

LAUREN CATLETT, PhD, RN, CNL

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THEY/THEM

EDUCATION

Doctor of Philosophy in Nursing [GPA: 4.00] 2019 – 2025
University of Virginia School of Nursing, Charlottesville, VA
Dissertation: “Advancing Health Equity among Transgender and Gender-diverse Older Adults: A Participatory Approach”

Master of Science in Nursing [GPA: 4.00] 2014 – 2016
University of Virginia School of Nursing, Charlottesville, VA

Bachelor of Arts with Highest Distinction in Studio Art [GPA: 3.98] 2006 – 2010
Bachelor of Arts in Russian Language and Literature
University of Virginia College of Arts and Sciences, Charlottesville, VA

LICENSURE & CERTIFICATION

Registered Nurse 2017 – present
Virginia Board of Nursing, License #0001271978

Clinical Nurse Leader 2016 – present
Commission on Nurse Certification, CNL #10350189

GRANTS & FELLOWSHIPS

Heilbrunn Nurse Scholar Award 2026 – 2028
PI: Lauren Catlett
Funding Organization: The Rockefeller University
“Co-designing a Digital Tool to Enhance Serious Illness Communication Among Older Adults: A Community-engaged Mixed Methods Study”

Barbara Brodie Nursing History Fellowship 2026
PI: Lauren Catlett
Funding Organization: Eleanor Crowder Bjoring Center for Nursing Historical Inquiry
“Healthcare Experiences of Transgender and Gender Diverse Older Adults: An Oral History Project”

Southern Gerontological Society Innovative Projects Grant [\$2,051] 2025 – 2026
PI: Lauren Catlett
Funding Organization: Southern Gerontological Society
“Transforming Choices: Dissemination of a Web-based Healthcare Decisions Resource for Transgender and Gender-diverse Older Adults”

Compassionate Care Research Pilot Fund Award [\$8,000] 2024 – 2025
PI: Lauren Catlett
Funding Organization: University of Virginia School of Nursing
“Developing a Web-based Healthcare Decisions Resource for Transgender and Gender-Diverse Older Adults: A Human-Centered Design Approach”

Springfield Research Fund Dissertation Fellowship [\$10,000] PI: Lauren Catlett Funding Organization: American Psychological Foundation (APF) “Co-developing an Advance Care Planning Resource with Transgender and Gender-Diverse Adults: A Human-Centered Design Approach”	2023 – 2025
Center for Undergraduate Excellence Undergraduate Arts Award [\$3,948] PI: Lauren Catlett Funding Organization: University of Virginia Office of the Provost “Shared Doings and Sayings: Art-Making and the Subjective Experience of Dementia”	2009 – 2010

AWARDS & HONORS

Southern Gerontological Society First Place Student Paper Award	2025
Barbara Brodie Scholars Doctoral Endowment Award	2024
University of Virginia School of Nursing Outstanding Graduate Teaching Assistant Award	2023, 2022
Southern Nursing Research Society Student Poster Award, Second Place	2023
Hospice and Palliative Nurses Foundation Annual Assembly Scholarship	2023
Southern Gerontological Society Student Poster Award, First Place	2016
Certified Background-GNSA Scholarship	2016
University of Virginia School of Nursing Alumni Association Graduate Merit Fellowship Award	2015
University of Virginia Center for Global Health Scholar	2015
Virginia Nurses Association, Central Virginia Chapter Scholarship	2015
Lettie Pate Whitehead Scholarship, University of Virginia	2015, 2014
Mary Ruth Giansante Scholarship	2014
University of Virginia School of Nursing Reflective and Creative Writing Award	2014
Michel Prize in Printmaking, University of Virginia	2010
Echols Scholar, University of Virginia	2006 – 2010

PEER-REVIEWED PUBLICATIONS

- Catlett, L.,** Chu, C., Goldman, J., Simmons, A., Stranix, J. T., Jones, R., & Acquaviva, K. D. (2025). Engaging transgender and gender-expansive adults in qualitative research studies. *Nursing Outlook*, 73(6), 102594. Advance online publication. <https://doi.org/10.1016/j.outlook.2025.102594>
- Catlett, L.,** Simmons, A., LeBaron, V., Williams, I.C., Barker, G.M., Burton, C., King, T. & Acquaviva, K.D. (2025). Co-developing an advance care planning resource with transgender and gender-diverse adults: A human-centered design approach. *Design for Health*, 1–20. doi: 10.1080/24735132.2025.2561340
- Catlett, L.,** Simmons, A., Williams, I.C., LeBaron, V., Burton, C., Barker, G.M. & Acquaviva, K.D. (2025). Multilevel factors affecting health equity for transgender and gender-diverse older adults. *Qualitative Health Research*, 10497323251342162. Advance online publication. doi: 10.1177/10497323251342162

