

Kristen Layton Sinay, PhD, RN, CNE

ksinay@uttyler.edu

Education

05/2025	The University of Texas at Austin, Austin, TX Doctor of Philosophy in Nursing, GPA 4.0 <i>Supervisor: Karen Johnson, PhD, RN, FSAHM, FAAN</i>
12/2012	The University of Texas at Austin, Austin, TX Master of Science in Nursing, GPA 4.0 <i>Role Specialty: Maternity Teaching</i>
12/2008	The University of Texas at Austin, Austin, TX Bachelor of Science in Nursing, GPA 3.8

Licensure

2009 – Present	Registered Nurse License, Texas Board of Nursing
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Certification

2026 – Present	Certified Nurse Educator (CNE®), National League for Nursing (NLN)
2026 – Present	Certificate in Creating a Productive Learning Environment, Association of College and University Educators (ACUE)
2025 – Present	Online Certified Instructor, The University of Texas at Tyler Office of Digital Learning
2025	Advanced Certificate of Completion, Teaching Preparation Series, Center for Teaching and Learning, The University of Texas at Austin
03/2023	Inclusive Classrooms Leadership Certificate Seminar for Excellence in Teaching, The University of Texas at Austin Graduate School & the Division of Diversity and Community Engagement
2017 – 2023	Certified - Electronic Fetal Monitoring (C-EFM®), National Certification Corporation
2017 – 2022	Legal Nurse Consultant Certified (LNCC®), American Legal Nurse Consultant Certification Board
2014 – 2020	Lamaze Certified Childbirth Educator (LCCE), Lamaze International
2013	Student Employee Excellence Level I Certification, Student Employee Excellence Development (SEED) Program, The University of Texas at Austin
2011	Teaching Certificate in First-Year Interdisciplinary Instruction, The University of Texas at Austin School of Undergraduate Studies

2009 – 2015 Neonatal Resuscitation Program Provider, American Academy of Pediatrics

Funded Projects

Funder: Stuijbergen Dissertation Award, The University of Texas at Austin School of Nursing, Austin, TX
Title: Nurse Practitioners' Knowledge, Attitudes, and Practices Regarding Menstrual Cycles of Children and Adolescents in Primary Care: A National Survey

Date range: April 2024 – May 2025

Award Amount: \$2,000

Role: Principal Investigator

Funder: Center for Health Communication, The University of Texas at Austin Moody College of Communication & Dell Medical School, Austin, TX

Title: Exploring College-Age Women's Beliefs and Information Seeking Behaviors Regarding Health Risks Associated with the Use of Cosmetics

Date range: June 2024 – June 2025

Award Amount: \$2,500

Role: Co-Principal Investigator

Fellowships

Fall 2024 Dissertation Writing Fellowship, The University of Texas at Austin Graduate School, Austin, TX

09/2024 Graduate Recognition Fellowship, The University of Texas at Austin Graduate School, Austin, TX

06/2023 – 08/2023 Graduate School Summer Fellowship, The University of Texas at Austin Graduate School, Austin, TX

08/2022 – 05/2023 Graduate School Continuing Fellowship, The University of Texas at Austin Graduate School, Austin, TX

08/2020 – 07/2022 T32 Training Program, Precision Health Intervention Methodology Training in Self-Management of Multiple Chronic Conditions, Austin, TX

Graduate Scholarships

08/2024 – 05/2025 Rew Family Graduate Research Endowment in Nursing, The University of Texas at Austin School of Nursing, Austin, TX

08/2024 – 07/2025 Stephany June Bryan Bold Spirit of Achievement Scholarship, The University of Texas at Austin Hogg Foundation for Mental Health, Austin, TX

05/2024 Sigma Theta Tau International, Epsilon Theta Chapter, Austin, TX

Spring 2024 School of Nursing Graduate Student Scholarship, The University of Texas at Austin School of Nursing, Austin, TX

08/2023 – 05/2024 Ella Kate and Wallace Ralston Nursing Students Scholarship Fund, The University of Texas at Austin School of Nursing, Austin, TX

08/2023 – 05/2024	Margaret Gould Tyson Scholarship, Nurses Educational Funds, Inc., Brooklyn, NY
04/2023	Sigma Theta Tau International, Epsilon Theta Chapter, Austin, TX
08/2022 – 05/2023	Ella Kate and Wallace Ralston Nursing Students Scholarship Fund, The University of Texas at Austin School of Nursing, Austin, TX
07/2022	Summer Institute in Statistical Genetics, University of Washington, Seattle, WA

