

Curriculum Vitae

Jessica S. Bahorski, PhD, MSN, APRN, PPCNP-BC, WHNP-BC

Professional Contact: College of Nursing, Florida State University
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EDUCATION

Doctor of Philosophy (PhD) in Nursing	2018
University of Alabama at Birmingham, Birmingham, AL	
Post-Master's Certificate in Nursing	2004
University of Florida, Gainesville, FL Specialty: Primary Care Pediatric Nurse Practitioner	
Master of Science in Nursing	2001
Vanderbilt University, Nashville, TN Specialty: Women's Health Nurse Practitioner	
Bachelor of Science in Education	1999
Samford University, Birmingham, AL Major: Sports Medicine	

PROFESSIONAL CREDENTIALS

Licensure:

Advanced Practice Registered Nurse , Florida License 9178581	2001 to present
Registered Nurse , Alabama License 1-160585	2017-2020
Registered Nurse , Tennessee License 131361	2001-2002

Certification:

Pediatric Primary Care Nurse Practitioner Certification American Nurses Credentialing Center	2006 to present
Women's Health Care Nurse Practitioner Certification National Certification Corporation	2001 to present
Basic Life Support for Healthcare Providers , Provider American Heart Association	1995 to present
Neonatal Resuscitation Program (NRP) , Provider and Instructor American Heart Association/American Academy of Pediatrics	2009 to 2019
Pediatric Advanced Life Support (PALS) , Provider American Heart Association/American Academy of Pediatrics	2002 to 2020

Emergency Nursing Pediatric Course (ENPC), Provider and Instructor
Emergency Nurses Association

2010 to 2017

RESEARCH EXPERIENCE, CURRENT

Pesticides Implications for Rural Health Disparities among Children. A multidisciplinary team of investigators from four FSU-based colleges (i.e., Arts and Sciences, Human Sciences, Medicine, and Nursing) propose the Rural Young Children's Pesticide Exposure Pilot (RYCPE). RYCPE will be a preschool-based cohort of 100 parent-child dyads recruited from classrooms of a rural school district. The team has strong and ongoing ties with this school district. We focus on young (aged 3-5) children for many reasons, primarily their behavior (e.g., hand-to-mouth, crawling into uncleaned areas) elevates risk for exposure, and their faster metabolism elevates potential health risk of pesticide. The purpose of this study is to examine the role of pesticide exposure in rural children's development and health outcomes. Role: Co-Investigator

Support: UF-FSU Clinical and Translational Science Award (CTSA) (PI: Grzywacz)

Testing a Responsive Feeding Intervention in a Group of High-Risk Mother-Infant Dyads. The purpose of this pilot study is to trial a home-based intervention on responsive feeding to a group of mother-infant dyads participating in an Early Head Start (EHS) Program.

Role: Principal Investigator

Support: Florida State University, Office of Proposal Development, Collaborative Collision Seed Fund (PI: Bahorski)

Predictors of Infant Weight Gain and Feeding Practices after Birth. The purpose of this study is to identify factors that contribute to growth and infant feeding practices in the first four months after birth in a sample of mother-infant dyads from north Florida. The study will examine the prevalence of rapid weight gain in infants and factors associated with this trajectory. Additionally, the incidence of mothers who deviate from intended to actual infant feeding practices and factors associated with this deviation.

Role: Principal Investigator

Support: Florida State University, College of Nursing, Infrastructure Grant (PI: Bahorski)

Intergenerational transmission of obesity in a cohort of mother-offspring dyads. The objective is to test the hypothesis that children born to women who are obese, with or without gestational diabetes, will have greater fat-accretion as compared to children born to metabolically-healthy non-obese mothers. This difference will be driven by dysregulation of metabolism, including leptin and insulin resistance and epigenetic modifications of genes related to energy balance and metabolism.

Role: Graduate Research Assistant

Mentor (PI for the population project; co-I for the clinical project): Paula Chandler-Laney, PhD, UAB, Nutrition Sciences Department

Support: American Heart Association (PI: Garvey, 17SFRN336101011)

RESEARCH EXPERIENCE, PAST

Assessing maternal knowledge of infant feeding practices. This pilot study has two purposes. First to assess the feasibility of recruiting first-time mothers from community organizations during the third trimester of pregnancy. Second, to examine differences in maternal knowledge of infant feeding guidelines based on sociodemographic characteristics such as: maternal age, education level, marital status, racial and ethnic identification, and BMI. Recruitment began in May 2019 from community agencies.

Role: Principal Investigator

Support: Florida State University, Council on Research and Creativity, First Year Assistant Professor Grant (PI: Bahorski)

Parental self-efficacy, feeding practices, and weight in infancy: A secondary analysis. The objective is to examine the association between parental self-efficacy, infant feeding practices, and infant weight gain in a group of low-income African-American mother-infant dyads.

Role: Principal Investigator

Support: National Association of Pediatric Nurse Practitioners Foundation (PI: Bahorski, 2017 Research Grant)

Enhanced body composition and infant feeding analysis for UAB core. To study the affect of breastmilk composition on infant feeding behaviors; specifically how the variation of hormones in the breastmilk affect infant feeding behaviors as well as infant growth and body composition. Also to study how maternal body composition affects the composition of the breastmilk.

Role: Graduate Research Assistant

Mentor (Study co-I): Paula Chandler-Laney, PhD, UAB, Nutrition Sciences Department

Support: UAB (PI: Gower, HSF-GEF)

Mechanisms underlying associations between maternal and offspring obesity. The objective is to test the hypothesis that offspring of obese but metabolically healthy women have less risk for obesity as compared to offspring of metabolically unhealthy women. (aka BEE Study: Baby's Early Environments)

Role: Graduate Research Assistant

Mentor (study PI): Paula Chandler-Laney, PhD, UAB, Nutrition Sciences Department

Support: National Institute of Diabetes and Digestive and Kidney Diseases (PI: Chandler-Laney, K01DK090126)

Promoting a healthy childcare environment: A focus group study of childcare providers' perspectives. The purpose of this qualitative study was to explore the perceptions, opinions, and practices demonstrated by childcare providers when attempting to promote healthy eating and physical activity practices among preschoolers.

