

Lisa A. Kitko, PhD, RN, FAHA, FAAN

University of Rochester
School of Nursing
601 Elmwood Avenue, Box SON
(585)-275-8902
Email: lisa_kitko@urmc.rochester.edu

EDUCATION

The Pennsylvania State University

School of Nursing

Ph.D., Nursing, Minor in Gerontology, August 2010

M.S., Nursing, Clinical Nurse Specialist and Adult Health, December 2001

The University of Pittsburgh

School of Nursing

B.S.N., Nursing, May 1990

EXPERIENCE

The University of Rochester

School of Nursing

Dean School of Nursing, September 2022-present

Vice President University of Rochester Medical Center, September 2022-present

Professor of Nursing with tenure, September 2022-present

Independence Chair in Nursing Education, September 2022-present

Professor of Medicine, Geriatrics and Aging, September 2022-Present

The Pennsylvania State University

College of Nursing, University Park

Associate Dean of Graduate Education, January 2020-August 2022

Director of the PhD Program, January 2020- August 2022

Interim Director of the PhD Program, June 2019- January 2020

Affiliate Faculty of the Center for Geriatric Nursing Excellence, July 2011-August 2022

Associate Professor with tenure, July 2017- August 2022

Schreyer Honors College Undergraduate Adviser, June 2016- August 2022

Assistant Professor, July 2011-July 2017

Interim Coordinator of Online MSN Programs, July 2014-July 2015

Coordinator of the Clinical Nurse Specialist Option, September 2010-2014

University Park Campus Coordinator, September 2008-June 2011

Instructor, May 2002-June 2011

Altoona Hospital

Administrative Director, Neurovascular Services, May 2000-September 2002

Stroke Coordinator, December 1998-May 2000

Charge Nurse Medical Intensive Care Unit, September 1992-December 1998

Staff Nurse Medical Intensive Care, May 1992-September 1992

Penn State Milton S. Hershey Medical Center

Staff Nurse Adult Critical Care Complex, June 1990-May 1992

LICENSURE/CERTIFICATIONS

2022-present Licensed Registered Nurse, New York
1990-present Licensed Registered Nurse, Commonwealth of Pennsylvania
1992-2014 Certification in Adult Critical Care Nursing (CCRN)
2014-present Certification in Adult Critical Care Nursing Alumnus Status (CCRN-K)
2012-present ELNEC-Core: Train-the-Trainer Program

AWARDS/HONORS

American Association of Colleges of Nursing, 2020-2021

Elevating Leaders in Academic Nursing Program (ELAN)

European Society of Cardiology Nurse Investigator Awards Finalist, 2019

Nursing investigator abstract finalist

American Academy of Nursing

Inducted as Fellow, 2017

The Josiah Macy Jr. Foundation

Faculty Scholar, 2015-2017

American Heart Association

Fellow, awarded 2015

Council for the Advancement of Nursing Science 2015 Special Topics Conference

Poster of distinction

National Institute of Nursing Research 30th Anniversary Scientific Symposium, 2015

Honorable mention for outstanding poster abstract in the investigator category

European Society of Cardiology Nursing Investigator Award Session, 2015

Second runner up in the awards session

Heart Failure Society of America Nursing Research Award Finalist, 2014

Research abstract nursing investigator finalist

American Heart Association's Council on Cardiovascular and Stroke Nursing

Research travel stipend, 2013

Nightingale Awards of Pennsylvania

Nursing education nominee, 2010

The Pennsylvania State University, College of Nursing

Janet A. Williamson excellence in teaching award, 2009

Grantmakers in Aging

GIA fellows program, 2008

Sigma Theta Tau International

Honor Society for Nursing, Inducted 2000

PROFESSIONAL SERVICE

Executive Leadership in Academic Health Center Program Advisory Council

September 2025 - Present

Episcopal SeniorLife Communities Foundation Board Member

May 2024 - present

American Academy of Nursing

Member, Palliative Care Expert Panel

October 2017-present

American Association of College of Nursing

Member, Research Leadership Network
January 2020-present

American Heart Association

Chair, Council on Cardiovascular and Stroke Nursing
July 1, 2025 – present

Member, Committee for Scientific Sessions Programming
July 1, 2022-June 30, 2023

Member, Cardiovascular and Stroke Nursing Awards Committee
July 1, 2021-June 30, 2023

Chair, Cardiovascular and Stroke Nursing Membership and Communications Committee
July 1, 2017-June 30, 2019

Chair, Cardiovascular and Stroke Nursing Complex Cardiovascular Patient and Family Care
Committee, July 1, 2018-June 30, 2020

Vice Chair, Cardiovascular and Stroke Nursing Complex Cardiovascular Patient and Family Care
Committee, July 1, 2016-June 30, 2018

Peer Grant Reviewer, Behavioral Science Clinical Committee
Chair, March 2019

Member, 2014-present

Abstract Reviewer, Scientific Sessions
2016-present

Member, Council on Cardiovascular and Stroke Nursing Leadership Council
July 1, 2017-July 1, 2019

Vice Chair, Cardiovascular and Stroke Nursing Membership and Communications Committee
July 1, 2016-June 30, 2017

Member, Cardiovascular and Stroke Nursing Membership and Communications Committee
July 1, 2014-June 30, 2016

Member, Cardiovascular and Stroke Nursing Complex Cardiovascular Patient and Family Care
Committee, July 1, 2015-June 30, 2016

Member, Emergency Cardiovascular Care Regional Committee for PA (Great Rivers Region)
2011-2015

Actuated Medical, Inc.

Consultant, 2007-present

Council on the Advancement of Nursing Science

Membership Committee, 2022-present

Abstract Reviewer, 2011-present

Eastern Nursing Research Society

Board of Directors (RIG Liaison), (elected) 2020-2022, 2022-2024

Chair Awards Committee (appointed by board) July 2018-June 2020

Abstract Reviewer, 2011-present

Awards Committee (elected 2-year term x2), 2012-2016

Planning Committee, 2014-2018

Slotting Committee, 2016-2018

Bylaws Task Force, 2013

International Stroke Conference

Abstract Reviewer, 2009-2011

New York State Council of Deans of Baccalaureate and Higher Degree Programs

President, March 2023-present

Sigma Theta Tau International.

Beta Sigma Vice President, 2006-2008

MEMBERSHIP

American Academy of Nursing, 2017-present

American Association of Critical Care Nurses, 1992-2020

American Association of Heart Failure Nurses, January 2012-2022

Mechanical Circulatory Support interest group

American Heart Association, 2011 - present

Council on Cardiovascular and Stroke Nursing

Council for the Advancement of Nursing Science, January 2012-present

Eastern Nurses Research Society, 2007 - present

Palliative Care RIG

Gerontological Society of America, 2007 - present

Qualitative RIG

Heart Failure Society of America, January 2012 - present

Hospice and Palliative Nurses Association, January 2012 - present

National Association of Clinical Nurse Specialists, 2001-2012

Palliative Care Research Cooperative Group

Junior Investigator Member, June, 2016

Sigma Theta Tau International Beta Sigma Chapter, 2001-present

FUNDED GRANTS

Completed

1R25HL147668 Kitko, L. (PI)

09/01/2019-08/31/2024

NIH/National Heart, Lung, and Blood Institute (\$617,210)

Improving access to research and training (IMPACT)

Role: PI

1 U1QHP330750100 Hupcey, J. (PI), Fick, D. (PI)

07/01/2019-06/30/2024

U.S. Department of Health and Human Services (\$3,750,000)

Geriatrics Workforce Enhancement Program (GWEP)

Role: Co-I (Advance Care Planning Training Coordinator)

1 R21 NR020052-01 Scott, A. (PI), Van Scoy, L. (PI), **Kitko, L. (Co-I)**

09/01/2022-08/31/2024

NIH/National Institute of Nursing Research

Association between communication quality during ICU family meetings and patient health outcomes

Role: Co-I

Adebayo, O. (PI), Anderson, J. (Co-I), **Kitko, L. (Co-I)**, Dorn, L.

09/01/2019-08/31/2020

American Nurses Foundation

A Qualitative Study of the Facilitators and Barriers to Self-Initiated Sexually Transmitted Infection

Testing among Sexual Minority College Students

Role: Co-I

Center for Rural Pennsylvania **Kitko, L. (PI)**

02/11/19-11/11/19

Availability of Hospice and Palliative Care in Rural Pennsylvania

Mixed Methods study to determine hospice availability and utilization rates in rural Pennsylvania. We also examined barriers and facilitators to hospice delivery in rural PA from the perspective of practitioners.

