

**CURRICULUM VITA**  
**ANITHA SARAVANAN, PhD, APRN, ANP-BC**  
**Northern Illinois University, DeKalb, IL**  
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**EDUCATION :**

<b>Institution</b>	<b>Degree</b>	<b>Awarded</b>
<b>GRADUATE</b>		
Loyola University Chicago, IL	PhD in Nursing Science	2019
Loyola University Chicago, IL	Master of Science (Nursing) - Adult Nurse Practitioner	2012
<b>UNDERGRADUATE</b>		
College of DuPage, Glen Ellyn, IL	Associates Degree in Science (Nursing)	2008
Ethiraj College, University of Madras, Chennai, India	Bachelor of Science (Nutrition Dietetics)	1990

**FURTHER EDUCATION:**

<b>FELLOWSHIPS Institution</b>	<b>Credential</b>	<b>Awarded</b>
University of San Diego, California	Trained Mindfulness based Stress Reduction (MBSR Teacher)	2020

**APPOINTMENTS:**

<b>ACADEMIC Institution</b>	<b>Title/Rank</b>	<b>Dates</b>
Northern Illinois University, DeKalb, IL	Assistant Professor	2020- present
DePaul University	Adjunct faculty	2019 to 2023
Loyola University Chicago, Stritch School of Medicine (Dept of Ortho surgery and Rehab)	Affiliate faculty (for research)	2021 to present
Loyola University Chicago, School of Nursing, Chicago, IL	Research Associate – R01 - NIH study - Breast Cancer (Part time)	2016- 2020
College of DuPage, Glen Ellyn, IL	Adjunct faculty	2020-2022
	Associate Professor (Tenured)	2018-2020
	Assistant Professor	2015-2018
	Adjunct faculty	2012
Loyola University Chicago, Marcella Niehoff College of Nursing, Chicago, IL	Clinical Research Nurse Coordinator– Cancer Center	2012- 2013

<b>NON-ACADEMIC Institution</b>	<b>Title/Rank</b>	<b>Dates</b>
Vitas Home Health and Hospice, Lombard, IL	Adult Nurse Practitioner (part time)	2017-2022
Family Home Health and Hospice, IL	Adult Nurse Practitioner (part time)	2015-2016
Marian Joy Pain and Rehabilitation Clinic, Oakbrook Terrace, IL	Adult Nurse Practitioner (Pain Management)	2013-2015
Loyola University Medical Center, Maywood, IL	Emergency Room Staff Nurse	2010-2012
Loyola University Medical Center, Maywood, IL	Staff Nurse (Cardiothoracic Unit)	2008-2010

### LICENSURE

<b>Credential</b>	<b>Number</b>	<b>Dates</b>
RN License	#041368182 Illinois	2008-present
APRN License	#209010397Illinois	2013- present
PCCN, American Association of Critical Care Nurses		2009-2015

### PROFESSIONAL ORGANIZATIONS

<b>Organization</b>	<b>Role</b>	<b>Dates</b>
Indian Nurses Education and Welfare Fund	Founding Director	2022 to present
American Society of Pain Management Nursing	Board of Directors	2023 to present
Pain Management Nursing Journal	Editorial Board member	2022 - present
US Association for the Study of Pain	CTRE - SIG Chair	2021 - present
US Association for the Study of Pain	Member – Nominations Committee	2021 - present
American Nurses Association/Illinois State Nurses Association	Member	2018-present
American Society of Pain Management Nursing	Research Committee, DEI Committee Member	2019-present
Midwest Pain Society	Member (Membership Committee)	2018 - 2021 2013 - 2016
Midwest Nursing Research Society	RIG Member	2011-present

Oncology Nursing Society	Member	2019-2020
Sigma Theta Tau International	Member	2019 -present
National Association of Indian Nurses of America	Member	2021 – present

