

Karla M. Abela, PhD, RN, CCRN-K, CPN
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EDUCATION

Ph.D. Nursing	University of Texas Health Science Center at Houston, Cizik School of Nursing, Houston, Texas	5/2020
Post-Master Certificate in Nursing Education	University of Texas Health Science Center at Houston, Cizik School of Nursing, Houston, Texas	12/2018
Master of Science in Nursing	University of North Carolina at Chapel Hill, Chapel Hill, North Carolina	5/2013
Diploma in Nursing	Humber College of Applied Arts and Technology, Toronto, Ontario, Canada	12/ 2003

LICENSURE & CERTIFICATION

Registered Nurse – Texas, 871475	Active -
Certified Critical Care Nurse (CCRN-K)	Active American Association of Critical Care Nurses
Certified Pediatric Nurse (CPN)	Active Pediatric Nursing Certification Board
BLS for Healthcare Providers	American Heart Association

PROFESSIONAL EXPERIENCE

The University of Texas Health Science Center at Houston, Cizik School of Nursing	Assistant Professor, Post-Doctoral Student, Research Department	7/2021 - Present
Texas Children’s Hospital	Assistant Director of Clinical Practice, Instructor, Department of Pediatrics, Section of Critical Care Baylor College of Medicine	9/2017 – 6/2021
Texas Children’s Hospital	Clinical (Nurse) Specialist	4/2015 – 9/2017
Texas Children’s Hospital	Patient Care Manager, Pediatric Intensive Care Unit	8/2014 – 4/2015
Duke University Hospital	Nurse Manager, Pediatric Intensive Care Unit, Pediatric Procedural Unit	5/2011 – 7/2014

Duke University Hospital	Educator, Pediatric Acute Care Units	2/2008 – 5/2011
Duke University Hospital	Clinical Nurse, Pediatric Hematology/Oncology and Intermediate Care Unit	11/2006 – 2/2008
Duke University Hospital	Clinical Nurse, Adult Cardiothoracic Surgical Unit	4/2004 – 11/2006

HONORS & AWARDS

Houston Top 15 Nurse	Houston Chronicle	2021
Good Samaritan Award	Good Samaritan Foundation	2020
Doctoral Student Writing Award	Cizik School of Nursing, UTHSC, Houston	2020
Community Health and Service Award	Cizik School of Nursing, UTHSC, Houston	2020
Advanced Degree Nurse of the Year	Texas Children’s Hospital	2020
Innovations in Fellowship Education	American Thoracic Society	2016

GRANTS

Research Grants

Caregiver Experience with High-Fidelity Tracheostomy Simulation: A Qualitative Study, Society for Simulation in Healthcare, Co-Investigator, \$10,000, February 2021 – January 31, 2022

Workplace Violence Against Nurses Grant, Texas Department of State Health Services, Principal Investigator/Program Director, \$197,979, March 30, 2020 – February 28, 2022

Pediatric Intensive Care Hospitalization: Sibling Experience, American Nurses Foundation, Principal Investigator, \$4,914, September 3, 2019 – October 1, 2020

Other Funded Projects Including Contracts for Service

Moving and Grooving: Incentive-Based Mobility Program, Children’s Miracle Network, Co-Investigator, \$1,000, 2008

Normalizing the Pediatric Intensive Care Unit Environment, Kids Care Grant, Duke University Hospital, Program Director, \$3,500, 2012

Preventing Delirium in the Intensive Care Environment, The Monday Life, Project Lead, \$1,000, 2014

Color Changing Alcohol Wipe, New England Pediatric Device Consortium, Co-Inventor, \$10,000, 2016-2017

Bead Mindful in the Pediatric Intensive Care Unit, Philanthropic funds, Texas Children's Hospital, Program Director, \$8,750, 2017-2018

PUBLICATIONS

Peer-Reviewed Publications

Abela, K., Acorda, D., Cron, S., & Wood, G. (2022). Parent and Child Anxiety During the COVID-19 Pandemic: A Mixed Methods Study. *Journal of Patient-Centered Research and Reviews*.

Abela, K., Casarez, R.L., Kaplow, J.B., & LoBiondo-Wood, G. (2022). Siblings' Experience During Pediatric Intensive Care Hospitalization. *Journal of Pediatric Nursing*, 11(64), pp. 111-118.

<https://doi.org/10.1016/j.pedn.2022.02.008>

Acorda, D., Bracken, J., **Abela, K.**, Ramsey-Coleman, J., Stutts, A., Kritz, E., & Bavare, A. (2022). Longitudinal Evaluation of a Pediatric Rapid Response System with Realist Evaluation Framework. *The Joint Commission Journal on Quality & Safety*, 48(4), pp. 196-204.

