

Curriculum Vitae

Name: Kathy Culpepper Richards, PhD, RN, FAAN, FAASM

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Education:

Year	Institution	Degree
May, 1976	University of Arkansas for Medical Sciences, Little Rock, Arkansas	Bachelor of Science (With High Honors) Major, Nursing
December, 1985	University of Arizona, Tucson, Arizona	Master of Science Major, Nursing
May, 1993	University of Texas, Austin, Texas	Doctor of Philosophy Major, Nursing
May, 2006	Department of Veterans Affairs, Advanced Research Career Development, GRECC, Little Rock, AR	Sleep/Aging/Clinical Trials Methods

Certification: Diplomate, American Board of Sleep Medicine, 2002 – Present.

Professional Experience:

Year	Position/Place
2016- present	Research Professor and Senior Scientist, School of Nursing, University of Texas at Austin, Austin, Texas
2011-2015	University Professor, Assistant Dean Doctoral Programs and Research Development, School of Nursing (2011-14), College of Health and Human Services George Mason University, Fairfax, Virginia Director, Polisher Research Institute, Madlyn & Leonard Abramson Center for

- 2007-2011 Jewish Life (2007-11), Professor of Gerontology (2007-11), Director, Hartford Center of Geriatric Nursing Excellence (2008-11), Ralston House Endowed Term Chair in Gerontological Nursing (2009-11), University of Pennsylvania School of Nursing, Philadelphia, Pennsylvania
- 2006-2007 Associate Director, Health Services Research, Geriatric Research, Education, and Clinical Center, Central Arkansas Veterans Affairs Medical Center, Little Rock, Arkansas.
- 2000-2007 Research Health Scientist, Veterans Affairs Health Services Research and Development Advanced Career Development Awardee, Associate Professor (2000-2003), Professor (2003-2007) University of Arkansas for Medical Sciences College of Nursing, Little Rock, Arkansas.
- 1998-2000 Associate Chief Nurse, Research, Central Arkansas Veterans Affairs Medical Center, Little Rock, Arkansas, Associate Professor, University of Arkansas for Medical Sciences College of Nursing, Little Rock, Arkansas.
- 1994-1997 Associate Chief Nurse, Research, Central Arkansas Veterans Affairs Medical Center, Little Rock, Arkansas. Interim Associate Dean for Research and Evaluation (1994-95), Assistant Professor, University of Arkansas for Medical Sciences College of Nursing, Little Rock, Arkansas.
- 1993-1994 Associate Clinical Professor, Graduate Studies in Nursing, Northwestern State University, Shreveport, Louisiana.
- 1992-1994 Nurse Manager, Surgical Intensive Care Unit and Post-Anesthesia Care Unit, Overton Brooks Veterans Affairs Medical Center, Shreveport, Louisiana.
- 1991-1992 Gerontologic Pre-doctoral Fellow, Department of Veterans Affairs, Shreveport, Louisiana.
- 1990-1991 Pulmonary Clinical Nurse Specialist, Overton Brooks Veterans Affairs Medical Center, Shreveport, Louisiana.
- 1988-1990 Staff Nurse, ICU, Overton Brooks Veterans Affairs Medical Center, Shreveport, Louisiana.
- 1988-1990 Instructor, Critical Care, Northwestern State University, Shreveport, Louisiana.
- 1985-1988 Critical Care Clinical Nurse Specialist, Overton Brooks Veterans Affairs Medical Center, Shreveport, Louisiana.
- 1984-1985 Staff Nurse, ICU, Overton Brooks Veterans Affairs Medical Center, Shreveport, Louisiana.

- 1982-1983 Clinical Nurse Leader, ICU, El Dorado Hospital, Tucson, Arizona.
- 1981-1982 Staff and Charge Nurse, ICU, University of Arizona, Tucson, Arizona.
- 1978-1981 Staff and Charge Nurse, ICU, Bethania Hospital, Wichita Falls, Texas.

Consulting Work:

Hunter College, City University New York, Research Programs, September, 2007 - June, 2008.

University of Virginia College of Nursing, Faculty Consultation, April, 2008.

Arizona State University, School of Nursing, Faculty Consultation, April, 2009.

Penn State University, School of Nursing, Faculty Consultation, March, 2010.

Awards/Honors:

University Professor, George Mason University, 2011.

Distinguished Alumni, University of Texas at Austin, 2010.

Ralston House Endowed Term Chair in Gerontological Nursing University of Pennsylvania, School of Nursing, Philadelphia, Pennsylvania, 2009.

Evelyn C. Gioiella Excellence in Nursing Leadership Award, Sigma Theta Tau International Honor Society of Nursing, 2008.

University of South Florida College of Nursing Distinguished Lecturer, 2007.

Inaugural recipient Alice An Loh Sun Gerontology Professorship, University of Arkansas for Medical Sciences College of Nursing, 2006.

Fellow, American Academy of Nursing, 2005.

Writers Award in Aging, "Sleep Promotion in Hospitalized Elders." *Medical-Surgical Nursing*. Nagel C., Markie M., **Richards K.C.**, Taylor J, 2003.

Outstanding Alumni Award for Research, University of Arkansas for Medical Sciences College of Nursing, 2003.

Health Services Research and Development Advanced Career Development Award, Department of Veterans Affairs, 2003.

Fellow, American Academy of Sleep Medicine, 2002.

Health Services Research and Development Career Development Award, Department of Veterans Affairs, 2000.

Special Contribution Award, Little Rock, Arkansas, Veterans Affairs Medical Center, 1997, 1999.

Nurse Researcher of the Year, Arkansas State Nurses Association, 1997.

University of Arkansas for Medical Sciences College of Nursing Faculty Award, Outstanding Scholarship (Peer Award), 1996, 2001, 2003.

Sigma Theta Tau Research Travel Award, Beta Chi Chapter, 1994.

Performance Award, Overton Brooks Veterans Affairs Medical Center, Shreveport, Louisiana, 1991, 1994.

American Association of Critical-Care Nurses Research Abstract Award, 1986, 1995.

Phi Kappa Phi, 1989.

Northwest Louisiana Chapter American Association of Critical-Care Nurses Member of the Year Award, 1988.

Outstanding Masters Thesis Award, University of Arizona College of Nursing, 1985.

Sigma Theta Tau Graduate Student Award, Beta Mu Chapter, 1984.

Sigma Theta Tau, 1984.

Current Research Funding - Principal Investigator

“Nighttime Agitation and Restless Legs Syndrome in Persons with Alzheimer’s Disease.”

R01AG051588, National Institute on Aging, **Richards, K.C.** 2016-2021;

\$3,815,876.

- Administrative Supplement for Accelerometry; \$152,000.

“Changing the Trajectory of Mild Cognitive Impairment with CPAP Treatment of Obstructive Sleep Apnea (Memories 2).” R01AG054435, National Institute on Aging, **Richards, K.C.**, (MPI) Gooneratne, N.S. (Contact MPI), Wolk, D.(MPI) 2017-2021; \$9,700,000.

- Administrative Supplement for Latino Recruitment, Research Sleep Studies, and Research CPAP devices; \$652,087.

Current Research Funding – Co-Investigator

“Enhancing Sleep Quality for Nursing Home Residents with Dementia: Pragmatic Trial of an Evidence-Based Frontline Huddling Program (Forty Winks).” R61 AG065619, National Institute on Aging, Snow, L. (PI), Hartman, C.(Co-PI), Baier, R., McCreedy, E., **Richards, K.C.**, Morgan, R.O., 2019-2024; \$7,155,233.

Current Research Funding – Consultant

“The Role of Palliative Care Interventions to Reduce Circadian Rhythm Disorders in Persons with Dementia.” National Institute of Nursing Research R0NR1015226, Hodgson, N. 2016-2021; \$134,063.

Research Grant Submitted – Pending – Principal Investigator

Evaluating the Long-Term Trajectory of Mild Cognitive Impairment with CPAP Treatment of Obstructive Sleep Apnea (Memories 3), MPIs - Gooneratne, N, Richards, K, Wolk, D. Submitted April, 2020. Site PIs – L. Chi, J. Morrison

Research Projects Completed – Principal Investigator

"Mild Cognitive Impairment and Obstructive Sleep Apnea." R01 AG 034682, National Institute on Aging, **Richards, K.C.**, Moelter, S., Yushkevich, P., Detre, J., Gooneratne, N., Sawyer, A., Weaver, T., 2011-2014; \$1,903,463.

