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## BIOGRAPHICAL SKETCH

Provide the following information for the Senior/key personnel and other significant contributors in the order listed on Form Page 2.

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NAME Meredith Lynn Troutman	POSITION TITLE Associate Professor
eRA COMMONS USER NAME mflood	

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### EDUCATION/TRAINING

INSTITUTION AND LOCATION	DEGREE	YEAR	FIELD OF STUDY
Queens College, Charlotte NC	BSN	1995	Nursing Science
University of NC at Charlotte	MSN	2000	Psychiatric Mental Health Nursing
University of SC at Columbia	PhD	2005	Nursing Science

### A. Personal Statement

I am an American Nurses Credentialing Center certified psychiatric mental health clinical nurse specialist. My program of research has centered on successful aging in older adults, instrument development and testing, and focus group research with elders. My dissertation comprised an eight-week series of psychoeducational groups to enhance creativity in older adults, in order to promote successful aging. I have experience overseeing research assistants, recruiting participants in the community, and facilitating psychoeducational groups with older adults. I have done multiple studies in local community sites, including senior centers and assisted living facilities, as well as facilitated student community service and clinical experiences at senior centers and assisted living facilities. In my Sigma Theta Tau-funded study, I conducted focus groups with community-dwelling older adults in order to determine their perceptions of successful aging. My American Nurses Foundation study investigated successful aging in the assisted living population. My current research involves delivery of the Eat Better, Move More intervention to community-dwelling older adults to determine intervention effects on mood, cardiovascular indicators, brain health knowledge and successful aging.

### B. Positions

#### Positions and Employment

1998-1999: York Technical Community College, Rock Hill, SC Clinical Instructor

2003-2005: University of North Carolina, Charlotte, NC Clinical Instructor and Lecturer

2005-present: University of North Carolina, Charlotte, NC Assistant Professor

2007-present: University of North Carolina, Charlotte NC Gerontology Faculty Affiliate

#### Other Experience and Professional Memberships

1994-1995 Presbyterian Hospital, Charlotte, NC Staff nurse

1995-1999 Cedar Springs/Amethyst, Pineville, NC Charge nurse, shift supervisor

1999-2003 EmeraldCare Home Health Clinical Nurse Specialist

2000-2001 Doctoral fellowship recipient University of South Carolina, Columbia

2006-present Southern Nursing Research Society member

2006-present Gerontological Society of America member

2004-2006 National Gerontological Nurses Association member

1997-present Sigma Theta Tau International member

	2006-2008, 2010-present	Faculty Counselor-Gamma Iota Chapter
	2009-2010	Research Chair-Gamma Iota Chapter
2004-2008	International Society of Psychiatric Nurses member	
1997-1999	Charlotte Area Psychiatric Nurses Association member	

### C. Honors and Awards

2012	Selected to attend Office of Social Sciences and Behavioral Research Summer Institute	
2011	Selected as an American Nurses Credentialing Center Psychiatric Clinical Nurse Specialist standard setting panelist	
2010	American Nurses Foundation Virginia Stone Scholar	
2008	Selected to attend National Institute on Aging Summer Institute	
2008	Selected as an American Nurses Credentialing Center Psychiatric Clinical Nurse Specialist exam field test volunteer	
2008	Eleanor Brooks Caddell Scholar	
2008	SNRS Rising Investigator Award	
2006	Hartford Summer Institute Scholar	
2006	Sigma Theta Tau Gamma Iota Small Research Award	
2004	Sigma Theta Tau Gamma Iota Small Research Award	
2002	Certification as a Clinical Nurse Specialist in Psychiatric Mental Health Nursing	
1997	Inducted as a member of Sigma Theta Tau International Honor Society	

### D. Selected Peer-reviewed Publications:

1. Nies, M.A., & **Troutman-Jordan**, M. (2012). Mentoring nurse scientists to meet nursing faculty workforce needs. *The Scientific World Journal*, 2012, 1-5. doi:10.1100/2012/345085.
2. Willits, K.A., Nies, M.A., Racine, E.F., **Troutman-Jordan**, M.L., Platonova, E.A., Harris, H.L. (In Press) Medical Home and Emergency Department Utilization among Children with Special Healthcare Needs: An Analysis of the 2005-2006 National Survey of Children with Special Healthcare Needs. *Journal of Ambulatory Care Management*.
3. Willits, K.A., **Troutman-Jordan**, M., Nies, M.A., Racine, E. F., Platonova, E., & Harris, H. (In Press). Presence of medical home and school attendance: An analysis of the 2005-2006 National Survey of Children with Special Healthcare Needs. *Journal of School Health*.
4. Park, C., **Troutman**, M., & Nies, M. (in press). Brain Health Knowledge in Community Dwelling Older Adults. *Educational Gerontology*.
5. Blevins, C., & **Troutman**, M. (in press). Successful Aging Theory and the chronic renal disease patient: Application in the clinical setting. *Journal of Renal Nursing*.
6. Troutman, M., Nies, M.A., Small, S., & Bates, A. (2011). The development and testing of an instrument to measure successful aging. *Research in Gerontological Nursing*, 4(3), 221-232.
7. Troutman, M., Nies, M.A., & Bentley, M. (2011). Measuring successful aging in Southern Black older adults. *Educational Gerontology*, 37(1), 38-50.

