

**Curriculum Vitae****Kenya D. Palmer Emrich, MS, MSN, FNP-BC, CSCS, NBC-HWC****MGH Institute of Health Professions**

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[KPalmer@MGHIHP.edu](mailto:KPalmer@MGHIHP.edu)**Education**

MSN, Massachusetts General Hospital Institute of Health Professions, Boston, MA,	2013
BSN, Massachusetts General Hospital Institute of Health Professions, Boston, MA	2013
M.S, Syracuse University, Syracuse, NY, Exercise Science	2009
B.S. Boston University, Boston, MA, Rehabilitation Sciences	2002

**Certifications and Licensure**

National Board for Health and Wellness Coaches, National Board Certified Health and Wellness Coach	2022 -
National Council for Mental Wellbeing, Mental Health First Aid USA	2022 -
American Nursing Credentialing College, Board Certified Family Nurse Practitioner	2013 -
Massachusetts Board of Nurses, Registered Nurse	2012 -
Massachusetts Board of Nurses, Certified Nurse Practitioner	2013 -
American Heart Association, BLS/CPR/AED Certified	2010 -
Kettle Bell Institute, Kettle Bell Instructor	2012 -
Z-Health Performance Solutions, Master Trainer	2009 -
US Weightlifting, Certified Level 1 Coach	2009
National Strength and Conditioning Association, Certified Strength and Conditioning Specialist	2003 -

**Academic Appointments**

<i>FNP Track Coordinator</i> , DEN, MGH-Institute of Health Professions, Charlestown, MA	2022 -
<i>Instructor of Nursing</i> , MGH-Institute of Health Professions, Charlestown, MA	2020 -
<i>Term Lecturer</i> , MGH-Institute of Health Professions, Charlestown, MA	2019 - 2020
<i>Clinical Preceptor</i> , MGH-Institute of Health Professions, School of Nursing	2014 - 2022
<i>Instructor in Medicine</i> , Boston University School of Medicine, Boston, MA	2014 - 2020
<i>Course Advisor</i> , Boston University School of Medicine, Haymarket Medical Education “Integrative Approach to the Management of Obesity & Weight Related Complications”	2014
<i>Teaching Assistant</i> , MGH-Institute of Health Professions, Charlestown, MA	2013

**Clinical Appointments**

Nutrition and Wellness Coach, Bentley University, Waltham, MA	2022 -
Nurse Practitioner, BMC, Boston, MA	2013 - 2022
Registered Nurse, Lahey Clinic, Danvers, MA	2012 - 2014
Nurse Technician, Beth Israel Deaconess Medical Center, Needham, MA	2011 - 2012
Master Trainer/Program Design, The Sports Club LA, Boston, MA	2007 - 2014
Advantage Trainer, The Sports Club LA, Boston, MA	2005 - 2014
Group Exercise Instructor, The Sports Club La, Boston, MA	2005 - 2014
Assistant Strength and Conditioning Coach, Syracuse University, Syracuse, NY	2002 - 2005
Personal Trainer, Healthworks Fitness Centers for Women, Brookline, MA	1999 - 2002

**Honors:**

Daisy Award for Extraordinary Nursing Faculty, MGH Institute of Health Professions	2022
Excellence In Nurse Leadership Award, New England Regional Black Nurses Association	2021
Emerging Leader Alumni Award, MGH Institute of Health Professions	2018
Forty for 40 Honoree, MGH Institute of Health Professions	2017
Excellence in Nursing Practice, New England Regional Black Nurses Association	2017
Boston Best Training Staff, Improper Bostonian, Boston, MA	2011
John B. Simpson Award for Enthusiastic Senior Leadership, Boston University, Boston, MA	2001

**Academic: Offices and Committee Assignments:**

Early Career Faculty Development Workgroup	2023 -
JEDI Collaborative, Member, MGH Institute of Health Professions	2022 -
JEDI Curriculum Task Force, Member, MGH Institute of Health Professions	2022 -
Wellness Council, Member, MGH Institute of Health Professions	2022 -
Healthy Community Task Force, Member, MGH Institute of Health Professions	2022 -
Search Committee, Chair, School of Nursing, MGH Institute of Health Professions	2022 -
Nominating Committee, Member, School of Nursing, MGH Institute of Health Professions	2021 -
Curriculum Efficiency Workgroup, SON, DEN, MGH Institute of Health Professions	2021 - 2022
Justice, Equity, Diversity & Inclusion (JEDI) Nursing Faculty Leadership Team, MGH IHP	2020 - 2021
School of Nursing Dean Search Committee, MGH IHP Committee Member	2020 - 2021
Jacques Mohr Endowed Professorship in Geriatric Nursing, MGH IHP Committee Member	2018 - 2019

**Professional Societies: Memberships:**

Association for Size Diversity And Health (ASDAH) Member	2022 -
New England Regional Black Nurses Association, Member	2014 -
The American Association of Nurse Practitioners, Member	2014 -
The Obesity Society, Member	2014
The Obesity Action Coalition, Member	2014
American Society of Parenteral and Enteral Nutrition, Member	2014
The American College of Sports Medicine, Member	2014 -
Sigma Theta Tau International Nursing Society, Upsilon Lambda Chapter, Member	2012
Alpha Kappa Alpha Sorority, Incorporated, Member	2005 -
National Strength and Conditioning Association, Member	2003 -

