

## CURRICULUM VITAE

**Tyra C. Girdwood, PhD, RN**

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## EDUCATION:

University of North Carolina at Wilmington (8/2013-5/2017), BSN, May 5, 2017.

University of North Carolina at Chapel Hill (8/2018-5/2022), PhD, May 5, 2022.

Duke University, National Clinician Scholars (7/2022-7/2024), Postdoctoral Fellowship.

## HONORS AND AWARDS:

## Professional

Selected Scholar, East Carolina University's Emerging Scholars Symposium, 2023

Professional Development Fund Awardee, UNC Association of Student Governments, 2021

Daisy Award Nominee, FirstHealth of the Carolinas Moore Regional Hospital, 2017

Sigma Theta Tau International Nursing Honors Society, 2016

## Educational (Student)

Duke Margolis Health Policy Scholar, Duke University, 2023-2024

Travel Honorarium, Robert Wood Johnson Foundation Future of Nursing, 2023

Veterans Affairs Scholar, Durham VA and Duke University, 2022-2024

Future Clinician Leaders College Inductee, NC Medical Society, 2021

Teaching Fellow, UNC Summer Institute on College Teaching, 2021

Student Travel Scholarship, International Family Nursing Foundation, 2019

Robert Wood Johnson Foundation Future of Nursing Scholar, 2018-2021

Graduated cum laude with Departmental and University Honors, UNC-Wilmington, 2017

North Carolina Nursing Forgivable Education Loan for Service recipient, 2016-2017

## Regional

Unsung Hero Award, Cystic Fibrosis Foundation Central/Eastern Carolinas Chapter, 2023

Triangle's Finest Honoree, Cystic Fibrosis Foundation Raleigh Chapter, 2019

## LICENSURE:

## Registered Nurse

North Carolina (Multi-state/Compact License), License #RN296789, 12/2022-12/2024

## SOCIETY MEMBERSHIPS AND ACTIVITIES:

*American Public Health Association*

Member, 2024 – Present

*Council for the Advancement of Nursing Science*

Member, 2024 – Present  
*Southern Nursing Research Society*  
 Member, 2024 - Present  
*American Nurses Association*  
 Member, 2021 – Present  
*North Carolina Nurses Association*  
 Member, 2021 – Present  
*Health Care Transition Research Consortium*  
 Member, 2019 – Present  
*International Family Nursing Association*  
 Member, 2018 – Present  
*Sigma Theta Tau International Nursing Honors Society*  
 Member, 2016 – Present

#### UNIVERSITY (AND COLLEGE) APPOINTMENTS:

Assistant Professor (tenure track), University of Tennessee Health Science Center  
 Department of Community and Population Health, College of Nursing, Memphis, TN  
 August 2024 – Present  
 Clinical Associate, Duke University  
 School of Nursing, Durham, NC  
 July 2022 – Present  
 Graduate Research Assistant, University of North Carolina at Chapel Hill  
 School of Nursing, Chapel Hill, NC  
 March 2022 – July 2022  
 Graduate Teaching Assistant, University of North Carolina at Chapel Hill  
 School of Nursing, Chapel Hill, NC  
 January 2021 – May 2021

#### HOSPITAL AND CLINICAL APPOINTMENTS:

*Registered Nurse*  
 Clinical Nurse II, UNC Medical Hospital, Chapel Hill, NC  
 Pulmonary and Infectious Diseases Medical/Surgical  
 March 2019 – March 2020  
 Staff Nurse, FirstHealth of the Carolinas Moore Regional Hospital, Pinehurst, NC  
 Cardiac Medical/Surgical  
 July 2017 – August 2018

#### GOVERNMENT SECTOR APPOINTMENTS:

Durham Veteran Affairs Scholar, Durham, NC  
 July 2022 – July 2024

#### TEACHING EXPERIENCE:

##### Teaching Innovation and Interprofessional Education

Co-creator, *Enhancing Health Literacy: Development of Video and Print Education Materials for Paviol Dermatology*. Collaboration with health care professional graduate students on

patient education materials for a community partner and a White Paper within the Future Clinician Leaders College program (Moyer, S., Theodossiou, A., Steward, M., Martin, T., Waldrop, S., & **Girdwood, T.**). North Carolina Medical Society and Kanof Institute for Physician Leadership. 9/2021 – 6/2022.

