

**UNIVERSITY OF UTAH COLLEGE OF NURSING  
ACADEMIC VITA**

**LITCHMAN, MICHELLE: ACADEMIC VITA**

**SECTION I**

*Updated February 2021*

**A. PERSONAL DATA**

Michelle L. Litchman, PhD, FNP-BC, FAANP  
Assistant Professor (tenure line)  
University of Utah College of Nursing  
10 S 2000 E, Room 5335, Salt Lake City, UT 84112  
801-585-9612 (office) | 801-558-9984 (mobile)  
[michelle.litchman@nurs.utah.edu](mailto:michelle.litchman@nurs.utah.edu)

**B. EDUCATION**

<u>1. Year</u>	<u>Degree</u>	<u>Institution (Area of Study/Specialization)</u>
2015	PhD	University of Utah, Nursing, Salt Lake City, UT, USA.
2006	Post Master's	University of Utah, Teaching Nursing, Salt Lake City, UT, USA.
2006	MS	University of Utah, Family Nurse Practitioner, Salt Lake City, UT, USA.
2003	BSN	Weber State University, Nursing, Ogden, UT, USA.

**2. Licensure / Certification**

2006-Present	Advanced Practice Registered Nurse (Utah)
2006-Present	Advanced Practice Registered Nurse Controlled Substance (Utah)
2006-Present	American Nurses Credentialing Center, Family Nurse Practitioner

**C. EMPLOYMENT / PROFESSIONAL EXPERIENCE (Past 10 years)**

<u>Dates</u>	<u>Position and Institution</u>
2017-Present	Medical Director, Intensive Diabetes Education and Support Program, Utah Diabetes and Endocrinology Center, Salt Lake City, UT, USA
2016-Present	Assistant Professor, University of Utah College of Nursing, Salt Lake City, UT, USA.
2016-Present	Adjunct Assistant Professor, University of Utah School of Medicine, Internal Medicine, Division of Endocrinology, Metabolism and Diabetes, Salt Lake City, UT.
2016-Present	Family Nurse Practitioner, Utah Diabetes and Endocrinology Center, Salt Lake City, UT, USA.
2009-2015	Adjunct Instructor, University of Utah College of Nursing, Salt Lake City, UT, USA.
2011-2015	Family Nurse Practitioner, Granger Medical, Salt Lake City, UT, USA.
2006-2011	Family Nurse Practitioner, Wasatch Endocrinology & Diabetes Specialists, Salt Lake City, UT, USA.

**D. HONORS, RECOGNITIONS & AWARDS (Past 10 years)**

<u>Year</u>	<u>Recognition</u>	<u>Received From</u>
2019	Excellence in Research	Sigma Theta Tau International, Gamma Rho Chapter
2019	Advanced Practice Teaching Excellence Award	Department of Internal Medicine, University of Utah

**UNIVERSITY OF UTAH COLLEGE OF NURSING  
ACADEMIC VITA**

<u>Year</u>	<u>Recognition</u>	<u>Received From</u>
2019	Fellow	Fellow, American Psychological Association Minority Fellowship Program - Leadership and Education Advancement Program (LEAP) for Diverse Scholars
2019	Women Scientist Honors, Reading Exhibit	Marriott Library, University of Utah
2018	Excellence in Research	Utah Nurse Practitioners
2018	President's Nightingale Award	Sigma Theta Tau International, Nu Nu Chapter
2017	1 <sup>st</sup> Place Research Challenge Winner	Stanford Medicine X   Symplur Signals Everyone Included Research Challenge
2017	Fellow	Health Data Exploration Summer Institute, University of California
2017-2019	Vice President Clinical & Translational Scholar	Health Sciences, University of Utah
2017	Faculty Career Development Fellow	Geriatric Workforce Enhancement Program, University of Utah
2016	Induction as a Fellow	American Association of Nurse Practitioners
2013	State Award for Excellence for Utah	American Association of Nurse Practitioners
2011	Excellence in Leadership	Utah Nurse Practitioners
2011	Excellence in Clinical Practice	Sigma Theta Tau International Gamma Rho Chapter
2010-2012	Pre-Doctoral Fellowship	Jonas Center for Nursing Excellence/John A. Hartford Foundation, University of Utah
2009-2011	Pre-Doctoral Fellowship	Noorda Family Foundation/University of Utah John A. Hartford Foundation

**E. RESEARCH AND SCHOLARLY WORK**

1. Funded Extramural Grants/Contracts

<u>Dates</u>	<u>Amount</u>	<u>Title &amp; Funding Agency</u>	<u>Role and Percent Contribution</u>
10/1/20- 12/31/20	\$10,000	Development of Peer Facilitator Training Modules in Spanish <b>Association of Diabetes Care and Education Specialists</b> (MPI: N Allen & A Sanchez-Birkhead)	Co-Investigator 5%
11/01/20- 10/31/20	\$100,000	A Pilot Trial of a Financial Toolkit for Emerging Adults with Type 1 Diabetes <b>Association of Diabetes Care and Education Specialists / Certification</b>	Primary Mentor 0%

**UNIVERSITY OF UTAH COLLEGE OF NURSING**

**ACADEMIC VITA**

**Board for Diabetes Care and  
Education Mentored Post-Doctoral  
Fellowship in Integrated Diabetes  
Management**

(PI: J Blanchette)

2020-2023	\$2,109,913	Interdisciplinary Training in Cancer, Caregiving and End-of-Life Care <b>T32 NR013456</b> (MPI: L Ellington & K Mooney)	Faculty Mentor 0%
09/01/20-08/30/22	\$385,982	Adapting and Assessing the Feasibility of a Diabetes Self-Management Education and Support Telehealth Intervention for Rural Populations to Reduce Disparities in Diabetes Care <b>R56 NINR NR019466</b>	Multiple Principal Investigator (Contact PI) 10%
12/2019-12/2022	\$113,991	Social media use and social support among adolescent siblings of children with cancer. <b>NINR 1F31NR018987-01</b> (PI: S Wawrzynski)	Advisor 0%
08/01/19-07/30/20	\$82,000	Community Engagement in Utah to Reduce A1C in Type 1 Diabetes <b>Sorenson Legacy Foundation</b>	Multiple Principal Investigator (Contact PI) 10%
01/01/19-12/31/19	\$130,000	Combining Flash Glucose Monitoring and Online Peer Support to Improve Outcomes in Hispanic Spanish-Speaking People with Type 2 Diabetes <b>Abbott Diabetes Care</b>	Principal Investigator 10%
09/01/14-06/01/19	\$4,519,369	Self-Regulation and Collaborative Coping with Type 1 Diabetes Over the Lifespan <b>1DP3DK103999 NIDDK</b> (MPI: C Berg/V Helgeson)	Co-Investigator since 2017 5%
07/01/17-06/30/18	\$49,999	Comparative Effectiveness of Online Peer Support for Diabetes Treatment Approaches <b>PCORI Tier III</b> (PI: Greenwood)	Advisory Board 0%
06/01/17-05/31/20	\$5,294,560	Driving Out Diabetes, A Larry H. Miller Family Wellness Initiative <b>Larry H. and Gail Miller Family Foundation</b> (PI: Fagerlin)	Medical Director/PI of the Diabetes One-Day Education and Care Program (\$410,062) 15%