**Publications:**

1. Srivastava G, **Palmer KD**, Ireland KA, McCarthy AC, Donovan KE, Manders AJ, McDougal J, Lenders CM, Apovian CM. Shape-Up and Eat Right Families Pilot Program: Feasibility of a Weight Management Shared Medical Appointment Model in African-Americans With Obesity at an Urban Academic Medical Center. *Front Pediatr.* 2018; 6:101. PMID: 29707530.
2. Apovian C, **Palmer K**, Fain R, Perdomo C, Rubino D. Effects of lorcaserin on fat and lean mass loss in obese and overweight patients without and with type 2 diabetes mellitus: the BLOSSOM and BLOOM-DM studies. *Diabetes Obes Metab.* 2016 Sep; 18(9):945-8. PMID: 27173586.

**Abstracts:**

1. McDougal JC, **Palmer KD**, Manders AJ, McCarthy AC, Ireland KA, Donovan, KE, Lenders C & Apovian CM. Shape-UP and Eat Right (SUPER) Families: Feasibility of monthly family-based weight loss program for African American attending adult or pediatric weight management clinics at Boston Medical Center.
2. Apovian, C., **Palmer, K.**, Fain, R, Soliman, W., Yuhan, Li, Sanchez, M. Domnica, R. Effects of Lorcaserin on Lean and Fat Mass Loss in Patients with Type 2 Diabetes Mellitus From the BLOOM-DM Study of Obese and Overweight Patients.

3. Domenica, R., **Palmer, K.**, Fain, R., Soliman, W., Zhou, S., Sanchez, M., Apovian, C. Effects of Lorcaserin on Lean and Fat Mass in the BLOSSOM Study of Obese and Overweight Patients.

**Book Chapters:**

1. **Palmer, K.** and Apovian, C, Chapter 23: Obesity: Overview of Medical Treatments and Interventions. In: Nutrition in the Prevention and Treatment of Disease. 4<sup>th</sup> edition. Oxford: Academic Press, 2017, pp. 477-498. ISBN: 978-0-12-802928-2

**Editorials and Critical Reviews:**

1. Apovian C, **Palmer K**, Fain R, Perdomo C & Rubino D (2016). Effects of lorcaserin on fat and lean mass loss in obese and overweight patients without and with type 2 diabetes mellitus: the BLOSSOM and BLOOMDM studies. Diabetes, Obesity and Metabolism, 18: 945-948. doi. 10.1111/dom.12690.
2. Lotfi, K., **Palmer, K.** & Apovian, C. (2015). Weight Loss in a Patient with Type 2 Diabetes: Challenges of Diabetes Management. Obesity Consults: Practical Guide to Medications Approved for Chronic Weight Management; 2(5): 17.
3. **Palmer, K.** "Summer Workouts". Club Happenings. The Sports Club LA. July 2010.
4. **Palmer, K.**, Detz, J. Look Stronger-Feel StrongKing. Shape Magazine. June 2009.

**Nursing Courses:**

Family Health Practicum

NP877A	01/2019 -
NP877B	05/2019 -
NP877C	09/2020 -
NP877D	09/2020 -
NP877E	01/2021 -

Primary Care Across the Lifespan

Family Health I (NP732)	01/2020 -
Family Health II (NP 832)	09/2021 -

**Academic Lectures:**

Boston University School of Medicine Disease and Therapy (DRx) Endocrine and Nutrition Model Lecture: <i>Overview of Obesity</i>	01/2017
Boston University Endocrinology Annual Fellowship Lecture Lecture: <i>Lifestyle Management</i>	01/2016 -
Boston University School of Dental Medicine Interprofessional Lecture Lecture: <i>Obesity Management</i>	01/2016 -
Northeastern University Presentation: <i>Medical Management of Obesity</i>	02/2015
Massachusetts General Hospital—Institution of Health Professions, School of Nursing Annual Presentation: <i>Overview of Obesity</i>	02/2015 -

