

# KAYLA ALVARES

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## Certifications & Licenses

RNC-NIC (2029) | NRP (2027) | BLS (2027) | RN2334962 (MA) | RN72220 (RI)

## Education

**Doctor of Philosophy- Nursing** | University of Massachusetts  
Dartmouth | May 2025

**Master of Science- Nursing and Healthcare Education** | University of  
Massachusetts Dartmouth | May 2022

**Bachelor of Science- Nursing** | University of Massachusetts  
Dartmouth | May 2019

## Experience: Nursing

### **South Shore Hospital**

Neonatal Intensive Care Nurse | June 2022 - Present

- Head of Education Council
- Head of Skin Care Committee
- Member of Relationship-Based Care Committee
- Charge Nurse
- Transport Nurse
  - Care for critical newborns from delivery to discharge
  - Collaborate with interdisciplinary team including neonatologists, neonatal nurse practitioners, respiratory therapists, speech language pathologists, and occupational therapists
  - Direct patient care of 1-4 infants based on infant acuity
  - Advocate for patients and families

### **St. Luke's Hospital**

Postpartum and Level II Nursery Nurse | February 2021 – May 2022

- Care for postpartum mothers and newborns
- Care for newborns requiring a higher level of care due to prematurity, respiratory distress, hyperbilirubinemia, opioid withdrawal, or hypoglycemia

## **St. Luke's Hospital**

Intermediate Telemetry Medical-Surgical Nurse | October 2019 – February 2021

- Direct patient care of 4-6 patients
- Monitor continuous telemetry and oxygenation of patients

## **Experience: Academia**

### **Northeastern University**

Assistant Clinical Professor | ABSN program: Fall River, MA and Burlington, MA | January 2026-Present

- Course: Lab for Advanced Health Assessment and Fundamental Nursing Skills (*FR*)
- Course: Pathophysiology and Pharmacology (*FR*)
- Course: Introduction to Research in Nursing (*Burlington*)
  - Collaborate with faculty to create and facilitate course content
  - Evaluate student progress and meet with students to provide additional aid

### **Northeastern University**

Adjunct Professor | ABSN program: Fall River, MA and Burlington, MA | September 2025-December 2025

- Course: Lab for Health Assessment and Fundamental Nursing Skills (*FR*)
- Course: Foundations of Nursing: Cultivating Professional Identity and Practice (*FR*)
- Course: Interprofessional Ethics for Individual and Population Health (*Burlington*)
  - Collaborate with faculty to create and facilitate course content
  - Evaluate student progress and meet with students to provide additional aid

### **University of Massachusetts Dartmouth**

Instructor | ABSN: NUR 338: Family Health Nursing | May 2025-August 2025

- Create teaching material on pediatric content for students
- Collaborate with faculty to create course content via the learning module system
- Evaluate student progress and meet with students to provide additional aid
- Grade quizzes, tests, activities, and projects to provide students with timely academic progress and feedback

### **University of Massachusetts Dartmouth**

Instructor | ABSN: NUR 338: Family Health Nursing | May 2024-August 2024

- Create teaching material on pediatric content for students
- Collaborate with faculty to create course content via the learning module system
- Evaluate student progress and meet with students to provide additional aid

- Grade quizzes, tests, activities, and projects to provide students with timely academic progress and feedback

### **University of Massachusetts Dartmouth**

*Clinical Instructor* | BSN: NUR 361: Maternity Clinical | September 2023-December 2023

- Teach senior nursing students maternal and newborn assessments
- Promote proper assessment technique through demonstration
- Evaluate student learning and skills through student writing and demonstration

### **University of Massachusetts Dartmouth**

*Clinical Instructor* | BSN: NUR 243: Holistic Health Assessment Lab | September 2020-December 2020

- Teach sophomore nursing students holistic health assessments
- Provide learning material through classroom discussion
- Demonstrate proper assessment technique on simulation mannequins
- Evaluate student learning and skills through writing and student demonstration

## **Experience: Research**

### **South Shore Hospital**

Co-PI | Retrospective Correlation Study | February 2025-Present

- Collaborate with a research team to submit for IRB approval
- Collect data from patient charts from the last 3 years
- Analyze data
- Write and edit a manuscript for publication

### **University of Massachusetts Dartmouth**

*Research Assistant* | MommaConnect mHealth App- Dr. Horowitz | July 2022- Present

- Collaborate with a multisite and multidisciplinary team
- Edit publications and presentations in a team setting
- Recruit participants meeting eligibility

### **University of Massachusetts Dartmouth**

*Research Assistant* | SUD Interview Transcription- Dr. Seney | October 2022- April 2023

- Review interview recordings for transcription accuracy
- Edit transcriptions to reflect audio recording accuracy

## **Experience: Committees**

### **South Shore Hospital NICU Skin Care Committee Leader | February 2025- Present**

- Organize meetings related to current needs of the NICU for diaper dermatitis prevention and treatment
- Provide educational resources and in-service session regarding diaper dermatitis prevention and treatment
- Contribute as a co-investigator on IRB-approved research project