**PROFESSIONAL HONORS AND AWARDS:**

**GENERAL**

<b>Award Name</b>	<b>Granted By</b>
Purpose (HEAL) NIH Travel (Invite only) Award 2024	National Institute of Health
Nurse Educator Fellowship award recipient, 2023-24	Illinois Board of Higher Education
Rachowicz Honors Faculty Fellow 2023-24, Honors 310 - Social Media and Health.	Northern Illinois University
CHHS Research Scholar Award- 2023-24	Northern Illinois University
Purpose (HEAL) NIH Travel (Invite only) Award 2023	National Institute of Health
CHHS Scholarship, Research, and Grants “SRG” Special Interest Group Award-2023 - 2024	Northern Illinois University
Featured Article Award, 2022	Pain Management Nursing
Most Cited Article Award, 2021	Pain Management Nursing
CURE Faculty Mentor Award, 2022	Northern Illinois University
Young Investigator Travel Award, 2019	American Pain Society
Johnson & Johnson Campaign for Nursing’s Future Minority Nurse Faculty Scholar, 2016, 2017	American Association of Colleges for Nursing
A “Nurse I am” Cherokee Award, 2008	Cherokee Uniforms
Outstanding Faculty Nominated Student Award, 2008	College of DuPage, IL
Gold Medalist, 1990	Ethiraj College, Chennai, University of Madras
Outstanding Student Award, 1990	Ethiraj College, Chennai, University of Madras

## Courses Taught

Course	Short Title	Format	Role	Term
HON 310	Social Media and Health	Online Asynchronous	Course Director	Fall 2023
NSG 316	Pharmacology	Lecture	Course Director	Spring 2023 present
NSG401	Nursing Research	Lecture/ Hybrid	Adjunct	Fall 2019, Winter 2020
NSG481	Biostatistics and Epidemiology	Lecture/ Hybrid	Adjunct	Fall 2019 to Fall 2023

## UNDERGRADUATE

N 312	Nursing Research and EBP	Lecture	Course Director	Fall 2021 to Spring 2022
N313	Medical Surgical Nursing	Clinical (cardiac unit)	Instructor	Fall 2021
N 431	Transition to Professional Nursing	Lecture	Instructor	Fall 2020 to Spring 2021
N1140	Physical Assessment	Lecture/ lab	Course Director	Fall 2015 to Spring 2020
N1170	Pharmacology	Lecture	Course Director	Fall 2015 to present
N2120	Medical Surgical Nursing	Clinical/ lecture/ lab	Instructor	Fall 2015 to Spring 2020

## UNIVERSITY SERVICE

### SCHOOL: NORTHERN ILLINOIS UNIVERSITY, DEKALB, SCHOOL OF NURSING, IL

Activity	Role	Dates
SoN Tenured/Tenure-Track Faculty	Secretary	Fall 2024
SoN Search Committee, Chair search	Member	Fall 2023
SoN Search Committee, Operations Manager	Member	Fall 2022
SoN Search Committee, Clinical Track Faculty	Member	Spring 2024
SoN Elections Committee	Member	Fall 2023 to present
SoN Research Committee	Member	Fall 2021 to Spring 2022
SoN Research Committee	Chair	Fall 2022 to Present
SoN Simulation sub committee	Member	Fall 2023 to present
SoN Accreditation Preparation sub committee	Member	Spring 2021
SoN Honors Posters Day	Volunteer	Spring 2021

SoN Undergraduate Curriculum and Evaluation Committee	Member	Fall 2021 to Spring 2024
SoN Diversity Planning Committee	Member	Spring 2021
SoN Ad hoc Curricular Revision Sub Committee	Member	Spring 2021
SoN Portfolio Assessment Subcommittee	Member	Fall 2020 to present
SoN Portfolio Assessment Evaluator		Fall 2023 to present
SoN COVID-19 Vaccine	Volunteer Faculty	Spring 2021
SoN Undergraduate Pinning Ceremony	Volunteer	Fall 2020

### **CHHS and University level**

NIU Presidential Commission for Race and Ethnicity (PCORE)	Member	Fall 2021 to Spring 2023
NIU Baccalaureate council	Member	Fall 2022 to present
NIU General Education Council	Member	Spring 2023 to present
CHHS UFA Award Review Committee	Member	Fall 2023
NIU Research Rookies Program	Member	Fall 2021 - present

### **SCHOOL: LOYOLA UNIVERSITY CHICAGO, SCHOOL OF NURSING**

<b>Activity</b>	<b>Role</b>	<b>Dates</b>
PhD Student Committee	Student Representative	2014-2015
Research Committee	Student Representative	2015-2016