Boston University School of Dental Medicine Annual Presentation: <i>Medical Management of Obesity</i>	2015 - 2022
<b>Conference Presentations:</b>	
Practicing Clinicians Exchange, 2015 Symposia Series Parsippany, NJ Presentation: <i>Managing Overweight and Obese Patients: Are We Taking the Right Approach?</i>	06/2015
American Academy of Nurse Practitioners 2015 National Conference Obesity Treatment—Diet, Exercise, Drugs & Surgery: Everything the NP needs to know to treat Obesity. Presentation: <i>Lifestyle Management of the Obese Patient</i>	06/2015
Practicing Clinicians Exchange Boston, MA; Philadelphia, PA; San Francisco, CA 2014 Symposia Series Presentation: <i>New Advances in Obesity Management</i> 2014 Symposia Series Presentation/Workshop: Obesity: <i>Strategies for Patient Communication and Long-term Success</i>	02/2014
<b>Poster Presentations:</b>	
American Academy of Nurse Practitioners 2014 National Conference Industry Poster Presentation: <i>Effects of Lorcaserin on Lean and Fat Mass in the BLOSSOM Study of Obese and Overweight Patients.</i>	06/2014
American Academy of Nurse Practitioners 2014 National Conference Industry Poster Presentation: <i>Effects of Lorcaserin on Lean and Fat Mass Loss in Patients with Type 2 Diabetes Mellitus From the BLOOM-DM Study of Obese and Overweight Patients.</i>	06/2014
<b>Guest Presentations:</b>	
Mass General Brigham (MGB)- Nurse Hiring Event Presentation: Preventing Nurse Burnout: Self-care for the selfless	04/2023
North American Thrombosis Forum (NATF) <i>"Optimizing Health after a Cardiovascular Event: An Evening with Experts"</i> Presentation: Obesity & Heart Health: Weighing the Facts	10/2022
Pri-Med Advanced Practice Provider Bootcamp Presentation: <i>Type 2 Diabetes in Primary Care</i>	08/2022
Boston University School of Dental Medicine Staff Forum Nutrition Group Presentation: <i>"Lifestyle Management: Finding the Joy In the Process"</i>	06/2015
The Obesity Society: Your Weight Matters (YWM) Local Boston, MA Presentation: <i>Back 2 Basics: Getting Started and Staying Motivated</i>	11/2014

Boston Medical Center/Channel 7 06/2014  
2014 Health & Fitness Expo.  
Living Healthy Forum Talk: *Gluten Free: To Be or Not to Be*

Boston Medical Center, Endocrinology 05/2014  
Staff In-Service  
Lecture: *Nutrition and Weight Management*

Boston Medical Center 05/2014  
Healthy Living Speaker Series  
South Boston Community Health Center  
Lecture: *Eating Healthy and Staying Fit*

**Research:**

Gelesis, Srl 2016- 2017  
A Randomized, Double-blind, Placebo-Controlled, Parallel-Group Study Assessing the Effect of Genesis100 on Body Weight in Overweight and Obese Subjects with and without Type 2 Diabetes (GLOW Study)  
Role: Sub-investigator  
PI: Caroline Apovian, MD

Gelesis, Srl 2014-2016  
An Open-Label Study Assessing the Effect of Gelesis100 on Weight Loss and Weight Maintenance in Overweight and obese Subjects who completed the GLOW Study  
Role: Sub-investigator  
PI: Caroline Apovian, MD

Vela Foundation 2014-2016  
Shape-Up and Eat Right (SUPER) Families  
Purpose: Feasibility of family-based group intervention for weight management  
Role: Sub-investigator, Program Design, Program implementor  
PI: Caroline Apovian MD, Carine Lenders MD

Aspire Bariatrics, Inc 2014-2016  
A Randomized, Multi-Center, Pivotal Efficacy and Safety Study Comparing the EndoBarrier® Gastrointestinal Liner System vs. Sham for Glycemic Improvement in Inadequately Controlled Obese Type 2 Diabetic Subjects on Oral Anti-Diabetes Agents  
Role: Sub-investigator  
PI: Caroline Apovian, MD

Orexigen Therapeutics, Inc 2012-2015  
Takeda Development Centers America, Inc  
NB-CVOT: A Multicenter, Randomized, Double-Blind, Placebo-Controlled Study Assessing the Occurrence of Major Adverse Cardiovascular Events (MACE) in Overweight and Obese Subjects with Cardiovascular Risk Factors Receiving Naltrexone SR/Bupropion SR.  
Role: Sub-investigator  
PI: Caroline Apovian, MD

**Additional Training:**

Diabetes Educator/Family NP-student, Charles River Medical Associates, Framingham, MA	2013
Family NP-student, Pro Sports Orthopedics, Cambridge, MA	2013
Family NP-student, Crimson Care Collaborative, Revere, MA	2012 - 2013
Co-Director of Education/Group Visits, Crimson Care Collaborative, Revere, MA	2012 - 2014
Family NP-student, Ghassibi Family Medicine, N. Andover, MA	2012
Family NP-student, Family Health and Wellness Center, Bedford, NH	2012
Family NP-student, Family Health Center of Worcester, Worcester, MA	2012
Family NP-student, Minute Clinic, Boston, MA	2012
Student Nurse-Maternity, Labor & Delivery, North Shore Medical Center, Salem, MA	2011
Student Nurse-Pediatrics, Massachusetts General Hospital, Boston, MA	2011
Student Nurse-General Medicine, Massachusetts General Hospital, Boston, MA	2011
Student Nurse-General Medicine, Massachusetts General Hospital, Boston, MA	2011
Student Community Health Nurse, Zelma Lacey House, Charlestown, MA	2011
Student Community Health Nurse, Charlestown Recovery House, Charlestown, MA	2011
Student Nurse-Orthopedic Surgery, Massachusetts General Hospital, Boston, MA	2010
Student Psychiatric Nurse, Tufts Medical Center, Boston, MA	2010