Creator, **Girdwood, T.** (2020, July). Education Resource: *The transition to adult healthcare exercise*. Accepted and listed in the CFF Resources Guide; 33<sup>rd</sup> Annual North American Cystic Fibrosis Conference. Virtual due to COVID-19.

Co-creator, *Health Care Transitions: Bridging Pediatric to Adult Care - Curriculum for Pediatric and Adult Medical Residents*. Interdisciplinary transition expert collaboration on development of a transition specific curriculum for pediatric and adult medical residents (Despotes, K., **Girdwood, T.**, Contarino, M., Dellon, E., Goralski, J., Baskin-Miller, J., Cejas, D., Davis, D., & Ferris, M.). The University of North Carolina at Chapel Hill, Chapel Hill, NC. 12/2019 – 4/2020.

### Guest Lectures

1. **Girdwood, T.C.** (2024, March). *Transitions across the lifespan: Why should we care?* 30-minute Special Guest Lecture to clinical nurse specialist students in the East Carolina College of Nursing program. East Carolina University, NC.
2. Ferris, M.E., Hart, L., & **Girdwood, T.C.** (2022, March). *Healthcare transition: It's a marathon!* Lecture for the School of Medicine Grand Rounds. University of North Carolina at Chapel Hill, NC. Audience earned 1.0 AMA PRA Category 1 Credits.
3. **Girdwood, T.** (2021, March). *The transition from pediatric to adult healthcare: Why should we care?* 30-minute guest lecture over zoom for N484: Public Health Nursing in Community Settings course; 97 undergraduate nursing students present. University of North Carolina at Chapel Hill, NC.
4. Ferris, M., Goralski, J., **Girdwood, T.** (2020, March). *Lecture 3: Incorporating longitudinal self-management strategies along development*. Health Care Transitions: Bridging Pediatric to Adult Care Curriculum for Pediatric and Adult Medical Residents. 1-hour podium guest lecture in the School of Medicine at the University of North Carolina at Chapel Hill, NC. **Girdwood** also developed a transition readiness resource toolkit for this lecture for distribution.
5. Goralski, J., **Girdwood, T.**, Ferris, M. (2020, February). *Lecture 1: Introduction to the who, what, when, where, why and how of transitions*. Health Care Transitions: Bridging Pediatric to Adult Care Curriculum for Pediatric and Adult Medical Residents. 1-hour podium guest lecture in the School of Medicine at the University of North Carolina at Chapel Hill, NC. **Girdwood** also developed a transition exercise for this lecture to engage the audience in the concept of readiness to transition to adult healthcare.

### COMMITTEES AND OFFICES HELD:

#### *University of Tennessee Health Science Center*

College of Nursing, Student Awards and Honors Committee, member 2024 – Present

#### *Regional Offices*

Cystic Fibrosis Foundation, Central/Eastern Carolinas Chapter

Volunteer Recruitment Chair, appointed 2023 – Present

Council Member, appointed 2020 – Present

Girdwood, Tyra C.

September 2024

## INVITED PRESENTATIONS:

## National

1. **Girdwood, T.C., & Leach, T.** (2022, August). *Session 2: The progress of CF and needs on our path to a cure*. 1 hour panel presentation over zoom for the Cystic Fibrosis Foundation: National Tomorrow's Leader College Program.  
<https://cff.swoogo.com/collegeprogram>

## Regional

1. **Girdwood, T.** (2024, July). *Care coordination during the transition from active to civilian life among NC veterans: A community-engaged review*. 15-minute recorded presentation to the Durham VA Post 9/11 Steering Committee, Durham, NC.
2. **Girdwood, T.C.** (2023, November). *Innovations in enhancing successful transitions from pediatric to adult healthcare*. Podium presentation at the ECU College of Nursing for the ECU Emerging Scholars Symposium. East Carolina University, NC.