“John A. Hartford Center of Geriatric Nursing Excellence.” John A. Hartford Foundation, **Richards, K.C.**, Ersek, M., Sullivan-Marx, E., January, 2011- December, 2012; \$369,691.

“John A. Hartford Center of Geriatric Nursing Excellence.” John A. Hartford Foundation, Strumpf, N., **Richards, K.C.** (Director 2008-2010), 2006-2010; \$1,020,415.

“Validation of Measures of Restless Legs Syndrome in Elders with Memory Disorders.” R01 AG 027778, National Institute on Aging, **Richards, K.C.**, Beck, C.K., Hutchison, L., Lambert, C., 2007-2010 (no cost extension through 2011); \$1,388,568.

“Effect of Activities and Exercise on Sleep in Dementia.” R01 NR 07771, National Institute of Nursing Research, **Richards, K.C.**, Beck, C.K., Evans, W., Bliwise, D., Sullivan, D., 2002-2008; \$2,217,952.

“Sleep and Behavioral Disturbance in Dementia.” Department of Veterans Affairs Health Services Research and Development, **Richards, K.C.**, Beck, C.K., 2003-2008; \$890,000.

“Effect of Treatment of Restless Legs Syndrome on Wandering and Sleep.” Beverly Healthcare Corporation, **Richards, K.C.**, Lambert, C., Johnson, L., 2005-2006; \$20,000.

“Center for Research on Tailored Biobehavioral Interventions.” P20 NR 09006, National

- Institute of Nursing Research, **Richards, K.C.**, 2004-2009; \$1,475,000.
- “Individualized Respite for Persons with Dementia.” Department of Veterans Affairs Advanced Career Development Award, **Richards, K.C.**, 2003-2006; \$375,000.
- “Best Practice for Sleep Promotion in Cognitively-Impaired Veterans.” Department of Veterans Affairs Health Services Research and Development Career Development Award, **Richards, K.C.**, 2000-2003; \$320,000.
- “Minority Supplement, “Effect of Activity on Sleep in Cognitively Impaired Elderly.” R15 NR 04498, National Institute of Nursing Research, **Richards, K.C.**, Siegers, M., 1999-2000; \$20,134.
- “Effect of Activity on Sleep in Cognitively-Impaired Veterans.” Department of Veterans Affairs Health Services Research and Development, **Richards, K.C.**, Beck, C.M., Heacock, P., 1997- 2001; \$537,200.
- “Effect of Activity on Sleep in Cognitively-Impaired Elderly.” R15 NR 04498, National Institute of Nursing Research, **Richards, K.C.**, Beck, C.M., Heacock, P., 1997-2000; \$107,054.
- “The Effect of Muscle Relaxation, Imagery, and Relaxing Music Intervention and a Back Massage on the Psychophysiological Arousal and Sleep of Elderly Males in the Critical Care Environment.” Gerontologic Nurse Fellowship, Department of Veterans Affairs, **Richards, K.C.**, 1991-1993; \$52,000.
- Intramural or Local
- “Effect of Pramipexole on Restless Legs Syndrome/Periodic Limb Movement Disorder in Nursing Home Residents with Dementia.” University of Arkansas for Medical Sciences National Institute on Aging Memory Research Center Pilot Grant, **Richards, K.C.**, Lambert, C., Johnson, L., 2005-2006; \$15,000.
- “Obstructive Sleep Apnea Syndrome and Disruptive Behaviors in Dementia.” Central Arkansas Veterans Health Care System Biomedical Research Foundation, **Richards, K.C.**, 2002-2003; \$40,000.
- “Adult Night Care for Persons with Dementia: A Feasibility Study.” Dementia Pilot Study Grant Program, Arkansas Dementia Center and Donald W. Reynolds Center on Aging, **Richards, K.C.**, 2000-2002; \$9,434.
- “Napping in Cognitively-Impaired Elderly.” Research Fellowship, University of Arkansas for Medical Sciences College of Nursing, **Richards, K.C.**, 1997; \$5,700.
- “Effect of Activity on Sleep in Dementia.” Research Fellowship, University of Arkansas for Medical Sciences College of Nursing, **Richards, K.C.**, 1996; \$5,240.

“Effect of Activity on Sleep in Cognitively- Impaired Veterans: A Pilot Study.” University of Arkansas for Medical Sciences College of Nursing, **Richards, K.C.**, 1995; \$5,280.

“Sundowning in Alzheimer’s Patients.” Research Fellowship, University of Arkansas for Medical Sciences College of Nursing, **Richards, K.C.**, 1995; \$3,500.

“Perceptions of Receiving a Back Massage and Sleeping in the Critical Care Unit.” University of Arkansas for Medical Sciences College of Nursing, **Richards, K.C.**, McSweeney, J., 1995; \$1,200.

“The Effect of Muscle Relaxation, Imagery, and Relaxing Music Intervention and a Back Massage on the Psychophysiological Arousal and Sleep of Elderly Males in the Critical Care Environment.” Department of Pulmonary Medicine, Louisiana State University Medical Center, **Richards, K.C.**, Anderson, W.M., 1991, \$1,500.

“Sleep-related Respiratory Deterioration in the Critically Ill.” Gamma Xi Chapter Sigma Theta Tau, **Richards, K.C.**, 1995; \$500.

“The Effect of Muscle Relaxation, Imagery, and Relaxing Music Intervention and a Back Massage on the Psychophysiological Arousal and Sleep of Elderly Males in the Critical Care Environment.” Beta Chi Chapter Sigma Theta Tau Research Grant Award, **Richards, K.C.**, 1992; \$500.

Research Projects Completed Co-Principal Investigator, Co-Investigator, or Mentor

“An Objective Snoring Index and Its Association with Carotid Atherosclerosis.” National Institute of Nursing Research 1K99NR013177-01, Kim, J., **Richards, K.C.**, (Mentor 2011-2013).

“Risk Assessment and Tailored Intervention to Improve CPAP Adherence.” National Institute of Nursing Research 4R00NR011173-03, Sawyer, A., **Richards, K.C.**, (Mentor 2011-2014).

“Training in Sleep and Sleep Disorders.” Institutional Research Training (T32) HL07953, Pack, A., **Richards, K.C.**, Seghal, A., \$2,482,539; 2010-2015, (Co-I 2010-2011).

“Individualized Care for At Risk Frail Elders.” The Ruth L. Kirschstein National Research Service Award (NRSA) for Institutional Research Training (T32) NR009356. Naylor, M., Bowles, K., **Richards, K.C.**, \$2,126,550; 2008-2012, (Co-I 2009-2011).

“Wrist and ankle accelerometry: A novel method for the early detection of delirium in hospitalized patients with cognitive impairment.” University of Pennsylvania

- Institute on Aging Pilot Research Grant Program, Gooneratne, N.S., **Richards, K.C.**, Gehrman, P., \$50,000; 7/2008-6/2009, (Co-I).
- “Feasibility Study: Attention Measures in Person’s with Alzheimer’s Disease.” R15 NR 009796, National Institute of Nursing Research, Cole C., Mennemeier, M., **Richards, K.C.**, 6/2007-2009; \$140,950, (Co-I).
- “Formation of a Clinical and Translational Science Institute in Arkansas.” P20 RR 023425, National Institutes of Health, National Center for Research Resources, Kern, P., **Richards, K.C.**, 9/2006-9/2007; \$213,000, (Co-PI).
- “Hartford Center of Geriatric Nursing Excellence Renewal.” John A. Hartford Foundation, Beverly, C., **Richards, K. C.**, 2006-2010; \$ 1,020,415, (Co-PI).
- “Exercise to Relieve Cancer-Related Insomnia and Fatigue.” R01 NR 08937 National Institute of Nursing Research, National Cancer Institute, Coleman, E.A., Coone, S., **Richards, K. C.**, Anaissie, E., Barlogie, B., Evans, W., Gaylor, D., Stewart, B., 2005-2008; \$1,400,000, (Co-I).
- “Effect of Sleep Fragmentation on Attention in People with Dementia.” General Clinical Research Center Pilot Grant, Cole C., **Richards, K.C.**, 2004-2005; \$15,000, (Co-I).
- “Sleep Fragmentation and Cognition in Long-term Care.” Beverly Healthcare Corporation Pilot Grant, Cole C., **Richards, K.C.**, 2003-2004; \$20,000, (Co-I).
- “John A. Hartford Center of Geriatric Nursing Excellence.” John A. Hartford Foundation, Beverly, C., **Richards, K.C.** (Co-PI), 2001-2006; \$1,331,250, (Co-PI).
- “Using the Western Ontario and MacMaster (WOMAC) Osteoarthritis Index Pain Scale in Cognitively-Impaired Elders with Chronic Knee Pain.” Dementia Pilot Study Grant Program, Donald W. Reynolds Department of Geriatrics, Tsai, P.F., **Richards, K.C.** June 2000; \$15,000, (Co-I).
- “Exercise for Pain and Sleep in Nursing Home Residents with Osteoarthritis of the Knee.” University of Arkansas for Medical Sciences College of Nursing Intramural Grant Program, Tsai, P.F., **Richards, K.C.**, 2000; \$3,666, (Co-I).
- “Exercise and Metabolism Equipment Grant.” Biomedical Research Foundation, Sullivan, D., **Richards, K.C.**, Johnson, L., 2000-2001; \$40,000, (Co-I).
- “Effect of Activity on Sleep in Cognitively Impaired Elders as Measured by Polysomnography.” M01 RR 14288, University of Arkansas for Medical Sciences NIH General Clinical Research Center, **Richards, K.C.**, Beck, C., Davila, D., Chiong, L. Presenting Protocol and Pilot Study, Principal Investigator, Wilson, I.D., 1999-2002.