Role: PI

Kitko (PI)

09/01/2015-02/01/19

Josiah Macy Jr. Foundation, Macy Faculty Scholar (\$200,780)

Interprofessional Palliative Care Training Program

Role: PI

1R01NR013419-01 Hupcey, J. E. (PI), **Kitko, L. (Co-PI)**, Boehmer, J. (Co-I), & Kreher, M. (Co-I)

09/26/11-06/30/16

NIH/National Institute of Nursing Research, (\$1,712,084)

Palliative care algorithms for HF dyads: 1-year versus 2-year predicted survival.

Role: PI

14BGIA18980022 **Kitko, L. (PI)**; Hupcey (Co-I) 01/01/14-06/31/16

The American Heart Association, Great Rivers Affiliate, (\$131,856)

Transitioning to the terminal phase of HF with an LVAD-DT in place.

Role: PI

Van Scoy, L (PI), Green, M (Co-I), Levi, B (Co-I), **Kitko, L (Co-I)**, Chinchilli, V (Co-I)

09/01/2015-08/30/2016

The Pennsylvania State University, Social Science Research Institute. Level II. (\$19,971)

Quality of conversation during group advance care planning interventions: A feasibility study with family caregivers.

Role: Co-I

Mogle, J (PI); Hill, N. (Co-I); **Kitko, L., (Co-I)**; Lorek, A., (Co-I)

01/01/2014- 2/15/2015

The Pennsylvania State University, Social Science Research Institute Level I. (\$4903.00)

Qualitative examination of daily cognitive problems among community dwelling older adults.

Role: Co-I

Hupcey, J.E. (PI), **Kitko, L., (PI)**

07/01/2014-6/30/2015

The Pennsylvania State University, Center for Integrated Healthcare Delivery Systems, (\$19,971)

Improving palliative care coordination in heart failure: A systems-based approach

Role: PI

0923861 Bagwell, R. (PI)

08/15/2009-6/30/2014

National Science Foundation, (\$1,370,000)

SBRI phase II: Active device for reliable cleaning of feeding tubes.

Role: Consultant

T08HP22254 **Kitko, L. (PI)**, Milone-Nuzzo, P., & Carrick, J. A.

07/1/2011- 06/30-2012

Department of Health and Human Services, Health Resources and Services Administration (\$49,154)

Tuition assistance for minority and disadvantaged nursing students in Pennsylvania.

Role: PI

W81XWH-11-2-0099, Bagwell, R. (PI)

04/01/2011-03/30/2012

U.S. Army Medical Research and Material Command (USAMRMC)

The development of feeding tube cleaners for injured soldiers and veterans

Role: Consultant

Kitko (PI) 07/01/2009-07/31/2010

Sigma Theta Tau, Beta Sigma Chapter Research Grant, (\$1,000)

The work of spousal caregiving in heart failure

Doctoral Dissertation

R15 NR009976-01 Hupcey (PI) 09/01/2006 – 08/31/2009

NIH/National Institute of Nursing Research, (\$206,547)

Comprehensive palliative care: Spousal caregivers of heart failure patients.

Role: Research Associate; Penrod (Co-I)

0655463 Hupcey (PI) Penrod (Co-I); Boehmer (Co-I) 07/01/2006 – 06/30/2008

The American Heart Association, Pennsylvania/Delaware Affiliate, Grant-in-Aid program (\$120,000)

Investigation of palliative care needs of elderly heart failure patients and their spousal caregivers

Role: Research Associate

Hupcey (PI); Penrod (Co-I); Boehmer (Co-I) 07/01/2006-06/30/2007

The Pennsylvania State University, College of Health and Human Development, Seed Grant (\$15,000).

Palliative care needs of heart failure patients and families.

Role: Research Associate

Kitko (PI) 07/01/2005-12/31/2010

The Pennsylvania State University Equal Opportunity Planning Committee (\$179,666)

Minority Advanced Careers in Nursing (MACaN)

Role: PI

PUBLICATIONS

Peer Reviewed (*Data based)

Moser DK, Moons P, Bartoli D, Evangelista L, Hendriks J, Jaarsma T, Kitko L, Klompstra L, Noureddine S, Stromberg A. The Heartbeat of Global Health: Advancing Cardiovascular Care Through International Nursing Research. J Cardiovasc Nurs. 2025 Jun 10. doi: 10.1097/JCN.0000000000001228. Epub ahead of print. PMID: 40490875.

Graven, L.J., **Kitko, L.**, Abshire Saylor, M., Allen, L., Durante, A., Evangelista, L.S., Fiedler, A., Kirkpatrick, J., Mixon, L. & Wells, R. (2025). Palliative Care and Advanced Cardiovascular Disease in Adults: Not Just End-of-Life Care: A Scientific Statement from the American Heart

Association. *Circulation*.

PMID: [40242854](#) PMCID: [PMC12116236](#) DOI: [10.1161/CIR.0000000000001323](#)

- McPherson, M.L., & **Kitko, L.** (2024). Interprofessional Palliative Care Education in Academic Settings. *Intentionally Interprofessional Palliative Care: Synergy in Education and Practice*.
- Birriel, B., **Kitko, L.**, & Hupcey, J. (2024). Family Surrogates in Critical Care: When is it Time for Palliative Care?. *Nursing Research*.
- *Callahan, K., Van Scoy, L., **Kitko, L.**, Acharya, Y., Hardy, M., Hollenbeak, C. (2023). Cost-Savings of Do Not Resuscitate Orders Among Elderly Patients with Heart Failure in the United States. *American Journal of Medical Quality*, 38(3), 137-146. May/June 2023. DOI: 10.1097/JMQ.000000000000121
- *Liao, Y. J., Jao, Y. L., Berish, D., Hin, A. S., Wangi, K., **Kitko, L.**, Mogle, J., & Boltz, M. (2023). A Systematic Review of Barriers and Facilitators of Pain Management in Persons with Dementia. *The Journal of Pain*, 24(5), 730-741. <https://doi.org/10.1016/j.jpain.2022.12.014>
- *Kirkpatrick, A. J., Donesky, D., & **Kitko, L. A.** (2023). A Systematic Review of Interprofessional Palliative Care Education Programs. *Journal of Pain and Symptom Management*, 65(5), e439-e466. <https://doi.org/10.1016/j.jpainsymman.2023.01.022>
- *Goldfarb, M.J., Bechtel, C., Capers, Q., de Valasco, A., Dodson, J.A., Jackson, J.L., **Kitko, L.**, Pina, I.L., Rayner-Hartlye, E., Wenger, N.K., Gulati, M. and the American Heart Association Council on Clinical Cardiology; Council on Cardiovascular and Stroke Nursing; Council on Lifelong Congenital Heart Disease and Heart Health in Young; Council on Cardiovascular Radiology and Intervention; Council on Hypertension; Council on Kidney in Cardiovascular Disease; and Council on Lifestyle and Cardiometabolic Health. (2022). Engaging families in adult cardiovascular care: A scientific statement from the American Heart Association. *Journal of the American Heart Association*. 11(10):e025859. doi: 10.1161/JAHA.122.025859.
- *Johnson, L. A., Briley, P., Bolin, L. P., **Kitko, L.**, & Ellis, C. (2022). Disparities in Comorbidities in Lung Cancer: Findings from the Behavioral Risk Factor Surveillance System. *Cancer nursing*, 45(6), E883–E889. <https://doi.org/10.1097/NCC.0000000000001049>
- *Peachey, B., Bransby, K., **Kitko, L.** (2022). Addressing adolescent substance use through the integration of SBIRT into a primary care clinic: A quality improvement project. *Journal of Substance Use*. DOI: 10.1080/14659891.2022.2098849
- *Liao, Y.J., Parajuli, J., Jao, Y.L., **Kitko, L.**, Berish, D. (2021). Non-pharmacological interventions for pain in people with dementia: A systematic review. *International Journal of Nursing Studies*, 124, 104082. <https://doi.org/10.1016/j.ijnurstu.2021.104082>.
- *Choi, S., **Kitko, L.**, Hupcey, J., Birriel, B. (2021). Longitudinal family caregiving experiences in heart failure: Secondary qualitative analysis of interviews. *Heart & Lung*. 50(5):627-633.
- *Parajuli, J., Hupcey, J.E., **Kitko, L.**, Birriel, B. (2021). Palliative care: Oncology nurses' confidence in provision to patients with cancer. *Clinical Journal of Oncology Nursing*. 25(4): 449-455.
- *Thiede, E., **Kitko, L.**, Segel, J. (2021). Hospice delivery in rural areas: Providers perspectives on challenges and opportunities. *Nursing Research*. 70(3):E62-E63.
- *Callahan, K., **Kitko, L.**, Van Scoy, L.J., Hollenbeak, C.S. (2020). Do-not-resuscitate orders and readmission among elderly patients with heart failure in Pennsylvania: An observational study, 2011-2014. *Heart & Lung*. 49(6):812-816.
- *Choi, S., **Kitko, L.**, Hupcey, J.E., Birriel, B., Wang, S. (2020). Data science and computational linguistics on a collection of interviews with family caregivers in heart failure. *Journal of Cardiac Failure*. 26(10): S88.
- *Alonso, W.W., Faulkner, K.M., Pozehl, B.J., Hupcey, J.E., **Kitko, L.A.**, Lee, C.S. (2020). A longitudinal comparison of health-related quality of life in rural and urban recipients of left ventricular assist devices. *Research in Nursing & Health*. 43(4). 396-406.

