#### WOMEN'S HEALTH NURSE PRACTITIONER & HEALTH COMMUNICATIONS PROFESSIONAL



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LINKEDIN

Sadia is a women's health nurse practitioner with over 10 years of experience in health education and health communications and 2+ years' experience in pharmaceutical and virtual nursing care. She is a second-career nurse with extensive experience in reproductive and sexual health.

Sadia is passionate about women's health, Asian American health, and health disparities among women of color. She is available for consulting, writing, and speaking engagements. To collaborate with Sadia, please <a href="mailto:email her">email her</a> or connect with her on <a href="LinkedIn">LinkedIn</a>.

WRITTEN WORKS	
Prone Positioning in Acute Respiratory Distress Syndrome (ARDS)  Nursing CE Central: Continuing Education Course	3/20/25
Complex Regional Pain Syndrome (CRPS)  Nursing CE Central: Continuing Education Course	2/15/25
The Experience of a Nurse-Family Partnership  Nursing CE Central: Blog Post	1/14/25
Caring for Pediatrics with Developmental Delays Nursing CE Central: Continuing Education Course	1/13/25
Pain Management for Complex Wounds  Nursing CE Central: Continuing Education Course	1/3/25
Managing Drug-Induced Nephrotoxicity  Nursing CE Central: Continuing Education Course	12/26/24
<u>Diphenhydramine Use in ESRD</u> Nursing CE Central: Continuing Education Course	12/20/24
Getting Long COVID Care When You Are Living with HIV Long COVID Justice: Social Media Infographic, Blog Post, and Flyer	12/19/24
Intravenous Immunoglobulin (IVIG) Therapy Nursing CE Central: Continuing Education Course	11/30/24
Family Planning and Contraceptive Methods  Nursing CE Central: Continuing Education Course	11/20/24
Forensic Nursing: It's Not (Just) What You See on TV Nursing CE Central: Blog Post	11/19/24
Placenta Uses in Modern Medicine Nursing CE Central: Continuing Education Course	11/12/24
BiPAP and CPAP Overview  Nursing CE Central: Continuing Education Course	11/6/24

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WRITTEN WORKS CONTINUED	
Progressive Care Unit (PCU) Overview	11/1/24
Nursing CE Central: Continuing Education Course	
Sexual Function and Intimacy after Spinal Cord Injury (SCI)	10/28/24
Nursing CE Central: Continuing Education Course	
APRN Scope of Practice and Responsibilities  Nursing CE Central: Continuing Education Course	10/21/24
lowa Fluoroscopy Supervision	9/29/24
Nursing CE Central: Continuing Education Course	
APRN Fluoroscopy Supervision	9/21/24
Nursing CE Central: Continuing Education Course	
How Does COVID-19 Affect Reproductive Health?	9/16/24
Long COVID Justice: Social Media Infographic, Blog Post, and Flyer	
Do you Have What it Takes to be a Psychiatric Nurse Practitioner?  Nursing CE Central: Blog Post	8/30/24
	7/4/24
Nurse Midwife Career and Education Path Nursing CE Central: Continuing Education Course	7/1/24
Differential Diagnosis of Depression	6/10/24
Nursing CE Central: Continuing Education Course	0/10/24
Family and Caregiver Education in TBI Recovery	5/29/24
Nursing CE Central: Continuing Education Course	
Fat Embolism Syndrome	5/25/24
Nursing CE Central: Continuing Education Course	
Management of Abnormal Uterine Bleeding	4/25/24
Nursing CE Central: Continuing Education Course	
Nursing Informatics: Leading Innovation	4/15/24
Nursing CE Central: Continuing Education Course	
Hypertension in Pregnancy  Nursing CE Control Continuing Education Course	4/5/24
Nursing CE Central: Continuing Education Course	0 10 0 10 4
Emergency Preparedness Nursing CE Central: Continuing Education Course	3/29/24
-	3/18/24
Cyber Awareness and Security Nursing CE Central: Continuing Education Course	5/16/24
Oral STI Medications	3/1/24
Nursing CE Central: Continuing Education Course	5, -,

