

CURRICULUM VITAE
Meredith Rose Kells, PhD, RN, CPNP

EDUCATION

2019	PhD	Boston College, Connell School of Nursing
2007	MSN	Boston College, Pediatric Nurse Practitioner Program, Connell School of Nursing
2005	BSN	Boston College, Connell School of Nursing

LICENSURE/CERTIFICATION/REGISTRATION

2021	Illinois Registered Professional Nurse
2008	Pediatric Assessment, Recognition, and Stabilization, American Heart Association
2007	Massachusetts Advanced Practice Nurse/Nurse Practitioner
2007	Certified Pediatric Nurse Practitioner-Primary Care, Pediatric Nurses Certification Board
2005	Massachusetts Registered Nurse

PROFESSIONAL EXPERIENCE

Faculty Academic Appointments

2022-present	Assistant Professor, University of Rochester School of Nursing, Rochester, NY
2020-2022	Postdoctoral Fellow, University of Chicago, Regional Postdoctoral Training Grant in Eating Disorder Research, NIMH 5T32MH082761-12, PI: Scott J. Crow, MD
2020	Adjunct Faculty, Course: NUR 433 Nursing of Children, University of Rhode Island, College of Nursing, Providence, RI
2014	Adjunct Faculty, Course: NUR574 Nursing Research I: Methods, Endicott College Van Loan School of Graduate and Professional Studies, Beverly, MA
2012-2013	Clinical Instructor in Nursing, Course: NU435 Pediatrics, University of Massachusetts Boston

Hospital or Affiliated Institution Appointments

2014-2020	Pediatric Nurse Practitioner, Level II, Division of Adolescent/Young Adult Medicine. Boston Children's Hospital, Boston, MA
2011-2012	Nurse Fellow, Leadership Education in Adolescent Health (LEAH), Boston Children's Hospital, Health Resources and Services Administration/Maternal Child Health Bureau T71 MC 00009
2009-2010	Nurse Fellow, Medicine Patient Services, Evidence Based Practice Fellowship, Boston Children's Hospital
2008-2020	Pediatric Nurse Practitioner, Level II, Inpatient Medicine. Boston Children's Hospital, Boston, MA
2008-2010	Staff Nurse I, Intermediate Care Program. Boston Children's Hospital, Boston, MA
2007-2010	Staff Nurse I, Inpatient Medicine. Boston Children's Hospital, Boston, MA
2006-2007	Registered Nurse. Pediatric Health Care Associates, P.C., Peabody, MA

HONORS AND AWARDS

- 2019 Commencement Degree Representative for Doctoral Candidates, Boston College
2016 Early Career Spotlight, Society of Adolescent Health and Medicine
2013-2016 University Fellow, Boston College
2012 David R. DeMasso, MD Pediatric Psychiatry Nursing Excellence Award Nominee, Boston Children's Hospital
2007 Sigma Theta Tau Honor Society of Nursing, Alpha Chi Chapter

PROFESSIONAL AND LEARNED SOCIETIES

- 2018-2020 New England Regional Chapter of the Society of Adolescent Health and Medicine, Board Member at Large
2015-2016 Eastern Nursing Research Society
2012-2014 Society of Pediatric Nurses
2012-present Society for Adolescent Health and Medicine
2007-present Sigma Theta Tau International Honor Society of Nursing

PUBLICATIONS

Refereed Articles (*original research)