- *White-Williams, C., Rossi, L.P., Bittner, V.A., Driscoll, A., Durant, R.W., Granger, B.B., Graven, L.J., **Kitko, L.**, Newlin, K., Shirey, M., and behalf of the American Heart Association Council on Cardiovascular and Stroke Nursing; Council on Clinical Cardiology; and Council on Epidemiology and Prevention. (2020). Addressing social determinants of health in the care of patients with heart failure: A scientific statement from the American Heart Association. *Circulation*. 141(22):e841-e863.
- ***Kitko, L.**, McIlvennan, C.K., Bidwell, J.T., Dionne-Odom, J.N., Dunlay, S.M., Lewis, L.M., Meadows, G., Sattler, E.P., Schulz, R., Stromberg, A. (2020). American Heart Association Council on Cardiovascular and Stroke Nursing: Council on Quality Care and Outcomes Research; Council on Clinical Cardiology; and Council on Lifestyle and Cardiometabolic Health. Family caregiving for individuals with heart failure: A scientific statement from the American Heart Association. *Circulation*. 141(22):e864-e878.
- * Donesky, D., de Leon, K., Bailey, A., Doorenbos, A., Fink, R., Hurd, C., Ling, P., **Kitko, L.** (2019). Excellence in post licensure interprofessional palliative care education: Consensus through a delphi survey. *Journal of Hospice and Palliative Nursing*. 22(1):17-25.
- *Alonso, W., Hupcey, J.E., **Kitko, L.**, Pozehl, B, Kupzyk K. (2019). Adverse-event free survival, hospitalizations, and mortality in left ventricular assist device recipients: A rural-urban cohort comparison. *Journal of Cardiovascular Nursing*. 34(6): 454-464.
- *Birriel, B., Alonso, W., **Kitko, L.A.**, Hupcey, J.E. (2019). Family caregiver-reported outcomes regarding decision-making for left ventricular assist device implantation. *Heart Lung*. Jul-Aug; 48(4): 308-312.
- *Walsh, A., **Kitko, L.**, Hupcey, J.E. (2018). The experiences of younger individuals living with heart failure. *Journal of Cardiovascular Nursing*. Nov;32(4):413-435.
- *Alonso, W., **Kitko, L.**, Hupcey, J.E. (2018). Intergenerational caregivers of parents with end-stage heart failure. *Research and Theory for Nursing Practice*. Nov;32(4): 413-435.
- Spigelmyer, P.C., Hupcey, J.E., **Kitko, L.** (2018). A concept analysis of resistiveness to care. *Clinical Nursing Research*. 1-18.
- * Evans, M.M., Hupcey, J.E., **Kitko, L.**, Alonso, W. (2018). Naïve expectations to resignation: A comparison of life descriptions of newly diagnosed versus chronic persons living with stage D HF. *Journal of Patient Experience*. 1-6. doi: 10.1177/2374373517750412
- *Spigelmyer, P.C., Hupcey, J.E., Smith, C.A., Loeb, S.J., **Kitko, L.** (2018). Resistiveness to care as experienced by family caregivers providing care for someone with dementia. *Journal of Nursing Scholarship*. 50(1), 36-46. doi: 10.1111/jnu.12345
- *Hill, N., Mogle, J., **Kitko, L.**, Gilmore-Bykovskyi, A., Wion, R., Kitt-Lewis, E., Kolanowski, A. (2018). Incongruence of subjective memory impairment ratings and the experience of memory problems in older adults without dementia: a mixed methods study. *Aging & Mental Health*. 22(8), 972-979. doi: 10.1080/13607863.2017.1337715
- Dionne-Odom, N., Hooker, S.A., Bekelman, D., Ejem, D., McGhan, G., **Kitko, L.**, Stromberg, A., Wells, R., Astin, M., Metin, Z.G., Mancarella, G., Pamboukian, S.V., Evagelista, L., Buck, H.G., Bakitas, M.A., On behalf of the IMPACT-HF National Workgroup. (2017). Family caregiving for persons with heart failure at the intersection of heart failure and palliative care: A state-of-the-science review. *Heart Failure Reviews*. 22(5), 543-557. DOI: 10.1007/s10741-017-9597-4.
- *Alonso, W., Hupcey, J.E., & **Kitko, L.** (2017) Caregivers' perceptions of illness severity and end-of-life service utilization in advanced heart failure. *Heart & Lung: The Journal of Critical Care*. 46(1), 35-39.
- ***Kitko, L.A.**, Hupcey, J.E., Birriel, B., & Alonso, W. (2016). Patients' decision-making process and expectations of a left ventricular assist device pre and post implantation. *Heart & Lung: The Journal of Critical Care*. 45(2), 95-99. doi.org/10.1016/j.hrtlng.2015.12.003
- *Hupcey, J.E., **Kitko, L.**, & Alonso, W. (2016). Patients' perceptions of illness severity in advanced heart failure. *The Journal of Hospice and Palliative Nursing*, 18(2), 110-114.
- Hupcey, J.E., **Kitko, L.**, & Alonso, W. (2015). Palliative care in heart failure. *Critical Care Nursing Clinics of North America*, 27(4), 577-587. doi:10.1016/j.cnc.2015.07.007.

- *Knecht, P., Milone-Nuzzo, P., **Kitko, L.**, Hupcey, J.E., & Dreaschlin, J. (2015). Key attributes of LPN job satisfaction and dissatisfaction in long-term care settings. *Journal of Nursing Regulation*, 6(2), 17-24.
- ***Kitko, L.A.**, Hupcey, J.E., Pinto, C., & Palese, M. (2015). Patient and caregiver incongruence in advanced heart failure. *Clinical Nursing Research*, 24(4) 388-400.
- Crouse, S.B., & **Kitko, L. A.** (2014). Outcomes of coronary artery interventions: Comparing coronary artery bypass surgery and percutaneous coronary intervention in patients with unprotected left main stenosis. *Journal of the American Association of Nurse Practitioners*, 26(2), 91-101.
- *Buck, H.G., **Kitko, L.**, & Hupcey, J. E. (2013). Dyadic heart failure care types: Qualitative evidence for a novel typology. *Journal of Cardiovascular Nursing*, 28(6), E37-46.
- Booker, S., Murff, S., **Kitko, L.**, & Jablonski, R. (2013). Mouth care to reduce ventilator-associated pneumonia. *American Journal of Nursing*, 113(10), 24-30, quiz 31.
- ***Kitko, L. A.**, & Hupcey, J. E. (2013). The work of spousal caregiving of older adults with end-stage heart failure. *Journal of Gerontological Nursing*, 39(7), 40-7.
- ***Kitko, L. A.**, Hupcey, J. E., Gilchrist, J.H., & Boehmer, J.P. (2013). Caring for a spouse with end-stage heart failure through implantation of a left ventricular device as destination therapy. *Heart & Lung: The Journal of Critical Care*, 42(3), 195-201.
- *Hupcey, J. E., Fenstermacher, K., **Kitko, L.**, & Fogg, J. (2011). Palliative needs of spousal caregivers of patients with heart failure followed at specialized heart failure centers. *Journal of Hospice and Palliative Nursing*, 13(3), 142-150.
- *Hupcey, J. E., Fenstermacher, K., **Kitko, L.**, & Penrod, J. (2010). Achieving Medical Stability: Wives' experiences with heart failure. *Clinical Nursing Research*, 19(3), 211-229.
- ***Kitko, L.**, & Hupcey, J. E. (2008). Factors that influence health-seeking behaviors of patients experiencing acute stroke. *Journal of Neuroscience Nursing*, 40(6), 333-340.
- Finke, E.H., Light, J., & **Kitko, L.** (2008). A systematic review of the effectiveness of nurse communication with patients with complex communication needs with a focus on the use of augmentative and alternative communication. *Journal of Clinical Nursing*, 17(16), 2102-15.