“Problematic Vocalizations: Background and Proximal Factors.” R01 NR 04194, National Institute of Nursing Research, Beck, C.M., **Richards, K.C.**, 1999-2004; \$1,840,174, (Co-I).

“Effect of Exercise on Patients with Melanoma after Stem Cell Transplantation.” University of Arkansas for Medical Sciences Foundation, Coleman, A., **Richards, K.C.**, Evans, W., 1998; \$15,000, (Co-I).

“Is Melatonin a Viable Treatment for Nighttime Restlessness and Sleep Disturbances in the Institutionalized Demented Patient.” Donald W. Reynolds Center on Aging, Rhoads, R., Liem, P., Smith, J., McQuirt, R., **Richards, K.C.**, Morales, R., 1998; \$12,500, (Co-I).

Education Projects Completed

“PhD Scholarship Award.” George Mason University, **Richards, K.C.**, Remsburg, R., Zhou, Q., Jung, L., \$105,000, 7/1/2013-7/1/2016.

“Interprofessional Integrative Science in Aging Course Development.” University of Pennsylvania School of Nursing, **Richards, K.C.**, Ersek, M., Evans, L., Sullivan-Marx, E., 2010; \$3,000.

Publications:

Journals Refereed (* denotes data-based articles)

1. **Richards, K. C.**, Morrison, J., Wang, Y. Y., Rangel, A., Loera, A., Hanlon, A., Lozano, A., Kovach, C., Gooneratne, N., Fry, L., Allen, R. (forthcoming). Nighttime Agitation and Restless Legs Syndrome in People with AD (NightRest): Study Protocol for a Double-blind Placebo-controlled Randomized Trial. *Research in Gerontological Nursing*.

2. **Richards, K. C.**, Wang, Y. Y., Jun, J., Ye, L.C. (forthcoming). A Focused Review of Sleep Measurement in Critically Ill Patients. *Frontiers in Neurology*.

3. Wang, Y. Y., Cheng, C., Moelter, S., Fuentecilla, J. L., Kincheloe, K., Lozano, A. J., Carter, P., Gooneratne, N., **Richards, K. C.** (2020). One Year of CPAP Adherence Improves Cognition in Older Adults with Mild Apnea and Mild Cognitive Impairment: A Secondary Analysis of Memories 1. *Nursing Research*. * doi: 10.1097/NNR.0000000000000420.

4. Biazim, S.K., Souza, D. A., Junior, H.C., **Richards, K. C.**, Valderramas, S. The Richards-Campbell Sleep Questionnaire and Sleep in the IntensiveCare Unit

Questionnaire: translation to Portuguese and cross-cultural adaptation for use in Brazil. *J Bras Pneumol.*, 46(2):e20180237. <https://dx.doi.org/10.36416/1806-3756/e20180237>

5. Carter, P., Ye, L., **Richards, K.C.**, & Vallabhaneni, V. (2019). Sleep and Memory: The promise of precision medicine. *Sleep Medicine Clinics.* * 14(3):371-378. doi: 10.1016/j.jsmc.2019.05.001.
6. Alsulami, G.S.H., Rice, A.M., Kidd, L., O'Neill, A., **Richards, K.C.**, & McPeake, J. (2019). An Arabic translation, reliability, validity and feasibility of the Richards-Campbell Sleep Questionnaire for sleep quality assessment in intensive care unit: Prospective-repeated assessments. *Journal of Nursing Measurement.* * 27(3):E153-E169. doi: 10.1891/1061-3749.27.3.E153.
7. Murata, H., Oono, Y., Sanui, M., Saito, K., Yamaguchi, Y., Takinami, M., **Richards, K.C.**, & Henker, R. (2019). The Japanese version of the Richards-Campbell Sleep Questionnaire: Reliability and validity assessment. *Nursing Open.* 1-7. doi:10.1002/nop2.252*
8. **Richards, K.C.**, Gooneratne, N., Dicicco, B., Hanlon, A., Moelter, S., Onen, F., Wang, Y., Sawyer, A., Weaver, T., Lozano, A., Carter, P., & Johnson, J. (2019). CPAP adherence may slow 1-year cognitive decline in older adults with mild cognitive impairment and apnea. *Journal of American Geriatrics Society.* doi:10.1111/jgs.15758*
9. Sawyer, A.M., King, T.S., Weaver, T.E., Sawyer, D.A., Varrassee, M., Franks, J., Watach, A., Kolanowski, A.M., & **Richards, K.C.** (2019). A tailored intervention for PAP adherence: The SCIP-PA trial. *Behavioral Sleep Medicine*, 17(1), 49-69. doi:10.1080/15402002.2016 *
10. Herrick, J.E., Puri, S., & **Richards, K.C.** (2018). Resistance training does not alter same-day sleep architecture in institutionalized older adults. *Journal of Sleep Research*, 27(4), e12590. doi:10.1111/jsr.12590*
11. Ye, L., & **Richards, K.C.** (2018). Sleep and Long-Term Care. *Sleep Medicine Clinics*, 13(1), 117-125. doi:10.1016/j.jsmc.2017.09.011
12. Cotter, V.T., Gonzalez, E. W., Fisher, K., & **Richards, K.C.** (2018). Influence of hope, social support, and self-esteem in early stage dementia. *Dementia (London)*, 17(2), 214-224. doi:10.1177/1471301217741744*
13. Gehrman, P., Gooneratne, N.S., Brewster, G.S., **Richards, K.C.**, & Karlawish, J. (2018). Impact of Alzheimer disease patients' sleep disturbances on their caregivers. *Geriatric Nursing*, 39(1), 60-65. doi:10.1016/j.gerinurse.2017.06.003*
14. **Richards, K.C.**, & Kovach, C.R. (2017). Comorbid nighttime agitation, sleep disturbance, and restless legs syndrome: What next? *Research in Gerontological Nursing*, 10(4), 151-153. doi:10.3928/19404921-20170621-01

15. Krotsetis, S., **Richards, K.C.**, Behncke, A., & Köpke, S. (2017). The reliability of the German version of the Richards Campbell Sleep Questionnaire. *Nursing in Critical Care*, 22(4), 247-252. doi:10.1111/nicc.12275*

16. Li, J., Cacchione, P.Z., Hodgson, N., Riegel, B., Keenan, B.T., Scharf, M.T., **Richards, K.C.**, & Gooneratne, N.S. (2017). Afternoon napping and cognition in Chinese older adults: Findings from the China health and retirement longitudinal study baseline assessment. *Journal of the American Geriatrics Society*, 65(2), 373-380. doi:10.1111/jgs.14368*

17. **Richards, K.C.**, Kovach, C., & Allen, R.P. (2017). Using the behavioral indicators test – restless legs (BIT-RL) to diagnose restless legs syndrome (RLS) in Alzheimer’s patients with dementia and nocturnal agitated behaviors (ADNA). *Sleep Medicine*, 40, e278. doi:10.1016/j.sleep.2017.11.816*