Awards & Honors

3/17/2026	Advancing Excellence Educator Badge, Center for Excellence in Teaching and Learning (CETL), The University of Texas at Tyler
01/2025	Rising Stars of Research and Scholarship, Sigma Theta Tau International Honor Society of Nursing's 36 th International Nursing Research Congress, Seattle WA
04/2024 – 05/2025	Health Communications Scholars Program, The University of Texas at Austin Moody College of Communication, Austin, TX
04/2024	Stuifbergen Dissertation Award, The University of Texas at Austin School of Nursing, Austin, TX
11/2021	Professional Development Award, The University of Texas at Austin Graduate School, Austin, TX
05/2021	Professional Development Awards (2), The University of Texas at Austin Graduate School, Austin, TX
Fall 2012	Outstanding Graduating Graduate Student Award, The University of Texas at Austin School of Nursing, Austin, TX
Spring 2008	Dean's Honor List, The University of Texas at Austin, Austin, TX
Spring 2008	Honor's Day College Scholar, The University of Texas at Austin, Austin, TX
Spring 2007	Honor's Day College Scholar, The University of Texas at Austin, Austin, TX
2005 – 2008	University Honors, The University of Texas at Austin, Austin, TX

Work History

Teaching Experience

09/2025 – Present	The University of Texas at Tyler, Tyler, TX Assistant Professor, School of Nursing
01/2024 – 05/2024	The University of Texas at Austin, Austin, TX Teaching Assistant, Undergraduate College <i>UGS 303 Critical Geographies of Health</i> Supervising Professor: Caroline Faria, PhD

08/2023 – 12/2023 The University of Texas at Austin, Austin, TX
Teaching Assistant, Undergraduate College
UGS 303 The Savvy Health Care Consumer *Writing Flag*
Supervising Professor: Sharon Rush, R.Ph.

08/2022 – 12/2022 The University of Texas at Austin, Austin, TX
Teaching Assistant, School of Undergraduate Studies
UGS 303 Sleep: Are We Getting Enough?
Supervising Professor: Nicole Murry, PhD, RN

03/2014 – 12/2021 Swaddled Prepared Childbirth, Austin, TX
Sole Proprietor/Childbirth Educator, Childbirth Education Classes

08/2013 – 01/2014 The University of Texas at Austin, Austin, TX
Instructor in Clinical Nursing, Maternity Nursing Care Practicum

05/2013 Texas Tech University Health Sciences Center, Lubbock, TX
Adjunct Faculty, Obstetrical Nursing Care Practicum

01/2013 – 05/2013 The University of Texas at Austin, Austin, TX
Specialist, School of Biological Sciences

09/2012 – 03/2014 The Childbearing Years, Inc., Austin, TX
Childbirth Educator, Childbirth Education Classes

08/2012 – 12/2012 The University of Texas at Austin, Austin, TX
Teaching Assistant, School of Biological Sciences
BIO 301L Molecules to Organisms
Supervising Professor: Brenda Chinnery, PhD

05/2012 – 07/2012 The University of Texas at Austin, Austin, TX
Teaching Assistant, School of Undergraduate Studies
UGS f303 Sleep: Are We Getting Enough?
Supervising Professor: Patricia Carter, PhD, RN, CNS

01/2012 – 05/2012 The University of Texas at Austin, Austin, TX
Teaching Assistant, School of Biological Sciences
BIO 301L Molecules to Organisms
Supervising Professor: Brenda Chinnery, PhD

08/2011 – 12/2011 The University of Texas at Austin, Austin, TX
Teaching Assistant, School of Undergraduate Studies
UGS 303 Sleep: Are We Getting Enough?
Supervising Professor: Patricia Carter, PhD, RN, CNS

Professional Experience

01/2016 – 03/2020 Texas Board of Nursing, Austin, TX
Nursing Consultant for Practice, Nursing Department

01/2015 – 12/2015	Texas Board of Nursing, Austin, TX Nurse Investigator, Enforcement Department
07/2014 – 12/2014	Natural Beginning, Austin, TX Registered Nurse, Birth Center
05/2014 – 12/2014	Austin Area Obstetrics, Gynecology, and Fertility, Austin, TX Registered Nurse, OB/GYN Office
01/2014 – 12/2014	Renaissance Women’s Group, Austin, TX Registered Nurse, OB/GYN Office
06/2013 – 12/2014	St. David’s Women’s Center of Texas, Austin, TX Registered Nurse, Postpartum
02/2011 – 02/2012	Scott & White Specialty Clinic, Round Rock, TX Registered Nurse, OB/GYN Office
10/2009 – 02/2011	Renaissance Women’s Group, Austin, TX Registered Nurse, OB/GYN Office
01/2009 – 10/2009	St. David’s Medical Center, Austin, TX Registered Nurse, Labor & Delivery