### **SCHOOL: COLLEGE OF DUPAGE NURSING DEPARTMENT**

Nursing Curriculum Committee	Chair	2017-2019
Divisional Curriculum Committee	Member	2018-2020
College Curriculum Committee	Member	2019-2020
Assessment & Outcome Committee	Chair	2019 - 2020
Director of Nursing Search Committee	Member	2018

### **Mentorship Experience / Undergrad and Doctoral Students – Poster presentation**

<b>Name of student</b>	<b>Title of Poster</b>	<b>Presented at</b>	<b>Year</b>
Masooma Shamsi and Asley Zacharias	<i>Pharmacogenomics: Effect of CYP2D6 Gene on Tramadol Addiction</i>	Midwest Nursing Research Conference (MNRS), Minneapolis	2024

Rhea Johnson and Sameera Sanders	<i>Addressing Digital Literacy in Older Adults to Access Health Information</i>	Midwest Nursing Research Conference (MNRS), Minneapolis	2024
Julie Conklin and Dan Shell	<i>Care Over Cure for Cancer: Barriers to Receiving Hospice/Palliative Services in Patients with End Stage Cancer A Scoping Review</i>	Midwest Nursing Research Conference (MNRS), Iowa	2023
Kelsey Funk	<i>Opiate Use Disorder in Pregnancy: Holistic Care for Positive Recovery Outcomes</i>	Midwest Nursing Research Conference (MNRS), Iowa	2023
Kristy Chorostecki, Kelsey Funk	<i>Underdiagnosis of Attention-Deficit/Hyperactivity Disorder in Girls</i>	Midwest Nursing Research Conference (MNRS), Iowa	2023
Christina Annerino	<i>Gender Differences in Administration of tPA in Treatment of Ischemic Stroke</i>	Conference on Undergraduate Research and Engagement (CURE)	2023
Sameera Sanders	<i>Social determinants, pro-inflammatory cytokines in low back pain</i>	Conference on Undergraduate Research and Engagement (CURE)	2023
Vaidehi Brahmhatt	<i>Chronic lymphoid leukemia: Prevalence of Chronic lymphoid leukemia (CLL) across various populations</i>	Conference on Undergraduate Research and Engagement (CURE)	2023
Nadiyah Johnson	<i>The Effectiveness of Capsaicin for CIPN</i>	Conference on Undergraduate Research and Engagement (CURE)	2022
Elijah Barnes	<i>The Effect of Disparities in Healthcare on Minorities Dealing with Chronic Pain</i>	Conference on Undergraduate Research and Engagement (CURE)	2022
Ladesa Jeffries	<i>Social Media and Eating Disorders in Adolescents: A Review</i>	Midwest Nursing Research Conference (MNRS), Schaumburg	2021
Destiny Jackson	<i>Disparities in Addressing Mental Health in the Black Community</i>	Midwest Nursing Research Conference (MNRS), Schaumburg	2021

**Student Posters - Selected posters won awards.**

- *First place for CURE award : **Christina Annerino**, Gender Differences in Administration of tPA in Treatment of Ischemic Stroke, April 2023*

- *Third Place in Oral presentations: Tyler Tran, All of Us Research Program, Researchers Convention – March 29 to April 1, 2023*

Sem/Year	Name of Student	Thesis or Dissertation	Title of Work	Degree Sought
Fall 2020 – 2022	Ann Kopal	DNP	Would Implementing a Peer Mentor Training Workshop Impact the Willingness to Mentor Levels of the ADN Student Participants?	DNP

