

Kristen Layton Sinay
Fall 2026
Assistant Professor
ksinay@uttyler.edu

Contact Information

ksinay@uttyler.edu

Current Position

Position: Assistant Professor

Current Academic Rank: Assistant Professor

Degrees

2025	Ph.D., Nursing, The University of Texas at Austin Dissertation: Nurse practitioners' knowledge, attitudes, and practices regarding menstrual cycles of children and adolescents in primary care: A national survey
2012	M.S.N., The University of Texas at Austin Dissertation: Maternity Teaching Role Specialty
2008	B.S.N., The University of Texas at Austin

Professional Licensures & Certifications

2026	Certified Nurse Educator , National League for Nursing
2025	Online Certified Instructor , The University of Texas at Tyler Office of Digital Learning
2009	Registered Nurse License , Texas Board of Nursing

Work Experience

2025 - Ongoing

Assistant Professor, School of Nursing, The University of Texas at Tyler, Tyler, Texas

2023 - 2024

Teaching Assistant, Undergraduate College, The University of Texas at Austin, Austin, Texas

2022 - 2022

Teaching Assistant, School of Undergraduate Studies, The University of Texas at Austin, Austin, Texas

2016 - 2020

Nursing Consultant for Practice, Nursing Department, Texas Board of Nursing, Austin, Texas

2015 - 2015

Nurse Investigator, Enforcement Department, Texas Board of Nursing, Austin, Texas

2014 - 2021

Childbirth Educator/Sole Proprietor, Swaddled Prepared Childbirth, Austin, Texas

2014 - 2014

Registered Nurse, OB/GYN Office, Renaissance Women's Group, Austin, Texas

Registered Nurse, Birth Center, Natural Beginning, Austin, Texas

Registered Nurse, OB/GYN Office, Austin Area Obstetrics, Gynecology, and Fertility, Austin, Texas

2013 - 2014

Registered Nurse, Postpartum, St. David's Women's Center of Texas, Austin, Texas

Instructor in Clinical Nursing, Maternity Nursing Care Practicum, The University of Texas at Austin School of Nursing, Austin, Texas

2013 - 2013

Specialist, School of Biological Sciences, The University of Texas at Austin, Austin, Texas

Adjunct Faculty, Obstetrical Nursing Care Practicum, Texas Tech University Health Sciences Center, Lubbock, Texas

2012 - 2014

Childbirth Educator, The Childbearing Years, Inc., Austin, Texas

2011 - 2012

Registered Nurse, OB/GYN Office, Scott & White Specialty Clinic, Round Rock, Texas

Teaching Assistant, School of Undergraduate Studies & School of Biological Sciences, The University of Texas at Austin, Austin, Texas

2009 - 2011

Registered Nurse, OB/GYN Office, Renaissance Women's Group, Austin, Texas

2009 - 2009

Registered Nurse, Labor & Delivery, St. David's Medical Center, Austin, Texas

Scholarly Contributions and Creative Productions

Journal Article

Accepted

Preston, A. J., Sinay, K. L., Bullard, J. S., Molina, C., & Chilton, J. M. (2026). School nurses' perceptions of school-based mental health infrastructure gaps in rural northeast Texas. *Journal of Rural Mental Health*.

Submitted

Sinay, K. L., García, A. A., Young, C. C., Sommer, M., & Johnson, K. E. (2026). Predictors of nurse practitioners' adherence to menstrual cycle-related practice recommendations in pediatric primary care. *Journal of Adolescent Health*. [\[Attachment\]](#)

In Progress

Sinay, K. L., García, A. A., Young, C. C., Sommer, M., & Johnson, K. E. (2026). 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. (2026). Using the menstrual cycle as a vital sign: Nurse practitioners' understanding. *Journal of the American Association of Nurse Practitioners*

Presentation

Submitted

Sinay, K. L. (2027, March). *Comparisons between PNP's and non-PNP's menstrual cycle-related knowledge, attitudes, and practices in pediatric primary care*. National Association of Pediatric Nurse Practitioners (NAPNP) 48th National Conference on Pediatric Health Care. Sacramento, CA.

Sinay, K. L., & Gosselin, K. (2026, September). *Comparisons between WHNPs' and non-WHNPs' menstrual cycle-related knowledge, attitudes, and practices*. 2026 National Association of Nurse Practitioners in Women's Health (NPWH) Annual Women's Healthcare Conference. Richmond, VA.

Honors

2025	Teaching Preparation Series Advanced Certificate of Completion, The University of Texas at Austin Center for Teaching and Learning Rising Stars of Research and Scholarship Award Sigma Theta Tau International September Professional Development Winner , The University of Texas at Tyler Center for Excellence in Teaching and Learning (CETL)
2024	Health Communications Scholars Program, The University of Texas at Austin Moody College of Communication Stuifbergen Dissertation Award, The University of Texas at Austin School of Nursing
2023	Inclusive Classroom Leadership Certificate for Excellence in Teaching The University of Texas at Austin Graduate School & Division of Diversity and Community Engagement
2012	Outstanding Graduating Graduate Student Award, The University of Texas at Austin School of Nursing
2011	Teaching Certificate in First-Year Interdisciplinary Instruction, The University of Texas at Austin School of Undergraduate Studies

Community Service/Civic Service Activities

Spring 2026 - Ongoing

Member, Smithville ISD School Health Advisory Council