## RESIDENTS/FELLOWS/GRADUATE STUDENTS TRAINED:

Student Mentoring

*Bass Connections Summer Interdisciplinary Project (PI: Girdwood)*, Duke University

Research Mentor to interdisciplinary students across Duke (5/2024 - Present)

Remi Misiewicz, PhD Nursing student

Angelina Zhang, Masters Economics student

Madison Baba, ABSN student

Madiha Khan, Biology undergraduate student\*

Manasvi Reddy, Health policy undergraduate student

\*Mentored student on abstract submission & DiSTEM travel award for Annual Biomedical Research Conference for Minoritized Scientists (November 2024, Pittsburgh, PA)

## OTHER PROFESSIONAL AFFILIATIONS AND ACTIVITIES:

## Professional Service:

## National

Manuscript Reviewer, *Health Care Transitions*, 12/2023 – Present

## Local

Study Coordinator, Measuring Transition Readiness among Youth with Special Health Care Needs (PI: Maria E. Ferris), UNC-Chapel Hill, 4/2019-1/2020

## Community Service:

## Regional

Tomorrow's Leaders Program Member, Cystic Fibrosis Foundation, Central/Eastern Carolina's Chapter, 1/2019 – Present

## RESEARCH AND OTHER EXTERNAL SUPPORT\*\*:

Current Funding

1. Duke University Bass Connections Interdisciplinary Studies Grant 5/2024- 5/2025  
**Girdwood (PI)** \$15,000  
Project titled “Examining Primary Care Connectedness among Transition-age Youth with Chronic Conditions: A Mixed Methods Analysis using a Social Drivers of Health Lens.”  
Funding for summer salary stipends for 5 Duke University students and publication fees.

Completed Grant and Other Funding

1. Duke University Sigma Theta Tau International: Beta Epsilon Chapter 4/2023  
**Girdwood (Awardee)** \$1,000  
Scholarly and Professional Development Award
2. The Graduate School, University of North Carolina at Chapel Hill 1/2022  
**Girdwood (Awardee)** \$400  
Graduate Student Transportation Grant
3. The Graduate School, University of North Carolina at Chapel Hill 8/2021-12/2021  
**Girdwood (Awardee)** \$7,850  
ARPA Graduate Degree Completion Grant
4. Cystic Fibrosis Foundation Student Traineeship Award 5/2020-10/2021  
**Girdwood (PI)** \$3,000  
Project (GIRDWO20H0) titled “Discovering Pediatric to Adult Health Care Transition Readiness.” Funding for participant incentives.
5. Robert Wood Johnson Foundation Future of Nursing Scholars 8/2018-7/2021  
Linda Beeber (PI); **Girdwood (Predoctoral Trainee)** \$125,000  
Funding for predoctoral tuition, travel, and stipend for 3 years.

\*\*Please see Appendix A Grants Table for a numerical overview of grants

## BOOKS AND BOOK CHAPTERS (Authored):

1. Ferris, M., Ferris, T., Hart, L., Martin, S., **Girdwood, T.**, Shabanowitz, N., Porter, J., Alvarez-Elia, A., Costigan, C., & Gilleskie, D. (under final review). Chapter 12: Transitioning to Adult Healthcare. In A. Dawson, K. Amatya, & V. Norwood (Eds.), *Psychosocial Considerations in Pediatric Kidney Conditions*. Springer Nature.

## PEER-REVIEWED JOURNAL ARTICLES\*\*:

(\*data-based; †publication with student)

1. \***Girdwood, T.C.**, Kainz, K., Silva, S., Goralski, J., Ferris, M., Lynn, M., Dellon, E., Nasr, S., Uluer, A., & Toles, M. (2024). Healthcare transition readiness of families of youth with cystic fibrosis during COVID-19: A correlational multicenter analysis. *Health Care Transitions*, 2, 100065 (*Special Call: Mental Health Article Collection*). <https://doi.org/10.1016/j.hctj.2024.100065>

2. \***Girdwood, T.C.**, Goralski, J.L., Ferris, M.E., Lynn, M.R., Dellon, E.P., Kainz, K., & Toles, M.P. (2023). Perceptions of caregivers and adolescents/young adults with cystic fibrosis regarding health care transition readiness during the COVID-19 pandemic: A qualitative study. *Health Care Transitions, 1*, 100011.  
<https://doi.org/10.1016/j.hctj.2023.100011>
3. \*Bankole, A., **Girdwood, T.**, Leeman, J., Womack, J., & Toles, M. (2023). Identifying unmet needs of older adults transitioning from home health care to independence at home: A qualitative study. *Geriatric Nursing, 51*, 293–302. Advance online publication.  
<https://doi.org/10.1016/j.gerinurse.2023.03.015>
4. Chan, Y. N., Bryant, A. L., Conklin, J. L., **Girdwood, T. C.**, Piepmeier, A., & Hirschey, R. (2021). Systematic review of cognitive impairment in colorectal cancer survivors who received chemotherapy. *Oncology Nursing Forum, 48*(6), 634–647.  
<https://doi.org/10.1188/21.ONF.634-647>