18. Fung, C.H., Vitiello, M.V., Alessi, C.A., & Kuchel, G.A., AGS/NIA Sleep Conference Planning Committee and Faculty, Arora, V., ... & Irwin, M.R. (2016). Report and research agenda of the American Geriatrics Society and National Institute on aging beside-to-bench conference on sleep, circadian rhythms, and aging: New avenues for improving brain health, physical health, and functioning. *Journal of the American Geriatrics Society*, 64(12), e238-e247. doi:10.1111/jgs.14493

19. Bhati, S., & **Richards, K.C.** (2015). A systematic review of the relationship between postpartum sleep disturbance and postpartum depression. *Journal of Obstetric Gynecologic and Neonatal Nursing*, 44(3), 350-357. doi: 10.1111/1552-6909.12562*

20. Rogers, S., **Richards, K.C.**, Davidson, M., Weinstein, A.A., & Trickey, A.W. (2015). Description of the moderate brain injured patient and predictors of discharge to rehabilitation. *Archives of Physical Medicine and Rehabilitation*, 96(2), 276-282. doi:10.1016/j.apmr.2014.09.018*

21. **Richards, K.C.**, Bost, J.E., Rogers, V.E., Hutchinson, L.C., Bliwise, D., Beck, C.K., Kovach, C.R., Cuellar, N., Allen, R.P. (2015). Diagnostic accuracy of behavioral, activity, ferritin, and clinical indicators of restless legs syndrome. *Sleep*, 38(3), 371-380. doi:10.5665/sleep.4492*

22. Chappell, K.B., **Richards, K.C.** (2015). New graduate nurses, new graduate nurse transition programs, and clinical leadership skill: A systematic review. *Journal for Nurses in Professional Development*, 31(1), 128-137. doi:10.1097/NND.000000000000159*

23. Chappell, K.B., **Richards K.C.**, Barnett, S.D. (2014). New graduate nurse transition programs, and clinical leadership skill in registered nurses with up to 24 months of clinical experience. *Journal of Nursing Administration*, 44(12), 659-668. doi:10.1097/NNA.000000000000144*

24. Kim, S., Oh, K., & **Richards, K.C.** (2014). Dementia, nighttime behavior disturbance, sleep problems, and comorbidity in older adults and caregiver burden. *Research in Gerontological Nursing*, 7(5), 206-214. doi:10.3928/19404921-20140512-01.*
25. Sawyer, A.M., King, T.S., Hanlon, A., **Richards, K.C.**, Sweer, L., Rizzo, A., & Weaver, T.E. (2014). Risk assessment for CPAP nonadherence in adults with newly diagnosed obstructive sleep apnea: Preliminary testing of the Index for Nonadherence to Pap (I-NAP). *Sleep Breath*, 18(4), 875-883. doi:10.1007/s11325-014-0959-z*
26. Herrick, J.E., Bliwise, D.L., Puri, S., Rogers, S., & **Richards, K.C.** (2014). Strength training and light physical activity reduces the apnea-hypopnea index in institutionalized older adults. *Journal of American Medical Directors Association*, 15(11), 844-846. doi:10.1016/j.jamda.2014.08.006*
27. Lorenz R.A., Budhathoki, C.B., Kalra G.K., & **Richards, K.C.** (2014). The relationship between sleep and physical function in community-dwelling adults: A pilot study. *Family Community Health*, 37(4), 298-306. doi:10.1097/FCH.0000000000000046*
28. **Richards, C.K.**, (2014). Challenges and strategies for measuring biomarkers of cognitive change in older adults. *Research in Gerontological Nursing*, 7(5), 198-199. doi:10.3928/19404921-20140903-01
29. Kim, S.S., Oh, K., & **Richards, K.C.** (2014). Sleep disturbance, nocturnal agitation behaviors, and medical comorbidity in older adults with dementia: Relationship to reported caregiver burden. *Research in Gerontological Nursing*, 7(5), 206-214. doi:10.3928/19404921-20140512-01*
30. Johnson, A.L., Jung, L., Brown, K.C., Weaver, M.T., & **Richards, K. C.** (2014). Sleep deprivation and error in nurses who work the night shift. *The Journal of Nursing Administration*, 44(1), 17-22.*
31. Sawyer, A.M., King, T.S., Hanlon, A., **Richards, K.C.**, Sweer, L., Rizzo, A., & weaver, T.E. (2014). Risk assessment for CPAP nonadherence in adults with newly diagnosed obstructive sleep apnea: preliminary testing of the index for nonadherence to PAP (I-NAP). *Sleep and Breathing*. doi:10.1007/s11325-014-0959-z_*
32. Enderlin C.A., Coleman E.A., Davila D., **Richards K.C.**, Jegley S.M., Kennedy R, Goodwin J.A., McNatt P., Stewart C.B., Lockhart K., Reed P.J. (2013) Sleep measured by polysomnography in patients receiving high-dose chemotherapy for multiple myeloma prior to stem cell transplantation. *Oncology Nursing Forum*, 40(1), 73-81. Online First: doi:10.1188/13.ONF.73-81*
33. Harris, M.L., **Richards, K.C.**, Grando, V.T. (2012) The effects of slow-

stroke back massages on minutes of nighttime sleep in persons with dementia and sleep disturbances in the nursing home: a pilot study. *Journal of Holistic Nursing*, 30(4), 255-63. Online First: doi:10.1177/0898010112455948. *

34. Lorenz, R.A., Gooneratne, N., Cole, C.S., Kleban, M.H., Kalra, G.K., **Richards, K.C.** (2012). Exercise and social activity improve everyday function in long-term care residents. *American Journal of Geriatric Psychiatry*, 20(6), 468-76. PMC3124380.*

35. Song, Y.S., Jung, L., **Richards, K.C.** (2012) Dementia and sleep disturbances. *Aging Health*, 8(1), 1-14*

36. Zhou, Q.P., Jung, L., **Richards, K.C.** (2012). The management of sleep and circadian disturbance in patients with dementia. *Current Neurology and Neuroscience Reports*, 12(2), 192-204. Online First: doi:10.1007/s11910-012-0249-8.

37. Coleman, E.A., Goodwin, J.A., Coon, S.K., **Richards, K.C.**, Enderlin, C., Kennedy, R., Stewart, C.B., McNatt, P., Lockhart, K., Anaissie, E. (2012) Effects of exercise on fatigue, sleep and performance: a randomized trial. *Oncology Nursing Forum*, 39(5), 468-77.*

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Books/Book Chapters

1. **Richards, K.C.**, et al. Principles and Practice in Sleep Medicine. (forthcoming)
2. Lorenz, R., Harris, M., **Richards, K.C.** (2011) Sleep in adult long term care. In NS Redeker, GP McEnany (Eds.) *Sleep Disorders and Sleep Promotion in Nursing Practice*. New York: Springer.
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Invited Editorials/Commentaries

1. Spinelli-Moraski, C. M., **Richards, K.C.** (2013). Health information technology in nursing homes: Why and how? *Research in Gerontological Nursing*, 6, 150-151. doi:10.3928/19404921-20130712-01
2. **Richards, K.C.**, Sawyer, A., (2010) What we don't know about sleep-related breathing disorder in the elderly. *Sleep*, 33, 423-425. doi:[10.1093/sleep/33.4.423](https://doi.org/10.1093/sleep/33.4.423)
3. **Richards, K.C.** (2009). Comorbid Alzheimer's Disease and OSA: Does CPAP slow cognitive decline? *Journal of Clinical Sleep Medicine*, 5, 310.

4. **Richards, K.C.**, Beck C.K. (2004). Progressively lowered threshold model: Understanding behavioral symptoms of dementia. *Journal of the American Geriatrics Society*, 52, 1774-1775.
5. **Richards, K.C.**, Beck, C.K. (2002). Translating nursing home research into practice: How and for whom? *Journal of the American Geriatrics Society*, 50, 1595-1596. doi:10.1046/j.1532-5415.2002.50419.x

Letters to Editors

Coleman, E. A., Coon, S., Barrow-Hall, J., **Richards, K.C.**, Gaylor, D., Stewart, B. (2008). Feasibility of Exercise During Treatment for Multiple Myeloma. *Cancer Nursing*, 31, 263.