## RESEARCH/CREATIVE ACTIVITY:

### Grants

- **Saravanan A.** 2023-2024. *All of US Evenings: Genomics and Vaccines*. All of Us Evenings with Genetics (AoUEwG) , Department of Molecular and Human Genetics at Baylor College of Medicine \$3000. [NIH grant] (Co-PI, fully funded).
- **Saravanan A.** 2023-2024. *All of US Evenings: Genomics and Vaccines*. All of Us Evenings with Genetics (AoUEwG) , Department of Molecular and Human Genetics at Baylor College of Medicine \$3000. [NIH grant – community grant] (Co-PI, fully funded).
- **Saravanan A.** 2023-2024. *CHHS Research SIG Award*. \$750 (PI, fully funded).
- **Saravanan A.** 2023-2024. *Nurse Educator Fellowship Award*. \$10,000 [IBHE Grant] (PI, fully funded).
- **Saravanan A.** 2023-2024. *STEHL Project: Smart Tablet Education for Healthy Living in Older adults*. A Community Intervention Project. National Library for Medicine [NNLM - NIH grant]. \$10,000 (PI, fully funded).
- **Saravanan A.** 2023-2024. *Smart Tablet Education for Healthy Living in Older adults*. A Mixed method study. Northern Illinois University. \$3140.70 [Research and Artistry Grant] (Project lead, fully funded).
- **Saravanan A.** 2023-2024. *Pain Hygiene: Pain Management Nurses Views-A Delphi Study*. [American Society for Pain Management Nursing Society Grant]. \$5000 (Project lead, fully funded).
- **Saravanan A.** 2022-2023. *Engaging Older Adults Beyond Tablets*. All of US Research. National Library for Medicine [NIH grant]. \$30,000 (Project lead, fully funded).
- **Saravanan A.** 2022-2023. *Research Scholar Program - All of US Research* -. \$1200 (Project Mentor, fully funded).
- **Saravanan A.** 2022-2023. *Pain Hygiene: Perspectives of Nurses in a community Hospital*. Northern Illinois University [Research and Artistry Grant]. \$15000 (Project lead, non- funded).
- **Saravanan A.** 2022-2023. *Developing a Virtual Sim Community (VSC) for Improving*

*Clinical Judgement Transition in Underrepresented and At-risk Undergraduate Student Nurses* [American Academy of College of Nurses]. \$25000 (Project lead, non-funded).

- **Saravanan A.** 2021-2022. *A Pain Hygiene Intervention Program*. DeKalb Community Foundation Grant. \$4,320 (Project lead, fully funded).
- **Saravanan A.** 2021-2022. *Gut Microbiome, Pain, and Sleep in Chronic Low Back Pain*. Northern Illinois University [CHHS Seed grant]. \$6,100 (Project lead, fully funded).
- **Saravanan A.** 2021-2022. *All of US Research*. American Academy of College of Nurses (AACN- Mini- Grant [NIH grant]. \$10,000 (Project lead, fully funded).
- **Saravanan A.** 2022-2023. *Prevalence of pain and fatigue in patients with breast implant devices All of US Research* [American Academy of College of Nurses]. \$10000 (Project lead, non-funded).
- **Saravanan A.** 2020-2021. *Wearable device for monitoring stress and measuring student HESI and NCLEX outcomes* Northern Illinois University. [UFA Grant]. \$1500 (Project lead, fully funded).
- **Saravanan A.** 2020-2021. *Experiences of Pain Management Nurses in COVID-19 Pandemic*. University of IOWA. [ UIOWA Grant]. \$3120 (Co-I, fully funded)

## **RESEARCH PUBLICATIONS**

### Refereed

**Saravanan, A.,** Bajaj, P., Mathews, H. L., Tell, D., Starkweather, A., & Janusek, L. (2024). *Fatigue and Depressive Mood in Chronic Low Back Pain*. *Pain Management Research* (In press)

**Saravanan, A.,** Shade, M., Liu, Y., Olayeni, B., Sanders, S., Johnson, R., ... & Starkweather, A. (2024). *Training to use smart tablets to access reliable online health information in older adults' post-pandemic: A focused pilot intervention study*. *Geriatric Nursing, 56*, 204-211.

Dorsey, M., & **Saravanan, A.** (2023). *Effective and Evolving Treatments for Shoulder Pain in Patients With Spinal Cord Injury*. *Topics in Pain Management, 38*(11), 1-6.

St Marie, B. J., Bai, J., Knisely, M. R., Booker, S. Q., **Saravanan, A.,** & Sowicz, T. J. (2023). *Experiences of pain management nurses during the COVID-19 pandemic: A qualitative study*. *Pain management nursing : official journal of the American Society of Pain Management Nurses, S1524-9042(23)00166-2*. Advance online publication. <https://doi.org/10.1016/j.pmn.2023.09.002>.