8. **Troutman, M.**, Nies, M.A., & Mavellia, H. (2011). Perceptions of successful aging in Southern Black older adults. *Journal of Psychosocial Nursing and Mental Health Services*, 49(1), 28-34.
9. **Troutman, M. (2011)**. Mid-range theory of successful aging. In J. Lange (ed), *The nurse's role in promoting optimal health of older adults: Thriving in the wisdom years*, pp. 4-16. Philadelphia, PA: F.A. Davis.
10. **Troutman Flood, M.**, Nies, M, & Seo, D. (2010). Successful aging: Selected indicators in a Southern sample. *Journal of Home Health Care Management & Practice*, 22 (2), 111-115.
11. **Flood, M.** & Clark, B. (2009). Exploring knowledge and attitudes toward aging in nursing and non-nursing students. *Educational Gerontology*, 35(7), 587-595.
12. **Flood, M.**, Buckwalter, K. (2009). Recommendations for Mental Health Care of Older Adults Part I: An Overview of Depression and Anxiety. *Journal of Gerontological Nursing*, 35(2), 26-34.
13. **Flood, M.**, Buckwalter, K. (2009). *Journal of Gerontological Nursing*. Recommendations for Mental Health Care of Older Adults Part II: An Overview of Dementia, Delirium and Substance Abuse. *Journal of Gerontological Nursing*, 35(2), 35-47.
14. **Flood, M.**, Boyd, M. (2008). Successful aging in a southern older adult sample. *Southern Online Journal of Nursing Research*, 8(3). Available at: [http://snrs.org/publications/SOJNR\\_articles2/Vol08Num03Art06.html](http://snrs.org/publications/SOJNR_articles2/Vol08Num03Art06.html).
15. Rossen, E., Knafl, K., & **Flood, M.** (2008). Older women's perceptions of successful aging. *Activities, Adaptation, and Aging*, 32(2), 73-88.
16. **Flood, M.**, & Newman, A. (2007). Obesity and older adults: A synthesis of findings and recommendations for practice. *Journal of Gerontological Nursing*, 33(12), 1-17.
17. **Flood, M.**, & Phillips, K. (2007). Creativity in older adults: A plethora of possibilities. *Issues in Mental Health Nursing*, 28(4), 389-411.
18. **Flood, M.** (2006). Exploring the relationships between creativity, depression, and successful aging. *Activities, Adaptation, and Aging*, 31(1), 55-71.
19. **Flood, M.**, & Scharer, K. (2006). Creativity enhancement; Possibilities for successful aging. *Issues in Mental Health Nursing*, 27, 1-21.
20. **Flood, M.** (2006). A mid-range theory of successful aging. *Journal of Theory Construction and Testing*, 9(2), 35-39.
21. **Flood, M.** (2002). Successful Aging; A concept analysis. *Journal of Theory Construction and Testing*, 6 (2), 105-108.

#### **D. Research Support**

1. *Eat Better Move More Carolina*. Funded by: UNC Charlotte Faculty Research Grant. Role: PI. An experimental intervention study of the 12-week Eat Better Move More community-based nutrition and physical activity program for older adults. 2012-2013.

2. *Pilot Test of the Successful Aging Inventory in Assisted Living Communities*. Funded by: American Nurses Foundation. Role: PI. A quantitative descriptive study that examines psychometric properties and feasibility of the Successful Aging Inventory in older adult assisted living residents. 2010-2011.

3. *In their Own Words: An Examination of Successful Aging through Focus Groups*. Funded by: Sigma Theta Tau International. Role: PI. A qualitative study aimed at collecting community-dwelling Southern older adults' descriptions and perceptions of what successful aging means to them. 2009-2010.

4. *An Examination of Successful Aging in Black Older Adults*. Funded by: Eleanor Caddell Award. Role: PI. A methodological study to examine psychometric properties of the Successful Aging Inventory in Black older adults. 2008-2009.

5. *Exploring Attitudes and Knowledge of Aging in Nursing and Non-Nursing Students*. Funded by: Sigma Theta Tau Gamma Iota Chapter. Role: Co-PI. A quantitative descriptive study that investigated variations in knowledge about aging and perceptions of providing care for older adults in nursing and other (non-nursing) college students. 2006-2007.