Presentations/Posters:

Refereed

Selected International

1. “Cardiac Dysrhythmias During Sleep in the Critically Ill.” **Richards, K.C.**, Lyons, W., Curry, N., & Todd, B, International Meeting of Critical Care Nurses, Montreal, Canada, 1988.
2. “Predictive utility of a risk assessment for nonadherence to CPAP: NAP Index.” Sawyer, AM., Hanlon, A., Sweer, L., Rizzo, A., **Richards, K.C.**, Weaver, TE., 10th World Congress on Sleep Apnea, Rome, Italy, August 28-30, 2012.

Selected National (Note: these include international organizational meetings held in the United States)

1. “One Year of CPAP Adherence Improves Cognition in Older Adults with Mild Apnea and Mild Cognitive Impairment.” Wang, Y., Cheng, C., Gooneratne, N., Carter, P., **Richards, K.C.** Associated Professional Sleep Societies, 33rd annual meeting, June 2019. Poster presentation.
2. “Effect of CPAP Adherence on Cognition in Older Adults with Mild Cognitive Impairment and Obstructive Sleep Apnea.” **Richards, K.C.**, Gooneratne, N., Dicicco, B., Hanlon, A., Moelter, S., Onen, F., Wang, Y., Sawyer, A., Weaver, T., Lozano, A., Carter, P., Johnson, J. Associated Professional Sleep Societies, 33rd annual meeting, June 2019. Poster presentation.
3. “Sleep Quality is Related to Observed Nighttime Agitation in Older Adults with Alzheimer’s Disease and Restless Legs Syndrome.” Morrison, J., Rangel, A., Loera, A., Allen, R., Fry, L., Chittams, J., Rhodes, J., **Richards, K.C.**

Associated Professional Sleep Societies, 33rd annual meeting, June 2019.
Poster presentation.

4. Prevalence of Cognitive Deficits in Older Patients with Sleep Apnea Identified by a Sleep Lab Questionnaire and Telephone Interview.” Rangu, S., Moelter, S., Hanlon, A., Wolk, D., Chi, L., Davis, E., Cheng, C., Thompson, D., Huang, A., Barrett, M., Loftspring, M., Vallabhaneni, V., **Richards, K.**, Gooneratne, N. Associated Professional Sleep Societies, 33rd annual meeting, June 2019. Oral and Poster presentation.
5. “Innovative Methods for Conducting Aging and Policy Research.” **Richards, K.C.**, Manning, A., Harrison, T. C., Wang, Y. Y. The Southern Nursing Research Society, 33rd Annual Conference, February 2019. Oral presentation
6. “Restless Legs Syndrome is Highly Prevalent in Long Term Care Residents with Alzheimer’s Disease and Nighttime Agitation.” **Richards, K.C.**, Allen, R.P., Bliwise, D.L., Kovach, C.R., Morrison, J., Gooneratne, N., Chittams, J., Huang, L., Fry, L., Rangel, A., Loera, A., Dominguez, D., Hanlon, A. Associated Professional Sleep Societies, 32nd annual meeting, June 2018.
7. “Advances in Treatment of RLS: Expanding Drug and Iron Choices and Practical Approaches for RLS in Alzheimer’s and Other Patients with Dementia.” Allen, R., Garcia-Borreguero, D., Earley, C., **Richards, K.C.** Associated Professional Sleep Societies, 32nd annual meeting, June 2018.
8. “Hippocampal Volume in Older Adults with Mild Cognitive Impairment (MCI) in Relation to Sleep Apnea Status.” Gooneratne, N., Onen, F., Yushkevich, P., Detre, J., Das S., Lu, Y., Hanlon, A., Scharf, M., DiCicco, B., **Richards, K.C.** Associated Professional Sleep Societies, 29th annual meeting, June 2015.
9. “Feasibility of a Clinical Trial Using Active versus Sham Continuous Airway Pressure (CPAP) in Older Adults with Mild Cognitive Impairment (MCI).” **Richards, K.C.**, Gooneratne, N., Moelter, S., Onen, F., Weaver, T., Sawyer, A., DiCicco, B., Brotherton, C., Johnson, J. Associated Professional Sleep Societies, 29th annual meeting, June 2015.
10. “Adherence to Continuous Positive Airway Pressure (CPAP) in Older Adults with Mild Cognitive Impairment (MCI).” **Richards, K.C.**, Sawyer, A., Weaver, T., Gooneratne, N., Onen, F., Moelter, S., DiCicco, B., Hanlon, A., Jung, L., Lu, R. Brotherton, C.S., Johnson, J. Associated Professional Sleep Societies, 29th annual meeting, June 2015.
11. “Biobehavioral Research Challenges and Solutions in the Memories Trial.” **Richards, K.C.** Gerontological Society of America, 65th Annual Scientific Meeting, November 2013.

12. “Predictors of Preclinical Disability in Adults with Sleep Complaints.” Lorenz, R., Budhathoki, C., Kalra, G., **Richards, K.C.** Gerontological Society of America, 64th Annual Scientific Meeting, November 2012.
13. “Diagnostic Accuracy of Restless Legs Syndrome Measures.” **Richards, K.C.**, Bost, J., Kalra, G., DiCarlo, J., Cuellar, NG., Allen, RP., Associated Professional Sleep Societies, 26th annual meeting, June 2012.
14. “Relationship between sleep and physical function in community-dwelling adults.” Lorenz, RA., Kalra, G., Budhathoki, C., **Richards, K.C.**, Associated Professional Sleep Societies, 26th annual meeting, June 2012.
15. “Sleep characteristics among the oldest adults.” Jung, L., **Richards, K.C.**, Kalra, G., Associated Professional Sleep Societies, 26th annual meeting, June 2012.
16. “Rhythmicity of objective signs of RLS in the elderly. Does RLS become a different phenomenon with Aging?” Rogers, V., Kalra, G., **Richards, K.C.**, Associated Professional Sleep Societies, 26th annual meeting, June 2012.
17. “The Evidence for Tailoring Behavioral Interventions: What Works, Why and How.” **Richards, K.C.** Gerontological Society of America, 64th Annual Scientific Meeting, November 2011.
18. “Exercise Reduces Apnea-Hypopnea Index in Cognitively Impaired Older Adults.” **Richards, K.C.**, Kalra, G.K., Bliwise, D.L., Associated Professional Sleep Societies, 24th annual meeting, June 2010.
19. “Can the Onset of Dependency in Activities of Daily Living (ADLs) be Delayed in Cognitively Impaired Older Adults with Short Total Sleep Time (TST)?” Lorenz, R.A., **Richards, K.C.**, Cole, C., & Rose, K., Associated Professional Sleep Societies, 24th annual meeting, June 2010.
20. “CAM Modalities for Acute and Chronic Sleep Disorders: State of the Science” **Richards, K.C.**, American Thoracic Society, May 2010.
21. “Non-Verbal Cues to Identify Osteoarthritic Knee or Hip Pain in Elders” Tsai, P.F., Kuo, Y.F., Beck, C., **Richards, K.C.**, Means, K.M., Pate, B. American Pain Society, 29th Annual Scientific Meeting, May 2010.
22. “A Description of Sleep Patterns in Persons with Dementia in the Nursing Home” Harris, M., **Richards, K.C.** Gerontological Society of America, November 2009.