Booker, S. Q., Sowicz, T. J., Knisely, M. R., **Saravanan, A.,** Bai, J., & St Marie, B. (2023). *Original Research: The Impact of COVID-19 on Pain Care Among Older Adults*. *The American journal of nursing, 123*(6), 26–36. <https://doi.org/10.1097/01.NAJ.0000937180.48669.ae>.



- Saravanan, A.,** Bai, J., Bajaj, P., Sterner, E., Rajagopal, M., Sanders, S., Luckose, A., Kushnick, M., & Starkweather, A. (2023). *Composite Biomarkers, Behavioral Symptoms, and Comorbidities in Axial Low Back Pain: A Systematic Review*. *Biological research for nursing*, 25(4), 571–585. <https://doi.org/10.1177/10998004231171146>.
- Sowicz, T. J., Knisely, M. R., Booker, S. Q., Bai, J., **Saravanan, A.**, & Marie, B. S. (2022). *Pain Management Nurses' Roles During the COVID-19 Pandemic*. *Pain management nursing : official journal of the American Society of Pain Management Nurses*, 23(1), 9–16. <https://doi.org/10.1016/j.pmn.2021.09.006>
- Saravanan, A.,** Reagan, L., Rivera, R., Challa, N., Lankipalle, H., Sareddy, V. R. R., & Starkweather, A. (2022). *Social Determinants and Comorbidities in Non-pharmacological Interventions for Chronic Pain in Community-Dwelling Older Adults: A Scoping Review of Randomized Controlled Trials*. *Geriatric nursing (New York, N.Y.)*, 45, 205–214. <https://doi.org/10.1016/j.gerinurse.2022.04.008>
- Saravanan, A.,** Reagan, L., Bai, J., Booker, S. Q., & Starkweather, A. (2022). *Pain hygiene: A content analysis of student nurses' perspectives*. *Nursing forum*, 57(6), 1415–1423. <https://doi.org/10.1111/nuf.12837>
- Seiter, A., Factos, N., & **Saravanan, A.** (2022). *Art Therapy for Cancer-Related Pain in Patients Undergoing Treatment*. *Topics in Pain Management*, 37(11), 1-8.
- Saravanan, A.,** Bajaj, P., Mathews, H. L., Tell, D., Starkweather, A., & Janusek, L. (2021). *Behavioral Symptom Clusters, Inflammation, and Quality of Life in Chronic Low Back Pain*. *Pain Management Nursing*. <https://doi.org/10.1016/j.pmn.2020.11.012>.
- Saravanan, A.,** Bajaj, P., Mathews, H. L., Tell, D., Starkweather, A., & Janusek, L. (2021). *Social Support Is Inversely Associated With Sleep Disturbance, Inflammation, and Pain Severity in Chronic Low Back Pain*. *Nursing Research*, 70(6), 425–432. <https://doi.org/10.1097/NNR.0000000000000543>.
- Saravanan, A.,** Reagan, L. (2021). *A Biobehavioral Pain Hygiene Model: Narrative Review and Conceptualization*. *Topics in Pain Management*. <https://doi.org/10.1097/01.TPM.0000756300.54102.46>.
- Saravanan, A.** (2021). *Sleep Risk Assessment and Clinical Management of Chronic Pain*. *Topics in Pain Management*, 37(5), 1-7. <https://doi.org/10.1097/01.TPM.0000803080.18745.75>.
- Moxley, E., **Saravanan, A.,** Habtzghi, D., Dixon, L., Miller, J., & Waller, M. (2021). *Virtual Pedagogical Strategies and HESI Student Outcomes in Response to COVID-19*. *Nurse Education Today*. <https://doi.org/10.1016/j.nedt.2021.105019>.
- Sowicz, T. J., Knisely, M. R., Booker, S. Q., Bai, J., **Saravanan, A.**, & Marie, B. S. (2021). *Pain Management Nurses' Roles During the Covid-19 Pandemic*. *Pain Management Nursing*. <https://doi.org/10.1016/j.pmn.2021.09.006>.
- Bai, J., Booker, S. Q., **Saravanan, A.**, & Sowicz, T. J. (2021). *Grant Writing Doesn't Have to Be a Pain: Tips for Preparation, Writing and Dissemination*. *Pain Management Nursing*, 22(5), 561-564. <http://doi.org/10.1016/j.pmn.2021.08.009>.