Role: Research Assistant

Mentor (study PI): So Hyun Park, PhD, RN, Florida State University, College of Nursing

Support: Florida State University, College of Nursing Infra Structure Grant (PI: Park)

Mothers and others: Family-based obesity prevention for infants and toddlers. This randomized controlled trial among 468 non-Hispanic black women, their families, and their child caregivers aims to test the efficacy of a multi-component, tailored intervention versus an attention control (child safety) in promoting healthy weight gain patterns during infancy.

Role: Graduate Research Assistant

Mentor: Heather Wasser, PhD, MPH, RD, UNC-Chapel Hill, Gillings School of Global Public Health

Support: Eunice Kennedy Shriver National Institute of Child Health and Human Development (PI: Bentley, 4R01HD073237-05)

Self-regulation of feeding during infancy. This study aimed to evaluate the feasibility, acceptability, and quality of data collection processes (self-report, anthropometrics, and integrated behavioral [video observations] and physiologic [respiratory sinus arrhythmia] measures) for infants and their mothers as part of a larger study

Role: Graduate Research Assistant

Mentor (study PI): Eric A. Hodges, PhD, RN, FNP, UNC-Chapel Hill, School of Nursing

Support: North Carolina Translational and Clinical Sciences Institute (PI: Hodges, 2KR601403).

Coping in heart failure (COPE-HF) partnership: A telephone-based intervention study. The objective was to examine the preliminary effects of the COPE-HF Partnership intervention, primarily delivered by telephone, on HF self-care maintenance, management, and confidence in individuals with HF.

Role: Graduate Research Assistant

Mentor (study PI): Lucinda J. Graven, PhD, ARNP, Florida State University, College of Nursing

Support: Florida State University First Year Assistant Professor Award and the American Nurse Practitioner Foundation Nursing Research Grant (PI: Graven)

Factors influencing obesity among preschoolers: Multi level approach. The purpose of this study was to examine the contributing factors for early childhood obesity within a multi-level context, including child and family, childcare setting, and community.

Role: Research Assistant

Mentor (study PI): So Hyun Park, PhD, RN, Florida State University, College of Nursing

Support: Florida State University First Year Assistant Professor Award (PI: Park)

A multi-center study for psychometric testing of the Humpty Dumpty inpatient scale. The objective was to examine the psychometric properties of the Humpty Dumpty fall scale in children from diverse inpatient settings.

Role: Site coordinator and intramural PI for the study at The Children's Center at Tallahassee Memorial Hospital, Tallahassee, FL

PI: Deborah Hill-Rodriguez, MSN, ARNP, Nicklaus Children's Hospital, Miami, FL

Mitigating perceived pain and distress during venipuncture in the pediatric population. The objective was to determine if there was a difference in the perceived pain associated with a venipuncture procedure in a group of pediatric patients based on the preparatory intervention used during the procedure and, to determine if age, sex, or ethnic group were associated with the effectiveness of the preparatory interventions used.

Role: Principal Investigator, Tallahassee Memorial Hospital, Tallahassee, FL

Mentor: Roxanne Hauber, PhD, RN, Florida State University, College of Nursing

Evidence-based Practice Survey: Evidence-based Practice Implementation Scale, Evidence-based Practice Beliefs Scale, Organizational Culture & Readiness for System-wide Integration of Evidence-based Practice. The objective was to assess the organization current knowledge and use of evidence-based practice.

Role: co-Investigator, Tallahassee Memorial Hospital, Tallahassee, FL

PI: Robin Kretschman, MSN, RN, Tallahassee Memorial Hospital

Temperature measurement in pediatrics: A comparison of the rectal method versus the temporal artery method. The purpose of this study was to determine if there is a difference between temperature readings obtained using two different electronic temperature devices: one measuring temporal artery temperature and one measuring rectal temperature.

Role: co-Investigator, Tallahassee Memorial Hospital, Tallahassee, FL

PI: Terri Repasky, MSN, CNS, RN, Tallahassee Memorial Hospital

Mentor: Roxanne Hauber, PhD, RN, Florida State University, College of Nursing (FSU CON)

PROFESSIONAL EXPERIENCE

Assistant Professor

2018 – Present

Florida State University, College of Nursing, Tallahassee, FL

Visiting assistant professor for the fall 2018 semester, transitioned to a regular position in spring 2019.

Lead Instructor

NGR 6304 Issues in Pediatrics for Advanced Practice Nurses

- Semesters taught: Fall 2018, 2019, 2020, 2021; Spring 2019, 2020, 2021

NGR 6910C DNP Project III: Implementation and Data Analysis

- Semesters taught: Fall 2020

NGR 6912C DNP Project IV: Dissemination

- Semesters taught: Spring 2021

Co-Instructor

NUR 4445 Nursing Care of Women, Children, and Families

- Semesters taught: Fall 2018, 2019, 2020, 2021; Summer 2020

Service

College Committees

- Scholarship Committee, Fall 2018 – present, Chair fall 2020 – present
- Promotion & Tenure committee, 2020 – present

University Committees

- Faculty Senate, 2019-2021
- Chief Clinical Research Officer Search Committee, 2020-2021

Community Service

- Tallahassee Memorial Hospital, Institutional Review Board Member, 2021 – Present

Clinical Educator, Maternal-Child Health

2014 - 2019

Capital Regional Medical Center, Tallahassee, FL

Provide pediatric education to the nursing staff on the 7 bed inpatient unit and the pediatric emergency department. Responsibilities include: continuing education on the care of the pediatric patient, new nurse orientation, Joint Commission regulations, policies and procedures, medication safety for the pediatric population, and collaboration with a variety of disciplines.