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WRITTEN WORKS CONTINUED	0 /0 = /0 .
Follow Up After Medication Abortion The Reproductive Health Access Project: Insights	2/27/24
Asthma Treatment and Monitoring Nursing CE Central: Continuing Education Course	2/18/24
Day in the Life of a Telehealth Nurse  Nursing CE Central: Blog Post	2/24/24
SSRI Use in Major Depressive Disorder Nursing CE Central: Continuing Education Course	1/18/24
Women's Health: Uterine Fibroids Nursing CE Central: Continuing Education Course	1/15/24
Everything You've Wanted to Know About STI Testing Next Avenue	1/9/24
Reproductive Education for Teens: Bridging the Gap Dr. G's Lab: Trauma-Informed Design	11/23/23
Roles of Midwives and Doulas in Abortion Care The Reproductive Health Access Project: Insights	5/23/23
Cervical Health Awareness Month 2023 Nursing CE Central: Blog Post	3/22/23
Contraception for Patients with a Current or Prior History of Eating Disorders The Reproductive Health Access Project: Contraceptive Pearl	3/21/23
Privacy and Safety Considerations for Early Pregnancy Loss or Abortion The Reproductive Health Access Project: Insights	1/2/23
Human Trafficking Month Nursing CE Central: Blog Post	12/18/22
Midwives Documentary Discussion Guide  American Documentary: POV   PBS	12/12/22
Exploring the Causes and Symptoms of Pulmonary Embolism  Nursing CE Central: Blog Post	12/6/22
World AIDS Day 2022 Nursing CE Central: Blog Post	11/28/22
Osteoporosis 101 – What You Need to Know Nursing CE Central: Blog Post	11/4/22
It's Epilepsy Awareness Month Nursing CE Central: Blog Post	11/2/22

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WRITTEN WORKS CONTINUED	
Acute Kidney Injury 101	10/14/22
Nursing CE Central: Blog Post	
It's ADHD Awareness Month	10/7/22
Nursing CE Central: Blog Post	
Hepatitis A, B, and C Explained  Nursing CE Central: Blog Post	9/20/22
Prostate Cancer Awareness Month 2022	9/14/22
Nursing CE Central: Blog Post	
October Is Domestic Violence Awareness Month  Nursing CE Central: Blog Post	9/8/22
	0/9/22
Nurse Practitioner Week Nov 13-19 2022 Nursing CE Central: Blog Post	9/8/22
September Is Gynecological Cancer Awareness Month	9/5/22
Nursing CE Central: Blog Post	
PCOS Awareness Month 2022	8/29/22
Nursing CE Central: Blog Post	
Sexual Health Awareness Month 2022  Nursing CE Central: Blog Post	8/25/22
	8/19/22
<u>Health Policy Nurse – Bridging the Gap Between Health Policy and Practice</u> Nursing CE Central: Blog Post	6/19/22
Everything You Need to Know About Varicella	8/16/22
Nursing CE Central: Blog Post	
Transplant Nurse 101	8/12/22
Nursing CE Central: Blog Post	
Tetanus – What You Need to Know About This Bacterial Infection	8/12/22
Nursing CE Central: Blog Post  Nurse Informaticist – The Future Is Now	8/3/22
Nursing CE Central: Blog Post	0/3/22
August Is National Breastfeeding Month	8/1/22
Nursing CE Central: Blog Post	
Legal Nurse Consulting – A Flourishing Field	8/1/22
Nursing CE Central: Blog Post	
Mother Baby Nurse – Are You Up for the Challenge?	7/28/22
Nursing CE Central: Blog Post	