- [14] * **Kells, M.** & Jennings, K. (2022). Influence of COVID-19 on the next generation of nurses in the United States. *Journal of Clinical Nursing*. Advanced online publication. <http://dx.doi.org/10.1111/jocn.16202>
- [13] * **Kells, M.**, Gregas, M., Wolfe, B.E., Garber, A., & Kelly-Weeder, S. (2021). Factors associated with refeeding hypophosphatemia in adolescents and young adults hospitalized with anorexia nervosa. *Nutrition in Clinical Practice*, 00, 1-9. <http://dx.doi.org/10.1002/ncp.10772>
- [12] *Lin, J.A., Hartman-Munick, S.M., **Kells, M.R.**, Milliren, C.E., Forman, S.F., Slater, W.A., Woods, E.R., Richmond, T.K. (2021). The Impact of the COVID-19 pandemic on the number of adolescents/young adults seeking eating disorder-related care. *Journal of Adolescent Health*, 69(4), 660–663. <https://dx.doid.org/10.1016/j.jadohealth.2021.05.019>
- [11] Wildes, J., Bedell, A., Graham, A., & **Kells, M.** (2021). Brain-gut therapies: A promising toolkit to enhance eating disorder treatments. *International Journal of Eating Disorders*, 54(6), 1063–1067. <https://dx.doi.org/10.1002/eat.23555>
- [10] ***Kells, M.** & Kelly-Weeder, S. (2019). Binge eating behavior among a cohort of normal weight college women. *Journal of the American Academy of Nurse Practitioners*, 31, 741-746. <http://dx.doi.org/10.1097/JXX.0000000000000317>
- [9] ***Kells, M.**, Burke, P.J., Parker, S., Jonestrask, C., & Shrier, L.A. (2019). Engaging youth (adolescents and young adults) to change frequent marijuana use: Motivational Enhancement Therapy in primary care. *Journal of Pediatric Nursing*, 49, 24-30. <http://dx.doi.org/0.1016/j.pedn.2019.08.011>
- [8] *Shrier, L.A., Burke, P.J., **Kells, M.**, Scherer, E.A., Sarda, V., Jonestrask, C., Xuan, Z. Harris, S.K.

- (2018). Pilot randomized trial of MOMENT: A motivational counseling-plus-ecological momentary intervention to reduce marijuana use in youth. *mHealth*, 30, 29.
<http://dx.doi.org/10.21037/mhealth.2018.07.04>. eCollection 2018.
- [7] *Kelly-Weeder, S., **Kells, M.**, Jennings, K., Dunne, J., Wolfe, B. (2018). Procedures and protocols for weight assessment during acute illness in individuals with anorexia nervosa: A national survey. *Journal of the American Psychiatric Nurses Association*, 24.
<https://doi.org/10.1177/1078390317717790>
- [6] **Kells, M.**, Kelly-Weeder, S. (2016). Nasogastric tube feeding for individuals with anorexia nervosa: An integrative review. *Journal of the American Psychiatric Nurses Association*, 22 (6),449-468.
<https://dx.doi.org/10.1177/1078390316657872>
- [5] ***Kells, M.**, Schubert-Bob, P.; Nagle, K.; Hitchko, L.; O'Neil, K.; Forbes, P.; McCabe, M. (2016). Meal supervision during medical hospitalization for eating disorders. *Clinical Nursing Research*, 26, 525-537. <http://dx.doi.org/10.1177/1054773816637598>
- [4] Wolfe, B.E., Dunne, J.P., **Kells, M.R.** (2016). Nursing care considerations for the hospitalized patient with an eating disorder. *Nursing Clinics of North America*, 51, 213-235.
<http://dx.doi.org/10.1016/j.cnur.2016.01.006>
- [3] **Kells, M.**; Dunn, K.; Melchiono, M.; Burke, P. (2015). Advance practice nurse fellowships: Creating awareness, creating opportunities. *Journal of Pediatric Healthcare*, 29, 297-301.
<http://dx.doi.org/10.106/j.pedhc.2014.10.003>
- [2] ***Kells, M.**; Davidson, K.; Hitchko, L.; O'Neil, K.; Schubert-Bob, P.; McCabe, M.(2013). Examining supervised meals in patients with restrictive eating disorders. *Applied Nursing Research*, 26 (2), 76-79. <http://dx.doi.org/10.1016/j.apnr.2012.06.003>
- [1] **Kells, M.**; Rogers, J.; Oppenheimer, S.; Blaine, K.; McCabe, M.; McGrath, E.; Woodring, B.; Geller, A (2013). The teachable moment captured: A framework for nurse-led smoking cessation interventions for parents of hospitalized children. *Journal of Public Health Nursing*, 5, 468-473.
<http://dx.doi.org/10.1111/phn.12046>

