroy, S. & Dykes, P. (2006, May). The feasibility of the digital pen and paper technology for vital sign data captured in the acute care setting (poster presentation). Nurses Week Massachusetts General Hospital, Boston, Massachusetts, United States.

Grants

July 2022-July 2026

US Department of Health - Human Resources and Service Administration (HRSA)
Project Director
Impacting Health in Partnerships: Nurses on the Move Toward Health Equity and Climate Justice
\$3.1 million 4-year grant to develop nurse-led mobile health services to address social determinants of health and the health consequences of climate change.
20% effort

July 2022-July 2023

MGH Institute of Health Professions Impact Practice Center ENRICH Grant
Co-Investigator
Impact Practice Center Clinical Innovations Aging Mastery Community Wellness Program
\$5000 to pilot a community-based wellness program for older adults using the National Council on Aging Curriculum: Aging Mastery
In Kind

May 2022 – May 2023

MGH Institute of Health Professions School of Nursing Seed Grant
Principal Investigator
Psychometric Testing of the Caregiver Self-Care Survey for Healthcare Providers
\$7800 one-year grant to conduct psychometric testing to validate the research instrument Caregiver Self-Care Survey for Healthcare Providers.
15% effort

August 2021 – July 2024

Chin Family Philanthropy, Boston, MA, United States
Principal Investigator
Assessing Effectiveness of Ruth Sleeper Nursing Center Behavioral Health Practices
\$200,000 three -year grant to enhance SON's ability to conduct patient centered outcomes research and to expand and evaluate the behavioral health services provided through the Ruth Sleeper Nursing Center for Clinical Education and Wellness
20% effort

March 2021

Dissertation Research Grant: Sigma Theta Tau International Theta Kappa Chapter
University of Massachusetts Dartmouth, Dartmouth, MA, United States.

Principal Investigator

Primary Healthcare Provider Knowledge, Attitudes, and Practices of Engaging Older Informal Caregivers in Health Promoting Self-Care

\$500

Interprofessional Educational Activities

MGH Institute of Health Professions, Boston, MA, United States

Faculty: Impact Practice Center Interprofessional Case Rounds Fall 2023 - present

Project Director: Sleeper Center Nurse-led Mobile Health Program

July 2022 – present

Faculty Lead: Virtual Stroke Care Partner Support Group January 2024 - present

Moderator: Biannual Impact Practice Center Grand Rounds: Caregiving April 7, 2021

Faculty Lead: Parkinson's Disease Virtual Wellness Group October 2020 – present

Course Faculty: Interprofessional Impact Course September 2019 – present

Faculty Lead: Interprofessional Wellness Group September 2017 – December 2021

Nursing Educational Activities

MGH Institute of Health Professions School of Nursing, Boston, MA, United States

Clinical Coordinator: Public Health Nursing Practice and Theory May 2020 – present

Harvard Kent Pediatric Health Promotion Day December 2020

IHP Faculty, student, and staff flu clinics October 2019 – present

Harvard Kent Annual Earth Day Event April 12, 2019

National Parks Service Work Wellness Program September 2017 – March 2020

Harvard Kent Annual Nurse for a Day Event November 2018-November 2019

Course Coordinator, Role Immersion (senior preceptorship) May 2014 – May 2109

Course Faculty, Public Health Nursing Practice and Theory January 2008 – May 2014

Sleeper Nursing Center and Interprofessional Initiatives

Student-led Parkinson's Disease Care Partner Support Group February 2021 – present

Student-led Telehealth Visits March 2020 – present

Student-led Home visits:

Robert Georgine Towers Publicly Support Housing September 2019 – present

Student led Family Primary Care Service September 2018 - present

Student led Family Supportive Counseling Service September 2018 - present

Clinical Supervision

Clinical Oversight Instructor: Role Immersion January 2014 – May 2014

Clinical Instructor: Common Problems of Adult Health September 2007 – May 2013

Clinical Instructor: Community Health Nursing January 2007 – December 2008

September 2017 – present

Curriculum Development

Climate Health Integration in new prelicensure curriculum	August 2024-present
Population Health Integration in new prelicensure curriculum	September 2023- present
Mobile Health Service Program	July 2022-present
Interprofessional Parkinson's Disease Wellness Group	October 2020 – present
Virtual Public Health Clinical Practicum	April 2020 – April 2024
Interprofessional Adult Wellness Group	May 2017 – December 2021
Role Immersion Simulations	March 2018 – May 2019