**UNIVERSITY OF UTAH COLLEGE OF NURSING  
ACADEMIC VITA**

06/01/16- 05/31/17	\$49,998	Community Partnership for Patient Centered Outcomes Research in Hispanics with Type 2 Diabetes <b>PCORI Tier III</b> (PI: N Allen)	Stakeholder Collaborator Researcher 3%
-----------------------	----------	--	--

2. Intramural Grants/Contracts

<u>Dates</u>	<u>Amount</u>	<u>Title &amp; Funding Agency</u>	<u>Role and Percent Contribution</u>
6/15/20- 06/14/21	\$20,000	Iterative Design of D-COPES (Diabetes – Connecting Online Peers to Enhance Support) <b>Dick and Timmy Burton Pilot Grant</b>	Principal Investigator
02/01/20- 01/31/21	\$20,091	Adapting a Mobile Phone Intervention to Improve Self- and Social-Regulation for Type 1 Diabetes During Emerging Adulthood. <b>Vanderbilt School of Medicine Grant</b> (MPI: L Mayberry, C Berg, D Wiebe)	Co-Investigator
01/01/20	\$20,000	A Feasibility Study of Older Adults with Type 2 Diabetes and Their Care Partners Using RT-CGM Share <b>University of Utah College of Nursing Burton Grant</b>	Multiple Principal Investigator
11/01/19	\$1,950	Interviews of Older Adults and Their Care Partners Using RT-CGM Share <b>One U Family Caregiving Initiative</b>	Multiple Principal Investigator
12/01/19- 11/30/19	\$48,390	Family Involvement and Sharing Information among Families with Multiple Members with Type 1 Diabetes <b>University of Utah Driving Out Diabetes Initiative</b>	Multiple Principal Investigator
08/01/19- 07/30/20	\$28,917	Mixed Methods Evaluation of Care Partners <b>University of Utah Driving Out Diabetes Initiative</b>	Principal Investigator
01/01/19- 12/31/19	\$20,000	A Feasibility Study of Older Adults and their Care Partners using RT-CGM Share <b>University of Utah Center on Aging</b>	Multiple Principal Investigator
03/18 – 08/18	\$2,600	Review of the Diabetes Online Community	Principal Investigator

**UNIVERSITY OF UTAH COLLEGE OF NURSING  
ACADEMIC VITA**

<u>Dates</u>	<u>Amount</u>	<u>Title &amp; Funding Agency</u>	<u>Role and Percent Contribution</u>
		<b>American Association of Diabetes Educators Award</b>	
09/17 – 09/18	\$24,700	Improving Diabetes Prevention via Social Media Engagement <b>Miller Diabetes Initiative Grant University of Utah</b>	Multiple Principal Investigator
05/01/17	\$30,000	Improving Clinical, Behavioral and Psychosocial Type 1 Diabetes Outcomes with an Online Peer Health Intervention. <b>University of Utah Diabetes and Metabolism Center Pilot Grant</b>	Principal Investigator
06/01/16-05/31/17	\$24,960	Qualitative Research into the Barriers for Effective Patient Self-Management of Comorbid Diabetes and Asthma <b>Community Pharmacy Foundation</b> (PI: M Feehan)	Co-Investigator
11/16/15-11/30/18	\$38,681	Utilizing Information Technology in the Management and Treatment of Diabetes. <b>Office of Research, Idaho State University</b> (PI: X Xu)	Consultant
06/01/16-05/31/17	\$2,910	The Fakebetes Challenge: A High Fidelity Diabetes Simulation for Nurse Practitioner Students. <b>Academy of Health Science Educators, University of Utah</b>	Principal Investigator
05/31/14	\$5,000	Using social media to help student clinicians better understand the experiences and expectations of people with chronic illness. <b>Département de médecine familiale et de médecine d'urgence, Université Laval, Bourses d'aide à la relève du DMFMU.</b> (PI: H Witteman)	Co-Investigator
03/01/11-02/28/12	\$500	Research Grant, Multiple Method Analysis of the Diabetes Online Community <b>Sigma Theta Tau International, Nu Nu Chapter</b>	Principal Investigator

**UNIVERSITY OF UTAH COLLEGE OF NURSING  
ACADEMIC VITA**

**F. PUBLICATIONS** (Selected publications, Past 10 years)

1. Books or Book Chapters

Allen, N.A. & **Litchman, M.L.** (2020). Using Diabetes Technology in Older Adults. In Digital health for Diabetes (1<sup>st</sup> ed.). Elsevier, Cambridge, MA.

Gee, P.M. & **Litchman, M.L.** (2018). The use of social media in nursing: Pitfalls and opportunities. In C.J. Huston, (Ed.) *Professional issues in nursing: Challenges and opportunities* (5<sup>th</sup> ed.). Philadelphia, PA: Wolters Kluwer/Lippincott Williams & Wilkins.

2. Journal Publications

\*#Kent de Grey, R. G., Berg, C. A., Tracy, E. L., Kelly, C. S., Lee, J., **Lichtman, M. L.**, Butner, J., Munion, A. K., & Helgeson, V. S. (2020). Can't you see I'm trying to help? Relationship satisfaction and the visibility and benefit of social support in type 1 diabetes. *Journal of Social and Personal Relationships*. <https://doi.org/10.1177/0265407520973762>

\*#McDowell, M.E., **Litchman, M.L.**, Guo, J. (Accepted). The Transition Experiences of Adolescents with Type 1 Diabetes from Pediatric to Adult Care Providers. *Child: Care, Health & Development*.

\*#**Litchman, M.L.**, Ryan, D., Yehl, K., Rinker, J., Burke, S.D. (2020). Developing the 2020 Diabetes Care & Education Specialist Competencies: A Modified Delphi Study. *The Diabetes Educator*, 46(4). <https://doi.org/10.1177/0145721720936607>

Ryan, D., Burke, S.D., **Litchman, M.L.**, Bronich-Hall, L., Kolb, L., Rinker, J., Yehl, K. (2020). Competencies for Diabetes Care and Education Specialists. *The Diabetes Educator*, 46(4). <https://doi.org/10.1177/0145721720931092>

\*#**Litchman, M.L.**, Walker, H.R., FitzGerald, C., Gomez Hoyos, M., Lewis, D.M., Gee, P.M. (In Press). Patient-Driven Diabetes Technologies: Sentiment and Personas of the #WeAreNotWaiting and #OpenAPS Movements. *Journal of Diabetes Science and Technology*. (DIY Special Edition). <https://doi.org/10.1177/1932296820932928>

\*#Berg, C.A., Helgeson, V.S., Tracy, E.L., **Litchman, M.L.**, Butner, J. (2020, epub ahead of print). Age Differences in Reactivity to Daily General and Type 1 Diabetes Stressors. *Psychology and Aging*. doi: [10.1037/pag0000519](https://doi.org/10.1037/pag0000519)

\*#Tracy, E. L., Berg, C. A., Kelly, C. S., Kent de Grey, R. G., Allen, N. A., **Litchman, M. L.**, Butner, J.E. & Helgeson, V. S. (In Press). The benefits of daily exercise on blood glucose levels and affect among adults with type 1 diabetes. *Journal of Family Psychology*.

Oser, T.K., Oser, S.M., Parascando, J.A., Grisolano, L.A., Bangalore-Krishna, K., Hale, D.E., **Litchman, M.L.**, Haidet, P. (In Press). Challenges and Successes in Raising a Child with Type 1 Diabetes and Autism Spectrum Disorder. *JMIR*. doi:10.2196/17184. PMID: 32217508.