## Invited Speaker Presentations

**Saravanan A (2024, Feb 16).** “*Sparking interest in Research in Students,*” Panelist, SRG sessions,  
CHHS, Northern Illinois University

**Saravanan A (2023, Dec 1).** “*NNLM spotlight series speaker,*”  
<https://www.youtube.com/watch?v=Pk9gQ6-n7y0>

**Saravanan A (2023, Dec 18).** “*Technology in nursing classroom,*” PSG College of Arts and Science, Coimbatore, India.

**Saravanan, A. (2022, March 8).** “*Being a Woman: A Calling and Untold Story.*” *A Talk to Empower women.*” Online presentation, Women’s International Day, NIU, DeKalb, USA

**Saravanan, A. (2022, April 9).** “*Being an Inductee: What is your Calling.*” Beta Omega Chapter Induction Ceremony, NIU, DeKalb, USA

**Saravanan, A. (2022, June 14).** “*Pain Hygiene: A New Model for Symptom Clusters and Underlying Biomarkers in Chronic Pain,*” Amrita Institute of Medical Sciences, Kochi, Kerala, India

**Saravanan, A. (2022, June 15).** “*Symptom Clusters and Underlying Biomarkers in Chronic Pain,*” PSG College of Arts and Science, Coimbatore, India

**Saravanan, A. (2022, June 16).** “*Student Nurse Immersion Program in the USA - Possibilities,*” Government College of Nursing, Guntur, India

**Saravanan, A. (2022, April 9).** “*International Opportunities for Student Nurses and Nursing Faculty in the USA,*” Amrita Institute of Medical Sciences, Kochi, Kerala, India

**Saravanan, A. (2022, Dec 14).** “*Chronic Pain: Innovation and Research,*” PSG College of Arts and Science, Coimbatore, India.

**Saravanan, A. (2022, January 30).** *Views from the field with Allan and Anitha Saravanan. Mindfulness Based Stress Reduction Teacher Community. Online presentation, YouTube, MBSR Teacher Community, USA.*

**Saravanan, A. (2021, January 25).** *Symptom Clusters in Chronic Low Back Pain and Biomarkers. Where do we go from here? Pain Special Interest Group.* University of Iowa, College of Nursing, Iowa, United States.

**Saravanan, A. (2021, October 25).** *Behavioral Symptom Clusters and Biomarkers in Chronic Low Back Pain.* Ireland Pain Society. Ireland.

Podium Presentations  
Refereed

- Saravanan A, Jinbing Bai, Mitch Knisely* (2023, September 21-24). ***Omics in Pain Management: Harnessing Precision Health from Bench to Bedside***. American Society for Pain Management Nursing Conference, Minneapolis, United States.
- Saravanan A, Reagan L, Bai J, Booker S & Starkweather A* (2023, March 2 – April 1). ***Pain Hygiene: Being Bold to Make Changes in Pain Management***. Midwest Nursing Research Society, De Moines, Iowa.
- Saravanan A, Reagan L, & Starkweather A* (2023, July 20-24). ***Social Determinants and Multilevel Interventions for Older Adults with Chronic Pain and Comorbidity: A Review***. Sigma Theta Tau International Conference, Abu Dhabi, United Arab Emirates.
- Saravanan A* (2023, Jan 17-19). ***Genomics to Nursing and Nursing to Genomics: A Review. Translation and Integration of Genomics is Essential to Doctoral Nursing (TIGER) 2023***. Coronado, California.
- Saravanan A, Reagan L, Bai J, Booker S & Starkweather A* (2022, Oct 7-9). ***Pain Hygiene: A Content Analysis of Student Nurses' Perspectives***. National Association of Indian Nurses of America, New Jersey.
- Sowicz, T. J., Knisely, M. R., Booker, S. Q., Bai, J., Saravanan A* (2022, Sep 14-17). ***Covid-19 Pandemic's Impact on Pain Management Nurses' Roles***. American Society for Pain Management Nursing Conference, Indian Wells, California.
- Saravanan A, Tell D, Mathews H, Bajaj P, & Janusek L.W* (2022, Sep 14-17). ***Fatigue is related to Depressive Mood and Pain Severity in Chronic Low Back Pain presentation***. American Society for Pain Management Nursing Conference, Indian Wells, California.
- Saravanan A, Tell D, Mathews H, Bajaj P, & Janusek L.W* (2021, Sep 2021). ***Self - efficacy is inversely Associated with Pain Rumination and Pain Severity in Chronic Low Back Pain***. American Society for Pain Management Nursing Conference, San Antonio, United States.
- Saravanan A, Tell D, Mathews H, Bajaj P, & Janusek L.W* (2021, July 24-26). ***Social Support is Associated with Sleep Disturbance, Inflammation, and Pain Severity in Chronic Low Back Pain***. Sigma Theta tau International Conference, Singapore.
- Saravanan A, Tell D, Mathews H, Bajaj P, & Janusek L.W* (2021, March 24-26). ***Differences Among White and Racial Ethnic Minorities in Pain, Inflammation, and Sleep in Chronic Low Back Pain with Pain in Chronic Low Back Pain***. Midwest Nursing Research Society Conference, Iowa, United States.