Mentoring

Students

Mentor to MGH Institute of Health Professions occupational therapy doctoral student's capstone project: Virtual Stroke Care Partner Support Group	February 2024 – May 2024
Preceptor of master's in nursing education student from Southern New Hampshire University	March 2024 - present
Project Team Member for MGH Institute of Health Professions DNP student	September 2022-May 2024
Master of Public Health Student from University of Haifa	April 2021 – April 2022
MGH Institute of Health Professions ABSN Public Health Students at Warren Prescott School	March 2018 – April 2018
Ruth Sleeper Nursing Center Graduate Assistants	December 2018 – present
Academic Advisor to ABSN students	September 2012 – present

Faculty

Population Health Clinical Instructors	January 2024- present
SON Faculty Mentor	April 2022 – present
Role Immersion Simulation Instructor	May 2018 – May 2019
Role Immersion Clinical Oversight Instructors	May 2014 – May 2019
Public Health Clinical Instructor	January 2008 – December 2014 January 2018 – May 2020

Professional Memberships and Activities

Mobile Healthcare Association	February 2023-present
Sigma Theta Tau International	May 2004 – present
Board Member, Upsilon Lambda Chapter	September 2018 – present
Vice President, Upsilon Lambda Chapter	September 2020 – present
Dual member of Theta Kappa Chapter	January 2021 – present
Member: Eastern Nursing Research Society	September 2019 – present
Member: Gerontological Society of America	October 2020 – March 2023
Member: National Academies of Practice	November 2021 – January 2023
Policy Committee	June 2022 – January 2023

Interprofessional Institutional Service

Member of IHP Impact Practice Center Operations Committee	February 2019 – present
Member of IHP Impact Practice Center Curriculum Committee	January 2018 – present
MGH Youth Scholars: Coordinator for SON panel members	March 2019 – present
BIPOC Enrollment and Retention Initiative	May 2022 – December 2021
Faculty Lead for 100 Ferrin St Interprofessional Health Fair	February 3, 2020
Panel Member for Faculty Development Day: Interprofessional Education	May 2, 2019

Institutional Service

Member of Strategic Planning: Community Impact Committee	August 2024-present
Member of Search Committee for SON Dean	February 2024 - present
Member of SON Nurses Response to Gun Violence Task Force	January 2023 - present
IHP Faculty Senate Faculty Governance & Academic Policies Committee	September 2022 – present
Member of Center for Climate Change, Climate Health, and Justice Steering Committee	July 2022 -present
Faculty Lead for Community Engagement Task Force	August 2024-present
Member of SON Search Committee	September 2021 – present
Chairperson	September 2024-present
Member of SON Nominating Committee	September 2021 – August 2023
Member of IHP Virtual Clinical Design Committee	March 2020 – December 2021
Member of IHP Clinical Redesign Committee	March 2020 – December 2022
Member of IHP Community IMPACT Day Committee	April 2017 – September 2019
Member of SON Center of Excellence Task Force	April 2022-September 2023
Member of SON Appeals Committee	September 2016 – August 2021
Member: SON Judicial Board	September 2016 – August 2022
Co-Chairperson	January 2018 – August 2020
Member: SON ATI Policy Task Force	September 2018 – January 2020
Facilitator for Power, Privilege and Positionality Program	September 2019 – June 2020

IHP Search Committee for Impact Practice Director
Faculty Facilitator for Saudi Arabian Nurse Faculty

April 2019 – July 2019
March 2019

Community Service

Volunteer: Service for Individuals Living with Dementia
First Congregational Church, Milford, MA

February 2019- February 2020

Continuing Professional Development

Dean Nominated Participant for the MGH Institute Nurse Leadership Program

March 2022 – June 2022