Book Chapters

- Davis, H.A., **Kells, M.**, & Wildes, J. (In Press). Assessment of Anorexia Nervosa. *Assessment of Eating Behavior*.
- Kells, M.** & Wildes, J. (In press). Eating Disorders: Anorexia Nervosa. *Encyclopedia of Human Nutrition*.
- Jennings Mathis, K. & **Kells, M.** (In press). Other psychiatric disorders: Feeding and eating disorders. *Primary Care: The Art and Science of Advanced Practice Nursing-An Interprofessional Approach, 6th Ed.*
- Kells, M.**& Shrier, L. (2015). Reducing cannabis use with a real-time intervention using mobile technology. In V.R. Preedy (Ed.), *Handbook of Cannabis and Related Pathologies*. Cambridge, MA: Elsevier.

In Preparation

- Kells, M.**, Borchetta Davis, H., Wildes, J. Assessment of anorexia nervosa. *Assessment of Eating Behavior*.

Dissertation

- Kells, M.R. (2019). Factors associated with refeeding hypophosphatemia in adolescents and young adults hospitalized with anorexia nervosa. Chestnut Hill, Massachusetts: Boston College

MULTIMEDIA

Professional Webinars

2018, 2020 Screening, Symptom Recognition, and Referral to Treatment for Eating Disorders in Pediatric Primary Care Settings. Product of the Strategic Training Initiative for the Prevention of Eating Disorders (STRIPED) at Harvard School of Public Health

PRESENTATIONS (Invited and *Refereed)

- 2022 * Associations Between Shame and Eating Disorder Symptoms in a Sample of Women with Food Insecurity. Poster Presentation to be presented at the Eating Disorder Research Society Annual Meeting, Philadelphia, PA.
- * Web Based Screening and Brief Intervention Increases Self-Reported Motivation to Reduce Binge Eating and Binge Drinking in College Students. Virtual Podium Presentation. International Conference on Eating Disorders.
- *Thank you for coming to my tEDTok: The experience of treatment for eating disorders as told on TikToK. Virtual Podium Presentation. International Conference on Eating Disorders.
- *Health Literacy and Eating Disorder Pathology in Women with Food Insecurity. Virtual Podium Presentation. International Conference on Eating Disorders.
- 2021 *Associations between Shame, Eating Disorder Symptoms, and Depression in a Preliminary Sample of Women with Food Insecurity. Virtual Poster Presentation. Eating Disorders Research Society Annual Meeting, Boston, MA.
- *Influence of COVID-19 on the next generation of nurses: A multi-methods study. Podium Presentation. American Psychiatric Nurses Association Annual Meeting, Louisville Kentucky.
- Eating Disorders and Adolescents and Young Adults: From Food Talk to Diagnosis. Virtual Workshop Presentation. The Sonia Shankman Orthogenic School, Chicago, IL.
- Management of Eating Disorders in the School Setting. Virtual Workshop Presentation. Community Education Initiative, Boston Children’s Hospital.
- *Bradycardia in Adolescents and Young Adults with Anorexia Nervosa (AN). Virtual Poster Presentation. International Conference on Eating Disorders.
- 2020 Eating Disorders: Multidisciplinary Approach. Workshop Presentation. Adolescent Medicine Course, Boston Children’s Hospital- Postponed due to COVID-19.
- Eating Disorders: Inpatient and Outpatient Management. Workshop Presentation. The Art and Science of Pediatric Nursing Conference-Society of Pediatric Nurses, Massachusetts Chapter- Postponed due to COVID-19.
- 2019 *Antecedents and Correlates of Nasogastric (NG) Tube Feeding during Medical Hospitalization for Adolescents/Young Adults with Anorexia Nervosa. Poster Presentation. 25th Annual Eating Disorder Research Society Meeting, Chicago, IL.
- Identifying/Addressing Eating Disorders in the Office Setting. Workshop Presentation. Pediatric and Adolescent Gynecology Course, Boston Children’s Hospital.