<https://doi.org/10.1016/j.jcjq.2022.01.004>

Abela, K., Wardell, D., Rozmus, C., & LoBiondo-Wood, G. (2020). Impact of Pediatric Critical Illness and Injury on Families: An Updated Systematic Review. *Journal of Pediatric Nursing*, 51, pp. 21-31.

<https://doi.org/10.1016/j.pedn.2019.10.013>

Gautreaux, K., Reeves, C., & **Abela, K.** (2019). Customizing Trauma Nursing Education to Incorporate All Departments: A Cost-Effective Way to Educate Nurses From Every Trauma-Associated Unit. *Journal of Trauma Nursing*, 26, pp. 243-266. <https://doi.org/10.1097/JTN.0000000000000462>

Non-Peer Reviewed Publications

Abela, K. & Tcharmtchi, J. (2017). Family Experience in the Pediatric ICU. Critical Connections. Society of Critical Care Medicine. (Invited)

Peer Reviewed Abstracts

Woody, S., **Abela, K.**, Little, K., & Bosher, MA. (2010, April). Wiki, Wiki, Wiki. *Journal of Pediatric Nursing*, 25(2), p. e14. <https://doi.org/10.1016/j.pedn.2009.12.046>

Woody, S., **Abela, K.**, & Little, K. (2010, April). Peds Post – Educational Newsletter for Staff. *Journal of Pediatric Nursing*, 25(2), p. e14. <https://doi.org/10.1016/j.pedn.2009.12.045>

Bavare, A., **Abela, K.**, Morgan, A., Gagne, V., Patel, R., Rusin, C., & Roy, K. (2018). Abstract P-003: Escalations to various cardiorespiratory supports after pediatric rapid response events are associated with unique preceding physiologic patterns. *Pediatric Critical Care Medicine*, 19, 48–.

<https://doi.org/10.1097/01.pcc.0000537460.11100.82>

PRESENTATIONS

International

Abela, K. (2022, March). Siblings' Experience During Pediatric Intensive Care Hospitalization. Oral presentation at the PICU Nursing Science Meeting, Virtual Meeting.

Castro, D. Roy, K., Williams, E. A., Lawrence, J., Thomas, T., **Abela, K.**, Thammasitboon, S. & Tcharmtchi, M. H. (2016). A Longitudinal Interprofessional Curriculum for Pediatric Critical Care Fellows Using Situated Cognition as a Theoretical Framework. Poster Presentation at the 2016 ATS International Conference, San Francisco, CA. (Co-author)

Bavare, A., **Abela, K.**, Morgan, A., Thomas, J., Mullen, J., Desai, M., Roy, K., Shekerdemian, L. (2016, June). Rapid escalation of support associated with critical transfer after pediatric rapid response events: Characteristics, outcomes, and quality improvement. Poster presentation at the 2016 World Congress on Pediatric Intensive and Critical Care, Toronto, Canada.

Castro, D. Roy, K., Williams, E. A., Lawrence, J., Thomas, T., **Abela, K.**, Thammasitboon, S. & Tcharmtchi, M. H. (2016). A Longitudinal Interprofessional Curriculum for Pediatric Critical Care Fellows Using Situated Cognition as a Theoretical Framework. Poster Presentation at the 2016 ATS International Conference, San Francisco, CA

Bavare, A., **Abela, K.**, Morgan, A., Thomas, J., Mullen, J., Desai, M., Roy, K., Shekerdemian, L. (2016, June). Rapid escalation of support associated with critical transfer after pediatric rapid response events: Characteristics, outcomes, and quality improvement. Poster presentation at the 2016 World Congress on Pediatric Intensive and Critical Care, Toronto, Canada.

Tcharmtchi, J. & **Abela, K.** (2017, January). Family Experience in the Pediatric Intensive Care Unit. Poster presentation the 46th Critical Care Congress, Honolulu, Hawaii.

Abela, K. (2017, May). Predicting the Need for Invasive Ventilation After Pediatric Rapid Response Events. Podium presentation at the 13th International Conference on Medical Emergency Teams and Rapid Response Systems, Chicago, Illinois.

Thomas, J., **Abela, K.**, Morgan, A., Ramsey-Coleman, J. & Bavare, A. (2018, May). Development of a sustainable review and quality improvement process to evaluate pediatric rapid response events with need for ICU specific interventions. Poster presentation at the International Rapid Response Systems conference. Manchester City, England.

Abela, K. (2019, November). Is it Quality Improvement or Research? Three Key Steps to Identifying a Solution. Podium presentation at the Pediatric Critical Care Summit of the Americas. Houston, Texas, United States.

National

Abela, K. (2010, July). Code Blue—There’s Nothing to Mock About It. Poster Presentation at the Pediatric Nursing Conference, Philadelphia, PA.

Abela, K. (2010, July). Cookies and Care Plans. Poster Presentation at the Pediatric Nursing Conference, Philadelphia, PA.