\*#**Litchman, M.L.**, Oser, T.K., Hodgson, L., Heyman, M., Walker, H.R., Deroze, P., Rinker, J., Warshaw, H. (2020). In-Person and Technology-Mediated Peer Support in Diabetes Care: A Systematic Review of Reviews and Gap Analysis. *The Diabetes Educator*. <https://doi.org/10.1177/0145721720913275>. PMID: 32321370

**UNIVERSITY OF UTAH COLLEGE OF NURSING  
ACADEMIC VITA**

\*#Berg, C.A., Helgeson, V.S., Tracy, E.L., Butner, J., Kelly, C., Van Vleet, M., **Litchman, M.L.** (In Press). Daily Illness Appraisal and Collaboration in Couples with Type 1 Diabetes. *Health Psychology*.

Oser, T.K., Oser, S.M., Parascando, J.A., Hessler-Jones, D., Sciamanna, C.N., Sparling, K., Nease, D., **Litchman, M.L.** (2020). Social Media in the Diabetes Community to Assess Psychosocial Outcomes and Needs in People with Diabetes and their Caregivers. *Current Diabetes Reports*, 20(10). <https://doi.org/10.1007/s11892-020-1294-3>

\*#Murray, J., Clayton, M.F., & **Litchman, M.L.** Health Care Provider Knowledge and Perceptions of FDA-Approved and Do-It-Yourself Automated Insulin Delivery. (2019, epub ahead of print). *Journal of Diabetes Science and Technology*. <https://doi.org/10.1177/1932296819895567> (DIY Special Edition)

\*#**Litchman, M.L.**, Oser, T.K., Wawrzynski, S.E., Walker, H.R., Oser, S. (2019, epub ahead of print). The Underground Exchange of Diabetes Medications and Supplies: Donating, Trading, and Borrowing, Oh My! *Journal of Diabetes Science and Technology*. <https://doi.org/10.1177/1932296819888215> (DIY Special Edition)

Warshaw, H., Hodgson, L., Heyman, M., Oser, T.K., Walker, H.R., Deroze, P., Rinker, J., **Litchman, M.L.**, (2019). Perspectives in Practice: The Role and Value of Ongoing and Peer Support in Diabetes Care and Education. *The Diabetes Educator*, 45(6). <https://doi.org/10.1177/0145721719882007>.

\*#Tracy, E.L., Berg, C.A., Kent de Grey, R.G., Butner, J., **Litchman, M.L.**, Allen, N.A., Helgeson, V.S. (2019). The Role of Self-Regulation Failures and Self-Care in the Link Between Daily Sleep Quality and Blood Glucose Among Adults with Type 1 Diabetes. *Annals of Behavioral Medicine*. <https://doi.org/10.1093/abm/kaz044>

\*#**Litchman, M.L.**, Allen, N.A., McAdam-Marx, C., & Feehan, M. (2019). Using Projective Exercises to Identify Patient Perspectives of Living with Comorbid Type 2 Diabetes and Asthma. *Chronic Illness*. doi: 10.1177/1742395319872788

\*#Yingling, L., Allen, N., **Litchman, M.L.**, Colicchio, V.D., & Gibson, B.S. (2019). An Evaluation of Digital Health Tools for Diabetes Self-Management in Hispanic Adults: Exploratory Study. *Journal of Medical Internet Research*, 4(3) e12936. doi: [10.2196/12936](https://doi.org/10.2196/12936)

\*#LaManna, J., **Litchman, M.L.**, Dickinson, J.K., Todd, A., Julius, M.M., Whitehouse, C.R., Hyer, S. & Kavookjian, J. (2019). The Role of Diabetes Education in Mitigating Risk for Hypoglycemia: A Systematic Review. *The Diabetes Educator*. <https://doi.org/10.1177/0145721719855931>

\*#**Litchman, M.L.**, & Edelman, L.E. Perceptions of the Diabetes Online Community's Credibility, Social Capital, and Help and Harm: Cross-Sectional Comparison Between Baby Boomers and Younger Adults. (2019). *Journal of Medical Internet Research Aging*, 2(2), e10857.

\*#**Litchman, M.L.**, Wawrzynski, S.E., Woodruff, W.S., Arrington, J., Nguyen, Q.C., & Gee, P.M. (2019). Continuous Glucose Monitoring in the Real World Using Photosurveillance of #Dexcom on Instagram: Exploratory Mixed-Methods Study. *Journal of Medical Internet Research Public Health and Surveillance*, 5(2):e11024. doi: [10.2196/11024](https://doi.org/10.2196/11024)

\*Allen, N.A., Colicchio, V.D., **Litchman, M.L.**, Gibson, B.S., Villalta, J., & Sanchez-Birkhead, A.C. (2019). Community Partners as Our Teachers to Improve Diabetes Self-Management. *Hispanic Healthcare International Journal*, 17(3). DOI: 10.1177/1540415319843229

**UNIVERSITY OF UTAH COLLEGE OF NURSING**  
**ACADEMIC VITA**

\*#**Litchman, M.L.**, Wawrzynski, S.E., Allen, N.A. Tracy, E.L., Kelly, C.S., Helgeson, V.S. & Berg, C.A. (2019, epub ahead of print). Yours, Mine and Ours: A Qualitative Analysis of the Impact of Type 1 Diabetes Management in Older Adult Married Couples. *Diabetes Spectrum*, 32(3). <https://doi.org/10.2337/ds18-0057>

\*#**Litchman, M.L.**, Walker, H.R., Ng, A.H., Wawrzynski, S.E., Oser, S.M., Greenwood, D.A., Gee, P.M., Lackey, M. Oser, T.K. (2019, epub ahead of print). State of the Science: A Scoping Review and Gap Analysis of Diabetes Online Communities. *Journal of Diabetes Science and Technology*. <https://doi.org/10.1177/1932296819831042> PMID: 30854884 (Special Edition on Diabetes and Social Media).

\*#**Litchman, M.L.**, Tran, M.J. Dearden, S. Guo, J. Simonsen, S., Clark, L. (2019). What Women with Disabilities Write in Personal Blogs about Pregnancy and Early Motherhood: A Qualitative Analysis of Blogs. *JMIR Pediatrics and Parenting*, 2(1): e12355. doi: [10.2196/12355](https://doi.org/10.2196/12355)

\*#Guo, J., Tay, D.L., **Litchman, M.L.** Hashtags and Heroes: Public Perceptions of Nursing Following a High Profile Nurse Arrest. (2019, epub ahead of print). *Journal of Professional Nursing*, 35(5). <https://doi.org/10.1016/j.profnurs.2019.02.005>

\*#Greenwood, D.A., **Litchman, M.L.**, Ng, A., Gee, P.M., Ferrer, M., Ferrer, J., Memering, C.E. Eichorst, B., Scibilia, R., Young, H.M., Miller, L.M.S. (2019, epub ahead of print). Development of the Intercultural Diabetes Online Community Research Council: Co-design and Social Media Processes. *Journal of Diabetes Science and Technology*. <https://doi.org/10.1177/1932296818818455> PMID: PMC6399805 (Special Edition on Diabetes and Social Media).