Management of Eating Disorders in the School Setting. Workshop Presentation. Community Education Initiative, Boston Children's Hospital.

*Factors Associated with Refeeding Hypophosphatemia (RH) in Hospitalized Adolescents and Young Adults (AYA) with Anorexia Nervosa (AN). Poster Presentation. Society of Adolescent Health and Medicine Annual Meeting, Washington, DC.

Eating Disorders: Multidisciplinary Approach. Workshop Presentation. Adolescent Medicine Course, Boston Children's Hospital.

2018 Motivational Interviewing, Community Education Initiative. Workshop Presentation. Boston Children's Hospital.

2017 *Engaging youth in conversations about making changes to their frequent marijuana use: Motivational Enhancement Therapy (MET) in primary care. Poster Presentation. Society for Adolescent Health and Medicine Annual Meeting, New Orleans, LA.

Inpatient Treatment of Eating Disorders. Workshop Presentation. Feeding and Eating Disorders Conference hosted by Medicine Patient Services, Boston Children's Hospital.

Disordered Eating. Workshop Presentation. Community Education Initiative, Boston Children's Hospital.

2016 *Nasogastric Tube Feeding for Individuals Diagnosed with Anorexia Nervosa: Effective Intervention or Short-Term Fix? Poster Presentation. Eastern Nursing Research Society 28th Annual Scientific Session, Pittsburgh, PA.

2015 * Characteristics Associated with Trait Mindfulness Among Marijuana-Using Youth. Poster Presentation. Association for Medical Education and Research in Substance Abuse Annual National Conference, Washington DC.

* Young People's Motivation for Reducing Marijuana Use: Are They Ready, Willing, and Able? Poster Presentation. Association for Medical Education and Research in Substance Abuse Annual National Conference, Washington, DC.

* Binge Eating and Weight Perception among College-age Women. Podium Presentation. Nursing Research Special Interest Group; Society for Adolescent Health and Medicine Annual Meeting, Los Angeles, CA.

Disordered Eating. Podium Presentation. Youth at Risk Conference, Endicott College, Beverly, MA.

2014 * Examining the Use of Meal Supervision in Adolescents and Young Adults with Restrictive Eating Disorders during Medical Hospitalization. Poster Presentation. Society of Adolescent Health and Medicine Annual Meeting, Austin, TX.

2013 * Smoking Cessation Counseling Intervention for Parents (SCCIP) Study: Improving Children's Health Through Parents. Podium Presentation. The Society of Pediatric Nurses 23rd Annual Convention, Nashville, TN.

Eating Disorders: Recognition, Assessment, and Referral in the School Setting. Workshop Presentation. Community Education Initiative at Boston Children's Hospital.

2012 * Smoking Cessation Counseling Intervention for Parents of Hospitalized Pediatric Patients (SCCIP) Study. Poster Presentation. Boston Children's Hospital Nurses Week, Boston, MA.

* Supervised Meals: Examining the Benefit for Pediatric Patients with Eating Disorders in a Medical Unit. Poster Presentation. The Society of Adolescent Health and Medicine Annual Meeting, New Orleans, LA.

Smoking Cessation for the Adolescent Medicine Provider. Workshop Presentation. Division of Adolescent Medicine, Boston Children's Hospital.

Dieting by Drugs: More to Lose Than Just Weight. Workshop Presentation. Division of Adolescent Medicine & Division of Toxicology, Boston Children's Hospital.

Meet the Professor Breakfast: Smoking Cessation Roundtable Discussion. Harvard Medical School Postgraduate Course in Adolescent Medicine.

2010-2011 Introduction to General Pediatrics, Psychology Intern Orientation. Workshop Presentation. Boston Children's Hospital.

2010 * The Smoking Cessation Counseling Intervention for Parents of Hospitalized Pediatric Patients (SCCIP) Study: Phase I. Poster Presentation. The Society of Pediatric Nursing 20th Annual Conference, Orlando, FL.

The Pediatric Respiratory Assessment. Workshop Presentation. Community Education Initiative at Boston Children's Hospital.