Non-Peer Reviewed Published Manuscripts

- Doan, W.J., Fick, D.M., Hill, N.L., **Kitko, L.** (2018). The art and science of nursing. *Journal of Gerontological Nursing*. Dec 1;44(12):3-5.
- Taylor-Piliae, R.E., Fink, A.M., **Kitko, L.** (2018). Council on cardiovascular and stroke nursing liaison report. *Journal of Cardiovascular Nursing*. May/June;33(3):202-203.
- Biddle, M., & **Kitko, L.** (2016). Council on cardiovascular and stroke nursing liaison report. Council on cardiovascular and stroke nursing award winners 2015. *Journal of Cardiovascular Nursing*, 31(3), 201.
- Alonso, W., Birriel, B., **Kitko, L.A.**, & Hupcey, J.E. (2016). Response to letter to the editor: Time to integrate sexual function in the health-related quality of life of patients with left ventricular assist devices. *Heart & Lung: The Journal of Critical Care*, 45(3), 294.
<http://dx.doi.org/10.1016/j.hrtlng.2016.01.012>.
- Lee, C.S., **Kitko, L.**, Biddle, M., & Riegel, B.J. (2015) Successful mentoring relationships: American Heart Association council on cardiovascular and stroke nursing. *Journal of Cardiovascular Nursing*, 30(5), 379-81.
- Biddle, M., & **Kitko, L.** (2015). A report from the American Heart Association council on cardiovascular and stroke nursing. *Journal of Cardiovascular Nursing*, 30(3), 186-7.
- Kitko, L. A.**, Hupcey, J.E., Gilchrist, J.H., & Boehmer, J.P. (2013). Reply to letter to the editor: Comment on: Caring for a spouse with end-stage heart failure through implantation of a left ventricular assist device as destination therapy. *Heart & Lung: The Journal of Critical Care*, 42(5), 390.

Book Chapters

- Murphy, J.L., **Kitko, L.**, McGhan, G., Snyder, C.K. (2021). Theory of illness trajectory. In Martha Alligood (Ed.), *Nursing Theorists and Their Work*. (10th ed.). St Louis, Missouri: Elsevier Mosby.
- Kitko, L. A.**, McGhan, G., Murphy, J.L., Snyder, C.K., & Penrod, J. (2018). Theory of illness trajectory. In Martha Alligood (Ed.), *Nursing Theorists and Their Work*. (9th ed.). St Louis, Missouri: Elsevier Mosby.
- Hupcey, J.E. & **Kitko, L.** (2017). Measurement issues in qualitative research. In C. Waltz, O Strickland, & E. Lenz (Eds.), *Measurement in Nursing and Health Research*. (5th). New York, NY: Springer.
- Penrod, J., **Kitko, L. A.**, McGhan, G. (2014). Theory of illness trajectory. In Martha Alligood (Ed.), *Nursing Theorists and Their Work*. (8th ed.), (pp. 593-608). St Louis, Missouri: Elsevier Mosby.
- Penrod, J. L., **Kitko, L. A.**, & Liu, C. F. (2010). Weiner & Dodd's theory of illness trajectory. In M. Alligood (Ed.), *Nursing Theorists and Their Work*. (7th). Philadelphia, PA: Mosby.

Legislative Reports:

- Kitko, L.**, Segel, J., Thiede, E. (2020). Availability of hospice in rural Pennsylvania. The Center for Rural Pennsylvania: A Legislative Agency of the Pennsylvania General Assembly.
<https://www.rural.pa.gov/download.cfm?file=Resources/reports/assets/20/Hospice-in-Rural-Pennsylvania-2020.pdf>.

PAPER/PODIUM PRESENTATIONS PEER REVIEWED (*Data based **Data Based and Award)

International

- * Husser, E., Fick, D., Hupcey, J., Boltz, M., **Kitko, L.** Age-friendly care, PA: a geriatric workforce enhancement program. Gerontological Society of America GSA 2021 Annual Scientific Meeting, Phoenix, AZ, November, 2021. Published in *Innovations in Aging*; Vol5, No.S1.
- ****Kitko, L.** Hupcey, J.E., Gilchrist, J. Unexpected loss in advanced heart failure. European Association of Cardiology 6th World Congress on Heart Failure, Athens Greece, May, 2019. Presented in the Nursing Investigator Awards Session.
- ***Kitko, L.**, Hupcey, J.E., Birriel, B., & Alonso, W. What's missing? LVAD patient and caregiver experiences with end-of-life planning. The American Heart Association Scientific Sessions, 2016, New Orleans, LA, November, 2016. Published in *Circulation*;134:A14926.
- *Hill, N., Mogle, J., **Kitko, L.**, Wion, R., Kitt-Lewis, E., Parisi, J., Gilmore-Bykovskiy, A., & McDermott, C.B. The personal implications of perceived memory problems among community dwelling older adults. Gerontological Society of America 2016 GSA Annual Scientific Meeting. New Orleans, LA, November 2016. Published in *The Gerontologist*, 56 (Suppl 3) 16.
- ***Kitko, L.** & Hupcey, J. ICD and LVAD Deactivation at the End of Life: Patient and Caregiver Experiences. European Association of Palliative Care, 9th World Research Congress, Dublin, Ireland, June, 2016.
- ****Kitko, L.**, & Hupcey, J. Patients perceptions of illness severity in advanced heart failure. European Society of Cardiology, 2nd World Congress on Acute Heart Failure, Seville, Spain, May, 2015.
- ***Kitko, L.**, & Hupcey, J.E. Family caregivers' perceptions of illness severity in heart failure patients with limited life expectancy. The American Heart Association Scientific Sessions, 2014, Chicago, IL, November, 2014. Published in *Circulation*;130A13221.
- *Hupcey, J.E., **Kitko, L.**, & Palese, M. Patients' perceptions of illness severity in advanced heart failure in the U.S. US-Sino Forum, 2nd Annual Meeting, Durham, NC, March, 2014.
- *Hupcey, J. E., **Kitko, L.**, Palese, M., & Pinto, C. Home healthcare services for heart failure patients and family caregiver dyads at end of life. The American Heart Association Scientific Sessions, 2012, Los Angeles, CA, November, 2012. Published in *Circulation*, 126: A14981.
- ***Kitko, L.**, Hupcey, J. E., Gilchrist, J., & Boehmer, J. The experience of caring for a spouse with advanced heart failure following implantation of an LVAD-DT. The American Heart Association Scientific Sessions, 2012, Los Angeles, CA, November, 2012. Published in *Circulation*, 126: A14686.

***Kitko, L.** & Hupcey, J. Patient and caregiver perceptions of living with a left ventricular assist device as destination therapy. The American Heart Association Scientific Sessions, 2011, Orlando, FL, November, 2011. Published in *Circulation*, 124:A18224.