\*#Helgeson, V.S., Berg, C.A., Kelly, C.S., Van Vleet, M., Zajdel, M., Tracy, E.L., **Litchman, M.L.** (2018). Patient and Partner Illness Appraisal and Health Among Adults with Type 1 Diabetes. *Journal of Behavioral Medicine*, 42(3). PMID: 30542808 <https://doi.org/10.1007/s10865-018-0001-1>

Xu, X., **Litchman, M.L.**, Gee, P.M., Whatcott, W., Chacon, L., Holmes, J. & Srinivasan, S. (2018). Predicting Prediabetes Through Facebook Postings: Protocol for a Mixed-Methods Study. *JMIR Research Protocols*, 7(12): 210720. PMID: PMC6315248 doi: [10.2196/10720](https://doi.org/10.2196/10720)

\*#Tracy, E.L., Berg, C.A., Baker, A.C., Mello, D., Huntbach, B.A., **Litchman, M.L.** & Wiebe, D.J. (2018). Health-Risk Behaviors and Type 1 Diabetes Outcomes in the Transition from Late Adolescence to Early Emerging Adulthood. *Children's Health Care*, 48(3). <https://doi.org/10.1080/02739615.2018.1531758>

\*#**Litchman, M.L.**, Schlepko, T., Rowley, T., McFarland, M. & Fiander, M. (2018). A Scoping Review of Advanced Practice Registered Nurses Consensus Model Outcomes: Part Four of a Four-Part Series on Critical Topics Identified by the 2015 Nurse Practitioner Research Agenda. *Journal of the American Association of Nurse Practitioners*, 30(12). PMID: 30540631 doi: 10.1097/JXX.0000000000000111 <https://bit.ly/2GqyFFE>

\*#**Litchman, M.L.**, Lewis, D.M., Kelly, L.A. & Gee, P.M. (2018). Twitter Analysis of #OpenAPS DIY Artificial Pancreas Technology Use Suggests Improved A1C and Quality of Life. *Journal of Diabetes Science and Technology*, 13(2):164-170. (Special Edition on Diabetes and Social Media). PMID:PMC6399802 <https://doi.org/10.1177/1932296818795705>

\*#**Litchman, M.L.**, Snyder, C., Edelman, L.S., Wawrzynski, S. E. & Gee, P.M. (2018). Diabetes Online Community User Perceptions of Successful Aging with Diabetes: Analysis of a #DSMA Tweet Chat *Journal of Medical Internet Research Aging*, 1(1):e10176. <https://aging.jmir.org/2018/1/e10176/>



**UNIVERSITY OF UTAH COLLEGE OF NURSING  
ACADEMIC VITA**

\*#**Litchman, M.L.**, Edelman, L.S. & Donaldson, G. (2018). Effect of Diabetes Online Community Engagement on Health Indicators: Cross-Sectional Study. *Journal of Medical Internet Research Diabetes*. 3(2):e8. PMID: PMC6238850 doi: [10.2196/diabetes.8603](https://doi.org/10.2196/diabetes.8603)

- Selected as the journal article for discussion at the NIH National Network of Libraries of Medicine, Journal Club on February 26, 2019.

\*#Rinker, J., Dickinson, J.K., **Litchman, M.L.**, Williams, A.S., Kolb, L.E., Cox, C., & Lipman, R.D. (2018). The 2017 Diabetes Educator and the Diabetes Self-Management Education National Practice Survey. *The Diabetes Educator*, 44(3), 260-268. <https://doi.org/10.1177/0145721718765446>

\*#**Litchman, M.L.**, Allen, N.A., Colicchio, V.D., Wawrzynski, S.E., Sparling, K.M., Hendricks, K.L. & Berg, C.A. (2018). A Qualitative Analysis of RT-CGM Data Sharing with Care Partners: To Share or Not to Share? *Diabetes Technology and Therapeutics*, 20(1). <https://doi.org/10.1089/dia.2017.0285>

\*#Nguyen, Q.C., Brunisholz, K.D., Yu, W., McCullough, M., Hanson, H., **Litchman, M.L.**, Li, F., Wan, Y., VanDerslice, J.A., Wen, M., & Smith, K.R. (2017). Twitter-Derived Neighborhood Characteristics Associated with Obesity and Diabetes. *Scientific Reports*, 4(16425). doi:10.1038/s41598-017-16573-1 <https://www.nature.com/articles/s41598-017-16573-1>

\*#**Litchman, M.L.**, Rothwell, E. & Edelman, L.S. (2017). The Diabetes Online Community: Older Adults Supporting Self-Care Through Peer Health. *Patient Education and Counseling*, 101(3). DOI: <http://dx.doi.org/10.1016/j.pec.2017.08.023>

\*#**Litchman, M.L.** & Allen, N.A. (2017). Real-Time Continuous Glucose Monitoring Facilitates Safety in Older Adults with Type 1 Diabetes: A Pilot Study. *Journal of Diabetes Science and Technology*, 11(5). <http://journals.sagepub.com/doi/abs/10.1177/1932296817702657>

\*#**Litchman, M.L.** & Tran, M.J. (2017). The Diabetes Mixer: Fostering a Diabetes Community to Support Peer Health. *The People Living with and Inspired by Diabetes Journal*, 2(2), 46-54. doi: <http://dx.doi.org/10.17125/plaid.2016.84>

\*#**Litchman, M.L.** (2016). The Fakebetes Challenge: A Pilot Study of the Patient as Educator in Diabetes Care. *The People Living with and Inspired by Diabetes Journal*, 2(1), 26-33. doi: <http://dx.doi.org/10.17125/plaid.2016.64>

#### Dissertation

#**Litchman ML.** *A multiple method analysis of peer health in the diabetes online community*. ProQuest Dissertations & Theses Global: Health & Medicine (1755696611). College of Nursing, University of Utah; 2015.

#### 3. Published Abstracts

**Litchman, M.L.**, Oser, T.K., Wawrzynski, S.E., Walker, H.R., Oser, S. (2019). Understanding Financial Access Barriers in Diabetes: Rationing and Underground Trading. *The Diabetes Educator*, 45(4).

LaManna, J., Kavookjian, J., Dickinson, J.K., **Litchman, M.L.**, Todd, A., Whitehouse, C.R., Hyer, S. & Julius, M.M. (2019). A Call to Action: It's Time for Diabetes Educators to Do Something About Hypoglycemia! *The Diabetes Educator*, 45(4).

**UNIVERSITY OF UTAH COLLEGE OF NURSING**  
**ACADEMIC VITA**

Xu, X., **Litchman, M.L.**, Gee, P.M., Jung, S. Whatcott, W., Chacon, L., Holmes, J. & Srinivasan, S. (2019). Understanding Prediabetes Through Facebook: Pilot Study Protocol and Lessons Learned. *Journal of Health Disparities Research & Practice*, 12(5).

Wahl, M., Haynes, A., **Litchman, M.L.**, Fagerlin, A., Delaney, R.K., Neuberger, J., Adjei-Poku, G.S., Serrato, M., Hartnet, M.E. & Fisher, S. (2019). Point-of-Care Retinal Photography is Effective in Identifying Diabetic Retinopathy in Patients Not Routinely Followed by Ophthalmology in the Intermountain West. *Diabetes*, 68(Suppl 1).