Pediatric Nurse Practitioner

2013 - 2016

Florida State University, College of Medicine, Tallahassee, FL

Pediatric nurse practitioner in the Gadsden County School health clinics. Independently evaluate, diagnose, and develop treatment plans for school-aged children to include sick visits, well child exams, and school physicals. Collaborates with physicians and other members of the healthcare team.

Nursing Instructor

2013 - 2014

Keiser University, Tallahassee, FL

Didactic and clinical instruction of nursing students in required courses including development of the syllabus, calendar, lecture materials, lab materials and tests. Includes advising of students.

Courses Taught:

Didactic

Pharmacology, Fall 2013, Spring 2014
Maternity Nursing, Spring 2014, Summer 2014
Pediatric Nursing, Summer 2014
Clinical Instruction
Pediatric Nursing, Fall 2013
Maternity Nursing, Spring 2014, Summer 2014

Pediatric Clinical Specialist

2008 - 2013

Tallahassee Memorial Hospital, Tallahassee, FL

Advanced practice nurse providing clinical expertise for the care of pediatric patients throughout the 770 bed facility, including the pediatric unit, the PICU, outpatient pediatric area, outpatient surgical areas, emergency services, and the NICU. Align evidence-based patient care policies and the required competencies for all healthcare providers involved in the care of pediatric patients. Support direct care staff in the clinical management of pediatric patients. Coordinate multidisciplinary patient care rounds, facilitate Shared Governance teams, and collaborate with medical staff to ensure quality and safe patient care is provided. Actively participate in nursing research and evidence based practice throughout the organization.

Committee Membership:

Institutional Review Board
Ethics Committee
Nursing Coordinating Council
Nursing Research and Evidence-based Practice Advancement Council
Critical Care Committee
Medication Safety Committee
Nurse Residency Program, Facilitator

Registered Nurse

May to October 2008

Tallahassee Memorial Hospital, Tallahassee, FL

Provided direct patient care to patients on a 22 bed medical/surgical pediatric unit. Patients ranged in age from newborns through early adulthood. Administered medications, performed procedures, provided patient education, functioned as a charge nurse and worked in collaboration with other healthcare team members.

Pediatric Nurse Practitioner

2007 - 2008

Impact Health, Internal Medicine and Pediatric Associates of Tallahassee, Tallahassee, FL

Primary care pediatric office. Independently evaluated, diagnosed, and developed treatment plans for newborns through adolescents to include sick visits, well child exams and school physicals. Interpreted diagnostic tests wrote prescriptions, and referred to specialists when appropriate. Position also included providing gynecologic care to women of all ages. Collaborated with physicians and other members of the healthcare team.

Pediatric Nurse Practitioner

2005-2007

First Coast Pediatrics, Fernandina Beach, FL

Primary care pediatric office. Independently evaluated, diagnosed, and developed treatment plans for newborns through adolescents to include sick visits, well child exams and school physicals. Interpreted diagnostic tests wrote prescriptions, and referred to specialists when appropriate. Also performed venipuncture and urine catheterization procedures. Provided

gynecologic care to adolescent - pap smears, contraceptive counseling, STD screening and prevention. Collaborated with physicians and other members of the healthcare team.

Registered Nurse

2004-2005

Carithers Pediatric Group, Jacksonville, FL

Primary care pediatric office. Telephone triage for pediatric patients to determine whether a medical visit is warranted. Scheduled office visits. Provided medical advice and health education to parents regarding their children. Scheduled procedures and appointments with specialists.

Registered Nurse

2002-2005

Wolfson Children's Hospital/Baptist Medical Center, Jacksonville, FL

Provided direct patient care to patients on a 24 bed medical pediatric unit. Patients ranged in age from newborns through early adulthood. Administered medications, performed procedures, provided patient education, functioned as a charge nurse, precepted new nurses and worked in collaboration with other healthcare team members.

Women's Health Care Nurse Practitioner

2001-2002

North Florida Gynecologic Specialists, Jacksonville, FL

Gynecology and reproductive endocrinology practice. Evaluated, diagnosed, and provided treatment plans for adult women, including adolescents, in their gynecologic care.

PUBLICATIONS

Bahorski, J. S., Mumbower, R., & Pocchio, K. E. (2021). Describing maternal knowledge of infant feeding practices. *Journal of Pediatric Health Care*, 35(3), 278-284. <https://doi.org/10.1016/j.pedhc.2020.11.001>

Schneider-Worthington, C. R., **Bahorski, J. S.**, Fields, D. A., Gower, B. A., Fernandez, J. R., & Chandler-Laney, P. C. (2020, online). Associations among maternal adiposity, insulin and adipokines in circulation and human milk. *Journal of Human Lactation*. <https://doi.org/10.1177/0890334420962711>

Bahorski, J. S., Schneider-Worthington, C. R., Chandler-Laney, P. C. (2020). Modified eating in the absence of hunger test is associated with appetitive traits in infants. *Eating Behavior*, 36. <https://doi.org/10.1016/j.eatbeh.2019.101342>.

Bahorski, J. S., Childs, G. D., Loan, L. A., Azuero, A., Chandler-Laney, P. C., Rice, M., Hodges, E. A., Thompson, A. L., Wasser, H. M., & Bentley, M. E. (2020). Parental self-efficacy in new mothers predicts infant growth. *Western Journal of Nursing Research*, 42, 254 – 261. <http://doi.org/10.1177/0193945919854464>

Bahorski, J. S., Childs, G. D., Loan, L. A., Azuero, A., Chandler-Laney, P. C., Rice, M., Hodges, E. A., Thompson, A. L., Wasser, H. M., & Bentley, M. E. (2019). Parental self-efficacy and infant feeding practices in a group of first-time, low-income, African-American mother-infant dyads. *Journal of Pediatric Health Care*, 33, 377. 2019 Poster Award Winners and Presentation Abstracts.