National/ Regional (*Data based **Data Based and Award)

- *Kitko, L., **Thiede, E.** **Hospice delivery in rural areas: providers' perspectives.** Eastern Nursing Research Society 34th Annual Scientific Sessions, Providence, RI, April 2022.
- *Walsh, A., **Kitko, L.** The effect of heart failure on health-related quality of life during critical transitions in the life course. Eastern Nursing Research Society 29th Annual Scientific Sessions, Philadelphia, PA, April 2018.
- *Birriel, B., **Kitko, L.**, Hupcey, J., McGowan, M., Loeb, S. Shared decision making during the acute phase of critical illness. Eastern Nursing Research Society 29th Annual Scientific Sessions, Philadelphia, PA, April 2018.
- Donesky, D., Bailey, F.M., Doorenbos, A.Z., Fink, R.M, Hurd, C.J., **Kitko, L.** In pursuit of excellence: post-licensure interprofessional education in palliative care. The Annual Assembly Hospice and Palliative Care, Boston, MA, March, 2018.
- Birriel, B., **Kitko, L.**, Hupcey, J., McGowan, M., Loeb, S. Principles of surrogate decision making during critical illness: center on the family. American Society for Bioethics and Humanities, Kansas City, MO, October 2017.
- *Evans, M., Hupcey, J., **Kitko, L.**, Milone-Nuzzo, P., & Johnson, H.D. Newly diagnosed versus chronic stage D heart failure patients: Who exhibits more symptoms? Nursing Research and Evidence Based Practice- The Key to Quality Patient Care. Danville, Pa, November 4, 2016.
- *Hupcey, J.E., **Kitko, L.**, & Alonso, W. It's shocking: ICD deactivation at the end of life. State of the Science Congress on Nursing Research 2016. Washington, DC, September 2016.
- *Evans, M.E., Hupcey, J.E., **Kitko, L.**, & Milone-Nuzzo, P. Somatic awareness and self-symptom recognition in advanced heart failure patients. State of the Science Congress on Nursing Research 2016. Washington, DC, September 2016.
- ***Kitko, L.**, & Hupcey, J., & Alonso, W. The palliative care consult: Ventricular assist devices as destination therapy. Eastern Nursing Research Society 28th Annual Scientific Sessions, Pittsburgh, PA, April 2016.
- *Evans, M., Hupcey, J., **Kitko, L.**, & Alonso, W. Comparison of life descriptions of newly diagnosed versus chronic stage D heart failure patients. Eastern Nursing Research Society 28th Annual Scientific Sessions, Pittsburgh, PA, April 2016.
- *Hupcey, J.E., & **Kitko, L.A.** Caregivers' perceptions of illness severity in advanced heart failure. Heart Failure Society of America 19th Annual Scientific Assembly, National Harbor, MD, September 2015. Published in *Journal of Cardiac Failure*, 21(8), Supplement, S61.
- ***Kitko, L.**, & Hupcey, J. Perceptions and utilization of palliative care services for heart failure patients at end of life. Eastern Nursing Research Society 27th Annual Scientific Sessions, Washington, DC, April 2015.
- *Birriel, B., **Kitko, L.**, & Hupcey, J.E. Patient and caregiver expectations to determine satisfaction post-VAD. Eastern Nursing Research Society 27th Annual Scientific Sessions, Washington, DC, April 2015.
- ****Kitko, L.A.**, Hupcey, J.E. Palliative care services during terminal hospitalization: Stage D heart failure patients. Heart Failure Society of America 18th Annual Scientific Assembly, Las Vegas, NV, September, 2014. Nursing Investigator Awards Session. Published in *Journal of Cardiac Failure*, 20(8), Supplement, S5-S6.
- ***Kitko, L.**, Hupcey, J. E., Buck, H., & Birriel, B. Addressing complexity and optimizing health in end stage heart failure, Symposium: **Kitko, L.** (moderator), Hupcey, J. E, Buck, H., & Birriel, B. Optimizing Health by Addressing Complexity. Council for the Advancement of Nursing Science, 2014 State of the Science Congress on Nursing Research, Washington, D.C., September, 2014.

- *Buck, H., **Kitko, L.**, & Hupcey, J.E. Shift happens: Assessing the complexity of dyadic heart failure self-care in end stage heart failure. The Council for the Advancement of Nursing Science 2014 State of the Science Congress on Nursing Research, Washington, DC, September, 2014.
- ***Kitko, L.**, Hupcey, J. E., Buck, H., & Birriel, B. Complex decision making: Left ventricular assist devices-caregivers' perspective. The Council for the Advancement of Nursing Science 2014 State of the Science Congress on Nursing Research, Washington, DC, September, 2014.
- *Birriel, B., **Kitko, L.**, Hupcey, J. E., & Buck, H. Complex decision making: Left ventricular assist devices-patients' perspective. The Council for the Advancement of Nursing Science 2014 State of the Science Congress on Nursing Research, Washington, DC, September, 2014.
- ***Kitko, L.**, Hupcey, J.E., & Palese, M. Patient and caregiver incongruence in heart failure dyads. Eastern Nursing Research Society 26th Annual Scientific Sessions, Philadelphia, PA, April 2014.
- ***Kitko, L.**, & Hupcey, J.E. Perceptions of illness severity and services offered to older adult heart failure patients. The Gerontological Society of America, 66th Annual Meeting, New Orleans, LA, November, 2013. Published in *The Gerontologist*, 53(51).
- *Hupcey, J. E., **Kitko, L.**, Palese, M. Patient and Caregiver Incongruence in Heart Failure Dyads. The American Heart Association Scientific Sessions, 2013, Dallas, TX, November 2013. Published in *Circulation*, 128: A13790.
- *Hupcey, J. E., **Kitko, L.**, Pinto, C. Symptom perception in end-stage heart failure. Council for the Advancement of Nursing Science 2013, Washington, D.C., October 2013.
- *Hupcey, J.E., & **Kitko, L.** ICD Deactivation at the end of life: Patient and caregiver experiences. Heart Failure Society of America 17th Annual Scientific Assembly, Orlando, FL, September, 2013. Published in *Journal of Cardiac Failure*, 19(8S), S75.
- *Hupcey, J. E., Boehmer, J. **Kitko, L.** The utility of a visual analog scale to measure perception of burden in patients and their caregivers. Eastern Nursing Research Society 25th Annual Scientific Sessions, Boston, MA, April 2013.
- *Pinto, C., Hupcey, J. E., **Kitko, L.**, Palese, M. Development of a tool to determine functional status of heart failure patients. Eastern Nursing Research Society 25th Annual Scientific Sessions, Boston, MA, April 2013.
- ***Kitko, L.** Barrett, A., Carton, E. Hupcey, J., Palese, M. End-of-life and heart failure patient-caregiver dyads: Where do support services fit in? Eastern Nursing Research Society 25th Annual Scientific Sessions, Boston, MA, April 2013.
- *Palese, M., Carton, E., Hupcey, J., **Kitko, L. A.**, Pinto, C. Perceptions of social support and caregiver burden among heart failure caregivers (poster). Eastern Nursing Research Society 25th Annual Scientific Sessions, Boston, MA, April 2013.
- *Hupcey, J. E., **Kitko, L.** Caring for a family member with an LVAD-DT: Changes in the tasks of caregiving post-implantation. National Teaching Institute & Critical Care Exposition, Orlando FL, May 2012.
- ***Kitko, L.**, Babalola, A, Boehmer, J., & Hupcey, J. E. Perceptions of burden of treatment, burden of disease and overall health in LVAD as destination therapy patients and their caregivers. Eastern Nursing Research Society 24th Annual Scientific Sessions, New Haven CT, March, 2012.
- * Hupcey, J. E. & **Kitko, L.** LVADs as destination therapy: Burden of treatment vs. burden of disease. The Gerontological Society of America, 64th Annual Meeting, Boston, MA, November 2011. Published in *The Gerontologist*, 51 Supp 2.
- ***Kitko, L.** & Hupcey, J. The work of spousal caregiving in heart failure. Eastern Nursing Research Society 23rd Annual Scientific Sessions, Providence, RI, March, 2011.
- ***Kitko, L.**, & Hupcey, J. E. The caregiving trajectory: A longitudinal exploration of the work of spousal caregiving in heart failure. The Gerontological Society of America, 63rd Annual Meeting, New Orleans, LA, November, 2010. Published in *The Gerontologist*. (Special Issue), 120.