Bybee, S. G., **Catlett, L.**, Fleming, N., & Scout, N. F. N. (2025). A critical call to action for transformative cancer care in transgender, non-binary, and intersex populations. *Future Oncology*, 1–3. Advance online publication. doi:10.1080/14796694.2025.2497746

Catlett, L. (2024). Healthcare needs and assets of gender diverse older adults: A systematic integrative review. *Journal of Nursing Scholarship*, 56(1), 119–141. doi: 10.1111/jnu.12810

Catlett, L. & Johnson, L. A. (2024). Disparities in advance directive documentation for rural-dwelling persons with lung cancer. *The American Journal of Hospice and Palliative Medicine*, 41(3), 318–323. doi:10.1177/10499091231178523

Catlett, L., Acquaviva, K.D., Campbell, L.C., Ducar, D., Page, E.H., Patton, J. & Campbell, C. (2023). End-of-life care for transgender older adults. *Global Qualitative Nursing Research*, 10, 1-13. doi: 10.1177/23333936231161128

Catlett, L. & Campbell, C. (2021). Advance care planning and end-of-life care literacy initiatives in African American faith communities: A systematic integrative review. *The American Journal of Hospice and Palliative Medicine*, 38(6), 719–730. doi: 10.1177/1049909120979164

Campbell, C. & **Catlett, L.** (2019). Silent illumination: A case study exploring the spiritual needs of a transgender-identified elder receiving hospice care. *Journal of Hospice and Palliative Nursing*, 21(6), 467-474. doi:10.1097/NJH.0000000000000596

MANUSCRIPTS IN PRESS

Catlett, L. (2025). When Joy met Serenity. [Accepted, *American Journal of Nursing*, submitted August 2025]

Catlett, L. (2025). On trans-generational (well)being and the rising threat of erasure. [In press, *QED: A Journal in GLBTQ Worldmaking*, submitted April 2025]

MANUSCRIPTS UNDER REVIEW

[none]

BOOKS

Estrellita, C. *Little Star: Memoir of a Transgender Woman at the End of Life*. Edited by **Lauren Catlett**. Self-published, 2016.

Catlett, L. *Shared Doings and Sayings: Art-Making and the Subjective Experience of Dementia* (Limited edition). Self-published, University of Virginia, 2010.

PRESENTATIONS

Catlett, L. (2026). *Little Star: Tenth Anniversary Edition*. [Book talk]. New Dominion Bookshop, Charlottesville, VA.

Catlett, L. (2026). Transforming choices: Empowered healthcare decision-making for transgender and gender diverse older adults. [Podium presentation]. Pride and Progress Conference, virtual.

Catlett, L. (2026). Transforming choices: Healthcare information and resources for transgender and gender diverse older adults. [Guest speaker]. University of Alabama Birmingham Rainbow Living Group, virtual.

Catlett, L. (2026). Transforming choices: Navigating healthcare decisions with transgender older adults. [Podium presentation]. Southern Gerontological Society Conference, virtual.

Catlett, L., Drutchas, A., Javier, N.M. & Rodriguez, R. (2026). Beyond the basics: Practical skills for LGBTQIA+ affirming palliative and end-of-life care [Podium presentation]. Annual Assembly of Hospice and Palliative Care, San Diego, CA.

Catlett, L. (2025). Shaping affirming futures with elders of all gender experiences: A participatory research study [Podium presentation]. LGBTQ+ Research Symposium, virtual.