Park, S. H., Park, C. G., **Bahorski, J. S.**, & Cormier, E. (2019). Factors influencing obesity among preschoolers: Multilevel approach. *International Nursing Review*, 66, 346-355. <http://doi.org/10.1111/inr.12513>

Bahorski, J. S., Childs, G. D., Loan, L. A., Azuero, A., Morrison, S. A., Chandler-Laney, P. C., Hodges, E. A., & Rice, M. (2019). Self-efficacy, infant feeding practices, and infant weight gain: An integrative review. *Journal of Child Health Care, 23*, 286-310. <http://doi.org/10.1177/1367493518788466>

Graven, L. J., Gordon, G., Grant Keltner, J., Abbott, L., & **Bahorski, J.** (2017). Efficacy of a social support and problem-solving intervention on heart failure self-care: A pilot study. *Patient Education and Counseling, 101*, 266-275. <http://doi.org/10.1016/j.pec.2017.09.008>

Bahorski, J. S., Hauber, R. P., Hanks, C., Johnson, M., Mundy, K., Ranner, D., Stoutamire, B., & Gordon, G. (2015). Mitigating procedural pain during venipuncture in a pediatric population: A randomized factorial study. *International Journal of Nursing Studies, 52*, 1553-1564. <http://doi.org/10.1016/j.ijnurstu.2015.05.014>

Bahorski, J., Repasky, T., Ranner, D., Fields, A., Jackson, M., Moultry, L., Pierce, K., & Sandell, M. (2012). Temperature measurement in pediatrics: A comparison of the rectal method versus the temporal artery method. *Journal of Pediatric Nursing, 27*, 243-247. <http://doi.org/10.1016/j.pedn.2010.12.015>

REFEREED CONFERENCE PAPERS

Sazonov, E., **Bahorski, J.**, Schneider, C. R., & Chandler-Laney, P. (2018). *In-vitro and in-vivo validation of an instrumented infant feeding bottle*. Workshop on Innovative Technologies for Dietary Intakes Measurements at Imperial College London.

Sazonov, E., Imtiaz, M. H., **Bahorski, J.**, Schneider, C. R., & Chandler-Laney, P. (2018). *Design and testing of an instrumented infant feeding bottle*. IEEE Sensors 2018.

INVITED TALKS

"Parental self-efficacy, infant feeding, and weight gain during infancy: A secondary analysis." Florida State University, College of Nursing, Center for Research. Tallahassee, FL, January 31, 2019.

"Feeding babies, not as easy as 1, 2, 3!" Discoveries in the Making, University of Alabama at Birmingham, Graduate School, Birmingham, AL, May 8, 2018.

PROFESSIONAL PRESENTATIONS

Bahorski, J.S., Romano, M. McDougal, J.M., & Pocchio, K. E. (2021, November). *Testing a responsive feeding intervention in a group of high risk mother-infant dyads*. Sigma Theta Tau International, 46th Biennial Convention, Indianapolis, IN.

Bahorski, J.S. (2021, August 27). *Infant and toddler dietary guidelines* [Rapid Fire Presentation]. Florida Nurse Practitioner Network, Annual Conference, Orlando, FL.

Schneider-Worthington, C. R., Fouts, A., Chandler-Laney, P. C., & **Bahorski, J. S.** (2021, April 12-16). *Infant temperament is associated with potentially obesogenic maternal feeding behaviors in early infancy* [Poster presentation]. 42nd Annual Meeting & Scientific Sessions, Society of Behavioral Medicine, virtual conference.

Callahan, M., Martin, S., **Bahorski, J.S.**, Pavela, G., Garvey, T., & Chandler-Laney, P. C. (2021, March 20-23). *Insulin resistance moderates the association between bmi and metabolic syndrome severity in*

women 4-10 years after pregnancy, independent of gestational diabetes status [Poster presentation]. ENDO 2021, Endocrine Society, virtual conference.

Bahorski, J. S., Schnieder-Worthington, C. R., Pocchio, K. E., & Schluck, G. (2020, November 2-6). *Infant temperament, maternal feeding practices, and weight during early infancy* [Poster presentation]. The Obesity Society Annual Meeting, virtual conference.

Bahorski, J. S., Pocchio, K. E., Pledger, K. & Schluck, G. (2020, September 17-18). *Maternal BMI influences deviation from infant feeding plans* [Poster presentation]. 2020 State of the Science (SOS) Congress on Nursing Research, Council for the Advancement of Nursing Science, virtual conference.

Bahorski, J. S., Pocchio, K., & Mumbower, R. (2020, March 25-28). *Describing maternal knowledge of infant feeding practices* [Poster presentation]. 41st National Conference on Pediatric Health Care, National Association of Pediatric Nurse Practitioners, Long Beach, CA, United States. <https://www.napnap.org/2020-posters-move> (Conference canceled).

Bahorski, J. S., Pocchio, K., & Mumbower, R. (2020, February 26). *Describing maternal knowledge of infant feeding practices* [Podium presentation]. 2020 Beta Pi Chapter of Sigma Theta Tau International Research Symposium, Tallahassee, FL.

White, Z., Finn, A., Alba, R., Pledger, K., Pocchio, K., & **Bahorski, J. S.** (2020, February 26). *The relationship between self-reported parental sense of competency and postpartum depression risk in first-time mothers* [Poster presentation]. 2020 Beta Pi Chapter of Sigma Theta Tau International Research Symposium, Tallahassee, FL.