- ***Kitko, L.** & Hupcey, J. E. The caregiving trajectory: A longitudinal exploration of the work of spousal caregiving in heart failure. Eastern Nursing Research Society 22nd Annual Scientific Sessions, Providence, RI, March, 2010.
- *Hupcey, J. E., **Kitko, L.**, Fogg, J., & Fenstermacher, K. The changing face of heart failure in older adults: A needs-driven palliative care model for advanced heart failure. The Gerontological Society of America, 62nd Annual Meeting, Atlanta, GA, November, 2009. Published in *The Gerontologist*, 48(Special Issue), 119.
- *Hupcey, J. E., Penrod, J., & Fogg, J. Translating the concept of palliative care, Symposium: Hupcey, J. E. (moderator), Penrod, J. Boehmer, J., Fogg, J., **Kitko, L.**, & Fenstermacher, K. Translating science into practice: Palliative care in heart failure. Council for the Advancement of Nursing Science, 2008 National State of the Science Congress on Nursing Research, Washington, D.C., October 2008.
- *Penrod, J., Hupcey, J. E., & **Kitko, L.** Understanding trajectories of caregiving, Symposium: Hupcey, J. E. (moderator), Penrod, J. Boehmer, J., Fogg, J., **Kitko, L.**, & Fenstermacher, K. Translating science into practice: Palliative care in heart failure. Council for the Advancement of Nursing Science, 2008 National State of the Science Congress on Nursing Research, Washington, D.C., October 2008.
- *Hupcey, J. E., Penrod, J., & Fenstermacher, K. Needs driven palliative care across the heart failure trajectory, Symposium: Hupcey, J. E. (moderator), Penrod, J. Boehmer, J., Fogg, J., **Kitko, L.**, & Fenstermacher, K. Translating science into practice: Palliative care in heart failure. Council for the Advancement of Nursing Science, 2008 National State of the Science Congress on Nursing Research, Washington, D.C., October 2008.
- *Hupcey, J. E., (symposium chair), Penrod, J., **Kitko, L.**, Fenstermacher, K., Fogg, J., & Boehmer, J. The power of the interpretative paradigm: Advanced heart failure. Symposium at Eastern Nursing Research Society 20th Annual Scientific Sessions, Philadelphia, PA, March, 2008.

Invited Named Lectures

- Kitko, L.**, A Tribute to Loretta Ford's Legacy in Nursing & Healthcare, Clare Dennison Lecture [Moderator], Rochester, NY, September 19, 2025.
- Kitko, L.** George Eastman Circle Fellows+ Virtual Speaker Series: Transforming the Future of Nursing [Invited talk]. University of Rochester, Virtual. September 4, 2025.
- Kitko, L.** Developing the Age Friendly Nursing Workforce. 37th Annual Conference: Spanning the Continuum of Care: Innovations in Practice of Age-Friendly Care. T. Franklin Williams Memorial Lecture. Rochester, NY, September 29, 2023.
- Kitko, L.** Caring across generations: aging well with family support. University of Rochester School of Nursing, Clare Dennison Lecture. Rochester, NY, October 6, 2023.

Invited Podium Presentations

- Kitko, L.**, Serwetnyk, T., Picard, K., Santory, K., Reimagining Nursing Education at University of Rochester, [Apple Invited Speaker Series Webinar], August 20, 2025
- Kitko, L.** JA Young Women's Leadership Summit, Junior Achievement of Central Upstate NY, Rochester, NY. May 22, 2025
- Kitko, L.**, Transforming the Future of Nursing, Genesee Valley Club, Distinguished Speaker Series, Rochester, NY. April 22, 2025.
- Kitko, L.**, Valcin, E. K., Workforce Development. Academic Healthcare Summit, Dean's Nursing Policy Coalition, Washington, DC., March 29, 2025.
- Kitko, L.**, Enhancing communication between patients, caregivers, and healthcare providers. University of Rochester Women's Summit, New York City, NY. March 28, 2025.
- Kitko, L.**, Professional identity development. U Mass Chan Medical School Tan Chingfen Graduate School of Nursing PhD Student and Faculty Forum. Worcester, Massachusetts, September 19, 2023.
- Kitko, L.** *A conversation with Dean Lisa Kitko* [Virtual program]. National Nurses Week, University of Rochester. May 9, 2023.

- Kitko, L.** Burke, K., Rotondo, L., Serwetnyk, T., Bringing clinical into the classroom: How the University of Rochester embraced and integrated technology to reinvent nursing education [Panel Discussion]. October 25, 2023.
- Kitko, L.** What matters: advance care planning. American Heart Association Scientific Sessions 2022. Chicago, IL. November 5, 2022.
- Kitko, L.,** Cornish, D., Kowalchik, K. Navigating palliative transitions: building interprofessional partnerships. Translating Research to Innovations in Practice. 5th Annual Nursing Research and Evidence-Based Practice Symposium. Hershey, PA. May 12, 2022.
- Kitko, L.** Cognitive impairment is a family affair. American Heart Association Scientific Sessions 2019. Philadelphia, PA. November 18, 2019.
- Kitko, L.** Rehabilitation: Let us pump...you up... HFSA 2019 Scientific Meeting. Heart Failure Society of America. Philadelphia, PA, September, 2019.
- ***Kitko, L.,** Palliative care and heart failure: Challenges and opportunities. Visiting Scholar, Indiana University School of Nursing Center for Enhancing Quality of Life in Chronic Illness. Indianapolis, IN, April, 2019.
- ***Kitko, L.** Palliative care and heart failure: Challenges and opportunities. University of Nebraska Medical Center School of Nursing. Omaha, NE, February, 2019.
- Kitko, L.** Primary palliative care for the intensivist team. Invited Preconference Workshop on Palliative and end-of-life care in the ICU: State of the art and skills for the intensivist team. Critical Care Congress, Society of Critical Care Medicine. San Diego, CA. February 16, 2019.
- Kitko, L.** Yevchak-Sillner, A. Chapter? What chapters?: Framing your honors thesis. Schreyer Honors College Honors Advising and Teaching Conference. Schreyer Honors College. University Park, PA, October 23, 2018.
- Kitko, L.** Palliative care and chronic disease. Second Annual Nursing Research and Evidence-Based Practice Symposium: Translating Research Innovations in Practice. Penn State College of Medicine, Hershey, PA, May 11, 2018
- Kitko, L.** Qualitative methods. Research Nurse Network, University Park, PA, December 1, 2017.
- ***Kitko, L.** The palliative care needs of patients and caregivers with an LVAD-DT: Reaching the final destination. American Heart Association Scientific Sessions 2017, Anaheim, CA, November 12, 2017
- Kitko, L.** Palliative care for heart failure. 2017 Kairos Education Conference & Exhibit. Manheim, PA, September 20, 2017.
- Kitko, L.** Caregiver commitment: the role of the caregiver in patients with heart failure. Heart Failure Society of America 21st Annual Scientific Meeting: Where Science Meets Practice. Dallas, TX, September 19, 2017.
- Kitko, L.** Palliative care and when and how to have difficult conversations. Primary Care Colloquium Synergy in the Treatment of Heart Failure. Penn State Heart and Vascular Institute and Penn State College of Medicine. Hershey, PA, March 25, 2017.
- Kitko, L.** Palliative care for advanced heart failure patients. Family Medicine Seminar Series. Mount Nittany Medical Center and Penn State College of Medicine Department of Family and Community Medicine, State College, PA, July 21, 2016.
- Kitko, L.** Tricky transitions: Heart failure trajectories. Second Annual Dimensions in Heart and Vascular Care. Penn State Hershey College of Medicine, Hershey, PA, November 7, 2014.
- Kitko, L. A.,** Hupcey, J. Family and caregivers in advanced heart failure. American Heart Association Scientific Sessions 2012, AHA, Los Angeles, CA, November, 2012.

POSTER PRESENTATIONS PEER REVIEWED (*Data based **Data Based and Award)

International

- *Scott, A. M., Chinchilli, V., Costigan, H., Deng, D., Groznik, M., Huang, S., Kimbel, K., Kitko, L., Ribott, M., VanDyke, E., Wasserman, E., White, D., & Van Scoy, L. J. (2025, September 17). *Communication quality during ICU goals of care family meetings predicts reduced ICU length of stay* [Poster presentation]. **NINR's 40th Anniversary Scientific Symposium – Advancing Nursing Science to**

Improve Health for All: NINR's Impact, Bethesda, MD.