*Saravanan A, Tell D, Mathews H, Bajaj P, & Janusek L.W (2020, September 18-21). Association of Sleep Disturbance with Pain in Chronic Low Back Pain Using Subjective and Objective Sleep Indicators. American Society for Pain Management Nursing Conference, Iowa, United States.*

*Sowicz T, Booker S, Saravanan A, Bai J, (2020, September 18-21). Grant writing does not need to be a pain. American Society for Pain Management Nursing Conference, Iowa, United States.*

*Saravanan A, Tell D, Mathews H, Bajaj P, & Janusek L.W (2019, September 18-21). Symptom Clusters and Inflammation in Chronic Low Back Pain. American Society for Pain Management Nursing Conference, Portland, Oregon, United States.*

Selected Poster Presentations  
Refereed

*Saravanan A, Tell D, Mathews H, Bajaj P, & Janusek L.W (2019, April 3-6). Behavioral Symptom Clusters, Inflammation and Quality of Life in patients with Chronic Low Back Pain. American Pain Society Conference, Milwaukee, Wisconsin, United States.*

*Saravanan A, Tell D, Mathews H, Bajaj P, & Janusek L.W (2019, March 27-30). Pain, Sleep Disturbances, Fatigue, Mood Changes and Underlying Inflammation: A Study of Patients with Chronic Low Back Pain. Midwest Nursing Research Conference 2019, Kansas City, MO, United States.*

**Saravanan, A. (2017, April 4-7). How to Measure Sleep Quality in Chronic Low Back Pain? A Review. Midwest Nursing Research Conference, 2017, Minneapolis, MN, United States.**

**OTHER PROFESSIONAL CONTRIBUTIONS**

- Accreditation Commission for Education in Nursing (ACEN) Peer Evaluator Fall 2019- to present.  
<http://www.acenursing.com/pe/pesearch.asp?listing=lname&criteria=S>

*The ACEN is one of the largest specialized accrediting agencies, accrediting nursing programs throughout the United States. It is recognized as an accrediting body by the U.S. Department of Education (USDE) and by the Council for Higher Education Accreditation (CHEA). I am a peer evaluator and I volunteer to conduct site visits throughout the country.*

- The National Council of State Boards of Nursing (NCSBN) - Member for the virtual NCLEX - NGN RN Item Writing Panel - 1/25/2022 to 1/28/2022  
<https://www.ncsbn.org/next-generation-nclex.htm>

## **Other Community service**

- Volunteer, Barb city Manor Retirement home, working with older adults on assisting with improving their overall health– Jan 2023 to Dec 2023, 10 days, 10hrs.
- MBSR (Mindful Teacher Community Network) weekly sessions, participate in discussions, provide input to enhance, Jan 2023 to Dec 2023 – 15 sessions, 22 hrs.
- Chicago Community Partner call, All of US Research, Attend Quarterly meetings, enhance participation of underrepresented communities in research, 3 sessions, 3 hrs.