(2013, October) Preventing Central Venous Access Device-Related Bloodstream Infections in Pediatrics, Podium presentation at the Annual Infusion Nurses Society Conference

Roberts, C., **Abela, K.**, Morgan, A., & Holland, S. (2015, September). Pressure Ulcer Prevention in the Pediatric Intensive Care Unit (PICU): A Multidisciplinary Approach. Poster Presentation at Clinical Symposium on Advances in Wound & Skin Care, New Orleans, LA.

Bavare, A., **Abela, K.**, Thomas, J., & Stutts, A. (2016, March). Pre-conference intensive workshop at the National Association of Pediatric Nurse Practitioners 2016 Conference, Atlanta Georgia.

Abela, K., Morgan, A., Thomas, J. & Bavare, A. (2016, October). REACT: Rapid escalation and critical transfer. Poster presentation at the ANCC National Magnet Conference, Orlando, Florida.

Tcharmichi, J. & **Abela, K.** (2017, January). Poster presentation the 46th Critical Care Congress, Honolulu, Hawaii.

Hipp, D., Bernardo, E. O., Gorgis, N., Brown, K., Serazin, N., Ellickal, S., Tcharmichi, H., Bhar, S., **Abela, K. M.**, Musick, M. A., Ettinger, N. A., Goldman, J. R., Williams, E. A., McPherson, M. L. (2018, November). Assessment of Physician & Nursing Attitudes & Barriers to Implementation Prior to Universal Pediatric ICU Delirium Screening. Poster presentation at the American Academy of Pediatrics National Conference and Exhibition. Orlando, Florida.

Regional/State

Abela, K. & Turner, B. (2019, February). Mindfulness in the Pediatric Intensive Care Unit. Podium presentation at the Kaleidoscope Conference 2019, Galveston, Texas.

Abela, K. (2022, February). Parent and Child Anxiety During the COVID-19 Pandemic: A Mixed Methods Study. Podium presentation at the Southern Nurses Research Society Annual Conference, New Orleans, Louisiana.

Local

Abela, K., Decker, R., & Buerke, B. (2011, February). Evolution of Informed Consent. Poster Presentation at the UNC STTI Research Day, Chapel Hill, NC

Hueckel, R., Mericle, J., Martin, P., **Abela, K.**, Little, K., Uhl, T., & Champagne, M. (2012). Quality Improvement of a Pediatric Rapid Response Team and Educating Families About Condition Help. Poster Presentation at the Duke Medicine Patient Safety and Quality Conference, Durham, NC.

Abela, K., Acorda, D., Cain, C. & Gibbs, K. (2016). Relationship of food insecurity to sociodemographic characteristics in hospitalized children in Texas. Poster presentation at the University of Texas Health Science Houston Research Day. Houston, TX.

Ettinger, N., **Abela, K.**, Morris, J., Morgan, A., Stitt, G. & Musick, M. (2017, April). Poster presentation at the 6th Annual BCM Quality Improvement and Patient Safety Conference, Houston, Texas.

Hipp, D., Bernardo, E., Gorgis, N., Ellickal, S., Brown, K., Bhar, S., **Abela, K.**, Musick, M. & Ettinger, N. (2018, April). Managing ICU Neuropsychological Delirium (MIND): A quality improvement project across pediatric intensive care settings. Poster presentation at the Pediatric Fellows Research Symposium, Houston, Texas.

Abela, K. (2022, October). Parent and Child Anxiety During the COVID-19 Pandemic: A Mixed Methods Study. Podium presentation at the Sigma Theta Tau Beta Beta and Zeta Pi Chapters' Founders Day Conference, Houston, TX.

PROFESSIONAL SERVICE

Professional Service

Southern Nurses Research Society, State Liaison, October 2019 – January 2022
Global Hematology/Oncology Pediatric Excellence, Critical Care Consultant, March 2017 – June 2021

Professional Memberships

National Council for Family Relations – May 2022 - Present
Society for Pediatric Nurses – November 2021 - Present
Sigma Theta Tau, May 2020 - Present
American Nurses Association, February 2020 – Present
American Association of Critical Care Nurses, May 2013 – Present

Courses Taught

The University of Texas Health Science Center at Houston, Cizik School of Nursing, Data Analysis and Evaluation, January 2023 – May 2023
The University of Texas Health Science Center at Houston, Cizik School of Nursing, Evaluation and Application of Research, August 2022 – December 2022
The University of Texas Health Science Center at Houston, Cizik School of Nursing, Advanced Research Designs and Methods II, May 2022 - Present
The University of Texas Health Science Center at Houston, Cizik School of Nursing, Evaluation and Application of Research, January 2022 – May 2022
The University of Texas Health Science Center at Houston, Cizik School of Nursing, Empirical Basis of Scientific Inquiry, August 2021 – December 2021
Duke University School of Nursing, Pediatric Clinical Rotation, January 2014 – May 2014