- Catlett, L.** (2025). Health (in)equity in palliative and end-of-life care for transgender adults [Webinar presentation]. Social Work Hospice and Palliative Network, virtual.
- Catlett, L.** (2025). Unlocking health equity for transgender and gender-diverse older adults [Podium presentation]. Southern Gerontological Society Conference, Birmingham, AL.
- Catlett, L.** (2025). Developing a web-based healthcare decisions resource for transgender and gender-diverse older adults: A human-centered design approach. [Podium presentation]. University of Virginia School of Nursing Compassionate Care Research Symposium, Charlottesville, VA.
- Catlett, L.** (2025). Developing an advance care planning resource for transgender and gender-diverse adults [Podium presentation]. Annual Assembly of Hospice and Palliative Care, Denver, CO.
- Catlett, L.** (2024). Healthcare in later life: Lessons learned from trans older adults [Podium presentation]. Transgender Information and Empowerment Summit, Richmond, VA.
- Catlett, L.** (2023). Out loud: Healthcare advocacy for transgender and gender-diverse elders [Podium presentation]. LGBTQ+ Elders Conference, virtual.
- Catlett, L., Campbell, C., Acquaviva, K.D., Ducar, D. & Campbell, L.C.** (2023). Compassionate community: End-of-life care equity for transgender elders [Poster presentation]. Annual Assembly of Hospice and Palliative Care, Montreal, Canada.
- Catlett, L. & Johnson, L.** (2023). Disparities in advance care planning documentation for persons with lung cancer in rural North Carolina [Poster presentation]. Southern Nursing Research Society Annual Conference, Orlando, FL
- Catlett, L.** (2022). Gender affirmation: A concept analysis [Podium presentation]. Barbara Parker Research Symposium, School of Nursing, University of Virginia, Charlottesville, VA.
- Catlett, L.** (2022). Healthcare needs and protective factors of transgender and gender nonconforming older adults: A systematic integrative review [Podium presentation]. UVA Health Disparities Conference: Why We Can't Wait, Healthcare Justice for All, School of Medicine, University of Virginia, Charlottesville, VA.
- Catlett, L.** (2021). Healthcare needs of transgender older adults: Two case reports [Poster presentation and panel discussion]. Southern Gerontological Society Annual Meeting, virtual.
- Catlett, L. & Campbell, C.** (2018). On the other side of suffering: Using art and narrative to facilitate the expression and experience of spirituality in a transgender woman [Poster presentation]. Annual Assembly of Hospice and Palliative Care, Boston, MA.
- Catlett, L., Wolf, A., Simon, N., Martinez-Suazo, S., Chun, B. & Kownack, M.** (2016). HeArt of Medicine: Arts-based interprofessional workshops to enhance end-of-life care education for medical and nursing students [Poster presentation]. Southern Gerontological Society Annual Meeting, Charlottesville, VA.
- Catlett, L. & Celsor-Hughes, S.** (2015). Arts Fusion: The power of creativity in dementia care [Podium presentation]. Southern Gerontological Society Annual Meeting, Williamsburg, VA.
- Catlett, L.** (2015). Creative expression through art for patients and families [Podium presentation]. The Melton D. & Muriel Haney Compassionate Care at the End-of-Life Conference, Charlottesville, VA.

RESEARCH INTERESTS

care of older adults, end-of-life care, hospice and palliative care, advance care planning, creativity and design in healthcare, health equity for members of underrepresented communities

RESEARCH EXPERIENCE

Research Consultant 2025 – present
School of Nursing, University of Virginia, Charlottesville, VA
PI: Victoria Petermann, PhD, RN

- Conducted qualitative interviews and performed data analysis in a study on the use of opioid prescribing agreements by clinicians in the care of oncology patients

Principal Investigator 2023 – present
School of Nursing, University of Virginia, Charlottesville, VA
Mentors: Kimberly Acquaviva, PhD, MSW, CSE, FNAP & Virginia LeBaron, PhD, APRN, FAANP, FAAN

- Conducted a four-part participatory qualitative study to co-design an advance care planning resource with transgender and gender-diverse older adults

Research Practicum 2022 – 2023
School of Nursing, University of Virginia, Charlottesville, VA
Mentor: Lee Ann Johnson, PhD, RN

- Conducted a secondary data analysis of electronic health records examining the association of advance directive documentation with various demographic and clinical characteristics of patients with lung cancer in eastern North Carolina

Research Practicum 2021 – 2023
School of Nursing, University of Virginia, Charlottesville, VA
Mentor: Cathy Campbell, PhD, RN

- Conducted a thematic exploration of records from a think tank on end-of-life care for transgender older adults

TEACHING INTERESTS

palliative care; aging and adult development; qualitative methods; mixed methods; nursing theory and philosophy of science; ethics and humanities; health policy; community health; anatomy and physiology

TEACHING EXPERIENCE

Graduate Teaching Assistant 2022 – 2024
University of Virginia School of Nursing, Charlottesville, VA

- Graded assignments, delivered class lectures, and provided support to faculty and students for the following large-size (85-110 students) undergraduate level courses:
 - NUIP 3311: Quality, Safety, and EBP (in person, Spring 2024)
 - NUIP 4311: RNs in Complex Systems (in person, Fall 2022, Fall 2023)
 - NUCO 2440: Case-based Learning (in person, Spring 2023)

