

Ghada Mohammad Abu Irsheed, Ph.D., RN

Loyola University Chicago -- Marcella Niehoff School of Nursing
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PROFESSIONAL EDUCATION

- 2023-2025 **Postdoctoral Research Associate** University of Illinois Chicago
- 2019-2023 **Ph.D. in Nursing Science** University of Illinois Chicago
Dissertation Title: The Temporal Association between Sleep and Glucose Among Young Adults with Type 1 Diabetes
- 2008-2011 **M.S.N. Adult Acute Care Nursing** Jordan University of Science & Technology
- 2003-2007 **B.S.N., Nursing Science.** Jordan University of Science & Technology

PROFESSIONAL EXPERIENCES

Academic Appointments/Experiences

- 2025-Present ***Assistant Professor, Tenure-Track***
Loyola University Chicago, Marcella Niehoff School of Nursing
- 2023-2025 ***Postdoctoral Research Associate***
University of Illinois Chicago, College of Nursing
- 2022-2023 ***Graduate Assistant/ RN to BSN Online Program***
University of Illinois Chicago, College of Nursing
- 2020-2023 ***Research Assistant***
University of Illinois Chicago, College of Nursing
Department of Biobehavioral Health Science

Clinical Experiences

- 2007-2018 Clinical Experiences at King Abdullah University Hospital, Jordan
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| Head Nurse of Coronary Care Unit | 2017-2018 |
| Head Nurse of Medical Intensive Care Unit | 2014-2017 |
| In-Charge Nurse in Coronary Care Unit | 2009-2014 |
| Registered Nurse in Coronary Care Unit | 2007-2009 |

Teaching Experiences

Courses Taught	Semester	# of Students
GNUR 293: Pathophysiology (TBSN Program)	<i>Fall 2025</i>	<i>40</i>
NURS 405: Integrated Practicum I -- TA	<i>Spring 2021</i>	<i>82</i>
NURS 404: Integrated Health Care: Concepts and Skills -- TA	<i>Spring 2021</i>	<i>82</i>
NURS 377: Integrative Practice Experience -- TA	<i>Fall 2020</i>	<i>75</i>
NURS 405: Integrated Practicum I -- TA	<i>Spring 2020</i>	<i>80</i>
NURS 404: Integrated Health Care: Concepts and Skills -- TA	<i>Spring 2020</i>	<i>80</i>
NURS 377: Integrative Practice Experience -- TA	<i>Fall 2019</i>	<i>73</i>

LICENSES

2018-Present	Licensed as Registered Nurse (State of Illinois)
2018-Present	Licensed as Registered Nurse (State of California)
2007-Present	Licensed as Registered Nurse (Jordan)

HONORS/AWARDS

Spring 2024	UIC Postdoctoral Travel Award
Spring 2024	UIC Postdoctoral Small Scholarship Award
Fall 2023	Outstanding Presentation Award – 11 th UIC Diabetes & Obesity Research Day
2022-2023	Dean Joan L. Shaver Scholarship Fund
2022-2023	Nurses Educational Funds/ Evelyn J. Barclay Scholarship
Spring 2022	Award for Graduate Research (AGR) / Deiss Award in Biomedical Graduate Research
Fall 2021	Sigma-Alpha Lambda Research Funding
Fall 2021	Tom and Sherri Mendelson Student PhD Award
2019-2021	College of Nursing Dean's Award, University of Illinois Chicago

PUBLICATIONS

2025	Abu Irsheed G. , Steffen A, Quinn L, Burke L, Ackerman W, Buhimschi C, Balsarak, B. The Impact of Multidimensional Sleep Health on Perceived Stress Among African American Pregnant Women. (In-Progress)
2025	Abu Irsheed G. , Steffen A, Quinn L, Chen P, Maharana S, Burke L, Balsarak, B. Sleep, Social Determinants of Health, and Cardiometabolic Risk in African American Pregnant People: A Cross-Sectional Study. (Under Review)
2025	Abu Irsheed, G. , Steffen, A., Martyn-Nemeth, P., Park, M., Quinn, L., Duffecy, J., Baron, K. G., Saleh, A. H., Takgbajouah, M., Bimbi, O., Kessler, J., Mihalescu, D., & Reutrakul, S. (2025). Multidimensional Sleep Health, Glycemic Control, and Self-Reported Outcomes in Type 1 Diabetes: A Cross-Sectional Study. <i>The Journal of Clinical Endocrinology & Metabolism</i> . https://doi.org/10.1210/clinem/dgaf032