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WRITTEN WORKS CONTINUED	
Clinical Nurse Specialists: A Notable Profession	7/25/22
Nursing CE Central: Blog Post	
Endometriosis Awareness	7/21/22
Nursing CE Central: Blog Post	,, ==, ==
•	7/45/22
Adult Gerontology Nurse Practitioner: A Brimming Profession	7/15/22
Nursing CE Central: Blog Post	
July Is Fibroid Awareness Month	7/13/22
Nursing CE Central: Blog Post	
Certified Registered Nurse Anesthesiologist (CRNA): Explore This Profession	7/8/22
Nursing CE Central: Blog Post	, ,
Psychiatric/Mental Health Nurse Practitioners	6/28/22
Nursing CE Central: Blog Post	0/20/22
June Is Men's Health Month	6/23/22
Nursing CE Central: Blog Post	
Certified Nurse Midwives: A Career Overview	6/16/22
Nursing CE Central: Blog Post	
Pediatric Nurse Practitioners: The Scoop on Who's Caring for Our Youth	6/12/22
Nursing CE Central: Blog Post	ο, ==, ==
•	C/10/22
Essential LGBT and Inclusive Sex Education	6/10/22
LaLa's Bedtime Tales: Blog Post	
Women's Health Nurse Practitioners	6/3/22
Nursing CE Central: Blog Post	
LGBTQ Cultural Competency – Providing Inclusive Care	5/27/22
Nursing CE Central: Blog Post	
Oral Sex Affects Oral Health	4/25/22
LaLa's Bedtime Tales: Blog Post	7/25/22
•	0/11/00
Living in Chronic Pain: Endometriosis Awareness	3/14/22
LaLa's Bedtime Tales: Blog Post	
The Small, Yet Mighty Cervix: Cervical Health 101	1/17/22
LaLa's Bedtime Tales: Blog Post	
HIV/AIDS Awareness: Top Questions about HIV Answered	12/1/21
LaLa's Bedtime Tales: Blog Post	
Sex Toy Safety 101: Sexy Fun for Everyone!	11/4/21
LaLa's Bedtime Tales: Blog Post	±±/ ¬/ Z ±

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EDITING/REVIEWING EXPERIENCE	
The Ultimate Birth and Postpartum Guidebook, First Edition Review	11/12/24
ShiShi Rose	
NCLEX Review Questions	7/12/24
Nursing CE Central: Sloan NCLEX Prep	
Middle School Sex Ed: STI Transmission and Prevention The Sex Ed Initiative	1/12/23
Our Whole Lives, Grades K-1	6/28/19
Unitarian Universalist Association	
The Consent Guidebook The Consent Guidebook: A Practical Approach to Consensual, Respectful, & Enthusiastic Interd	2/28/18 actions
PRESENTATIONS	
STI Health Disparities in the LGBTQIA+ Community  Sex Coach U: Virtual (Miami, FL)	9/18/2024
BDSM and Kink Safety During Pregnancy and Postpartum  EXXXotica Miami: Miami Airport Convention Center (Miami, FL)	6/30/2024
Asian Americans and Reproductive Justice: From Home to Here SLAM 2024: Virtual (Miami, FL)	4/30/2024
Pregnancy and Sexuality Institute for Sexuality Education and Enlightenment (ISEE): Virtual (Miami, FL)	4/15/2024
STI Health Disparities in the LGBTQIA+ Community  Medical Studies for Choice (MSFC): Virtual (Miami, FL)	12/2/2023
BDSM and Kink Safety During Pregnancy and Postpartum The Sexual Health School: Virtual (Miami, FL)	10/11/2023
BDSM and Kink Safety During Pregnancy and Postpartum Institute for Sexuality Education and Enlightenment (ISEE): Virtual (Miami, FL)	9/12/2023
STI Health Disparities in the LGBTQIA+ Community SLAM 2023: Virtual (Miami, FL)	8/30/2023
BDSM and Kink Safety During Pregnancy and Postpartum Kink in Between the Lines (KtBL 2023): Virtual (Miami, FL)	7/16/2023
BDSM and Kink Safety During Pregnancy and Postpartum Sex on the Beach: WEAM Art Museum (Miami, FL)	7/8/2023
Pregnancy and Sex 101 Modern Sex Therapy Institutes (MSTI): Virtual (Miami, FL)	6/8/2023