23. "Increase in Total Sleep Time Associated with Dosage of Strength Training in Cognitively Impaired Elders" Kalra, G.K., **Richards, K.C.**, Kleban, M.H. Gerontological Society of America, November 2009.
24. "Sleep in Women 50 Years and Older with Non-metastatic Breast Cancer" Enderlin, C.A., Cole, C., **Richards, K.C.**, Kennedy, R.L., Goodwin, J., Hutchins, L.F. & Mack, K. Breast Cancer Challenge, August 2009.
25. "Relationship between Cognitive Status and Sleep Parameters in Elders with Cognitive Impairment" **Richards, K.C.**, Kalra, G., Kleban, M. SLEEP 23rd Annual Meeting of the Associated Professional Sleep Societies, June 2009.
26. "Possible Restless Legs Syndrome Predicts Nighttime Behavioral Disturbances in Elders with Dementia." **Richards, K.C.**, Kalra, G.K., Kleban, M. SLEEP 22nd Annual Meeting of the Associated Professional Sleep Societies, June 2008.
27. "Sleep in Patients with Multiple Myeloma." Enderlin, C.A., Coleman, E.A., **Richards, K.C.**, et al. SLEEP 22nd Annual Meeting of the Associated Professional Sleep Societies, June 2008.
28. "Reliability of Polysomnography Data in Elders with Dementia." Harris, M.L., **Richards, K.C.**, Cole, C.S., et al. SLEEP 22nd Annual Meeting of the Associated Professional Sleep Societies, June 2008.
29. "Sensitivity and Specificity of a Non-Verbal Pain Assessment Method for Predicting Elders with Osteoarthritis Knee or Hip Pain." Tsai, P., Beck, C., **Richards, K.C.**, Gerontological Society of America, November 2008.
30. "The HCGNE-AR Strategy to Increase Geriatric Nursing in the South." Beverly, C., Beck, C., Souder, E., & **Richards, K.C.**, Gerontological Society of America, November 2006.
31. "Nursing Care of Older Adults, Technology and Aging : An Individualized Computer Activity (ICA) Intervention for Older Women with Osteoarthritis (OA)." Tak, S., **Richards, K.C.** & Simon, C. Gerontological Society of America, November 2006.
32. "The Effect of Sleep on Problematic Vocalizations." **Richards, K.C.**, Lambert, C., Beck, C., O'Sullivan, P., & Doan, R. Gerontological Society of America, November 2005.
33. "Periodic Leg movements during Sleep and Depression in Alzheimer's Disease (AD)." **Richards, K.C.**, Beck, C., Sullivan, D., & Bliwise, D. Gerontological Society of America, November 2005.

34. "Risk Factors for Periodic Leg Movements during Sleep in Cognitively Impaired Nursing Home Residents." Simpson, K., **Richards, K.C.**, Lambert, C., O'Sullivan, P., & Beck, C. Gerontological Society of America, November 2005.
35. "Relationship of Nighttime Sleep to Functional Status in Nursing Home Residents with Dementia." Cole, C. & **Richards, K.C.** Gerontological Society of America, November 2005.
36. "Sleep and Functional Status in Dementia: Is There a Relationship." **Richards, K.C.**, Bliwise, D. Gerontological Society of America, November 2005.
37. "Sleep and Restless Legs Syndrome/Periodic Limb Movement Disorder in Dementia." **Richards, K.C.**, Lambert C., O'Sullivan P, Beck C. Associated Professional Sleep Societies 19th Annual Meeting, June 2005.
38. "Sleep in Nursing Home Residents with Cognitive Impairment." Cole, C. S., **Richards, K.C.**, Jegley, S., & Lambert, C. Associated Professional Sleep Societies 19th Annual Meeting, June 2005.
39. "Predictors of Daytime Sleep among Elderly Nursing Home Residents with Dementia." Viegas, S., Beck, C., **Richards, K.C.**, Lambert, C., Cole C. S. Associated Professional Sleep Societies 19th Annual Meeting, June 2005.
40. "Self-care Behaviors of Cognitively Impaired Older Adults During Bathing." Uriri, J., Steward, B., Hoeffler, B., Rasin, J., **Richards, K.C.**, Cathron, D. Gerontological Society of America, November 2004.
41. "Some Nights We Don't Get Any Sleep at All." **Richards, K.C.**, Beck, C.K. Gerontological Society of America, November 2003.
42. "Medications and Sleep in Nursing Home Residents with Dementia." **Richards, K.C.**, O'Sullivan, P. Associated Professional Sleep Societies, 17th Annual Meeting, June 2003.
43. "Using the Western Ontario and MacMaster (WOMAC) OA Index Pain Scale in Cognitively Impaired Elders with Chronic Knee Pain." Tsai, P., **Richards, K.C.**, Campbell, W., Sullivan, D., Johnson, L., & FitzRandolph, R. Gerontological Society of America, November 2002.
44. "Adult Night Care: A Feasibility Study." **Richards, K.C.**, Souder, E., Nagel, C. VA HSR&D Career Development Conference, February 2002.
45. "Social Activities to Engage Nursing Home Residents." **Richards, K.C.**, & Beck, C.K. Gerontological Society of America, November 2001.

46. "Interactive Research Project Grant Scientific Validity: No Piece of Cake." Algase, D., Kolanowski, A., & **Richards, K.C.** Gerontological Society of America, November 2001.
47. "Effect of Individualized Social Activities on Sleep in Dementia." **Richards, K.C.**, C.K. Beck, Davila, D., & Bliwise, D.L. Associated Professional Sleep Societies, June 2001.
48. "Multi-disciplinary Interventions for Sleep in Persons with Dementia." Rowe, M., **Richards, K.C.**, & Buettner, L. Gerontological Society of America, November 2000.
49. "Oximeter's Acquisition Settings Influence the Profile of the Respiratory Disturbance Index." Davila, D., **Richards, K.C.**, Marshall, B., Gregory, T., Hernandez, V., & Rice, S. American Sleep Disorders Conference, June 2000.
50. "Pre-morbid Personality and Preference for Activities." Kolanowski, A., & **Richards, K.C.** Gerontological Society of America, November 1999.
51. "Oximeter Sampling Intervals Effect Frequency of Oxygen Desaturation." Davila, D., **Richards, K.C.**, & Marshall, B. American Sleep Disorders Conference, June 1999.
52. "Effect of Activity on Sleep: A Pilot Project." **Richards, K.C.** American Sleep Disorders Conference, June 1997.
53. "Perceptions of Sleeping in the Critical Care Unit and Receiving a Back Massage by a Nurse." **Richards, K.C.**, & McSweeney, J. Gerontological Society of America, November 1996.
54. "Measurement of Outpatient Satisfaction." Beverly, C., **Richards, K.C.**, & Chumbler, N. Department of Veterans Affairs National Research Conference, May 1996.
55. "Testing the Validity of the Richards Campbell Perception of Sleep Questionnaire." **Richards, K.C.** American Nurses Association Council of Nurse Researchers, May 1996.
56. "Validity Testing of An Instrument to Measure Inpatient Satisfaction." **Richards, K.C.** American Nurses Association Council of Nurse Researchers, May 1996.
57. "Whatever Happened to PM Care?" **Richards, K.C.**, & Brunk, Q. American Nursing History Conference, May 1995.

58. “The Effect of a Back Massage and Relaxation Intervention on Sleep.” **Richards, K.C.** AACN National Teaching Institute, May 1995.
59. “Sleep-Related Respiratory Deterioration in Patients with Cardiovascular Illness Hospitalized in the Critical Care Unit.” **Richards, K.C.,** Anderson, W.M., & Chesson, A. American Thoracic Society International Conference, May 1994.
60. “A Description of Sleep Patterns in the ICU.” **Richards, K.C.** AACN National Teaching Institute, November 1986.

Selected Invited (Research and Related Topics)

International

1. “Using the behaviors indicators test-restless legs (BIT-RL) to diagnose restless legs syndrome (RLS) in Alzheimer's patients with dementia and nocturnal agitated behaviors.” **Richards, K.C.,** Kovach, C., Allen, R. P. World Sleep Congress, Prague, Czech Republic, October 2017.
2. “Preserving Memories.” **Richards, K.C.** Tokyo Medical and Dental University, Graduate School of Healthcare Sciences, Tokyo, Japan, September 2013.
3. “Sleep and Dementia.” **Richards, K.C.** Queensland Dementia Training Centre, Queensland, Australia, April 2012.
4. “Tailored Biobehavioral Interventions to Improve Sleep, Cognition, and Function in Older Adults” **Richards, K.C.,** Ewha Women’s University, Seoul, Korea, October 2011.
5. “Unraveling the Mysteries of Aging: Sleep and Cognition.” **Richards, K.C.,** Neuroscience Department, Karolinska Institute, Stockholm, Sweden, May 2010.
6. “Nursing Assessment and Patients Perception of Night-time Sleep.” **Richards, K.C.,** XXXV National Conference of the Spanish Intensive and Critical Care Nursing Society, Valladolid, Spain, June 2009.
7. “Cognitive Behavioral Therapy for Insomnia in Early to Moderate Dementia.” **Richards, K.C.,** XII National Congress and XI International Nurse Congress-“New Perspective of Nurse in Neuroscience”, Col. La Fama Tlalpan, Mexico, August 2008.
8. “Sleep and Behavioral Symptoms in Elders with Dementia.” **Richards, K.C.,** XII National Congress and XI International Nurse Congress-“New

Perspective of Nurse in Neuroscience”, Col. La Fama Tlalpan, Mexico, August 2008.