RESEARCH ACTIVITIES

Funding

2018 Boston Children's Hospital *Inquiry Drives Evidence into Action* (IDEA) Grant Program; PI: M.R. Kells; Factors associated with refeeding hypophosphatemia in adolescents and young adults hospitalized with anorexia nervosa.

Experience

Primary/Co-Investigator

2021-2022 Vitamin D and refeeding hypophosphatemia among individuals with anorexia nervosa and avoidant restrictive food intake disorder

2018 Factors associated with refeeding hypophosphatemia in adolescents and young adults hospitalized with anorexia nervosa. Boston College and Boston Children's Hospital

2014-2015 Binge eating and weight perception among college-age women. Boston College.

2011 Meal supervision during hospitalization for restrictive eating disorders. Boston Children's Hospital.

2010 Examining the benefit of supervised meals in patients with restrictive eating disorders. Boston Children's Hospital.

Research Assistant

2020-2022 Eating concerns in women with food insecurity. PIs: Jennifer Wildes and Heather Davis Borchetta. (Pilot Funds). University of Chicago.

2016-2018 College health behavior survey. PI: S. Kelly-Weeder (NINR 5K23NR011175-03). Boston College.

2014-2017 Examining weight practices of institutions that treat anorexia nervosa. PI: S. Kelly-Weeder. Boston College.

CV
Kells, M.R.
8.30.22

- 2012-2016 Momentary self-monitoring and feedback + motivational enhancement therapy (MOMENT) study. PI: L.A. Shrier (NIDA R34DA030535-01A1). Boston Children's Hospital.
- 2010-2021 Smoking cessation counseling intervention for parents (SCCIP) study. PI: Alan Gellar. (Flight Attendant Medical Research Institute Grant). Harvard School of Public Health and Boston Children's Hospital.
- 2009-2013 Marc-35: Prospective cohort study of severe bronchiolitis and risk of recurrent wheezing (WIND) study. PI: C.A. Camargo (NIH R01A114552). Boston Children's Hospital.
- 2006-2007 Serotonin regulation in eating disorders. PI: B.E. Wolfe (NIH/NIMH R01MH057395).

TEACHING ACTIVITIES

- 2019-2020 Faculty, Leadership Education in Adolescent Health (LEAH). Boston Children's Hospital, Division of Adolescent/Young Adult Medicine. Funding: Maternal Child Health Bureau, Health Resources and Services Administration.
- 2014-2016 Teaching Assistant, Course: NU430 Advanced Health Assessment, Boston College Connell School of Nursing.
- 2013-2020 Lecturer, Adolescent Health Assessment. Course: NU 120 Health Assessment Across the Lifespan. Boston College Connell School of Nursing.
- 2013 Advanced Practice Clinical Preceptor, Pediatric Nurse Practitioner Student. Boston College Connell School of Nursing.

MENTORSHIP

- 2021 Mentor for student in Master of Arts Program in the Social Sciences. University of Chicago.
- Mentor for undergraduate research assistants. University of Chicago.
- 2013-2017 Mentor for undergraduate research assistants. Boston College.

ADVOCACY INITIATIVES

- 2021 Eating Disorder Coalition: National Advocacy Day. (Virtual) United States Capitol. Washington, DC.
- 2012 Massachusetts Eating Disorder Legislative Briefing. Massachusetts State House, Boston, MA.

PROFESSIONAL ACTIVITIES AND SERVICE

- 2021-present Program Committee, Society of Adolescent Health and Medicine.
- 2017 Consultant - Anaphylaxis Action Plan. Boston Children's Hospital.
- 2015-present Team Member - National Eating Disorder Quality Improvement Collaborative.
- 2014-2015 PhD Curriculum Committee. Boston College Connell School of Nursing.
- 2013-2015 Committee Member - Evidence Based Guideline: Community Acquired Pneumonia Management in Hospitalized Children. Boston Children's Hospital.
- 2012-2014 Committee Member - Eating Disorder Clinical Practice Group. Boston Children's Hospital.

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