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DESCRIPTIONS CONTINUED	
PRESENTATIONS CONTINUED  LGBTQ+ Inclusivity and Cultural Competence  Modern Sex Therapy Institutes (MSTI): Virtual (Miami, FL)	6/8/2023
Understanding and Working with the Asian American Community  Modern Sex Therapy Institutes (MSTI): Virtual (Miami, FL)	4/27/2023
What You Need to Know About Pregnancy and Sex 2022 National Sex Ed Conference (NSEC): Virtual (Miami, FL)	12/14/2022
Race and Kink with Nurse Sadia Race and Kink BIPOC Speaker Series: Virtual (Miami, FL)	11/29/2022
Asian Americans and Reproductive Justice Reproductive Health Access Project (RHAP): Virtual (Miami, FL)	11/1/2022
Public Health Communication and Health Literacy United States Conference on HIV/AIDS (USCHA) 2022: San Juan, Puerto Rico	10/9/2022
Introduction to HIV Epidemiology and Federal Initiatives/Programs United States Conference on HIV/AIDS (USCHA) 2022: San Juan, Puerto Rico	10/8/2022
STI Health Disparities in the LGBTQIA+ Community Sex Ed Lecture Series: Virtual (Miami, FL)	8/17/2022
What You Need to Know about Sex During Pregnancy Institute for Sexuality Education and Enlightenment (ISEE): Virtual (Miami, FL)	7/3/2022
Asian Americans and Reproductive Justice Reproductive Health Access Project (RHAP): Virtual (Miami, FL)	6/15/2022
STI Health Disparities in the LGBTQIA+ Community Inova Juniper Program: Virtual (Miami, FL)	4/20/2022
Sexually Transmitted Infections (STIs): Symptoms, Prevention Strategies, and Ethical Responsibilities  The Sexual Health School: Virtual (Miami, FL)	11/20/2021
What You Need to Know about Sex During Pregnancy The Sexual Health School: Virtual (Miami, FL)	11/20/2021
Muslim Sex Ed: Approaching the Practices of Sex Therapy and Sex Education with North American Muslim People Institute for Sexuality Education and Enlightenment (ISEE): Virtual (Miami, FL)	8/17/2020
Providing Sexual and Reproductive Health Care to Muslim Patients  Nurses for Sexual and Reproductive Health (NSRH) 2018 Conference: Westin Hotel, Atlanta, GA	10/27/2018
Muslims and Reproductive Justice: Empowering Our Community Through Dismantling Stereotypes Civil Liberties and Public Policy (CLPP) 2018 Conference: Hampshire College, Amherst, MA	4/14/2018

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PRESENTATIONS CONTINUED	
Holding Space: Reproductive Justice and Muslim Women & Girls National Asian Pacific American Women's Forum Office: Atlanta, GA	11/8/2017
Muslims and Reproductive Justice: Empowering Our Community Through Dismantling Stereotypes SisterSong's Let's Talk About Sex! (LTAS) 2017 Conference: Hyatt Regency Hotel, New Orleans, LA	10/6/2017
Muslims and Reproductive Justice: Empowering Our Community Through Dismantling Stereotypes Civil Liberties and Public Policy (CLPP) 2017 Conference: Hampshire College, Amherst, MA (virtual)	4/8/2017
Asians and Sex: How Policies and Media Affect Sexual Health Stereotypes Sex Down South (SDS) 2016: Hilton Atlanta, Atlanta, GA	10/13/2016
From Home to Here: Asian Americans in Reproductive Justice Advocates for Youth Urban Retreat 2016: Washington Court Hotel, Washington, DC	9/16/2016
Model Minority Mutiny: Building AAPI Feminist Community for Action Civil Liberties and Public Policy (CLPP) 2016 Conference: Hampshire College, Amherst, MA	4/10/2016
Breaking It Down: Identifying and Smashing Barriers to Youth Sexual Health Care Civil Liberties and Public Policy (CLPP) 2016 Conference: Hampshire College, Amherst, MA	4/9/2016
Where the Desis At?: Navigating South Asian identities in Asian Spaces Pan-Asian Experience (APEX) Summit 2016: Emory University, Atlanta, GA	3/26/2016
Islamic Women's Health for Young Girls Gwinnett Islamic Circle: Suwanee, GA	3/20/2016
From Home to Here: Asians in Reproductive Justice South East Regional Conference for Asian American Leaders (SERCAAL) 2016 Conference: Georgia I Technology, Atlanta, GA	3/19/2016 nstitute of
Where the Desis At?: Navigating South Asian identities in Asian Spaces  East Coast Asian American Student Union (ECAASU) 2016 Conference: Rutgers University, New Brunswick, N.	2/27/2016
From Home to Here: Asian Americans in Reproductive Justice Civil Liberties and Public Policy's New Leadership Networking Initiative (CLPP's NLNI) Fall 2015: The Lauderdale, FL	12/9/2015 W Hotel, Ft.
From Home to Here: Asian Americans in Reproductive Justice Tulane University, New Orleans, LA (virtual)	11/11/2015
Graduate School Prep Webinar Gates Millennium Scholarship Program, Washington, DC (virtual)	10/21/2015
Gates Millennium Scholarship Presentation El Centro, Durham, NC (virtual)	10/15/2015