### **South Shore Hospital Relationship-Based Care Committee | July 2023- Present**

- Contribute to RBC education with current literature and evidenced-based practices
- Edit and implement changes to RBC practice policy
- Evaluate RBC practices and nurse satisfaction

### **South Shore Hospital NICU Education Council Committee Leader | January 2023- Present**

- Organize meetings related to current educational needs of the NICU
- Update NICU policies grounded in evidence-based practices
- Implement mini-skills sessions and educational in-service sessions for nurses

## **Awards and Acknowledgements**

### ***Transformational Leadership Nominee | May 2025***

- Exemplifies the SSH mission and the elements of Magnet Culture by consistently demonstrating transformational leadership qualities

### ***Clinical Ladder RN4 | February 2025***

- Achievement of RN4 level on the clinical ladder based on expertise, education, contributions to the NICU and hospital, and leadership. Recognition of accomplishments within the clinical setting.

### ***White Coat Ceremony Speaker | February 2025***

- Asked to be the keynote speaker at the University of Massachusetts Dartmouth for the 2025 sophomore cohort's White Coat Ceremony.

### ***Transformational Leadership Nominee | May 2024***

- Exemplifies the SSH mission and the elements of Magnet Culture by consistently demonstrating transformational leadership qualities

### ***Rising Star Nominee | May 2023***

- The Rising Star Award recognizes a Registered Nurse new to her/his role who demonstrates commitment to the nursing profession through commendable daily performance. This nurse exceeds the expectation of a novice in their position and possess an inner drive to succeed

## Presentations

**[Accepted] Eastern Nursing Research Society | Boston, MA. | March 2026**

Podium Presenter: Nurse-Infant-Parent Bonding in the NICU from the Nurses' Perspective

**National Association of Neonatal Nursing: New England Chapter | Mystic CT. | May 2025**

Poster Presenter: Triad Bonding Relationship in the NICU: A Conceptual Model

**Eastern Nursing Research Society | Philadelphia, PA. | April 2025**

Poster Presenter: Triad Bonding Relationship in the NICU: A Conceptual Model

**International Family Nursing Association | (Virtual) Dublin, Ireland | June 2023**

Poster Presenter: A Theory Synthesis: Nurse-Infant Bonding

**Eastern Nursing Research Society | Philadelphia, PA. | March 2023**

Poster Presenter: Nurse Infant Bonding: A Theory Synthesis

## Team Presentations

McDonough, M., Geller, P.A., Posmontier, B., Horowitz, J.A., Elgohail, M., Wang, Y., **Alvares, K.**, Beneway, J., Ma, T., Layne, K., Chang, K. (2025, May). Perspectives of Black/African American women on a digital healthcare platform to reduce PPD and improve mother-infant interaction. **Poster Presentation** at National Perinatal Association, Atlanta, GA.

Posmontier, B., Horowitz, J.A., Geller, P.A., McDonough, M., **Alvares, K.**, Beneway, J., Chang, K., Ma, T., Elgohail, M., Wang, Y., Layne, K. (2025, April). Perspectives of Black/African American women on a digital healthcare platform to reduce PPD and improve mother-infant interaction. **Poster presentation** at Eastern Nursing Research Society 37th Annual Scientific Sessions, Philadelphia, PA.

Postmontier, B., Horowitz, J., Geller, P.A., Ma, T., Chang, K., Elgohail, M., McDonough, M., **Alvares, K.**, & Smoot, J. (2024, April). Using the PRECEDE-PROCEED Model to Develop a MHealth Intervention for Postpartum Depression. **Paper presentation** at Eastern Nursing Research Society 36th Annual Scientific Sessions, Boston, MA.

## Publications

Horowitz, J., Posmontier, B., Geller, P., McDonough, M., **Alvares, K.**, Elgohail, M., Wang, Y., Chang, K., & Ma, T. [Accepted]. Translating Combined Mother-Baby Interaction

Therapy and Interpersonal Psychotherapy for Postpartum Depression from In-Person to Digital Delivery via MommaConnect. *European Society of Medicine*.

McDonough, M. R., DiCarlo, K., & **Alvares, K.** (2025). Family integrative care: An integrative review of a collaborative care environment in the neonatal intensive care unit. *Critical Care Nursing Clinics*, 1-13.

Posmontier B, Horowitz JA, Geller PA, Elgohail M, McDonough M, **Alvares K**, et al. (2024).

Applying the PRECEDE-PROCEED model to develop MommaConnect: A digital healthcare platform for addressing postpartum depression and improving infant well-being. *Explor Neurosci*. 2024;3:309–20. <https://doi.org/10.37349/en.2024.00052>

**Alvares, K.** & Chin, E. (2023). Nurse-infant bonding: A theory synthesis. *Journal of Neonatal Nursing*, 30(4), 375-379. <https://doi.org/10.1016/j.jnn.2023.11.012>