- 2024 **Abu Irsheed, G.**, Martyn-Nemeth, P., Baron, K. G., Reutrakul, S., (2024). Sleep disturbances in type 1 diabetes and mitigating cardiovascular risk. *The Journal of Clinical Endocrinology & Metabolism*.
- 2023 Reutrakul, S., **Abu Irsheed, G.**, Park, M., Steffen, A. D., Burke, L., Pratuangtham, S., Baron, K. G., Duffecy, J., Perez, R., Quinn, L., Withington, M. H. C., Saleh, A. H., Loiacono, B., Mihailescu, D., & Martyn-Nemeth, P. (2023). Association between sleep variability and time in range of glucose levels in patients with type 1 diabetes: Cross-sectional study. *Sleep health*, S2352-7218(23)00140-7. Advance online publication. <https://doi.org/10.1016/j.sleh.2023.07.007>
- 2022 Martyn-Nemeth, P., Duffecy, J., Quinn, L., Reutrakul, S., Steffen, A. D., Burke, L., Clark Withington, M. H., **Abu Irsheed, G.**, Perez, R., Park, M., Saleh, A., Mihailescu, D., & Baron, K. G. (2022). Sleep optimization to improve glycemic control in adults with type 1 diabetes: study protocol for a randomized controlled parallel intervention trial. *Trials*, 23(1), 686–686. <https://doi.org/10.1186/s13063-022-06565-6>
- 2021 Zhu, B., **Abu Irsheed, G. M.**, Martyn-Nemeth, P., & Reutrakul, S. (2021). Type 1 Diabetes, Sleep, and Hypoglycemia. *Current Diabetes Reports*, 21(12), 55–55. <https://doi.org/10.1007/s11892-021-01424-1>

PRESENTATIONS AND POSTERS

- 2025, May Chen, P., Wang, Y., Yuan, J., Pan, Y., Sun, X., **Abu Irsheed, G.**, Zhu, B., & Balsarak, B. (2025). 0668 Sleep Apnea and Risk of Gestational Diabetes and Preeclampsia: A Mendelian Randomization Study. **Published Abstract:** *Sleep*, 48(Supplement_1), A291–A291. <https://doi.org/10.1093/sleep/zsaf090.0668>
- 2025, Apr Borbas L., **Abu Irsheed G.**, Maharana S., Balsarak, B. The Role of Sleep Environment in Insulin Resistance Among Black/African American Pregnant Individuals. **(Poster Presentation)**. Minority Health Conference 2025. School of Public Health – UIC. April 11, 2025.
- 2025, Apr Borbas L., **Abu Irsheed G.**, Maharana S., Balsarak, B. The Role of Sleep Environment in Insulin Resistance Among Black/African American Pregnant Individuals. **(Poster Presentation)**. 7th Annual UIC Women’s Health Research Day. College of Medicine – UIC. April 16, 2025.
- 2025, Apr **Abu Irsheed G.**, Steffen A, Quinn L, Burke L, Ackerman W, Buhimschi C, Balsarak, B. The Impact of Multidimensional Sleep Health on Perceived Stress Among African American Pregnant Women. **(Poster Presentation)**. 7th Annual UIC Women’s Health Research Day. College of Medicine – UIC. April 16, 2025.
- 2025, Apr Borbas L., **Abu Irsheed G.**, Maharana S., Balsarak, B. The Role of Sleep Environment in Insulin Resistance Among Black/African American Pregnant Individuals. **(Poster Presentation)**. The Chicago Area Undergraduate Research Symposium (CAURS). Lurie Medical Research Center. April 19, 2025.
- 2025, Apr Borbas L., **Abu Irsheed G.**, Maharana S., Balsarak, B. The Role of Sleep Environment in Insulin Resistance Among Black/African American Pregnant Individuals. **(Poster Presentation)**. UIC Undergraduate Research Forum, UIC Dorin Forum – UIC. April 21, 2025.