#### MANUSCRIPTS UNDER REVIEW\*\*:

(\*data-based; †publication with student)

1. \***Girdwood, T.**, Silva, S., Maslow, G., & Docherty, S. (under review). Disparities exist among US adolescents in the receipt of transition to adult healthcare services: The differential impact of social drivers of health, healthcare needs, and COVID-19. *Frontiers in Public Health*.
2. \*Leckey, J.A., Anderson, R., Crandell, J., Finnessy, L., Gehi, A., **Girdwood, T.**, Hicks, L., Rheault, M., Sears, S., Zegre-Hemsey, J., & Yeo, S. (under review). Experiences of women living with implantable cardioverter defibrillators (ICDs): A qualitative study of psychosocial adaptation. *Journal of Women's Health*.
3. Manning, A., Pollock, M., Gopisetty, N., Linder, B., Misiewicz, R., **Girdwood, T.**, Matsuura, M., Elliot, J., Maslow, G., & Docherty, S. (under review). The effects of serving as a peer supporter on adolescents and young adults with chronic conditions: A scoping review. *Journal of Adolescent Health*.

\*\*Please see Appendix A Publication Table for a numerical overview of publications

#### WORKS IN PROGRESS:

(\*data-based; †project with student)

#### For Submission in 1-3 months:

1. \***Girdwood, T.**, Ferris, M., & Toles, M. (under review). Discordance in quantitative and qualitative findings of healthcare transition readiness among youth with cystic fibrosis and their caregivers during COVID-19. *NursingOpen (Special Call for Papers: Research Methodology)*.
2. \***Girdwood, T.**, DePeal, L., Lee, H., Oliver, V., & Butler, K. Evaluating care coordination during the transition from active to civilian life among medically

discharged veterans in North Carolina: A community-engaged review. *BMJ Open Quality*.

3. †\***Girdwood, T.**, (Bass Team), & Docherty, S. Primary care connectedness among transition-age youth with chronic conditions: A mixed methods analysis using a social drivers of health lens. *BMC Primary Care*.
4. †\***Girdwood, T.**, (Bass Team), & Docherty, S. Primary care connectedness among transition-age youth with chronic conditions: A health policy inquiry. *Health Affairs Scholar*.
5. †\*Chu, A., Jafar, Z., Teiko, P., & **Girdwood, T.** Leveraging value-based collaborative care with NC Medicaid to address perinatal behavioral health. *Health Affairs Scholar*.
6. \*Wilson, S., Jegede, O., Leonard S., **Girdwood, T.**, Desai, P., Little, J., Meyers, J., Reyes, C., Tanabe, P., & Kayle, M. Emergency department utilization among adolescents and young adults with sickle cell disease in North Carolina. *JAMA*.

#### In Progress:

1. Betz, C., Girdwood, T., HCT Team. A Systematic Review of Self Management in Health Care Transition.
2. †Jaynes, S., Janek, S., **Girdwood, T.**, & Silva, S. New directions in analyzing health inequities.
3. \*Misiewicz, R., Denio, E., Gopisetty, N., **Girdwood, T.**, Maslow, G., & Docherty, S. Qualitative analysis of young adult peer coach experiences in the PiCASO randomized control trial.
4. \*Mensah, M., **Girdwood T.**, National Clinician Scholars at Yale University. Ascribing race, ethnicity, gender, and skin tone toward intersectional review of medical school and hospital leadership.
5. \*Bankole, A., **Girdwood, T.**, Addo-Mensah, D., & Toles, M. Patient-clinician relationships in home care.