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PRESENTATIONS CONTINUED	
From Home to Here: Asian Americans in Reproductive Justice  Advocates for Youth Urban Retreat 2015: Washington Court Hotel, Washington, DC	9/18/2015
Migrant Herstories: Explaining Immigration Stories of South Asian Women  East Coast Solidarity Summer (ECSS) 2015: Rutgers University, New Brunswick, NJ	7/24/2015
Breaking It Down: Identifying and Smashing Barriers to Youth Sexual Health Care Civil Liberties and Public Policy (CLPP) 2015 Conference: Hampshire College, Amherst, MA	4/11/2015
Where the Desis At?: Navigating South Asian identities in Asian Spaces East Coast Asian American Student Union (ECAASU) 2015 Conference: Harvard University, Cambri	2/21/2015 ridge, MA
Decentering White Feminism in Decolonizing Sex Positivity: How to Better Reach Communities of Color Seventh Annual Careers in Sexuality Conference: Multicultural Competences: Widener University,	10/24/2014 Chester, PA
Challenges First Semester: Focus on Low-Income Students of Color Gates Millennium Scholarship Virginia Leadership Conference (GMS VALC) 2014: Marriott Westfi Washington Dulles Hotel, Chantilly, VA	9/27/2014 elds
From Home to Here: Asian Americans in Reproductive Justice Advocates for Youth Urban Retreat 2014: Washington Court Hotel, Washington, DC	9/13/2014
Patriarchy and Sexism East Coast Solidarity Summer (ECSS) 2014: Ya-Ya Network, New York City, NY	8/9/2014
Queer and Trans Liberation East Coast Solidarity Summer (ECSS) 2014: Ya-Ya Network, New York City, NY	8/9/2014
Reproductive Imperialism: What Now?  Asian Pacific American Conference (APAC) 2014: State University of New York: Albany, Albany, N	4/11/2014 Y
Getting It On Safe(r): Safer Sex in Asian America East Coast Asian American Student Union (ECAASU) 2014 Conference: George Washington Universal Washington, DC	2/22/2014 rsity,
Building Healthy Relationships in Communities of Color UNITE Harvard!: Harvard University, Cambridge, MA	1/20/2014
Building Healthy Relationships in Communities of Color New England Women's Center Conference (NEWCC): Boston University, Boston, MA	11/15/2013
Health Inequalities and Oppression in Communities of Color Hispanic Black Gay Coalition (HGBC) LGBTQ Youth Empowerment Conference 2013: Harvard Univ	10/12/2013 versity,
Gates Millennium Scholarship Presentation	10/6/2013

Muslim Students Association: Massachusetts Institute of Technology, Cambridge, MA

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#### **PANELS**

#### **Engaging Religious Communities in the Fight for Justice**

4/14/2018

Civil Liberties and Public Policy (CLPP) 2018 Conference: Hampshire College, Amherst, MA

#### **College Success Strategies for Parents**

11/18/2017

Asian Pacific Islander American Scholarship Fund (APIASF) Jump Start College Tour: Georgia State University, Atlanta, GA

#### **Reconciling Religion & Reproductive Justice**

2/25/2017

Take Root Seventh Annual Conference: University of Oklahoma, Norman, OK

#### **Sexologists of Color: A Panel of Observations and Experiences**

10/24/2014

Seventh Annual Careers in Sexuality Conference: Multicultural Competences: Widener University, Chester, PA

#### **FELLOWSHIPS**

Gates Millennium Scholarship Fellowship

4/2011