Pledger, K., Pocchio, K., & **Bahorski, J. S.** (2020, February 26). *Healthy moms mean healthy babies: The role of maternal body mass index on infant feeding practices* [Poster presentation]. 2020 Beta Pi Chapter of Sigma Theta Tau International Research Symposium, Tallahassee, FL.

Pledger, K., Pocchio, K., & **Bahorski, J. S.** (2020, February 22). *Healthy moms mean healthy babies: The role of maternal body mass index on infant feeding practices* [Poster presentation]. 2020 Florida Undergraduate Research Conference, Fort Myers, FL.

Martin, S. L., **Bahorski, J. S.**, Callahan, M. A., Hidalgo, B. A., Aslibekyan, S., Lewis, C. E., Harper, L. M., Durant, N., Habegger, K., Garvey, W. T., & Chandler-Laney, P. (2019, September 8-10). *Association of maternal gestational diabetes mellitus and offspring hypertension* [Poster presentation]. U.S. Developmental Origins of Health and Disease Society, 2019 Annual Meeting, Chapel Hill, NC.

Chandler-Laney, P., Martin, S. L., Harper, L. M., Callahan, M. A., **Bahorski, J. S.**, Bowman, R. Hidalgo, B. A., Aslibekyan, S., Durant, N., Lewis, C. E., & Garvey, W. T. (2019, September 8-10). *Adiposity among 4-10-year-old children born to women with gestation diabetes versus non-diabetic obesity* [Oral presentation]. U.S. Developmental Origins of Health and Disease Society, 2019 Annual Meeting, Chapel Hill, NC.

Bahorski, J. S., Childs, G. D., Loan, L. A., Azuero, A., Chandler-Laney, P. C., Rice, M., Hodges, E. A., Thompson, A. L., Wasser, H. M., & Bentley, M. E. (2019, March 7). *Parental self-efficacy and infant feeding practices African-American mother-infant dyads* [Research Poster Presentation]. National

Association of Pediatric Nurse Practitioners, 40th National Conference on Pediatric Health Care, New Orleans, LA.

Bahorski, J. S., Schneider, C. R., & Chandler-Laney, P. C. (2019, February 20). *A modified eating in the absence of hunger test is associated with appetitive traits in infants* [Podium presentation]. 2019 Beta Pi Chapter of Sigma Theta Tau, International Research Symposium, Tallahassee, FL.

Bahorski, J. S., Schneider, C. R., & Chandler-Laney, P. C. (2018, November 13). *A modified eating in the absence of hunger test is associated with appetitive traits in infants* [Poster presentation]. The Obesity Society, TOS 36th Annual Scientific Meeting presented at ObesityWeek 2018, Nashville, TN.

Schneider, C. R., **Bahorski, J. S.**, & Chandler-Laney, P. C. (2018, November 13). *Association of maternal adiposity and fat distribution with breast milk insulin and leptin* [Poster presentation]. The Obesity Society, TOS 36th Annual Scientific Meeting presented at ObesityWeek 2018, Nashville, TN.

Bahorski, J. S., Childs, G. D., Loan, L. A., Azuero, A., Chandler-Laney, P. C., Rice, M., Hodges, E. A., Thompson, A. L., Wasser, H. M., & Bentley, M. E. (2018, September 14). *Associations between parental self-efficacy and weight-for-length z-score trajectories in a group of African-American mother-infant dyads* [Podium presentation]. Council for the Advancement of Nursing Science, 2018 State of the Science Congress on Nursing Research, Washington D.C.

Baykal, A., Martin, S. L., **Bahorski, J. S.**, Callahan, M. L., Moon, G., Lomax, R. O., Anger, C. M., & Chandler-Laney, P. C. (2018, August 1-2). *Effects of intrauterine programming on cardiometabolic health: A study in mother-child dyads* [Poster presentation]. NIDDK Medical Student Summer Research Symposium, Vanderbilt University, Nashville, TN.

Moon, G., **Bahorski, J. S.**, Callahan, M. L., Martin, S. L., Anger, C. M., Baykal, A. P., Lomax, R. O., & Chandler-Laney, P. C. (2018, July 26). *Post-meal glucose, insulin, and C-peptide response in women with a history of gestational diabetes and their children* [Poster presentation]. Undergraduate Research Expo, University of Alabama at Birmingham, Birmingham.

Harrison, D. L., Schneider, C. R., **Bahorski, J. S.**, Chandler-Laney, P. C. (2018, April 13). *Association of breastmilk fat concentration with infant meal frequency and weight change* [Poster presentation]. Undergraduate Research Expo, University of Alabama at Birmingham, Birmingham, AL.

Bahorski, J.S., Childs, G.D., Loan, L.A., Azuero, A., Chandler-Laney, P.C., Hodges, E.A., Schneider, C. R., & Rice, M. H. (2018, March 21). *Sociodemographic factors associated with parental self-efficacy in a group of first time, low-income African-American mothers* [Top Student Oral and Poster presentation]. Southern Nursing Research Society, 2018 Annual Conference, Atlanta, GA.

Bahorski, J.S., Childs, G.D., Loan, L.A., Azuero, A., Chandler-Laney, P.C., Hodges, E.A., Schneider, C. R., & Rice, M. H. (2018, March 19). *Sociodemographic factors associated with parental self-efficacy in a group of first time, low-income African-American mothers* [Poster presentation]. UAB Health Disparities Research Symposium 2018, Birmingham, AL.

Harrison, D. L., Schneider, C. R., **Bahorski, J. S.**, Callahan, M.L., & Chandler-Laney, P. C. (2017, November 30). *Association of maternal activity with postpartum adiposity* [Poster presentation]. Undergraduate Research Expo, University of Alabama at Birmingham, Birmingham, AL.

Chandler-Laney, P. C., Lopez, Y., Schneider, C. R., **Bahorski, J. S.**, Gower, B. A., & Catalano, P. M. (2017, October 31). *Poor sleep quality is associated with a decline in insulin sensitivity across pregnancy independent of BMI. Poster presentation* [Poster presentation]. ObesityWeek 2017, The Obesity Society, Oxon Hill, MD.