## ***Manuscript reviewer Year – 2024***

Ref. No: CJP-D-24-00040

Title: Does social support influence prognosis for non-specific chronic low back pain in adults? A systematic review according to the sex and gender approach.\_\_\_\_\_

Journal: Clinical Journal of Pain

## ***Manuscript reviewer Year – 2023***

Ref. No: AAPS-D-23-00067

Title: Exploring causal correlations between inflammatory cytokines and low back pain: A Mendelian randomization.

Journal: Anesthesiology and Perioperative Science

Ref. No: PMN-D-23-00380

Title: The characterization of SNPs for risk factors (obesity, diabetes, and life style factor) in Mendelian randomization studies

Journal: Pain Management Nursing

Ref. No: GN-D-23-01081

Title: Intrinsic capacity trajectories, predictors and associations with care dependence in community-dwelling older people: a social determinants of health perspective

Journal: Geriatric Nursing

Ref No: PMN-D-23-00328

Title: The Effect of Psychoeducation based Leventhal's Self-Regulation Model on Dysmenorrhea in Nursing Students: A Single-Blind Randomised Controlled Study

Journal: Pain Management Nursing

Ref No: PMN-D-23-00059

Title: Effectiveness of Acceptance and Commitment Therapy in Patients with Chronic Pain: A Meta – Analysis and Systematic Review

Journal: Pain Management Nursing

Ref No: PMN-D-23-00105  
Title: The Relationship Between Chronic Pain and Self-compassion Level in Patients with Fibromyalgia  
Journal: Pain Management Nursing

Ref No: PMN-D-23-00103  
Title: Psychological therapies in acute pain relief – A scoping of literature with bibliographical Analysis  
Journal: Pain Management Nursing

***Manuscript reviewer – 2022***

Ref. No: JCEHP-D-22-0268  
Title: Attrition and retention of rehabilitation professional: A scoping review  
Journal: Journal of Continuing Education in the Health Professions

Ref. No: PMN-D-22-00355  
Title: Effect of cognitive-behavioral therapy or mindfulness therapy on pain and quality of life in patients with diabetic neuropathy: A systematic review and meta-analysis  
Journal: Pain Management Nursing

Ref. No: PMN-D-22-00231  
Title: The Effect of brief guided imagery on patients suffering from chronic back pain: a feasibility study  
Journal: Pain Management Nursing

Ref. No: GN-D-22-00907  
Title: Evaluation of Art Making Activity as a Pain Management Strategy in Older Persons  
Journal: Geriatric Nursing

Ref. No: JCEHP-D-22-0268  
Title: Attrition and retention of rehabilitation professional: A scoping review  
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Ref. No: PMN-D-22-00355  
Title: Effect of cognitive-behavioral therapy or mindfulness therapy on pain and quality of life in patients with diabetic neuropathy: A systematic review and meta-analysis  
Journal: Pain Management Nursing

Ref. No: PMN-D-22-00231  
Title: The Effect of brief guided imagery on patients suffering from chronic back pain: a feasibility study  
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Ref. No: GN-D-22-00907  
Title: Evaluation of Art Making Activity as a Pain Management Strategy in Older Persons

Journal: Geriatric Nursing

Ref. No: PMN-D-22-00231

Title: The effects of brief guided imagery on patients suffering from chronic back pain: a feasibility study

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***Manuscript reviewer – 2021***

Ref. No: PMN-D-21-00218

Title: Predicting Who Receives Nonpharmacologic Pain Interventions in the Pediatric Intensive Care Unit

Journal: Pain Management Nursing

Ref. No: PMN-D-21-00193

Title: The Effect of Acupressure on Polyneuropathy- Related Pain and Sleep Quality in Patients with Type 2 Diabetes

Journal: Pain Management Nursing

Ref. No: BRN-ROR-21-04-0050

Title: Six Weeks Effects of Dynamic Neuromuscular Stabilization (DNS) Training in Obese Postpartum Women with Low Back Pain

Journal: Biological Research for Nursing

Ref. No: PMN-D-21-00135

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***Manuscript reviewer – 2020***

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