Graduate Teaching Assistant 2021 – 2023
University of Virginia School of Nursing, Charlottesville, VA

- Graded assignments, delivered class lectures, and provided support to faculty and students for the following medium-size (25-50 students) graduate level courses:
 - GNUR 6056: Health Policy (online asynchronous, Spring 2023)
 - GNUR 6050: Nursing Theory (online asynchronous, Spring 2021, Fall 2021; in-person, Spring 2022)

3-in-1 Writing Assessor 2022
University of Virginia, Charlottesville, VA

- Evaluated undergraduate nursing student writing, critical thinking, and information literacy skills for a university-accreditation learning outcomes assessment report

Drawing Workshop Instructor	2022 – 2023
<i>University of Virginia, Charlottesville, VA</i>	2012 – 2016
<ul style="list-style-type: none"> ▪ Developed and led life drawing workshops for nursing and medical students to hone skills like observation, creativity, and stress management relevant to their future practice 	

Guest Lecturer	2025
<i>University of Virginia, Charlottesville, VA</i>	2015 – 2016
<ul style="list-style-type: none"> ▪ Led a discussion on ethics and aging in an undergraduate ethics seminar (2025) ▪ Presented on healthcare for transgender older adults for the School of Medicine Trans Health Club (2025) ▪ Presented on creative arts in healthcare in the medical education course Images of Medicine in Film, Literature, and the Visual Arts (2012; 2013) ▪ Lectured on topics related to aging, creative arts in healthcare, and advance care planning in the following undergraduate courses: <ul style="list-style-type: none"> ▪ NURS 3006: Oncology Nursing and End-of-Life Care (2016) ▪ NUCO 4400: Nursing Care of the Older Adult (2015) ▪ ENSP 3610: Narratives of Illness and Doctoring (2012) 	2012 – 2013

Teaching Consultant	2010
<i>Department of Psychology, University of Virginia, Charlottesville, VA</i>	
<ul style="list-style-type: none"> ▪ Advised students on capstone projects for an upper-level community-based undergraduate seminar on the role of creative arts in the care of people with dementia 	

SERVICE & LEADERSHIP

Journal Peer Reviewer	
<ul style="list-style-type: none"> ▪ <i>American Journal of Hospice and Palliative Medicine</i> [4 reviews] ▪ <i>Discover Public Health</i> [1 review] ▪ <i>The Journal of Rural Health</i> [2 reviews] ▪ <i>BMJ Open</i> [6 reviews] ▪ <i>BMC Palliative Care</i> [1 review] ▪ <i>BMC Public Health</i> [1 review] ▪ <i>BMC Health Services Research</i> [1 review] ▪ <i>Journal of Health Care for the Poor and Underserved</i> [2 reviews] 	2025, 2026 2026 2024, 2025 2023 – 2025 2025 2024 2026 2020, 2021

Conference Abstract Reviewer	
<ul style="list-style-type: none"> ▪ Annual Assembly of Hospice and Palliative Care [12 reviews] ▪ Southern Gerontological Society Conference 	2025 2016

Grant Proposal Reviewer	
<ul style="list-style-type: none"> ▪ Compassionate Care Research Pilot Fund Award [2 reviews] 	2025

Student Member, Research Committee	2021 – 2023
<i>School of Nursing, University of Virginia, Charlottesville, VA</i>	
<ul style="list-style-type: none"> ▪ Contributed student research perspective during monthly meetings ▪ Served as liaison to PhD students regarding research and career development 	

Member, Transgender Leadership Coalition	2021
<i>Equality Virginia, Richmond, VA</i>	
<ul style="list-style-type: none"> ▪ Connected with leaders involved in transgender advocacy during monthly meetings 	