Tracey, E.L., Berg, C., Kelly, C.S., **Litchman, M.L.**, Allen, N. & Helgeson, V. (2019). Spillover and Crossover Effects of Daily Stressors Among Couples with Type 1 Diabetes: Relationship Satisfaction as a Moderator. *Annals of Behavioral Medicine*, 53, S675-S675.

**Litchman, M.L.**, Delaney, R.K., Neuberger, J., Wang, X., Fagerlin, A., & Fisher, S. (2019). An interdisciplinary Diabetes One-Day Education and Care Intervention Improves Diabetes Distress and A1C. *Annals of Behavioral Medicine*, 53, S572-S572.

Delaney, R.K., Neuberger, J., Wang, X., Fagerlin, A., **Litchman, M.L.** (2019). Are Patients with Diabetes Getting the Support They Need? Discordant Support from Family and Friends Relates to Poorer Health. *Annals of Behavioral Medicine*, 53, S42-S42.

Tracy, E.L., Berg, C.A., Turner, S.L., de Grey, R.G.K, Butner, J.E., **Litchman, M.L.**, Allen, N.A., Helgeson, V.S. (2019). Daily Sleep Quality and Diabetes Management Among Adults with Type 1 Diabetes. *Annals of Behavioral Medicine*, 53, S386-S386.

Berg, C.A., Helgeson, V.S., Kelly, C.S., Lee, E., Van Vleet, M., Butner, J., **Litchman, M.L.** (2018). Benefit of Support for Daily Diabetes Management Depends on Shared Illness Appraisal in Adults with Type 1 Diabetes. *Annals of Behavioral Medicine*, 52, S197-S197.

Zajdel, M., Helgeson, V., Kelly, C.S., Lee, E., **Litchman, M.L.**, Berg, C.A. (2018). Partner Perception of Diabetes as Shared Benefits Patients with Low Self-Efficacy. *Annals of Behavioral Medicine*, 52, S284-S284.

Helgeson, V., Van Vleet, M., Zajdel, M., Lee, E., **Litchman, M.L.**, Korytkowski, M., Berg, C.A. (2018). Communal Coping: An Examination of Shared Illness Appraisal and Collaboration in the Context of Adults with Type 1 Diabetes. *Annals of Behavioral Medicine*, 52, S442-S442.

Lee, E., Berg, C.A., Baker, A.C, Mello, D., Huntbach, B.A., **Litchman, M.L.**, Wiebe, D. (2017). Risky Behaviors and Diabetes Outcomes in the Transition From Adolescence to Emerging Adulthood with Type 1 Diabetes. *Annals of Behavioral Medicine*, 51, S514-S515.

Baker, A.C., Wiebe, D., Lee, E., **Litchman, M.L.**, Berg, C.A. (2017). Disordered Eating, Negative Emotions and Type 1 Diabetes Management During Late Adolescence. *Annals of Behavioral Medicine*, 51, S1048-S1049.

Stump, T., Wiebe, D., Berg, C.A., **Litchman, M.L.** (2017). Goal-Setting for Type 1 Diabetes Management. *Annals of Behavioral Medicine*, 51, S1056-1057.

4. Editorial Boards

Years  
2020

Journal  
Guest Editor, Journal of Diabetes Science and Technology, 'DIY' special

**UNIVERSITY OF UTAH COLLEGE OF NURSING  
ACADEMIC VITA**

issue

5. Manuscript, Abstract, and Book Reviews

<u>Years</u>	<u>Book Reviewer</u>
2018	Sease, J. (2018). Endocrinologic Disorders. In Chisholm-Burns, M.A., Wells, B.G. & Schwinghammer, T.L. (Ed.) Pharmacotherapy Principles and Practice (5 <sup>th</sup> ed., pp. XX). McGraw-Hill. (Role: Book chapter reviewer)
	<u>Manuscript Reviewer</u>
2019-Present	Diabetes Care (Ad Hoc)
2018-Present	Journal of Diabetes Science and Technology
2017-Present	Journal of Medical Internet Research
2017-Present	Qualitative Health Research
2017-Present	Patient Education and Counseling
2016-Present	People Living with and Affected by Diabetes Journal
	<u>Abstract Reviewer</u>
2020-Present	American Diabetes Association, Scientific Sessions
2016-Present	Association of Diabetes Care and Education Specialists, Annual Conference
2015-2017	Stanford Medicine X Conference
2012-2014	Medicine 2.0 Conference
2011-2012	American Association of Nurse Practitioners, Annual Conference

**G. PRESENTATIONS** (Selected presentations, Past 10 years)

1. Peer-Reviewed Presentations (\*Indicates Student Author)

<u>Dates</u>	<u>Title, Sponsor</u>	<u>Location</u>
2021 April (accepted)	<b>Litchman, M.L.</b> , *Tran, M., *Blanchette, J.E., Iacob, E., Oser, T.K., Grigorian, E.G., Edelman, L.S. "GoFundMe isn't a Medical Plan": A Study of Crowdfunding Insulin Success Stories. Western Institute of Nursing.	Virtual
2020 November	*Rodriguez-Gonzales, B. & <b>Litchman, M.L.</b> Combining Continuous Flash Glucose Monitoring and Peer Support Groups to Improve Outcomes in Hispanic Spanish-Speaking People with Type 2 Diabetes. Lightning Talk (by nomination only). University of Utah Diabetes and Metabolism Research Center.	Salt Lake City, UT (virtual)

**UNIVERSITY OF UTAH COLLEGE OF NURSING  
ACADEMIC VITA**

2020 August	*Blanchette, J.E., <b>Litchman, M.L.</b> , Rice, C., Deroze, P.S. The Cost of Diabetes: Impact Across the Lifespan. Association of Diabetes Care and Education Specialists Annual Conference.	Atlanta, GA (accepted, not presented due to COVID19)
2020 August	Dickinson, J.K. & <b>Litchman, M.L.</b> Hypoglycemia in the Real World. Association of Diabetes Care and Education Specialists Annual Conference.	Atlanta, GA
2019 August	<b>Litchman, M.L.</b> , *Wawrzynski, S.E., Allen, N.A., *Tracy, E.L., Kelly, C.S., Helgeson, V., Berg, C.A. Mine and Ours: The Impact of Type 1 Diabetes in Older Adult Married Couples. American Association of Diabetes Educators Annual Conference.	Houston, TX
2019 August	<b>Litchman, M.L.</b> , *Walker, H., & Shockley, C. Online and In-Person Peer Support for Underserved Populations. American Association of Diabetes Educators Annual Conference.	Houston, TX
2019 August	<b>Litchman, M.L.</b> & Tyler, M. Optimizing Diabetes Education in Deaf and Hard of Hearing Populations. American Association of Diabetes Educators Annual Conference.	Houston, TX
2019 April	*Tran, M.J., Dearden, S., Guo, J. Simonsen, S., Clark, L., & <b>Litchman, M.L.</b> <i>What women with disabilities write in blogs about pregnancy and early motherhood.</i> In L. Clark (Symposium Organizer), Perspectives on Reproductive Health of Women with Disabilities, 52 <sup>nd</sup> Annual Communicating Nursing Research Conference of the Western Institute for Nursing.	San Diego, CA
2019 April	Simonsen, S., Dearden, S. <b>Litchman, M.L.</b> , Guo, J., & Clark, L. <i>Pregnancy history, intention, and support among women with disability.</i> In L. Clark (Symposium Organizer), Perspectives on Reproductive Health of Women with Disabilities, 52 <sup>nd</sup> Annual Communicating Nursing Research Conference of the Western Institute for Nursing.	San Diego, CA
2019 April	Clark, L., Simonsen, S., Guo, J., Dearden, S. & <b>Litchman, M.L.</b> <i>Social support of reproductive-aged women with disability.</i> In L. Clark (Symposium Organizer), Perspectives on Reproductive Health of Women with Disabilities, 52 <sup>nd</sup> Annual Communicating Nursing Research Conference of the Western Institute for Nursing.	San Diego, CA
2018 August	Williams, A., <b>Litchman, M.L.</b> , Bartos B., & Rivera, E. Inclusive Design: Access to DSMES for People with Diverse Hearing and Visual Abilities. Panel Presentation. American Association of Diabetes Educators Annual Conference.	Baltimore, MD, USA
2018 April	Helgeson, V.S., Van Vleet, M., Zajdel, M., Lee, E., <b>Litchman, M.L.</b> , Kortykowski, M. & Berg, C.A. Communal Coping: An	New Orleans, LA, USA