Schneider, C. R., **Bahorski, J. S.**, & Chandler-Laney, P. C. (2017, October 31). *Growth among African American infants born to women who were lean versus obese in early pregnancy* [Poster presentation]. ObesityWeek 2017, The Obesity Society, Oxon Hill, MD.

Harrison, D. L., Schneider, C. R., **Bahorski, J. S.**, & Chandler-Laney, P. C. (2017, July 20). *Association of breastmilk fat concentration with infant meal size, frequency, and weight change* [Poster presentation]. Undergraduate Research Expo, University of Alabama at Birmingham, Birmingham, AL.

Hodges, E. A., Propper, C. B, Schult, M. B., Estrem, H. H., & **Bahorski, J. S.** (2017, June 9). *Feeding during infancy: Dyadic behavioral and physiologic data integration* [Poster presentation]. 16th Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity, Victoria, Canada.

Hodges, E. A., Propper, C. B, Schult, M. B., & **Bahorski, J. S.** (2016, April 8). *A sociophysiological approach to responsive feeding in infancy* [Paper Symposium]. Society for Research in Child Development, Austin, TX.

Graven, L. J., Grant, J. S., & **Bahorski, J. S.** (2016, February). *The Coping in Heart Failure (COPE-HF) partnership intervention for depression: A pilot study* [Podium presentation]. SNRS 2017 Annual Conference, Dallas, TX.

Graven, L. J., Grant, J. S., & **Bahorski, J. S.** (2016, November). *Coping partnership intervention improves heart failure self-care confidence and reduces unplanned healthcare utilization* [Podium presentation]. American Heart Association's Scientific Sessions 2016, New Orleans, LA.

Graven, L. J., Grant, J. S., & **Bahorski, J. S.** (2016, September). *Gender and ethnic difference in heart failure self-care* [Poster presentation]. 20th Annual Scientific Meeting of the Heart Failure Society of America: Big Science and New Innovation in Patient Centered Care, Orlando, FL.

Bahorski, J. S., Hauber, R. P., Hanks, C., Johnson, M., Mundy, K., Ranner, D., Stoutamire, B., & Gordon, G. (2015, July). *Mitigating procedural pain during venipuncture in a pediatric population: A randomized factorial study* [Podium presentation]. Sigma Theta Tau, 26th International Nursing Research Congress, San Juan, Puerto Rico.

Bahorski, J. S., Hauber, R. P., Hanks, C., Johnson, M., Mundy, K., Ranner, D., Stoutamire, B., & Gordon, G. (2015, April). *Mitigating procedural pain during venipuncture in a pediatric population: A randomized factorial study* [Poster presentation]. Society of Pediatric Nurses 25th Annual Conference, Anaheim, CA.

Bahorski, J. S., Linnard-Palmer, L., & Westus, N. (2015, April). *Nursing research made accessible: A new researcher's toolkit* [Oral session]. Society of Pediatric Nurses 25th Annual Conference, Anaheim, CA.

Bahorski, J. S., Hauber, R. P., Hanks, C., Johnson, M., Mundy, K., Ranner, D., Stoutamire, B., & Gordon, G. (2015, February). *Mitigating procedural pain during venipuncture in a pediatric population: A*

randomized factorial study [Podium presentation]. 29th Annual Conference of the Southern Nursing Research Society, Tampa, FL.

Bahorski, J. S., Hauber, R. P., Hanks, C., Johnson, M., Mundy, K., Ranner, D., Stoutamire, B., & Gordon, G. (2014, October). *Mitigating procedural pain during venipuncture in a pediatric population: A randomized factorial study* [Podium presentation]. Florida State University, Sigma Theta Tau Fall Research Symposium, Tallahassee, FL.

Bahorski, J. S., Girouard, S., & Linnard-Palmer, L. (2014, April). *From an idea to project completion, to poster, to publication – Research made easy!* [Podium presentation]. Society of Pediatric Nurses 24th Annual Conference, Phoenix, AZ.

Bahorski, J. S., Hauber, R. P., Hanks, C., Johnson, M., Mundy, K., Ranner, D., Stoutamire, B., & Gordon, G. (2013, April). *Reduction of Perceived Pain and Distress during Venipuncture in the Pediatric Population* [Poster presentation]. Florida Nurses Association (FNA) North Central Spring Conference, Nursing Transformation, Lake City, FL.

Bahorski, J. S., Hauber, R. P., Hanks, C., Johnson, M., Mundy, K., Ranner, D., Stoutamire, B., & Gordon, G. (2013, April). *Reduction of Perceived Pain and Distress during Venipuncture in the Pediatric Population* [Poster presentation] Society of Pediatric Nurses 23rd Annual Conference, Nashville, TN.

Bahorski, J. S., Ranner, D., & Repasky, T. (2011, April). *Temperature measurement in pediatrics: A comparison of the rectal method versus the temporal artery method* [Podium presentation]. Florida State University, Sigma Theta Tau Spring Research Symposium, Tallahassee, FL.

RESEARCH FUNDING

Ongoing Research Support:

Rural Health Pilot Project	Grzywacz	2/1/2020 – 2/28/2022
Florida State University CTSA		Total Amount: \$95,000

Pesticides Implications for Rural Health Disparities
The purpose of this study is to examine the role of pesticide exposure in rural children's development and health outcomes.

Collaborative Collision Seed Fund	Bahorski	9/1/19 – 8/31/21
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Florida State University, Office of Proposal Development
Testing a Responsive Feeding Intervention in a Group of High-Risk Mother-Infant Dyads
The purpose of this pilot study is to trial a home-based intervention (Learning Early Infant Feeding Cues [LEIFc]) on responsive feeding to a group of mother-infant dyads participating in an Early Head Start (EHS) Program.