National

1. “Advances in Treatment of RLS: Expanding Drug and Iron Choices and Practical Approaches for RLS in Alzheimer’s and Other Patients with Dementia.” Allen, R., Garcia-Borreguero, D., Earley, C., **Richards, K.C.** Associated Professional Sleep Societies, 32nd annual meeting, June 2018.
2. “Integrative Science.” **Richards, K.C.** Hartford Leadership Conference, New Orleans, Louisiana, November 2010.
3. “Interdisciplinary Research.” **Richards, K.C.**, Hartford Leadership Conference, Atlanta, Georgia, 2009.
4. “Behavioral/Cognitive Therapy for Insomnia in the Elderly.” **Richards, K.C.**, American College of Clinical Pharmacy, October, 2006.
5. “Sleep in the ICU.” **Richards, K.C.**, Society of Critical Care Medicine, Phoenix, Arizona, 2005.
6. “Becoming an Effective Mentor.” **Richards, K.C.**, Hartford Leadership Conference, Washington DC, 2004.
7. “Behavioral Interventions for Sleep in Persons with Dementia.” **Richards, K.C.**, VA Nursing Service Teleconference, 2004.
8. “Implementing Evidence-Based Practice.” **Richards, K.C.**, Nurses Organization of Veterans Affairs, Las Vegas, Nevada, 2003.
9. “Individualized Night Respite for Persons with Dementia.” **Richards, K.C.**, VA Health Services and Research and Development Meeting, Career Development Awardees Pre-Conference, Washington, D.C., 2003.
10. “Adult Night Care for Persons with Dementia: A Feasibility Study.” **Richards, K.C.**, VA Health Services and Research and Development Meeting, Career Development Awardees Pre-Conference, Washington, D.C., 2002.
11. “Correlates of Sleep Disturbance in Cognitively-Impaired Elders.” **Richards, K.C.**, VA Health Services and Research and Development Meeting, Career Development Awardees Pre-Conference, Washington, D.C., 2001.
12. “What Happened to PM Care and Why We Should Bring It Back.” **Richards, K.C.**, AJN National Conference on Medical-Surgical and Geriatric Nursing, Chicago, Illinois, 1994.

13. “Strategies to Promote Sleep Without Medication.” **Richards, K.C.**, AJN National Conference on Medical-Surgical and Geriatric Nursing, Atlanta, Georgia, 1993.

Professional Organizations/Membership/Offices:

American Academy of Nursing, 2005-present.

American Nurses Association, 2005-present. 1989 -2002, Delegate to Louisiana State Nurses Association Convention, 1993; Legislative Committee Arkansas Nurses Association, 1995; District 10 Nominating Committee, 1996.

Sleep Research Society, 2004-present.

American Sleep Disorders Association, 1996-Present, Education Committee, 2004-06.

Sigma Theta Tau, 1984 - Present, Finance Committee Beta Chi Chapter 1990-91; Program Committee, Gamma Xi Chapter, 1996-97, President-Elect, 1997-98; Membership Committee, 1997-98; President, 1998-2000, Nominations Committee, 2002-2004.

Southern Sleep Society, 1998–2007.

Southern Nursing Research Society, 1994–2001, 2017-present. Student Poster Judge, 1997; Co-chair, Local Planning Committee, 1999-2000.

Organization of Nurse Executives, 1994-1995.

American Lung Association, 1991-1994.

American Heart Association, 1985-88, Louisiana Regional Emergency Cardiac Care Committee, 1985-88.

American Association of Critical-Care Nurses, 1982-2002 - Northwest Louisiana Chapter: Newsletter Editor 1986-90, Planning Committee 1986, Vice-President 1988-89, Chapter President 1989-91, Audit Committee 1992-93. Regional: Member of Planning Committee for Region 12 AACN Currents, 1990-93.

Professional Activities:

Editorial Board:

Journal of Women and Aging, 1995-2006.

Research in Gerontological Nursing, 2011-present.

Grant Reviewer (Selected):

Alzheimer’s Society, January, 2019.

National Institutes of Health, BBP-V (55) Alzheimer’s Disease Pilot Clinical Trials Review, February 2014, November 2013, February 2013, June 2012, February 2012.

National Institutes of Health, ZHLI CSR-P (F3) Sleep Research Resource Project, March 2012, December 2012.

National Institutes of Health, ZRGI BDCN-W Special Emphasis Panel, June 2012, August, 2018.

National Institutes of Health, Healthcare Delivery and Methodologies Integrated Review Group, September, 2010.

National Institutes of Health, Population Sciences and Epidemiology Integrated Review Group, April, 2010.

Department of Veterans Affairs Rehabilitation Research and Development Service Scientific Merit Review Board, August 2009.

National Institute of Nursing Research Initial Review Group, June 2009, October 2009, May, 2018.

Building Academic Geriatric Nursing Capacity, John A. Hartford Foundation, Predoctoral and Postdoctoral Fellowships, 2009.

National Institutes of Health Aging Study Section, November, 2003, 2004, 2008.

University of Arkansas for Medical Sciences National Institute on Aging Alzheimer's Disease Center Pilot Research Program, 2003.

Department of Veterans Affairs, Health Services Research and Development Scientific Review Board, 2003-2008

Department of Veterans Affairs, Nursing Research Initiative Scientific Review Board, 2003-2008.

Alzheimer's Association Scientific Review Board, 2002-2009, 2011.

Department of Veterans Affairs, Nursing Post-doctoral Applications, May 2000.

Texas Tech Pilot Grant Program, 2002.

Nell Hodgson Woodruff School of Nursing Exploratory Center Pilot Grant Program, 2002.

Abstract Reviewer:

2009, 2011 Alzheimer's Association

2007, 2006 & 2005 Associated Professional Sleep Societies.

2000 Southern Nursing Research Society

Manuscript Reviewer:

American Journal of Critical Care, 2019-present.

Journal of Applied Gerontology, 2018-present.

American Journal of Geriatric Psychiatry, 2011-present.
BMC Pregnancy and Childbirth, 2013-present.
Chronobiology International, 2013-present.
Dementia and Geriatric Cognitive Disorders, 2014-present.
Journal of American Geriatrics Society, 2001-present.
Journal of Psychosomatic Research, 2003-present.
Research in Gerontological Nursing, 2009-present.
Sage Open Medicine, 2014-present.
Sleep, 2011-present.
Quality of Life Research, 2003-present.
Behavioral Sleep Medicine, 2008-present.

George Mason University, School of Nursing and College of Health and Human Services
Committees:

PhD Subcommittee, 2011-2015.
DNP Subcommittee, 2011-2015.
Faculty Search Committee, 2013.

George Mason University Committees:
Presidents Vision Committee, 2012-2013.

University of Pennsylvania, School of Nursing Committees:

PhD Progressions Committee, 2010-2011.
PhD Curriculum, 2009-2010
Personnel Committee, 2007-2011.
Center Director's Council, 2008-2011.

University of Arkansas for Medical Sciences, College of Nursing Committees:

Dean's Administrative Advisory Committee, 2006-2007
Search Committee Endowed Chair and Professorships, Chair, 2005-06
Doctoral Student Orientation Ad Hoc Committee, Chair, 2003, 2004
Promotion and Tenure Committee, 1998-2000, 2001-02, 2004-05, Chair, 2006-07
Doctoral Program Curriculum Revision Committee, Chair, 2000-01
Hartford Foundation Grant Application Committee, Chair, 1999-2000
Deans Administrative Advisory Council, 1997-98, 2004
Doctoral Committee, 1998-2003
Curriculum Committee, 1996-1999, 2002-04
Leadership Council, 1997-98
Research and Development Committee, 1995-98, Chair, 1997-98
Search Committee Associate Dean for Service, 1995
Faculty Affairs Committee, Northwestern State University, 1988-90

University of Arkansas for Medical Sciences University Committees:

Clinical Translation Science Award Executive Committee, University of Arkansas for
Medical Sciences, 2006-2007

General Clinical Research Center Advisory Board, University of Arkansas for Medical Sciences, 1998-2007.

Women's Faculty Development Committee, University of Arkansas for Medical Sciences, 1997-98.

Conflict of Interest Committee, University of Arkansas for Medical Sciences, 1995-99.