**UNIVERSITY OF UTAH COLLEGE OF NURSING  
ACADEMIC VITA**

Examination of Shared Illness Appraisal and Collaboration in the Context of Adults with Type 1 Diabetes. Conference Paper. 39<sup>th</sup> Annual Meeting and Scientific Sessions for the Society of Behavioral Medicine.

2018 April	Berg, C.A., Helgeson, V.S., *Kelly, C., Lee, E., Van Vleet, M., Butner, J. & <b>Litchman, M.L.</b> Benefits of Support for Daily Diabetes Management Depends on Shared Illness Appraisal in Adult with Type 1 Diabetes. Conference Paper. 39 <sup>th</sup> Annual Meeting and Scientific Sessions for the Society of Behavioral Medicine.	New Orleans, LA, USA
2018 April	Greenwood, D. & <b>Litchman, M.L.</b> Using Social Media to Co-Design Research: Results of a PCORI Project. Conference Paper. Western Institute of Nursing's 51 <sup>st</sup> Annual Communicating Nursing Research Conference.	Spokane, WA, USA
2018 April	<b>Litchman, M.L.</b> , *Tay, D.L. & Guo, J. Public Perceptions of Nursing Following a High Profile Nurse Arrest. Conference Paper. Western Institute of Nursing's 51 <sup>st</sup> Annual Communicating Nursing Research Conference.	Spokane, WA, USA.
2017 September	<b>Litchman, M.L.</b> , Lewis, D., Ferrer, M., & Gee. P.M. Patients Taking Charge: #WeAreNotWaiting, Medical Hacking, and Non-FDA Approved Activities. Stanford's Medicine X.	Palo Alto, CA, USA
2017 September	<b>Litchman, M.L.</b> , *Tran, M.J., Nelson, J., Gee, P.M. Maximizing Technology to Bridge Care Transitions: Apps, Information Exchange & EMRs. Stanford's Medicine X.	Palo Alto, CA, USA
2017 August	<b>Litchman, M.L.</b> & *Woodruff, W. Photosurveillance of Non-FDA Approved Activity in the Diabetes Online Community. 44 <sup>th</sup> Annual Meeting of the American Association of Diabetes Educators.	Indianapolis, IN, USA
2017 August	<b>Litchman, M.L.</b> , *Gabel, H., Head, R. & Gee, P.M. The Power of "Me Too": An Analysis of Peer Health in the Diabetes Online Community. 44 <sup>th</sup> Annual Meeting of the American Association of Diabetes Educators.	Indianapolis, IN, USA
2017 August	Lamanna, J., Dickenson, J. & <b>Litchman, M.L.</b> Seeking Answers to the Burning Questions: Research in Diabetes Education. 44 <sup>th</sup> Annual Meeting of the American Association of Diabetes Educators.	Indianapolis, IN, USA
2017 April	<b>Litchman, M.L.</b> , Snyder, C. & Gee, P. Me into Old Age: Aging with the Diabetes Online Community. Conference Paper. Western Institute of Nursing's 50 <sup>th</sup> Annual Communicating Nursing Research Conference.	Denver, CO, USA

**UNIVERSITY OF UTAH COLLEGE OF NURSING  
ACADEMIC VITA**

2017 April	<b>Litchman, M.L.</b> , Allen, N.A. & Berg, C. To Share or Not to Share? A Qualitative Analysis of RT-CGM Data Sharing with Care Partners. Conference Paper. Western Institute of Nursing's 50 <sup>th</sup> Annual Communicating Nursing Research Conference.	Denver, CO, USA
2016 September	<b>Litchman, M.L.</b> & Allen, N.A. Real-Time Continuous Glucose Monitoring Facilitates Safety in Older Adults with Type 1 Diabetes: A Qualitative Analysis. Stanford's Medicine X.	Palo Alto, CA. USA
2016 September	<b>Litchman, M.L.</b> , Gee, P., Snider, C., Patmon, F. This Isn't Your Grandparent's Computer: Improving the Health of Older Adults Through Innovative Technology. Panel Presentation. Stanford's Medicine X.	Palo Alto, CA. USA
2016 August	<b>Litchman, M.L.</b> Enhancing Rese@rch Through the Power of #SoMe (Social Media). Lunch and Learn. College of Nursing, University of Utah.	Salt Lake City, UT, USA
2015 September	<b>Litchman, M.L.</b> & Shockley, C. The Fakebetes Challenge: Patient as Educator. Stanford's Medicine X   Ed.	Palo Alto, CA, USA
2015 September	<b>Litchman, M.L.</b> , Berman, A., Lee, S., Delbanco, T. Older Adults Taking Hold of their Health: Technologies that Foster Transparency and Engagement (OpenNotes, Online Communities, and Apps). Panel Presentation, Stanford's Medicine X.	Palo Alto, CA, USA
2015 August	<b>Litchman, M.L.</b> The Diabetes Online Community: A SOCIAL MEDI(c)A(l) Approach to #DiabetesCare. 42nd Annual Meeting of the American Association of Diabetes Educators.	New Orleans, LA, USA
2014 October	<b>Litchman, M.L.</b> , Edelman, L., & Donaldson, G. Engagement in the Diabetes Online Community is Associated with Better Glycemic Control. Medicine 2.014 Summit and World Congress.	Maui, HI, USA
2012 June	<b>Litchman, M.L.</b> Using Social Media to Gain Clinical Insight. American Academy of Nurse Practitioners 27 <sup>th</sup> National Conference.	Orlando, FL, USA
2012 June	<b>Litchman, M.L.</b> , Ross, L., & Winmill, D. (2012). Diabetes Management in the Elderly, Pregnant, and Autoimmune: A Panel's Perspective. American Academy of Nurse Practitioners 27 <sup>th</sup> National Conference.	Orlando, FL, USA

2. Invited Speeches / Lectures / Demonstrations

<u>Dates</u>	<u>Title, Sponsor</u>	<u>Location</u>
--------------	-----------------------	-----------------