Completed Research Support:

Infrastructure Grant	Bahorski	5/1/19 – 6/30/20
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Florida State University, College of Nursing
Total Amount: \$7,500
Predictors of Infant Weight Gain and Feeding Practices after Birth
The purpose of this study is to identify factors that contribute to growth and infant feeding practices in the first four months after birth in a sample of mother-infant dyads from north Florida. The study will examine the prevalence of rapid weight gain in infants and factors associated with this trajectory.

Additionally, the incidence of mothers who deviate from intended to actual infant feeding practices and factors associated with this deviation.

First Year Assistant Professor Grant Bahorski 5/8/19 – 8/6/19
Florida State University, Council on Research and Creativity Total Amount: \$20,000
Assessing maternal knowledge of infant feeding practices

This pilot study has two purposes. First to assess the feasibility of recruiting first-time mothers from community organizations during the third trimester of pregnancy. Second, to examine differences in maternal knowledge of infant feeding guidelines based on sociodemographic characteristics such as: maternal age, education level, marital status, racial and ethnic identification, and BMI.

2017 Research Foundation Grant Bahorski 8/1/17 – 7/31/18
National Association of Pediatric Nurse Practitioners Total Amount: \$2,500
Parental Self-Efficacy, Feeding Practices, and Weight in Infancy: A Secondary Data Analysis

This secondary data analysis had three aims: 1) to examine the association between parental self-efficacy (PSE) and infant feeding practices; 2) to examine the association between PSE and infant weight gain; and 3) to examine the association between infant feeding practices and infant weight gain.

AWARDS AND HONORS

- National Association of Pediatric Nurse Practitioners, Research Poster Award – *Parental Self-Efficacy and Infant Feeding Practices in African-American Mother-Infant Dyads*. Research Poster Presentation, National Association of Pediatric Nurse Practitioners, 40th National Conference on Pediatric Health Care, New Orleans, LA, March 7, 2019.
- FSU Provost Travel Grant, Spring 2019, Spring 2020 (awarded, but not used due to cancellation of conference)
- 3MT® at UAB Finalist, October 2017
- 2nd Place Health Sciences Research Poster Award – Association of breastmilk fat concentration with infant meal size, frequency, and weight change. Poster presentation, Undergraduate Research Expo, University of Alabama at Birmingham, July 20, 2017.
- Ireland Research Travel Scholarship, UAB Graduate School, received March 2016.
- Jarmen Lowder Scholarship for Research Immersion, UAB School of Nursing, received March 2016.
- 1st Place Research Poster Award - Reduction of perceived pain and distress during venipuncture in the pediatric population, Society of Pediatric Nurses, 23rd Annual Convention, April 2013
- ICARE Accountability Nursing Award, Tallahassee Memorial Hospital, 2012
- ICARE Team Award, Pediatrics/PICU/Kids Korner, Tallahassee Memorial Hospital, 2011
- ICARE Team Award, Pediatrics/PICU/Kids Korner, Tallahassee Memorial Hospital, 2009
- Sigma Theta Tau International Nursing Society, Iota Chapter, Vanderbilt University, 2001
- Dr. James Sherman Award for Outstanding Sports Medicine Major, Samford University, 1999
- Coaches Award, Samford Varsity Soccer Team, Samford University, 1998-1999

PROFESSIONAL MEMBERSHIPS, CURRENT

- National Association of Pediatric Nurse Practitioners
- Association of Women's Health, Obstetric, and Neonatal Nurses
- The Southern Nursing Research Society
- Council of Advanced Practices Nurses in Tallahassee
- Sigma Theta Tau International

- Council for the Advancement of Nursing Science
- The Obesity Society

ACTIVITIES WITHIN PROFESSIONAL ORGANIZATIONS

National Association of Pediatric Nurse Practitioners

Research Committee Member, July 1, 2019 to June 30, 2022

Council of Advanced Practices Nurses in Tallahassee

President, January 2019-December 2020

Nurse practitioner week planning committee, Fall 2016

Society of Pediatric Nurses Research Committee

Chair, January 2014 to April 2015

Co-chair, April to December 2013

Member, 2009 to present

American Nurses Credentialing Center, Standard Setting Panel for the Pediatric Nurse Practitioner Exam, June 2013

PROFESSIONAL ACTIVITIES

Bahorski, J. S. & Bray, L. A. (2020). Failure to thrive. In J. B. Benson (Ed.) *Encyclopedia of infant and early childhood development* (2nd ed., pp. 584-594). Elsevier.

Bahorski, J. S. & Loan, L. A. (April 2016). [Review of the book *Pediatric Primary Care: Practice Guidelines for Nurses*, 3rd ed., by B. Richardson].

EDUCATIONAL PROGRAMS PRESENTED

Evidence-based Practice (EBP), Tallahassee Memorial Hospital, 2009 to 2012

- A seven week, 1 hour a week, course on EBP process and implementation within the organization
- Course series is offered quarterly to nurses throughout the organization
- Curriculum developed and co-taught with the Director of Clinical Education, based on the EBP Mentorship workshop at Arizona State University
- Implementation of several EBP projects within the organization

Pediatric Certification Review Course, Tallahassee Memorial Hospital, November 2010 and February 2012

- Created and taught the two day course to help prepare pediatric nurses for the pediatric certification exam.
- Contributed to 60% of nurses in the PICU and Pediatric Unit holding current certification.

TeamSTEPS, Tallahassee Memorial Hospital, 2009-2011

- Team **S**trategies and **T**ools to **E**nhance **P**erformance and **P**atient **S**afety. The program focuses on specific skills supporting team performance principles designed to improve quality and patient safety. There are four principles taught: leadership, mutual support, situation monitoring, and communication. The program revolves around the interplay between the four principles and the team-related outcomes.