- *Hupcey, J.E., **Kitko, L.**, Gilchrist, I. Understanding wishes: The importance of advance decisions for surrogate family members. EAPC 2019 16th World Congress of the European Association of Palliative Care: Global Palliative Care Shaping the Future. Berlin, Germany, May, 2019.
- *Murphy, J.L., Hupcey, J.E., **Kitko, L.**, Alonso, W. Bereaved caregivers' perceptions of supportive services for advanced heart failure: A call for early integration and rebranding of palliative care. American Heart Association Scientific Sessions 2018, Chicago, IL, November 10, 2018.
- * **Kitko, L.**, Hupcey, J., Alonso, W., McGinnis, A., Birriel, B. LVAD-DT as the final destination: End-of-life experiences. Heart Failure Society of America, 2018, Nashville, TN, September, 2018. Published in *Journal of Cardiac Failure*, 24 (8S) S106.
- *Hupcey, J., **Kitko, L.**, Alonso, W., Thiede, E. The use of the Seattle Heart Failure Model to guide palliative care referrals in advanced heart failure. Heart Failure Society of America, 2018, Nashville, TN, September, 2018. Published in *Journal of Cardiac Failure*, 24 (8S) S103.
- * Alonso, W., **Kitko, L.**, Mogle, J., Lee, C., Hupcey J.E. Rural-urban comparison of VAD-related hospitalization risk and survival in the 6 months following device implantation. American Heart Association Scientific Sessions 2017, Anaheim, CA, November 12, 2017
- *Hupcey, J., & **Kitko, L.** The troubled water under the bridge: Lack of palliative care referrals for heart failure. European Association for Palliative Care, 14th World Congress, Copenhagen, Denmark, May, 2015.

National/Regional

- Kitko, L.** 100 years in the making: Reflecting, advancing, and leading forward at the School of Nursing [State of the School address]. Meliora Weekend, University of Rochester, Rochester, NY. September 19, 2025.
- Kitko, L.** Commencement address, Ross and Carol Nese College of Nursing [Commencement address]. Pennsylvania State University, University Park, PA. May 10, 2025
- Kitko, L.** ENRS Research Interest Group (RIG) 101 [Webinar]. Eastern Nursing Research Society, Virtual. October 24, 2023.
- Kitko, L.** AACN's State of DNP Education in 2022 Report: Academic, practice, and organization leader perspectives [Panel presentation]. DNP Summit 2022 (University of Rochester School of Nursing), Virtual. October 21, 2022
- *Rubio, O., Gillingham, A., Berish, D., Hupcey, J., **Kitko, L.** Patient centered advance care planning intervention across the aging continuum: a review of the literature relating to respecting choices. Eastern Nursing Research Society 34th Annual Scientific Sessions, Providence, RI, April 2022.
- *Liao, Y.J., Jao, Y.L., **Kitko, L.**, Berish, D., Hin, A., Boltz, M. Barriers and facilitators of pain management in persons with dementia: a systematic review. Eastern Nursing Research Society 34th Annual Scientific Sessions, Providence, RI, April 2022.
- ***Kitko, L.**, Hupcey, J.E., Alonso, W., Thiede, E. The utility of the Seattle heart failure model to guide palliative care referrals in advanced heart failure. American Academy of Nursing 2018 Transforming Health, Driving Policy Conference. Washington, D.C. November 1, 2018.
- *Evans, M., Hupcey, J.E., **Kitko, L.**, Johnson, H. Persons living with stage D heart failure: Reported symptoms. Eastern Nursing Research Society 29th Annual Scientific Sessions, Philadelphia, PA, April 2018.
- *Evans, M.E., Hupcey, J.E., **Kitko, L.**, Johnson, H.D. Frequency and severity of reported symptoms for persons living with stage D heart failure. 29th Annual Greater Pittsburgh Nursing Research Conference, Pittsburgh, PA, October 20, 2017.
- ***Kitko, L.**, Hupcey, J.E., McGinnis, A., Alonso, W., Birriel, B. The role of palliative care in persons living with an LVAD-DT. American Academy of Nursing 2017 Transforming Health, Driving Policy Conference, Washington, D.C., October 5, 2017.
- *Alonso, W., Hupcey, J.E., **Kitko, L.**, Mogle, J., Monnat, S. Identifying disparities: a rural-urban comparison of ventricular assist device (VAD) outcomes. The Council for the Advancement of Nursing Science Advanced Methods Conference: Pragmatic Trials. Washington, D.C., October 4, 2017.
- Alonso, W., Hupcey, J.E., **Kitko, L.** Theory integration to examine the influence of rurality on ventricular assist device patient outcomes. Eastern Nursing Research Society 29th Annual Scientific Sessions,

Philadelphia, PA, April 2017.

- **Alonso, W., **Kitko, L.**, Hupcey, J. Intergenerational caregivers. The Council for the Advancement of Nursing Science, 2015 Special Topics Conference, Washington, D.C., October 14, 2015.
- **Hupcey, J.E., **Kitko, L.**, Alonso, W. Caregivers' perceptions of illness terminality in advanced heart failure. National Institute of Nursing Research (NINR), Advancing Science, Improving Lives, the NINR 30th Anniversary Scientific Symposium, Bethesda, MD, October 13, 2015.
- Walsh, A., & **Kitko, L.** Quality of life issues in young and middle-aged adults with heart failure: A systematic review. Eastern Nursing Research Society 27th Annual Scientific Sessions, Washington, DC, April 2015.
- *Hupcey, J.E., & **Kitko, L.** Palliative care referrals for heart failure: The role of nurses. American Academy of Nursing 2014, Transforming Health, Driving Policy Conference, Washington, D.C., October, 2014.
- *Hupcey, J. E., **Kitko, L.** Health policy implications: Outpatient palliative care for heart failure. American Academy of Nursing, 40th Annual Meeting and Conference, Washington DC, October 2013.
- * Hupcey, J. E., **Kitko, L.**, Palese, M. Home healthcare services for end-stage heart failure at end of life. American Academy of Nursing, 39th Annual Meeting and Conference, Washington DC, October 2012.

JOURNAL REVIEWER RESPONSIBILITIES

2020-present *Circulation*

2015-present *Journal of Cardiovascular Nursing*

2014- present *Journal of Gerontological Nursing*
Member Review Panel

2014- present *Journal of Palliative Medicine*

2013- present *European Journal of Cardiovascular Nursing*

2013- present *Nursing Research and Practice*

2012- present *Journal of Clinical Nursing*

2011- present *Heart & Lung: Journal of Acute and Critical Care*

2010- present *Clinical Nursing Research*

STUDENT RESEARCH

Doctoral Dissertations

Elizabeth Thiede, End of life health disparities: examining county level and individual level correlates of hospice care and availability. The Pennsylvania State University, College of Nursing, August, 2023 (Committee Chair).

Katherine Callahan, Do-not-resuscitate orders among elderly patients with heart failure. The Pennsylvania State University, College of Health and Human Development, (Committee Member).

Soyoung Choi, Exploring family caregiving experiences in heart failure: utilization of machine-assisted text analysis. The Pennsylvania State University, College of Nursing, December, 2020 (Committee Chair).

Abigail McGinnis, More to consider: adult child siblings caring for aging parents. The Pennsylvania State University, College of Nursing, May, 2020 (Committee Member).

Jyotsana Parajuli, Oncology nurses' confidence in providing palliative care. The Pennsylvania State University, College of Nursing, December, 2019 (Committee Member).

Julie Murphy, The influence of family communication patterns and young adults engaging in advance care planning with their parents: A mixed methods study. The Pennsylvania State University, College of Nursing, August, 2019 (Committee Co-Chair)

Tomorrow Wilson, Psychological factors associated with risky drinking in later life. The Pennsylvania State University, College of Health and Human Development, May 2018 (Committee Member)

Barbara Birriel, Surrogate decision making in the context of critical illness. The Pennsylvania State University, College of Nursing, August 2017 (Committee Co-Chair) Dual Degree in Nursing

and Bioethics

Alison Walsh, Health-related quality of life in young and middle aged adults with heart failure. The Pennsylvania State University, College of Nursing, May, 2017 (Committee Chair)

Windy Alonso, Identifying disparities: a rural-urban comparison of ventricular assist device (VAD) outcomes. The Pennsylvania State University, College of Nursing, May, 2017 (Committee Member)

Michael Evans, Somatic awareness and self-symptom recognition in advanced heart failure patients. The Pennsylvania State University, College of Nursing, May, 2016 (Committee Member)

Pam Spigelmyer, Resistiveness to care as experienced by family caregivers assisting people with dementia. The Pennsylvania State University, College of Nursing. May, 2014 (Committee Member)

Patricia Knecht, Demystifying job satisfaction in long-term care: The voices of licensed practical nurses. The Pennsylvania State University, College of Nursing. 2014 (Committee Member).