Publications

Refereed

Sinay, K. L., García, A. A., Young, C. C., Sommer, M., & Johnson, K. E. (Under review). Predictors of nurse practitioners’ adherence to menstrual cycle-related practice recommendations in pediatric primary care. *Journal of Adolescent Health.*

Sinay, K. L., García, A. A., Young, C. C., Sommer, M., & Johnson, K. E. (In progress). Nurse practitioners’ knowledge, attitudes, and practices regarding menstrual cycles of children and adolescents in primary care: A national survey. *Journal of Pediatric Nursing.*

Sinay, K. L., Preston, A. J., & Sommer, M. (In progress). Using the menstrual cycle as a vital sign: Nurse practitioners’ understanding. *Journal of the American Association of Nurse Practitioners.*

Preston, A. J., **Sinay, K. L.,** Bullard, J., Molina, C., & Chilton, J. (Under revision). School nurses’ perceptions of school-based mental health infrastructure gaps in rural northeast Texas. *Journal of Rural Mental Health.*

Thomas Hebdon, M. C., Dupree, G., Kwak, J., **Sinay, K. L.,** & Phillips, C. S. (Under Review). The financial and emotional impact of double-duty caregiving on nurses: A cross-sectional study. *Journal of Nursing Management.*

Sinay, K. L., Preston, A. J., & Johnson, K. E. (2025). Integrative review of menstrual cycle-related care of children and adolescents by nurses. *Nursing for Women’s Health, 29(5),* 301–310.
<https://doi.org/10.1016/j.nwh.2025.05.002>

Thurman, W., Heitkemper, E., Hutson, T., **Sinay, K. L.**, Glaeser, H., Trice, E., Kidane, H., & Dolotina, I. (2024). Analyzing the CTOSH listserv to understand the needs, barriers, resources, and strategies used by homeless service providers in central Texas. *Journal of Social Distress and Homelessness*. Advance online publication. <https://doi.org/10.1080/10530789.2024.2374136>

Non-Refereed

Sinay, K. L. (2019, January). *CNE & me: Understanding the Board's continuing competency requirements*. Texas Board of Nursing, Bulletin Volume L, No. 1.

Sinay, K. L. (2018, July). *Minor incidents & reporting requirements of the Texas Board of Nursing*. Texas Board of Nursing, Bulletin Volume 49, No. 3.

Sinay, K. L. (2017, July). *Human trafficking—An introduction to what the Texas nurse needs to know*. Texas Board of Nursing Bulletin, Volume 48, No. 3.

Sinay, K. L. (2016, October). *Zika virus: Applying the standards of nursing practice*. Texas Board of Nursing Bulletin, Volume 47, No. 4.

Presentations

Podium Presentations

Sinay, K. L., Preston, A. J., & Sommer, M. (2026, February 18). The menstrual cycle as a vital sign: Nurse practitioners' understanding [Podium presentation]. Southern Nursing Research Society (SNRS) Annual Conference, Austin, TX, United States.

Sinay, K. L. (2025, November 14). Nurse practitioners' menstrual-cycle related attitudes when providing primary care to adolescents in urban, suburban, and rural areas [Podium presentation]. Wellness Without Walls Research Symposium, Tyler, TX, United States.

Preston, A. J., Young, C. C., Molina, C., Byrd, T., Bullard, J. S., & **Sinay, K. L.** (2025, Autumn). A Theoretically Grounded Exploration of Psychological Capital Among Rural Adolescents. Annual Health Policy Conference. Washington, D.C.: American Academy of Nursing.

Poster Presentations

Sinay, K. L., Young, C. C., Garcia, A., & Johnson, K. E. (2025, July 18). *Factors influencing NPs' assessment for menstrual product access among children in primary care* [Poster presentation]. Sigma Theta Tau International (STTI) Honor Society of Nursing's 36th International Nursing Research Congress, Seattle, WA, United States.

Pounders, K., Neumann, A., Kim, S., & **Sinay, K. L.** (2025, June 22). *Glossed over: College women's perceptions, trust, and information-seeking on cosmetic health risks* [Poster presentation]. 2025 American Marketing Association Marketing and Public Policy Conference, Washington, DC, United States.

Sinay, K. L., Young, C. C., Garcia, A., & Johnson, K. E. (2025, March 5). *Menstrual cycle-related practices of nurse practitioners providing primary care to children in urban, suburban, and rural geographic settings* [Poster presentation]. St. David's Center for Health Promotion and Disease Prevention Research in Underserved Populations (CHPR) 23rd Annual Conference, "Addressing Intersectionality to Improve Health in Hard-to-Reach Populations," Austin, TX, United States.