Member, Local Arrangements Committee & Program Committee <i>Southern Gerontological Society</i> <ul style="list-style-type: none"> Reviewed abstracts and assisted in planning for 2016 Annual Meeting 	2015 – 2016
Team Leader, HeArt of Medicine <i>University of Virginia, Charlottesville, VA</i> <ul style="list-style-type: none"> Planned and implemented educational workshop series to enhance knowledge and comfort level with end-of-life care among medical and nursing students 	2014 – 2016
Student Ambassador & Program Facilitator, Compassionate Care Initiative <i>University of Virginia, Charlottesville, VA</i> <ul style="list-style-type: none"> Led creative arts workshops to promote wellbeing for health professionals and students Served as planning committee member for end-of-life care conference 	2014 – 2016
Adult Day Center Volunteer <i>Jefferson Area Board for Aging in Charlottesville, VA & Active Day in Exton, PA</i> <ul style="list-style-type: none"> Organized art projects for small groups of older adults and persons with disabilities 	2017 – 2019 2014 – 2016
Hospice Volunteer <i>Hospice of the Piedmont, Charlottesville, VA</i> <ul style="list-style-type: none"> Provided meal preparation, socialization, and compassionate presence for patients at a residential hospice care center Led creative activities for children experiencing bereavement after death of a loved one 	2013 – 2016
President, University Mediation Services <i>University of Virginia, Charlottesville, VA</i> <ul style="list-style-type: none"> Led mediation service organization to assist students in need of conflict resolution Educated resident advisors, students, and administrators on the value of mediation 	2008 – 2010

EMPLOYMENT HISTORY

Postdoctoral Researcher <i>University of Virginia School of Nursing, Charlottesville, VA</i> <ul style="list-style-type: none"> Conduct mentored research in preparation for tenure-track assistant professorship Collaborate on research projects led by faculty mentor 	2025 – present
Registered Nurse Case Manager <i>VITAS Healthcare, Blue Bell, PA</i> <ul style="list-style-type: none"> Coordinated and supervised nursing care for home hospice patients Coordinated hospice patient care with interdisciplinary team 	2018 – 2019
Registered Nurse <i>Benchmark Senior Living, West Chester, PA</i> <ul style="list-style-type: none"> Provided nursing care for older adults in rehabilitation, long term care, and hospice 	2017 – 2018
Creative Arts Manager <i>Alzheimer's Association Central and Western Virginia Chapter, Charlottesville, VA</i> <ul style="list-style-type: none"> Developed program offering creative activities for persons with dementia Prepared grants for community-based funding Educated caregivers about person-centered dementia care practices Co-created arts and dementia care resource guide for caregivers 	2011 – 2016
Intergenerational Program Coordinator <i>Jefferson Area Board for Aging, Charlottesville, VA</i> <ul style="list-style-type: none"> Developed intergenerational program for children and older adults Established connections with community resources and organizations 	2010 – 2014

PROFESSIONAL & HONORARY MEMBERSHIPS

Hospice and Palliative Nurses Association (HPNA)	2019 – present
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Southern Gerontological Society (SGS)	2019 – present
Sigma Theta Tau International Honor Society of Nursing	2019 – present
Southern Nursing Research Society (SNRS)	2023
The Raven Society, University of Virginia	2023 – present

LANGUAGES

Spanish (proficient)

Russian (limited working proficiency)

SKILLS

Drawing and illustrating (advanced)

Graphic design and bookmaking (advanced)

InDesign, Photoshop (intermediate)

RStudio, SPSS (beginner)

PROFESSIONAL DEVELOPMENT

Museum Educator Training for Health Professionals <i>The Fralin Museum of Art</i>	2025
Wound & Ostomy Care in Hospice <i>Hospice and Palliative Nurses Association</i>	2024
Advocacy in Aging Virtual Forum: Transforming Housing for Older Adults <i>Southern Gerontological Society</i>	2024
Philadelphia Trans Wellness Conference <i>Mazzoni Center, Philadelphia, PA</i>	2024
Writing Op-Eds Series <i>PhD+ Program, University of Virginia, Charlottesville, VA</i>	2022
Statistical Analysis in R Series <i>PhD+ Program, University of Virginia, Charlottesville, VA</i>	2022
Statistical Analysis with R for Public Health Specialization <i>Coursera, Imperial College London</i>	2019
End-of-Life Nursing Education Consortium (ELNEC) Training <i>School of Nursing, University of Virginia, Charlottesville, VA</i>	2015

ADDITIONAL ACTIVITIES

Student Representative, UVA-Guatemala Initiative <i>Quetzaltenango and San Lucas Tolimán, Guatemala</i> <ul style="list-style-type: none"> ▪ Wrote and conducted Spanish-language surveys to determine sustainable technology needs of a rural indigenous community ▪ Reported findings to initiate development of projects to improve community quality of life 	2015
Featured Artist, <i>The End of Language</i> <i>Ruffin Gallery, University of Virginia, Charlottesville, VA</i> <ul style="list-style-type: none"> ▪ Displayed multi-media conceptual art pieces by invitation in a group exhibit 	2013