**UNIVERSITY OF UTAH COLLEGE OF NURSING  
ACADEMIC VITA**

2020 December	Noel, K., <b>Litchman, M.L.</b> , Chin, M., Gordon, T. Digital Medicine's Role in Addressing Disparities and Inequities in Healthcare. Keynote Panel. 4 <sup>th</sup> Annual NODE.Health Digital Medicine Conference.	New York, NY (virtual)
2020 November	<b>Litchman, M.L.</b> I'll take My Healthcare Team with a side of Peers. Invited Keynote. Australian Diabetes Congress.	Brisbane, Australia (virtual)
2020 November	Mobilizing Your Research Beyond Publication. VPCAT Monthly Meeting.	Salt Lake City, UT (virtual)
2020 November	Impacting Policy for Research and Practice. University of California Los Angeles, School of Nursing. N202 Philosophy of Nursing Science Course.	Los Angeles, CA (virtual)
2020 September (invited)	Deroze, P., <b>Litchman, M.L.</b> , Shockley, S.N., Hernandez, M. Racial + Ethnic Disparities in Diabetes Care. Panel. Beyond Type 1 September Summit.	Virtual
2020 June (invited)	<b>Litchman, M.L.</b> "Is Peer Support the Answer for the Technologically Challenged." Panel presentation for Taking the Technology Plunge – Integrating Digital Technology into Practice. American Diabetes Association	Chicago, IL (virtual)
2020 May (invited)	<b>Litchman, M.L.</b> Mobilizing Your Research Beyond Publication. Jonas Nursing and Veterans Healthcare in Partnership with the American Association of Colleges of Nursing.	Webinar
2020 April	<b>Litchman, M.L.</b> Making Smart Pivots to Ensure Research Success in the COVID-19 Landscape. University of Utah College of Nursing.	Salt Lake City, UT
2020 March	<b>Litchman, M.L.</b> Science Communication: Mobilizing Your Research Beyond Publication. Transforming Caregiving through Science Research Innovation Team. University of Utah College of Nursing.	Salt Lake City, UT
2020 March	<b>Litchman, M.L.</b> Science Communication: Mobilizing Your Research Beyond Publication. T32 Seminar. University of Utah College of Nursing.	Salt Lake City, UT
2020 January	<b>Litchman, M.L.</b> Mobilizing Your Research Beyond Publication. Utah Women in Higher Education (UWHEN) quarterly meeting.	Salt Lake City, UT
2020 January	<b>Litchman, M.L.</b> Online and Connected: Surviving the Cost of Diabetes. Vice President's Health Sciences Research Forum. University of Utah.	Salt Lake City, UT
2019 November	Curry, M., Doyle-Delgado, K., <b>Litchman, M.L.</b> , Gee, P.M. Talking About: DIY Hybrid closed-loop systems. Panel. 2019 Annual American Association of Diabetes Educators Utah	Sandy, UT, USA

**UNIVERSITY OF UTAH COLLEGE OF NURSING  
ACADEMIC VITA**

Chapter Diabetes Update Conference.

2019 November	<b>Litchman, M.L.</b> Digital Management of Diabetes. Key Note. Intermountain Healthcare and Weber State University 2019 Annual Research Symposium.	Salt Lake City, UT, USA
2019 September	<b>Litchman, M.L.</b> Mobilizing Your Research Beyond Publication. University of Utah Clinical Research and Methods Seminar.	Salt Lake City, UT, USA
2018 October	<b>Litchman, M.L.</b> Online Peer Support in Adults with Type 1 Diabetes. University of Utah Diabetes and Metabolism Research Retreat.	Salt Lake City, UT, USA
2018 August	de Groot, M., Norton, A., <b>Litchman, M.L.</b> , Beverly, E., The Role of Peer Support in Mental Health. Key Note Panel Presentation. American Association of Diabetes Educators Annual Conference.	Baltimore, MD, USA
2017 November	<b>Litchman, M.L.</b> The Art of NP Contract Negotiation. Utah Nurse Practitioner Student Association. University of Utah.	Salt Lake City, UT, USA
2017 November	<b>Litchman, M.L.</b> , *Gabel, H., Fitzgerald, C., Hoyos, M.G., Lewis, D., Gee, P.M. #WeAreNotWaiting - "I Want Life": The Medical Device Hacking Patient Movement. Key Note Presentation. DData Summit.	Palo Alto, CA, USA
2017 November	<b>Litchman, M.L.</b> disABILITY: Optimizing Diabetes Education Across the Lifespan in Individuals with Varying Cognitive Accessibility. Invited Speaker, Breakout Session. American Association of Diabetes Educators, Utah Chapter.	Sandy, UT, USA
2017 September	<b>Litchman, M.L.</b> & Altizer, R. Community Engagement and the Diabetes Online Community. Invited Keynote Speaker. TypeOneNation Summit, JDRF.	Sandy, UT, USA
2017 September	<b>Litchman, M.L.</b> Maximizing Social Media for Recruitment and Data Collection. Webinar. Research Colloquium. Duquesne University, School of Nursing.	Pittsburgh, PA, USA
2017 September	<b>Litchman, M.L.</b> , *Gabel, H., Fitzgerald, C., Hoyos, M.G., Lewis, D., Gee, P.M. #WeAreNotWaiting - "I Want Life": The Medical Device Hacking Patient Movement. Key Note Presentation. Stanford Medicine X.	Palo Alto, CA, USA
2017 January	<b>Litchman, M.L.</b> Enhancing Rese@rch Through the Power of #SoMe (Social Media). Invited Speaker, Pre-Conference Workshop. American Association of Colleges of Nursing, Doctoral Education Conference.	San Diego, CA, USA



**UNIVERSITY OF UTAH COLLEGE OF NURSING  
ACADEMIC VITA**

2016 November	<b>Litchman, M.L.</b> From Patient Portal to Artificial Pancreas: Technology to Support Diabetes Management. Invited Speaker, Breakout Session. TypeOneNation Summit, JDRF.	West Valley City, UT, USA
2016 October	<b>Litchman, M.L.</b> Maximizing Technology in Diverse Populations to Support Diabetes Management. Invited Speaker, Breakout Session. American Association of Diabetes Educators, Utah Chapter.	Sandy, UT, USA
2016 October	<b>Litchman, M.L.</b> The Power of "Me Too": An Analysis of Peer Health in the Diabetes Online Community. Invited Speaker, Plenary Session. American Association of Diabetes Educators, Utah Chapter.	Sandy, UT, USA
2016 May	<b>Litchman, M.L.</b> Supporting Diabetes in Diverse Populations Using Technology. Invited Speaker, Breakout Session. The Utah Health Information Technology Conference.	Sandy, UT, USA
2013 November	<b>Litchman, M.L.</b> Sociality in Diabetes Care: Connecting to Enhance Your Clinical Skills. Invited Speaker, Breakout Session. American Association of Diabetes Educators Utah Chapter.	Sandy, UT, USA
2012 November	<b>Litchman, M.L. &amp; Tran, M.J.</b> Diabetes Mixer. Invited Speaker, Plenary Session. American Association of Diabetes Educators, Utah Chapter.	Sandy, UT, USA
2012 October	<b>Litchman, M.L.</b> Diabetes Management: Considerations in the Elderly. Invited Speaker, Plenary Session. The 17th Annual Tennessee Valley Gerontology Conference. "The Silver Tsunami – Preparing to Role with the Wave".	Florence, AL, USA
2012 October	<b>Litchman, M.L.</b> Home Assessment: Getting the Whole Picture. Invited Speaker, Plenary Session. The 17th Annual Tennessee Valley Gerontology Conference. "The Silver Tsunami – Preparing to Role with the Wave".	Florence, AL, USA
2012	<b>Litchman, M.L.</b> Insulin management in Family Practice. Invited Speaker. St. Marks Hospital Family Practice Residents.	Salt Lake City, UT, USA
2012	<b>Litchman, M.L.</b> Using Social Media to Gain Clinical Insight. Invited Speaker. University of Utah Mentoring for U "Social Media and Your Career Workshop".	Salt Lake City, UT, USA
2011	<b>Litchman, M.L. &amp; Oliver, S.</b> Early Career Nurses, Is Graduate Education for You? Invited Speaker, Breakout Session. National Student Nurses Association 59 <sup>th</sup> Annual Convention.	Salt Lake City, UT, USA