#### PUBLISHED RESEARCH ABSTRACTS (Refereed):

1. Bankole, A., **Girdwood, T.**, Addo-Mensah, D., & Toles, M. (2023, December). Patient-clinician relationships in home health care. *Innovation in Aging*, 7(Suppl 1):525. doi:10.1093/geroni/igad104.1723
2. Wilson, S., Pan, W., Jegede, O., Leonard, S., Desai, P., Hatch, D., Reyes, C., Tanabe, P., **Girdwood, T.**, Weeks, S., & Kayle, M. (2023, November). Patterns of emergency department utilization of adolescents and young adults living with sickle cell in North Carolina. *Blood* 2023; 142 (Supplement 1): 5107. doi: <https://doi.org/10.1182/blood-2023-188156>
3. Bankole, A., **Girdwood, T.**, Leeman, J., Womack, J., & Toles, M. (2022, November). Unmet transitional care needs of older adults discharged from home health care: A qualitative needs assessment. Abstract published as a supplement; *Innovation in Aging*, 6(1), 736. <https://doi.org/10.1093/geroni/igac059.2681>

4. **Girdwood, T.**, Jones, C., Goralski, J., & Beeber, A. (2020, October). A quantified life: A longitudinal, qualitative descriptive analysis of bloggers with cystic fibrosis. Abstract published as a supplement to *Pediatric Pulmonology*.  
<https://doi.org/10.1002/ppul.25089>

## PRESENTATIONS\*\*\*

### Oral Presentations

#### National/International Meetings (Refereed)

1. **Girdwood, T.C.**, Goralski, J.L., Ferris, M.E., & Toles, M. (2023, June). *Perceptions of caregivers and adolescents/young adults with cystic fibrosis in the U.S. regarding health care transition readiness during the COVID-19 pandemic: A qualitative study*. Podium presentation at the 16th International Family Nursing Conference, Dublin, Ireland.

#### National/International Meetings (Other)

1. **Girdwood, T.C.** (2023, October). *Evaluating care processes during the transition from active to civilian life among veterans: A healthcare quality project*. Podium presentation at the 2023 National Clinician Scholars Program Annual Conference, New Haven, CT.

#### Local/Regional Meetings (Refereed)

1. Jaynes, S., Janek, S., **Girdwood, T.**, & Silva, S. (2024, April). *New directions in analyzing health inequities*. Podium and panel presentation at the Social Mission Alliance conference at Duke University, Durham, NC.
2. **Girdwood, T.C.**, Tanner, A.L., & Hoskote, A.R. (2022, January). *Surviving to adulthood: Nurses' role in supporting equitable chronic disease and mental health management among adolescents and young adults*. Panelist presenter at the 2022 Robert Wood Johnson Foundation Future of Nursing Scholars Final Convening, Bonita Springs, FL.
3. **Girdwood, T.** (2020, July). *Transition from pediatric to adult healthcare in cystic fibrosis: Predictors of transition readiness and pre-transition experiences*. Virtual presentation and discussion at the Robert Wood Johnson Foundation Future of Nursing Scholars: Summer 2020 Institute. Virtual due to COVID-19.
4. **Girdwood, T.** (2019, July). *Chronic illness, cystic fibrosis, and transition*. Podium presentation at the Robert Wood Johnson Foundation Future of Nursing Scholars: Summer 2019 Institute, Atlanta, GA.

### Poster Presentations

#### National/International Meetings (Refereed)

1. **Girdwood, T.**, Silva, S., Maslow, G., and Docherty, S. (2024, June). *Transition from pediatric to adult healthcare services among U.S. adolescents: The impact of healthcare needs, COVID-19, and social drivers of health*. Poster presentation at the 2024 Council for the Advancement of Nursing Science (CANS) State of the Science Congress on Nursing Research, Washington, DC.
2. **Girdwood, T.**, Jones, C., Goralski, J., & Beeber, A. (2020, October). A quantified life: A longitudinal, qualitative descriptive analysis of bloggers with cystic fibrosis. Virtual



poster presentation at the 2020 North American Cystic Fibrosis Conference. Virtual due to COVID-19.

3. **Girdwood, T.**, Jones, A., Goff, A., Jones, C. (2019, August). *Qualitative descriptive analysis of the quantified life of cystic fibrosis patients*. Poster presentation at the International Family Nursing Association 14<sup>th</sup> Annual Conference, Washington, D.C.