DNP Final Project

Brandi Peachey, Addressing adolescent substance use through the integration of SBIRT into a primary care clinic: a quality improvement project. The Pennsylvania State University, College of Nursing, May 2020 (Committee Member).

Mary Elizabeth Davis, Enhancing nurses' comfort and capability with end-of-life care for patients with cancer. The Pennsylvania State University, College of Nursing, May 2019 (Committee Chair).

Ashley Miller, Developing LGBT competencies in an RN residency program, The Pennsylvania State University, May 2018 (Committee Chair). *1st place, Graduate Exhibition, Health and Life Sciences category, Penn State University and 3rd place, Eastern Nursing Research Society.*

Marcia Satryan, Impact of a self-learning end-of-life module on nurses' knowledge and attitudes. The Pennsylvania State University, May 2017 (Committee Chair). *3rd place, Graduate Exhibition, Health and Life Sciences category, Penn State University*

Graduate Scholarly Papers

Natasha Miller, Does preoperative ostomy education improve postoperative outcomes for new ostomy patients. The Pennsylvania State University, 2013. (Advisor).

Sarah Crouse, Outcomes of coronary artery interventions: An integrative literature review. The Pennsylvania State University, 2012. Published in *Journal of the American Academy of Nurse Practitioners* (Advisor).

Dawn Hippensteel, Stress Disorders in critical care and emergency department nurses and the effects of stress disorders on nurses, patient care, and outcomes. The Pennsylvania State University, 2012. (Advisor).

Kay Klinger, The impact of coordinated care on diabetes outcomes: An integrative review. The Pennsylvania State University, 2011. (Advisor).

Baccalaureate Honor's Theses

Katheryn Abramowich, The use of actors as standardized patients in mental health nursing simulations to increase confidence and decrease anxiety in pre-licensure nursing students. The Pennsylvania State University, Spring 2019. (Thesis Advisor).

Madeline Verbeke, Atherosclerosis in marathon running. The Pennsylvania State University, Spring 2018. (Thesis Advisor).

Holly Weinschenk, Experiences related to caregiver burden and health status among heart failure

caregivers. The Pennsylvania State University, 2017. (Thesis Advisor).

Katie Liss, Patient's experiences living with heart failure. *1st place, Outstanding Honors Thesis, Penn State University Libraries*. The Pennsylvania State University, 2013. (Thesis Advisor).

COURSES TAUGHT

2001-present (Various semesters)

- NURS 200W: Understanding and Applying Nursing Research (Undergraduate)
Delivery Format: Online
- NURS 225: Pathophysiology (Undergraduate)
Delivery Format: Resident Instruction
- NURS 230: Fundamentals of Nursing, clinical component (Undergraduate)
Delivery Format: Resident Instruction
- NURS 300H: Honors Seminar (Undergraduate)
Delivery Format: Resident Instruction
- NURS 301: Nursing Care of the Adult Client Requiring Medical-Surgical Intervention, theory and clinical component (Undergraduate)
Delivery Format: Resident Instruction
- NURS 315: Nursing Care of Middle-Aged Adults, clinical component (Undergraduate)
Delivery Format: Resident Instruction
- NURS 351: Health Assessment, clinical component (Undergraduate)
Delivery Format: Resident Instruction
- NURS 417: Family and Community Health Concepts (Undergraduate)
Delivery Format: Online
- NURS 494H: Honors Thesis (Undergraduate)
Delivery Format: Resident Instruction
- NURS 503: Advanced Pathophysiology (Masters)
Delivery Format: Resident Instruction to 6 sites, Online, Hybrid
- NURS 510: Theory Development in Nursing (Graduate)
Delivery Format: Online
- NURS 513: Masters Capstone (Masters)
Delivery Format: Online
- NURS 519: Clinical Nurse Specialist II: Analysis and Application (Masters)
Delivery Format: Resident Instruction
- NURS 521: Nursing Practicum: Clinical Nurse Specialist (Masters)
Delivery Format: Resident Instruction
- NURS 579: Overview of Nursing Scholarship (PhD)
Delivery Format: Resident Instruction
- NURS 585: Qualitative Methodology (PhD)
Delivery Format: Resident Instruction to up to 4 sites
- NURS 594: Research Topics/ Scholarly Paper (Masters)
Delivery Format: Resident Instruction
- NURS 600: Thesis Research (PhD)
Delivery Format: Resident Instruction
- NURS 602: Supervised Experience in College Teaching (PhD)
Delivery Format: Resident Instruction
- NURS 821: Nurse Practicum: Clinical Nurse Specialist (Masters)
Delivery Format: Resident Instruction
- NURS 824: Primary Palliative Care: An Interdisciplinary Approach (graduate level)
Delivery Format: Online
- NURS 825: Primary Palliative Care: Interdisciplinary Management of Advanced Serious Illness (graduate level)

Delivery Format: Online
NURS 826: Interdisciplinary Practice of the Primary Palliative Role (graduate level)
Delivery Format: Online

COMMITTEES

University of Rochester

2023 –

Present Institute for Human Health and the Environment

2023-

Present Clinical Workforce Taskforce

2024-2025 Chair, Recruitment Committee for URM Chief Nursing Executive

2024-2025 Member, Recruitment Committee Chair of Surgery and Surgeon-in-Chief

2023-2024 Member, Recruitment Committee Chair of Pediatrics and Physician-in-Chief

2023-2024 Member, Recruitment Committee Chair of Anesthesia and Perioperative Medicine

Penn State University

2021-2022 University Faculty Senate, Senate Council

2019-2022 Uber Search Committee, Consortium to Combat Substance Abuse

2016-2022 University Senate, elected 2-year term 2016-18, reelected to 4-year term 2019-2022

2016-2020 University Senate

Standing Subcommittee, Faculty Affairs

2017-2018 University Faculty Senate-Senate Council

2015-2017 Commission for Women, Affiliate Member

2011-2022 Healthy People Penn State Planning Committee

Ross and Carol Nese College of Nursing

2019-2022 Awards Committee, Chair

2019-2022 PhD Council, Chair

2019-2022 PhD Curriculum Subcommittee

2019-2022 Marketing and Communications Committee

2019-2022 PhD admissions, Chair

2012-2022 Search Committee

2017-2022 Chair Tenure Line Search

2011-2022 Graduate Affairs

2011-2022 Research Faculty Meeting

2018-2019 PhD Qualifying Exam Committee-Chair

2013-2018 Faculty Affairs Committee

2013-2018 PhD Candidacy

2011-2015 Graduate Admissions and Student Standards (Co-Chair 2012-2015)

2011-2018 Leadership Advisory Council

2011-2019 PhD Council

2010-2016 Williamson Awards Committee (Chair 2011-2013, 2016)

2008-2010 Undergraduate Affairs

2002-2011 Basic Option Council (Chair 2009-2011)

Ad Hoc Committees:

2013-2015 Strategic Planning Committee (Co-Chair of Strategic Initiative)

2012 Senior Lecturer Review Committee (Appointed by Dean)

2008-2010 Undergraduate Curriculum Task Force (Appointed by Dean)

2008-2009 Simulation Lab Renovation Task Force

NATIONAL SERVICE

American Association of Colleges of Nursing

Future of Faculty Summit, Washington D.C. October 24, 2022

PUBLIC SERVICE

American Heart Association

BLS Instructor, UPMC Altoona training faculty, 2008-2015

Mount Nittany Medical Center

Data Safety Monitoring Board, Cardiac Catheterization Program, Member, 2013-2015

Million Hearts Campaign

Penn State College of Nursing Representative, 2012-2022

Milton S. Hershey Medical Center

Interprofessional Hospice and Palliative Medicine Training Program, 2016-2022

UNIVERSITY SERVICE

The Pennsylvania State University

Schreyer Honors College Selection Committee, 2016-2022

Graduate School Graduate Exhibition, Judge 2014-2022

Equal Opportunity Planning Committee Proposal Review Team

2012 Summer Funding Cycle

2014-2015 Academic Year Funding Cycle

2015-2016 Academic Year Funding Cycle

2016 Summer Funding Cycle

Women's Leadership Initiative mentor, 2007-2008

Updated September 23, 2025