

Kadeeja Simone Murrell, M.S.

ksmurrel@asu.edu

Education

- 2022 – Current **Ph.D., Nursing and Healthcare Innovation**
Arizona State University, Phoenix, AZ
Research Interests: *Health disparities, cardiovascular disease, maternal morbidity and mortality*
- 2020 – 2022 **M.S., Exercise Physiology**
Central Michigan University, Mt. Pleasant, MI
Master's Thesis: *Identifying and Removing Barriers from Black Women in Cardiac Rehabilitation Settings*
- 2016 – 2020 **B.S., Kinesiology**
Michigan State University, East Lansing, MI

Research

- 2022 – Current **Doctoral Researcher Assistant**
Arizona State University, Phoenix, AZ
Assisted Professor Alyssa Robillard in study investigating the use of narrative education for HIV prevention including PrEP utilization.
- Designed the material for social media posting (i.e., images, reels, narrative messages)
 - Developed multiple surveys for participant distribution through Qualtrics and REDCap technology
 - Facilitated survey distribution to ResearchMatch participants
- Assisted Professor Rodney Joseph in study investigating Black women's perceptions to muscle-strengthening exercises
- Reviewed and submitted all study materials to IRB for approval
 - Developed Qualtrics surveys for eligibility screening and data collection questionnaire
 - Designed participant recruitment materials for distribution (i.e., posters, flyers, emails)
 - Facilitated participant recruitment through various sources (i.e., ResearchMatch, social media, AZ Informant)
- Conducted a systematic review on preconception physical activity and maternal health outcomes
- Assisted with content creation for a Black woman-based curriculum centered around increasing aerobic activity among this population.
- Geocoded participant address data using RStudio coding software
- Peer reviewed articles for two journals: *Women in Sport and Physical Activity Journal*, *Journal of Medical Internet Research*
- 2020 – 2022 **Graduate Research Assistant**
Central Michigan University, Mt. Pleasant, MI

- Assisted Professor Rachel Nelson, investigated the effects of wearing a facemask during graded exercise testing
 - Reviewed informed consent forms with subjects prior to participation
 - Manually measured participants' blood pressures during graded exercise testing
 - Prepared and administered ECGs
 - Monitored and recorded participant vital signs during data collection (i.e., heart rate, blood pressure, ECG)
- Assisted Professor Micah Zuhl, investigated the effects of acute exercise on short-term memory
 - Collaborated on the exercise intervention design
 - Reviewed informed consent forms with subjects prior to participation
 - Measured participants' anthropometric data (i.e., height and weight)
 - Recorded participant vital signs throughout the exercise intervention
- Conducted a literature review centered around Black women's participation in cardiac rehabilitation

2019 - 2020

Undergraduate Research Assistant

Michigan State University, East Lansing, MI

- Assisted Professor Katharine Currie in the Exercise and Cardiovascular Health Outcomes Lab
 - Reviewed informed consent with participants prior to data collection
 - Collected and input participant data into EchoPAC software
 - Analyzed variances in intima-media thickness
 - Measured and recorded participants' anthropometric measurements
 - Attended biweekly lab meetings to discuss changes in protocol and project progression

Teaching

Fall 2022

Guest Lecture

Arizona State University, Phoenix, AZ

- Guest lectured for Professor Joseph Daniel's HCR 301: *Research Methods for Health Care Professionals* about literature reviews

2020 – 2022

Teaching Assistant

Physiology Department, Central Michigan University

- Lectured undergraduate students about human physiology concepts
- Instructed students on physiological procedures including measuring vital signs and neurological reflexes
- Prepared course materials, proctored quizzes and examinations, graded assignments

Volunteer Activities

2022 – 2023

Graduate and Professional Student Association

Arizona State University, Phoenix, AZ

- Participate in monthly review of student grant submissions for publications, graduate research support, and travel funds

- 2021 **Exercise Is Medicine**
Central Michigan University, Mt. Pleasant, MI
- Presented to medical students about the benefits of prescribing exercise to patients
- 2019 **Michigan State University Rehabilitation**
East Lansing, MI
- Assisted physical therapists with treating patients.
 - Cleaned and prepared equipment for physical therapist and patient use
- 2019 **Market Walk Program at Allen Market Place**
East Lansing, MI
- Led educational sessions to participants about the benefits of practicing health lifestyle habits (i.e., exercise and nutrition)
 - Monitored participant exercise and recorded the number of miles walked per participant

Leadership

- Fall 2023 **Black Graduate Student Association (BGSA)**
Engagement Coordinator, Arizona State University, Phoenix, AZ
- Spring 2019 **Zeta Phi Beta Sorority, Incorporated**
Phi Gamma Chapter, Michigan State University, East Lansing, MI

Honors, Awards, and Scholarships

- 2022 - Current **Presidential Graduate Assistantship**
<https://graduate.asu.edu/graduate-insider/kadeeja-murrell>
- 2022 - Current **Arizona State University's University Graduate Fellowship**
- 2020 **Michigan State University Department of Kinesiology Community Service Award**
- 2016 - 2020 **Detroit Promise Scholarship**

Manuscripts Under Review

Murrell, KS M.S., Joseph, RP PhD (in press). Preconception Physical Activity and Maternal Health Outcomes: An Updated Integrative Review of Literature. *Journal*, X(X), XX-XX.

Publications

Murrell, KS M.S., Jayaraman RC Ph.D., Iheduru-Anderson, K DNP (2022). Identifying and Removing Barriers from Black Women in Cardiac Rehabilitation Settings. *International Journal of Health Sciences*, 10(1), 47-60. (doi:10.15640/ijhs.v10n1a6)

Hoehing, K. N., **Murrell, K.S.**, Fitzpatrick, R. A., Keteyian, S. J., Zuhl, M. N., & Nelson, R. K. (2023). Facemask Use During Graded Exercise Testing in the COVID-19 Pandemic: Minimal Concern. *Journal of Clinical Exercise Physiology*, 12(1), 18-21. (doi: <https://doi.org/10.31189/2165-6193-12.1.18>)

Conference Poster Presentations

Murrell, KS M.S. (2023). Patient-Provider Race Concordance and Maternal Health Outcomes. Poster session presented at the Western Institute of Nursing Annual Conference, Tucson, AZ.

Murrell, KS M.S. (2023). Identifying and Removing Barriers from Black Women in Cardiac Rehabilitation Settings. Poster session presented at Society of Behavioral Medicine Annual Meeting, Phoenix, AZ.

Murrell, KS M.S., Jayaraman RC Ph.D., Iheduru-Anderson, K DNP (2022). Identifying and Removing Barriers from Black Women in Cardiac Rehabilitation Settings. Poster session presented at Central Michigan University College of Health Professions Research Symposium, Mt. Pleasant, MI.

Murrell, KS M.S., Jayaraman RC Ph.D., Iheduru-Anderson, K DNP (2022). Identifying and Removing Barriers from Black Women in Cardiac Rehabilitation Settings. Poster session presented at Baylor College of Medicine's 5th Annual Health Equity Summer Research Symposium, Whova Virtual Conference.