- Sinay, K. L., Johnson, K. E., & Preston, A. J.** (2024, April 19). *Nurses' involvement with child and adolescent menstruation: An integrative review of the literature* [Poster presentation]. The University of Texas at Austin Center for Health Interprofessional Practice and Education (CHIPE)—6th Annual Interprofessional Health Showcase, Austin, TX, United States.
- Sinay, K. L., & Johnson, K. E.** (2024, March 6). *Menstruation-related care of children and adolescents provided by nurses: An integrative review* [Poster presentation]. St. David's Center for Health Promotion and Disease Prevention Research in Underserved Populations (CHPR) 22nd Annual Conference, "Health Promotion for Hispanics: One Size Does NOT Fit All," Austin, TX, United States.
- Hutson, T., Thurman, W., Trice, E., **Sinay, K. L.**, Glaeser, H., & Heitkemper, E. (2023, June). *CTOSH: A critical tool to facilitate community practice among organizations serving people experiencing homelessness* [Poster presentation]. AcademyHealth 2023 Annual Research Meeting, Seattle, Washington, United States.
- Sinay, K. L., & Wright, M.** (2021, November 6). *A Scoping Review Exploring the Relationship Between Infertility and the Microbiome in Women* [Poster presentation]. International Society of Nurses in Genetics (ISONG) 2021 World Congress—Promoting Diversity, Inclusion, and Health Equity in Genomic Nursing, Virtual Event.
- Sinay, K. L., & Wright, M.** (2021, April). *Exploring the Relationship Between Female Infertility and the Gut Microbiome: A Scoping Review* [Poster presentation]. The University of Texas at Austin Center for Health Interprofessional Practice and Education (CHIPE)—3rd Annual Interprofessional Health Showcase, Austin, TX, United States.
- Invited Speaking Engagements
- Sinay, K. L.** (2019, November). *Nursing delegation in assisted living facilities* [Oral presentation]. Texas Health and Human Services Commission Assisted Living Facilities Regulatory Provider Meeting, Austin, TX, United States.
- Sinay, K. L.** (2019, November). *Nursing jurisprudence & nursing ethics—Board rule 216.3(g)* [Conference session]. Valley Advanced Practice Nurses Association 15th Annual Conference, Edinburg, TX, United States.
- Sinay, K. L.** (2019, August). *Nursing scope of practice, safe harbor & nursing delegation* [Conference session]. Texas Health and Human Services Commission/ The University of Texas at Austin School of Nursing 2019 Quality in Long-Term Care Conference, Georgetown, TX, United States.
- Sinay, K. L.** (2018, November). *Texas nursing jurisprudence & ethics for LVNs* [Oral presentation]. CyberTex Institute of Technology, Austin, TX, United States.
- Sinay, K. L.** (2018, November). *Human trafficking—What Texas nurses need to know* [Conference session]. University of Texas Rio Grande Valley School of Nursing Scholarship Day Conference, Edinburg, TX, United States.

Sinay, K. L. (2018, August). *Human trafficking—What nurses need to know* [Conference session]. National Association of Catholic Nurses U.S.A. 2018 National Conference, San Antonio, TX, United States.

Sinay, K. L. (2018, May). *Texas Board of Nursing reporting requirements* [Oral presentation]. Texas Health and Human Services Office of the Medical Director—Utilization Review Staff, Austin, TX, United States.

Peer Review Service

Journal Name	Academic Year 2025-2026	Total Reviews Performed
Journal of Adolescent Health	1	4

Professional Activities

Spring 2026 – Present Member, Peer Review Committee, UT Tyler School of Nursing

Fall 2025 – Present Member, Southern Nursing Research Society

Fall 2024 – Spring 2025 Member, Research Committee, UT Austin School of Nursing

Spring 2024 – 05/2025 Member, Graduate Nursing Student Academy, American Association of Colleges of Nursing

Fall 2023 – Spring 2024 PhD Program Representative, Graduate Nursing Student Association, UT Austin School of Nursing

Fall 2020 – Spring 2021 Member, Student Services Committee, UT Austin School of Nursing

05/2012 – Present Member, Sigma Theta Tau International Honor Society of Nursing, Epsilon Theta Chapter, UT Austin School of Nursing

2009 – 2012 Member, Association of Women's Health, Obstetric and Neonatal Nurses

Community Activities

Spring 2026 – Present Member, School Health Advisory Council, Smithville Independent School District, Smithville, TX

2016 – Present Ministry Volunteer, St. Paul Catholic Parish, Smithville, TX