- Co-taught course to charge nurses in the Women's and Children's department

ABCs of Toddlers, A Woman's Place at Tallahassee Memorial Hospital, 2010

- A program designed to help parents understand the characteristics of children ages 1 to 3 years. Created and taught the course to parents in the community.

CLINICAL SUPERVISION

Preceptor Florida State Medical Students, FSU, College of Medicine, 2014 to 2016

COPE Internship, Tallahassee Memorial Hospital, 2012 to 2013

- Supervisor to interns from The Center for Leadership and Civic Education through Florida State University. Interns implement the COPE program with patients and families in the NICU, PICU and Pediatric Unit.

Preceptor Nursing Leadership Students, Florida State University, 2009 to 2012

Gifted Externship Supervisor, Tallahassee Memorial Hospital, 2010 to 2013

- Provided externship experience to senior high school students from local schools.

Preceptor Family Nurse Practitioner Student, Florida State University, Fall 2007

EVIDENCE-BASED PRACTICE PROJECTS

Creating Opportunities for Parent Empowerment (COPE)

- An educational-behavioral intervention program for parents of premature infants and children. Delivered through a series of CDs, written materials and activities. Designed to help parents cope with a child admitted to a NICU or PICU as well as pediatric patients cope with a hospitalization.
- Implemented and oversee the program at Tallahassee Memorial Hospital. First PICU in the country to implement.

CONTINUING EDUCATION & WORKSHOPS

- Sigma Theta Tau International, 46th Biennial Convention, November 6-10, 2021, Indianapolis, IN.
- Florida Nurse Practitioner Network, Annual Conference, 2021: The Year NP's Inspire, Innovate, & Motivate, August 26-28, 2021, Orlando, FL.
- National Association of Pediatric Nurse Practitioners, 42nd National Conference on Pediatric Health Care, virtual, March 2021.
- The Obesity Society, ObesityWeek, virtual, November 2020.
- 2020 State of the Science Congress on Nursing Research, Council for the Advancement of Nursing Science, virtual, September 17-18, 2020.
- National Association of Pediatric Nurse Practitioners, 41st National Conference on Pediatric Health Care, virtual, June 2020.
- American Association of Nurse Practitioners (AANP) Region 11 Meeting, January 11, 2020, Atlanta, GA
- Sigma Theta Tau International, 45th Biennial Convention, November 16-20, 2019, Washington D.C.
- Florida Nurse Practitioner Network, 16th Annual Conference, August 16-17, 2019, Orlando, FL.
- Dyadic Data Analysis with Mplus. Florida State University, College of Human Sciences, May 8-10, 2019, Tallahassee, FL.
- National Association of Pediatric Nurse Practitioners, 40th National Conference on Pediatric Health Care, New Orleans, LA, March 7-10, 2019.

- TOS 36th Annual Scientific Meeting presented at ObesityWeek 2018, The Obesity Society, Nashville, TN, November 12-15, 2018.
- 2018 State of the Science Congress on Nursing Research, Council for the Advancement of Nursing Science, Washington D.C., September 13-15, 2018.
- 32nd Annual Conference of the Southern Nursing Research Society, March 21-24, 2018, Atlanta, GA.
- Longitudinal Data Analysis Using SAS®. Statistical Horizons, December 8-9, 2017, Philadelphia, PA.
- 8th Annual Methods Seminar in Outcomes Research, Health Systems and Implementation. UAB School of Medicine, May 4, 2017, Birmingham, AL.
- Genetics and Genomics in Day to Day Medical Practices, 4th Annual Rare Disease Genomics Symposium. Children's of Alabama, March 3, 2017, Birmingham, AL.
- 31st Annual Conference of the Southern Nursing Research Society, February 2017, Dallas, TX.
- Sigma Theta Tau, 26th International Nursing Research Congress, July 2015, San Juan, Puerto Rico.
- Society of Pediatric Nurses, 25th Annual Conference, April 2015, Anaheim, CA.
- 29th Annual Conference of the Southern Nursing Research Society, February 2015, Tampa, FL.
- Society of Pediatric Nurses, 24th Annual Conference, April 2014, Phoenix, AZ
- Florida Nurses Association (FNA), North Central Region Spring Conference, Nursing Transformation, April 2013, Dowling Park, FL
- Society of Pediatric Nurses, 23rd Annual Conference, April 2013, Nashville, TN
- Nursing Research Conference, April 2012, Florida State University, Tallahassee, FL
- Sharing Scholarship in Nursing Practice, June 2011, Florida State University, Tallahassee, FL
- Creating Opportunities for Parent Empowerment (COPE) Training Program, April 2011, Tallahassee Memorial Hospital, Tallahassee, FL
- Use of Translational Science to Improve Clinical and Operational Decision-making, March 2011, Florida State University, Tallahassee, FL
- Evidence-based Practice Mentorship Immersion Program, September 2009, Arizona State University, Phoenix, AZ

COMMUNITY ACTIVITIES

Leon County Health Department, Tallahassee, FL

- COVID-19 Vaccine Clinics, January -March 2021

Freedom Rain Academy/The Lovelady Center, Birmingham, AL

- Scientific, educational sessions for middle school students, April 2018

Hoover Soccer Club, Volunteer Coach, Birmingham, AL

- Under 10 boys, spring 2018
- Under 9 boys, spring 2017
- Under 6 coed, fall 2017

Trinity United Methodist Church, Tallahassee, FL

- Habitat for Humanity of the Big Bend, Tallahassee, Florida, 2016
- Health & Wellness Committee Member, 2014 to 2016
- Music Committee Member, 2012 to 2015
- "Care of your Infant & Toddler," class for new parents, 2012

Killearn United Methodist Church, Tallahassee, FL

- Medical Mission Trip to Leon, Nicaragua, August 2010