Veterans Affairs Medical Center Committees:

Nursing Research Board, Little Rock, Arkansas VAMC, 2006-2007

Research and Development Committee, Little Rock, Arkansas VAMC, 1995-2004

Administrative Executive Council, Little Rock, Arkansas VAMC, 1995-2000.

Chairperson, Nursing Research Council, Little Rock, Arkansas VAMC, 1995-2000.

Chairperson, Nursing Research Committee, Overton Brooks Veterans Affairs Medical Center, 1992-94.

Hospital Research and Development Committee, Overton Brooks Veterans Affairs Medical Center, 1992-94.

Pharmacy Nursing Committee, Overton Brooks Veterans Affairs Medical Center, 1985-88.

Nursing Research Committee, Overton Brooks Veterans Affairs Medical Center, 1985-88.

Community Service:

Professional Advisory Boards/Committees:

Restless Legs Syndrome Foundation, 2018-present.

Ida P. Rolf Structural Integration Advisory Board, 2009-2011.

Regional Translational Research Centers NIH Advisory Group, July, 2004.

Aventis Sleep Advisory Board, 2003-2004.

Publications Committee, American Academy of Sleep Medicine, 2003-2006.

National VA Nursing Research Advisory Group, 2000-06.

American Journal of Nursing National Conference on Medical-Surgical and Geriatric Nursing Advisory Board, 1994-95.

Mentorship (Selected):

Career Development Awardees:

“Multicomponent Behavioral Sleep Intervention for Older Adults with Mild Cognitive Impairment”, K23, **McPhillips, M.**, Riegel, B., Richards, K.C. (advisory Committee member). Score 2.2 (Pending).

“An Objective Snoring Index and It's Association with Carotid Atherosclerosis”, K99 NR013177 National Institute of Nursing Research, Research Career Development Award, **Kim J.**, Richards, K.C. (primary mentor), 2011-2013 (K-phase) \$180,000.

“Sleep Fragmentation and Attention in Alzheimer’s Disease.” 1 K23 NR009492,
National Institute of Nursing Research, Research Career Development Award,
Cole, C., Richards, K.C. (primary mentor), Beck, C.K., 2006-2009, \$283,838.

“Risk Assessment and Tailored Intervention to Improve CPAP Adherence Project”
1 K99 NR011173 National Institute of Nursing Research, Research Career
Development Award, **Sawyer, A.**, Richards, K.C. (primary mentor), 2009-2011
(K phase) \$180,000 (2yrs), 2011-2014, \$806,000 (3yrs)

Post-Doctoral Fellows:

Wang, Yanyan (2017-present) (primary mentor) West China Hospital/West China
School of Medicine of Sichuan University, University of Texas at Austin.

Brotherton, Carol (2013-14) (primary mentor) College of Health and Human
Services, George Mason University.

Johnson, Arlene (2012) (primary mentor) College of Health and Human Services,
George Mason University.

Jung, Lorena (2011-2013) (primary mentor) College of Health and Human
Services, George Mason University.

Kim, Jinyoung (2009-2010) (primary mentor) Center for Sleep and Respiratory
Neurobiology, University of Pennsylvania.

Rogers, Val (2009-2010) (primary mentor) Institutional T32 Center for Sleep and
Respiratory Neurobiology, University of Pennsylvania.

Lorenz, Rebecca (2008-2010) (primary mentor) Institutional T32 Frail Elders,
National Institutes of Health, National Institute of Nursing Research.

Rose, Karen (2008-2010) (primary mentor) John A. Hartford Foundation.

Goodwin, Julia (2006-08) (secondary mentor) Veterans Affairs Geriatric
Research Education, and Clinical Center Fellowship.

Cole, Catherine. (2003-05) (primary mentor) John A. Hartford Foundation.

Tsai, Pao-Feng. (2003-05) (secondary mentor) John A. Hartford Foundation.

Uriri, Johanna (2003-06) (primary mentor) T32 Minority Aging, Charleston, SC.

Viegas, Swarna (2004-07) (primary mentor) T32 Minority Aging, Charleston,
SC.

Pre-Doctoral Fellows:

Spinelli, Carla (2012-2014) (primary mentor) George Mason University School
of Nursing.

Rogers, Sandra (2012-2013) (primary mentor) George Mason University School
of Nursing.

Sefcik, Justine (2010-2011) (primary mentor) Jonas Foundation and John A.
Hartford Foundation.

Enderlin, Carol (2006-2008) (primary mentor) John A. Hartford Foundation

Harris, Melodee (2007-2009) (primary mentor) John A. Hartford Foundation

Lysaght, Susan (2008-2010) (secondary mentor) T32 National Institutes of
Health, National Institute of Nursing

Dissertation Students Supervised:

Spinelli, Carla, (2014), George Mason University, Dissertation Committee Chair
Bhati, Sulochani, (2014), George Mason University, Dissertation Committee Chair
Rogers, Sandra, (2014), George Mason University, Dissertation Committee Chair
Chappell, Kathleen, (2014), George Mason University, Dissertation Committee,
Chair
Rosenkranz, Amanda, (2012), George Mason University, Dissertation Committee
Chair
Enderlin, Carol, (2009), University of Arkansas for Medical Sciences, Dissertation
Committee Member
Harris, Melodee, (2009), University of Arkansas for Medical Sciences, Dissertation
Committee Member
Cotter, Valerie, (2009), Drexel University Dissertation Committee Member
Missildine, Kathy (2008), University of Texas Health Sciences Dissertation
Committee Member
Frieldenhoven-Crowder, Beth, (2005), University of Arkansas for Medical Sciences
Dissertation Committee Member
Buescher, Linda, (2005), University of Arkansas for Medical Sciences Dissertation
Committee Member
Sullivan, Shelia, (2001), University of Arkansas for Medical Sciences Dissertation
Chair

Masters Students Supervised (partial listing):

Research Practicum Chair:

Hensley, Alice (Spring, 1995).
Weaver, Anna. (Spring, 1995).

Research Practicum Committee Member

Dianne Morgan (Spring, 1995)
Stephanie Reed (Spring, 1995)

Portfolio Committee Chair:

Jaris Catron (Spring, 1998)
Debra Brent (Spring, 1999)
Nadine Baxter (Spring, 2000)
Wanda Crumpton (Spring 2001)

Portfolio Committee Member:

Susan Smithwick, (Fall, 2005)
Ann V. Hanna (Fall, 1999)
Christy Harrison (Fall, 1999)
Olive Phillips (Fall, 1998)
Carla Johnson (Fall, 1998)
Deananama Chacko (Spring, 1998)
Robin Phillips (Spring, 1998)

Denise Willis (Fall, 1997)
Suzanne Trussell (Spring, 1997)
Sharon Vanover (Spring, 1997)
Jane Steele (Spring, 1997)
Patrick Stage (Spring, 1997)
Jennie Phelps (Spring, 1997)
Arlene Sullivan (Spring, 1997)
Sandee Hauslauer (Fall, 1995)

Undergraduate Research Mentees and Funding University of Arkansas for Medical Sciences:

Alisha Brown, OSCAR Scholar, George Mason University, 2013-2014.
Sabena Richter, OSCAR Scholar, George Mason University, 2012-2013.
Amy Leinkram, OSCAR Scholar, George Mason University, 2012-2013.
Melissa Kohn, College of Nursing Undergraduate Research Fellowship, 2004, “Effect of Activities and Exercise on Sleep, \$1,500.
Kathy Simpson, SILO Undergraduate Research Fellowship, 2003, “Effect of Activities and Exercise on Sleep.” \$2,227.
Megan Markie, SILO Undergraduate Research Fellowship, 2002, “Home Polysomnography in Elders with Dementia.” \$2,227.
Corey Nagel, SILO Undergraduate Research Fellowship, 2001, “Adult Night Care for Persons with Dementia: A Pilot Study.” \$2,227.
Michelle Seigers, NINR Minority Supplement, 1998, \$20,135.
Lisa K. Berry, SILO Undergraduate Research Fellowship, 1996, “Effect of Activity on Sleep in Cognitively Impaired Veterans.” \$2,227.
A.L. Overton, College of Nursing Undergraduate Research Fellowship, Spring 1996, “Perceptions of Receiving a Back Massage and Sleeping in the Critical Care Unit.” \$2,400.
A.J. Barba, College of Nursing Undergraduate Research Fellowship, Spring 1996, “Sleep-related Respiratory Deterioration in the Critically Ill.” \$1,200.