#### National/International Meetings (Other)

1. **Girdwood, T.C.**, Docherty, S., & Maslow, G. (2022, November). *Utilization of health care transition services recommended for care in America among adolescents and young adults with chronic conditions*. Poster presentation at the 2022 National Clinician Scholars Program Annual Conference, Half Moon Bay, CA.

#### Local/Regional Meetings (Refereed)

1. Chu, A., Jafar, Z., Teiko, P., & **Girdwood, T.** (2024, June). *Leveraging value-based collaborative care with NC Medicaid to address perinatal behavioral health*. Poster presentation at the Primary Care Transformation and Health Equity in the Era of NC Medicaid Expansion conference at Duke University, Durham, NC.
2. **Girdwood, T.C.**, Goralski, J.L., Dellon, E.P., Palmer, M.H., Lynn, M.R., Ferris, M.E., & Toles, M.P. (2021, October). *Feasibility and acceptability of a cystic fibrosis health care transition questionnaire for adolescents/young adults and their parents*. Virtual poster presentation at the 13<sup>th</sup> Annual Healthcare Transition Research Consortium Symposium. Virtual due to COVID-19.
3. **Girdwood, T.** & Ferris, M. (2020, October). *Predictors of obesity in adulthood in a USA-representative sample of emerging adults with and without chronic conditions: A cohort analysis*. Virtual poster presentation at the 12<sup>th</sup> Annual Healthcare Transition Research Consortium Symposium. Virtual due to COVID-19.
4. Despotis, K., **Girdwood, T.**, Contarino, M., Dellon, E., Goralski, J., Baskin-Miller, J., Cejas, D., Davis, D., & Ferris, M. (2020, October). *Pediatric to adult healthcare transition curriculum for internal medicine, med peds, and pediatric residents: Improving education to improve care*. Virtual poster presentation at the 12<sup>th</sup> Annual Healthcare Transition Research Consortium Symposium. Virtual due to COVID-19.
5. Muthukkumar, R., Faldowski, R., Ferris, A., Ferris, M., **Girdwood, T.**, Tilburg, M. (2019, September). *The relationship between youth's healthcare transition readiness and parental catastrophizing/perception of their child's disease threat*. Poster presentation at the 11<sup>th</sup> Annual Healthcare Transition Research Consortium Symposium, Houston, TX.

\*\*\*Please see attached *Presentation and Poster Table* in Appendix A for an overview.

#### PROFESSIONAL DEVELOPMENT:

Teaching Learning Center Medallions, University of Tennessee Health Science Center  
 Faculty New to Teaching Institute, 9/2024-5/2025  
 The Art and Science of Effective Communication, 9/2024-5/2025  
 Nursing Education Educator Development, East Carolina University  
 Teaching certificate gained, 5/2024-8/2024  
 Duke Margolis Health Equity and Health Policy Program, 7/2023-7/2024

Duke Margolis Seminars in Health Policy and Management, 7/2022-7/2024  
Health Disparities Research Curriculum, Duke University, 7/2022-7/2024

## Appendix A

**Publication Table**

(Hire Date at UTHSC is August 2024. Scholarly products since hired at UTHSC are indicated in orange)

	≤ 2024	2025	2026	Total
Refereed Publications				
Data Based	3			
Non-Data Based	1			
Evidence-based guideline				
Data-Based Published Abstracts	4			
	<b>Total:</b>			
Non-refereed Publications				
Newsletter Articles				
Blogs				
Annual Reports				
White Papers/Position Statements	1			
	<b>Total:</b>			

**Grants Table**

	≤ 2024	2025	2026	Total
Grants (PI or Co-PI or Co-I)				
Funded	2			2
Submission in progress or pending notification				
Funded grants ongoing				
	<b>Total funded grants: 2</b>			

**Presentation and Poster Table**

	≤2024	2025	2026	Total
International / National Activities				
Presentations (Refereed)	1			
Posters (Refereed)	3			
Presentations (Invited)	1			
Posters (Invited)	1			
	<b>Total:</b>			
Regional / State Activities				
Presentations (Refereed)	4			
Posters (Refereed)	5			
Presentations (Invited)				
Posters (Invited)				
Posters (other)				
Lectures (Invited)				
	<b>Total:</b>			