- 2024, Sep **Abu Irsheed G.**, Sleep Disturbances and Cardiovascular Risk in Type 1 Diabetes. **(Oral Presentation)**. Cardiovascular Research Interest Group (CRIG). College of Nursing – UIC. September 26, 2024.
- 2024, Jul **Abu Irsheed G.**, Steffen A, Quinn L, Chen P, Meinel M, Burke L, Balsarak, B. Impact of Social Determinants of Health and Sleep on Cardiometabolic Health in Pregnant African American Women. **(Poster Presentation)**. Chicago Regional Cardiovascular Research Symposium, Chicago, IL.
- 2024, Jul **Abu Irsheed G.**, Steffen A, Martyn-Nemeth P, Park M, Quinn L, Duffecy J, Baron B, Reutrakul, S. Impact of Multidimensional Sleep Health on Glycemic Control and Self-Reported Health Outcomes in Type 1 Diabetes. **(Rapid Fire Presentation)**. Chicago Regional Cardiovascular Research Symposium, Chicago, IL.
- 2024, Jun **Abu Irsheed G.**, Steffen A, Martyn-Nemeth P, Park M, Quinn L, Duffecy J, Baron B, Reutrakul, S. Impact of Multidimensional Sleep Health on Glycemic Control and Self-Reported Health Outcomes in Type 1 Diabetes. 38th Annual Meeting of the Associated Professional Sleep Societies. SLEEP 2024. (Poster Presentation), Houston, Texas, June 3, 2024. **Published Abstract:** Sleep. 2024;47(Supplement_1): A380-A381. doi:10.1093/sleep/zsae067.0886
- 2024, Jun **Abu Irsheed G.**, Steffen A, Quinn L, Chen P, Meinel M, Burke L, Balsarak, B. Impact of Social Determinants of Health and Sleep on Cardiometabolic Health in Pregnant African American Women. 38th Annual Meeting of the Associated Professional Sleep Societies. SLEEP 2024. **(Oral Presentation)**, Houston, Texas, June 5, 2024.
- 2024, March Steffen, A. D., **Abu Irsheed, G.M.**, Martyn-Nemeth, P., Reutrakul, S. Consistent Sleep and Wake Times May Help Improve Glucose Control in Adults with Type 1 Diabetes. Advanced Technologies & Treatments for Diabetes (ATTD), Florence, Italy, March 6-9, 2024. **Published Abstract:** Diabetes Technology & Therapeutics, 26(S2), EV504 / #568. doi:10.1089/dia.2024.2525
- 2024, March **Abu Irsheed G.**, Martyn-Nemeth, P., Quinn, L. T., Park, C., Kapella, M., Cajita, M., Farabi, S. The Temporal Association between Sleep and Glucose among Young Adults with Type 1 Diabetes. Advanced Technologies & Treatments for Diabetes (ATTD), Florence & Online, March 6-9, 2024. **Published Abstract:** Diabetes Technology & Therapeutics, 26(S2), EV504 / #568. doi:10.1089/dia.2024.2525
- 2023, Oct **Abu Irsheed G.**, Martyn-Nemeth, P., Quinn, L. T., Park, C., Kapella, M., Cajita, M., Farabi, S. The Temporal Association between Sleep and Glucose among Young Adults with Type 1 Diabetes. 11th UIC Diabetes and Obesity Research Day, Chicago, IL (Online Oral Presentation), October 10, 2023.
- 2023, Jun Martyn-Nemeth, P., **Abu Irsheed, G.**, Park, M., Steffen, A. D., Burke, L., Pratuangtham, S., Baron, K., Duffecy, J., Perez, R., Quinn, L. T., Withington, M. C., Saleh, A. H., Loiacono, B., Mihailescu, M., Reutrakul, S. Greater Sleep Variability is Associated with Less Time-In-Range of Glucose Levels in Patients with Type 1 Diabetes, American Diabetes Association 83rd Scientific Sessions, San Diego, CA (Oral Presentation), June 24, 2023.
- 2022, Feb **Abu Irsheed G.** Preliminary Exam Preparations. PhD Student Mentorship Wednesdays, Center for Academic Excellence and Cultural Engagement – (CAECE), College of Nursing – UIC. February 15, 2022.

MEMBERSHIPS

2024-Present	American Heart Association (AHA)
2022-Present	American Academy of Sleep Medicine (AASM)
2022-2023	Graduate Women in Science (GWIS)
2021-Present	Sigma Theta Tau, Alpha Lambda Chapter
2021-Present	Graduate Nursing Student Academy (GNSA), American Association of Critical Care Nurses (AACCN)
2007-Present	Jordan Nurses and Midwives Council (JNMC)

TRAINING AND CERTIFICATES

2025	CITI Training Programs Research Security. Research Security and Integrity (2025). UIC, IL, USA
2024	Master Class - Project Management: Study Start-Up. The Center for Clinical and Translational Science (CCTS), UIC, IL, USA.
2023	Best Practice Hour - Single IRB. The Center for Clinical and Translational Science (CCTS), UIC, IL, USA.
2023	CITI Training Programs (Information Privacy and Security (IPS), Human Subject Protection (HSP), and Good Clinical Practice (GCP), UIC, IL, USA
2023	Building a ClinicalTrials.gov Compliance Program
2023	HIPPA: Hybrid Entities
2023	Research Designs and Methods that Promote Equity
2023	Background on Health Disparities, Design-Justice, and Equity Design Thinking
2023	Emancipatory Approaches to the Co-Creation of Technology for Health and Human Thriving
2023	Advancing Health Equity through Public Policy: Dimensions of Inequality, Inequity and Disparities from a Social Justice Perspective
2022	PI Toolkit - Introduction to Research. The Center for Clinical and Translational Science (CCTS), UIC, IL, USA.
2022	The Science of Covid-19 Course, Penn State University, PA, USA
2021	Sleep Health Campus Certificate, UIC, IL, USA