**UNIVERSITY OF UTAH COLLEGE OF NURSING  
ACADEMIC VITA**

2011 May	<b>Litchman, M.L.</b> Diabetes: An Update of Medications and Technology. Invited Speaker, Plenary. Rocky Mountain Region Wound, Ostomy & Continence Nursing Society Conference.	Salt Lake City, UT, USA
-------------	---	----------------------------

4. Media (selected highlights)

<u>Dates</u>	<u>Title/Topic</u>	<u>Type of Media</u>
2020	<u>The Black Market: Insulin Safety Concerns to Know</u> November 13, 2020	The Doctors, CW Television Programming
2020	<u>Diabetes patients turn to underground insulin networks as COVID-19 exposes limits of copay caps.</u> October 1, 2020	CNN
2020	<u>Inflated Insulin Costs lead to 'death or debt dilemma' in the US.</u> April 28, 2020	CNN: Go There
2020	<u>Pricey Prescriptions Leave Patients Looking To Eachother - Not the Healthcare System – for Support.</u> February 24, 2020.	KUER 90.1 NPR Utah
2019	<u>Why Diabetes Patients Are Getting Insulin From Facebook.</u> December 13, 2019.	NPR Science Friday
2019	<u>Survey Shows Patients with Diabeates Turn to Black Market for Supplies.</u> December 17, 2019.	Medscape
2019	<u>Utah Researchers Look Into Prescription Drug Black Market.</u> December 11, 2019.	KUER 90.1 NPR Utah
2019	<u>As Diabetes Costs Soar, Many Turn to Black Market for Help.</u> December 9, 2019.	U.S. News & World Report
2019	<u>U.S. Diabetes Patients Turn to 'Black Market' for Medications, Supplies.</u> December 4, 2019.	Reuters
2019	<u>Insulin Users Decry 'Debt or Death Dilemma.'</u> Televised media interview related to research. September 7, 2019.	KUTV Channel 2 News
2019	<u>The Science-Backed Reasons to Join a Diabetes Online Community.</u> Media interview related to research. August 27, 2019.	Everyday Health
2019	<u>People with Diabetes Forgoing Basic Needs in Order to Survive According to New Studies.</u> Research Highlight. August 11, 2019.	Beyond Type 1
2018	<u>DIY Artificial Pancreas Users Tweet it "Changes Lives."</u> Media interview related to research.	Medscape

**UNIVERSITY OF UTAH COLLEGE OF NURSING  
ACADEMIC VITA**

September 13, 2018.

2018	<u>'Citizen Scientists" Collaborate to Improve Access to Care for T1D.</u> Media interview related to research. September 12, 2018.	Cardiovascular Business
2018	<u>Following Twitter Conversations Around Hacked Diabetes Tools to Manage Blood Sugar.</u> Media interview related to research. September 11, 2018.	Health News Digest
2018	<u>Users Create DIY Hacks of Diabetes Management Devices.</u> Media Interview Related to Research. September 11, 2018.	dLife
2018	<u>Diabetes Patients Are Hacking Together the Tech They Need. Doctors Are Just Tuning In.</u> Media interview related to research. September 10, 2018.	Futurist
2018	What is Diabetes? August 6, 2018.	KSOP Radio
2017	<u>Real-Time Continuous Glucose Monitoring Beneficial But Challenges Remain.</u> December 20, 2017.	Endocrinology Advisor
2017	<u>Could Your Child's HCP Handle a Case of "Fakebetes"?</u> September 22, 2017.	T1D Everyday Magic – a website produced by Disney and sponsored by Lilly Diabetes
2017	<u>Just Talking Podcast: With Michelle Litchman.</u> August 22, 2017	Just Talking Podcast
2017	<u>Continuous Glucose Monitors Aren't Just for Abdomens Anymore.</u> Media interview related to research. August 8, 2017.	Clinical Endocrinology News
2017	<u>Diabetics Learn to Wear Monitor from Instagram.</u> Media interview related to research. August 7, 2017.	WebMD
2017	<u>Instagram Shows How Diabetics Really Wear a Glucose Monitor.</u> Media interview related to research. August 7, 2017.	US News and World Report Health
2017	<u>Health Minute: Continuous Glucose Monitoring.</u> July 11, 2017.	The Scope Radio
2017	<u>Online Peer Health for Managing Diabetes.</u> Media interview related to research. June 23, 2017.	The Scope Radio
2017	Partnering with Your Care Team: Type 2 Diabetes. Clinical Practice Highlight. June 2017.	Health Monitor, Diabetes Edition (Magazine network with distribution to 120,000 hospitals and clinics nationwide).
2017	<u>Special Guest Contributor, Diabetes.</u> April 6, 2017.	Telemundo Utah News,

**UNIVERSITY OF UTAH COLLEGE OF NURSING  
ACADEMIC VITA**

broadcast at 5 PM and 10 PM

- |      |  |  |
|------|--|--|
| 2017 | Special Guest Contributor, Diabetes. April 4, 2017.  | Fox 13 News, Good Day Utah, broadcast at 9 AM and 6 PM |
| 2015 | <u>TuDiabetes Live Interview: Michelle Litchman - Peer Health in the Diabetes Online Community.</u><br>Media interview related to research. February 12, 2015. | Live Video, Diabetes Hands Foundation.                 |

**I. PROFESSIONAL ORGANIZATIONS & SERVICE**

<u>Years</u>	<u>Organization</u>	<u>Role</u>
2019-Present	American Nurses Association	Member
2019-Present	Utah Nurses Association	Member
2018-Present	Behavioral Research in Diabetes Group Exchange (BRIDGE)	Member
2018-Present 2018 2019-Present	American Diabetes Association	Member Summit on Therapeutic Inertia Attendee Therapeutic Inertia Committee
2015-Present 2016-Present 2019-2020 2018-2019 2013-2014	Association of Diabetes Care and Education Specialists	Member Research Committee Chair Co-Chair Conference Committee (UT Chapter)
2010-Present	Sigma Theta Tau International, Gamma Rho Chapter	Member
2009-Present 2016-2018 2011-2012 2011-2012	American Association of Nurse Practitioners	Member Research Committee Public Relations Committee National Conference Committee
2008-Present 2013-2016 2013-2016 2014-2015 2008-2012 2008-2012	Utah Nurse Practitioners	Member Board of Directors Communication Chair Pharmacology Conference Co-Chair Education Committee Pharmacology Conference Committee
2003-Present 2006-2008 2006-2007 2004-2006	Sigma Theta Tau International, Nu Nu Chapter	Member President Conference Chair President-Elect